

# Monsoon Journal

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MAY 2020

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## Emergency Relief Measures undertaken by the Canadian Federal Government for its people to battle COVID-19 Pandemic

**By: Siva Sivapragasam**

The Canadian Federal Government has undertaken a series of measures to provide relief and support to the people during the COVID-19 Pandemic.

"Monsoon Journal" is pleased to provide below details of these relief measures for the benefit of its readers. Readers will be able to know what benefits they are entitled to in the relief measures announced by the Government.

The detailed version of the relief efforts by the Canadian Government was provided to "Monsoon Journal" by Hon. Gary Anandasangaree, Parliamentary

Secretary to the Minister of Crown-Indigenous Relations and Federal MP for Scarborough - Rouge Park.

Hon. Anandasangaree has been a passionate advocate of social justice and a strong believer in the values of this country - Inclusiveness, Diversity, Multiculturalism and Equality.

The Federal Government has also been updating and extending the relief measures as and when short-comings and the need for extending the assistance were communicated to the Government by Mr. Anandasangaree and other Members of Parliament.

Please go to Page 40 & 41 for details of Press Releases

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Gary Anandasangaree, MP for Scarborough-Rouge Park & Parliamentary Secretary to the Minister of Crown-Indigenous Relations

## Scarborough Health Network raises more than \$1.8 million for COVID-19 relief efforts

FDC Foundation donates \$500,000

**BY SIVA SIVAPRAGASAM**

Scarborough's leading Health Network (SHN) has raised a sum of \$1.8 million dollars with an incredible generous donation of \$500,000 from the FDC Foundation to provide and support relief efforts for the current COVID-19 pandemic at SHN.

FDC Foundation is a leading charity organization where philanthropy is a priority and the incredibly generous gift of \$500,000 to lead the effort to support COVID-19 relief at SHN along with the support of more than 3,500 community donors, SHN has now raised more than \$1.8 million in total for the COVID-19 Emergency Fund. SHN health network has thanked the FDC Foundation



and all other donors for supporting the frontline staff as they work to keep Scarborough safe and healthy. This support is already helping to secure equipment such as ventilators, PPE, vital signs monitors and oximeters - tools the hospital teams need in order to provide exceptional care while keeping themselves and their patients safe.

SHN is committed to keeping the community informed and involved as it continues to navigate the COVID-19 pandemic at

their hospitals. Times have been difficult for the community during these trying times and SHN stands beside the people with compassion, concern and support as they care for the community.

The community can continue to stay up to date on SHN's response to COVID-19 at www.shn.ca/covid-19. You can also discover more about how SHN will continue to engage the community throughout the COVID-19 pandemic and beyond by visiting

[www.shnfoundation.ca](http://www.shnfoundation.ca)

## Local Real Estate brokerage to donate meals to Frontline Workers at Scarborough Health Network

Rajeev Koneswaran from Local Leading Real Estate Brokerage RE/MAX Community leads a meal drive to their community hospital.



**By: K. Thirukumaran**

During this pandemic, one of the leading local real estate brokerages, RE/MAX Community which has also been a partner with SHN for the last 7 years wanted to do their part for the community by providing meals to the three Hospitals of SHN.

RE/MAX Community will be sponsoring 100 lunch meals to the General, Birchmount and Centenary Hospitals to thank the health-

care workers for their commitment and hard work during this challenging time. With the help of several of their agents from the 2 branches of RE/MAX Community, meals will be packaged and distributed to each Hospital.

Community partners are giving back and thanking the frontline healthcare workers for their risk exposures, long hours and time away from their families.

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## School Closures Extended to Keep Students, Staff and Families Safe

Students Will Still Be Able to Complete School Year

April 26, 2020 12:30 P.M.

### Ministry of Education

TORONTO — Today, Education Minister Stephen Lecce announced that all publicly-funded schools will remain closed until at least May 31, 2020, as part of an effort to keep students, staff and families safe from COVID-19.

The extension was based on expert advice from the Chief Medical Officer of Health and health officials on the COVID-19 Command Table and is part of the government's ongoing effort to stop the spread of the virus. The advice was to extend school closures for an additional period of time to permit updated modelling and data to inform next steps, given the government's absolute commitment to safety.

"We will do whatever it takes to keep our students safe," said Minister Lecce. "The government is taking a careful approach which provides our medical experts the time to review the modelling and make the best decision for the safety of our students and the future of learning."

The government took immediate action to close schools in Ontario, the first in Canada to do so. The ministry continues to monitor the evolving situation and if necessary, the closure may be extended further to protect the health and safety of Ontario's school communities.

At the same time the Ontario government is taking steps to ensure learning can continue. In March the province unveiled its Learn at Home portal. It offers all students high-quality resources, featuring made-in-Ontario math and literacy resources, created by Ontario-certified educators, in both English and French. Elementary resources are designed to help young students learn at home with interactive activities that encourage participation through entertaining and stimulating digital content. High school content was designed with a focus on STEM courses and ensures core competencies and skills are reinforced.



At the end of March the Ministry of Education unveiled the second phase of Learn at Home to ensure the continuity of learning for students. This included providing clarity for parents, enhancing education supports and creating opportunities for educators to connect with students.

The government has also partnered with Rogers Communications and Apple to help meet the educational needs of students and families during the COVID-19 outbreak. iPads are being purchased and distributed by Ontario school boards, pre-equipped with free Rogers LTE wireless data. Apple is providing on-going support in French and English to teachers, parents and students, with a collection of resources to support learning and working from home. To date, over 20,000 iPads have been sent to targeted families in need. The free Rogers wireless data will be available until the end of June.

"Regardless of what transpires over the coming weeks, Ontario's students will be able to complete their school year with confidence," added Minister Lecce. "In particular, for students in their final year, we are removing all impediments to ensure students graduate and pursue post-secondary education."

Via news.ontario.ca

## Ontario Helping Businesses Overcome the Unique Challenges Created by COVID-19

Ontario Enabling Students to Complete the Academic Year, Offering Loan Payment Deferrals and Financial Support for Institutions

April 28, 2020 1:00 P.M.

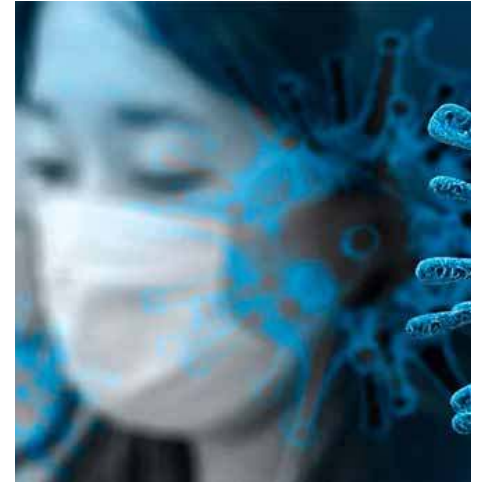
### Office of the Premier

TORONTO — The Ontario government is launching the COVID-19: Tackling the Barriers website to help businesses overcome the unique challenges created by the global pandemic. Businesses working to retool their operations to produce health-related products, or those that want to continue their operations in this new environment of physical distancing, can submit any potential roadblocks to the website. The province is prepared to allow temporary changes to provincial rules and regulations in order to remove any barriers that are hindering business and negatively impacting Ontario's supply chain.

Today's announcement was made by Premier Doug Ford, Christine Elliott, Deputy Premier and Minister of Health, and Prabmeet Sarkaria, Associate Minister of Small Business and Red Tape Reduction.

"With COVID-19, we are facing uncharted territory. As government, we must be prepared to work with businesses and show some flexibility in helping them to overcome challenges they may have never faced before," said Premier Ford. "This website will allow us to listen to and support businesses as they adapt to this new environment. At the same time, it should also make it easier for businesses to retool to produce the health-related supplies and equipment that our frontline workers need."

"During this extraordinary period, we need to do everything we can to support businesses as they struggle to operate as an essential business, or wait for the outbreak to subside," said Minister Sarkaria. "Clearly, it is not business as usual for anyone, and that's why our government is prepared to temporarily adjust our processes, rules, and regulations to accommodate unforeseen circumstances. I encourage everyone to visit our new website if there are any questions or concerns."



The website builds on steps the government has already taken to help businesses respond to COVID-19, including:

- providing \$10 billion in provincial tax deferrals, Workplace Safety and Insurance Board premium deferrals, and other business supports;

- providing more than \$900 million in urgent relief to small businesses and their landlords through a new program, the Ontario-Canada Emergency Commercial Rent Assistance Program (OCECRA);

- providing \$50 million to help businesses such as manufacturers and distilleries retool so they can produce health-related products and supplies, such as ventilators, gowns, face masks and hand sanitizer;

- permitting 24-hour construction for critical infrastructure;

- permitting 24-hour deliveries in every municipality across the province to help grocery stores and pharmacies keep their shelves stocked; and

- allowing restaurants and bars to sell alcohol with food takeout or delivery orders.

In order to help Ontario businesses focus on overcoming today's challenges, the province is also pausing or extending any existing public consultations, delaying non-urgent related consultations while the emergency situation remains in place, and considering extending deadlines for reports and audits.

Via news.ontario.ca

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# from the publisher's desk

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## International Day of Families

### COVID- 19 is a springboard for policy action that supports families in Canada and elsewhere

By Harrish Thirukumaran

With the ongoing COVID-19 pandemic, one could highlight that families and the sense of togetherness they bring have in combination been a rather significant source of resilience in dealing with the implications of this health crisis. Through physical distancing measures, most of us had a spent most of our time with members of our immediate family with rare trips to the outside world. While this is positive to fight things like social isolation and loneliness in this pandemic, there are some issues that have emerged as side effects such as a rise in domestic violence. It is thereby critical to shed light on the importance of International Day of Families spearheaded by the United Nations.

The day of observance was declared to be commemorated on May 15 in 1993 following resolution A/RES/47/237 of the General Assembly. This was in response to the resolution 44/82 of 9 December 1989 where the General Assembly proclaimed the International Year of the Family. The day itself provides an opportunity to promote awareness of issues relating to families and to increase the knowledge of the social, economic and demographic processes affecting families.

Family-oriented policies and programs and families generally are key in the achievement of many goals in the UN Sustainable Development Goals. This includes eliminating poverty, discrimination, abuse and preventable deaths, addressing environmental destruction, and ushering in an era of development for all people, everywhere. These sorts of policies should ideally address the root causes of domestic violence especially in situations like a pandemic with physical distancing measures.

Last year, the theme was focused on families,

family policies and major SDG 13 targets. These are SDG target 13.3 of improving education, awareness-raising and human and institutional capacity on climate change mitigation, adaptation, impact reduction and early warning and SDG target 13.2: integrate climate change measures into national policies, strategies and planning. The theme for the 2020 commemoration of International Day of Families is "Families in Development: Copenhagen & Beijing + 25."

Accordingly, this year's 25th anniversary of the World Summit for Social Development comes at a time of one of the most challenging global health and social crises. In terms of families, COVID-19 has reinforced how the family is the basic unit driving society. The pandemic brings into sharp focus the importance of investing in social policies protecting the most vulnerable individuals and families. It is the families who bear the brunt of the crisis, sheltering their members from harm, caring for out of school children and at the same time continuing their work responsibilities.

Families become the hub of intergenerational interactions that support us in the crisis. Under economic duress, poverty deepens. In times of uncertainty, stress increases often resulting in growing violence against women and children. That is why the support for vulnerable families, those who lost income, those in inadequate housing, those with young children, older persons and persons with disabilities is imperative now more than ever. COVID-19 is the springboard for policy action that supports families in Canada and elsewhere. Take the opportunity to spread awareness about the importance of families with International Day of Families in addressing the implications of the COVID-19 pandemic.

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## Canada Historical Milestones

Have you been wondering if the #coronavirus orders to #StayHome-SaveLives are unprecedented?

A century ago, stay-at-home orders were also issued in 1918 during the Spanish flu pandemic.

Across the country, health officials put regulations in place to try to stop the spread of the devastating outbreak. Schools, theatres, libraries and almost all public places—sometimes even churches—closed their doors.

Many people wore masks to try to protect themselves, and anyone who dared to spit was strongly reprimanded, as it was well known that that virus spread through droplets in the air! (via: Library and Archives Canada)

The Globe (1844-1936), Oct. 17, 1918, p. 3



### LONDON HAS STRICT RULES

No One With Cough or Cold to Leave His Dwelling or Sneeze Openly

HOSPITAL STAFFS ILL

Precautions of Closing All Public Meeting Places in Several Towns

(Special and C. F. Despatches)  
 London, Oct. 16.—Spanish influenza, which has caused forty known deaths in London, is epidemic within London's limits to the extent of between ten and eleven thousand cases, according to the Bureau of Statistics of the Institute of Public Health. The situation has not improved. According to Medical Officer of Health Downham the death list is made up principally of persons between the ages of twenty and thirty.  
 To-day the Board of Health promulgated a number of new regulations, one of which fixes a penalty of being absent from the precincts of one's dwelling while suffering from coughs or colds, while another subjects to a heavy fine anyone who coughs or sneezes in public without covering the face with a handkerchief.

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**Happy Mother's Day**  
 Sunday, May 10, 2020

“One day, in retrospect, the years of struggle will strike you as the most beautiful” - Sigmund Freud (6 May 1856 – 23 September 1939) Founder of psychoanalysis

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

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## OFL demands equity lens be applied to recovery efforts, and renews call for the collection of race and socio-demographic based COVID-19 data

TORONTO, April 29, 2020 (GLOBE NEWSWIRE) -- Equity-seeking communities must be central in the development of Ford government economic recovery plans. Ontario must commit to collaboration with labour to ensure the inclusion of equity-seeking groups, says the Ontario Federation of Labour (OFL).

The OFL also joins the Ontario NDP, labour unions and community organizations in the call for the government of Ontario to fund, collect and publish provincial data on the impacts of COVID-19 on equity-seeking Ontarians. This data must include information on how women, Indigenous, Black and other racialized people, individuals with disabilities, 2SLGBTQI+ people, and immigrants and migrants are disproportionately affected by the global pandemic.

"COVID-19 does not affect everyone equally. Equity-seeking groups continue to be disproportionately affected by the economic, social, and physical harms of COVID-19, including in-

creased risk of exposure and decreased access to health care," said OFL President Patty Coates. "Understanding the social determinants of health by analyzing equity-based COVID-19 data is critical to help us understand how best to stop the spread in these communities, and to inform Ontario's economic recovery plans."

Social determinants of health make equity-seeking groups more vulnerable to COVID-19. Income, race, and employment conditions have effects on immune-system functioning. At the same time, these groups often face greater exposure to the virus because of crowded housing and the urgent need for financially insecure people to work, whether or not their workplaces take precautions to prevent the spread of the virus.

The OFL is partnering with community allies to outline for the government how race and socio-demographic data should be collected and made public, and why doing so is critical to understanding the effects of COVID-19 on

communities across Ontario.

"While some Ontarians are staying home, many of the workers that are keeping the province running receive the lowest pay, the fewest benefits and face a greater risk of infection. Women workers, racialized workers, migrant and immigrant workers, and workers with disabilities are overrepresented in the precarious jobs that are on the front line of the pandemic," said Coates. "These labour market inequities lead to social and economic inequality, including higher poverty rates, greater health risks, and lower quality housing for these workers."

"COVID-19 has further exacerbated these realities inside and outside the labour market, demonstrating the importance of collecting this data to not only effectively address the current situation, but also to minimize any disparities in future outbreaks," said OFL Secretary-Treasurer Ahmad Gaied.

"Higher barriers to accessing public services, including health care and justice, remain for equity-seeking groups.

For example, in Indigenous communities' lack of access to clean water, to drink or even wash their hands, has unquestionably affected their ability to weather this pandemic," said OFL Executive Vice-President Janice Folk-Dawson. "Indigenous communities must be consulted in how this data is collected. We must ensure that the First Nations principles of OCAP guide the data collection processes in their communities, and that they own and control how this information can be used."

Equity-seeking groups outside Canada also face disproportionate effects of the pandemic. In Chicago, Black people comprise 30 per cent of the population, but they represent more than 70 per cent of the COVID-19-related deaths.

The Ontario Federation of Labour (OFL) represents 54 unions and one million workers in Ontario. For information, visit [www.OFL.ca](http://www.OFL.ca) and follow the OFL on Facebook and Twitter: @OFLabour.

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# Ontario Unveils Guiding Principles to Reopen the Province

## Premier and Ministers Commit to New Phased Approach for a Safe Restart and Recovery

April 27, 2020 1:30 P.M.

### Office of the Premier

TORONTO — Today, the Ontario government released A Framework for Reopening our Province, which outlines the criteria Ontario's Chief Medical Officer of Health and health experts will use to advise the government on the loosening of emergency measures, as well as guiding principles for the safe, gradual reopening of businesses, services and public spaces. The framework also provides details of an outreach strategy, led by the Ontario Jobs and Recovery Committee, to help inform the restart of the provincial economy.

Details were provided by Premier Doug Ford, Rod Phillips, Minister of Finance, Vic Fedeli, Minister of Economic Development, Job Creation and Trade, and Christine Elliott, Deputy Premier and Minister of Health.

"Our top priority remains protecting the health and safety of the people of Ontario and supporting our front-line heroes as we do everything in our power to contain and defeat this deadly virus," said Premier Ford. "At the same time, we are preparing for the responsible restart of our economy. This next phase of our response to COVID-19 is designed to help us map out what needs to be done, and when, to get us back on the road to recovery."

The government is planning a stage-by-stage approach to reopening the economy to ensure there are appropriate measures in place so workplaces can open safely. Public health officials will carefully monitor each stage for two to four weeks, as they assess the evolution of the COVID-19 outbreak to determine if it is necessary to change course to maintain public health.

•Stage 1: For businesses that were ordered to close or restrict operations, opening select workplaces that can immediately modify operations to meet public health guidance. Opening some outdoor spaces like parks and allowing for a greater number of individuals to attend some events. Hospitals would also begin to offer some non-urgent and scheduled surgeries, and other health care services.

•Stage 2: Opening more workplaces, based on risk assessments, which may include some service industries and additional office and retail workplaces. Some larger public gatherings would be allowed, and more outdoor spaces would open.

•Stage 3: Opening of all workplaces responsibly and further relaxing of restrictions on public gatherings.

Throughout each stage, continued protections for vulnerable populations must be in place, along with the continued practice of physical distancing, hand washing and respiratory hygiene, and significant mitigation plans to limit health risks.

"Recent public health indicators show us that we're beginning to turn a corner in the COVID-19 outbreak, while economic data, feedback from businesses and insights from our communities are outlining how we need to plan for economic recovery," said Minister Phillips. "Turning on an economy after an unprecedented shut-down is not as simple as flipping a switch. We need to plan this out carefully to ensure we do not spark a sudden outbreak, undo the progress we have made and put the safety of the public at risk."

To reopen the economy, the government will consider factors such as the risk of the spread of COVID-19



and the ability to implement protective measures to keep workplaces safe. The Chief Medical Officer of Health and health experts will provide advice to the government about easing public health measures using a range of set criteria, including:

•A consistent two-to-four week decrease in the number of new daily COVID-19 cases;

•Sufficient acute and critical care capacity, including access to ventilators and ongoing availability of personal protective equipment;

•Approximately 90 per cent of new COVID-19 contacts are being reached by local public health officials within one day, with guidance and direction to contain community spread; and

•Ongoing testing of suspected COVID-19 cases, especially of vulnerable populations, to detect new outbreaks quickly.

"It is because of the collective efforts of all Ontarians to stay at home and stop the spread of COVID-19 that we are able to consider plans to move into the next phase of our battle against this virus," said Minister Elliott. "The

Chief Medical Officer of Health has outlined some criteria he will use to advise government on when we may begin to slowly and safely ease public health measures and restart our economy. To be able to do so, we need everyone to continue their extraordinary efforts so that we can meet these thresholds and begin to move forward."

Supporting the next phases of Ontario's Action Plan, the new Ontario Jobs and Recovery Committee, chaired by Minister Phillips, will be consulting with key sectors in all regions to assess the impact of COVID-19 on the provincial economy and develop a plan to move forward. The government and Members of Provincial Parliament will lead discussions with business associations, chambers of commerce, municipal leaders, the postsecondary sector, corporate leaders, small business owners, community and social service providers, Indigenous partners, Franco-Ontarians, entrepreneurs and others.

The work of the committee will build on Ontario's Action Plan: Responding to COVID-19, the first phase of the government's \$17 billion response, that is delivering targeted relief for businesses and families across Ontario.

"The COVID-19 outbreak has had far-reaching economic impacts for businesses and communities across Ontario," said Minister Fedeli. "In the face of these challenges, businesses and individuals have stepped up to support our frontline workers, produce essential equipment and keep our supply chains moving. Our plan to carefully and methodically reopen Ontario's economy will ensure that businesses are supported on our path to renewed economic prosperity."

Via [news.ontario.ca](https://news.ontario.ca)

## Hillary Clinton endorses Joe Biden to be next President of U.S

I wish you were president right now, says Ms. Clinton

Former Democratic presidential candidate Hillary Clinton has endorsed Joe Biden to be next U.S President.

"I want to add my voice to the many who have endorsed you to be our president," Ms. Clinton said during a live video conference with the former vice president.

She added, in a nod to the coronavirus, that "this is a moment where we need a leader, a president, like Joe Biden."



Former President Barack Obama, Massachusetts Sen. Elizabeth Warren and Vermont Sen. Bernie Sanders all endorsed Biden earlier this month.

The former First Lady and Secretary of State concluded her endorsement by saying "I wish you were president right now".

## Dr. Soumya Swaminathan from Tamil Nadu appointed Director- General of World Health Organization (WHO)

Dr. Soumya Swaminathan, Director General of Indian Council of Medical Research (ICMR) has been appointed Director-General of World Health Organization (WHO), in Geneva. Swaminathan will be honoured with the second most esteemed position at the UN's health agency.

She is one of the three daughters of Dr. MS Swaminathan, who is known as the father of green revolution in India. Her mother Mina is an educationist, who had also worked as a chairperson of the study group on the development of pre-school children. She has submitted a report that formed the basis

of the Integrated Child Development Services. Soumya is married to Ajit Yadav, an Orthopedic Surgeon.







## Support for students and new grads affected by COVID-19



April 22, 2020

Ottawa, Ontario

Post-secondary students are feeling the economic impacts of COVID-19. Many students were preparing to start a summer job in May, and are now worried about how to pay rent and cover basic living expenses, while recent graduates are struggling to find meaningful work. This is a critical point in their lives, and we must do everything possible to support their future.

The Prime Minister, Justin Trudeau, today announced comprehensive support of nearly \$9 billion for post-secondary students and recent graduates. This plan will help provide the financial support they need this summer, help them continue their studies in the fall, and help many get the experience they need to start their careers. These measures include launching:

- the proposed Canada Emergency Student Benefit, which would provide support to students and new graduates who are not eligible for the Canada Emergency Response Benefit. This benefit would provide \$1,250 per month for eligible students or \$1,750 per month for eligible students with dependents or disabilities. The benefit would be available from May to August 2020.

- the new Canada Student Service Grant, which will help students gain valuable work experience and skills while they help their communities during the COVID 19 pandemic. For students who choose to do national service and serve their communities, the new Canada Student Service Grant will provide up to \$5,000 for their education in the fall.

The Government of Canada will expand existing federal employment, skills development, and youth programming to create up to 116,000 jobs, placements, and other training opportunities to help students find employment and develop valuable skills this

summer and over the coming months. In addition, to help students continue their studies in the fall, the government will:

- double the Canada Student Grants for all eligible full-time students to up to \$6,000 and up to \$3,600 for part-time students in 2020-21. The Canada Student Grants for Students with Permanent Disabilities and Students with Dependents would also be doubled.

- broaden eligibility for student financial assistance by removing the expected student's and spouse's contributions in 2020-21, in recognition that many students and families will struggle to save for school this year.

- enhance the Canada Student Loans Program by raising the maximum weekly amount that can be provided to a student in 2020-21 from \$210 to \$350.

- increase existing distinctions-based support for First Nations, Inuit, and Métis Nation students pursuing post-secondary education by providing an additional \$75.2 million in 2020-21.

- extend expiring federal graduate research scholarships and postdoctoral fellowships, and supplement existing federal research grants, to support students and post-doctoral fellows, by providing \$291.6 million to the federal granting councils. In addition, the government intends to enhance work opportunities for graduate students and post-doctoral fellows through the National Research Council of Canada.

Taken together, these programs will not only help ensure more students get the financial support they need, but the opportunities and experience many students were counting on.

The government will continue to monitor and respond to the health, social, and economic impacts of COVID-19. We are ready to take additional actions as needed to stabilize the economy and mitigate the impacts of the pandemic on Canadians.

