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Brampton Mayor Patrick Brown with his wife Genevieve Gualtieri and their newborn son, Theodore Joseph Gualtieri Brown

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Incoming Peel Region Police Chief Nishan Duraiappah “represents the next generation of leadership for the police service”



Deputy Chief Nishan Duraiappah at the Honour and Sending off of Halton Regional Police Cst. Cassandra Ropponen on deployment for International Peace Operations in Ukraine - April 2019

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Supporting Seniors and their Families through Consultations Across Ontario Feedback Collected to Support a New Government-Wide Seniors' Strategy

July 22, 2019 11:15 A.M.

Ministry for Seniors and Accessibility

TORONTO - Ontario is committed to helping seniors stay healthy, active and socially connected within their own communities. Many seniors face challenges accessing programs and services that support their safety, mental and physical health, and overall well-being.

That's why, over the last six weeks, the government met with hundreds of seniors, their families, caregivers, and organizations who support and care for them, through consultations held across the province, which concluded on July 19.

"This summer I had the privilege of listening to seniors, their families, caregivers and the organizations who care for them," said Raymond Cho, Minister for Seniors and Accessibility. "Thank you to the thousands of people who took the time to share their ideas and wisdom - whether in person or online - we heard you."

A whole of government approach was taken to host the consultations. Local government officials met with hundreds of seniors, their families, caregivers and the organizations who support them in their communities across the province.

An online survey was also available, translated into 12 additional languages, to receive feedback from diverse, ethnic, Indigenous and multicultural communities. The government received over 7,800 online surveys, and more than 6,200 were from individuals 65 and older, and between the ages of 55 and 64.



Feedback from the consultations and online survey will inform a strategy to help seniors:

- Age at home and in communities;
- Remain healthy, active and socially engaged;
- Stay safe and secure, and
- Participate in the labour market and economy

"Our government has the highest regard for seniors and their families, and we are committed to protecting what matters most to them," said Cho. "We are carefully reviewing all of the feedback collected, and it will be used to develop a cross-government strategy to help improve the lives of seniors."

Supporting seniors is about investing in our own futures. The government believes that everyone should be able to age strong, in an Ontario that is open to all. A government-wide seniors' strategy that will help improve the lives of seniors is expected to be released in fall 2019.

Via news.ontario.ca

Ontario Improving Public Transit Across the GTHA

New projects will ease congestion, bring faster commutes and more time with friends and family



July 22, 2019 4:00 P.M.

Ministry of Infrastructure

TORONTO — Ontario is delivering on its promise to get people moving with better transit service that will make lives better and ensure Ontario is open for business and jobs.

Starting today, 11 municipalities across the GTHA can apply for funding to support new transit projects through the Investing in Canada Infrastructure Program Public Transit Stream. These projects, including the five transit projects nominated in Toronto and York Region in May could unlock up to \$12.45 billion in federal and provincial funding.

"People in Ontario count on infrastructure to get to work, shop and get home to their families," said Laurie Scott, Minister of Infrastructure. "Our government's investments in the GTHA will make public transit infrastructure better, safer and more accessible."

The Province will continue to work with the federal government, and ask that it further increase funding towards priority transit projects.

"Our economy, our communities and our families all rely on good infrastruc-

ture," said Minister Scott. "Ontario's investment towards these projects will build and improve urban transit networks and extend services that will transform the way people live, move and work."

"These projects represent a step forward in helping people and goods move around the GTHA quickly and efficiently," said Caroline Mulroney, Minister of Transportation. "Combining the resources of the federal and provincial governments helps to deliver on our commitment to a balanced, fiscally-responsible plan for public transit infrastructure projects. These projects will reduce congestion and create new transportation capacity throughout the region."

"We are keeping our promise to invest in and build better public transit," said Kinga Surma, Associate Minister of Transportation (GTA). "Our economy, our communities and our families all rely on good transit infrastructure. We are making strategic investments across the GTA that will drive job creation and reduce travel time for commuters so our province can get moving."

Via news.ontario.ca

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from the publisher's desk

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World Humanitarian Day 2019:

Spread the word on #WomenHumanitarians

By Harrish Thirukumaran

On August 19, 2019, the world plans to commemorate World Humanitarian Day. In 2008, the General Assembly designated the day, marking when Special Representative of the Secretary General to Iraq, Sergio Viera de Mello and 21 of his colleagues were killed in the bombing of the UN headquarters in Baghdad. It is held every year to pay tribute to aid workers who risk their lives in humanitarian service. This day is also meant to rally support for people affected by crises around the globe.

Emergencies cause immense suffering for millions of people – usually the world's poorest, most marginalized and vulnerable individuals. Humanitarian aid workers, including health care workers, strive to provide life-saving assistance and long-term rehabilitation to disaster-affected communities, regardless of where they are in the world and without discrimination based on nationality, social group, religion, sex, race or any other factor.

This day continues to recognize the suffering of millions of civilians caught in conflict. People in cities and towns struggle to find food, water, and safe shelter while fighting drives millions from their homes. Schools are destroyed and children are recruited and forced to fight. Women are abused and used as tools of war. As humanitarian workers deliver aid, and medical workers help the wounded and sick, they are directly targeted, treated as threats, and prevented from bringing relief and care to those in desperate need.

As Tedro Adhanom Ghebreyesus, Director General of the World Health Organization, noted in a past campaign, "Health is a fundamental human right, and attacks on health care are

a blatant violation of that right." The Office of the Coordination of Humanitarian Affairs of the United Nations acts as the primary advocate of the entire humanitarian community.

In the past 2018 campaign, the United Nations developed the #NotaTarget petition. It demands that world leaders take action to prevent civilians from being caught in conflict. Selfies taken by participants became part of a living petition, a sculpture powered by social media that would be presented to world leaders at the 2018 General Assembly that civilians are #NotaTarget.

For World Humanitarian Day 2019, the work of women in crises throughout the world is honoured. It focuses on the unsung heroes who have long been working on the front lines in their own communities in some of the most difficult terrains, from the war-wounded in Afghanistan, to the food insecure in the Sahel, to those who have lost their homes and livelihoods in places such as Central African Republic, South Sudan, Syria and Yemen. And we salute the efforts of women aid workers from across the world, who rally to people in need.

Women make up a large number of those who risk their own lives to save others. They are often the first to respond and the last to leave. These women deserve to be celebrated. They are needed today as much as ever to strengthen the global humanitarian response. And world leaders as well as non-state actors must ensure that they – and all humanitarians – are guaranteed the protection afforded to them under international law.

Spread the word of the dedication of #WomenHumanitarians and the work that they do to help people affected by crises.

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Monsoon Journal Wishes
 readers, advertisers, friends
 and well-wishers
 A Happy and continued joy
 in the warmth of

Summer 2019

Canada Historical Milestones: August 2019

August 27, 2011

The funeral of the Honourable Jack Layton, leader of the New Democratic Party (NDP) and Leader of the Opposition in Ottawa, is held at Roy Thomson Hall, Toronto.

Many Canadians line up to pay their last respects to the Member of Parliament for Toronto-Danforth who succumbed to cancer. In his honour, the CN Tower is lit up in orange.

Jack Layton became Leader of the Opposition following the federal election on May 2, 2011, which saw 103 NDP MPs elected, including 59 in Quebec, in what was described as the "Orange Wave."



“That’s one small step for a man, one giant leap for mankind” - Neil Armstrong - (August 5, 1930 - August 25, 2012) July 20, 2019 Marks 50 Years since human landing on the moon.

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

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Incoming Peel Region Police Chief Nishan Duraipappah “represents the next generation of leadership for the police service”

By Harrish Thirukumaran

In the Greater Toronto Area, the municipality of Peel Region has proudly made history. The Peel Region Police Services Board announced on August 2, 2019 that Nishan Duraipappah will become its Chief of Police.

He is the first Tamil Canadian of Sri Lankan heritage to become a Chief of Police in Canada. Previously, he was the Deputy Chief of District Operations for Halton Region, serving a number of roles including Regional Drug and Morality Bureau and Guns and Gangs Unit.

When Halton Regional Police Deputy Chief Nishan (Nish) Duraipappah is sworn in on October 1, he will become the first South Asian police chief in Ontario's history. “I am extremely proud of Nish,” said Halton Region Police Chief Steve Tanner. He also added that “Nish is an experienced senior leader who will do an incredible job.”

Nando Iannica, Chair of the Peel Region Police Services Board, commenting on the appointment said “Deputy Chief Duraipappah represents the next generation of leadership for the police service.”



Halton Deputy Chiefs Roger Wilkie and Nishan Duraipappah in 1997
– pic via: @DeputyNish



Deputy Chief Nishan Duraipappah

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Ontario Investing in New Long-Term Care Beds in Mississauga

July 24, 2019 1:30 P.M.
Ministry of Long-Term Care

MISSISSAUGA — Across the province, there are more than 34,000 Ontarians waiting to get into a long-term care home, straining the health care system and leaving residents waiting too long for care. Ontario is taking swift action and delivering on its commitment to end hallway health care by adding more long-term care beds in communities across Ontario.

Today, Dr. Merrilee Fullerton, Minister of Long-Term Care, was joined by Effie Triantafilopoulos, Parliamentary Assistant to the Minister of Long-Term Care, and MPPs Sheref Sabawy, Natalia Kusendova, Deepak Anand, Rudy Cuzzetto, Kaleed Rasheed and Nina Tangri at The Village of Erin Meadows to announce the government is investing in three long-term care homes across Mississauga.

“Our government is creating a 21st century long-term care system that is resident-centred and builds capacity and access for residents and caregivers,” said Fullerton. “We want to ensure that Ontarians get the care they need when they need it and investing in more long-term spaces across the province is a key part of our plan.”

The government is improving access to long-term care beds in Mississauga by:

- Allocating 220 long-term care beds for Trillium Health Partners.
- Allocating 320 new long-term care beds to a seniors' care partnership project between Indus Community Services, Trillium Health Partners and the Yee Hong Centre for Geriatric Care.
- Allocating 137 new beds to Schle-



gel Villages - Mississauga project and upgrading 55 long-term care beds.

These new beds will help take pressure off hospitals, allow doctors and nurses to work more efficiently and provide better, faster health care for Ontario families and patients.

“In Mississauga, our government has allocated 457 new and 275 upgraded long-term care beds. Adding new long-term care beds and upgrading older beds is key to our transformational strategy to end hallway health care in Ontario,” said MPP Sabawy. “We committed to the people of Ontario that we would end hallway health care and we are acting swiftly on that promise. In just over a year, our government has fulfilled almost half of our promise to add 15,000 new long-term care spaces over the next five years.”

The government will continue to work with Ontario's long-term care sector to ensure our system is responsive to the needs of Ontarians by increasing access and reducing waitlists, while also maintaining patient safety and ensuring high standards of care.

Via news.ontario.ca

Brampton Mayor Patrick Brown ... contd. from pg 1

By **Harrish Thirukumaran**

The city of Brampton has become the site to welcome one of its newest citizens. On July 19, Mayor Patrick Brown and his wife, Genevieve Gualtieri, announced the birth of their son, Theodore Joseph Gualtieri Brown. He was born weighing 7 pounds and 3 ounces under the care of Dr. Karima Ben Omran and a team at Brampton Civic Hospital.

The City of Brampton issued a statement via Twitter congratulating the mayor on this wonderful occasion. They stated, “On behalf of the team at the City of Brampton, a special congratulations to our Mayor @patrickbrownont and wife Genevieve Gualtieri on the birth of their first son, Theodore Joseph Gualtieri Brown!”

In an exclusive interview with the

Toronto Sun, Mayor Brown proclaimed that it was “the greatest day of my life,” after spending a week with the mom and child. “Your life changes in an instant when you become responsible for someone,” explained Brown. Changes he went through include navigating a scandal during his 2018 Ontario Progressive Conservative leadership campaign and becoming Brampton mayor. Also, he notes that becoming a father for the first time in his life is incredible despite the lack of sleep and 28 diaper changes that arose during the first four days.

Brown will be taking a “lighter schedule” when it comes to his mayoral duties for the rest of July to spend time with his new family. Councillor Michael Palleschi will be stepping in as acting mayor for the City of Brampton in the meantime.

Conservatives Call for Emergency Foreign Affairs Committee Meeting to Examine Justin Trudeau's Attempts to Silence his Critics



July 26, 2019

Ottawa, ON – Conservatives members of the Standing Committee on Foreign Affairs and International Development have called for an emergency meeting to examine the matter of the Trudeau government applying undue pressure on former career diplomats David Mulroney and Guy Saint-Jacques.

MPs Erin O'Toole, Ziad Aboultaif and Leona Alleslev sent a letter to the Clerk of the Foreign Affairs Committee requesting an examination of the Prime Minister's recent attempts to silence his critics. At the emergency meeting, Conservatives intend to call the following witnesses: Minister of Foreign Affairs Chrystia Freeland, Paul Thoppil, Assistant Deputy Min-

ister for Asia-Pacific, Global Affairs Canada, Mr. Mulroney and Mr. Saint-Jacques.

“These exchanges are highly inappropriate and represent a blatant attempt by Justin Trudeau to muzzle respected former career diplomats. Justin Trudeau has shown a clear pattern of silencing those who speak out,” said the Hon. Erin O'Toole, Conservative Shadow Minister for Foreign Affairs. “As Mr. Mulroney stated, discouraging private citizens with expertise in foreign relations from speaking freely is ‘fundamentally an undemocratic idea’. Justin Trudeau must answer for the many times he has exploited Canada's non-partisan, public service for his own political purpose.”

Via conservative.ca

Prime Minister announces the appointment of a Senator

July 23, 2019

Ottawa, Ontario

The Prime Minister, Justin Trudeau, today announced that the Governor General appointed Tony Loffreda as an independent Senator to fill a vacancy in Quebec.

Mr. Loffreda is a certified public accountant with 35 years of experience in the Canadian financial industry. Hailing from the Ahuntsic neighbourhood in Montréal, Quebec, Mr. Loffreda is an active member of his community. He has chaired fundraising activities across the province and has received numerous awards and distinctions for his exceptional contributions to Quebec and Canada.

Mr. Loffreda was recommended by the Independent Advisory Board for Senate Appointments and chosen us-



Senator Tony Loffreda

ing the merit-based process open to all Canadians. This process ensures Senators are independent, reflect Canada's diversity, and are able to tackle the broad range of challenges and opportunities facing the country.

Via pm.gc.ca



Monsoon rains turn millions of children's lives 'upside down' across South Asia

18 July 2019
Climate Change

Heavy rainfall, severe flooding and landslides across Nepal, India and Bangladesh have killed at least 93 children, and put the lives of millions more at risk, according to the United Nations Children's Fund (UNICEF), which is "responding urgently".

"Millions of children have seen their lives turned upside down by the torrential rainfall, flooding and landslides," Jean Gough, UNICEF Regional Director for South Asia, said on Thursday.

Estimates reveal that more than 12 million people have been affected so far. "As the rains continue, these numbers are only likely to grow," she added.

Damage to roads, bridges and railways has rendered many areas inaccessible, and children are in urgent need of clean water, hygiene supplies, food and safe play spaces in evacuation centres. On the ground, UNICEF is working in close coordination with respective governments and humanitarian partners from the three countries to scale up its responses for affected children and their families.

"UNICEF is responding urgently, working with local authorities and partners to ensure children are kept safe, and provided the support needed", Ms. Gough assured.

Country-by-country toll

In India, more than 10 million people have been affected in north-eastern states, including more than 4.3 million children. As the situation develops, these numbers are only likely to increase. While parts of the country have been suffering from heavy rainfall and flooding, other parts are still reeling from the aftermath of severe heat and water deficit, affecting almost half of the country.



A young boy in Bangladesh navigates a river swollen from days of monsoon rain. He is collecting plastic bottles washed into the river to sell to recyclers to help his family purchase food. (July 2019)
UNICEF/Thomas Nybo

Turning to Nepal, of an estimated 68,650 temporarily displaced people, 28,702 are children. Some 88 people have died so far, including 47 children. At least 31 people are missing, and 41 others have been injured, according to the latest Government reports. Moreover, in central and eastern Nepal, nearly 12,000 households have been temporarily displaced.

Floods

- Threaten children's survival and development, including by drowning deaths and injuries.

- Compromise children's access to education and safe water supplies

- Damage sanitation facilities, which increases risks of diarrhea and other disease outbreaks.

Damage

- To housing, which endangers chil-

dren's well-being, particularly with scarce or inadequate emergency shelter.

- To infrastructure makes lifesaving assistance delivery difficult.

In Bangladesh, monsoon rains continue to impact most of the country, particularly the central-northern and south-east regions, where more than two million people have been affected by flooding, including over 700,500 children. Estimates reveal that 367,340 houses have been damaged or destroyed and 1,865 schools affected by flood waters. Cox's Bazar in the south-east of the country, home to more than a million Rohingya refugees, has also been heavily hit.

Children pay 'the heaviest price'

While individual extreme weather events cannot specifically be attrib-

uted to climate change, said UNICEF, the increasing frequency and severity of extreme weather – including recent high temperatures, intense rains and slow-moving fronts – are in line with predictions of how human activity is influencing the global climate.

In addition to death and devastation, such events contribute to the increased spread of malnutrition, malaria and diarrhea, among other major killers.

"Across the region, we are seeing the devastating impact of extreme weather events on children and families," warned Ms. Gough. "As weather events become more extreme, unpredictable and erratic, it is children who are paying the heaviest price."

Via news.un.org

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Around the World

Jaffna Hindu College comes out on top against Hartley College by 73 Runs at 25th Annual Cricket and Picnic Event

By Harrish Thirukumaran

The 25th Annual Cricket match and Picnic between Jaffna Hindu College and Hartley College was held on July 1st, 2019 at the Sunnybrook Park located near Leslie Street & Eglinton Avenue in uptown Toronto. The event coincides with Canada Day celebrations and this year's chief guest was Ganesh Shanmugam.

The tradition between these two Jaffna schools began with roots in Sri Lanka and continues in cities abroad like Toronto. This year's cricket match was between the Old Boys associations from Jaffna Hindu College and Hartley College in North America.

In this highly anticipated matchup, Jaffna Hindu College batted first and scored 176 runs from 34.3 overs. The total proved to be too much for the chasing Hartley College, who managed to put up only 103 runs from 27.4 overs.

The Man of the Match award was handed out to Nitharsan Thajipkumar from JHC who bowled 7 overs taking

4 wickets on 15 runs. Nitharsan also scored 20 runs while helping propel Jaffna Hindu College to victory. Vithun Muthukumaran from JHC was named the top All-Rounder taking 3 wickets, 1 maiden and giving away only 7 runs. He also top scored for his side with 42 runs.

Congratulations to all on a well played game and best of luck next year on behalf of the staff and readers of the Monsoon Journal.

Top Batting Performances

Vithun Muthukumaran (Jaffna Hindu College) - 42 runs

Vino Muthiah (Jaffna Hindu College) - 29 runs

Nitharsan Thajipkumar (Jaffna Hindu College) - 20 runs

Top Bowling Performances

Nitharsan Thajipkumar (Jaffna Hindu College) - 4 wickets for 15 runs

Vygunthan (Hartley College) - 3 wickets for 28 runs

Best Fielding Performance

Mano (Hartley College) - 3 catches, 1 run out



U.S. Concerned By Events In Kashmir, UN Calls For Restraint

August 05, 2019, Washington: The United States says it is closely following events in Kashmir after India revoked the Muslim-majority region's special autonomy, sparking fears of fresh violence in the Indian-administered part of the Himalayan region.

"We are concerned about reports of detentions and urge respect for individual rights and discussion with those in affected communities," U.S. State Department spokeswoman Morgan Ortagus said in a statement on August 5.

Ortagus called on "all parties to maintain peace and stability along the Line of Control" (LoC) that serves as a de facto border between India and Pakistan in Kashmir.

United Nations Secretary-General Antonio Guterres urged all parties to "exercise restraint," his spokesman said.

The spokesman, Stephane Dujarric, told reporters that over the past few days the UN Military Observer Group in India and Pakistan "has observed and reported an increase in military activity" along the highly militarized LoC. Earlier in the day, India's government moved to revoke Article 370 of the constitution, which guarantees significant autonomy for the Indian side of Kashmir.

Article 370 also forbids Indians from outside the 12-million state from permanently settling, buying land, holding local government jobs, and securing education scholarships.

India's decision was accompanied



by a telecoms blackout in Muslim-majority Jammu and Kashmir state, restrictions on public movement, and the deployment of thousands of troops.

The move deepens the long-running animosity with nuclear rival Pakistan.

Pakistan condemned India's move as illegal, saying it would "exercise all possible options" to counter it.

"India is playing a dangerous game which will have serious consequences for regional peace and stability," said Foreign Minister Shah Mehmood Qureshi.

There is a long-running insurgency in Indian-administered Kashmir, which is divided between India and Pakistan. Two of the three wars India and Pakistan have fought since their independence from British rule were over Kashmir.

Kashmir has been divided between India and Pakistan since their independence in 1947. There are roughly 38,000 refugees from Indian-held Kashmir in camps on the Pakistani side, authorities say.

(via: Radio Free Europe/
Radio Liberty)





UN Urges Probe into Shooting of Sudan Schoolchildren

Africa

By AFP

July 30, 2019

KHARTOUM - The United Nations called for a probe into the killing of five schoolchildren at a Sudan rally as protesters piled on pressure on army rulers to transfer power ahead of talks on the country's transition Tuesday.

Protesters accused the feared paramilitaries of the Rapid Support Forces, headed by powerful General Mohamed Hamdan Daglo, of shooting dead the five teenagers at a rally held against shortages of bread and fuel in the city of Al-Obeid on Monday.

The killings come as protest leaders are due to hold talks with the ruling generals on Tuesday on the remaining aspects of installing civilian rule after the two sides inked a power-sharing deal earlier this month.

The U.N. children's agency UNICEF called on the authorities "to investigate and hold all perpetrators of violence against children accountable".

"No child should be buried in their school uniform," it said in a statement, saying the students killed were between 15 and 17 years old.

Sudan's military ruler General Abdel Fattah al-Burhan on Tuesday condemned the shootings as an "unacceptable crime", state television reported.

"What happened in Al-Obeid is sad. Killing peaceful civilians is an unacceptable crime that needs immediate accountability," state television quoted Burhan as telling a group of Sudanese journalists.

Authorities announced a night-time curfew in four towns in North Kordofan state following the deaths in Al-Obeid, as the main protest group, the Sudanese Professionals Association, called for nationwide rallies against the "massacre".

All schools in the state have been told to suspend classes.

"The Janjaweed forces and some snipers, without any mercy, confronted school students with live ammunition,"



Sudanese protesters respond in Khartoum to the deaths of five student in Al-Obeida, July 29, 2019.

the SPA said, referring to the RSF which has its origins in Arab militias that were originally deployed to suppress an ethnic minority rebellion that erupted in Sudan's western region of Darfur in 2003.

The SPA said more than 60 people have been wounded.

"The dead are children and that adds to the brutality of this cowardly incident," said a protest leader, Ismail al-Taj at a rally in Khartoum, as hundreds protested in the capital and its twin city of Omdurman on Monday.

Doctors linked to the protest movement say that more than 250 people have been killed in protest-related violence since December when demonstrations first erupted against now ousted president Omar al-Bashir.

Calls for suspending talks

Residents of Al-Obeid said the schoolchildren's rally had been over shortages of bread and fuel in the town.

It was a sudden tripling of bread prices that was the spark for the mushrooming protests that brought an end to Bashir's three decades of iron-fisted

rule.

The teenagers' deaths prompted calls for Tuesday's planned talks to be suspended, as several protest leaders negotiating with the ruling generals had travelled to Al-Obeid.

"We cannot sit at the negotiating table with those allowing the killing of revolutionaries," Siddig Youssef, a prominent protest leader, said in a statement.

Tuesday's talks are to cover issues including the powers of the joint civilian-military ruling body, the deployment of security forces and immunity for generals over protest-related violence, according to protest leaders.

The power-sharing deal agreed on July 17 provided for the establishment of a new governing body of six civilians and five generals.

But the publication on Saturday of the findings of an investigation commissioned by the military into the deadly dispersal of a Khartoum protest camp has triggered angry demonstrations.

Shortly before dawn on June 3, gun-

men in military fatigues raided the site of the weeks-long sit-in outside army headquarters, shooting and beating protesters.

Doctors linked to the protest movement say the raid left 127 people dead and scores wounded.

But the joint investigation by prosecutors and the ruling military council concluded that just 17 people were killed on June 3, with a total of 87 deaths between that day and June 10.

The probe identified eight officers involved in the crackdown on the protest camp, including three from the RSF.

Protest leaders have rejected the findings, saying the inquiry exonerated the military council and gave a far lower death toll than their own.

The investigation "was commissioned by the military council... [but] the military council itself is accused in this case", the SPA said.

Via voanews.com

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Around the World

Pakistan opens historic Hindu temple in Sialkot for worship after 72 years

Jul 29, 2019 22:19 IST
Press Trust of India
Lahore

The Shawala Teja Singh temple, located in city's congested Dhaarawal locality, some 100-km from Lahore, is more than 1,000 years old, according to the book 'History of Sialkot' by the late Rashid Niaz.

Pakistan has opened a 1,000-year-old Hindu temple in eastern city Sialkot for "worship" for the first time since partition on the demand of the local Hindu community, officials said on Monday.

The Shawala Teja Singh temple, located in city's congested Dhaarawal locality, some 100-km from Lahore, is more than 1,000 years old, according to the book 'History of Sialkot' by the late Rashid Niaz.

"The Evacuee Trust Property Board, which looks after the holy places of minorities in Pakistan, has opened Shawala Teja Singh temple after the partition on the demand of the local Hindu community," ETPB spokesperson Amir Hashmi told PTI.

He said since there was no Hindu population earlier residing in the city the temple was closed for worship.

"The temple was partially damaged during attacks on temples here in reaction to Babri Mosque in 1992," he said, adding that the ETPB carried out restoration work of the temple on the direction of Board chairman Dr Amir Ahmed recently.

ETPB Deputy Director Fraz Abbas told PTI that the restoration work of this temple is still underway and the board is expected to complete it shortly.



Pakistan has opened a 1,000-year-old Hindu temple in eastern city Sialkot for "worship" for the first time since partition. (REUTERS Photo)

"The temple has been opened for worship for the first time since partition. Some 2,000 Hindus are residing in this locality and they are so happy to visit their centuries old worship place. Now a good number of local Hindus are visiting it. Hindus from other parts of the country

are also expected to visit this temple," he said.

Abbas said the visiting Indian Hindus will also be taken to this temple.

Local Hindu leaders Rattan Laal and Rumaish Kumar have welcomed the government's step to restore the temple and open it for the minority community.

Hindus form the biggest minority community in Pakistan.

According to official estimates, 75 lakh Hindus live in Pakistan. However, according to the community, over 90 lakh Hindus are living in the country.

Majority of Pakistan's Hindu population is settled in Sindh province where they share culture, traditions and language with their Muslim fellows.

Via PTI-Press Trust of India

Arumugam Murugesu

(August 9, 1899 - 14 July, 1975),

Memories of my Maternal Grandfather

By Thiru K. Thirukumaran

The picture here is pages from the book of tribute for our maternal grandfather, Arumugam Murugesu. Amma called him Aiya and we called him Appa.

I was 12 years old and attending grade 7 at D.S. Senanayake College in Colombo 7 at the time of his passing, 14 July, 1975. He was born on August 9, 1899. This year ~ 2019 is his 120th birth anniversary.

The Ill fell day of his passing happened to be "Aani Utharam" an auspicious day for Lord Siva. A day special festivals are held at Sivan temples. That day spelt solemnisation of the life he rendered all along as a devotee of Lord Siva. "Aani Utharam" happened to be July 8 in the year 2019.

All my cherished fondness of Appa is spending time with him during school holidays, a period where we would go to Chavakachcheri at least 3 times during the year. He only came South and or to our Dehiwela home only once as far as I remember and told.

In the village Kalvayal he was known as Murugesu vaaththiyar, meaning his profession as a teacher. From his home in Kalvayal, he taught in far flung schools in the region known as Thenmaradchi, the southern strip of Jaffna peninsula in Sri Lanka North. I believe at the time of retirement, he was teaching at Veerasingam Maha Vidyalayam in Meesalai. I recently learnt that he is one of the first few teachers of this school. It would have been quite a distance for him to get to the school and back everyday in those times, about 12 miles or 16 km round trip.

But in all memory I only knew him as a farmer. He already retired at the time of I am old enough to recollect. I only remember his warmth and stellar built having worked in paddy fields such as long hours of using the wooden plough

before sowing.

He would always be toiling hard at something, if not in the paddy field at the shed in the rear of the house holding cows and bulls. Feeding them with grass, hay and bran and quenching their thirst by bringing buckets of water drawn from the well. Safekeeping of harvested paddy etc. Mending the areca nut trees, coconut trees and the fruit bearing mango and jak fruit trees.

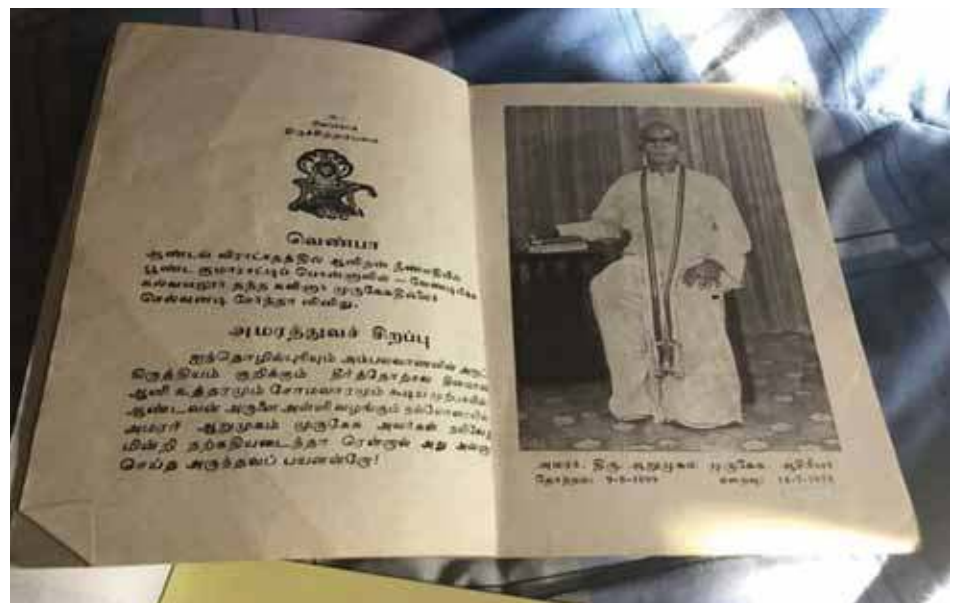
A life fully lived alongside of nature I only remember him depending on additional help for ploughing with tractor and or at harvest time known as "soodu mithiththal".

Most of the paddy fields are in Thanangkillappu alongside of the railway line giving a pristine charm even now. It was known as a rice basket of the entire island at one time as it always produced bountiful harvest even if the monsoonal rains fault. The seeding paddy "vithai nel" much sought after!

I have accompanied Appa several times to the Chavakachcheri market. This was genuinely a farmers market that convened only on Tuesdays, Thursdays and Saturdays back then. He would go to nearby rice mills and other traders who knew his towering character as a teacher and a long-standing person of repute in the community. I remember very well he taking me to the betel leaves dealer one time and explaining the significance of this commodity and it's benevolent place in our heritage.

I am last of his four grandchildren, as Amma being the only child.

He would buy me children's books in Tamil while we were there on school holidays. When I got the opportunity few years ago to purchase a reprint of one of those books he gave me, "Malarum Ullam" (Blossoming mind) by renowned children's author Azha Valliyappa, I



gleed as if I gotten his hands giving me the book. Appa originally purchased it at Mahalukshmi Book Depot on Kandy Road.

One other book I adore from him is "Pillai Paruvaththile", a collection of stories about the childhood of famous people mostly of the West. It included tiny bios of Madam Marie Curie, Helen Keller, John D Rockefeller, Thomas Edison etc.

He also had volumes of old antique prints of Tamil and religious texts. Once when I asked him if he bought all these books at the same book store in Chavakachcheri, he said no, and said he bought many at a book store in Jaffna town known as "Sothida Vilasa Puth-taka Saalai", meaning Astrological and Famous Book Store, a novel name and I believe it is still there in Jaffna!

All of them old books with their cloth binding a hardcover and rough edges of the pages and some punctuated with wholes by termites.

It is just immense pain though thinking we now have none of those books is a tearful telling page of our departure from the roots.

The source of his collection was also from his trips to Chithamparam in Tamil Nadu. His point of destination in India is to the temple town that enshrines Lord Nataraj, the dancing Lord Siva. He would go there embarking from the North in the month of December during the Thiruvempavai auspicious days for Lord Siva.

His devotion at hometown took him

to the Variyappar or Varivanam Sivan Temple near the Chavakachcheri railway station. This is the only temple he was going later everyone told me. I remember sitting with him in that temple and also stopping by at priest residences along the temple path and converse on matters of service to the divinity as well as general ongoing life issues.

His association with the temple and general spiritual practice the household adhered typical all over there then even delved me into setting up a play temple in the yard during school holidays along with other relatives in Kalvayal.

He listened to carnatic music on the radio at night on short wave broadcasts from the All India Radio service from the Tiruchirappalli station. Sometimes his close friends would come and join him in the verandah in listening and discussions of the songs and programs.

A content and fully lived life upholding traditions.

And what do all the numbers and the years passing mean to me his grandson? My grandfather was same age as I am today in 1955 when Ammah got married!

Generations and lives go by and the memories live long than shorter individual life ones. What we carry of our ancestors in any form is a good thing. More than anything it is a rollback to the past that others are bound to do in the future of this very present time in our absence. Chances are one may find a thing or two we did also is great!!!

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

Phyllis Diller



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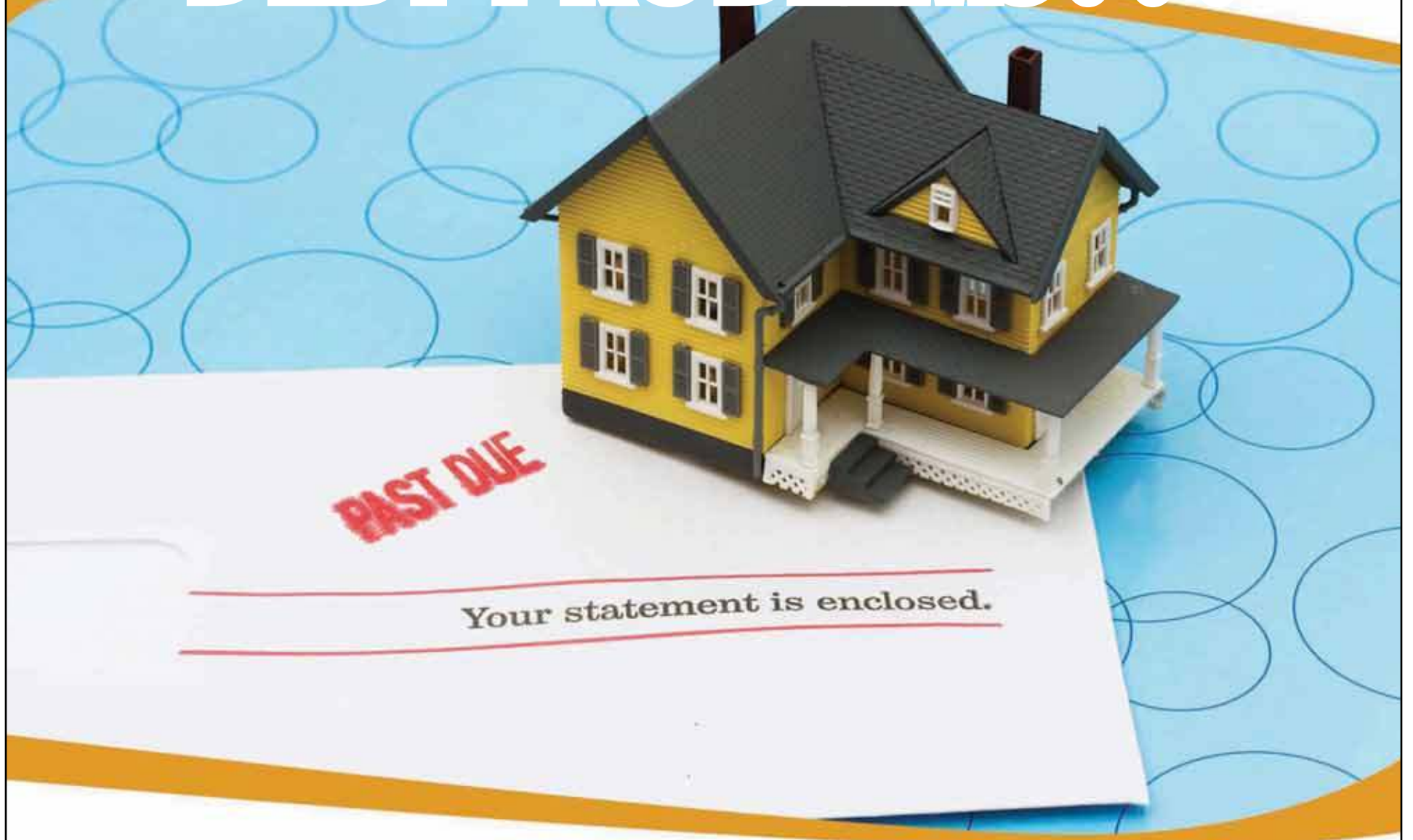
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Special Feature

Former Indian Consul-General His Excellency Satish Mehta recounts what made India great since Independence in a Question & Answer interview given sometime back with “Monsoon Journal” Executive Editor Siva Sivapragasam

India celebrates its 74th Independence Day on August 15th

Question: On the eve of Indian Independence in 1947, your first Prime Minister Mr. Jawaharlal Nehru, in his historic speech to Parliament, referred to a “tryst with destiny” and a dream that the country will step out from the “old to the new”. Today, India is described as “Incredible India”. What factors influenced India to achieve this remarkable growth.

Answer: India’s growth has been spectacular since Independence. There has been a growth rate of 6 per cent during the past 15 - year period and 8 per cent during the last four-years. During this time, we have created a Democracy, a Republic and a secular state. Factors that influenced the growth is the rule of Democracy-a Free Press, an Independent Judiciary and following the fundamentals of Democracy. We created quality education, and this resulted in the creation of a pool of talented professionals to help in the growth and development. We also focused on Science and Technology. We have invited investors from all over the world. According to a Report, India is today the second most attractive country for investment. The country is an open, level playing field for investors. Most of the large Fortune Group firms have investments in India.

Question: In the recent Presidential elections, for the first time, Indian legislators have elected a woman President. She now joins the ranks of women leaders in India-like Indira Gandhi and Sonia Gandhi. Is this an indication that more women are likely to lead the country in the future.

Answer: India has always given pride of place to women. Look at our history! Most of our Hindu gods are women goddesses. We have had a woman Prime Minister-namely, Indira Gandhi. And now Sonia Gandhi is the leader of the Congress Party that runs the Government. We have had women leaders in all walks of life.