Via [pm.gc.ca](http://pm.gc.ca)

## Prime Minister releases joint statement by First Ministers for restarting the economy



April 28, 2020

Ottawa, Ontario

Since the start of the COVID-19 pandemic, all orders of government have been working together to slow and contain the spread of the virus. As the first wave of the virus' activity passes, provincial and territorial governments will move at their own pace to safely restore economic activity within their jurisdictions, while protecting the health of Canadians.

The Prime Minister, Justin Trudeau, today announced that the federal, provincial, and territorial governments have come together and agreed to a set of common principles for restarting the Canadian economy, based on shared understanding and appreciation of what science and experts are telling us. This statement identifies the criteria that need to be in place before we can go back to work and school, or see neighbours and friends.

This statement acknowledges the importance of restarting the economy through a gradual approach that protects the health of Canadians, including high-risk groups, as well as the need to ensure public health capacity for future waves of the virus, while at the same time continuing to support a range of economic sectors and Canadian workers.

The statement acknowledges that provinces and territories will take different steps at different times in order to ease restrictions, reflecting the specific circumstances in each jurisdiction. The statement identifies four main principles, including taking a science and evidence-based approach to decision-making, coordination and collaboration between all jurisdictions, continued accountability and transparency of all governments, and flexibility and

proportionality as information changes over time.

This statement also identifies the criteria and measures that need to be in place in order to begin to take steps to restart the economy:

- COVID-19 transmission is controlled, so new cases are contained at a level that our health care system can manage.

- Sufficient public health capacity is in place to test, trace, isolate, and control the spread of the virus.

- Expanded health care capacity exists to support all needs, including COVID-19 and non-COVID-19 patients.

- Supports are in place for vulnerable groups, communities, and key populations. This includes the protection of seniors, residents of group living facilities, workers in close quarters, homeless people, and Indigenous people and those living in remote locations, health care workers and other essential workers, and inmates.

- Support and monitoring of workplace protocols are in place to keep Canadians safe at their jobs, and prevent the introduction and spread of COVID-19.

- Restrictions on non-essential travel are eased and managed in a coordinated manner.

- Communities are supported in managing local disease activity, including in child care, schools, and public transportation, and industry and economic sectors are engaged to support the health of Canadians, reduced viral activity, and protection of the economy as it restarts.

As we continue to work collaboratively to get things back to normal, our top priority is keeping all Canadians safe during this challenging time.

Via [pm.gc.ca](http://pm.gc.ca)





# Modi Warns Indians Against Complacency in Fight Against Coronavirus

By Anjana Pasricha

Updated April 26, 2020 09:45 AM

NEW DELHI - Indian Prime Minister Narendra Modi warned the country about complacency in the fight against the coronavirus pandemic in a Sunday radio address and appealed to people to strictly comply with a nationwide lockdown that has been in effect for over a month.

He stressed the need to sustain India's "people-driven" war against the coronavirus.

The prime minister, a popular leader in country of 1.3 billion people, urged Indians to wear masks, follow social distancing norms and avoid spitting in public places calling these measures "the biggest medicine to fight this disease in the days to come."

The message comes as India takes tiny steps to restart the economy, raising worries that this may cause a spike in coronavirus cases. It is also seen as targeted at areas which remain unaffected by the virus — most of India's infections are racing through densely packed cities while its vast countryside

is largely unaffected.

Modi said people should "not be trapped into over-confidence and nurse the belief that in our city, in our village, in our streets, in our office, coronavirus has not reached and that is why it will not reach."

Indians have so far adhered zealously to the calls for a stringent lockdown as the dreaded infection spread a wave of fear. Several neighborhoods in cities have imposed their own strict guidelines while volunteer squads in many villages do not allow outsiders to come in.

Whether such strict compliance will continue remains to be seen as the country begins to unlock on Saturday it allowed shops in rural areas and neighborhood stores in cities to open. Farm based businesses and some factories restarted earlier this week.

However not everyone is rushing to open their shutters and some traders remain wary about doing business while the infection is still raging. "Many shop owners told me they may not open immediately because customers are unlikely to come, so why should



we expose ourselves," according to Praveen Khandelwal, the Secretary-General of the Confederation of All India Traders. "It will take time for them to pick up confidence."

But as calls grow to open up more sectors of the economy, specially from big business, the government is expected to draw up a strategy on Monday about how it plans to exit the lockdown that is due to end on May 3.

India saw its biggest spike in cases

of coronavirus infections on Saturday with nearly 2,000 new cases taking the nation's total to about 26,500. 824 people have died.

Although those numbers are modest compared to many countries, many fear they may not reflect the accurate spread of the infection because testing has been limited so far and is only now being ramped up in areas that are "hot-spots."

Via voanews.com

## Millions of Indian workers in the Middle East to be repatriated to India due to Corona 19 virus pandemic



### Workers remit home over \$40 billion every year

The Indian Government is planning to repatriate tens of thousands of Indian workers stranded abroad in the Gulf countries and will deploy the biggest warships and planes from the defense forces to transport them.

Nearly ten million Indians work in the six countries of the Gulf Cooperation Council (GCC), namely: the UAE, Saudi Arabia, Qatar, Oman, Kuwait and Bahrain. And they send home over \$40 billion every year.

According to a top government official, over 1,900,000 people will be brought home in the first phase alone.

The government will initially begin

the repatriation from the United Arab Emirates (UAE), home to 3.4 million Indian workers, and move next to Saudi Arabia and Kuwait, a government source told the Hindustan Times. Expatriate workers from Kerala will be the first ones to be brought since the state has created the infrastructure to accommodate about 200,000 people at quarantine centres and hospitals.

Indian Foreign Secretary Harsh Vardhan Shringla reviewed the work done so far to carry out the repatriation plan at the Jawaharlal Nehru Bhawan office of the Ministry of External Affairs (MEA) in central Delhi.

## Acclaimed Bollywood Actor Irrfan Khan Dies

By VOA News

April 29, 2020 09:39 AM

Veteran Bollywood actor Irrfan Khan, who rose to international acclaim with roles in such films as "Slumdog Millionaire" and "Life of Pi," has died at the age of 54.

A spokesman said Khan died Wednesday in a Mumbai hospital where he had been admitted earlier this week for a colon infection. Khan sought treatment in Britain after he was diagnosed with a rare form of cancer in 2018.

The native of India's western desert state of Rajasthan broke into the Indian film industry in 1988 in the Academy Award-nominated drama "Salaam Bombay." Khan went on to star in a number of notable Bollywood films, including "The Namesake" "The Lunchbox" and "Paan Singh Tomar," which earned him India's National Film Award for best actor in 2012.

In addition to "Slumdog Millionaire," which won the 2008 Academy Award for Best Picture, Khan appeared



in such Hollywood films as "The Amazing Spider Man," "Jurassic World" and "Inferno."

His most recent role was the Bollywood film "Angraazi Medium," a sequel to his hit 2017 film "Hindi Medium." The new movie was released before India was placed under a nationwide lockdown due to the coronavirus pandemic.

Via voanews.com

Blue collar workers will get the first priority to be flown home in line with Prime Minister Narendra Modi's directive. Among them, those who are facing health problems of any nature, have had a bereavement in the family or cite any other humanitarian ground would be taken in the early round of flight.

Apart from planes of commercial airlines including Air India, a govern-

ment official said the armed forces had also pooled in their resources. The Indian Navy, on the other hand, is ready to send its largest warships, including INS Jalashwa.

Officials said passengers and crew of the planes and warships would have to maintain social distancing norms. "This means that we will have to make twice as many trips," one official said.





# India: Migrant workers' plight prompts UN call for 'domestic solidarity' in coronavirus battle

2 April 2020

## Health

Pervasive challenges remain for hundreds-of-thousands of migrant workers in India whose lives were up-ended by the sudden lockdown across the country, in response to the threat of the coronavirus pandemic, said the UN human rights chief on Thursday.

High Commissioner for Human Rights, Michelle Bachelet said in a statement that she was distressed by the plight of the informal migrant workers affected, many of whom were, in effect, forced to leave the cities where they worked at just a few hours' notice, unable to pay for rent or food.

"The lockdown in India represents a massive logistical and implementation challenge given the population size and its density and we all hope the spread of the virus can be checked," said Ms. Bachelet.

And while welcoming steps to address the deadly crisis, she noted the importance of ensuring that measures responding to COVID-19 are "neither applied in a discriminatory manner nor exacerbate existing inequalities and vulnerabilities."

Lacking jobs and money, and with public transportation shut down, hundreds of thousands of migrants who have no job security or protection, were forced to trek often hundreds of miles back to their home villages – with some dying on the journey, noted OHCHR.

### Quarantine effort

In an effort to control the virus, on Sunday, the Home Affairs Ministry ordered States to intercept and quarantine the migrants for two weeks.

However, earlier this week, reports and images emerged of police officers apparently beating people – including migrants – with batons, for breaking quarantine rules and allegedly spraying some on the road, with disinfectant.

"We understand the strains on police services at this time, but officers must show restraint and abide by international standards on the use of



force and humane treatment in their efforts to respond to this pandemic", underscored the UN rights chief.

A number of States have now explicitly ordered police to stop using force to contain the virus.

### Treat migrants with respect

The High Commissioner welcomed the instruction of India's Supreme Court on Tuesday stating that the migrants be treated in a humane manner, including by providing them with enough food, water, beds and supplies as well as psychosocial counselling in shelters that are run by volunteers and not security forces.

"The Supreme Court's order and its implementation will go a long way to ensuring the safety and rights of these vulnerable migrants", Ms. Bachelet said. "Many of these people's lives have been suddenly uprooted by the lockdown, placing them in very precarious situations".

The Government has also taken

other measures to address the crisis, like distributing food on a massive scale and pressing employers to pay wages and landlords to waive rents.

"In spite of all these significant efforts, more needs to be done as the human tragedy continues to unfold before our eyes," bemoaned the High Commissioner.

Special Measures should also take into account the particular situation of migrant women, who are among those most economically vulnerable and impacted by the situation.

### Stop the stigmatization

Ms. Bachelet said she was also concerned over measures to contain the coronavirus which have the effect of stigmatizing parts of the community, such as stamping the hands of those quarantined, reportedly to ensure that they stay home, and erecting notices outside the residences of people quarantined.

"It is important to weigh such mea-

sures against the right to privacy and avoid measures that would unduly stigmatize people within the community, who may already be vulnerable due to their social status or other factors", she asserted.

Containing COVID-19 in the country that hosts one-sixth of the world's population will require efforts not only by the Government, but also the population at large.

The High Commissioner encouraged the Government to work shoulder-to-shoulder with civil society on the response, including the many non-governmental organizations already providing relief.

"This is a time for domestic solidarity and unity. I encourage the Government to draw on India's vibrant civil society to reach out to the most vulnerable sectors of society, to ensure no one is left behind in this time of crisis", concluded the High Commissioner.

Via news.un.org

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## OBITUARY

### Mrs. Mangaleswary Tharmarajah

November 27, 1930 to April 18, 2020



It is with heartfelt sadness that we announce the passing away of Mangaleswary Tharmarajah, wife of late Canagaratnam Tharmarajah (Retired Superintendent of Police), mother of Dharmini ( Sydney), Malini ( London), Rajan (Canada Revenue Agency), Lalani (Sydney), Skanda (Sydney), and Dilani (Barrister & Solicitor).

The funeral was held on Wednesday, April 22, 2020 in Toronto.

Rajan Tharmarajah- 647-669-7824

Dilani Gunarajah 416-809-8654

## PM interacts with CMs to plan ahead for tackling COVID-19

Lockdown has yielded positive results, country has managed to save thousands of lives in the past 1.5 months: PM

Our aim must be rapid response, need to follow mantra of 'do gaz doori': PM

PM said that efforts of states should be directed towards converting the red zones into orange and thereafter to green zones

We have to be brave and bring in reforms that touch the lives of common citizens: PM

We have to give importance to the economy as well as continue the fight against COVID-19: PM

Impact of coronavirus will remain visible in the coming months, masks and face covers will be part of our life: PM

CMs provide feedback, suggest measures to meet economic challenges and boost health infrastructure



Prime Minister Shri Narendra Modi today interacted with Chief Ministers of states via video conferencing to discuss the emerging situation and plan ahead for tackling the COVID-19 pandemic. This was the fourth such interaction of the Prime Minister with the Chief Ministers, the earlier ones had been held on 20th March, 2nd April and 11th April, 2020.

Prime Minister underlined that the Lockdown has yielded positive results as the country has managed to save thousands of lives in the past one and a half months. He added that India's population is comparable to that of the combined population of several countries. The situation in many countries, including India, was almost similar at the start of March. However, due to timely measures, India has been able to protect many people. He however forewarned that the danger of the virus is far from over and constant vigilance is of paramount importance.

Prime Minister said that the country has seen two Lockdowns till now, both different in certain aspects, and now we have to think of the way ahead. He said that as per experts, the impact of coronavirus will remain visible in the coming months. Reiterating the mantra of 'do gaz doori', he said that masks and face covers will become part of our lives in the days ahead. He added that under the circumstances, everyone's aim must be rapid response. He pointed out that many people are

self-declaring whether they have cough and cold or symptoms, and that this is a welcome sign.

Prime Minister said that we have to give importance to the economy as well as continue the fight against COVID-19. He emphasized on the importance of usage of technology as much as possible and also to utilize time to embrace reform measures. He emphasized on the significance of ensuring that more people download the AarogyaSetu app to bolster the efforts of the country in the battle against COVID-19. He said "we have to be brave and bring in reforms that touch the lives of common citizens." He also suggested that people associated with Universities can be integrated on devising ways to fight the pandemic and strengthen research as well as innovation.

He highlighted the importance for states to enforce guidelines strictly in the hotspots i.e. the red zone areas. He stated that the efforts of the states should be directed towards converting the red zones into orange and thereafter to green zones.

On the issue of getting back Indians who are overseas, he said that this has to be done keeping in mind the fact that they don't get inconvenienced and their families are not under any risk. Prime Minister also urged Chief Ministers to factor in the changes in weather – advent of summer and monsoon – and the illnesses that can potentially come in this season, while strategizing ahead.



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

*Phyllis Diller*



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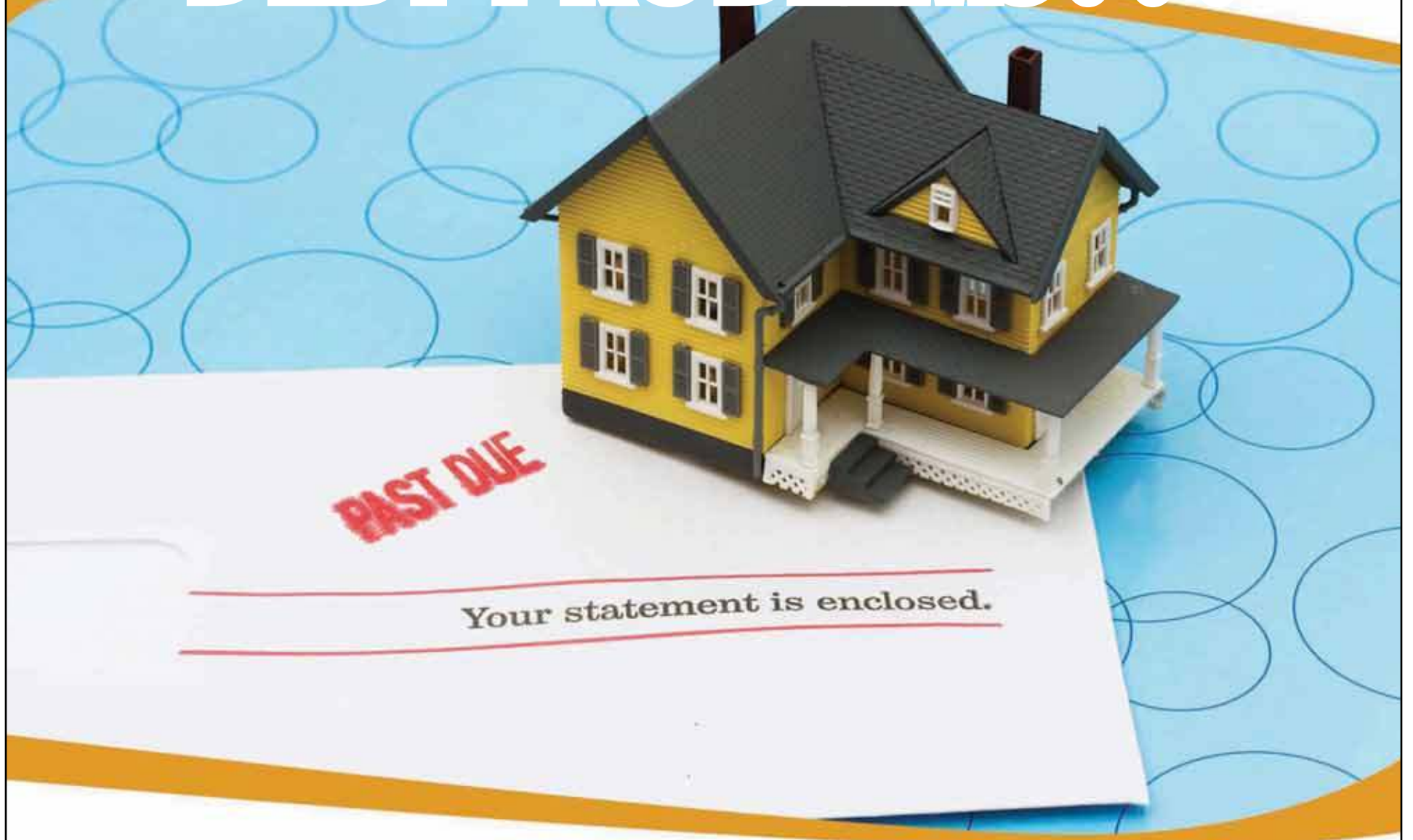
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# GENEROUS GROUP MAKES LARGEST PPE DONATION TO DATE

In the midst of the COVID-19 pandemic, Scarborough Health Network has seen a tremendous response from the community to our appeal for the personal protective equipment (PPE) and supplies needed to help our front-line workers combat the outbreak.

Thanks to several donations made by a group of concerned citizens going by the name “We Appreciate and Care,” our hospitals have received more than 67,000 masks, including 9,000 N95 masks, to help address potential PPE shortages in the fight against COVID-19. This is the largest total PPE donation received by our hospitals to date since the Help Our Heroes PPE Drive first began.

“We are incredibly grateful to these generous donors for answering our call for important PPE to ensure the safety of our front-line workers,” shares Alicia Vandermeer, President & CEO, SHN Foundation. “These supplies from the group will go a long way to help ensure that our staff remain secure and protected as they treat the patients in our community. With the support of groups like this one, SHN can ensure our community remains safe and healthy.”

SHN may have been the first recipient of the group’s generosity, however the “We Appreciate and Care” group has been busy raising hundreds of thousands of dollars’ worth of PPE since the need to address shortages was raised province-wide near the end of March, with no signs of slowing down. The group has also enlisted the support of Shaun Chen, MP for Scarborough North, Jean Yip of Scarborough – Agincourt, Councillor Alan Ho and Councillor Isa Lee of the City of Markham who have helped to deliver supplies on their behalf to various hospitals and nursing homes.

“We fully understand the urgent need and would continue our effort to keep our frontline health workers safe, healthy and motivated. To conquer COVID-19, we need participation from the entire community,” said a representative of the We Appreciate and Care group.

Another member remarks: “Protecting the front-line workers is like protecting our own family members, and that’s why we will support them by purchasing and donating PPE to ensure their safety and well-being. Please let your heroes in the frontline know that they are not fighting alone, We Appreciate and Care.”



You can follow in the lead of We Appreciate and Care by visiting SHNFoundation.ca and showing your support for our hospitals - whether with a gift to our COVID-19 Emergency Fund, a donation of PPE supplies to the #HelpOurHeroes Drive, or by simply sending a message of thanks to your front-line staff.



Generous group makes largest PPE donation to date

## STROKE CENTRE OF EXCELLENCE OPENS AT BIRCHMOUNT HOSPITAL



Stroke Centre of Excellence

On April 8, Scarborough Health Network (SHN) proudly opened the doors to the new Stroke Centre of Excellence at our Birchmount hospital, fulfilling a promise we made to our community almost seven months ago.

While SHN has been focused on responding to COVID-19, it has been important for us to continue certain key corporate priorities already underway, such as the launch of our Stroke Centre of Excellence.

Here in Canada, stroke is the third leading cause of death, and we see over 500 acute stroke patients every year at SHN. It has been imperative for us to take the momentum and the opportunity in front of us — which we may not have again until much later — and meet this longstanding community need by delivering the best possible stroke care for our patients now.

With the launch of SHN’s new Stroke Centre of Excellence at Birchmount, for the first time, Scarborough

has access to seamless stroke care services, improved outcomes, and a better health care experience.

### Our Centre features:

- A 22-bed Integrated Stroke Unit for providing acute stroke care and inpatient rehabilitation within the same space, and which includes a gym, dining room, enhanced lounge, and quiet room;
- An outpatient Stroke Prevention Clinic for follow-up care and supporting the management of risk factors; and
- A dedicated stroke care team that will deliver care through a coordinated, interprofessional approach.

We would like recognize and thank the many staff, physicians and patient family advisors who were consulted, sat on committees and tasks forces, and contributed their time, ideas, and expertise. It is because of their tireless efforts that after more than half a year of planning, reconstruction on the unit, transitioning and training of staff, resourcing physician coverage, and building care models and partnerships, our Stroke Centre of Excellence is open and serving patients.

This is an extraordinary achievement for our health network and for our patients and families, and reflects the bold steps SHN will continue to take to shape the future of care for Scarborough.





# VIRUS DISEASES

## SOME INTERESTING FACTS



**Bala  
Sivakadadcham**

B.Sc. Hons, B.Ed, DIC, Ph.D (London)

324 years ago, with the help of the microscope he invented an Italian scientist, Anton van Leeuwenhoek discovered minute creatures normally invisible to us are living in this world. On September 17, 1696, this scientist first announced to the world the existence of microorganisms now known as bacteria. Following this announcement, a variety of other microorganisms, seen only with the help of a microscope, were identified. By the 1860s, Louis Pasteur had demonstrated through his experiments that bacteria could cause diseases in humans. However, it took many more years to realize that there are organisms much smaller than bacteria and they are also capable of causing diseases. It is these very germs that are known as viruses today.

### Discovery of Viruses

Virus was first detected in a plant. At that time a plant disease known as Tobacco Mosaic Virus (TMV) was believed to be caused by a bacterium. But in 1892, Dmitry Ivanovsky, a Russian scientist, found that even after the bac-

terial filtrate was passed through a filter, it still caused the disease. This means viruses are permanent parasites and are incapable of reproducing outside a living organism. In this aspect, viruses differ from other living things.

### Origin of Viral diseases

When the existence of invisible germs such as viruses was unknown, people believed that epidemic infectious diseases were caused by the fury of gods or by some evil spirits. Based on such beliefs people performed various rituals and offered sacrifices to appease the deities. However, viral diseases have a very long history. The mummified body of King Ramses V who ruled Egypt before 1150 BC, shows some symptoms of smallpox, a disease caused by a virus. An ancient Egyptian imagery depicts a person suffering from polio virus. Although our ancestors were aware of the symptoms and spread of some communicable diseases, they did not adopt any preventive or curative measures as the causes were unknown at that time.



14 May 1776: Edward Jenner performs his first vaccination

teria had been filtered out using special microfilters, the leaf sap from infected plants produced TMV disease symptoms when sprayed to healthy tobacco stocks. This experiment demonstrated that there are organisms smaller than bacteria capable of causing diseases in plants. Subsequent experiments and observations revealed that viruses are capable of causing diseases not only in plants but also in animals and humans. Later, scientists found out there are viruses that can infect and kill even bacteria.

Reproduction is a unique feature seen among all living organisms. Although viruses have a very simple structure, they have the ability to multiply and are therefore considered living things. However, viruses can mul-



An Egyptian stele thought to represent a Polio victim, 18th Dynasty (1403-1365 BC)



Some viruses can cause mild symptoms and usually disappear in two or three days. The common cold is an example of such diseases. However, the impact of some viral infections can be severe and even fatal. Common viral diseases well known to us are influenza (flu fever), measles, chickenpox and its resurgence known as shingles. More serious virus diseases have been recently recognized. These include hepatitis A, B, and C, Ebola, AIDS, SARS and MERS among others.

We know that malarial fever is spread by mosquito bites. However, the microorganism that causes malaria, is not a virus. It is caused by a unicellular organism called Plasmodium carried by mosquitoes and transferred from one person to another. When an infected mosquito bites a person the parasitic microorganism enters the blood stream, multiply there and causes malaria. There are also mosquitoes that spread virus diseases to humans.

Viruses such as chikungunya and dengue fever are transmitted by mosquitoes. These mosquitoes are different from those that spread malaria. This type of mosquitoes can only bite at sunrise in the morning or at sunset.