Mr. Sivapragasam: Incidentally, you may be proud that Ms. Indra Nooyi, the Chairperson of the U.S. multi-national business empire Pepsi Cola is also a lady of Indian origin.

Mr. Mehta: Exactly! We are proud of it.

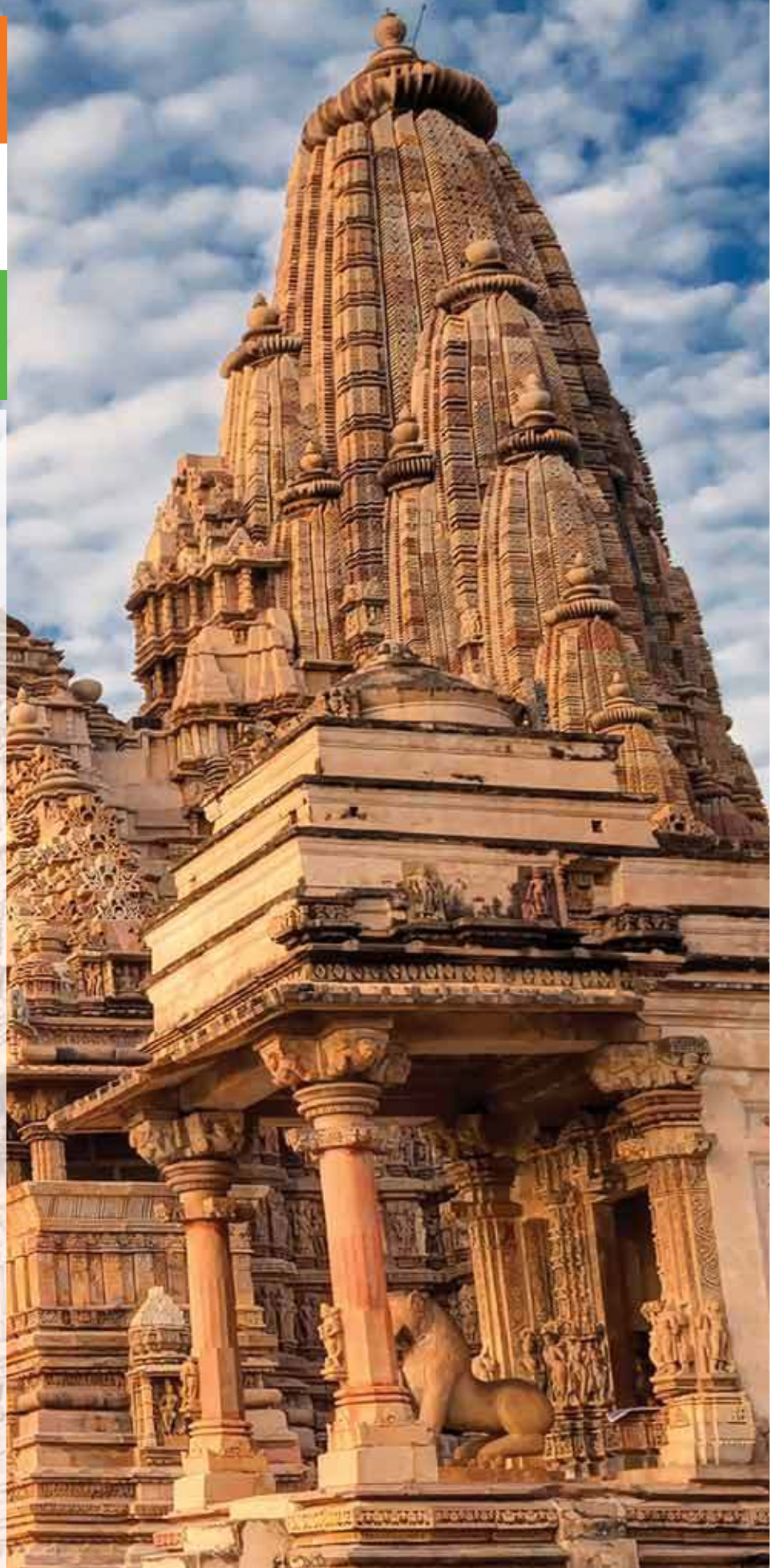
Question: What measures does the Consulate office take to promote trade between Canada and India?

Answer: The Consulate-office is in constant contact with Canadian Companies and keeps them up-dated with all developments in the Indian Business sector, and offers them the Trade opportunities available. We keep them up-dated with information about investment information and potential. The mission in a sense acts as a “mid-wife.”

Question: Your Excellency, as a final question-Is there any special message you would like to convey to the Indo-Canadians in Toronto?

Answer: We take pride in what India has achieved over the past 60 years since Independence. Equally, we are indeed proud of what our expatriate community has achieved in foreign countries. They have made India proud by their achievements. My advice to them is to work hard and to be proud of their country of origin and to keep a close contact with their motherland.

(At the end of the interview, Mr. Sivapragasam thanked Mr. Mehta on behalf of Monsoon Journal and Tamil One TV for the interview he gave. Mr. Logan Velumailum, the Publisher and Managing Editor of “Monsoon Journal” was also associated with the interview)



“Monsoon Journal” Executive Editor
Siva Sivapragasam & Publisher & Managing Editor
Logan Velumailum with former Indian Consul-
General Satish Mehta at the interview

FAMILY SUPPORTS EQUIPMENT IN HONOUR OF LATE PATIENT



**By: Nicole Dunford,
Communications Officer,
SHN Foundation**

As Mila Frame and her son, Michael, sat by her husband David's bedside they noticed one nurse after another coming in to borrow the blood pressure machine being used to monitor him. This clearly significant need is what inspired their idea to fundraise for the purchase of a new piece of equipment for Scarborough Health Network (SHN).

Mila was no stranger to SHN. Her husband was first admitted to the hospital in December 2018, her mother had worked there as a nurse for 35 years, and she herself worked there as a university student over 50 years ago. Due to multiple health concerns, primarily relating to his kidney and liver function, David Frame returned to SHN in March 2019, where he sadly passed away at the hospital soon after. As Mila notes, staff from the entire floor in Nephrology played a role in David's exceptional care during his long stay at the hospital.

"I just wanted to express my gratitude to each and every one of the staff members," said Mila.

While the entire department staff was diligent, one staff member in

particular stood out to Mila and her family. Philip Tang, a registered nurse in the nephrology department at SHN, played an integral role in David's care at the hospital. "Philip was with us during Dave's passing," said Mila. "He was so thoughtful and emotionally involved, because he had gotten to know Dave. He was just so intuitive – he knew exactly how to give support. It's just something you can't teach."

Following her husband's passing, Mila and Michael knew immediately how they wanted to show their appreciation for the hospital staff – they decided to fundraise for the purchase of a new blood pressure machine for the Nephrology department. Michael set up a GoFundMe account on his own to raise money for the equipment purchase, and asked friends and family to donate in David's memory in lieu of buying flowers for the funeral.

Very quickly, the Frames raised more than \$4,000 for the purchase of the blood pressure machine, which now calls the nephrology department at the SHN General hospital its home.

Thanks to generous supporters like Mila and her family, SHN is able to



continue providing incredible care to patients every day. Hospitals in Ontario are responsible for raising 100 per cent of the funds needed to purchase new equipment such as the new blood pressure machine, making community support a critical part of delivering on our mission to improve lives through exceptional care.

To learn more about how you too can support SHN, visit SupportSHN.ca.



PHILANTHROPY BLOOMS AT SHN'S BIRCHMOUNT HOSPITAL



**By: Nicole Dunford,
Communications Officer,
SHN Foundation**

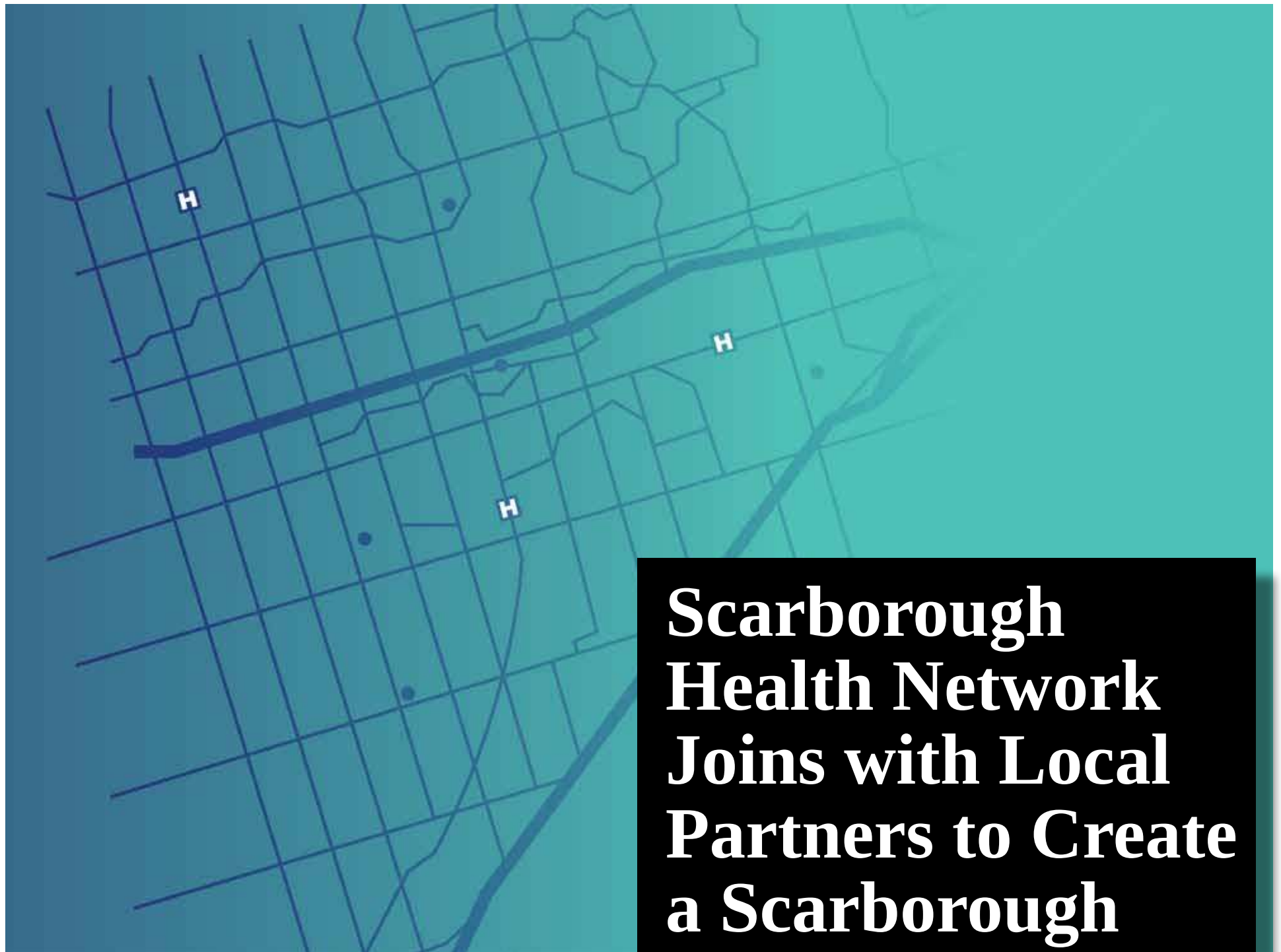
The Birchmount hospital at Scarborough Health Network (SHN) is going to look a little more beautiful now thanks to a generous and ongoing donation by Mitsui & Co. (Canada).

Mitsui & Co. (Canada) has pledged to donate 100 trees over 10 years, leading to the 100th anniversary of Canada's relationship with Japan. Ken Janes, who played an integral role in the coordination and planting of the cherry blossom trees, noted that they have been very well-received by staff and patients.

The planting of the second set of ten trees was celebrated at Birch-

mount on Thursday, May 30 with Fumiaki Miyamoto, President and CEO of Mitsui & Co. (Canada), Drew Green, President and CEO of INDOCHINO (an SHN Foundation Board member), Ken Janes, Facilities Supervisor of Plant Operations at Birchmount hospital, and many other guests.

Over the next eight years, an additional 80 cherry blossom trees will be planted around the hospital grounds. Staff and patients will be able to appreciate their pink blossoms and beautiful scent each Spring when they bloom. It is also SHN's goal to become part of the network of cherry blossom tree visiting spots throughout Toronto, inviting the entire GTA community to visit us and appreciate the continuing evolution of our Birchmount hospital.



Scarborough Health Network Joins with Local Partners to Create a Scarborough Ontario Health Team

Scarborough Health Network is proud to announce that we have joined an exciting initiative in partnership with over 40 Scarborough health service providers.

We are committed to delivering the highest level of care and service to you, your families and your neighbours. In keeping with this goal, we are pleased to join our partners in Scarborough as we apply to be selected to create a Scarborough Ontario Health Team.

In February 2019, the Government of Ontario announced the creation of Ontario Health Teams (OHT). The purpose of OHTs is to build a connected health care system that improves the patient and caregiver experience. These changes will make it easier for you to navigate the system by having service providers work more closely together supported by technology.

OHTs are intended to deliver coordinated services that meet your individual health care needs. When fully functional, services will include; primary care, hospital care, rehabilitative care, home and community care, long-term care and mental health and addictions.

The proposed Scarborough OHT has over 40 partners.

Our vision is simple:

A patient population that is...

- Able to access care closer to home
- Connected to their care and health records digitally
- Able to access equitable and seamless support to wellness and healthcare

An effective partnership that...

- Shares accountability across the network
- Connects providers to ensure seamless care
- Treats patients as clients to the network, not to individual providers.

A system integration that...

- Connects with other OHTs for seamless transitions
- Provides consistency and continuity across the care continuum
- Drives constant quality improvement
- Recognizes the diversity of the community
- Delivers culturally competent care
- Promotes health equity and the elimination of disparities of health status and health outcomes, particularly among Indigenous, Francophone and racialized communities
- Provides on-demand and real-time access to digital solutions for patients and providers
- Designs wraparound services for patients

By working together with our partners and client/patient/caregiver representatives, we will achieve this vision and much more for our community. In its first year, the proposed Scarborough OHT plans to focus on three areas:

1. Mental Health & Addiction
2. Chronic Disease
3. Age-Related Frailty

As we continue to build our Scarborough OHT the focus areas will expand to encompass other parts of our population.

This process will only succeed if we work together with our partners and our community. I encourage you to find out more information at www.ontario.ca/connectedcare. Please feel free to contact communications@shn.ca for more information and to find out how you can stay up to date with the latest news about your Scarborough OHT.

Sincerely,

Elizabeth Buller
 President and CEO
 Scarborough Health Network



Special Feature

Tamil Seniors Consultation with Minister Cho and MPP Vijay

By: Archanaa Sivanathan

On July 18th, 2019, Honourable Raymond Cho, Minister for Seniors and Accessibility of Ontario and MPP Vijay Thanigasalam held a Tamil Seniors Consultation in Scarborough with over 50 Tamil seniors from the GTA community to consult with them about the development of cross-government strategy. They were discussing how the population for seniors in Canada are increasing rapidly and over 1000 people become seniors everyday in Canada. By 2023, the population for seniors will be over 3 million in Ontario. The government is planning to develop organizations for seniors and offer more services. Honourable Raymond Cho

and MPP Vijay also spoke on how Ontario is investing in dental care for low income seniors. This year, the province is investing \$90 million in dental care for seniors 65 years and over. For seniors that earn less than \$19,300 per year or have a combined income with a couple of \$32,000 or less, will qualify for the Ontario Seniors Dental Care Program and obtain free dental care. Their goal is to improve the lives of seniors in Ontario today and for the following generations to come.

Many Tamil seniors had the chance to express their concerns and offer suggestions after the consultation to Honourable Raymond Cho and MPP Vijay to better improve the senior commu-

nity in Ontario. Some of the proposals mentioned were:

•Transportation:

The main purpose for seniors to go out is because of medical reasons, shopping, social events with family or friends, and place of worship. One senior suggested to allow free transportation during non-rush hours to make it safer and easier for seniors to travel.

•Isolation:

One senior mentioned how it would be appreciated to include more activities for seniors who are living in senior homes/communities to keep seniors occupied and minimize the chance of experiencing depression and other mental health related issues.

•Improvement in local parks:

Many seniors like to keep themselves active by taking a stroll in a park. Something that was suggested was to improve parks by building more benches for seniors to sit on.

•Community Centre:

A suggestion was mentioned to create a community centre for seniors to be active and healthier.

•Mental Health:

Seniors are a lot of the times alone because their children and grandchildren are either at work or school and that impacts their mental health negatively. One senior suggested to have a recreation or facility to tackle mental health for seniors.

Watch a Movie Under the Stars this Summer!

Richmond Hill's Moonlight Movies are back

Who? Richmond Hill movie-lovers
What? Will enjoy family-friendly movies outdoors

Where? At various locations in Richmond Hill

When? Every Wednesday evening in August, beginning August 7 until August 28

(See below for movie dates and locations)

Why? Enjoy popular movies at Richmond Hill's annual outdoor cinema experience! Bring your lawn chairs and blankets and enjoy free movies with family and friends in locations across Richmond Hill. Snacks and refreshments are available for purchase from various vendors, including Curbside

Dogs, Get Your Own Taters, Mustache Burger Truck and Olympic Softee, Inc.

Movies start when the sun sets – come early to secure your spot. Well-behaved pets on a leash are welcome.

This year's Moonlight Movies features:

August 7: How to Train Your Dragon: The Hidden World

August 14: Wonder Park

August 21: Spiderman: Into the Spider-Verse

August 28: Incredibles 2.

For more information, including rain locations, visit RichmondHill.ca/MoonlightMovies.

225 East Beaver Creek Road, Richmond Hill, ON L4B 3P4 T 905 771 8800
RichmondHill.ca

Moonlight Movies 2019 Lineup

Date	Movie	Location
August 7	How to Train Your Dragon: The Hidden World	Richmond Hill Central Library (1 Atkinson St.) Indoor location in case of inclement weather: Elgin Barrow Arena.
August 14	Wonder Park	Bond Lake Arena, Ozark Park (70 Old Colony Rd.) This is also the indoor location in case of inclement weather.
August 21	Spiderman: Into the Spider-Verse	Richvale Community Centre Athletic Field (160 Avenue Rd.) This is also the indoor location in case of inclement weather.
August 28	Incredibles 2	Rouge Woods Community Centre, Silver Stream Park (110 Shirley Dr.) This is also the indoor location in case of inclement weather.

Statement by the Prime Minister on the anniversary of Black July

July 23, 2019, Ottawa, Ontario

The Prime Minister, Justin Trudeau, today issued the following statement on the anniversary of Black July:

"Today, we remember the thousands of Tamil people who lost their lives and the countless others who were displaced from their homes during the 1983 anti-Tamil pogroms in Sri Lanka.

"Black July was a week of violent riots and horrific destruction that followed decades of unrest and rising tensions in the country. It led to a conflict that lasted 26 years, killing tens of thousands more people and leaving lasting wounds in communities across Sri Lanka.

"Thanks in large part to the advocacy of Tamil-Canadians, Canada implemented a Special Measures program in 1983 to welcome more than 1,800 Tamils. We see the resiliency of Tamil-Canadians in the tremendous contributions they make to Canada every day.

"I extend my deepest sympathies to all those who suffered and lost family, friends, and neighbours during Black July and the conflict that followed. Canada continues to offer its full support to those working toward meaningful justice, accountability, peace, and reconciliation in the country."

- pm.gc.ca





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

HOSPITALITY OVER WOMEN'S BODIES

You can see them standing or kneeling by nearly every other gate in staid Jaffna – voluptuous women in bikini tops welcoming you in with either folded palms or lighted lamps. No, no – not real women. Gasp! The horror! We'd never let real women dress like that here. These are either statues, paintings, or carvings; icons of our traditional culture, apparently. Something glorious, beautiful, and most of all, welcoming. Something – not someone. That's the bottom line.

Traditional houses in which young women better be wearing shawls over their shalwar suits when they emerge from their gates, will sport those same gates with women in bikini tops (or our ancient version of bras) with cleavage and breasts clearly delineated – and often thrust out for further measure as they welcome visitors to the house. That would be the only garment on the figurines' upper body, which would sport bare midriffs and a pronounced belly button to further titillate. The lower body would be clad in a sarree-like piece of cloth, with the hips thrust out to accentuate those body curves too. This is “tradition” and all above board, or so “they” say. Yet, if a young woman walks by in tight clothes or exhibits any kind of body confidence other than being hunched over to minimise every curve in her body, there would be outcries of “westernisation” and “degradation of our culture”. How dare she? Oh, the horror!

Yes, that's how we live here. Don't ask questions. It's all above board. You have your mind in the gutter if you see the skimpily clad female figurines as anything other than warm and hospitable. We will, however, caution our daughters to not go out with even a hint of skin from neck to ankle showing. They also have to be loosely clad to cover every curve of their bodies, because we also don't think men out there can control themselves around women's bodies.

This vast dichotomy in what we uphold as tradition versus how we admonish women to behave here is enough to give the female sex schizophrenia. Then again, it's the culture that's schizophrenic, not the women. And I don't just mean Jaffna's culture.

*Please note: I am not trying to throw shade on schizophrenia which is a painful mental disorder people suffer from. Yet, when as a culture, we exhibit various realities which we are not cognisant of, attempting instead to derail such cognisance when it does happen with exhibitions of paranoia, I know not what else to call it. A word ought to be constructed for this all-too-common phenomenon which will not further stigmatise mental health – which again was not my intention in the way I use it here. I am aware the usage is highly problematic – my apologies.

Colombo's fashion hiccup

So the latest issue taking our netizens by storm is a certain concept at a certain fashion show where women were dressed up as table décor. Apparently, the fashion organisers hadn't anything to do with it – it



Women dressed as table décor at Colombo fashion even

was thought up by the restaurant where the event was being hosted; the restaurant at Shangri-La that had been targeted by the Easter attacks on 21 April.

Traumatized staff who had lost colleagues in the blast had come together to go beyond the call of duty in providing food for the fashion event, to show they were vibrantly back on their feet post the attack. This is their first major show too, after the Easter attack.

Given that context, it is not my intention to heap scorn on the hotel staff, who clearly meant well. It is highly commendable that they had worked to give more than had been required of them – and the intention with which they did that, to show they had recovered from the recent horror visited upon them, is worthy of high praise. My sincere congratulations to the Shangri-La staff for exhibiting such a worthy and wholesome attitude.

Having said that, may I also gently point out why using women as table décor is problematic? It is problematic because we are not decorative objects – even though that's how we've been treated for millennia. When we talk of “objectifying” women, this is literally it. No matter how good the intention – of welcome, of support, of hospitality and graciousness – women's bodies used in the way they were here was an insult to the entire sex.

If you have a hard time wondering why glamorously dressed, pretty, young women smiling with palms folded, rising like nymphs out of a table is an insult to the sex, ask yourself if you would like to do that yourself, man or woman? Would you like to



dress yourself up as a table with food spread out around you, to continuously greet guests as they walk past – guests who might or might not acknowledge you, who might or might not leer at and grope you?

No? Well, I don't suppose it is part of many people's fantasies, no matter whether they like attention or not. Being literally relegated to being part of the furniture is degrading.

“Oh,” I hear some of you cry, but “those women weren't forced to do it”.

“If they voluntarily did it, what is your problem with it?”

“This is not a case of slavery, they had a choice.”

“If they wanted to do it, who are you to negate their wishes?”

Yeah, yeah, we've heard it all before, and heard/saw it all over again on the net, when this issue blew up. Can't accuse our netizens of creativity when it comes to defending these toxic tropes – they spew the same arguments again and again – and then fancy they have cornered us effectively.

For the record, if you care to listen: Yes, if someone wants to dress up as a table, we ideally shouldn't stop or judge them. Then again, it is these erstwhile defenders of the patriarchy who will rush to take such people to Angoda.

When individuals do it, it's crazy; yet when society does it with the stamp of high society's approval, then the ones calling it out get called crazy which is what is happening now.

And my problem – whether with those

inanimate figurines in Jaffna or animated figures in Colombo – is that it is not just one or two individual women's bodies. The problem is objectifying the feminine form as a whole, leading in turn to problems for the entire female sex. We reap the toxic result of this problematic gaze every single day – all of us women out there. Please listen to us when we say we don't feel comfortable being asked to smile and be polite and gracious to strangers, when we don't want to be stared at, and don't want to be likened to every object you want to sell – from food to cars – often balanced on our breasts or butt.

As for the models who opt to work in such an industry, yes, it's their choice. But slavery is not the only way you can get women to humiliate themselves. Money does talk.

A western woman who works as such a human table in India (apparently this idea is not even new, who knew?) wrote to VICE about her experience. She wrote about how much she detests being thus objectified but also mentioned that she does it for the money.

That doesn't take away from her humiliation, not of the generic humiliation of the female sex as a whole through such initiatives. This is precisely what we are calling out.

In the Shangri-La case, I do not know if the young women had been paid enough to say yes, or just been ordered by a boss whom they did not dare say no to. Given the way young women are treated in corporates in Sri Lanka, I wouldn't dismiss the second possibility. It was very likely. Tritely saying “this is not slavery, they were not forced” doesn't address the core issue. Stop objectifying women. We are not your table décor.

Netizens' views

Although generally irritated by the #notallmen rebuttal that keeps cropping up from men when issues like these are pointed out, I must commend some men among our netizens who saw past the misogyny to the humanity of the women and the inhumanity to which they were subjected. Quite a few pointed out that the women could not take a toilet break, could not sneeze, and could not *ahem* pass gas while standing there eternally smiling beatifically.

If this is graciousness, I'll pass. You cannot extend graciousness from a framework of dehumanisation.

Graciousness and radiating warmth and love to others is built upon self-love, which is built upon self-confidence, which is built upon self-acceptance, which clearly is not built upon a problematic male gaze telling you where to stand, what to wear, and to smile all the time. It is the reason why the actual embodiment of Sri Lankan generosity and welcome is the smiling aachchi at home, not voluptuous 20-somethings.

Love women for what they have inside – stop framing their breasts and butt and calling it hospitality.



Take it or Leave it

The Pursuit for Power

Who truly has all the power?

This short story illustrates how the pursuit of power can lead us to an unforeseen outcome.

There was a guy, and his job was to go every day to the mountain. And he would cut a piece of rock; he would take the rock, bring it back home, and he would make little things from that rock. He would make mortar-pestle, small statues—and he would sell them. And this is how he made his living.

So, one day he was very sad. And he was walking along the street—and he was just sad with his situation, because he saw no future, and he did not like his lifestyle. So he heard noise coming from behind the wall; he just heard some noise coming. So he stood on his tiptoes and he looked!

And it was a beautiful house! And

Realize that all along you have been powerful.

And he said, “Now, this is more like it! I like this. I am powerful! I have servants! I have a house! I have rich friends! Ah, this is really good!” And he was enjoying it.

One day, a procession went by, and he just heard all the noise, so he came out of the house and he looked—and it was the king! And he was going.... And all the rich men were lined up bowing to the king! And he said, “Wow! This king is more powerful than me! God, I

day he’s shining really bright; it’s really hot—and he sees there’s something between him and the earth. And he looked—and it was a cloud. And the wind was blowing and moving the cloud. “Wow! The wind is more powerful than me! I want to be the wind.”

Well, he becomes the wind. He blows! Nothing can stop him—he goes wherever he wants! He’s blowing, blowing, blowing, blowing, blowing! And all of a sudden he’s stopped! “What’s stopping the wind?” He looks—and it is a big mountain. “Ah! I want to be the mountain. More powerful....” He becomes the mountain.

Very happy. Most powerful. Mighty!



they were having a party. And there were servants! And there were guests! And there was music! And people were dancing! And he went, “Wow! The person who lives in this house, he must be really powerful. I, I want to be like him!”

So he looked up, and he prayed. “God, I want to be like him.” It just so happened that that day, God was listening. And God said, “Okay!” And he snapped his finger—and the man had become rich!

want to be like the king!”

Also that day, God just happened to be listening. Just like that, he was the king! Big army, lots of servants—everybody paying respects to the king.

One day, he came out to his balcony in the morning and he saw the sun rising. And as the sun rose, all the birds started to wake up. All the animals started to stir! It’s like, “Wow! This sun is more powerful than me!” So he looks up, prays, “I want to be like the sun!”

Just like that, he’s the sun! And one

Strong! And one day he notices that somebody is cutting the mountain! And he goes, “Who can be more powerful than this mountain? Cutting the mountain?” And he looks, and way down there is a stonecutter, just like him, cutting away at the mountain.

In this moment he realized that all along he has been powerful, but he did not know it. Same thing for all of us.

– Prem Rawat

www.timelesstoday.com



By Harrish Thirukumaran

The Aga Khan Museum is a fascinating depiction of art and scriptures from the Islamic faith. It chronicles various kingdoms and the histories of Muslim majority countries including Iran, Syria, Egypt, and Turkey.

A tile depicts the Hajj or the journey to Mecca. A Muslim pilgrimage. It contains an inscription that speaks on those who are able to make this trek for religious and spiritual enlightenment. One painting illustrates the presence of arranged marriages in the medieval Middle East. Kings in the medieval Islamic world are diverse in their rule and impact. The dishware in the museum collection are highly detailed, with verses and scriptures from the Qu'ran.

The Aga Khan had a special exhibit on the moon as a fixture in Islam. This was one of the many temporary exhibits showcased at the museum. A common message from the artistic depictions of the moon is it reveals the presence of God in our actions. It signals hope for a bright future among followers of the Islamic faith. A sense of purpose in human life was derived from the revelations about God by the moon. Interestingly, the sun is interpreted as being masculine, while the



A Kashkul is a type of bowl that is used by Muslim mystics to collect food and money as donations. It contains a verse that describes Muhammad's splitting of the moon. A tile revealed a specific religious event. Different architectural settings from Turkey and elsewhere in the Islamic world depicts sanctuaries of Mecca and Medina.

These were collected by those who completed a pilgrimage to Mecca or Hajj. A special three line inscription unveils a quotation from the Qu'ran; those who are able to make it should commit themselves to a Hajj. Another



Aga Khan Museum: a fascinating depiction of art and scriptures from the Islamic faith



moon is considered feminine. Its feminine quality, in my opinion, derives from how it symbolizes ideal beauty among men and women.

For kings like Sultan Selim III, the crescent moon had a role of being a symbol of political and religious power in a society. It was used as the official insignia of his rule. The sun and moon are celestial bodies that travel the day

and night skies, connecting them together. It performs many functions in society like marking the beginning of Ramadan, the month of the Islamic fast. The moon signifies the presence of God and its first revelations were given to the Prophet Muhammad. The moon is associated with regeneration. In terms of human life, this can refer to how we need sleep as a way to recharge to be productive for the next day.



Calligraphy is a form of art that spreads the message of Islam, particularly a blessing on Prophet Muhammad as the guide of light and good in the Hilya. It was on display for many objects in Muslim cultures. Another interesting fact on Islam is that the splitting of the moon represents Prophet Muhammad's ascension to the throne of God. He seems to act as a gatekeeper between two worlds: human and spiritual.

takeaway was that Princess Mahliqa could share a connection with Chang'e, the Chinese goddess of the moon. She is seen as a Mughal princess within a garden that is strange and filled with fantastic creatures.

It was a unique learning experience on a key symbol in Islam, and how the religion is represented through art.

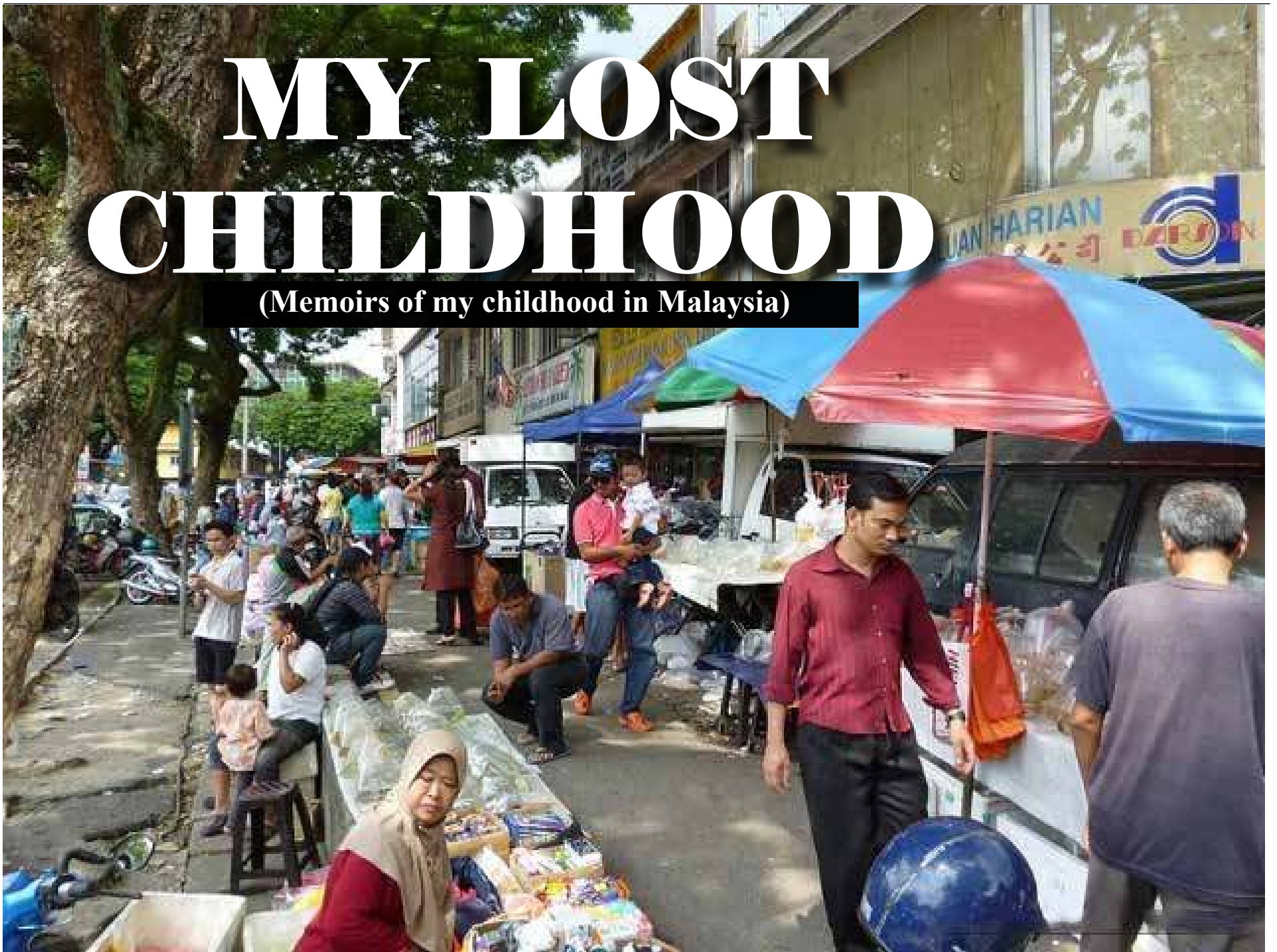
I would recommend the museum to all those intrigued.



Special Feature

MY LOST CHILDHOOD

(Memoirs of my childhood in Malaysia)



Pudu town in KL – Then

C. Kamalaharan

Age is immaterial for me I still have vivid memories of my childhood in Malaya (now Malaysia). Our house at Jalan Rava, Imbi road (now Jalan Imbi) was in a vast expanse of rambutan and mangosteen trees in addition to a tall durian tree behind our house. Jimmy, Brian, Sydney and Kutty were my peers in the neighbourhood. We were a set of high spirited, fun loving and playful kids resorting to mischievous pranks but not in anyway a nuisance to the neighbourhood. But as children we continued our adventurous activities. How many times had we stealthily climbed the mangoestein trees, plucked ripened fruits and devoured them while being perched on the branches? How many times had we thrown stones at the ripened rambutan fruits and scrambled under the tree to grab them as they fell from the trees? Fishing was the other pastime for us. Water being shallow in the brook we go fishing return with the catch and free them in our aquariums. In the evenings we either play table tennis or badminton. I still remember standing close to the net and skilfully placing the shuttlecock over the net into the

opposite court during double games. Kite fighting was another activity during our time. Two flying kites with finely pounded glass powder glued to the strings get entangled and while pulling or releasing the strings one kite gets snapped off and sails away in the wind. The onlookers had a field day chasing the snapped kite carried away by wind. We too were among those in pursuit of the kite. The one who gets it owns it. When I left Malaysia for good I left behind all these adventurous activities my inseparable companions and the carefree life. All these memorable moments continue to haunt me, even now I feel nostalgia for those carefree happy-go-lucky moments.

In January this year after 70 years I flew to Malaysia with lot of expectations and enthusiasm hoping to see my childhood surroundings meet my erstwhile companions visit both my English and Tamil school pray at our Pillaiyar temple and spend time at other places we had been. Contrary to my expectations my heart sank at what I saw. The entire area where I joyfully spent my childhood had undergone tremendous changes. In the name of development the infrastructure of the area had been completely remodelled and the social fabric destroyed. The lush greenery of the area, the busy playground, the sparkling brooks, the wayside shopping, the footpaths, the lanes, the roads had all been razed to the ground and replaced by high - rise buildings.

Going down memory lane I remember trekking with my brother along the footpath through rubber plantation to the Pavilion theatre and enjoy viewing the ever popular Tarzan movies of our time. For us Tarzan was a daring hero who could climb precipice, cling on cliffs, leap from branch to branch and swing from tree to tree. He could wrestle with gorillas, lions, rhinos, crocodiles and pythons. We were in an upbeat mood thoroughly enjoying the daring stunts of Tarzan. During my recent visit to Malaysia I was keen to follow the very same route to the theatre but was thoroughly upset by what I saw, there wasn't any trace of the route. Later when I went around

and arrived at the site I stood shocked on finding that the Pavilion building had been razed to the ground and the site is now a parking lot.

Pasar road English school in Pudu was the primary school I attended. My schooling in that school was only for a few years. After the terrific traumatic experiences we underwent during the war and during the Japanese regime my father brought us to Ceylon and settled us there, a decision which we later realised was an ill - conceived one. The entire 12 years stay in Malaysia was the most memorable one leaving aside the agonising war situation we went through.

Bubbling with excitement to visit my old school after seventy years I arrived at Pasar road to see the entire surroundings undergone enormous changes. There are multi-storey buildings replacing the double storey building of the school and the name board displayed in Malay. The name Pasar road had been changed to Jalan Pasar. Jalan in Malay meant road. So I knew that it was the same school that was re-constructed after Malaysia gained independence. Having confirmed it I stepped into the school introduced my self to the security officer as an



The Pavilion Theatre



Pudu town in KL – Now



Pasar Road English School in KL, Malaysia – Then



Honouring the Author - Author between the headmaster and deputy

old boy of Pasar road English school and expressed my desire to meet the headmaster. On contacting the headmaster the security officer requested me to go to the office. It was one of the most momentous occasions in my life. The headmaster greeted me with a beaming smile. I handed him my school leaving certificate which I had carefully preserved for the past seventy years. While perusing it he seemed happy to read the contents. He shook hands with me and introduced me to deputy. Later he bid me to write and place my signature in the visitor's book. I wrote, "Very happy to be in my former school after seventy years." The headmaster then took me around the school and gave me a warm send off at the main gate. It was the most enjoyable and gratifying visit to the school.