A virus that endangers a particular organism may have no effect on another. At the same time, there are viruses that can infect various animals and are transmitted from one to the other. A good example of this is hydrophobia also known as rabies. This virus is spread by saliva. When a rabies-infected animal bites another, the disease is transmitted to the latter. Rabies virus attacks domestic animals such as dogs, cats, goats, horses as well as wild animals including bats, foxes, monkeys and raccoons. The rabies virus can infect humans when they are bitten by any one of the infected animals. Fortunately, there is vaccine available for this virus and many have been saved from this fatal disease.



Anton van Leeuwenhoek (Left) and a replica of his microscope (Top)

### SARS Virus

Severe acute respiratory syndrome virus (SARS-CoV), first discovered in China in 2003, is believed to have originated from bats. The virus then infected humans via civet cats. Middle East respiratory syndrome virus (MERS-CoV) is also said to have originated from bats and infected humans via camels. This virus was first detected in Saudi Arabia. Both SARS and MERS viruses belong to the coronavirus family.

### CORONA VIRUS

The recent virus, named by the World Health Organization as COVID-19, also belongs to the coronavirus family. This novel coronavirus, first reported from Wuhan city in the Hubei province of China, has become the world's most threatening killer disease today. COVID-19 is an abbreviation of the Corona Virus Disease 2019.

The virus was named Coronavirus because it resembles a crown when observed under a powerful microscope. The word coronation is derived from the Latin word corona which means crown in English language.

Although the Covid-19 virus infection was first detected in some people working in a seafood and livestock market in China, very little information regarding the origin and mode of transfer of this virus is available at this stage. The virus is known to live in bats. It is speculated that the Covid-19 may have infected humans from pangolin which in turn got it from mosquitoes. Pangolin scales are used in Chinese medicine.

The most common symptoms of covid-19 infection are high fever, dry cough, fatigue, sputum production, difficulty in breathing and sore throat.

Novel coronavirus can be transmitted from one person to another through a patient's cough and sneezing. Some viruses can survive for a while on furniture and researchers say that Covid-19 can survive for several days on certain surfaces including metallic. If a person touches the area where the patient had placed his or her hands earlier, he or she can become infected. According to a new study, the novel coronavirus is capable of surviving in the air for at least half an hour and can travel up to 15 feet in distance. **Contd. next page...**





# First COVID-19 Convalescent Plasma Donor

Canadian Blood Services begins collecting plasma donations from people who have recovered from COVID-19 as part of Canada's CONCOR Trial

VANCOUVER, British Columbia, April 29, 2020 (GLOBE NEWSWIRE) -- Canadian Blood Services is proud to be part of CONCOR, a national clinical trial to test the safety and effectiveness of COVID-19 convalescent plasma as a possible treatment to help patients infected with the virus. Today, the national blood authority and operator collected its first COVID-19 convalescent plasma donation in Vancouver.

"I'm delighted to be able to help out a really good cause. I have been an active blood donor for 15 years. I'm pleased my unfortunate situation can help somebody else. I think I'm doing a little bit of good out of all this," says Jerry Glubisz, Canadian Blood Services' first COVID-19 convalescent plasma donor.

Canadian Blood Services is establishing a national convalescent plasma collection program. The blood operator is now recruiting potential convalescent plasma donors across the country through its new online registry.

"Convalescent plasma may help patients recover from COVID-19, but this has not yet been proven. Well-designed clinical trials, like CONCOR, will help provide the necessary information about whether this is a safe and effective treatment option for patients," says Dr. Dana Devine, chief scientist with Canadian Blood Services. "We're making an important contribution to research on a global scale that could help patients in Canada and around the world."

Over the next few weeks more convalescent plasma donors, like Jerry Glubisz, may donate at one of 11 Canadian Blood Services donor centres that have the capability to collect blood components, like plasma, through a process called apheresis. These donor centres are located in Vancouver, Calgary, Edmonton, Saskatoon, Regina,

Winnipeg, London, Hamilton, Toronto, Ottawa and Halifax.

Initially, all convalescent plasma donations will be supplied to Canadian physicians caring for patients with COVID-19 in the context of the CONCOR trial and under the authorization of Health Canada.

Including both of Canada's public blood operators (Canadian Blood Services and Héma-Québec), there are 10 research teams and more than 50 hospitals across the country currently participating in CONCOR. Patient involvement in the clinical trial will be determined by their treating physician at a participating hospital in consultation with the patient and/or the patient's family. Patients with COVID-19 who are looking for more information on convalescent plasma as a treatment option are encouraged to visit CONCOR1.ca.

While Canadian Blood Services has officially started collecting convalescent plasma, these donations must still undergo all necessary testing and processing before being issued for use by physicians, as per blood safety and quality standards. Transfusions of convalescent plasma are expected to begin within a few weeks when the trial begins.

A convalescent plasma donation is the same as a plasma donation; however, a specific donor is needed for this clinical trial. In addition to meeting Canada's current plasma donor eligibility criteria, convalescent plasma donors must be younger than 67 years of age, previously confirmed positive for COVID-19 by a laboratory test, and fully recovered from the virus and symptom free for at least 28 days to participate. Donors must also live within driving distance of a donor centre located in one of the aforementioned cities. Anyone who meets these



Canadian  
Blood  
Services

requirements is encouraged to join Canadian Blood Services' online registry. Additional testing will be done at the time of collection to ensure there are adequate antibodies against the COVID-19 virus in the donor's plasma to be part of the trial.

Registered convalescent plasma donors who may be eligible are being contacted now and all convalescent plasma donation appointments are being booked as donors are qualified to participate by Canadian Blood Services' Centre for Innovation which oversees research and development for the organization.

Canadian Blood Services is not accepting walk-in donors for any of its collection programs during the pandemic.

## Media assets

As per current physical distancing measures, media are not permitted to visit Canadian Blood Services donor centres. To ensure media have access to assets necessary to provide coverage, raw footage and an uncut interview with Canadian Blood Services' first convalescent plasma donor will be made available.

Web-based interviews with Mr. Glubisz and with convalescent plasma donors in other areas of Canada may also be arranged through Canadian Blood Services.

Please contact [media@blood.ca](mailto:media@blood.ca) for more information.

## About Canadian Blood Services

Canadian Blood Services is a not-for-profit charitable organization. Regulated by Health Canada as a biologics manufacturer and primarily funded by

the provincial and territorial ministries of health, Canadian Blood Services operates with a national scope, infrastructure and governance that make it unique within Canadian healthcare. In the domain of blood, plasma and stem cells, we provide services for patients on behalf of all provincial and territorial governments except Quebec. The national transplant registry for inter-provincial organ sharing and related programs reaches into all provinces and territories, as a biological lifeline for Canadians.

## About Canadian Blood Services Research Activities

Canadian Blood Services, through its Centre for Innovation, conducts and supports research projects in key priority areas that span the translational continuum from "bench to bed side." The focus is on transfusion science and medicine but also related fields such as cellular therapies (in particular hematopoietic stem cell transplantations) and organ and tissue transplantation. Our research findings are published in peer-reviewed journals or directly shared with stakeholders.

Instrumental to our research efforts are discovery and applied research laboratories led by university-affiliated Canadian Blood Services staff scientists, as well as our medical experts and adjunct scientists. Complementing these core research teams, the Centre for Innovation facilitates a national and international research network of blood system experts through competitive research funding opportunities, collaborations and contract research.

## Contd. from previous page...

People of various ages can be infected with this virus. However, those over seventy and eighty years of age are at increased risk for the disease. At the same time, it is wrong to believe that the virus is not a threat to children. People with health problems such as diabetes, cardiovascular disease, hypertension, and cancer are more likely to be affected by the Covid-19 virus.

Many people do not show any serious symptoms. This makes it possible for them to spread the disease to others without realizing that they themselves are infected. The doctors have given the following instructions as a precautionary measure to protect us from the Covid-19 coronavirus. We can also help prevent the spread of this infection by strictly following these instructions.

1. Avoid social gatherings as much as possible.
2. Stay six feet away from those

who show symptoms of flu. Wash your hands frequently with soap. Wash your hands with a 60% alcohol solution if possible.

3. Eat nutritious healthy foods.
4. Reduce sugar intake if you have diabetes.
5. Increase your immunity through exercise, adequate rest and sleep.
6. Relax well at home.

## Vaccines and Immunization:

Antibiotics that control bacteria are ineffective against viruses. However, A few medications can help reduce the impact of the virus. At present vaccination is the only way to help protect someone from virus infections. The smallpox virus, the cause of the deaths of millions of people over the last few centuries, has been eradicated from the world today. This was achieved by vaccination first invented by Edward Jenner in 1796.

Vaccination involves compelling the

immune system to respond to a weakened version of a pathogenic virus first so that the immune system will be ready to fight the real one. Although viruses have not yet been discovered at the time of Edward Jenner found that past infections with cowpox protected the people from getting the life-threatening smallpox. Jenner obtained fluid from the pustules of those affected by cowpox and scratched it in the skin of a healthy individual and ensured the vaccinated individual did not get small pox when he was exposed to it. This vaccination method first tested on an eight-year-old boy was a huge success.

Currently, researchers are used to isolate the virus causing a particular disease and prepare an attenuated version of the real virus to prepare a vaccine. When this weakened virus is injected into the body, the immune system is activated to resist and destroy the real virus. Although the mild im-

pact of the weakened virus could be felt, no major effects will be seen in the body. This is the scientific basis for the success of vaccination. This also explains why people who have been already exposed to a particular viral disease rarely get it again.

Successful vaccination has eradicated polio in many countries. Number of people affected by the most common viral diseases such as chickenpox, shingles, hepatitis A, B, is now declining. A vaccine is also available for the human papillomavirus (HPV) considered to be one of the causes of cervical cancer in women. Human immunodeficiency virus (HIV) also known as AIDS virus, causes a deficiency in the body's immune system. This is one of the reasons why efforts to find a vaccine for AIDS have not yet been fully successful. As of now, nothing can be said about when the vaccine for Covid-19 will be discovered and when it will be ready to use.





# THANK YOU TO OUR COMMUNITY!



We are absolutely blown away by the support of community members who joined the **Frontline Workers Appreciation Salute**, coordinated by Jim Karygiannis, City Councillor, Ward 22 Scarborough-Agincourt, and Dr. Lisa Salamon, Emergency Physician, SHN and Chair District 11, Ontario Medical Association, on April 17.

Along with our partners at Toronto Police, Toronto Fire, and Toronto Paramedic services, approximately 300 of you (including Centennial College and Toronto Zoo) made thank-you signs

and drove your vehicles around our Birchmount hospital in appreciation of Scarborough's frontline health care workers. We are truly humbled by this incredible show of support.

You brought our teams brightness and joy during this vulnerable time and we are deeply grateful. Thank you for taking the time to put smiles on our faces last week. We invite you to check out photos from the parade on our **Facebook page**.

On the heels of Friday's parade, we were also honoured to be recognized by Toronto Police,

Toronto Fire, and Toronto Paramedic services as part of the Night to Salute Hospitals Across the City on April 19. Staff and physicians at our Birchmount, Centenary, and General hospitals were encouraged and uplifted by their presence, and we are equally thankful to these frontline responders for protect and serving our community each and every day.

It is our privilege to care for you, Scarborough. Stay well!

## STAYING AT HOME ? NEVER FEAR — SHN'S VIRTUAL CARE IS HERE



Scarborough Health Network (SHN) appreciates the challenges our patients are facing, given the recent restrictions that hospitals and other health care providers have needed to put in place as part of the response to the COVID-19 pandemic. These necessary steps are being taken



to protect patients and health care workers alike.

At SHN, we are turning to virtual care for some of our programs so patients can still receive services while staying at home. Here are some highlights of virtual care initiatives happening across our health network.

### Virtual consultations for low-acuity long term care residents

In an effort to protect the elderly and those with pre-existing medical conditions, SHN is now partnering with long-term care (LTC) facilities to provide their residents virtual consultations with emergency department physicians. This is being offered as an alternative to residents coming to the emergency department for low acuity or less severe issues. It helps to reduce the likelihood of these residents contracting COVID-19 or another infectious disease while in hospital, as well as reduce the volume of non-essential ED visits.

**Conditions that can be assessed for LTC residents using virtual care include:**

Fever  
 Falls  
 Pneumonia  
 COPD exacerbation  
 Heart failure  
 Infected wounds  
 Urinary tract infection  
 Not eating/drinking

Weekly calls and online education for Regional Cardiovascular Rehab patients

For patients in SHN's Regional Cardiovascular Rehab program, they are used to attending weekly exercise and education classes at any of 16 sites at

hospital, community and recreational centres from Scarborough, to Durham, to Kiwartha Lakes. Now with face-to-face classes postponed, patients are receiving services through phone calls and online education.

Exercise therapists from the regional program are individually contacting patients via email, phone, or videoconferencing to review their weekly exercise program and any health concerns, and set weekly goals relating to their cardiovascular health. The team also includes a dietitian, smoking cessation specialist, and pharmacists, who are also offering individual consults and group education to patients through Ontario Telehealth Network (OTN). Additionally, patients are able to access videos and resources for their weekly classes online through the program's website.

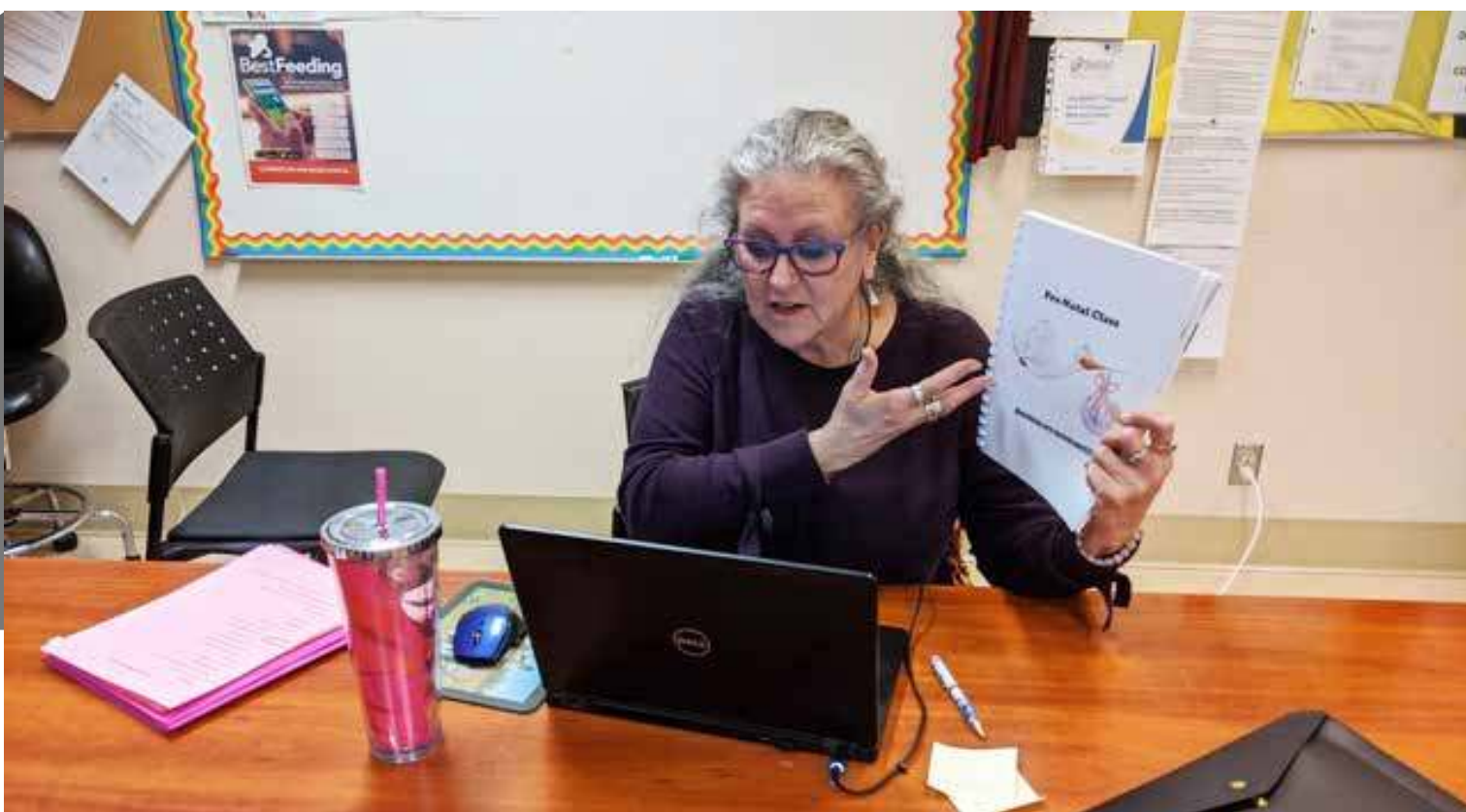
Virtual prenatal classes for expecting parents

Expecting moms and dads who will be having their baby at SHN are now invited to join virtual prenatal classes. They learn about the same information, skills, and resources to be prepared for childbirth and the first few weeks of parenthood



— but now all from their computer or mobile device.

Classes are led by experienced nurses through their laptops and videoconferencing platforms, bringing groups together for classes on: stages of labour and what to expect, coping strategies and breathing techniques, when to come to the hospital and what to bring, role of the support person, breastfeeding information, and more.







# Mental Health and COVID-19: Impact on Community & Frontline Workers

By: Jeavana Sritharan,  
BHSc, MHSc, PhD

Throughout history, there have been major widespread influenza outbreaks that have had substantial impacts globally. It was previously predicted that another pandemic was likely, given increased air travel and globalization. Although this time, instead of influenza, it is a coronavirus – COVID-19. As the widespread pandemic of COVID-19 continues to impact Canadians, and those around the world, it is expected that the mental health impact will be tremendous. As physical distancing restrictions will remain for the foreseeable future and given that COVID-19 may



occur in multiple waves, there will be an increase in mental health risks across communities. There are multiple factors affecting mental health that have developed throughout this pandemic, which include social isolation, quarantine, physical distancing, caregiver stress, death/illness, and lack of employment.

Prior to the development of a vaccine, to reduce the spread of COVID-19, measures have been put in place which primarily involve social isolation, quarantine, and physical distancing. Social isolation and quarantine for a long period of time can lead to increased stress, anxiety, and confusion, while also having a significant emotional toll on individuals. With physical distancing continuing for months on end, there will be a lack of social interaction that is difficult for communities to comprehend.<sup>1</sup> A decline in shared social and milestone events – such as graduations and weddings, and other get togethers can also contribute to a mental health decline. Aside from social restrictions, there is concern with primary caregivers of young children, elderly, or the ill, who are likely to experience higher levels of stress, anxiety, and fear.<sup>1</sup> The mental health impact will be even greater among individuals who are suspected to have or test positive for COVID-19. These individuals are likely to experience social stigmatization in the community, while also being fearful that they may transmit the virus to loved ones. Also, individuals may be dealing with the death or illness of close family or friends which is especially difficult if they cannot be present to support one another.<sup>1</sup> This is further amplified by the restrictions in hospital and health care settings where contact with loved ones is not permitted. Throughout these difficult situations, it is clear that

there will be increased levels of fear, anxiety, worry, stress, grief and depression among individuals.<sup>1</sup> A recent poll by the Angus Reid Institute has shown that half of Canadians are reporting that their mental health has worsened over the time period of the pandemic.<sup>2</sup>

## Lack of employment

The impact of unemployment is especially concerning for the most vulnerable workers in the community. Those employed in low paying or low skilled jobs, and non-essential work that has been shut down are likely to experience a mental health decline. Lack of employment can lead to increased financial strain, debt, and job-seeking challenges.<sup>1</sup> This can also decrease the overall mental health of families as the loss of employment not only affects the individual but their family or loved ones as well. Even as those still employed are primarily working from home, there is a lack of workplace or social interaction which can also lead to a mental health decline.

## Frontline workers

At the core of the pandemic are the health care workers, specifically those who are directly involved with diagnosing, treating, and providing care for COVID-19 patients. Health care workers are expected to perform their duty at full capacity while meeting the demands of the current public health systems crisis. At the same time, they are shouldering fears of contracting the virus themselves while also putting their loved ones at risk. A recent poll in Canada found that almost half of health care workers involved in this crisis are reporting the need for mental health help.<sup>3</sup> It is important to remember that a mentally healthy and protected workforce is needed for managing COVID-19 affected individuals especially as the course of this pandemic is expected to be long-term. As the number of infected patients increases, there will be an increase in the number of exposed health care workers leading to increases in self-isolation and quarantine among these workers. As more workers are at risk of contracting COVID-19, this will in turn lead to a much larger burden on the health workforce, increasing the workload in those who are left working. With these overlapping stresses, health care workers are at a higher risk of a mental health decline which will be more pronounced as the pandemic slows down.

Other frontline workers are also at a higher risk of contracting COVID-19 due to their increased community interaction. This includes hospital staff, home care staff, paramedics, police officers, firefighters, military, pharmacists, and grocery/retail staff. An important group of workers often overlooked are the home care workers (those employed in long term care homes, group homes, etc.). These workers have consistently felt the burden of the workload, lack of resources, and low pay for many years, which has now been exacerbated by the pandemic. Given the demands of meeting the needs of vulnerable patients and while keeping patients, themselves, and their own families safe, this in turn increases levels of stress and fear among these workers. This is associated to the heightened fear of working in an environment with potential exposure to contracting the virus, especially without appropriate protective equipment. Due to multiple outbreaks across Canada in long term care and group homes, this has led to severe staffing shortages – remember that these workers are taking care of the most vulnerable members of our community. The outbreaks in these facilities has



Jeavana Sritharan

proven to be overwhelming and an extremely tough situation for workers, patients, and their loved ones.

There are also other essential workers who cannot necessarily work from home, lack the appropriate protective equipment, or feel an overall lack of health and safety at work. It is crucial for employers to ensure that their staff is willing and able to work in safe environments, while adhering to the physical distancing recommendations. It is also imperative to understand the mental health impact to better prepare for the immense need in mental health resources across the workforce. Workers are struggling to maintain a balance between mental health and overall wellbeing as they are thrown into extremely stressful situations every day. This will not only impact workers and the services that they provide, but also their own families.

Although there are multiple mental health issues stemming from this crisis, there are also mitigating factors that can have a positive impact on mental health. Increased technology has proven to be vital during this pandemic, with increased social media interaction and video conversations. This allows individuals to remain intact with their support system and provides a sense of connectivity. There have also been increases in online mental health support groups and resources to help during this crisis. Continuous media and government messaging provide individuals with access to up to date information and ultimately can provide a sense of unity. There is comfort in knowing that the global population is going through this pandemic together, and that no one is alone in this.

*For mental health resources, please contact:*

- ▶ Toronto Distress Centres: 416 408-4357 or 408-HELP
- ▶ Durham Crisis and Mental Health Line: 905 666-0483
- ▶ Oakville Distress Centre: 905 849-4541
- ▶ Kids Help Phone: 1 800 668-6868

- 1 Sritharan J & Sritharan A. (2020).
- 2 Angus Reid Institute (2020).
- 3 Potloc and the Canadian Public Health Association (2020).

*Jeavana Sritharan, PhD, has a background in occupational epidemiology, cancer biology, mental health, and community health.*





# MOTHER

Her “Lies” that really represent her genuine sacrifice

**By: Raymond Rajabalan**

“M” is for the Million things she gave me,  
“O” means Only that she’s growing old,  
“T” is for the Tears she shed to save me,  
“H” is for her Heart of gold,  
“E” is for her Eyes with love-light shining in them,  
“R” means Right, and right she’ll always be.

Put them all together, they spell “MOTHER” a word that means the world to me.

For those of you who are lucky to be still blessed with your Mom’s presence on Earth, the story below is beautiful. For those who aren’t so blessed, this is even more beautiful.

*Mothers very often try to hide their sorrow and pain in order to make sacrifices to bring up their children under trying circumstances. In the process they often resort to telling various ‘lies’, which actually are different forms of her sacrifice.*

The story below, written by an unknown author illustrates this very beautifully.

## EIGHT LIES OF A MOTHER

► The story begins when I was a child: I was born poor. Often we hadn’t enough to eat. Whenever we had some food, Mother often gave me her portion of rice. While she was transferring her rice into my bowl, she would say “Eat this rice, son! I’m not hungry.”

### This was Mother’s First Lie.

► As I grew, Mother gave up her spare time to fish in a river near our house. She hoped that from the fish she caught, she could give me a little bit more nutritious food for my growth. Once she had caught just two fish, she would make fish soup. While I was eating the soup, mother would sit beside me and eat what was still left on the bone of the fish I had eaten. My heart was touched when I saw it. Once I gave the other fish to her on my chopstick but she immediately refused it and said, “Eat this fish, son! I don’t really like fish.”

### This was Mother’s Second Lie.

► Then, in order to fund my education, Mother went to a nearby Match Factory to bring home some used matchboxes which she

filled with fresh matchsticks. This helped her get some money to cover our very basic needs. One wintry night I awoke to find Mother filling the matchboxes by candlelight. So I said, “Mother, go to sleep; it’s late: you can continue working tomorrow morning.” Mother smiled and said “Go to sleep, son! I’m not tired.”