The Sri Lankan Tamil community established the 'Ilankai Tamil Kalaviruththi Sangam' which conducted Tamil classes from 2pm to 4 pm during our time. The Tamil children in the Pudu area attended the classes. It was in this school my 'Edu thodakkuthal' (initiation of studies) commenced. Besides conducting regular classes the school observed all Saiva festivals particularly 'Navaraththiri.' On Vijayathasamy day cultural programmes were held. I remember donning the role of Lord Siva in the religious play, 'Puddukku man Sumamthathu' attired in only a loin cloth and carrying a 'koodai' (basket) and a 'manveddi' (spade) on my shoulder crossing from one side of the stage to the other shouting, "Koolikku Velai undoh."

After several decades my visit to this school was also

distressing. Only the building with the name board was there. The school was barricaded by tall buildings all around. A man from Vanni is guarding the property. On contacting him he said that with the large scale development of the area the Tamil children who attended school had been displaced elsewhere. As a result the school was closed and only religious functions like Thai Pongal, Tam-



Pasar Road English School in KL, Malaysia - Now

il New Year and Deepavali are held in the hall by the remaining Tamil residents of the Pudu town. I was happy to enter the hall and see the stage in which I appeared as Lord Siva in the play. I left the building feeling sad for all that had happened in the name of development.

The other place I wanted to visit was the Sri Sithi Vinayagar temple our 'Kula Theivam' at Pudu. Here too I felt disheartened to see the whole area being urbanised. Those days before urbanisation we were able to walk up and down to the English and Tamil schools, to the temple and to the pavilion theatre. I remember walking down the slopping road by the side of the temple. Now the road had been closed and buildings had been constructed on all sides of the temple. The whole countryside with greenery spreading far and wide footpaths lanes roads playing fields and brooks have not been spared. There isn't any place I could identify as the ones I roamed about during my childhood. Tranquillity of country life I experienced during my childhood had been replaced by the hustle and bustle of city life. Urbanisation has destroyed nature. Thoroughly disappointed I left Malaysia.

*Ill fares the land, to hastening ills a prey,
Where wealth accumulates and men decay....*

- Oliver Goldsmith



Ilankai Tamil Kalaviruththi Sangam - The stage of the play



Sri Sithi Vinayagar Temple, Pudu



Ilankai Tamil Kalaviruththi Sangam - The Barricaded School



Honouring the Author - Author signing the visitor's book



Special Feature

JOHN KEELLS PROPERTIES TRANSFORMS COLOMBO'S REAL ESTATE LANDSCAPE

John Keells Properties has always been at the forefront of innovation by recognizing the changing patterns of demand and thereby adopting a forward-thinking strategy that reflects this. The passion, commitment and attention to detail that goes into crafting best-in-class developments that the company is known for. John Keells Properties marked the beginning of a wave of innovation with a growing portfolio of residential and commercial projects in Colombo that transformed Colombo's skyline. The completed residential properties include The Monarch, The Emperor at Crescat city, OnThree20 on Union Place and 7th Sense on Gregory's Road. Further complementing John Keells Properties'

cally advanced city in the country it complements to harness Cinnamon Life's potential as a key tourist hub in this part of the region and to become the city's ultimate lifestyle and entertainment hub. The apartments are priced at USD 400,000* upwards.

Cinnamon Life will be the hub for MICE (Meetings, Incentives, Conferences and Exhibitions) activity in Sri Lanka with an eye-catching iconic development that will open a new segment for the tourism market, especially attracting the large MICE events from India. With its large banqueting and convention spaces across the development, Cinnamon Life could cater to up to 5000 people in total. This will also lead to a good demand for short to



existing portfolio, the ongoing projects include TRI-ZEN; offering smart living spaces in the heart of Colombo and Cinnamon Life; John Keells Group's flagship mixed development project which is set to be Colombo's Life Capital.

Cinnamon Life is the first premier real estate development of its kind in Sri Lanka. The project is progressing with encouraging momentum and has many unique state-of-the-art features. Cinnamon Life is poised to continue John Keells Properties' trend of driving transformation and innovation in Colombo's real estate market.

Moreover, whilst making its mark as Colombo's lifestyle capital, the property will feature an 800-roomed luxury "Cinnamon" hotel, an array of entertainment facilities, premium residential apartments, shopping and entertainment mall, state-of-the-art office spaces, and many other attractions to set stage as the entertainment hotspot in the Indian Subcontinent. Additionally, since Colombo city stands out as the most economically and technologi-

medium term rentals for the residential towers - "The Residence" and "The Suites" at Cinnamon Life located on either side of the hotel.

The 30-storey state-of-the-art office tower at Cinnamon Life will be a hub for multinational companies setting up in Sri Lanka and it will be the leading business address in Colombo. Most expats that will work at the Cinnamon Life office tower will prefer to live within the development. This will also enhance the value of the rentals for the Cinnamon Life apartments.

On the other hand, TRI-ZEN positioned as a "Metropolitan" space is the latest development that John Keells Properties has brought to market. The project, located in the absolute heart of the city, at Union Place (adjacent to OnThree20, one of their previous landmark projects).

"With TRI-ZEN, we will completely redefine what urban living means in Colombo. We will set a series of new benchmarks, on efficiency, technology integration, community focus, conve-



JOHN KEELLS PROPERTIES

CREATING NEW WORLDS



nience, and of course value for money. It is groundbreaking on so many levels" states Nayana Mawilmada, Sector Head of the Property Group at John Keells Holdings PLC.

Furthermore, this is set to be the first truly smart development in Sri Lanka and is engineered to be "smart" everything from the TV, the lights, to the blinds and the door lock are linked to TRI-ZEN's unique technology interface. With this technology you can open the door to your apartment at TRI-ZEN even from Canada. This is an ideal investment as it offers smart living spaces that seamlessly blends modern technology with contemporary living bringing the idea of a connected-smart home into a reality. Moreover, it is a home, made of dreams and love with a touch of tech, in the heart of Colombo and is priced in Sri Lankan rupees and available from LKR 24 Million* (Approx. CAD 179,000) upwards.

Currently, the number of apartments completed in Colombo account for less than 10% of Colombo's housing stock. In regional cities such as

Kuala Lumpur, the apartment stock is more than 70% of housing in the heart of city and in the peripheral areas of Kuala Lumpur it is around 50%. This shows that Colombo has tremendous potential as an investment destination for residential apartments. With urbanization taking off and the high land prices in the heart of the city, this has led to a shift from landed houses to apartments. If you live in the peripheral areas of Colombo, you could end up spending 2-3 hours of your day just commuting. Vertical living is considered the most convenient and efficient solution today.


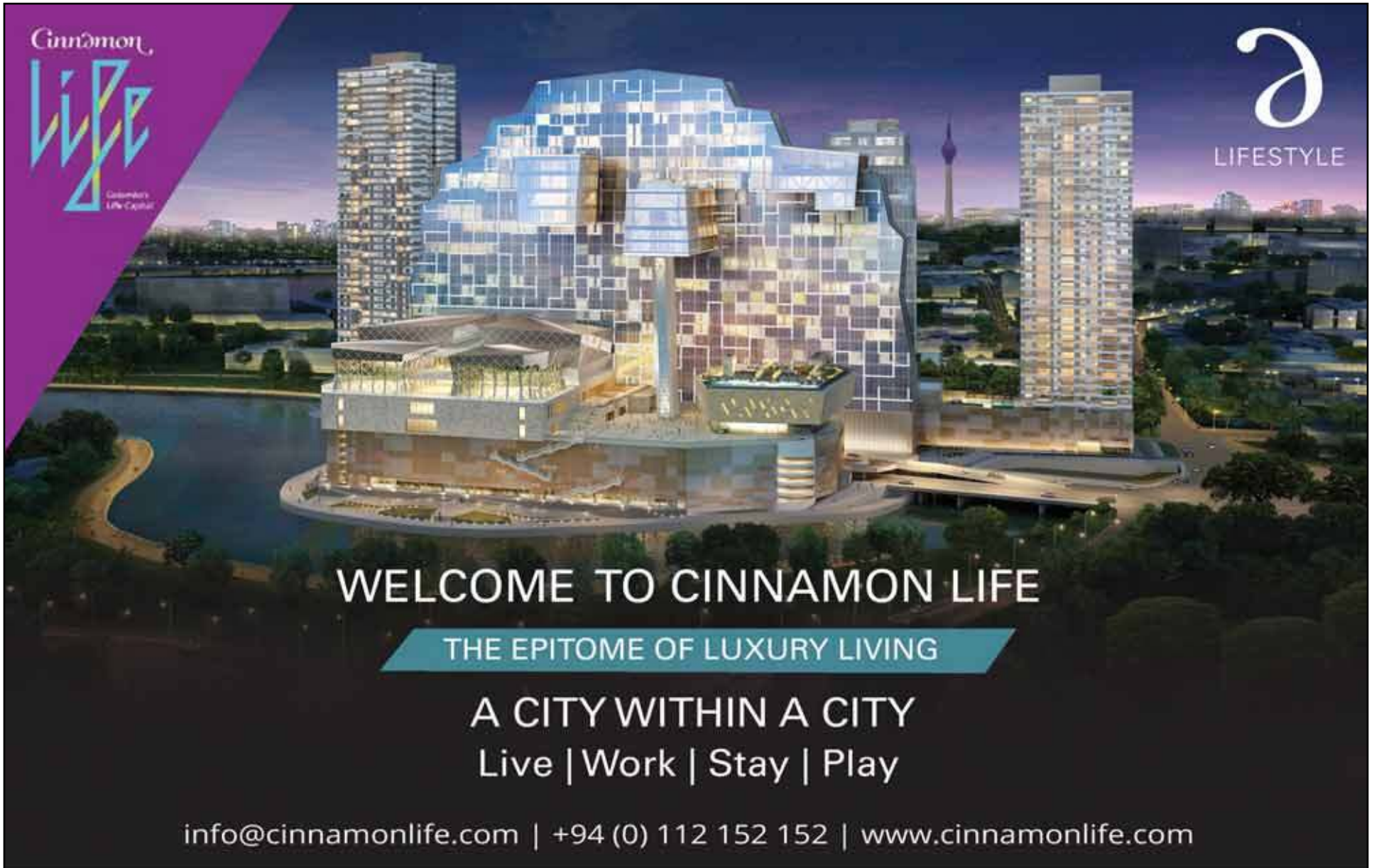

Projects such as the Port city will further enhance the rental potential for apartments in the city. As more people come into work on the port city project during the construction period, you will have a considerable number of people renting apartment in the vicinity.

For more details on both projects visit,

www.cinnamonlife.com

www.trizen.lk

***Prices are subject to change**

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It's better to have loved and lost

The ambition of Sundu was to become a rich man ever since he read the quote by Bill Gates which goes as follows: "If you are born poor it's not your mistake, but if you die poor it's your mistake". To achieve this goal, he was ready to make any sacrifice. Born poor he always wanted to become rich. Today in the dusk of his life, he can proudly say he has achieved his goal. His education gained him many trophies, and his profession gained him the wealth he desired. Though he earned great wealth, there lingered an irritation in the bottom of his heart make him wonder whether his life was a success.

Sundu's parents did farming in Panangamam. Their farm was not a large one with all modern equipment. In fact they had trespassed into a small portion of a crown forest and making use of the water from a stream Paliaru, by building a stick dam called amunam and did their cultivation. It was bad news if it rains or not! There was a small thatched roofed hut as their home. His parents had no entertainment. They had no TV or cinema theaters. Only a transistor radio which gave very bad reception was their entertainment. Having no modern entertainment, having children was their only pastime. They had many children of whom Sundu was the eldest.

His maternal uncle without a child, offered to take care of his nephew as a son, and Sundu got his break in life. Initially Sundu's parents were not keen to send him away, but poverty has its own way of settling matters. Sundu's father told him when he left to his new home with tearing eyes, 'Son study well and get a good job and find your way out of this miserable poverty. Please do not forget your younger brothers and sisters'. Then and there Sundu made a resolve to succeed in life and help his younger siblings.

At the university he met a wonderful girl, Shanthi. True to her name Shanthi was a pleasant quiet girl, daughter of very rich parents. She never brags about her wealth. Knowing Sundu's poverty stricken background, and his burning desire to become wealthy, Shanthi always encouraged him to achieve his goal. They got attracted to each other, and spent long hours together. There was an unexplained attraction between the two.

It was a Friday evening and Sundu was waiting for the bus in front of the university. Shanthi who came by that way suggested they walk the short distance to the main road where there is frequent bus service. As they were walking it started to drizzle, and Shanthi unfolded her small umbrella and

invited Sundu to join her. Her close proximity under the small umbrella made Sundu's heart beat faster. They cuddle together walking to the main road. Reaching the main road they continued the journey together. That was the changing point of their relationship.

It was the final year and both passed the final exam. Sundu got a first class in his final. Because of his good result Sundu also got a scholarship to Canada to continue his higher studies.

He did not want to continue the studies and wanted take up a job. His main reason was he did not want to leave his beloved darling Shanthi. But she had other plans for Sundu. She wanted him to take up the scholarship and go to Canada and pursue his studies. She convinced him that if he wanted to bring his family out of the cycle of poverty he should pursue studies. She can and will wait for him to come back with flying colours and get a key position in public service.

Very next month he came down to Montreal, Canada and started his masters in McGill University. During his free time he accepted a part time job in a restaurant to enhance his income. In those days there was neither email communication nor even telephone between Ceylon and Canada. Once he got a permanent place he wrote to Shanthi. Even this communication waned off due to Sundu's work schedules and studies. The communication between Shanthi and Sundu had a natural death. His only ambition was to save money and send to his family and also try and pass the final exam with flying colours. His obsession remained to become rich.

He got a first class in MBA, and was lucky to get a job in a chain retail store. As he advanced in carrier, his urge to become richer became greater. But yet deep in his heart Shanthi resided dormant. Now that he was more successfully settled, his heart craved for Shanthi, but he did not have a means of communication, further he felt ashamed to face Shanthi as he was the one who stopped writing to her. However, when his mother insisted that he must come for his sister's wedding, and he too had that nagging irritation to



find what Shanthi is doing, and a faint hope to rekindle the past acquaintance.

When he came to Ceylon, the first opportunity he got went to the office he and Shanthi had been working together briefly, and stared making some discreet inquiries about her from his past colleagues. He was told that she is married and having a son too. The information hit him hard like a tidal wave in tsunami. She was still working in the same department but in a much higher position. He managed to get her work phone number and gave her a call.

"Hello, Shanthi speaking".

"Hi this is Sundu here". He did not know what else to say. He was totally confused.

"Hi Sundu, how are you doing? Where are you calling from?"

"I am here in Colombo, very close to your office; can I come by and meet you?"

"Sure. I am in the third floor. You can ask anyone to show the way. Now it is 11. Can you please come by noon, I will be free", she said.

"Sure will look forward to see you then", he said and hung the phone.

He felt as if the clock has stopped for the last five years. The moment he walked into the office she got up from her seat looking into his eyes with a smiling face, stretched out her hand to shake his. He wondered whether her smile was mockery or a moan.

"Thank you Shanthi, sorry if I am intruding in. I wanted to talk to you very badly" he said awkwardly. He could not believe that he was in the verge of tearing. With great effort he controlled himself.

"Sunthu, you don't need to hide any-

thing from me. Like in the past you can speak your mind openly" said Shanthi. Sunthu responded briefly by saying, "I am sorry". He was tongue tied not knowing what else to say.

Shanthi replied with a question, "Sunthu, it is too late now. There is no need to say or feel sorry"

Sunthu felt very sad, and his eyes were in the brink of tearing. He wondered why he was feeling sad. Is it because Shanthi is lost forever? Or is it that he betrayed Shanthi? Realizing his no win situation he made the observation, "Yes, it is meaningless when it is too late. It is my fault that I did not reply to your letters".

"There is no purpose in worrying now. I sent several letters to you, and got no response. There is no meaning in my sacrificing my life for someone who has forgotten me!"

"Sorry Shanthi, it is my fault. I did not reply to your letters but you were always in my mind, struggling to survive in a new country I missed replying your letters" he said.

"Sunthu, I can see you still crave for me. You may not realize this fact but that is the reality. Sunthu you are a good man. You thought that you are sacrificing your life for your family. Today I am another man's wife and a mother of a lovely child" said Shanthi.

"Shanthi I could not forget you, that is why I came here", he replied.

"Sunthu, I can see you still desire for me. Today I am a mother. All attractions and desires must wane off when it reaches the fence of dharma! Else there will be no flower garden, we will be left with jungles with roaming wild animals" so saying she got up from the chair implying the interview is over.

Sunthu too realizing it, got up from his chair, and held briefly the hand she stretched to him with a smiling face and said, "I am sorry", turned around and quietly walked out of the office with head bowed down. This time he could not stop the tears that spouted in his eyes.

Today Sunthu is eighty-five. It is half a century since he got married. His child too has grown up and married. He is a grandfather. He succeeded in gaining wealth. But love? Even to this day it is an unresolved puzzle.

He deeply loves, honor and admire his wife. She too loves him very dearly. But, why Shanthi lingers in his heart, and till it is so, there is no peace of mind? He wondered whether what Lord Alfred Tennyson said is true.

It's better to have loved and lost
Than never to have loved at all!

By Kumar Punithavel



Self-Restraint

- skipprichard.com

By: Jesudason John Aputharajah

One should control his lustful nature if he is to enjoy a peaceful life. He should control his senses. If one learns to control his lust for an attractive thing, he will not have to worry about any problems arise out of it.

“Vendungal vendum piravamai mattathu vendamai venda varum”.

People who realize the worries that come out of repeated births, should not yearn for it. When we control our desires, we may become receptacles of everlasting

happiness. This is known as ‘perinbam’ or greater joy. The lives of such people will shine in this world and the next.

That is why Valluvar says that purity is avoiding lustful feelings; only such people are capable of achieving eternal bliss or communion with God. If we do not control our desires, we will continually be immersed in births and eternal worries. We will not be able to follow the paths of righteousness.

If one gives way to his selfishness, he will lose his strength of mind as well as physical wellness. He will have to face continual

worries and sufferings. No grief will come to those who have eliminated desire; where this is desire, endless sorrows will co-exist. Those who forsake the desires of lust will have happiness in this world and the next.

Only desires make us to forget about happiness or sufferings; gain or loss and propel us to engage in selfish pursuits. People who become slaves to desire will never be satisfied. Only those who forsake such desires will be recipients of all goodness and become fit to be called “Jeevan Mukthar”.

“Vendungaal vendum piravamai mattathu, Vendamai venda varum”

(Kural: 361-370)



Valluvar's Views



Canada Dry®

Invites Consumers to Chill This Summer with Bollywood Picnic



Miraya Varma

Canada Dry® is introducing a new, insights-driven marketing campaign developed

specifically for South Asian consumers. Coming this summer, the new creative concept invites South Asian community to chill and unwind with Canada Dry® and a “Bollywood Picnic” experience.”

A 2017 qualitative study suggested that watching TV shows and movies from back home is important for many visible minorities in Canada to stay connected to their culture.

To South Asian Canadians, there’s nothing better than enjoying a Bollywood movie night with their family and friends.

The 2-month campaign leverages the famous Bollywood movie culture to deliver the brand message – “Real Ginger, Real Chill” through TV ads, digital ads and in-store POS.

The highlight of the campaign is the Bollywood Picnic Contest, offering a private

Bollywood Picnic experience for the winner and his/her guests, including a performance by renowned Bollywood singer and actress, Miraya Varma. Some of Miraya’s famous tracks include “Lovely” and “Yalla Yalla”. It is all about celebration with decoration, cuisine, music, live performance and Canada Dry® Ginger Ale.

To effectively deliver the campaign message to the target audience, the brand

transcreated its existing English TV commercial to Hinglish and Punjabi, along with a specially designed end tag with a call to action, directing consumers to the campaign microsite to enter the contest.

The 30-second TV commercial and 15-second digital video advertisement will run on major ethnic channels including Zee TV, B4U and PTC Punjabi through an engaging media buy executed by the brand’s agency of record, Ethnicity Matters.



Canada Dry Ginger Ale



About Canada Dry Mott's Inc.

Canada Dry Mott's, is a leading beverage business marketing a wide range of soft drinks,

juices, teas, mixers and other premium beverages throughout Canada. In addition to

Mott's Fruitsations®, the company's portfolio includes Mott's Garden Cocktail®, Canada

Dry®, Crush®, Mott's Clamato®, Dr Pepper®, Schweppes®, and Snapple®. Based in

Mississauga, Ontario, Canada Dry Mott's Inc. operating as Keurig Dr Pepper Canada, is a Keurig Dr Pepper Company, one of the leading refreshment beverage businesses in

Canada. For more information, please visit www.canadadrymotts.ca.



The Importance of Studying Science

By: Dr. S. Krishnapillai, Senior Teacher at RG Education Centers

Science is a systemic study of the structure and behaviour of the physical, chemical, social and natural worlds through practical observation and laboratory experimentation. It is the key to innovations and inescapable aspects of modern life. Some of these aspects include:

- ▶ National and global economics
- ▶ Communication, education, production of food and reduction of disease
- ▶ The acquisition of accurate information about the natural world, society and culture

The study of science reveals accurate knowledge about how physical and biological processes maintain life, and how humans affect nature. It is therefore important that the world continues to research and study all aspects of science.

Beyond the potential and scientific breakthrough achieved so far, there are still many hidden wonders to unearth. It is only through developing our ability to ask questions, collect information, organize and test our ideas that we can solve many more problems that we face today. The study of science helps our understanding of the world around us. We have yet to find solutions for many problems, which require further studies in our respective fields. Our kids have to know how plants prepare food, how plants reproduce, and what an atom is made of, and it is all the result of scientific research and experiment.

Human progress throughout history has largely relied on advance science. It is through our knowledge of various aspects of science that students of science have shaped our modern world. In fact, students with a degree in scientific areas are normally highly prized and readily accepted for well paid jobs.

The essence of science is to pose questions, dig for answers, then expose more questions. Studying science involves working with many scientific methods and critical thinking skills. The very basis of science is a system of thought and experiment called "Scientific Inquiry". It is here the students start with an idea, to create a concrete way to prove or disprove an idea, and objectively prove what they have learned. Learning to follow this process helps the students to think logically.

Looking at the relationship between results they obtain from their experiments and the hypothesis they developed helps them to think critically. These important thinking skills can be applied in many areas of study. To give a child practice with these scientific thinking skills is the basis of importance of studying science.


Science prepares for the future. Science is the basis for much of our life. Agricultural science tells us how our food is produced, biomedical science keeps us healthy, physical and mechanical science keeps us well entertained, taking us from place to place of interest. We literally eat, sleep and breathe science every day. In order to maintain such a lifestyle, it is important that the scientific studies be confirmed to improve the lifestyle of man.

Many schools in Canada teach their students areas in science, like physics, chemistry, and biology through the process of science projects. Such projects give the students more technical and in depth practical understanding of the subjects for precise applications. Those students are in a better position to understand and apply the practical findings than those who merely depend on book-work. Such practical scientific investigations allow them to develop scientific knowledge and theory about everything in the world that they come across. Those science projects, like assignments, force them to think of possible solutions that can happen within the context of the world and even beyond. This is possible only when our younger generations are encouraged to continue in their scientific studies and investigations.

Having realized the importance of studying science, schools in Canada have recommended science as one of the subjects to all grades starting from Grade 1. The science books recommended start with basic information about matters and increase in its application and scientific theories as it proceed up the grades. The information provided in these books is very vital for students at different levels to gather sufficient knowledge about science and its application.

Evidently, the use of science in various fields of activities is a well-established. It therefore follows that science has no limits in its application, and its studies need


further testing and exploration. It is this truth that reminds us that the study of science is a never-ending endeavour.



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5G

RADIOFREQUENCY & OUR HEALTH

ONTARIO SCIENTIST & DOCTORS WARN THE HEALTH IMPACT OF 5G

By: Uthayan Thurairajah

5G (5th generation wireless systems) is the recommended next telecommunication standard, set to replace the current 4G. It is reported that over the next ten years, most wireless carriers will be using 5G technology. The current 5G technology is effective only over short distances and doesn't penetrate through solids. It requires numerous antennae with unobstructed paths between transmitters and receivers. An increased number of mobile towers will be put up to support the dense networking requirements of 5G.

HEALTH CHALLENGES

There are many dangers and health connections with a move towards 5G technology.



1. Increased Wireless Exposure

The new standard will require many towers, Canadians will be subjected to more cell tower radiation as it will be nearly impossible to avoid wireless radiation as more wireless-enabled devices will appear on the market.

2. Increased the EMS Cases

Electromagnetic-Sensitivity (EMS) is the condition in which people develop intolerances to radiation from wireless technology devices such as cell towers, cell phones, Wi-Fi, antennas, and smart meters. Symptoms range from headaches and tingling to sleep disturbances, nausea, and memory problems. With the increased radiation-associated with 5G.

3. Negative Environmental Impacts

Wildlife is assumed to be affected by the introduction of widespread 5G. The navigation of insects and birds will be disrupted, and more research is required to explore the exact repercussions of Wi-Fi radiation on our environmental surrounding.

There is significant evidence that support the adverse health effects can result from increased numbers of interconnected wireless devices and infrastructures, which emit nonionizing microwave or radiofrequency radiation (MW/RFR). Such effects can include impairment of reproduction and contribution to chronic disease. Additionally, at exposure levels of MW/RFR commonly tolerated by the general population, some patients experience the development of cancer, as well as acute and chronic symptoms including fatigue, tinnitus, headaches, as well as neurological and cardiac dysfunction.

EUROPEAN UNION APPEAL

More than 175 scientists and doctors from 35 countries warn about the danger of 5G in an appeal to the European Union. 5G will lead to a rise in unintentional exposure to EMR. The scientists push the EU to follow Resolution 1815 of the Council of Europe, asking for an independent task force to re-evaluate the health effects.

The EU scientists recommend a moratorium on the roll-out of 5G until possible dangers for human health and the environment have been thoroughly reviewed by the independent scientists. 5G will substantially increase exposure



to RF electromagnetic fields (RF-EMF) on top of the 2G, 3G, 4G, and Wi-Fi. RF-EMF has been proven to be dangerous to human health and the environment.

ONTARIO DOCTORS WARNING

Doctors treating patients who over-exposure to wireless radiation join with scientists to recommend the Ontario Government to protect the public before the roll-out of 5G. "My clinic is evaluating patients who are sensitive to microwave radiation from their wireless devices including cell phones, Wi-Fi, and smart appliances," said Dr. Riina Bray, Medical Director of the Environmental Health Clinic at Women's College Hospital in Toronto.

Scientists and doctors from 42 countries are warning their governments about the emerging health dilemmas associated with wireless radiation. The daily exposure to microwave radiation is already more than a trillion times higher than it was before cell phones. Dr. Anthony Miller, an adviser to the International Agency for Research on Cancer and the Professor Emeritus with the University of Toronto, says, "Many scientists worldwide now believe that electromagnetic radiation should be upgraded to a 'Class One' human carcinogen, on the same list as X-Rays, Cigarettes, and Asbestos."

The doctors and scientist advised the Province that increased health care costs can be avoided if the government takes precautions to protect the public from exposure to 5G.

DELAYING DEPLOYMENT OF 5G



5G promises faster download and conveniences that most of us have never dreamed of, we'll also be blanketed with a new type of radiation called "millimeter waves," according to health experts who warn of the rising risks associated with the rollout. At a Symposium in Toronto, experts presented the evidence of unfavorable health effects from 5G technology. "Government did not make it clear to the public that 5G will not be another

number and a letter on a cell phone," said Frank Clegg, past president of Microsoft Canada, of 5G.

It requires a new infrastructure of thousands of small cellular antennas throughout the cities. Small cell antennas could be placed as close as every third lighting or utility pole. Bray has been working at the Ontario Environmental Health Clinic for 15 years, and she has seen the number of people suffering from electromagnetic exposure. "We assume that the number of people who develop the signs will rise in the places where 5G is installed," said Bray.

Professor Dr. Magda Havas is internationally recognized for her studies on the biological effects of electromagnetic pollution. She said that at high intensities, these waves cause intense heat and pain because sweat glands on the surface of our skin act like mini antennas. "At weaker intensities, scientists are foretelling the harm to eyes, loss of insect populations which are already decaying, antibiotic resistance in bacteria, and physiological effects on the nervous system and the immune system," said Havas.

Radiation from 5G radio frequencies is classified in the same category of carcinogens as the lead. Dr. Anthony Miller said there is enough evidence to prove that the radiofrequency (RF) radiation as carcinogenic to humans. "Governments should not ignore it," said Dr. Miller.

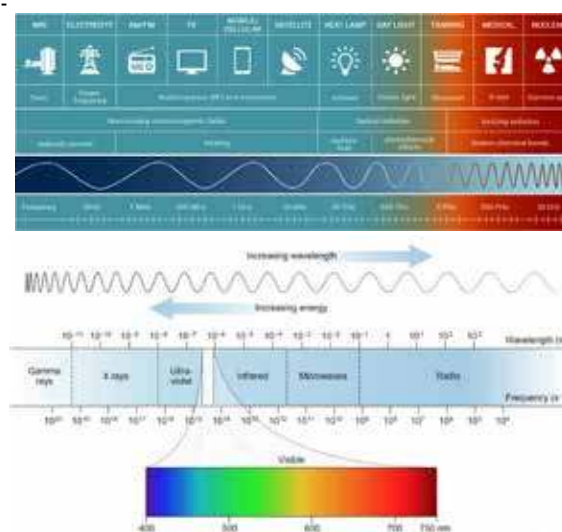
Some scientist says that the scientific debate about the health effects of RF radiation is over. The question remains: Can we allow to take this risk for human disaster? Medical doctors are requesting delayed 5G deployment until testing can be conducted on the long-term biological effects of the technology.

ADVANTAGE OF 5G

5G is a fast-flowing river for our digital bitstream. We spend more time on the Internet, sending e-mail, collaborating on the cloud, watching streaming content (YouTube, Netflix, etc.) and engaging in social media. Most of our data is stored on the network. We need a smartphone to access it. With a fast 5G network connection, it no longer matters where you are. Our smartphone will become our central device since it provides us the mobility to access information from anywhere.



The current mobile users will not have automatic access to 5G. It will require upgrades to hardware. We need to purchase a 5G compatible smartphone or mobile device to get access to the network. Once 5G rolls out, the users will have to buy new smartphones. Once again, this is going to create jobs for a growing industry as adoption widens in the transition from 4G to 5G.



The 5G is facing the challenges concerning human health and safety and network security. It requires compliance for safety and operation in each country. There might be some interest groups who may want to take advantage of or exploit this situation, which can further delay any rollout. Citizens can voice their interests that would lead to stoppages of any deployment if a judge rules in their favor. There are scientific research papers that support both sides. The business interest wins most of the time, not public confidence or scientific evidence. We can see the advantages at this point, but not the future effects. These will need to be addressed for a more widely acceptable deployment of 5G.

The doctors and scientist believe that the responsible course of action is to delay 5G deployment until full biological and environmental effects are understood. More research must be undertaken to protect our health. There should be an option to opt-out from 5G technology from devices like appliances and cars to ensure the safety of those with electromagnetic-sensitivities.

2G	3G	4G	5G
2G Frequencies	3G Frequencies	4G Frequencies	5G Frequencies
GSM 2G Up to 1.9 GHz	HS-PA 3G Up to 2.1 GHz	LTE 4G Up to 2.5 GHz	NR 5G Up to 95 GHz



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

Starting young is the best way to financial security

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

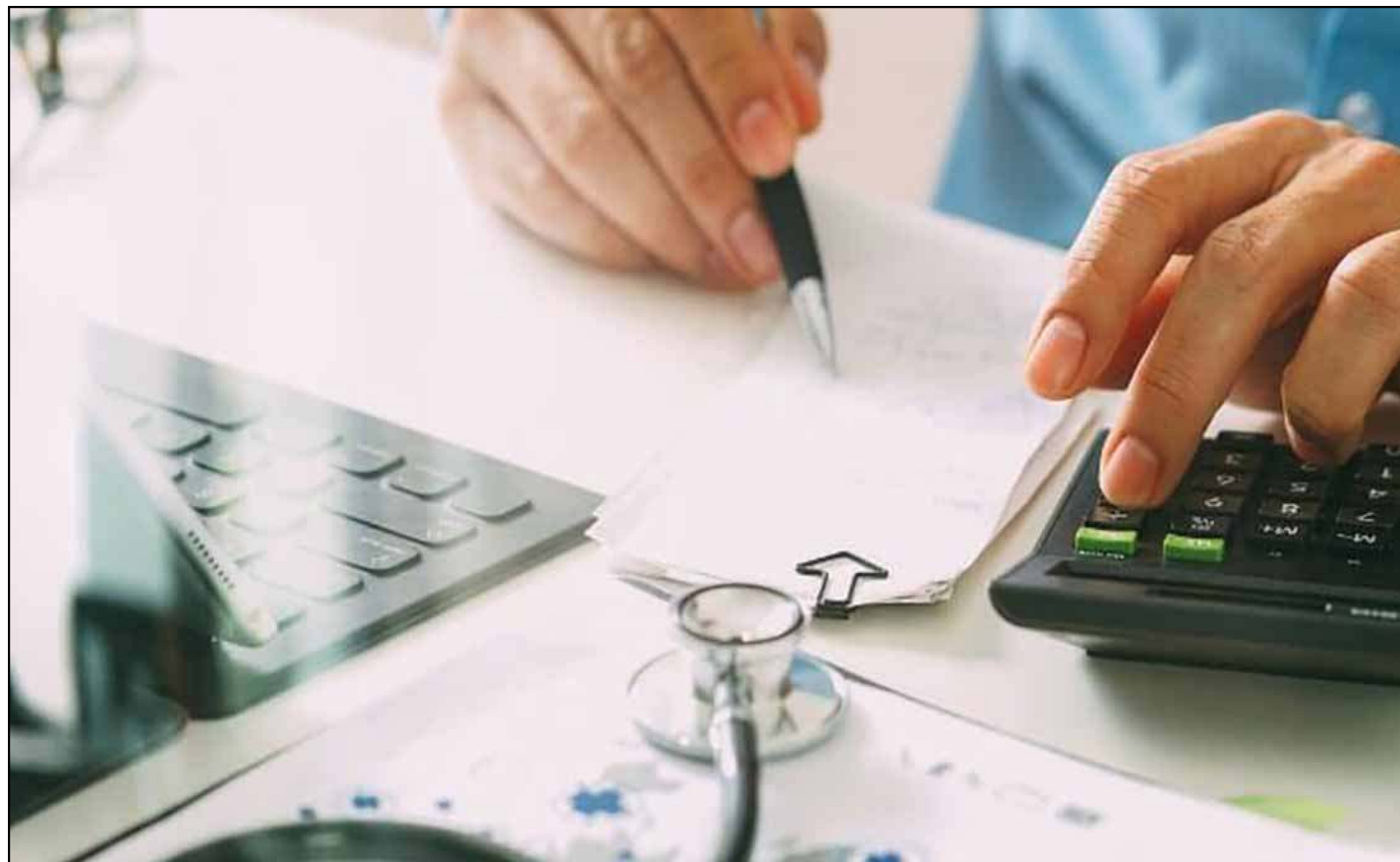
You're newly graduated, and you're making your own money for the first time. You could spend some of it on a great vacation, a new car ... or you could start investing in your investment portfolios to achieve your financial goals.

When you're a young Canadian strapped for cash, with student loans to pay off and lots of new lifestyle expenses, it's difficult to save for the future. But the experts, and the life experiences of many investors, tell us that without a doubt, starting young is the key to investing successfully for achieving your future financial goals. Even if you start small, start now – because the longer you are in the markets, the more your savings will grow over time. Check out this example:

*Mary invests \$2,000 at the beginning of each year between ages 21 and 29, for a total of \$18,000 over

add to the small investments you've already made, but there just never seems to be anything left over once you've taken care of the essentials. And in a world that runs on credit, it's too easy to carry too much debt in too many places.

But it doesn't have to be that way. A PAC – or Pre-Authorized Contribution program -- is a simple, straightforward and consistent way to make an affordable monthly payment to your investment plan, the same way you would for any of your other monthly commitments. Investing small amounts makes it easier to contribute. Ten percent of your earned income each month is recommended but you could also choose to invest weekly, bi-weekly. It's easy to do – just arrange with your bank to deduct a specified amount from your savings or chequing account on a regular basis and contribute it to your Regis-



nine years. Assuming a pre-tax return of 7 per cent, by age 65, she will have \$292,828 in pre-tax savings.

*Lynn also invests \$2,000 at the beginning of each year with the same pre-tax returns but starts at age 30. To get near Mary's savings total of \$292,828, Lynn will need to invest nearly four times as much -- \$70,000 over 35 years.

There are so many needs compete for your resources. You are constantly making decisions about spending and saving. You save and invest to meet your future financial needs and spend to meet your current needs. Sure, you'd like to start an investment program or

tered Retirement Savings Plan (RRSP), Tax-Free Savings Account (TFSA) or non-registered portfolio. you choose an amount that is debited from your bank account and invested on your behalf on a regular basis, such as each month. You are free from scrambling to buy lump sum investments at irregular intervals in an attempt to 'buy low and sell high', your automated investments take place on a regular basis.

The concept of "buy low and sell high" sounds attractive, but is difficult to follow due to the unpredictable nature of short-term market prices. To take advantage of these changing

prices, one of the simplest yet most effective investment strategies you can use is known as dollar cost averaging. By making a commitment to investing a smaller amount on a regular schedule, dollar cost averaging can help you lower your average cost by purchasing more investment units at lower prices, and fewer units at higher prices.

And here are some investing tips to get you going:

Achieving your investment goals re-

withstand.

As the appetite for a potentially higher return increases, so does the corresponding investment risk. That is because obtaining a higher return usually involves a greater emphasis on equity type investments that are characteristically more volatile in terms of price fluctuation. For the more aggressive investor, a portion of their equity investments may focus on emerging markets or a particular industrial sector. Through a strategic asset allocation approach, it is possible to combine a series of fixed-income securities and equities together in a portfolio that will exhibit less volatility than most of the individual constituents — provided every security included complements the diversity of the portfolio's content. Using this approach and resisting the temptation to "time" the market by temporarily concentrating holdings in any one area will not completely remove the risk of financial loss, but it can help you to build personal wealth without taking undue risk.

Do your research. You need to be comfortable with your investments and the best way to do that is to become knowledgeable. Talk to a financial planner. Even if you only have a little money to invest, a financial planner will be happy to help you. It's in their interest to establish a relationship with young investors who will be clients for a long time.

For your best financial outcome, start investing early and develop good financial habits. That way, you'll have more options for how you want to live your life from here to retirement ... and beyond.