### This was Mother’s Third Lie

► When I had to sit my Final Examination, Mother Used to accompany me to the Examination centre and wait for me for several hours in the hot sun. Till the closing bell rang, One day after the exam I ran to meet her Mother embraced me and poured me a glass of tea from a thermos flask. Seeing Mother covered with perspiration; I at once gave her my glass and asked her to drink it Mother said “Drink, son! I’m not thirsty!

### This was Mother’s Fourth Lie.

► After my Father’s death, Mother had to play the role of a single parent. She held on to her former job; she had to fund our needs alone. Our family’s life was more complicated. We suffered from starvation. Seeing our family’s condition worsening, my kind Uncle who lived near my house came to help us solve our problems big and small. Our other neighbors saw that we were poverty stricken so they often advised my mother to marry again. But Mother refused to remarry saying “I don’t need love.”

### This was Mother’s Fifth Lie.

► After I finished my studies and got a job, it was time for my old Mother to retire but she carried on going to the market every morning just to sell a few vegetables. I kept sending her money but she was steadfast and even sent the money back to me. She said, “I have enough money.”

### That was Mother’s Sixth Lie.

► I continued my part-time studies for my Master’s Degree. Funded by the American Corporation for which I worked, I succeeded in my studies. With a big jump in my salary, I decided to bring Mother to enjoy life in America but Mother didn’t want to bother her son; she said to me “I’m

pinterest.com

not used to high living.”

### That was Mother’s Seventh Lie

► In her dotage, Mother was attacked by cancer and had to be hospitalized. Now living far across the ocean, I went home to visit Mother who was bedridden after an operation. Mother tried to smile but I was heartbroken because she was so thin and feeble but Mother said, “Don’t cry, son! I’m not in pain.”

### That was Mother’s Eighth Lie.

Telling me this, her eighth lie, she passed away with a faint smile. Yes my sweet mother had left me forever after showering me with love and affection all her life...

YES. MY MOTHER WAS AN ANGEL!







## Special Feature

## Take it or Leave it



# Why Worry?

Take a more proactive and positive approach... find a solution to the problem.

How many of you worry? I'll raise my hand too—just, it makes it easier for you. Now, please explain to me how worrying is going to take away your problem?

And here's a good one—look up “worrying” or “worry” in the dictionary—and it's really funny. It says, “Something that makes you unhappy.” Something that makes you unhappy...?

My goodness! I like to worry. I like to worry! But I never asked the question, “Why am I worrying? Is this actually going to solve the problem?” No! Because, where action will solve the problem, thinking about a possible solution will solve the problem, worrying will never solve the problem—but I like to worry.

And worrying will make me unhappy—that's according to the dictionary—and I can vouch for that. And yet every time I am faced with a problem, I worry.

And then one day when I was really into worrying—and feeling quite unhappy—and this may come as a surprise to you—I said to myself, “Why do you want to feel unhappy?”

“Yeah, but it, you know, it's not in my control. I didn't do it. This is happening to me; it's other peoples' fault;

## Worrying about our problems is something we all do- but does it help?

it's, yeah, da-da, the other people are the....”

I said, “No, no, no.” And this is me, having a conversation with myself, silently, by the way. And I'm saying to myself, “No, it's you. That even in this moment, you have a possibility not to be unhappy.”

And it is taking a more proactive and a positive approach, which is to find the solution to the problem—and if you don't know it, find somebody who does.

## What Is Empathy?

**“What is empathy? It is to understand, to see the similarity between you and another person. It is not pity.”**

People need food and money, but they also need compassion – the kindness to help them realize their potential.

There are a lot of businesspeople here, they want to make money. I don't blame you. Money is a nice thing to have; it can get you into a lot of trouble. So far you're making it, it's fine. So far

you stop making it; you are in a lot of trouble. You become nobody. So far you keep making money you're somebody, you stop making money, and you're a nobody.

And yet you realize that you're not going to be able to take a cent of it with you. Money belongs to no one. What you say is yours... That house you live in has your name on the front. One day it'll have somebody else's name in the front. That's the nature of things. Not good, not bad, not right, not wrong. That's just the nature of things.

Yes, people need food. But people also need compassion. Yes, people need money but they still need compassion. And compassion is not pity.

What is empathy? What is empathy? Look it up. What is empathy? It is: to understand, to see the similarity between you and the others. It is not to take pity. And I'm not talking about taking pity. That's not what this kindness is about. This kindness is about helping people. First of all, realize in themselves, their potential, their understanding. This is what the world needs.

**- Prem Rawat**  
www.timelesstoday.com





# Coronavirus Covid-19 Pandemic - A challenge to the human species

**By: Kanagasabai  
Theivendirarajah,  
Ph.D. (London)**

The human species would have seen and experienced many adversities in its life for centuries. It had overcome all such difficulties through natural selection and survival phenomena, and evolved into the most advanced organism on planet earth. Like most living organisms on earth, humans too have sophisticated mechanisms, many of them are yet to be understood by scientists to protect itself from physical distress caused by foreign bodies such as disease causing microorganisms including various life threatening bacteria cells and virus particles.

In recent history, humans have faced and survived many plagues including the most fatal Black plague pandemic which killed 75 to 200 million people in Eurasia and North Africa in the 13th century. Plagues are caused by bacteria (*Yersinia pestis*). Smallpox caused by a virus (DNA virus) was another fatal disease of humans. According to some estimates it had killed up to 300 million people in the 20th century. Smallpox has now been fully eradicated. The famous Spanish flu pandemic which 100 years ago infected about one third of the world population of 1.5 billion resulting in fatality between 17 to 50 million or even more. In Canada 50,000 died of Spanish flu.

Now in the 21st century we are facing the coronavirus Covid-19 pandemic. There is no doubt that we will get over this too. Covid-19 appears to be deadlier than the common influenza A or B viruses which are seasonal. Most people especially the seniors get the flu vaccine during the month of October each year to protect themselves from the seasonal flu, most prevalent in the winter months and wither out during summer. Some people are hopeful that Covid -19 virus like the influenza virus will die out in summer, which is best possible outcome, however, epidemiologist think otherwise and predict that it may peak again in fall. Whatever the predictions the good thing is that majority of the population, more than 90% experience no symptoms (asymptomatic) or experience mild symptoms and recover without any serious consequences like the British prime minister who recovered with the usual oxygen treatment.

Humans have built in defence mechanisms like the autoimmune systems, producing antibodies to knock off the invading viruses. When the inoculum potential is high it may take more time (days) to fight it out, where as if the initial strike by the virus with a low inoculum, body can get rid of the virus particles before it can multiply or replicate itself ending up with no

symptoms. Unfortunately older people with pre-existing medical conditions and low immune activity fall victims to this deadly Covid-19 virus. In the province of Ontario 75% of the fatalities are elderly and fragile people from senior or long term care facilities. This is the case in all countries where the virus had spread.

Although the coronavirus Covid-19 appears to be a new virus, it has similarities in structure and pathogenicity to severe acute respiratory syndrome (SARS- cov-1) virus which rocked the world in 2002 to 2004. Covid-19 is a single stranded RNA virus of approximately 30,000 bases with open reading frame for producing its proteins, including its own replicase enzyme necessary to make copies of its RNA within the host cell. Covid-19 virus is approximately 120 nm in size and about 1000th of the host nasal epithelial cells. An interesting fact is that the virus through the protein spikes first attaches itself to the Angiotensin converting enzyme 2 (ACE-2) receptors of the host cell membrane. People like me who have hypertension or blood pressure daily take Angiotensin converting enzyme inhibitors like Perindopril (Coversyl), Ramipril (Altase) or Angiotensin receptor blockers such as Losartan (Cozaar) drugs to reduce the blood pressure. Recent studies made in China showed that pneumonia related mortality was reduced in patients who are on the ACE drugs.

Once the virus gets into the host cell through the receptor sites, it makes several copies of its RNA strand using its own replicase enzyme copied from its nucleotide sequence and the various virus proteins using the host's protein synthesising apparatus. In other words the virus high jacks the host cell and make thousands of complete virus particles and in the end, destroy the host cell and gets out. These particle in turn attack more host cells and cause severe damage to the tissues and organs of the host. While this destruction is going on, the host also switch on its defence mechanisms to stop the virus replication and assembly of active virus particles.

During the last two months there have been claims and contradictions about some anti-viral drugs. One such drug was hydroxychloroquine, brand name Plaquenil, which in combination with an antibiotic azithromycin (Zithromax) seem to have helped some patients with covid-19 infection. One French doctor who had the illness found a great improvement after the first dose of hydroxychloroquine and swore by this drug. But it has not yet been approved by FDA as a drug for treating covid -19 viral infection. Hydroxychloroquine is one of the safest and most effective medicine for the



treatment of malaria. It is also used to treat lupus and rheumatoid arthritis and I have seen patients on dialysis take this drug for muscle cramps. Like most drugs this also has some long term side effects but there is no harm to use it for the most only two weeks if it can reduce the severity of the covid -19 infection. Another anti-viral medication talked about is Remdesivir developed by Gilead Science, an American biopharma. The drug is actually an analog of the adenosine nucleotide, when this is inserted in to the RNA chain it will terminate the viral replication in the host cell. Clinical studies are going on and still not approved by FDA as a treatment drug. Many people in Asian countries use herbal remedies for treating viral infections. Though there have been no serious research studies on its efficacy as a anti covid -19 viral treatment, herbal products may have beneficial effects through the built in immune stimulating and inflammation modulating effects and worth taking it during this period.

Covid-19 so far has infected more than 3 million people and the mortality is more than 212,000. This number will change and more deaths due to the virus will happen in the months to come. So far more than 75% of the deaths have occurred in countries in Europe and North America. While most countries in South America, Asia and Africa have a lower mortality rate. One may wonder whether the low death rate in these regions are due to the warm weather or whether the people have stronger immunity to covid-19.

Anti-viral drugs discovered may reduce the symptoms or severity of the illness but the real treatment to prevent the occurrence of the disease in the community is through the development of a vaccine. Many scientists and researchers all over the world are scrambling to produce a covid-19 vaccine. Many governments are giving away huge funds to research institutes and vaccine manufacturing pharma companies to come up with a vaccine as early as possible to combat the viral menace. Chinese scientists have already sequenced the covid-19 RNA and this information was shared with scientists all around the world and they are using this to carry out covid-19 tests and

for vaccine development. Scientist are using various technology platforms- Moderna in USA is using the RNA technique (mRNA-1273) to produce a vaccine: CanSino Biologics, the leading vaccine manufacturer in China is using viral vector platform; others focus on peptides, recombinant proteins, live attenuated viruses and inactivated viruses to develop covid-19 vaccine. Clinical phase 1 trials have already begun in University of Oxford (UK), CanSino Biologica (China), Moderna (USA) and in few other Institutions in the world. More likely by the end of 2020 or early 2021 a vaccine or vaccines may be developed and go into mass production by leading vaccine manufacturers in China, USA, UK, Germany, France, Canada, and India.

Many governments focus on the covid-19 testing to estimate the infection to determine the extent of spread in the community. At the start of the pandemic tests were done only in few laboratories and there were not enough materials and equipment for large scale testing. Now more test sites are available and thousands of tests are done daily in most countries. The test is basically carried out on nasopharyngeal swab samples. Nucleic acid is extracted from the swab and fed into the Rt-PCR (reverse transcriptase-polymerase chain reaction) equipment to amplify the viral RNA. The amplified RNA is screened against SARS-COV-2 virus genome probe similar to COVID-19. Sample turned positive for the disease if the extracted nucleic acid shows resemblance to the tested probe. Serological tests for antibodies present in infected persons are being studied and may soon be approved as a testing method.

Until a vaccine is developed the only method available to us to keep the disease under control is containment. Let us all follow the guidelines provided by our governments such as lock downs, tracing and tracking the infected, self-isolation, staying at home, social distancing, avoiding large gatherings, wide use of face masks, hand sanitizing, frequent hand washing and use of preventive personal equipment (PPE) by health staff and all other front line workers. We shall overcome this pandemic, remain confident and resilient.





BY THULASI MUTTULINGAM

# HUMANS OF NORTHERN SRI LANKA

"Humans of Northern Sri Lanka" is a Facebook Community page by Thulasi Muttulingam, a journalist based in the North of Sri Lanka. To follow the updates, "Like" the page at: [www.facebook.com/pages/Humans-of-Northern-Sri-Lanka](http://www.facebook.com/pages/Humans-of-Northern-Sri-Lanka)

## ENGLISH CHINGLISH - DON'T BE TINGLISH

Butchering the Queen's language is par for the course for us colonised natives

"No problem, no? You understand what I speak?"

And that's all that matters. The purpose of language is communication and not, as some think, getting toffs' accents, echoing in the corridors of Windsor.

Unfortunately, when the British left, we the colonised natives wanted to show them the middle finger by removing their language amongst us. That's what we told ourselves; or what Bandaranaike and Co. told us to win votes – and we stupidly believed it. And so in came the swabasha policy.

Nothing wrong with prioritising your own language of course, but by that time, in 1948, many natives already had a system of education that effectively taught both their own language as well as the Queen's. As such, many people were effectively bilingual if not trilingual back in the day.

All that the swabasha policy achieved was making people monolingual – in a fast-globalising world where English became the de facto lingua franca. It was the language uniting the people of the world for communication purposes because they had all pretty much been colonised at one time or another. Being angry enough with the coloniser who had left by that point, to resort to chucking out their language was simply cutting off one's own nose to spite one's own face – which we Sri Lankans are quite good at, so we did it.

The only ones left with their noses intact after this were the elites who managed to stay above the very patriotic rules they laid down for the masses – so they continued on with the Queen's language in their homes and in private education. And their noses tilted even more upwards to show the rest of us they still had it.

The sad result of all these machinations soon after Independence is that English is no longer just a language, a mere tool of communication, in Sri Lanka. It is a weapon.

### Subjugation

Across all levels of society, I've sadly seen people bully others over the language. "You don't know even this."

"You don't know even that?"

"Hahahaha – that's not how it is pronounced."

The goal is always to demean the target – and it's usually effective.

Many Sri Lankans have also internalised a sense of shame over not being adequate in their English, through no fault of their own – so the tactics of humiliation work on them.

I move through these corridors of power and shame with the unease of an outsider in both.

By class status, I should belong to one bracket (those who don't have a command of the English language), but due to circumstances – of having my formative years of education abroad after my family fled the '83 riots – I belong to the other, the group that does have a command of the language. Even so, my use of the language is nowhere near the Queen's English, especially pro-



nunciation wise. I have a thoroughly mongrel accent influenced by the vernacular accents of the Maldives, India, and Sri Lanka where I've lived my life

in different stages – and I'm not ashamed of it.

Language to me is just a tool. I don't care that I don't have the cut-glass accents of the upper-class British elites, and have always been amused by people who strive to reproduce them in Sri Lanka. Accents are formed by our environment. No matter how much you try, you can't reproduce the environment of Oxford in Colombo, sorry. And I don't even know why you'd want to try.

Be that as it may, being a non-toff using the toffs' language (Sri Lankan toffs anyway) can give rise to some hilarious situations. I've worked in various sectors where "seniors" and bosses make it a point to undermine staff under them for their "bad" use of English. It appears to be a common Sri Lankan humiliation tactic to control the masses, and I've come in for my fair share of it too.

"You, junior! Go and write a message on the staff notice board wishing the staff for the New Year holidays."

"Hahahaha – what do you mean, 'wish you a happy, peaceful, and prosperous New Year?' It should be 'happy, peace, and prosper New Year'. Hahahahaha. Don't they teach you anything at school?"

"You! Write a letter to the bank manager telling him to... (some details)."

"Oh my god, what is the meaning of this?"

And then said person proceeds to mark all over in red ink, often correcting the right terms, phrases, and grammar with wrong ones, then flings it in my face. "Go and correct that immediately. I am sick of correcting your poor English. Why can't you learn the language? It should not be my job to correct you."

Yeah, so why insist on doing it then?

I was not exempt from this in newspaper offices either.

Let me say I have a blatant dislike of most subeditors. As a junior reporter, many's the time I have had to stand by while an idiot butchered my work with a red pen just to show how superior he or she was in their English. Then ticked me off for my "bad English" and obliged me to correct what I had written into their version of the Queen's English – except the Queen was long dead on that script.

The poor Queen. In our effort to keep her alive, we've mangled her many times.

### Tool not a weapon

I am currently an English teacher. I see my role as enabling students who have not had access to the language thus far to master it to the extent that they can effectively use it in communication, for their jobs, higher studies, migration, etc.

It's heartbreaking, seeing so many intelligent Sri Lankans left marginalised by lack of access to learning the language.



### "RISE TO THE CHALLENGE"

Queen Elizabeth II urged Britons to "rise to the challenge" of the coronavirus pandemic in a rare address to the nation Sunday, April 3rd night. "I am speaking to you at what I know is an increasingly challenging time," she said, speaking from her residence in Windsor. The Queen thanked workers at the National Health Service as well as those continuing to work essential jobs. "Every hour of your hard work brings us closer to a return to normal times," the Queen said, going on to add her thanks for every Briton who is staying at home. - VOA News

The way the language is taught in schools right now is a joke. And so, people with so much to contribute have effectively been shut out of the global discourse, of claiming their fair share of the global pie. To whatever extent possible, I would like to work to bridge that gap.

So here's a few tips from a communications professional cum English teacher:

- The purpose of language is to communicate. So use words that the people you are communicating to understand

- Don't be obnoxious. It's just a language, and a foreign language at that. Your command of it just means that you are privileged

- Accents form from the environments that formed you. Quit trying so hard. There's nothing to be ashamed of having grown up in Colombo or Galle. Trying to sound like you grew up in England without ever having set foot there is a recipe for failure. Fake accents grate on everyone's ears. The purpose again is to communicate, not sound like you have marbles in your mouth

- Using big words when simpler ones would do does not show you as having a better command of the language – it just shows that you are desperately showing off. Why? What's missing within? What's the inadequacy? It's coming through loud and clear

A front-running politician is meme fodder currently due to use of absurdly constructed sentences in English to sound profound – he just sounds profoundly stupid, which has not been lost on the masses. Don't attempt to fool the people with big words, especially if the big words don't amount to anything much. Trying to decipher the politicians' words, people quickly found out that it made no sense as a coherent whole. He didn't impress, as he set out to do. He didn't communicate anything either. He just made an outsized fool of himself.

Many professionals in Sri Lanka are unfortunately prone to this – academics especially, but others too. They use a lot of big words without actually communicating anything via those words and then hope that people would thereby assume they are exceptionally intelligent.

I work as a freelance editor too. I edit

other writings for a fee – most of my clients are academics. Some are brilliant in their work but quite a few throw in a lot of "academic"-sounding words just to sound profound, but ultimately make no sense. When I try to question them on what it is that they were trying to say, it often emerges that they have no idea. Trying to mask weak or nonexistent ideas with big words doesn't work either.

Some so-called highly educated professionals do this too. I once worked under an engineer who thought engineers were a superior race who ought to be bowed and kowtowed to by the common masses. He also had the habit of pulling words out of the thesaurus to use in his everyday vocabulary – I am not joking, I've seen him do it. As a general measure of developing your vocabulary, this wouldn't be wrong, but he sought to make fools of the rest of us with the tactic. He could speak the language reasonably well, so he always used it on monolingual staff with his one big word of the day, then castigated them for not understanding what he was saying.

One day, he arbitrarily chose "arbitrary" as his word of the day.

"You here, you are doing too much of arbitrary work. Do this, that, and the other."

"You there, write an arbitrary letter to the bank manager."

"You! I told you earlier in the day to do this arbitrary work. Why haven't you done it yet? How many times must I arbitrarily (sic) tell you..!"

Poor fellow, by the end of the day, he had forgotten the meaning of the word and we had to listen to his arbitrary diktats which continued on for two more days, before he found another word just as arbitrary.

Given that he was running his own company, and the purpose of employing staff was to communicate effectively to them the work he needed done, I never did understand this particular tactic of his. He was wasting money while staff spent time and effort trying to understand exactly what he was trying to communicate to them. Yet, Sri Lankan managers repeatedly do this.

For whatever reason, they choose to use the English language as a whip.

The day we learn to use it as a tool, and not a weapon, we'll all make progress.





Tharshikka

# AN ACADEMIC SUPER STAR FROM SRI LANKA CONTINUES TO DAZZLE IN USA

**By: Raymond Rajabalan**

It certainly is a very long way from the picturesque town of Trincomalee in Eastern province of Sri Lanka, a palm fringed beautiful Tropical Island to California, USA. Yet a very brilliant young woman has bridged the distance with ease due to her academic excellence. Her brilliance came to light in 2018 when she graduated from the faculty of Engineering of the Jaffna campus with First class honours. Her achievement is absolutely remarkable since she had to face constant uncertainty during her pre university studies of life due the civil war in that island nation.

Her talents were noticed by a professor of Clemenson University, South Carolina who was visiting the campus in North Sri Lanka. Her academic excellence together

with her fluency in English was rewarded when Professor Nadarajah Ravichandran, also from Sri Lanka offered to arrange her to continue her higher studies in USA. The rest is history.

**March 26, 2019: Tharshikka Vickneswaran Received the**



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Tharshikka is completing

her M.S. in geotechnical engineering in May, and will resume her Ph.D. studies this summer as part of the M.S. en route to Ph.D. program. After graduation, Tharshikka plans to pursue a career in academia, with hopes of one day becoming a professor. Her advisor is Dr. Nadarajah Ravichandran.







# REUNION OF PAST STUDENTS AT UNION COLLEGE TELLIPALAI

An assemblage of 1986 O/L & 1989 A/L batchmates



The batchmates in front of the refurbished Sanders' Hall



The batchmates and their former teachers



e-learning room declared open by batchmate Mrs. Indramala Yogeswaran



Mr. A. Paramanathan lighting the traditional oil lamp



Mr. K. Aravinthan the MC delivering the welcome speech



Mr. T. Varathan the principal addressing the audience

By: C. Kamalaharan

It was a memorable occasion on the 7th of March 2020 when the 1986 O/L and 1989 A/L batchmates of Union College assembled there to celebrate their 50th birthday in a grand manner. For them it was a joyous homecoming from different climes in UK Canada Germany Malaysia Australia and Sri Lanka. The teachers who had taught and guided them as outstanding personalities were also present there to grace the occasion. The formation of the reunion of batchmates was the brainchild of Sivashankar who was the first to suggest that a WhatsApp group must be organised and all the batchmates enrolled in it. It was the joint effort of all of them that paved the way for the recently held reunion celebration at Union College. But unfortunately Sivashankar who had already booked seat to attend the celebration had to cancel his flight to abide by the government's recent directive that none should leave the country as a preventive measure to stop the fast spreading corona virus.

The function was held in the refurbished well equipped Sanders Hall where a festive atmosphere prevailed when the batchmates and their former teachers met after many years and

exchanged pleasantries. The seating arrangements were made in such a way that the teachers sat in front of the stage facing the entrance while the students sat at a short distance away facing the teachers.

K. Aravinthan the master of ceremonies (MC) of the function compered the function smartly and flawlessly. The function commenced with a one minute silence in memory of those deceased batchmates and teachers. This was followed by the lighting of the traditional oil lamp by the principal and a few senior teachers. K. Aravinthan delivered a short welcome speech inviting the principal teachers and his fellow batchmates.

The self - introduction of the batchmates was a novel item in the programme where each batchmate presented his / her present official status and other personal details. The teachers were all smiles as they listened attentively to their former students' achievements their present designations and other details. The teachers in return shared their unforgettable memories through their impressive speeches and wished them success in all their endeavours.

As a token of love and expression of gratitude to their teachers who had brought them to this

level of excellence all the teachers were presented with valuable gifts. To preserve this unforgettable function for posterity a group photo of teachers and students was taken. A lengthy speech was delivered by the principal T. Varathan who outlined the present position of the school and the future needs besides thanking the batchmates for the well organised reunion function. The final agenda was the vote of thanks delivered by Shanthi Yoganathan. In her well delivered speech she thanked the principal for granting permission for conducting the function in the college and to all the batchmates who helped her in organising the function particularly the untiring service rendered by Sasidevy Malarvili Selvaneethan and Premasheliny.

After the function the E learning multimedia room sponsored by the 1986 O/L and 1989 A/L batchmates was ceremoniously declared open by the batchmate Mrs. Indramala Yogeswaran. The entire function came to a close after the sumptuous lunch. Bidding good bye to each other and to their dedicated teachers all of them left Union College the school they loved dearly carrying with them pleasant memories of the get-together they thoroughly enjoyed.





Mrs. T Sithamparanathan receiving gift from the batchmates



Mrs. T. Kamalaharan receiving gift from the batchmates



Mrs. N. Sivagnanarajah receiving gift from the batchmates



Mr. Mr. Balamuraly's self-introduction



Mr. Prabamugunthan's self-introduction



Mr. N. Selvaneethan's self-introduction



Mr. R. Christy's self-introduction



Mrs. Sivananthini Uthayakumar's self-introduction



Dr. T. Mangaleswaran's self-introduction



Mrs. Sashidevi Shivashankar's self-introduction



Mr. Kamalanathan speaks



Mrs. T. Kamalaharan speaks



Mr. V. Balasubramaniam speaks



Mrs. P. Vararajasingam speaks



Mrs. Shanthi Yohanathan's self-introduction



Mr. V. Vilvarajah receiving gift from batchmates



Mr. S. Sugumaran receiving gift from batchmates



Mr. A. Paramanathan receiving gift from the batchmates



## OBITUARY NOTICE



### PATHMANATHAN THIRUVILANGAM

1929 - 2020

PATHMANATHAN THIRUVILANGAM (Former Civil Servant and Retired Additional Permanent Secretary, Ministry of Information, ex-Food Commissioner) passed away on April 16, 2020, in England.

He was the beloved husband of Ranganayaky (Former MP for Pothuvil, Sri Lanka), loving father of Dayalini (USA) and Mrinalini (UK), affectionate father-in-law of Harish Mendis (USA), and Dr. Murali Rajaratnam (UK), doted grandfather of Ramani and Ganesh (UK), loving son-in-law of Late Muhandiram Mylvaganam and Mrs. Mylvaganam, brother-in-law of late Thanalukhsmy, Rajaratnam, Canagaratnam (Former District Minister, Batticaloa, Sri Lanka) and Vijayaratnam.

“Funeral was held in U.K according to Hindu rites”



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# Bicentennial Birthday of Reverend George Uglow Pope (G.U. Pope)

24 April 1820 – 11 February 1908

By: Kumar Punithavel

The great Canadian Reverend George Uglow Pope was born on 24th April 1820 in Prince Edward Island, Canada. His family migrated to England when he was very young. In 1839, at the tender age of 14, he joined the missionary service and moved from England to South India. With a keen interest in languages Pope, who had started studying Tamil in England, continued his studies during his voyage to South India. He setup several schools in India which taught Latin, English, Hebrew, Mathematics and Philosophy. As he delved deeper into the regional languages, he became a scholar in the South Indian languages of Tamil and Telegu, and in the North Indian language of Sanskrit.

In 1841 Rev. Pope was ordained by the Church of England and he married Mary Carver who was the daughter of another Anglican priest. Together they served in the South Indian Tirunelveli region. In 1845, upon the death of his wife Mary in Tuticorin, Rev. Pope moved to Madras where he later married Henrietta Page, daughter of G. Van Somerin. Shortly thereafter they returned to England in 1849.

In 1851 Pope returned to India and lived in Tanjore while teaching at St. Peters School. He frequently found himself in conflict with other missionaries at the school and in the area. Bishop Caldwell who served in South India for half a century noted that "The chief drawback to his success was the severity of his discipline which led, after succession of petty rebellions, to his withdrawal". In 1881, Pope left India and resettled in Oxford, England where he made a mark as a lecturer in Tamil and Telegu.

On September 1st 1886, at the age of sixty-six, he translated and published the Thirukkural which he re-titled 'The Sacred Kurral'. This publication contains introduction, grammar, translation, notes, lexicon and concordance. This publication also includes the English translation of F. W. Ellis and the Latin Translation of Fr. Beschi. Incidentally Fr. Beschi who was a saffron clad Christian missionary was popularly called Veeramaamunivar in Tamil which loosely translates to brave monk. In 'The Sacred Kurral's introduction Pope states: "Their English friends in teaching them all that

the west has to impart, will find little to unteach in the moral lessons of Kurral rightly understood". It is clear that Pope truly understood the high moral values of the Tamilian race which was moulded by books such as the Thirukkural.

The success of The Sacred Kurral was followed by the translation of Naaladiyaar in 1893. In the introduction of this book he foresaw that one day Tamils may neglect their own wonderful language and urges against this by writing "I am not without a hope and belief that such editions of their great classics may find favour with some at least of the great multitude of young Tamil men who pursue with enthusiasm and fair success their English studies, but are, I apprehend, in some danger, alas! Of neglecting their own wonderful language".

The Naaladiyar translation was followed by his magnum opus, the translation of the Thiruvagasam in 1900. It is clear that he loved the Tamil language; in his preface of the translation of Thiruvagasam he writes: "The speech of a dying people may, perhaps, be allowed to die. But this cannot be said of the Tamil race. Heaven forbids! Let the Tamilians cease to be ashamed of their vernacular."

Of his translation of the Thiruvagasam Rev. Pope had to say as follows: "I date this on my eightieth birthday. I find, by reference, that my first Tamil lesson was in 1837. This end as I suppose a long life of devotion to Tamil studies. It is not without deep emotion that I thus bring to a close my life's literary work". The following year in 1906, he was awarded the much-coveted gold medal from Royal Asiatic society for his life long work.

Perhaps his last work was his Scholarly translation of Thiruvagasam which he published on his eightieth birthday. It has, as usual, a full introduction and exhaustive notes. He writes in his introduction why he took such a difficult



work in hand at such an advanced age-

"Some years ago, when this publication was hardly projected, the writer was walking with the late Master of Balliol College (Dr. Jowett) in the Quadrangle. The conversation turned upon Tamil legends, poetry and philosophy. At length, during a

pause in conversation, the Master said in a quick way peculiar to him, "you must print it." To it the natural answer was 'Master, I have no patent of immortality, and the work will take very long.' I can see him now, as he turned round-while the moonlight fell upon his white hair and kind face, -and laid his hand upon my shoulder, saying, "To have a great work in progress is the way to live long. You will live till you finish it." I certainly did not think so then, though the words have often come to my mind as a prophesy, encouraging me when weary; and they have been fulfilled while he has passed away.'

When Dr. Pope began his serious study of Tamil, someone told him that poverty was the lot of every Tamil poet and scholars. Though Dr. Pope did not suffer from poverty, neither did he enjoy affluence due to his capacity, and willingly sacrificed his genius for Tamil.

After a 'long and useful' life of 88 years, he died in Feb 12th, 1908 and one of his last requests was to have his tomb decorated with the words 'a student of Tamil.'

Sadly, he delivered his last sermon at Oxford on May 26th 1907 and passed away in February, 1908. In forwarding a copy of his last sermon to his friends in Madurai he sent the following covering letter on Christmas day in his own hand writing:

26 Walton Bell Road,  
Oxford, Dec.25, 1907.  
My dear friend,

In the heart of this my last sermon, lie truths that harmonize with all that is best in Tiruvachagam and Siva-nya-

nam (Siva-gnana bodham).

I am very old. May the Father bless you and yours.

Ever truly your friend,

G.U. Pope.

The great first Canadian Tamil scholar Rev. G. U. Pope will be ever remembered by the Tamils around the world for ever.

A list of the Chief Works of Dr. Pope

1. கிறிஸ்துவத் தத்துவத் தீபிகை
2. A first catechism of Tamil Grammar. இலக்கண வினாவிடை - முதற் புத்தகம் (1888)
3. A second catechism of Tamil Grammar.
4. A larger Grammar of the Tamil language in both its dialects Ed. 2. (1859)
5. A Tamil Poetical Anthology with Grammatical notes Pond vocabulary Ed 2 (1859)
6. A Handbook of the ordinary dialect of the Tamil language. Ed 1. (1855)
7. Do. Part 11. key to the Exercises with notes on Analysis.
8. Do. Part III. Compendious Tamil - English Dictionary.
9. Do. Part IV. An English-Tamil Dictionary.
10. Do. Part V. A Tamil Prose Reader adapted to the Handbook.
11. A History of India. இந்து தேச சரித்திரம்
12. The 'Sacred Kural' of Tiruvalluva Nayanar with introduction, Grammar, Translation and Notes, Lexicon and concordance (1886)
13. The Naladiyar or Four Hundred Quatrains in Tamil with introduction, Translation and Notes, Critical, Philosophical and Explanatory, to which is added a concordance and Lexicon with authorities from the oldest Tamil writers (1893)
14. The Thiruvagasam or a Sacred Utterances" of the Tamil Poet, Saint and Sage Manikka Vasagar. Text notes translation etc, complete (1900)
15. இங்கிலாண்டு தேச சரித்திரம் History of England (1858.)
16. First Lessons in Tamil or An Introduction to the common Dialect of that language. Ed 5. (1891).

Reference:

[https://en.wikipedia.org/wiki/George\\_Uglow\\_Pope](https://en.wikipedia.org/wiki/George_Uglow_Pope)

<https://tamilnation.org/literature/pope.htm>





## Paths of Goodness - 1

# Awwiyar



Aandadndu thorum azhluthu purandaalum,  
Maandar varuvaro manilathil, - Venda,  
Namakku athuvazhliye naam pom alavum,  
Emaken enru iddu, undu, irum. - *Nalvazhli* - 30

*By: J A Rajah*

Even when one wails rolling on the floor, year after year, the dead are not going to come back, So stop crying!. That is the way everyone goes and until that day comes, do not worry, feed the hungry, eat and be yourself.

Death of humans is seen as a natural and essential part of life, comparable to the natural history of other forms in nature, yet it is also seen by many religions as uniquely different in profound ways. As opposed to generations whose lives were dominated by religious faith and concept of an after life as a means of death denial, the post modern world presents two choices to

post modern people. One is the promotion of death denying culture, where mortals beings neglect or deny death with a 'veil of ignorance' and a focus on youth and material goods and all that entails.

The second method is coping or minimising the terror of death is to control death through legalization of practices and a self-determination and autonomy and counsel over the timing and circumstances and processes of death through legalizing physicians and in denying death and euthanasia. However, the inevitability of death is real.





# Inter-House Dramatic Competitions and Manipay Hindu College, Jaffna, Sri Lanka



By: J A Rajah

Drama is an effective educational tool. John Dewey, the American educational philosopher said that education is no preparation for life; education is life itself. "We do not learn from experience.....we learn reflecting an experience; it makes people fit to do something, and by doing learning happens naturally". Drama is a performing art, an outlet for self-expression and a way of learning. Drama is an effective learning tool because it interests the student intellectually, physically, socially and emotionally. Activities in improvisation, pantomime, play making and scene enactment serve to develop and create potential in the participant and help to develop critical thinking skills. Manipay Hindu College in the Uduvil electorate of Sri Lanka had developed a tradition of having interhouse competition in dramas and it proved a great tool in the hands of educationalist to provide the right kind of knowledge and experience for the students to develop a well-rounded rounded personality.

I was a teacher at Manipay Hindu in the late sixties and seventies and had the opportunity of being in charge of a house and helped to stage dramas for the house competitions held annually in July. The students always look forward to these activities with keen interest and expectations. They gave full cooperation to the efforts of the administration and gave full cooperation and did their best to entertain their parents and well-wishers who turned up in large numbers every year. The dramas staged had both contemporary

social as well as literary themes. I vividly remember the play entitled 'Paari', where the ancient Tamil king gave his carriage for a creeper so that it can grow on it conveniently and comfortably. It gives us a glimpse of the ethos of the ancient Tamil who had a great concern for the vegetation and natural landscape of their country. These kinds of dramas are a way of creating a proper understanding of one's heritage and culture. There were dramatic artists who were well versed with art of training, costumes, background sceneries to stage these kinds of dramas.

Manipay Hindu Houses were named after four Saivite saints namely Vaheesar, Manikkar, Sunderar and Sambanthar. All year round competitions were held throughout the year in all facets of extra-curricular activities and the drama competitions crowned them all. I remember another drama I helped to stage for Sambanthar House named 'Truthipparisu' (social drama). I came across a drama book at a book-store, selected the play, dove-tailed it to the time-frame work provided by the organizers and produced the play with the full co-operation of the enthusiastic students. The play proved to be a tremendous success. The dramatic competitions were introduced into the school program by a former Principal, Veersaingham (1944), who was also known for his philanthropic deeds. He was also known as the father of the co-operative movement in Jaffna. The Veerasingham Hall in Jaffna town was built to commemorate his memory. Manipay Hindu also produced illustrious sons like Sir Muthukumarasamy, Ponnampalam Arunachalam and Ponnampalam

Ramanathan. The principal at the time I taught at Manipay Hindu was Mr. K. Muthuvetpillai who was also very enthusiastic about the all-rounded approach to education which carved out a unique place for the college in the educational history of Jaffna.

Experience in acting in dramas made a lasting impact on the students to make them well-balanced personalities. In nineteen seventies, I could remember S. Jeyanesan, who excelled in acting for Vaheesar House. He subsequently became an outstanding Church leader for the American Mission Church (later CACM), also known as the CSI. Manipay Hindu also contributed in providing many actors for the first ever Tamil film produced in Sri Lanka, named "Pasa Nila" by Joe Devanandan. He subsequently acted in two Tamil films - Nirmala and Kadamayin Ellai (Tamil version of Orthello) produced by Ragunathan. Many of kids from Navaly attended Manipay Hindu and they developed a taste for themselves in acting in dramas. Rev. Issac Selvaratnam earlier studied at Manipay Hindu where he acted in dramas produced for Vaheesar House. Later, he became a popular Anglican pastor who was sought after for his ready witted sermons spiced with humorous anecdotes. He came to Canada and served for 10 long years as pastor in charge of the Tamil Christian Church of Canada. Even after ten years, the congregation did not want to leave him since his sermons were well focussed and eloquently delivered with thought provoking sense of humour. Education and experience goes a long way in producing men of character and skills.



# The Destruction of Our Planet: Global Warming

By: Kanisha Sritharan, Grade 9

In today's rapidly growing modern society, there are several issues we must pay attention to and focus on. Every day, through various media platforms, we see these issues being presented to us. Unfortunately, there are still many we have yet to pay more attention to, specifically, global warming. Global warming is a growing crisis and poses several threats to our planet. Humans are the reason behind this immense problem. The toxic gases we emit into our environment form the greenhouse gases in our atmosphere and slowly start destroying our atmosphere. These gases trap escaping heat waves and return them back to earth, thereby causing the earth's temperature to increase. Climate change is creating a negative impact ecologically and creating a lot of damage to our wildlife. Global warming is also affecting humans in various ways. It is crucial that we take action against this growing issue and stop it now before global warming destroys our planet.

Climate change has created a lot of changes ecologically. Due to climate change, there has been an increase in natural fires. Areas that are already very dry and do not have an abundance of water are in more risk of these fires. The increase in heat can spark deadly wildfires and destroy habitats, important resources, and put the lives of humans at risk as well. Global warming has also caused the melting of glaciers. This causes water levels to rise at a drastic level and the elevation of land to decrease. There has been an increase in droughts as well. This has reduced the production of crops. Global warming has led to changes in our landforms. The changes in the environment have a direct link to wildlife and the impacts on them because of global warming.

Global warming has had several negative biological impacts. Climate change has put wildlife at risk. Currently the extinction of twenty species has been linked to global warming. After an extensive study, scientists believe one fourth of all the species on our planet will be extinct by the year 2050. The change in the environment because of climate change has made it more difficult for these animals to survive. Many of these animals have lost their natural habitat because of climate change. Polar bears, for example, are finding it more difficult to survive because the increase in temperature is causing the glaciers they live on to melt away. Food has become more scarce and difficult to find for these animals. Global warming has created an off balance in the food chain in several ecosystems. Not only has it impacted the availability of food for animals, it is also affecting humans as well.

If global warming is not curbed, it will affect our production in food. Studies show that three percent of




all the land used for agriculture will be reduced down to only one percent. Droughts will decrease the amount of crops grown, as well as livestock. Other ecological impacts such as natural fires will destroy a lot of the fertile land that could potentially be used for agricultural development. Due to the increasing amount of land loss because of climate change and the decrease in the production of food, it will impact humans severely. Approximately eighty-five million people will be left malnourished and with a majority of them from developing countries, who may already be suffering. Several countries which do not have a large water source nearby and also face severe droughts due to climate change, will also have to deal with dehydration and the ability to distribute clean water to the people. Alongside, not having proper nutrition, global warming will also take a toll on our health.

Climate change has begun to impact human health in various ways. Malnutrition has been a leading factor in the impact of our health. Many people, specifically young children, do not get the nutrition they need for their bodies, as well as their minds to grow and thrive. This has also led to a decrease in the human mortality rate and has had a bigger impact on developing countries compared to countries that are already developed. Global warming has increased the production of allergens and asthma, making it more difficult to breathe – especially for those who are older or have respiratory problems. The increase of carbon dioxide because of global warming will also affect the quality of air we breathe which affects our health. If we do not act now, global warming will destroy our planet.

It is important we take action against global warming as soon as possible. There are several ways, both domestically and globally, we can do to help stop and reverse the effects of global warming. Locally, we can all try to find ways to travel and get to our destination in a more eco-friendly way. Whenever possible, we can carpool, take public transportation, or walk. We can start using renewable energy resources to generate energy. By using solar power, wind energy, thermal energy or any other renewable resource, we can help reduce the amount of toxic gases we release (burning fossil fuels (ex. coal) to create energy). By spreading awareness on this issue to the public and putting more atten-

tion on this ongoing crisis, we can help encourage others to take part in helping stop global warming. There are also several national, as well as global organizations fighting for a change against climate change, targeting specifically youth and future generations. These organizations encourage and spread awareness on global warming throughout the globe, hoping to stop this growing problem. All of these little changes can make a large change on a global level and demolish climate change forever.


Global warming is an important issue we all must definitely pay more attention to. It has been creating several negative ecological changes which have had a direct impact on wildlife and their survival. Global warming has also jeopardized the survival of the human race because of several growing problems related to food production, as well as our health. There is still time left to take action and create change against global warming and it is important we start now. Global warming is a problem that was created by humans and it is time for us to end the problem that we created before climate change destroys our planet.



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# MELATONIN IS HELPFUL FOR COVID-19 PATIENTS

By: Uthayan Thurairajah

**Good Night Sleep is One Way to Boost the Immune System and Protect Yourself**

Coronaviruses (CoVs) are RNA viruses infecting both humans and animals; this infection involves the respiratory, gastrointestinal, and central nervous system (Cui, J. et al., 2019). The Middle East respiratory syndrome (MERS) coronavirus and Severe acute respiratory syndrome (SARS) coronavirus are dangerous and deadly and have made many deaths in the past twenty years. The current outbreak was discovered in Wuhan, China; this highly contagious disease has spread throughout China and other countries (Huang, C., et al., 2020). There is a lack of a specific treatment for COVID-19, even though Corticosteroid therapy, antiviral therapy, and mechanical respiratory support have been applied.

Melatonin (N-acetyl-5-methoxytryptamine) is a bioactive molecule with an array of health-promoting properties; melatonin has been successfully used to treat sleep disorders, delirium, atherosclerosis, respiratory disease, and viral infections (Reiter, R. et al., 2020). Previous researches have been documented the positive effects of melatonin in alleviating acute respiratory stress induced by the virus, bacteria, radiation, etc. (Wu, X., et al., 2019). We can examine the data showing that melatonin will have supportive adjuvant benefit in administering COVID-19 caused pneumonia, acute lung injury (ALI), and acute respiratory distress syndrome (ARDS).

## The rationale for Melatonin Use



Sleep hormone melatonin supports immune system

Melatonin does not destroy viruses, but it has indirect anti-viral actions (Reiter, R. et al., 2020) due to its anti-inflammation, anti-oxidation, and immune-enhancing features (Anderson, G. et al., 2015). There are conditions in which melatonin suppresses the features of viral infections. In mice whose central nervous system is infected by a virus, the use of melatonin caused less viremia, reduced paralysis, and death, and decreased virus load. In previous respiratory syncytial virus models, melatonin caused down-regulation of acute lung oxidative injury, pro-inflammatory cytokine release, and inflammatory cell recruitment. These findings, along with those recently summarized by Reiter et al. (2020),



support a rationale for melatonin use in viral diseases. Also, melatonin's anti-inflammation, anti-oxidation, immune-enhancing actions support its potential attenuation of COVID-19 infection.

### Melatonin & anti-inflammation

Melatonin exerts anti-inflammatory effects through various pathways (Hardeland, R. et al., 2018). The anti-inflammatory effect of melatonin involves the suppression of NF- $\kappa$ B activation in Acute respiratory distress syndrome (ARDS) (Sun, C.-K., et al., 2015). Melatonin reportedly down-regulate NF- $\kappa$ B activation in T cells and lung tissue (Pedrosa, A.M. et al., 2010). The data supports the potential anti-inflammatory action of melatonin. Inflammation is commonly associated with elevated production of cytokines and chemokines, while melatonin causes a reduction in the pro-inflammatory cytokines. There may be, however, some concerns about the potential pro-inflammatory actions of melatonin when used in very high doses or under suppressed immune conditions where it may induce an increased production of pro-inflammatory cytokines, IL-1 $\beta$ , IL-2, IL-6, IL-12, TNF- $\alpha$ , and IFN- $\gamma$  (Carrascal, L., 2018). Conversely, in Acute Lung Injury (ALI) infection models, melatonin presents with anti-inflammatory and protective action (Huang, S.H. et al., 2010).

### Melatonin & anti-oxidation

The anti-oxidative impact of melatonin cooperates with its anti-inflammatory actions by regulating anti-oxidative enzymes (e.g., superoxide dismutase), down-regulating pro-oxidative enzymes (e.g., nitric oxide synthase) (Reiter R.J. et al., 2020). In ALI/ARDS patients, especially when the disease is advanced and in patients

treated in intensive care units (ICUs), severe inflammation, hypoxemia, and mechanical ventilation with high oxygen concentrations inevitably increase oxidant generation locally and systematically (Tamura D.Y., 2002). Accordingly, we speculate that excessive oxidation also is likely involved in COVID-19. The extensive studies of Gitto et al. (2005), who used melatonin to treat newborn infants with respiratory distress, has documented the anti-oxidant and anti-inflammatory actions of melatonin in the lung. Thus, it is likely that the application of melatonin would be beneficial in controlling the inflammation and oxidation in coronavirus infected subjects.

## Melatonin & Immunomodulation

When the virus is inhaled and infects respiratory epithelial cells, dendritic cells phagocytose the virus and present antigens to T cells. Both the pathogen (CoV) and cell apoptosis trigger and amplify the immune response. The exacerbation of cytokine production, excessive recruitment of immune cells, and the uncontrollable epithelial damage generate a vicious circle for infection-related ALI/ARDS (Yang C.-Y. et al., 2018). Melatonin uses regulatory actions on the immune system. It improves the immune response by growing reproduction and maturation of natural killing cells, T and B lymphocytes, monocytes, and granulocytes, in both bone marrow and other tissues (Miller S.C., et al., 2006).

The pathogen, including a virus (CoVs), triggers NLRP3 activation to amplify the inflammation. It supports the use of melatonin in ALI/ARDS when inflammation is most severe. Inflammasome NLRP3 is correlated to lung diseases caused by infection, including influenza A virus, syncytial virus, and bacteria (Tate, M.D., et al., 2016). The ability of melatonin in regulating NLRP3 has been proven in radiation-induced lung injury, allergic airway inflammation, and oxygen-induced ALI and LPS-induced ALI models, in which melatonin reduced the infiltration of macrophages and neutrophils into the lung in ALI due to the inhibition of NLRP3 inflammasome (Zhang, Y., et al., 2016). Melatonin effects in cytokine levels

The use of melatonin showed promising results regarding the attenuation of circulating cytokines levels. In a randomized controlled trial, an 8-week oral intake of 6 mg/d melatonin caused a notable decrease in serum levels of IL-6, TNF- $\alpha$ , and hs-C-reactive protein (hs-CRP) in patients with diabetes mellitus and periodontitis (Bazyar, H., et al., 2019). A new meta-analysis of a total of twenty-two (22) randomized controlled tests suggested that additional use of melatonin is produced a significant reduction of TNF- $\alpha$  and IL-6 level (Zarezadeh, M. et al., 2019). The clinical evidence hints that the use of melatonin as a supplement effectively reduce the levels of circulating cytokines and may potentially also lower pro-inflammatory cytokine levels in COVID-19 patients.

## Melatonin & safety



Melatonin benefits the immune system-especially in the elderly

When considering the use of melatonin to treat COVID-19, the safety of the melatonin is of utmost significance. As reviewed previously, short-term use of melatonin is safe, even in those given high doses, and the reported adverse effects are limited to occasional dizziness, headache, nausea, and sleepiness; in general, melatonin's safety in humans is very high (Andersen L.P.H. et al., 2016). In clinical trials, doses of 3 mg, 6 mg, and 10 mg of melatonin oral intake by patients in ICU showed satisfactory safe (Bourne, R.S., et al., 2008). The safety of melatonin has been verified in many human studies. The effect of melatonin, when given to COVID-19 patients, should be carefully monitored.