Disclaimer:

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



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LET'S TALK MONEY:

- A homemakers' guide to Financial Planning

By: Rajini Nathan

We're coming to the end of the questionnaire and it's the part that even though it's guaranteed to every single person on earth, it's the part we talk about the least.



Death, or estate planning as it's referred to in the Insurance world, encompasses the unavoidable decisions that individuals should consider taking whilst they are healthy and able to. But why? Why do we need to care about what happens to our assets once we're gone?

Mirna Yogeswaran explains to me that if I would like my assets and property to go to my chosen individuals, estate planning is key. In Canada, in the absence of a will, it can take up to 1yr to settle a probate involving cash or property, even if you are legally married, and regardless of how many children you may or may not have (www.formalwill.ca)

Accounts in the name of the deceased cannot be accessed. If you do so, that is a criminal offence. Now many people are in the habit of using their partners' bank cards, but the prospect of having to explain to anyone why I would do so after the death of a loved one is not something I really want to do.

In the event that you do not have a will in place, Mirna advises me that a power of attorney document for medical and financial purposes is the least amount of documentation one must secure in order to avoid the complications of not having a will. In Canada, in the absence of a power of attorney document or a will, even legally wed partners are not authorised to make

certain medical and financial decisions on behalf of their loved ones (www.lawdepot.ca) and the wishes of the person either deceased or incapacitated may not be taken into account.

I make a hurried mental note to contact my lawyers to secure my estate.

"Do you have group insurance?" She asks. I nod a confident yes, I do know that not everyone does and especially those working in smaller companies or self-employed often do not have medical and dental cover. If you do work for yourself or are a small business owner, there are tax deductions available when you provide group insurance for your employees. This does have both positive and negative outcomes; there have been situations where people are unable to leave their jobs because a family member depends on the medical cover, there have also been instances where this has worked in favour for the company in terms of employment retention. What cover you are provided with and how you will be covered if you did give up your position at work is something each person with a policy must give due consideration to.

Property is one of the biggest purchases that people typically make in life and we move on to discuss mortgage insurance. This type of cover will pay for your mortgage in the event of death, however, it may not hold up for disability and critical illness. The Canadian Transportation Safety Board estimates that there are 160,000 car accidents occurring each year in Canada with approximately 2,800 – 2,900 resulting in deaths and a significant number in life changing circumstances.

Most people with a mortgage by and large cover themselves with mortgage insurance from a bank or mortgage provider. With such arrangements, there



are typically no medical tests conducted, and pre-existing conditions are underwritten at the time of death; which simply means that medical conditions may have an impact on the mortgage insurance. Insurance coverage that would be paid upon death, may have limitations for disability and critical illness and it would be worth checking this prior to taking out any policy.

Typically, as the mortgage amount decreases, it is expected that the premium coverage of the insurance will decrease as well; this doesn't always happen with cover from banking organisations. Private cover however, does mean that in addition to this, the sum of money insured minus the mortgage, will be given to the recipient, allowing for a possible leftover amount to use for further expenses. It's a lot to take in. Especially when you're not financially savvy and still use your fingers to count.

The questionnaire ends probing into the amount of money required to maintain our current lifestyle. I know for a fact that many households do not know this figure; and ours would be one of them if it were not for the finance person in the family. How much will your

children's' education cost? Retirement? Other major purchases? It's all a bit too much to take in and I feel the sudden urge to just take off and end the meeting.

In all honesty, everything sounds quite dreary and almost takes away the joy and hope of living. How long do we need to have such insurance covers for? Especially in the case of life insurance, calculating these costs and breaking it down for single and double income households are what a financial advisor can do for you. As a regulated industry, it is in their best interest, to avoid losing their licences to practice, to provide the best options available to their clients.

Loss of life, disability, critical illness and financial struggle can all create heavy mental health strains too. I'm already feeling it just discussing the options. So what can an advisor do to help with that?

Find out in the next edition of Monsoon Journal.

Ciao for now!

If you would like to contact Mirna Yogeswaran you can do so at

kalaimirna@gmail.com



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LET'S CREATE A GROWTH STRATEGY TOGETHER.



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gratitude and most of all, the confidence that they have upon graduating. The Doss' believe that if you work hard and learn what is necessary to beat the competition, you will create a better future for yourself.

That is why all programs developed by Mr. Doss include current skills and are focused towards well-paying secure jobs in their categories. In fact, many students who had graduated from Canadian College for Higher Studies earn a six - figure income up to \$220,000 CAD. Successful graduates have worked in Silicon Valley giants like Google and EBay as well. The graduate who had earned the highest income was nominated as the best technology student for Ontario in 2014 for the Career Colleges Ontario award.

Canadian College for Higher Studies was also nominated for the best trainer award in the same year for the Career Colleges Ontario award.



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It is time to make a change in your career. Let the Canadian College for Higher Studies help you be better prepared in the workforce.

Brother/Sister Athletes Nithan Brindamohan and Sarangi Brindamohan, winners of 2019 Canadian Taekwondo Championships will be participating in 2019 World Championships in Tashkent, Uzbekistan

Two brother/sister athletes Nithan Brindamohan and Sarangi Brindamohan have won the 2019 Canadian National Taekwondo Championship in Quebec City throughout Canada.

They have also come second in the Taekwondo Pan Am Championship in Portland, Oregon throughout North and South America, and have won the

gold championship in the 2019 Ontario Taekwondo Provincials throughout Ontario.

They will be participating in the 2019 World Cadet Championships which is held in Tashkent, Uzbekistan.

Seen in pictures are the two Champions Nithan Brindamohan and his sister Sarangi Brindamohan.



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GENIE SISTERS

SAMAYAL
SANTHAI

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 the founder of Tamilfood and teaches individual and group cooking classes in Toronto and abroad. Follow us on Instagram: @ninjaeatsfood and @tamil_food Facebook: /tamilfoodclasses Eat more, learn more!

Sisters Niranjini Thirunesan 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.

Sourdough Bread

The aroma of freshly baked bread is one that can bring so much delight to the soul and this sourdough bread recipe uses simple ingredients, and a lot of time to make the most delectable of breads that can ever be.

Ingredients:

- ✓ 1/4 cup active yeast starter (yeast mixed in water and flour)
- ✓ 1.75 cups plus 2 tbsp of warm water
- ✓ 500gms (4 cups + 2 tbsp) bread flour
- ✓ 9gms (1.5tsp) fine sea salt

Method:

This is a two day recipe, therefore do ensure that you have enough time to finish it the following day prior to making.

Step 1- whisk the yeast starter and the water together in a bowl and combine with the flour and salt. Bring the dough together and leave to rest under a damp cloth for 30 minutes. After 30 minutes, knead the dough from the edges inwards and form a smooth round ball. Cover the ball with a damp cloth and leave it to rest at room temperature for 8-10 hours (the warmer the weather the less time you will need to leave it)

Step 2- Once the dough has rested for the required 8-10 hours, put it on a floured surface and once again knead from the edges inwards until you've made a full circle. Then flip the dough and let it rest for a further 5 minutes.

Dust a large bowl with the remaining flour and place the dough into the bowl. Again let the dough rest for 30 minutes to 1 hour. The dough is ready to bake when it looks puffy, but has not doubled in size yet.

Preheat the oven to 450F, line your baking tray with parchment paper and place the dough onto the parchment by inverting the bowl onto the tray. Dust lightly with more flour, score with a small pairing knife and bake covered in the middle of your oven for 20 minutes. Uncover, and bake for a further 30 minutes. Finally bake directly on the rack for a further 10 minutes for the crust to brown. Transfer to a wiring rack and cool for 1 hour prior to slicing. This bread is



best eaten on the day of baking, but can be also stored for an additional day if needed.

Try making this recipe this month and

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



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Ladies College Old Girls Association Toronto Branch celebrates summer event

Ladies College Old Girls Association, Toronto Branch celebrated the annual summer event recently.

Ladies' College has been in the forefront of girls' education in the country for over a century and has a reputation for holistic education and academic excellence. Many of the students who received their education at Ladies College have had career success in different fields all over the world, including Toronto.

The summer event this year was well-attended and provided a cricket match, sumptuous lunch, snacks and music.

The Annual Dinner/Dance is scheduled for October 26th, 2019 at the Markham Convention Centre. The Dinner/Dance in October is an annual event which is normally well attended with a distinguished audience, and the event will provide an evening of fine entertainment of music and dance. A variety of events have been planned out this year that would keep the guests entertained during the night. Tickets will be available soon.

(Seen here are some pictures taken at the summer event. Picture Courtesy: Selina Stambi)



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By: S. Raymond Rajabalan

Rev. Fr. James Pathinathar of Jaffna Diocese was called to Eternal Rest in the Lord on July 11, 2019.

I have done my best in the race, I have run the full distance, and I have kept the faith. (2 Timothy 4/7)

Very Rev. Father James Pathinathar of Jaffna Archdiocese passed away early July at the age of 73. He was suddenly taken ill and taken to Colombo for treatment where he died of heart failure on July 11th causing shock waves among thousands of Catholics in the province.

Hailing from Uduvil, Fr. James Pathinathar was ordained as priest on April 06, 1970. He was the son of Gurusamy Pathinathar and Celine Annaratnam.

His first appointment as parish priest was in Puthukudiyirppu in Mullaitivu District where he was responsible for establishing a church dedicated to St. Antony at Malikaitheevu as well as a church for St. Fatima at Iranaipalai.

During his 49 years of priesthood Fr. James served 42 years as parish priest at various areas in Wanni including Mallavi, Pooneriyn, Mulankavil, Mullaitivu and Mankulam. In between he had also served in the parishes of Manipay and Gurunagar in Jaffna peninsula. During for the final five years of his priesthood he served in Koyathodam parish.

While serving in Mankulam for the second time during the height of the civil war, he provided refuge for several orphaned youths in the area. As a result he had to face various problems from the security forces who frequently subjected him for lengthy enquiries. During this period he was also involved in the administration of Good Shepherd Children's Home in Mankulam.

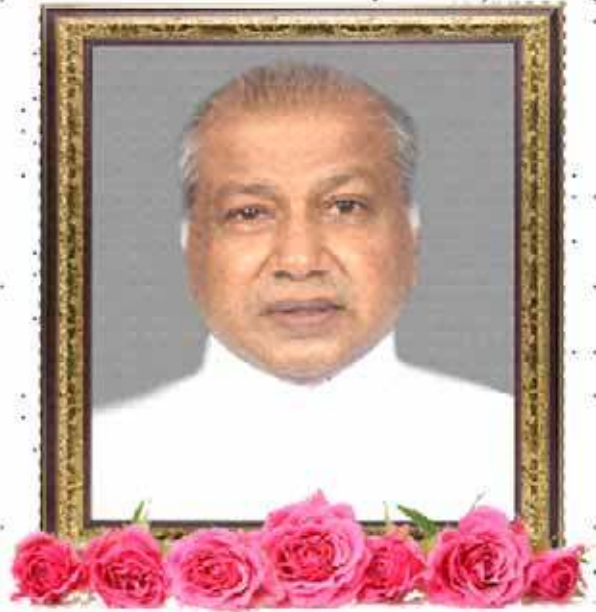
During his long years of service, he also served as the Director of Arobanam Youth centre at Kilinochchi as well as the Director of Human Development Centre (HUDEC) in Jaffna. In addition he has also served as Manager for the lands owned by Jaffna Diocese.

In whichever parish he served, he always took the side of the oppressed people. As a young priest in 1976 while serving in Cheddikulam on one occasion, he tried to mediate when there was a dispute between the landless people and wealthy landlords of the area who were exploiting the poor. One of the landed proprietor offended by the efforts of Fr. James attempted to kill him at his parish residence but he was lucky to survive due to divine providence.

In the following years due to the escalation of army atrocities he chose to live abroad in London for a short while but returned to Wanni once the Indo-Ceylon Accord was signed.

In 1996 Fr. James became the parish priest of Mullaitivu soon after the

A Tribute



Fr. James Pathinathar (1948-2019)



Army base in the area was run over by LTTE. As a result of this military debacle, the residents of Mullaitivu town and suburbs were deliberately

deprived of the basic facilities. Consequently they had to face severe hardships due to serious damage to the infrastructure of the area. The kind hearted priest rose to the occasion and toiled

hard to help the people of the area irrespective of race or religion. Thus he was as able to win the hearts of thousands of people in the area.

A few years later, in 2004 when Father James was the parish priest of Mullaitivu he had another miraculous escape. On Dec 26th he celebrated the mass for the Feast of the Holy Family

at St. Joseph's church located two miles away from the coast. If he had celebrated the mass at St. Peter's church that was close to the sea, he as well as several hundreds of parishioners might have been perished. Soon after celebrating the Mass, he was shocked by the catastrophic effect of the sudden onset of Tsunami that claimed the lives of several hundreds of civilians of the area. Fr. James

reacted quickly and with the help several assistant priests, he pooled all available resources and organized the heart breaking task of planning the burial of more than 3000 people who lost their lives during this natural disaster. After a few months he along with the parishioners constructed a Tsunami Memorial centre at the same church location.

Five years later Father James had to face the horror of the Mullivaikala massacre in May 2009. A month prior to that horrible genocide, the area was subjected to constant heavy artillery and mortar barrage of Sri Lankan aircrafts in Valaignarmadam village.

During this time Fr. James along with several other priests including Fathers Confucius, Sarath Jeevan, Reginald Vanthan, Alfred and Nehru had to seek protection in bunkers it was during this period St Antony's church at Valaignarmadam was deliberately bombed by Sri Lankan air force. Father James was seriously injured during the shelling and was taken to Anuradhapura for treatment after which he recuperated in Vavuniya for a short period.

Thus late Fr. James was a witness to the atrocities committed several times by Sri Lankan security forces during the 30 year freedom struggle by the Tamils. After the Mullivaikala massacre Fr. James provided all the details of these atrocities to UN officials in Geneva.

After his recent sudden demise, Father James's body was transported to Mankulam where it was kept at St. Agnes church for homage by the general public. The body was then taken to Jaffna where it was kept at the chapel in Jaffna Bishop's House for three days and then taken to the nearby St. Mary's Cathedral where a concelebrated mass was held by Bishop of Jaffna together with more than 100 priests from all across the Diocese. After the funeral service the body was taken to St. Mary's cemetery for cremation where thousands of civilians from all walks of life gathered to bid farewell to a shepherd who had toiled hard to serve his flock under very trying circumstances.

Come, you who are blessed by my Father. Inherit the kingdom prepared for you from the creation of the world. (Mt. 25:34)

May his soul rest in peace.



Eminent scholars submit research papers at 10th World Tamil Conference in Chicago, Illinois



Special Community Report

Raymond Rajabalan

There is no doubt this North American conference has once again successfully elevated the Tamil Language to its well-deserved level of prominence.



The 10th World Tamil Conference organized by the International Association of Tamil Research (IATR), Federation of Tamil Sangams of North America (FeTNA), and Chicago Tamil Sangam (CTS) was held successfully in Chicago, USA from July 3 to 7, as per a press release from FeTNA.

Billed as the largest gathering of the Tamil community outside India, this year's event commemorated several milestones including the 10th International Conference Seminar on Tamil Studies, the 32nd anniversary of Federation of Tamil Sangams of North America (FeTNA) and the Golden Jubilee celebration of the Chicago Tamil Sangam.

Organizers of this great conference have expressed great satisfaction due to the fact that more than 5,000 participants attended the well planned 5-day event held in the town of Schaumburg, Illinois, in Chicago state. Over 300 volunteers including program committees, thread chairs, reviewers, volunteers, and community partners had worked very diligently to ensure the successful staging of this great cultural event, a spokesman for FeTNA said.

FeTNA's 32nd anniversary Tamil Vizha Convention and CTS Golden Jubilee celebrations were held on July 4 and 5, while the Tamil research conference was held on July 6 and 7.

The focus of the conference was "New Historicist, Scientific and Comparative Study of the Antiquity of the Tamils, Tamil Language, Literature, Culture and Civilization".

The research subjects included Classical Tamil literature, Sangam literature, ancient Tamil civilization, Tholkappiam, Thirukural, contributions of Tamil scholars, Tamil music and performing arts, modern Tamil literature and Tamil language and linguistics.

Over 120 Tamil scholars as well as several notable celebrities and Tamil enthusiasts from various parts of the globe graced the occasion. A number of prominent personalities from Tamil Nadu including Stalin Gunasekaran, Prof. Solomon Pappaiah, Pattimandram Raja, Bharathi Baskar and oth-



ers graced and contributed to the success of this event.

Highlights included two networking events - Global Tamil Entrepreneur Network (GTEN) and Continued Medical Education (CME).

Two Sri Lankan Tamil scholars from Canada participated in this global conference and several Tamil scholars from Sri Lanka also graced this event.

Dr. Bala Sivakadacham, a renowned Botanist and author of several books on natural medicine from Toronto, gave a well-researched speech titled

"Medical traditions during the time of Valluvar".

His paper contained a wealth of information about the great poet Valluvar and his familiarity with the ayurvedic medical practices during his period. The other participant from Canada Prof. Dr. Mrs. Selvam Sridas of Annamalai at the University of Toronto campus spoke on the topic "Archaeological evidence obtained at the sites in Aathichchanallur, Porunthal and Keezhadi in support of Ancient Rich Tamil Civilization"

Both speeches were greatly welcomed by the enthusiastic audience.

Apart from these two, several distinguished scholars from Sri Lanka including Emeritus Professors Dr. A. Shanmugathas, Dr. Manonmany Shanmugathas, University of Jaffna Prof of History P. Pushparatnam, Rev Fr. Reuben Mariampillai a visiting lecturer in Journalism for University of Jaffna and Rev. Fr. Pavilupillai Christhu Nesaratnam of Mannar Diocese also attended the conference and spoke on a

wide variety of topics

Fr. Mariampillai submitted all research paper titled Rev. Fr. Thaninayagam's contribution to Tamil through Journalism. While Fr. Nesaratnam submitted a paper on the unique contribution of renowned Czech scholar Kamil Zvelevil for research of Tamil. Emeritus Professor Dr. Shanmugadas gave a speech on the assessment of folk songs of Baanar tribe, while Dr. Manonmany Shanmugadas, drawing on her extensive research study in Japan, gave a speech titled "Comparison of songs of Purananoru and Japanese folk songs". Prof Pushparatnam submitted a research paper titled "Archeological evidences that identify the ancient history and Civilization of Ceylon Tamils."

Apart from the academic events, a wide variety of cultural shows and several dance programs were also presented during this five day function. A light music concert by South Indian film score and sound track composer Yuwan Shankar Rajah and Musical program by Dr. Sirkali Govindarajan.

A Light music show by folk singer couple Senthil Rajaluxmy duo as well as various other cultural events were staged during this event.