## Conclusion

The possible useful outcomes of melatonin to enhance the immune system to fight in COVID-19 in anti-inflammation, anti-oxidation, immune response regulation has been proved in respiratory disorder models induced by infections and associated complications. Melatonin has a high safety profile. Although the direct evidence of melatonin application in COVID-19 is unclear, both its use in experimental animal models and studies on humans has continuously documented its efficacy and safety, and its use by COVID-19 patients predictably would be highly beneficial. Therefore, good night sleep is one way to boost the immune system and protect yourself during this Covid-19 Pandemic.



**Uthayan Thurairajah**, Ph.D., RSE, LC, P.Eng., FEC, is a Project Manager at WSP with over twenty years of experience in Electrical Engineering and Lighting field, and he also holds a Lecturer position at Ryerson University & professor at Centennial. Uthayan is a member of several Canadian and international professional association including Professional Engineers Ontario (PEO) and Association for Prevention Teaching and Research (APTR). He has worked on multi-disciplinary lighting and electrical projects for various clients. He researches the subject of light and lighting and taken part in several projects. He also has extensive research experience in the value of lighting design in the mental, emotional, and social well-being of a person. He is a frequent presenter and author of lighting design & health. He is passionate about integrating science and health into the lighting design.





## MANAGING YOUR MONEY

# Today's decisions could cost tomorrow

David Joseph, M.A.(Economics), CFP®, CLU

Every day, Canadians are faced with spend versus save decisions that will have an eventual impact on their future financial life and the quality of their retirement years. Here's the dilemma in a nutshell: "I know I should save for my retirement but that new big screen LED TV is on sale for a great price and it would be a terrific upgrade for our family room".

Maybe you have just noticed that new car in the driveway next door and you think, "Hey, if the Joneses can afford that, then I can, too". Next thing you know, you are looking up from under a mountain of debt.

Today we don't make decisions based on what things cost but rather on how much we can afford per month. That really alters the way people behave, because it's much easier to absorb a \$400 a month car payment than pay \$40,000 for a vehicle. Much of our spending was facilitated by money we didn't have.

Sure, it's difficult to think about a distant future plan (something intangible that is way down the road) when you can get something you want today, this is why many people don't set realistic goals. But, in this case the solution seems obvious: Stay with the perfectly serviceable TV you've already paid for and put the money you would have spent on the new one into a retirement fund (or some other investment). Simple, right?

But there's much more to effective financial planning than investing in investments held within an RRSP or

other savings vehicle. While it is undeniably true that the earlier you start saving, the better – especially within a tax-reducing, tax-sheltered RRSP where the magic of compounding enhance your investment growth over time – the first thing you need to know is what you are saving for. In other words, you can't measure a future need without knowing what that need will be. So start by carefully defining your objectives – some are straightforward, like your desire to buy a larger home at some future date; others require much more thought, like looking at your retirement from every angle and defining the level and duration of finances you will eventually need to achieve your dreams.

Goals give you direction, a purpose for the way you spend your money and the way you live. Goals motivate and encourage you. They help you use your money to do the things that are important to you. The first step in financial planning is to think about what your goals are and then to work with a qualified financial planner to determine how much you will need to save to achieve your goals.

Once you've made your calculations, it's time to decide on how and how much you should invest to reach your objectives. And now things become even more complex:

- What happens if the amount you think is adequate gets eaten up by an inflation level that escalates some times in the future?
- What if your choices of invest-



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ments do not provide the levels of returns you will one day need – because the returns have been reduced by market volatility or an unexpected economic downturn?

- What if your income – and thus, your ability to save – is affected by ill health, a workplace accident, a sudden unexpected expense, or even job loss?

But don't be deterred – there are answers to all these questions, ranging from an effective investment diversification strategy to insurance coverages that will protect you, your family, your income and your estate.

The best way to achieve your financial and retirement goal is having access to sound financial advice grounded in a comprehensive financial plan. Advisors perform tasks vital in the financial lives of their clients including improved financial literacy, developing a culture of savings and investments, developing and executing a financial plan, selecting appropriate financial vehicles and products and improving investment decision making.

Canadians agree that Financial Planning pays off by delivering real

value. Two recent studies- "The Value of Financial Planning" and "The Value of Advice" report a majority of Canadians agreed that by choosing financial advice, they accumulated more assets and were better prepared, financially, for retirement. Most also felt that integrated financial planning improved their ability to save, made them less concerned about their financial situation and feel better about having the discretionary income to lead the life they want-and very importantly, it gave them greater peace of mind.

Yes, comprehensive financial planning is complex – and also vital. Make the right decisions today and for your future by talking to a professional advisor.

#### Disclaimer:

*This report specifically written and published as a general source of information only, and is not intended as a solicitation for mortgage or to buy/sell specific investments or insurance, nor is it intended to provide investment advice. For more information on this topic, please contact me.*







## ONTARIO'S RESIDENTIAL BUILDERS BACK PLAN TO EXPAND CONSTRUCTION ACTIVITIES

Toronto, May 01, 2020 (GLOBE NEWSWIRE) -- Vaughan, Ont., May 1, 2020 – The Residential Construction Council of Ontario (RESCON) is thrilled that the Government of Ontario is expanding the list of permitted construction activities under the COVID-19 Emergency Orders. Allowing for the reopening of site preparation, excavation and servicing for residential developments will ensure more full-some construction activity can resume across the province, which is necessary to providing housing for thousands of Ontarians.

"We commend the government for allowing additional construction activity to reopen," said Richard Lyall, President of RESCON. "Premier Doug Ford has consistently and rightly noted that there are many people waiting for their



homes to be finished. Given the seasonal nature of construction, as well as the importance of the housing industry to the economic strength and recovery of the province, today's announcement is an extremely positive one."

Lyall said the decision to resume site-grading and earthwork is sensible, as operators are in their respective ma-

chines and thus practising physical distancing. Site-grading is an important component to every construction site as infrastructure and servicing work lays the foundation for residential units and homes.

"Health and safety has always been the industry's top priority," said Andrew Pariser, Vice President of

RESCON.

"Our industry led the early development and implementation of COVID-19 protocols for

residential construction sites. We have also implemented additional health and safety parameters to ensure that construction operations are maintained in a properly controlled work environment, including staggering shifts, maintaining physical distancing and other measures implemented through on-site joint health and safety committees that are necessary to meet and exceed the COVID-19 guidelines set by the government."



## We Clean COVID19 Decontaminates Homes & Businesses Amidst Pandemic

**Canadian Company Joins the Fight in Controlling the Spread of Viruses and Pathogens in Local Communities**

Attention: News, Environment, Business, Health, Wellness, Lifestyle, Real Estate, and Food & Beverage

TORONTO, April 30, 2020 (GLOBE NEWSWIRE) -- As more and more Ontarians are afflicted with the deadly coronavirus, We Clean COVID19 Inc. ("WeCleanCOVID19.ca") has joined the fight to control the spread and help flatten the curve. HAZMAT abatement and the decontamination/sanitization of new homes, resale homes, rental homes, commercial and industrial properties are the Company's main focus. Emergency cleaning services for COVID-19 outbreaks are also available.

"There's an inherent need to control the conditions in our homes and businesses in order to reduce the chance of the virus spreading. Our goal is to help protect our communities and join the fight in preventing the further spread of this pandemic," said Co-Founder, We Clean COVID19 Inc., Mitchell Moshenberg. "Private residences, businesses, commercial properties and even new homes need to be thoroughly decontaminated."

COVID-19 has spread across the province so rapidly that more than 15,700 Ontarians have been afflicted and the virus has caused over 990 deaths since the outbreak. The need for proper decontamination is crucial to help control this pandemic. WeCleanCOVID19.ca has already taken action and started Level One precautionary cleaning and sanitization to control the spread within new builds, rental units and community homes.

"At Regeneration Community Services, our first priority is the safety and



well-being of our client members and staff. We ensure that each new resident will walk into their new home feeling safe knowing that a Level One cleaning has been completed. This provides them with confidence that they are being protected," said Alison Hunt, Executive Director. "As a non-profit Mental Health and Addiction agency, we are so grateful to WeCleanCOVID19.ca for providing pro-bono services to help protect our communities' most vulnerable citizens and flatten the curve."

**Deep Cleaning, Disinfection and Sanitization to Help Flatten the Curve**

Because the COVID-19 virus may persist on surfaces for a few hours or up to several days, residential, commercial and industrial spaces need to be properly disinfected to control further spread of the virus.

Cleaning refers to the removal of dirt, grime or particles from surfaces. Disinfecting refers to the use of chemicals to kill germs from surfaces. Utilizing both methods controls the levels of adenosine triphosphate ("ATP"). Lowered levels of ATP reduces the risk of spread of infections such as SARS-CoV-2 (the cause of COVID-19).

WeCleanCOVID19.ca offers various levels of service including: disinfecting and sanitization of spaces using EPA

approved products such as Myco Mold Control and Benefect Decon 30 (only available to licensed HAZMAT abatement professionals); specific care (with hand wiping) of high contact surfaces such as tables, counters, switches, door handles, faucets, machines/appliances, etc., utilizing disinfectants deployed with professional foggers and spray/atomization systems to reach all surfaces without any residue; indoor and outdoor decontamination (power washing and other methods used for outdoor spaces); deep cleaning; etc.

**Instilling Peace of Mind**

WeCleanCOVID19.ca controls the level of ATP from all touch zones within the space cleaned to a level that inhibits the COVID-19 virus to exist. After each cleaning, an environmental engineer inspects the property, conducts a swab test to ensure the ATP levels are safe and provides a certificate so anyone entering the premises will know it has been Level One cleaned and sanitized and is safe to enter.

Along with providing HAZMAT abatement, the Company is also helping the workforce in several communities. "Sadly this pandemic has cost many their jobs or caused companies to reduce employee hours, so we encourage any qualified individuals looking for work to contact us for current job opportunities," added Moshenberg.

**WeCleanCovid19.ca Quick Tips**

Physical distancing of at least two meters (six feet)

Regular washing of hands with soap and water for at least 20 seconds, including between the fingers and thumbs and around/under nails (alcohol based hand sanitizer can also be used)

Avoid touching eyes, nose and mouth; cough or sneeze into your sleeve if you don't have a tissue or handker-



chief

Regular cleaning – don't forget that there's a difference between cleaning and disinfecting; just because space(s) have been cleaned to remove dirt and grime it doesn't mean it has been disinfected to remove germs. To properly disinfect one must use a cleaner that has been labelled as a "disinfectant"; these can be found in most grocery, home improvement, household utility stores and pharmacies

Masks are encouraged to be worn as many can be asymptomatic and therefore could infect others

For CDC compliance, deep cleaning and sanitization of any space hire a professional HAZMAT abatement professional

**About We Clean COVID19 Inc. ("WeCleanCOVID19.ca")**

A Canadian company, WeCleanCOVID19.ca was founded in March 2020 by construction professionals Mitchell Moshenberg and Louis Paulozza. Experts in the construction and building restoration industry for more than 25 years, WeCleanCOVID19 specializes in the control of ATP levels to reduce the presence of viruses and pathogens and the abatement of hazardous materials, for residential, commercial and industrial properties. Current projects include rental apartments, resale home market and new homebuilders that recognize the need to provide peace of mind to all homeowners in the GTA.

**For more information, visit: [weclean covid19.ca](http://weclean covid19.ca).**





# Canadian non-profit organization “Eekai” Foundation to assist vulnerable citizens in Northern and Eastern Sri Lanka

By Siva Sivapragasam

“**E**ekai” is a Canadian non-profit organization founded to unite those passionate about humanitarian efforts and to assist vulnerable citizens affected by the war and the recent Corona 19 pandemic in the Northern and Eastern parts of Sri Lanka.

Established with a generous contribution from the proceeds of the sale of Tamil Vision Inc. (TVI), it hopes to become a community hub to assist vulnerable citizens in northern and eastern Sri Lanka.

The Executive Team of “Eekai” consists of Dr. V. Santhakumar, MD, CCFP, Chairman Dr. Kirupalini Kirupakaran, DDS, Vice Chairman Shan Sathananthan, P. Eng, Secretary and Niran Nadarajah, CPA, MBA, as Treasurer.

“Eekai” will assist those who are afflicted by war and natural disasters primarily in Northern and Eastern Sri Lanka and youth in Canada to build a strong network of Tamil Canadians who are passionate about helping their community both in Sri Lanka and Canada.

Establishing an Education Center in Kondavil Village with two classrooms with basic furniture and sanitation, supporting 100 vulnerable students by providing monthly educational assistance and supporting 25 families per year as livelihood projects are some of the projects envisaged by Eekai Foundation.

Eekai Foundation will be a fully transparent, non-religious, non-political Canadian non-profitable organization. Eekai Foundation will act as a community hub to provide resources (Finance, Knowledge, Volunteer Access, Operational Expertise, etc.) to other partner organizations focusing mainly in war afflicted Northern and Eastern parts of Sri Lanka and on Youth empowerment



in Canada. Eekai Foundation will work in partnership with other established, transparent, and well-governed organizations in Sri Lanka to carry out their objectives. Eekai Foundation will raise funds and other resources by bringing together donors, volunteers, students, NOPS and charitable organizations through various channels.

“Eekai” has selected as their ground partners, Kilinochchi Educational Development Trust (KEDT) and SLCDF/Palmera. More information about “Eekai” Foundation can be obtained by visiting their website [www.eekai.com](http://www.eekai.com)

(Seen here are some pictures taken at an event of the “Eekai Foundation – Picture Courtesy: Charles Deva)







## Canadian Tamil Congress in the forefront with relief measures in Canada and North- East Sri Lanka during COVID- 19 Pandemic

The COVID-19 pandemic is continuing to have a significant impact on lives of millions around the world. The Canadian Tamil Congress (CTC) has been on the forefront in supporting people locally in Canada and in the North – East provinces of Sri Lanka. CTC opened a COVID-19 hotline (647-933-6603) providing support with general healthcare questions, answer questions relating to Government COVID-19 support programs and assistance to seniors.

People from the community who have questions relating to any of these areas are encouraged to use this number to speak to one of the representatives to gain assistance and answers. CTC also launched a free online yoga and fitness class through Zoom to help people stay active and occupied. Those interested in participating can still join by sending an email to covid19@

canadiantamilcongress. In addition, CTC initiated a Tamil Canadians blood donation drive and those who are able and willing are encouraged visit the nearest blood donor clinic and donate blood by using the group name “Tamil Canadians” and partner ID: TAMI009345. In order to support the purchase of personal protective equipment CTC launched a fundraising campaign to support Markham Stouffville Hospital as well. Showing appreciation and support to frontline workers, CTC delivered energy bars and nutritious drinks to the Scarborough Hospital foundation.

The impact of COVID-19 has had severe effect on daily wage-earning families in the war affected Northern and Eastern provinces of Sri Lanka due to the continued curfew and hard lockdown. To alleviate some of these

difficulties, CTC launched a Tamil Canadian Food Relief Support Program for the most vulnerable families in the war affected regions of Northern and Eastern Provinces of Sri Lanka in April 2020. Through this campaign, with the support of Tamil Canadians, CTC food relief has been possible for over 3,000 families in all 8 districts of the North and East. CTC’s food relief has been implemented by the North and East Economic

Development (NEED) Centre ([www.needcentre.org](http://www.needcentre.org)) in Sri Lanka. In addition, CTC has also facilitated food relief support to Sri Lanka through business entities, organizations and individuals in the Tamil Canadian community. CTC’s food relief in the North and East of Sri Lanka was also extended to 500 recent (from January 2019) refugee returnee families from India through

OfERR Ceylon. Implementation of food relief was organized in consultation with Grama Sevakar, District Secretariat and local bodies to avoid duplications and ensure that deserving families obtain the required support.

“We are thankful to our members and the Tamil community for their continued support. COVID-19 has created many uncertainties, but regardless of the current situation, we must continue to remain positive and do our part to flatten the curve, support those who are vulnerable, and organize the community to face the challenges in the new normal once we recover from this pandemic”, said Sivan Ilangko, President of the Canadian Tamil Congress.

For more information on CTC’s COVID-19 campaigns and activities, please visit:

[www.canadiantamilcongress.ca](http://www.canadiantamilcongress.ca)



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Vavuniya District



# Monsoon Kitchen



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Welcome to our recipe corner! We sisters will entice you with recipes that we have fallen in love with and teach you a little Tamil along the way, as all the ingredients will have their Tamil names. Both of us love to cook and we have developed very different styles. Niranjini has a very refined palate and cooks more contemporary world cuisine with an Asian touch. Rajini is a seasoned homemaker who loves making traditional dishes for her friends and family. Follow us on Instagram: @ninjaeatsfood and @tamil\_food

Eat more, learn more!

Sisters Niranjini Mandalia and Rajini Nathan are both food enthusiasts from England. Niranjini, who lives in London, has a degree in Human Biology and is a trained chef. She makes it her business to know everything about what she eats, from nutritional value to source producers. Follow her food obsession on Instagram @ninjaeatsfood.

Rajini, lives in Toronto and has a background in psychology. Her speciality is in Tamil food from around the world, catch up on her meal ideas on Instagram @tamil\_food.

## INSTANT Jalebi



### Method:

In a pot on medium heat, add the sugar and water together. Let it boil until you reach one string consistency; put a little sugar syrup (cooled down) on your index finger and thumb and take it apart, you should be able to see one string form between your index finger and thumb. When this consistency is reached, turn the heat off, add the lemon juice, cardamom pods and saffron. Mix gently and leave aside. If you go beyond the one string consistency, add a little more water.

In a separate bowl, add the plain flour, cornflour and food colouring/turmeric (if using) and mix well. Add the yoghurt, mix slightly, then add the water little by little to make a lump-free batter. Mix the batter in one direction for four minutes, until you reach a thick consistency. The consistency is important, it needs to be free flowing yet thick.

Heat your oil/ghee (or a mix of both for extra flavour) on medium ready for frying. To the batter, just before you are ready to fry, add the lemon juice and bicarbonate of soda and mix. At this point, also make sure your sugar syrup is hot-warm. Test your batter by pouring a few drops of it into the oil. It should float immediately without turning brown. Once your batter has been tested and is ready for frying, pour it into a squeeze bottle/piping bag with a spout nozzle, or into a Ziploc bag and cut a small part of the corner. Squeeze the mixture into a spiral shape, starting from the centre. Let it fry for 10-15 seconds, then gently flip over. Turn it every so often, when the jalebi is crisp to the touch of your utensil, take them out and

put them into the sugar syrup. Allow it to sit in the syrup for 2 minutes, then take out. Repeat the process until you have made your desired amount. Best served hot!

Try making this recipe this month and

Hashtag #monsoonjournal on Instagram and send us your pics, comments and feedback. Spread the love (and recipe!)

Lockdown. Quarantine. Two words that have us all becoming cook extraordinaires, but Indian sweets are something that you may be missing. Jalebi, known as thean kulal in Tamil is typically a dish that requires a long process and fermentation. Here is a recipe that will enable you to enjoy this sweet dish without spending too much time in the kitchen.

### Ingredients:

#### Sugar syrup:

- ✓ 1 cup sugar (seeni/sakkarai)
- ✓ ¾ cup water (thanni/ thanneer)
- ✓ 5 strands of saffron (kungamapoo)
- ✓ 4 cardamom pods, split open (elakkai)
- ✓ 1 tsp lemon juice (elumitchai saaru)

#### Jalebi mixture:

- ✓ 9 tbsp plain flour (maida maavu)
- ✓ 1 tbsp cornflour (soala maavu)
- ✓ 1/8 tsp natural orange food colouring powder or turmeric powder (optional; you will not taste the turmeric, this is just for colour)
- ✓ 5 tbsp yoghurt (thayir)
- ✓ 1/3 cup water (thanni/thanneer)
- ✓ ½ tsp bicarbonate of soda
- ✓ ½ tsp lemon juice (add less if your yoghurt is more tart/acidic)

#### For frying:

Oil and/or ghee (ennai/ nei)

#### Extra items:

A squeeze bottle, piping bag or Ziploc bag



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# News from Sri Ganesha Hindu Temple, Adelaide South Australia

## Temple GoFund Dinner raises \$5,026 for bushfire relief

Adelaide Hindu Temple in South Australia has raised a sum of \$5,026 through a dinner for their Gofund to offer relief for the bushfire that ravaged Australia recently. (Seen here are some pictures of recent events at the Temple)



Top picture: The new Executive Committee elected at the Annual General Meeting held at the new community cultural centre of the Temple.

Bottom Right: Ms. Jing Lee accepting the cheque on behalf of the Mayor from the President Ms. Usha Rajagopalan and Treasurer Siva Selva from the Sri Ganesha Hindu Temple.

Bottom picture: Temple Treasurer Mr. Siva Selva and his wife Mrs. Sivanes Selva receive blessings on Mr. Selva's 80th Birthday at a special pooja.



## SA BUSHFIRE APPEAL

## STATE EMERGENCY RELIEF FUND



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# Longo's Pledges Support to Ontario Food Banks Through Neighbour in Need Program

TORONTO, May 01, 2020 (GLOBE NEWSWIRE) -- Longo's Brothers Fruit Market ("Longo's") announced today the relaunch of its Neighbour in Need program, which seeks to combat food insecurity in Ontario by providing essential items to local food banks.

First established by Longo's in 2009, the Neighbour in Need program is a bi-annual fundraising event that encourages guests to purchase pre-assembled bags of essential items. These items are then donated to local non-profits and food banks, including Second Harvest and Churches on-the-Hill Foodbank.

Each bag is filled with much-needed items, including shelf-stable vegetables and grains. Each bag can provide up to nine meals.

"We are incredibly proud of this wonderful program that helps address food insecurity head-on," said Rosanne Longo, Spokesperson & Chair, Longo's Family Charitable Foundation. "Thanks to all of our guests who donate each year, our Neighbour in Need program has supplied over 170,000 bags of food to local food banks and provided healthy meals to more than one million

people across Ontario. This year, the Longo's Family Charitable Foundation has pledged to match donations up to \$100,000 and has set a goal of donating 250,000 meals to Ontario food banks."

Longo's is aligning its relaunch with Giving Tuesday, which takes place May 5th this year and is a day marked by global giving and unity.

"The impacts of COVID-19 have been felt drastically by everyone, but no one is harder hit than the most vulnerable members of our communities," said Rosanne Longo. "We are seeing more people turn to the food banks as food insecurity rises in every corner of the planet. As an essential service that has been fortunate to continue operations, Longo's wants to ensure that we are investing in the people and communities that surround us."

In 2019, more than 500,000 people sought support from local food banks in Ontario. A staggering 33% of those were children.

Guests will be encouraged to donate a \$5.99 or \$11.99 bag at the checkout at any of the 37 Longo's locations. They will also have the option to add a do-



nation to their online order through Longo's grocery delivery arm, Grocery Gateway.

"We are very grateful to the Longo's Family Charitable Foundation for their Neighbour in Need program which provides healthy pantry staples and meal starters like pasta, legumes, tuna, and canned tomatoes. These are always useful for any kitchen, but in these uncertain times, our food program partners benefit from having healthy food that can be used right away or banked for future needs. We are also grateful to Longo's generous customers for purchasing and donating these bags – on behalf of your neighbours in need, thank you," said Lori Nikkel, CEO of Second Harvest.

The Neighbour in Need program will run until May 10, at which time donations will be assembled and donated directly to food banks throughout May.

"We want to thank everyone who donates each year to this important

cause," said Rosanne Longo. "We firmly believe it's the collaborative and sustained efforts of many individuals over time that will ultimately help us combat hunger and achieve food security for our future."

## About Longo's Brothers Fruit Market

Longo's is a family-owned Canadian organization that started in 1956 when three brothers, Tommy, Joe and Gus opened their first fruit market. What began as a small family-run store has since grown to a company that operates 37 stores in communities across Toronto and the GTA, as well as Grocery Gateway, the leader in online sales of home-delivered groceries.

Today, Longo's maintains the same family-based values as they did over 60 years ago, putting Family Standards at the heart of everything they do. Longo's is proud to serve their guests the quality standard of food we believe every family deserves, and to give back to the communities we operate in through the Longo's Family Charitable Foundation.



## INTERIM ANNOUNCEMENT

**COVID-19 RELIEF FUND RAISES  
\$101,635.06  
FOR TAMILS IN SRI LANKA**

\* Includes transaction fees absorbed by comdu.it and outstanding pledges. As of May 1, 2020.

We are pleased to announce that we have successfully concluded our month-long campaign having raised a total of \$101,635.06 from 481 donors! Of this amount, nearly \$80,000 has already been dispersed to grantees to assist more than 7,000 families - many of them workers - in around 70% of the districts in Sri Lanka.

We thank every single act of generosity - big and small - that has made this incredible achievement possible.

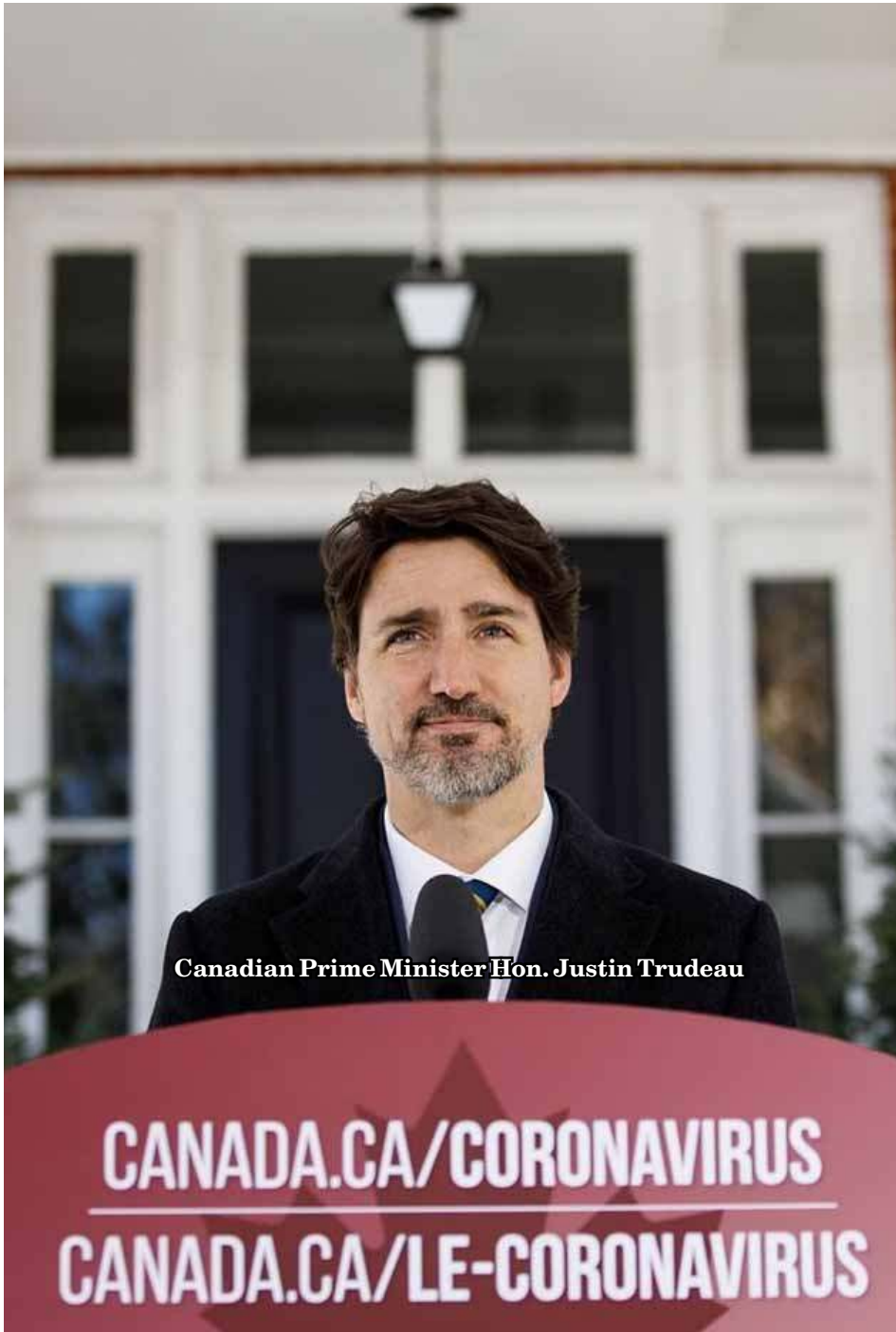
## Transparency and Accountability

We intend to provide more detailed information in the coming weeks as we measure the impact of this aid program. In the interim, we will continue to track our COVID-19 Relief Fund in an open and transparent in "real-time".





# Updated Emergency Measures by the Canadian Federal Government



Canadian Prime Minister Hon. Justin Trudeau

## April 29, 2020

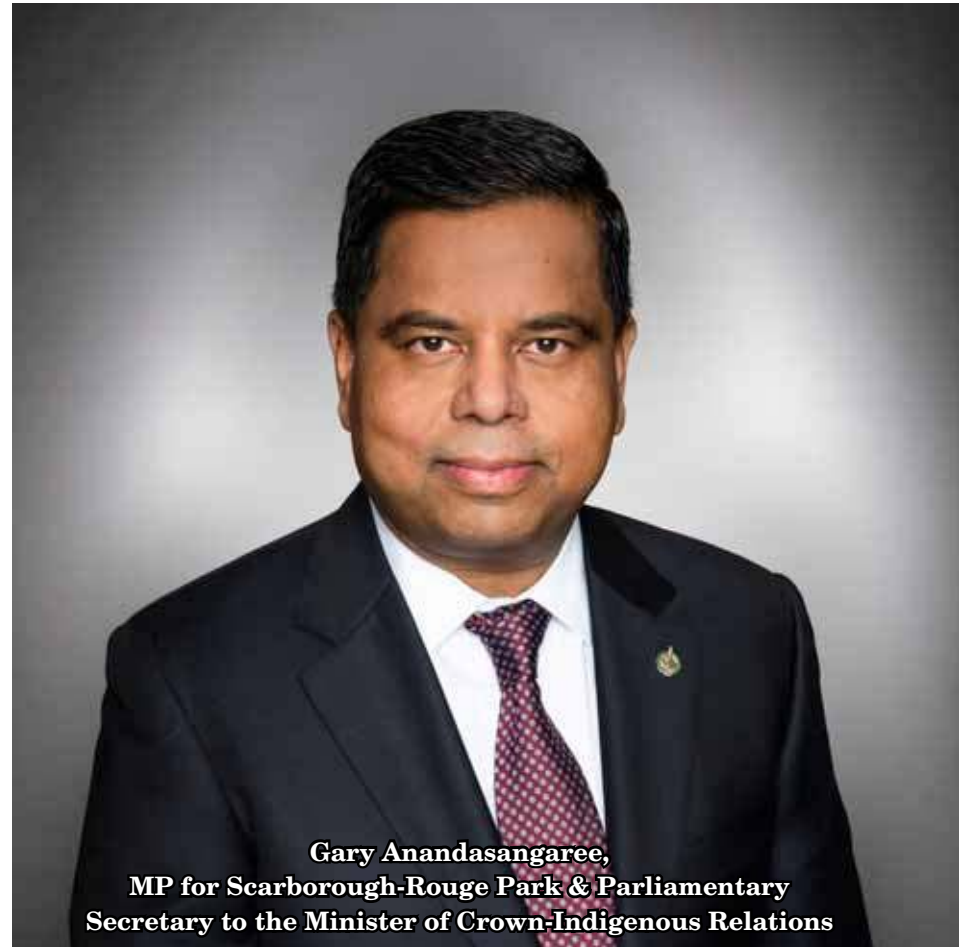
The start of May, usually, is marked by post-secondary students finishing exams and starting summer jobs. This year, due to COVID-19, most Canadian students will not be able to do it, and face uncertainty and instability. Last week, the federal government announced a \$9 billion emergency measure to provide financial support and new training and employment opportunities for students.

Prime Minister, Justin Trudeau, today announced that a bill introducing the Canada Emergency Student Benefit (CESB) will be introduced in the parliament today. The passing of this bill, will allow for the \$1250 per month CESB, up to \$5000 in grants to students volunteering to help with COVID-19, creation of an additional 76,000 student job and many more measures to be implemented in the coming days and weeks. The 76,000 new jobs will be

in addition the Canada Summer Jobs which is also expected to create over 75,000 student jobs.

April 30th normally indicates the deadline to file taxes. Due to COVID-19 emergency measures the deadline to file has been extended to June 1, 2020. Prime Minister Trudeau today also highlighted that due to the extensions, anyone owing taxes will have until August 2020 to make the payments. Families who are in receipt of Canada Child Benefit, will receive up to \$300 per child in boosted payments for the month of May.

Starting this weekend in Nova Scotia, the Canadian Forces Snowbirds will head across Canada to salute Canadians doing their part to stop the spread of COVID-19. The Snowbirds will be flying over the homes of Canadians to remind everyone that all Canadians are in this together.



Gary Anandasangaree,  
MP for Scarborough-Rouge Park & Parliamentary  
Secretary to the Minister of Crown-Indigenous Relations

## April 30, 2020

Yesterday, a Royal Canadian Navy helicopter on a NATO mission, carrying six members of the Canadian Armed Forces (CAF), went down with all hands in the Ionian Sea, off the coast of Greece. Prime Minister Justin Trudeau, today, joined Minister of Defence, Min. Harjit Sajjan, and Chief of the Defence Staff, General Jonathan Vance to provide an update on the emerging situation.

The helicopter was flying from the Canadian naval frigate HMCS Fredericton, as part of Operation Reassurance. One casualty was recovered and five are missing. The Prime Minister, on behalf of all Canadians, offered his deepest condolences to their families, friends, shipmates, and fellow CAF members.

The Prime Minister confirmed that he had spoken to NATO Secretary General Stoltenberg earlier this morning, who has offered condolences and assistance in the times to come; and assured Canadians that the government will investigate the tragedy and provide the answers in due time.

Operation Reassurance is Canada

at its best – bolstering security and stability in Central and Eastern Europe. Up to 915 soldiers are deployed on Operation Reassurance in Europe, reinforcing NATO's collective defence. The Prime Minister reminded Canadians that whether combatting terrorism, standing by Canada's partners and allies, or supporting peace operations around the world, members for the Canadian Armed forces do what they always do – step towards danger, so the rest of us can stay safe.

Domestically, in response to COVID-19 crisis, soon over 500 members of the Canadian Armed Forces will be sent to 13 Long-Term Care Facilities in Montreal, QC and surrounding areas. Earlier this week CAF teams were deployed to assist in five Long-Term care facilities in Ontario.

Whether at home or abroad, the women and men of the Canadian Armed Forces are the hand of Canada's intentions – the concrete expression of our values and valour as Canadians. Canadians stand with them and share their hope to recover their lost comrades- to their families, and to their country.

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# Updated Emergency Measures by the Canadian Federal Government

## May 4, 2020

COVID-19 is a global pandemic, spread by a virus that knows no borders. No country will be able to fully recover until COVID-19 is controlled all around the world. Canadian and international researchers are racing to develop diagnostics, treatments, and vaccines that will save lives, protect the health and safety of people everywhere, and lay the groundwork for a sustainable worldwide economic recovery.

The Prime Minister, Justin Trudeau, today joined other global leaders to launch the Coronavirus Global Response. This online pledging event aims to initially raise more than \$8 billion (USD) to help researchers and innovators develop solutions to test, treat, and protect people, and to prevent the further spread of COVID-19.

The Prime Minister highlighted that, to date, the Government of Canada has announced investments of over \$850 million (CAD) that support this fundraising target. This includes funding to:

- mobilize Canadian researchers' and life sciences companies' coronavirus research and development of medical countermeasures;
- support accelerated vaccine development, including through the Coalition for Epidemic Preparedness Innovations and other partners;

- find a safe and effective treatment for COVID-19 through the World Health Organization (WHO) Solidarity Trial;

- coordinate a COVID-19 viral and host genome sequencing effort across Canada;

- help provide COVID-19 diagnostic support to more than 20 partner countries; and

- create strategies to tackle misinformation, stigma, and fear.

In today's interconnected world, the global health system relies on the strength of all regions to ensure a sustainable global recovery. That is why the government is providing funding to support some of the world's most vulnerable populations, and working with international partners as they coordinate and prioritize response efforts in vulnerable countries. The Government of Canada aims to maximize global benefits from these investments, and is committed to helping to ensure that once a vaccine is developed, it will be produced at a scale and cost accessible to all countries.

The Government of Canada is committed to a robust global effort to stop COVID-19 and address its devastating health, social, and economic impacts on people across the world. Canada will work together with partners to end this pandemic and to build a safe and prosperous future for everyone.

## May 7, 2020

While many Canadians are being asked to stay home, millions of Canadians are being called on to go to work every day. These individuals are providing essential services, so we can continue to keep our families safe and healthy. Canadians are relying on them now more than ever, and that is why the Government of Canada is working with provinces and territories to provide them with a much-needed wage boost.

The Prime Minister, Justin Trudeau, today announced that all provinces and territories have confirmed, or are in the process of confirming plans to cost share wage top-ups for their essential

workers.

The Government of Canada will provide up to \$3 billion in support to increase the wages of low-income essential workers. Each province or territory will determine which workers would be eligible for support, and how much support they will receive.

These measures are part of the Government of Canada's comprehensive economic plan to help Canadians and businesses through this period of uncertainty. The government will continue to monitor this evolving situation closely, and take additional actions as needed to protect health and safety, and stabilize the economy.

## May 8, 2020

As Statistics Canada released the latest numbers on unemployment rates for April, the numbers share what is already known – that right now, Canadians are hurting because of this pandemic. Canadians aren't alone in this, as the world faces COVID-19. Canadians who are out of work want to know there is a plan to help them get through this. The Canadian government is here to support through this time and focussed on a strong return of the economy.

Prime Minister, Justin Trudeau, today stated that more than 7 million people are getting the Canada Emergency Response Benefit (CERB). Since the launch of the Canada Emergency Wage Subsidy (CEWS) last week, employers have applied for subsidies for almost 2 million workers. As provinces and territories start to gradually reopen over the coming months, and the CERB becomes needed less and less, this subsidy will play an even greater role. The Prime Minister announced that to help kick-start the economy and support businesses who will be reopening, the government will be extending the CEWS beyond June. More details about the extension will be announced in the coming days. Employers who have laid-off employees are encouraged to rehire them, and to apply for CEWS at Canada.ca if they have not already done so. Over half a million businesses

have also been provided loans through the Canada Emergency Business Account. Between the CEBA and CEWS, the government is helping employers across the country keep Canadians on the job.

The government of Canada is working to get help to as many workers, small businesses, families, and young people as possible, including some sectors that have been hit especially hard. Minister of Innovation, Science and Industry, Minister Navdeep Bains, will be leading a new Industry Strategy Council. Chaired by Monique Leroux, this Council will take a deeper dive into how the pandemic is affecting specific sectors, and how to best support them. This will be a dedicated forum for industry and government to come together on tackling the effects of COVID-19.

Minister of Canadian Heritage, Minister Guilbeault also shared further details today regarding the previously announced \$500 million Emergency Support Fund for Cultural, Heritage and Sport Organizations. Starting today, partner organizations will be contacted so that funds can begin to flow to cultural and sport organizations. Canadian Heritage is working closely with its partners – in particular, the Canada Council for the Arts, the Canada Media Fund, FACTOR, Music action, and Telefilm Canada – to distribute the funds as quickly as possible using existing channels.

## HOW CAN I PROTECT MYSELF FROM COVID-19?

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# THE HINDU TEMPLE SOCIETY OF CANADA

## Richmond Hill Ganesha Temple



Compiled by *Kidambi Raj*

# SIGNIFICANCE & LEGENDS ASSOCIATED WITH HOLI



### Introduction:

According to Hindu scriptures, the name **Holi** derived from **Holika**, the sister of demon King **Hiranyakasipu**, who was killed by Lord Vishnu, when he incarnated specially for this as Narasimha, half-man and half-lion.

### Mythological events associated with Holi:

Though there are several mythological stories, four are worth looking into:

**Legend of Holika and Prahalada:** There was once a demon king by the name Hiranyakasipu, who won over the kingdom of earth. He was so egoistic that he commanded everybody in his kingdom to worship only him and not the Gods. But to his great disappointment, his son Prahalada became an ardent devotee of Sriman Narayana. Hiranyakasipu tried several ways to kill his son, Prahalada, but Lord Vishnu saved him every time. He finally asked his sister, Holika to enter a blazing fire with Prahalada in her lap so that the boy would get killed, because Hiranyakasipu knew that Holika had a boon, whereby, she could enter even a blazing fire and come out unscathed. Holika, in a treacherous way coaxed Prahalada to sit in her lap and took her seat in the fire. Legend has it that Holika had to pay the price for her sinister desire with her own life. Holika was not aware that the boon she got would only work if she entered the fire alone, all by herself only. Young Prahalada who kept chanting the name of Sriman Narayana all the while, came out unharmed, as the Lord blessed him for his extreme devotion.

Thus, Holi, which derived the name from Holika, is celebrated as a festival of victory of good over evil. Holi is also celebrated as the triumph of a devotee who has surrendered to Lord. As this story depicts that anybody, however strong, cannot harm a true devotee of God and those who dare torture a true devotee of God shall be reduced to ashes.

**The Legend of Radha-Krishna:** Young Krishna is known to be playful and mischievous. As per the legend, as a child, Krishna was extremely jealous of Radha's fair complexion, since he himself was very dark. So, one day, he complained to His mother Yashoda about the injustice of nature which made Radha as fair and Him so dark. To pacify the crying young Krishna, the doting mother asked Him to go and colour Radha's face in whichever colour He wanted. In a mischievous mood, naughty Krishna took the advice of His mother Yashoda and applied colour on beloved Radha's face, making her look like Himself.

There is also a legend to explain Krishna's dark complexion. It seems once a demon attempted to kill infant Krishna by giving Him poisoned milk and because of that His Krishna turned blue. In the end Krishna did not

die and the demon shriveled up into ashes.

Somehow, the lovable prank of where Krishna applied colour on Radha and other gopis using water jets gained acceptance and popularity. So much so, it evolved as a tradition and later, a full-fledged festival.

The legend is wonderfully brought alive each year all over North India, particularly in places like, Mathura, Vrindavan, the places associated with Krishna and Raadha.

### The Legend of Kaamadeva:

According to the legend, when Lord Sivaa's consort, Sati committed herself to fire due to disgrace shown by her father Dakshaa to Sivaa, Lord Sivaa became extremely sad and he renounced His worldly duties and went into deep meditation. Meanwhile, the daughter of the mountains, Paarvati started meditating to acquire Sivaa as Her husband. Since, Sivaa was least interested in the affairs of the world, complications began to generate in matters of the world, which made all the Gods concerned and afraid.

The Gods, sought the help of Lord Kaamadeva, the god of love and passion, to bring Sivaa back to His original self. Kaamadeva knew that he might have to suffer the consequences of doing this, but he accepted to shoot his love arrow, on Sivaa who was in meditation, just for the sake of the world. Once Kaamadeva shot his love arrow as planned, it made Sivaa extremely angry and so, he opened His third eye reducing Kaamadeva to ashes. Kaamadeva's arrow had the desired effect and Lord Sivaa married Paarvati. A short while after this, Kaamadeva's wife, Rati pleaded to Lord Sivaa and said this was all the plan of the Gods and asked Him to kindly revive Kaamadeva. An embodiment of love himself, Lord Siva gladly accepted to do so. Thus, this incident had a happy ending for all.

### The Legend about female Monster, Dhundhi:

It is believed that there once was a female monster (ogress) called Dhundhi in the kingdom of Rithu. The female monster used to specially trouble little children who became fed up of her. Dhundhi had a boon from Lord Siva that she would not be killed by Gods, men nor suffer from heat, cold or rain. These boons which made her almost invincible but she also had a weak point. She was also cursed by Lord Siva that she would be in danger from boys going about crazy. Deeply troubled by the female monster, King Prithu consulted his priest. Giving the solution the priest said that on Phalguna 15, the season of cold vanishes and summer starts. Boys with bits of wood in their hands may go out of their houses, collect a heap of wood and grass, set them on fire with mantras, clap their hands, go around the fire thrice, laugh, sing and by their noise, laughter and homam, the female monster would die. Legend has it that on the day of Holi, village boys displayed their united might and chased Dhundhi away by a blitzkrieg of shouts, abuses and pranks. It is for this reason that young boys are allowed to use rude words on the day of Holi without anybody taking offence. Children also take pleasure in burning Holika.

Holi is a religious festival that welcomes the Spring and Celebrates the new life and energy of the season. Although Holi has religious roots, not much religious activity is involved in its celebration.

# SIGNIFICANCE & LEGENDS ASSOCIATED WITH CHITRA POURNAMI



### What is Chitra Pournami:

Chitra Pournami is a festival that commemorates Chitragupta's birthday. According to scriptures Chitragupta is the assistant to Lord Yama, the God of death. It is observed on the day of the full moon in the month of Chitrai (April-May). This day is also dedicated to Indra, the head of the Devas. Chitra means pictures and Gupta means hidden. Lord Brahma created Chitragupta through the Sun God and he is considered the younger brother to Lord Yama.

It is believed that Chitragupta examines and keeps the records of the good and bad things done by every individual on earth. When a person dies, his soul goes first to Lord Yama, where Chitragupta tallies the deeds and reports that to Yama.

### Ways to dissolve one's Karma:

On this day, devotees bathe in river or other water bodies to symbolize their sins being washed away. This is very special and popular at the river Chitra in the Tirunelveli district in Tamil Nadu.

In Kerala, in the city of Thiruvananthapuram there is an old temple of Chitra pournami Valiya Thottam Bhagavathi at Pachalloor en-route Kovalam. This festival has been celebrated for the last 2,000 years. There is a Devi Temple dedicated to Sakthi or Bhagavathi.

The essence of worship on this day is in the sincere effort to liberate oneself from the clutches of negative energies. The various ways to dissolve Karma:

On this day one can meditate on the story of Indra and his guru, Brahaspati.

Worship Chitragupta with incense, camphor, flowers etc.

Feed the poor and the needy.

### Legend:

The legend associated with Chitra Pournami involving Lord Indra, the King of Gods, and his Guru Brahaspati. Lord Indra and Brahaspati once had an argument. As Indra failed to respect Guru, he stopped advising Indra who started committing sins in the absence of Guru. Days passed and Brahaspati returned to his duty. He advised Indra for a pilgrimage to the earth to lessen the burden of sins. During the pilgrimage, Indra realized that he had been redeemed from the sins. He found a Siva Lingam under the Kadamba tree and believed that Lord Siva had helped him in relieving his sins. Following this, he started worshipping him. He worshipped Lord Siva with a golden lotus which he found in a nearby pond. This was supposed to have happened on a Chitra Pournami day and the place was Madurai in South India. Devendra (Lord) pooja is held during Chitra Pournami day in commemorating the event. We all have to pray to Chitragupta to consider our good deeds and ignore the bad deeds.

### Fasting Rules:

We should avoid taking milk and milk products on that day, since milk came out of Kaamadhenu. It is therefore preferable to take buffalo milk if available. It is customary to eat curd rice without salt on this day and to fast without eating anything else. Avoiding salt in food items throughout this day is recommended.

*Invoke Chitragupta's Blessings and Erase your Negative Karmic Records !!!*



# THE HINDU TEMPLE SOCIETY OF CANADA

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### SIGNIFICANCE & LEGENDS ASSOCIATED WITH AKSHAYA TRITIYA

#### Akshaya Tritiya and its significance:

**A**kshaya in Sanskrit means **im-perishable or never diminishing** and **Tritiya** denotes the third Tithi (Lunar day) of the bright half



Lord Parasuraamaa

(Sukla Paksha) of the Hindu month of **Chitrai** (April – May). It is one of five most important days in a year in Hindu calendar. With the combination of the beneficial Sun, this 3rd phase Moon and its crossing of Rohini Star occurs. This marks the emergence of highly auspicious confluence of energy and the vibrations creating good fortune, success and prosperity are on the high. As per astrology, the Sun and the Moon are the most prominent energies stimulating our body, mind and soul. The Sun is significant



Lord Krishna & His friend Sudhama

for the soul and the Moon is for the mind. Sun is the dispenser of light, energy, vitality and the Moon stimulates our thought vibrations. Ancient yogis have identified this 24-hour window of time as very important to develop a consciousness that stimulates growth, success, prosperity and discourages hatred, anger and negative thoughts. The bright light of the Sun and the Moon clear blockages in mind created due to one's karma, so that one can easily manifest his or her dreams and desires.

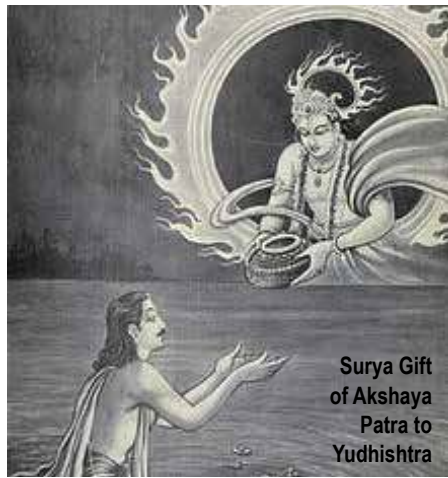


Ganesha writing Mahabharata

On this day people perform pujas to Lord Ganesha, Lord Vishnu, Goddess Lakshmi and Lord Kuberaa.

#### 10 Mythological events that happened on Akshaya Tritiya:

**Parasuraama Jayanthi:**



Surya Gift of Akshaya Patra to Yudhishtira

According to the Puranic texts, Parasuraamaa was born on this day, as the sixth of Dasaavathaarams. He received his famous weapon, an axe, at the end of a long, hard penance to Lord Siva. It is said that he recaptured the land from the sea.

#### Lord Krishnaa & His friend Sudhaamaa:

According to another legend, when Sudhaamaa, Lord Krishnaa's poor friend from childhood came to see Him (Lord Krishnaa) to ask for a financial favour, he could only bring a handful of **Avul** (parched rice) to offer to his beloved friend, Krishnaa. Lord Krishna followed the age old Hindu principle of **Athithi Devo Bhava** (Guest is like God). Lord Krishnaa treated Sudhaamaa like a king and relished that avul he brought for Him. Overwhelmed with Krishnaa's love, Sudhaamaa could not ask for any favour. After returning home empty handed, Sudhaamaa saw his old hut had transformed into a palace. Tears flowed down his cheeks as he recollected the smiling face of his friend Krishnaa.

#### Start of writing Mahaabhaarataa:

It is also believed that Sage Veda Vyasaa started writing Mahaabhaarataa with the help of Lord Ganesha on the Akshaya Tritiya day.

#### Draupadi's Akshaya Patra:

In the epic Mahaabhaarataa, while the Paandavaas were in exile, Yudhishtira became very anxious as he was unable to feed the holy sages and others who accompanied him. He then prayed to Sun God for help. Pleased with his prayers, the Sun God granted him the **Akshaya Paatram**, a bowl which will continue to provide unlimited food till Draupadi finishes her food. When Duryodhanaa came to know about it, he tried to trick to offend the Paandavaas. He sent sage Durvaasaa and made sure that he reaches the hermitage after Draupadi had finished eating. When Draupadi came to know about the sage's arrival. She prayed to Lord Krishnaa to save the honour of the family. Krishna immediately appeared asked Draupadi for food as He was hungry. Draupadi told Him that there is no food left to give. He asked her to bring the Akshaya Paatram. A grain of

rice was stuck in the bowl and Krishnaa had it and said that it has satisfied His hunger. He advised Draupadi not to be anxious about Durvaasaa. Sage Durvaasaa who was then taking a bath before coming for the meal, also felt fully satisfied. He decided to return back without partaking Paandavaa's hospitality and saved himself of any humiliation.

#### Descent of Ganges from Heaven:

The Gangaa, the holiest of the rivers in Hinduism, is believed to have descended to earth from the heavens on Akshaya Tritiya day.

#### Beginning of the Tretaa Yugaa:

According to the Puraanaas, Akshaya Tritiya marks the beginning of Tretaa Yugaa. Satya Yugaa (Golden Age) also seems to have started on Akshaya Tritiya.



Descent of Ganges from Heaven

#### Day of Asura Mahishaasuraa's defeat at the hands of Goddess Durga:

In Hinduism, the Asuras are a group of deities, who represent nothing but evil. One such Asura named Mahishaasuraa took on the form of a very powerful buffalo who wrecked death and destruction wherever he went. Goddess Durga waged a fearful war and killed the Asura on Akshaya Tritiya day.

#### Kuberaa's Appointment:

As per Hindu mythology, Kuberaa, known to be a banker in heaven, received all his wealth on this Akshaya Tritiya day, by worshipping Lord Siva in the temple at Sivapuram. Also, it was on this day that Lord Siva blessed Kuberaa with the position as the Lord of wealth.

#### Aadi Sankaraa recited the Kanaka Dhaaraa Stotra:

One day, as a young boy, Sankaraa was begging for alms to prepare his lunch and he went to the house of a very poor lady to beg. The lady was upset because there was nothing edible in the house to give the boy. After searching the house once again she

found one **Nellikai** (Gooseberry) fruit. She hesitantly offered it to Sankaraa. He was moved after seeing the plight of the woman and sang 21 hymns praising Goddess Lakshmi. The Goddess was so pleased that she appeared before him and asked him why he has remembered her. He asked the Goddess to grant riches to the poor woman. The Goddess first refused to do so because the lady had not done any work for charity in her previous birth and it is not possible to change one's fate. Sankaraa told the Goddess that She is the only one who is capable of changing the fate of someone by erasing or changing the writings of the future made by Lord Brahma. The Goddess was so pleased that she instantly showered the lady's house with Nellikais made of pure gold. The 21 stanzas became famous and are read by all devout Hindus.

**Annapurna's Birthday:** It is believed, that it was on this Akshaya Tritiya



Asura Mahishasura's defeat at the hands of Durga

day that the Goddess of food known as Annapurna, a special avataaram of Goddess Parvathi, who feeds the hungry, was born. When Lord Siva disguised as a beggar (representing all beggars) went to the Goddess, asking for food, it is said that Goddess Annapurna fed Lord Siva herself.

#### Four important activities to follow on Akshaya Tritiya:

According to scriptures, the Akshaya Tritiya day is auspicious for

- Yagjanam** - propitiating the divine through fire ritual;
- Yaajanam** - enabling the performance of auspicious activities;
- Dhaanam** - donating to the poor and the needy and
- Pratigraham** - acquisition or accumulation of assets. It is said that any of the above activities performed on Akshaya Tritiya day will have sahasragunabalam, or 1,000 times the normal effort.

The word Akshaya means eternal or something that cannot be destroyed. So, it is a popular belief that buying something that denotes prosperity, such as gold, on this special day, assures unending affluence and growth. Instead of jewellery many simply buy small gold coin with Goddess Lakshmi engraved on them.



The various Yugas





# Durham Tamil Association (DTA) News

## SERVING DURHAM TAMILS DURING THESE UNPRECEDENTED AND CHALLENGING TIMES

During this COVID19 global pandemic, DTA is excited to provide services to members and the community at this unprecedented time.

During this period, DTA is continuing to provide virtual leadership classes thanks to the DTA fantastic volunteers. DTA's Tamil school continues to provide virtual Tamil classes for all enrolled students.

DTA had a successful and informative medical seminar presented by Dr. Mahadevan.

DTA also had a health seminar by Dr. Gopi and Mrs. Raveena Rajasingham.

## VIRTUAL EASTER EGG HUNT GAME

A virtual Easter egg hunt (game) was hosted by DTA. The kids had a great time. Congrats to all participants. Winners got the chocolate Easter basket delivered to their house porch. It was a Great effort.

## DTA - MOTORCADE TO SUPPORT FRONT LINE WORKERS

DTA had a motorcade to show support and appreciation for all Lakeridge Health

Emergency Services and all Frontline Hospital Personnel as they selflessly dedicate their time and professionalism to battle the Novel Coronavirus in their efforts to save lives, and to make our communities safer, healthier, and stronger again. Great turnout for the motorcade showed the gratitude to the amazing Frontline workers. DTA thanks all who attended to show their support.

## WE DID IT! WE REACHED OUR GOAL OF \$1000!

DTA is part of the Durham Fights COVID team. DTA thanks all who donated funds to support the local hospital. DTA is proud of everyone for supporting our front - line workers in this dire time.

If anyone wants to make additional donations, please visit the link below:

<https://lakeridgehealthfoundation.akaraisin.com/ui/lhfpersonalpages/participant/5707000>

## REUSABLE MASKS FOR SENIORS

DTA is providing washable masks for seniors who live alone, in a retirement home or who need one free. Please fill out the form on [durhamtamils.org](http://durhamtamils.org) and you have someone to pick it up at a specified location or if you do not have anyone who can pick them up for you, DTA will deliver it to you.

## DTA IS PROVIDING REFURBISHED (USED) LAPTOPS

Due to the pandemic situation, there are many members of our community that cannot go out. Since we have many online programs being offered (Yoga classes, Leadership classes, medical seminars, etc. DTA is providing refurbished (used) laptops for kids who do not have one for educational purposes- particularly those with a larger household and seniors who otherwise do not have access to a computer or a tablet. These laptops are in working condition with a built-in camera for video conferencing. We only have a limited number of laptops from our DTA center available for use. Note: Priority will be given to those with large households with kids and seniors with no computer.

Please call the DTA number (905-428-7007) if you need a computer, or please visit DTA website [durhamtamils.org](http://durhamtamils.org) and fill out the form.

## DTA'S COLLECTION FOOD FOR FOOD BANKS

Durham Tamil Association is also doing a food drive of non-perishable food items for a local food bank. DTA thanks all who donated non-perishable items for the food drive.

## SUPPORT FOR DURHAM SENIORS

For Durham seniors, there is a form on the website in which you can tell us how DTA can help you. There is also a form for volunteers where they can sign up to help seniors in any way they can (ex. buying food, providing companionship, etc).

Both forms can be found on the DTA website at [durhamtamils.org](http://durhamtamils.org).

## THANK YOU TO ALL DTA ANNUAL SPONSORS

DTA thanks annual sponsors Nava Wilson Law, Computek, TSN Express, Chapel Ridge Funeral Home, Showtha Thushijanthan-RE/MAX, Ajax Crematorium, and Visitation Ctr, Threat IQ, Elankeeran-DF Credit Solutions and all our sponsors for their continued support throughout the year.

For more information on all our Community Support Programs and Sponsor Contacts: please visit:

[www.DurhamTamils.Org](http://www.DurhamTamils.Org) Tel: 905.428.7007.

(Contributed by Marnet Pathusha)







## Canadian Airline industry enters dark period due to COVID-19 pandemic



Canadian airlines are going through a major turbulence due to the coronavirus pandemic and the industry enters into its "darkest period ever," according to Air Canada's chief. Canadian Airlines has recorded a \$1 billion loss in its first quarter due to the pandemic and expects it will take three years to recover from the fallout of COVID-19.

Air travel has effectively stopped amid strict social distancing measures and travel bans around the globe. Air Canada plans to permanently reduce headcount and downsize its fleet to account for reduced capacity.

Air Canada reports grounding 79 aircraft due to reduced air travel and expects at least 3 years to regain 2019 revenue. Some airlines have stopped

flying altogether. While others such as Air Canada, have reduced operations substantially by more because of the unprecedented drop in demand. Several planes now sit parked across the country, costing air carriers tens of millions of dollars daily.

Major airlines are expecting the federal government to provide an aid package to help them survive the pandemic and quickly recover when countries finally lift their travel restrictions.

Meanwhile, face masks, temperature checks and heightened cleaning measures are all part of the effort to increase travel safety as COVID-19 restrictions ease and air travel resumes.

## Several petitions filed in court in Sri Lanka challenging holding of general elections on June 20th

Several petitions have been filed in the court in Sri Lanka challenging the holding of general elections on June 20th. The petitioners have cited the Attorney General, Elections Commission Chairman Mahinda Deshapriya and its members N. J. Abeysekera and Ratnajeewan Hoole as Respondents.

The Petitioners stated that the 8th Parliament was dissolved and/or purportedly dissolved on or about 2nd March 2020; the 25th of April was nominated and/or purportedly nominated as the date for elections; and the new Parliament was summoned and/or purportedly summoned to meet on 14th May 2020 in terms of Gazette Extraordinary No. 2165/08 of 2nd March 2020.

The Petitioners state that thereafter the Elections Commission gave inter alia notice of poll on or about 20th March 2020 that the election would be held on the 25th of April 2020.

However, on 21st March, the Elections Commission purported to make Order that "in terms of the powers

vested in the Election Commission under Section 24(3) of the Parliament Elections

Act, No. 01 of 1981"....."the poll for the Election in the Electoral Districts mentioned in the Schedule cannot be taken on the 25th of April 2020 due to the Covid -19 outbreak in Sri Lanka".

Later, on 20th April 2020, the Elections Commission purported to fix 20th June 2020 as the date for holding of the poll.

They state that the Members of the Elections Commission have held out in media appearances that unless a free and fair poll can be held on 20th June 2020, which includes the ability for parties and candidates to campaign freely and openly, the date would be postponed even further. The Petitioners stated that in terms of the law and the Constitution, elections must be held and a new Parliament summoned within three months of the dissolution of Parliament.

The petitioners insist that the Elections Commission was not empowered

## Prime Minister announces ban on assault-style firearms

May 1, 2020

On April 18 and 19, 2020 a gunman in Nova Scotia claimed the lives of 22 Canadians. Violent crimes involving firearms continue to have devastating impacts on communities across Canada, and on Canadians who have lost loved ones to these crimes. Events like the recent tragedy in Nova Scotia, the attack in 2017 at the Centre culturel islamique de Québec, and the massacre that took place in 1989 at École Polytechnique de Montréal should never have happened.

Even as Canada is in the middle of the COVID-19 crisis, it remains important that the safety of Canadians is ensured on all fronts. That is why the Government of Canada is introducing measures to combat gun violence, and help keep Canadians safe. Prime Minister Justin Trudeau, today, announced the ban of over 1,500 models and variants of assault-style firearms. Effective immediately, it is no longer permitted to buy, sell, transport, import or use military-grade, assault weapons in Canada.

The newly prohibited firearms and components cannot be legally used, sold, or imported. Current owners must also continue to safely store them, and may only transfer and transport them under limited circumstances. These measures will remove dangerous firearms designed for military use from our communities, and help ensure that Canadian families and communities no



longer suffer from gun violence.

There will be a transition period of two years to protect owners of newly prohibited firearms from criminal liability while they take steps to comply with these new rules. This two-year amnesty order under the Criminal Code is in effect until April 30, 2022. There are exceptions under the amnesty for Indigenous peoples exercising Aboriginal or treaty rights to hunt, and for those who hunt or trap to sustain themselves or their families. These exceptions will allow for the continued use of newly prohibited firearms in limited circumstances until a suitable replacement can be found. By the end of the amnesty period, all firearms owners must comply with the ban.

The Government of Canada intends to implement a buy-back program as soon as possible to safely remove these firearms and to introduce legislation as early as possible, working with Parliament and through public consultation.



to alter the date of poll and contends the Gazette notification amending the notification with the date prescribed for the holding of polls is unlawful and void and of no force or effect in law. They maintain that in any event a free

and fair election cannot be held on 20th June 2020 in view of the COVID-19 pandemic and measures taken in respect of the same.

They are seeking the Court to quash the impugned gazette.





# Pandemics That Changed History



by S. Raymond  
Rajabalan



As human civilizations progressed a number of dangerous diseases have struck them down throughout the past centuries claiming thousands of lives.

However the recent spread of corona virus has caused unprecedented level of panic and fear all over the world. This article provides a summary of the various deadly diseases that affected the humanity throughout the past centuries.

## Epidemics and Pandemics

When an epidemic spreads beyond a country's borders, that's when the disease officially becomes a pandemic.

## Timeline of Pandemics that changed history.

### 430 B.C.: Athens

The earliest recorded pandemic happened during the Peloponnesian War. As much as two-thirds of the population died.

### 165 A.D.: Antonine Plague

The Antonine plague was possibly an early appearance of smallpox that began with a group of nomadic warriors called Huns. This plague continued until about 180 A.D., claiming Emperor Marcus Aurelius as one of its victims.

### 250 A.D.: Cyprian Plague

Named after the first known victim Saint Cyprian, the Christian bishop of Carthage, the Cyprian plague claimed a number of lives...

### 541 A.D.: Justinian Plague

First appearing in Egypt, the Justinian plague spread through Palestine and

the Byzantine Empire, and then throughout the Mediterranean. It is also credited with creating an apocalyptic atmosphere that spurred the rapid spread of Christianity. Recurrences over the next two centuries eventually killed about 50 million people...

### 11th Century: Leprosy

Though it had been around for ages, leprosy grew into a pandemic in Europe in the middle Ages.

### 1350: The Black Death

Responsible for the death of one-third of the world population, this second large outbreak of Black Death was also known as the Bubonic plague...

### 1492: The Columbian Exchange

Following the arrival of the Spanish in the Caribbean, diseases such as smallpox, measles and bubonic plague were passed along to the native populations by the Europeans.

In 1520, the Aztec Empire that originated from the nomadic tribes of northern Mexico was destroyed by a smallpox infection brought by African slaves.

### 1665: The Great Plague of London

In another devastating appearance, the bubonic plague led to the deaths of 20 percent of London's population... The worst of the outbreak tapered off in the fall of 1666, around the same time as another destructive event—the Great Fire of London.

### 1817: First Cholera Pandemic

There were seven cholera pandemics over the next 150 years, this wave of the small intestine infection originated in Russia, where one million people died. A vaccine was created in 1885, but pandemics continued.

### 1855: The Third Plague Pandemic

Starting in China and moving to India and Hong Kong, the bubonic plague claimed 15 million victims. The pandemic was considered active until 1960 when cases dropped below a couple hundred.

### 1875: Fiji Measles Pandemic

After Fiji ceded to the British Empire, a royal party that visited Australia brought the disease back to their island, and it was spread further by the tribal heads and police who met with them upon their return.

One-third of Fiji's population, a total of 40,000 people, died.

### 1889: Russian Flu

The first significant flu pandemic started in Siberia and Kazakhstan, traveled to Moscow, and made its way into Finland and then Poland, where it moved into the rest of Europe. By the following year, it had crossed the ocean into North America and Africa. By the end of 1890, 360,000 had died.

### 1918: Spanish Flu

The avian-borne flu that resulted in 50 million deaths worldwide, the Spanish flu is theorized to have originated in China and spread up to USA. After causing the deaths of thousands of Americans the flu threat disappeared in the summer of 1919...

### 1957: Asian flu

Starting in Hong Kong and spreading throughout China and then into the United States, the Asian flu became widespread in England where, over six months, 14,000 people died. A second wave followed in early 1958, causing an estimated total of about 1.1 million deaths globally, with 116,000 deaths in the United States alone. A vaccine was developed, effectively containing the pan-

demic.

### 1981: HIV/AIDS

AIDS was first observed in American gay communities but is believed to have developed from a chimpanzee virus from West Africa in the 1920s. The disease, which spreads through certain body fluids, moved to Haiti in the 1960s, and then New York and San Francisco in the 1970s.

Treatments have been developed to slow the progress of the disease, but 35 million people worldwide have died of AIDS since its discovery, and a cure is yet to be found.

### 2003: SARS

First identified in 2003 after several months of cases, Severe Acute Respiratory Syndrome (SARS) is believed to have possibly started with bats, spread to cats and then to humans in China, followed by 26 other countries, infecting 8,096 people, with 774 deaths.

SARS was seen by global health professionals as a wake-up call to improve outbreak responses, and lessons from the pandemic were used to keep diseases like H1N1, Ebola and Zika under control.

### Corona Virus (COVID-19)

On March 11, 2020, the World Health Organization announced that the COVID-19 virus was officially a pandemic...

The very first case in China appeared November 17, 2019, in China. Without a vaccine available, the virus spread throughout the globe affecting more than 180 countries..

On February 11, the infection was officially christened COVID-19. Meanwhile this disease continues to spread throughout the world with no end in sight.



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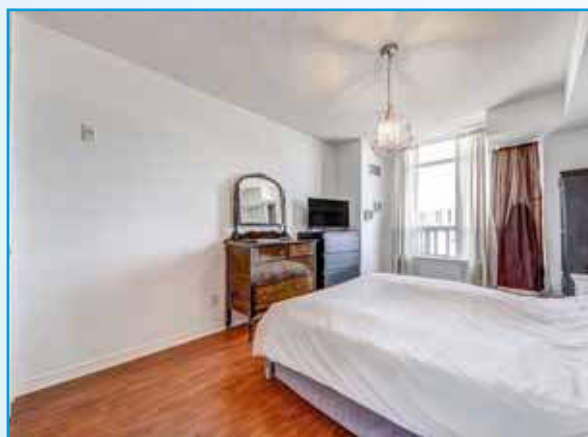
Announcement  
SOON !



# Condo for Sale

Markham & Kingston Road

- Beautiful Tridel Built "Village At Guildwood"
- Functional 1 Bedroom + 1 Den
- Convenient Location, Walk to all Amenities, Ensuite Laundry,
- Steps to Community Center, Shopping,
- East Exposure gives Bright Sun & Walk Out to Open Balcony,
- Guildwood Go Station, 3 TTC Routes,
- 24 Hour Goodlife Fitness, 24 Hour Metro, Schools and Churches,
- 1 Underground Parking Spot, Original Owner!
- Extras: Fridge, Stove, Dishwasher, Washer, Dryer, All Electrical Light Fixtures, All Window Coverings



Velumailum Loganathan,

Broker of Record

416- 500- 7965

vlogan599@yahoo.com



203- 1265 Morningside Ave East Toronto, ON. M1B 3V9

Tel: 416.287.2222 www.remaxcommunity.ca



Gajan Mahakanapathy

Sales Representative

416- 999- 2777

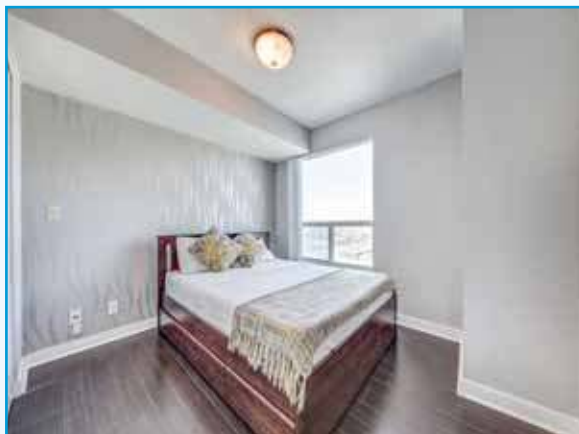
info@RealtorGajan.com



# Condo for Sale

McCowan & 401

- Bright & Clean 2 Bedroom Unit
- Great Natural Light and Well-Maintained Unit.
- Spectacular Amenities (Pool, Sauna, Gym, Patio, Rec. Room)
- Conveniently Located Close To 401
- Walking Distance to Scarborough Town Centre & TTC.
- "3D Virtual Tour" is Available for your View From Home.
- 2 Parking Spots! 1 Locker!
- Extras: Fridge, Stove, B/I Dishwasher, Washer, Dryer, All Window Coverings & All Electrical Light Fixtures.



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# Condo for Lease

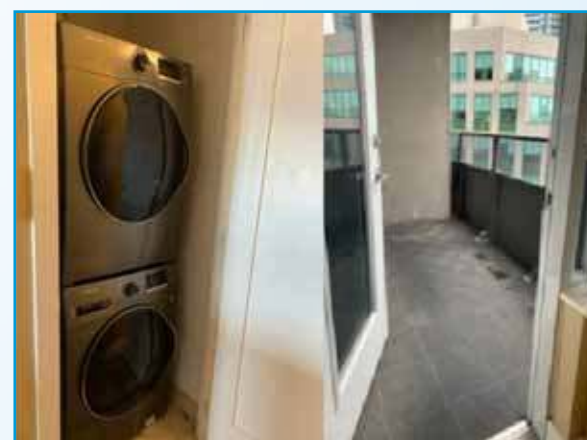
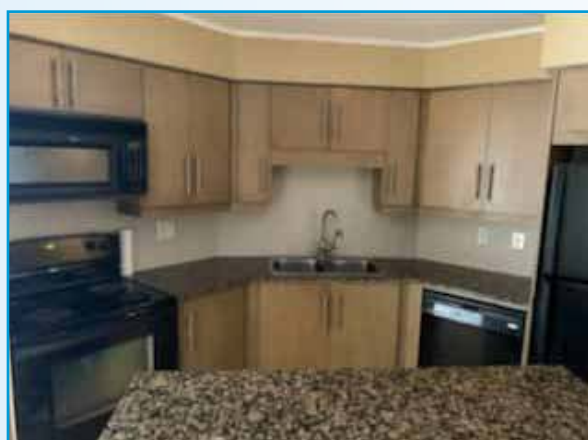
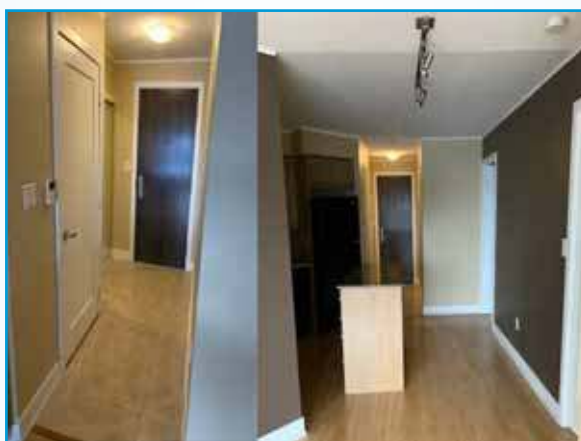
Blue Jays Way & Front St

\$2,500



Tridel's "The Element" In The Heart Of The Entertainment District, Close To Union Station, Street Car & Subway, Roger Centre, Harbourfront, Theaters, Restaurants & Much More. Granite Counter In Kitchen Including Centre Island. 24 Hr Concierge, Building Amenities Includes: Gym, Sauna, Whirlpool, Party Room, Card Room, Terrace On The 22nd Floor With Panoramic View. Tenant Pays Hydro. No Pets. Non Smokers.

Extras: Fridge, Stove, B/I Dishwasher, New Washer & Dryer (March 2020), B/I Micro-wave, All Electrical Light Fixtures, All Blinds.



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