Meanwhile, the students of Indo Canada Dance Academy, who danced representing Canada at the World Tamil Conference, kept the audience

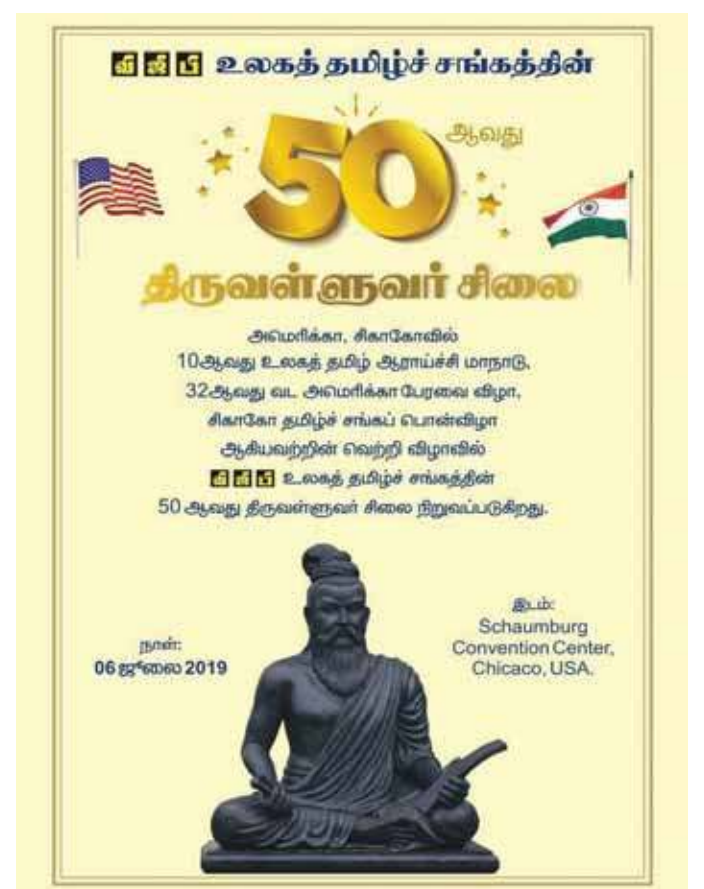
spell bound by their great performance. The effectively choreographed dance item was produced by Padmini Anand, a famed Bharatha Natya teacher from Toronto. The song for this dance item titled Vanni, was specially composed and sung by Varna Rameshwaran, Director of Varnan School of Music, Toronto.

Overall, this was a very well planned conference that was able to bring together such a large number of top grade scholars from various nations including France, Malaysia, Singapore and Japan. It effectively coordinated this great cultural event to the satisfaction of everyone who attended this event.

There is no doubt this North American conference has once again successfully elevated Tamil Language to its well-deserved level of prominence.

The next World Tamil Conference is scheduled to be held in 2021 at Annamalai University in South India.

"Archaeological evidence obtained at the sites in Aathichchanallur, Porunthal and Keezhadi in support of Ancient Rich Tamil Civilization"





A state of the art auditorium for Jaffna Central College

By Dr. Kanagasabai Theivendirarajah, Old boy of Jaffna Central College



The newly opened auditorium at Central was another milestone in the illustrious history of Jaffna Central College. The 1100 seat two-tiered beautiful auditorium is one of a kind for the whole of the northern Sri Lanka. The new building named as Thanthai Chelva memorial auditorium in memory of the late S.J.V. Chelvanayagam, Founder/ Leader of ITAK was officially declared open by TNA leader R. Sampanthan, Chandrachudhan-son of the late Chelvanayagam and Dr. S.K. Elilventhan, Principal, Jaffna Central College.

The auditorium is built on a plot of land occupied by the prominent cricket coach and long-time sports master at Jaffna Central, the late Selvarajah Thambiah. The land was given to S.J.V. Chelvanayagam Memorial Trust and it is this organization looking after the auditorium along with the School. By the way Selvarajah Thambiah's father-in-law who was a teacher at Jaffna Central College was the brother of S.J.V. Chelvanayagam.

The auditorium was constructed and designed to offer lots of natural ventilation and insulation to reduce heat gain. The design also accommodates access to persons with disability as seen in the west. Kohilam Chandrachudhan of NDNY Architecture and Design, New York City, the granddaughter of S.J.V. Chelvanayagam was the architect and designer of the auditorium. The construction work on this building was undertaken by local firm, LNR Construction (PVT) Ltd., Nelliady, Jaffna.

It is hoped that this beautiful building at Central College like the many found in the west will serve not only as an arena for school functions but to serve and showcase the cultural heritage of music and art of the Tamil community. We look forward to see events like the ones we all go to at Markham theatre in Markham, Ontario.



THE HINDU TEMPLE SOCIETY OF CANADA

Richmond Hill Ganesha Temple



by Kidambi Raj

A ONCE IN FORTY YEAR EVENT “ATHI VARADAR” CELEBRATED AT SRI VARADARAJA SWAMI TEMPLE IN KANCHEEPURAM, TAMIL NADU, INDIA

What is Athi Varadar?



“**A**thi” means a type of wood, commonly known as Indian fig tree. In Hinduism this particular kind of tree is used for certain reasons. In the Atharva Veda, this fig tree (in Sanskrit it is called *udumbara*) given prominence as a means for acquiring prosperity and vanquishing foes.

Athi Varadar means Varadar made of Athi wood. *Varam* [வரம்] means boon in Tamil language. It seems that this temple Perumal got this specific name *Varadar*, meaning boon granting person. *Varam + dar = Varadar*. This Temple Perumal has granted boons to devas whom have received the boons in return for their worship of this temple lord.

It has been described in the story of Raja Harischandra, that the crown was made of a branch of this *udumbura* tree, set in a circlet of gold. In addition, the throne (*simhasana*) was constructed out of this wood and the royal personage would ascend it on his knee, chanting to the Gods to ascend it with him, which we are told that they did so. Its leaves are an indispensable part of many Hindu Homams (Havans).

Athi Varadar is actually a nine-foot long idol, made out of the divine fig tree, and believed to be sculpted by Lord Brahma himself, in the fig tree. According to legend, Goddess Saraswathi had a misunderstanding with her husband Brahma and in a fit of anger took away his divine wand to retrieve which he performed the *Aswamedha yagna* in the Athi forest (Fig forest), now Kanchipuram. Aided by the Asuras, the demons, Saraswathi runs as the *Vegavathi* river and tries to interrupt the *Yagna*, when Vishnu emerges from the holy fire as *Athivaradar*. Saraswathi is pacified and the *yagna* continues. *Viswakarma* carves out a body for *Athi varadar* using a fig tree and He then agrees to stay in Kanchipuram atop the Elephant Hill.

During the Muslim invasion, the *moolavar* murthi of Lord Varadaraja is said to have been damaged. As a damaged idol of a deity could not be worshipped, as per the Sastras, it was immersed in the temple tank.

Unable to find the *Athi Vardar*, the authorities decided to place the Idol made of stone from the near by place called *Pazhaya Seevaram*, about 15 Kms. from the Kanchipuram Temple. That idol was called *Sri Devaraja Swami*. This Moorthy resembled

Athi Varadar and was present in a mountain called *Padma Giri* in *Pazhaya Seevaram*, where 3 Rivers (*Palar*, *Cheyar* and *Vegavathi*) met forming a *Triveni Sangam*. This Moorthy was brought to Kanchipuram and installed as *moolavamoorthi* inside *punyakoti vimana* and regular *poojas* started.

It is said to mark this, Lord Varadaraja is taken to *Pazhaya Seevaram* on the day following *Sankaranthi* every year when thousands of devotees gather for *Vana Bhojanam* and *Aradhana*. This event is called *Pazhaya Seevaram Parivettai*. *Parivettai* is observed to mark the destruction of evil forces by the Lord and thus is celebrated. Lord Varadaraja, who leaves His abode at 10 p.m. on *Sankaranthi* day, accompanied by devotees including those reciting *Azhawar's Pasurams* and *Vedas*, is carried all the way to a distance of 15 Km and goes around *Pazhaya seevaram* village at the foot of the hillock. He reaches *Narasimhar* temple, which is in the middle of the hillock, at noon and then he is taken to the *Varadaraja Mandapam* atop the hill, by climbing 140 steps. He stays at the *mandapam* till 4 p.m., when *Thirumajanam* and *Aradhana* are performed. Later Lord Varadaraja reaches *Narasimhar* Temple at the bottom of the hill and both Gods are taken to a temple at the *Thiru Mukkodai*, on the other side of *Palar* where a temple for Lord *Srinivasa*, known as *Appan*, exists. There three Gods, along with the Lords (Lord Varadaraja and Lord *Narasimha*), give *darshan* to devotees. Later Lord Varadaraja returns to *Pazhaya Seevaram* along with Lord *Narasimhar* and the Lord Varadaraja starts his trek back to Kanchipuram late in the night and reaches the following morning. Words can't fully express the beauty and thrill of being there. One has to be there, since it is a sight to behold.

If one reads the *Sthala Puranam* of *Pazhaya Seevaram*, one would realize the importance of that place. It said that once in *Naimisaranya*, a *Rishi* by the name *Vishnu Sithar* enquired with the other *Rishis* about a best place where he can get the *Darshan* of Lord *Vishnu* as a result of his penance. A *Rishi*, by the name *Mareecha Muni* explained to him about the existence of such a place on earth, where one's penance will get fulfilled with the *Darshan* of *Sriman Narayana* and guided him to this place which was called *Padmagiri*. He also told the story of *Athri Rishi*, who got the *Dharshan* of Lord in this place in the form of *Sri Lakshmi Narasimhar*, after his severe penance. *Athri Rishi*, after having *Darshan* of the Lord, prayed that the Lord stay in the place and bless the people worshipping him there and the Lord accepted his wish and stayed here in the same form, as *Lakshmi Narasimhar*. If one looks at the legends given below, it is no wonder that the idol of Lord Varadaraja that

is being worshipped at the altar of the Kanchipuram temple, came from an important place like *Pazhaya Seevaram*.

Pazhaya Seevaram - Holier than Prayag

The place is marked by the confluence of three rivers – *Palar*, *Cheyar* and *Vegavathi* and one can see all the three rivers merging together at the place from the temple from the hillock. Known as *Dakshina Prayag*, it is a much holier place than the *Triveni Sangamam* or *Prayag* in the north, according to the octogenarian priest of the temple, *Sri Narsimha Sundara Bhattacharyar*. This because, while at *Prayag* all the three rivers are not visible to the naked eye (river *Saraswathi* is *Antharavahini*, running underground), but in *Pazhaya Seevaram* three rivers can be seen at the place of confluence.

Pazhaya Seevaram - Dakshina Prayag



In *Krutha Yuga*, there lived a great devotee of Lord *Vishnu*, who wanted to take bath daily in the river *Ganga*, which emerges from *Sriman Narayana*. He took bath in this *Sangamam* and treated this water as the *Ganga* River and worshipped the *Vishnu* in the *Sudharsana Malai*. Another saint lived here and treated this river as *Yamuna*. Because of this, both rivers *Ganga* and *Yamuna* emerged here and the other river *Vegavathi* (*Saraswathi*) also emerged and all the three rivers merge in the *Pazhaya Seevaram Sthala*. This river flows in between *Padmagiri* and *Sudharasana malai*. It is believed that if one takes a bath in this river and get the *Darshan* of *Sri Lakshmi Narasimha* in *Padmagiri* and *Sri Venkatesha* in *Sudharsana malai*, it is equivalent to 100 times taking bath in *Prayag*. It is believed that if we take bath in this river for a month and rest under the shadow of the *Pipal* tree in *Padmagiri*, it is said to cure all sorts of sins and diseases.

Sri Varadaraja Perumal temple in Kanchipuram is one of the 108

Divya Desams of Lord *Vishnu*. The idol of *Sri Varadarajar*, also known as *Athiyuran* since it was made of (*Athi*) Fig tree. *Azhwars* have sung in praise of Lord *Varadaja*. It is to be noted that the particular silver basket which contains the reclining posture of *Athi Varadar*, the original *moolavar* idol is being immersed under water exactly beneath the *Mandapam* which is located at the centre of the Temple Tank. *Athi Varadan* is taken out once in 40 years and placed outside for worship by the public for a period of 48 days. This event first took place in 1939 and subsequently in 1979 and now this year (2019). In this year 2019, during the *brahmotsavam*, the temple authorities will decide on what date *Athi Varadar* should be brought up outside the temple tank.

Why didn't the wood statue decay under water for years?

Most ancient Indian temples are built on the principles of *Agama Sastra*. Many ancient temples have a 1000 pillar halls, commonly called as *mandapams* and they are called

specifically by the of number of pillars it has. Large temples also have pillared halls called *mandapa*. Example: 1000 pillar hall, 16 pillar hall. These pillars are nothing but a tool to maintain the energy of the temple which is based upon *yantra* philosophy. We have many elements in *Yantras* like many geometrical shapes precisely we have a particular T- shaped structure found in many *yantras*, which actually maintains the energy that are generated by means of *yantras*. *Yan* in *Rigvedic Sanskrit*, *Yan*, means to sustain, support and the *tra* suffix expressing instruments.

Even today with so much advanced technology a man-made structure, like a concrete building doesn't last more than hundred years. However, many ancient Indian temples, still exists beyond 1000 years. The reason is simply because of this maintenance of energy through T- shaped structure.

Not only, the temple's energy is maintained, anything that is within the temple premises, for example, the *sthala vriksha* (sacred trees) last for many, many years.



by Kidambi Raj

GURU PURNIMA

GURU POORNIMA is the birthday of Krishna Dwaipaayana, popularly known as *Veda Vyaasa*. Guru Poornima is a spiritual tradition in Hindu Culture dedicated to spiritual and academic teachers, who are evolved and enlightened humans, ready to share their wisdom, with very little or no monetary expectation. This festival is celebrated on the full moon day (Poornima) in the Hindu Calendar month of Aani (June – July). The word *Guru* is derived from two words *gu* and *ru*. The Sanskrit root *gu* means darkness or ignorance, and *ru* denotes the remover of the darkness. Therefore, a Guru is one who removes the darkness of our ignorance. Gurus are considered the most necessary part of life. On this day, disciples offer pooja (worship) or pay respect to their Guru. In addition to having religious importance, this festival has the great importance for Indian academics and scholars.

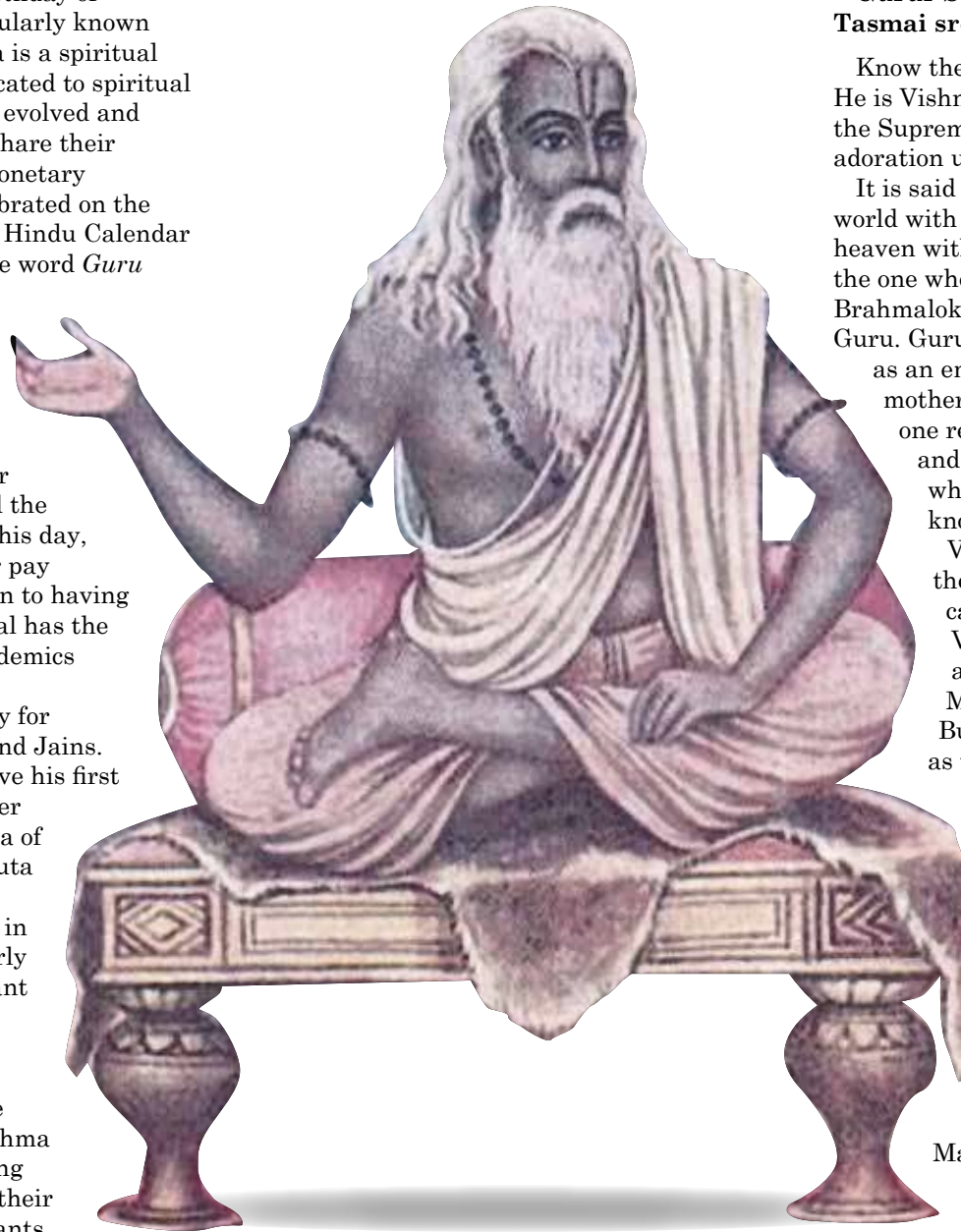
It is an auspicious day not only for Hindus but also for Buddhists and Jains. It is on this day that Buddha gave his first sermon in Saranath in India after enlightenment. After the nirvana of Mahavir Vardhamana, Indrabhuta Gautama was born as the first Ganaardhara on this day. Also, in India, this day heralds the eagerly awaited rainy season so important for the crops. The period of Chaturmaasa (four months) begins on this day. Sanyasins in India stay at one place for the next four months and study Brahma Sutra of Veda Vyaasa, practicing meditation and refraining from their routine of wandering as mendicants.

In Hinduism, Guru Poornima is also called Vyaasa Poornima as on this day, Veda Vyaasa, the great sage was born. He is known as the most influential gurus in Hindu traditions and an epitome of guru-sishya (student or follower) custom. It is also believed that he finished the writing of his famous work, Brahma Sutra, on this day.

Veda Vyaasa hails from a family known for its famous Gurus. His great grand-father was Vasishta. His grand-father was Sakti Rishi. His father was Paraasara who married Satyavati, a fisher woman to whom he was born. **Veda Vyaasa** was an avatar of Vishnu and a **famous teacher** who even taught Dattatreya, Guru of all Gurus, another **incarnation of Vishnu**. He had also an illustrious son Sage Suka.

Significance of Guru Poornima

Human beings are just flesh and bones without an enlightened mind and soul. It is the Guru, who imbibes good qualities and his teachings to make a human being a sophisticated individual. The first Guru or Teacher for a person is his mother, who makes him understand the true value of life and guides him on how to differentiate between the right and the wrong. She instills the moral values in his childhood which later gets taken over by the bonofide



gurus in the form of teachers. So, the celebration of this day by honouring our gurus become essential. Only the proper teachings and blessings of our guru-parents, teachers and our well-wishers can make us a cultured and refined individual.

THE IMPORTANT ROLE OF A GURU

Our scriptures pay a lot of importance and deeper significance of the word Guru. Our Sastras say:

Dhyaana moolam guror moortih | pooja moolam guror paadam ||

Mantra moolam guror Vaakyaa | Moksha moolam guror kripaa ||

The Guru's form should be meditated upon; the feet of the Guru should be worshiped; his words are to be treated as sacred Mantra; his grace ensures final liberation.

Taittareeya Upanishad says: *Respect your teacher as God (Aachaarya Devo bhava)*

You are all quite familiar with the most popular hymn glorifying Guru:

Gurur Brahmaa gurur Vishnu | gurur devoe Mahesvarah ||

Gurur Saakshaat Param Brahma | Tasmai sree Gurave namah ||

Know the Guru to be verily Brahma himself; He is Vishnu; He is Siva; know him to be verily the Supreme Spirit (Brahman); and offer thy adoration unto the Guru.

It is said by Manu that a person wins this world with his devotion to mother; he wins heaven with his devotion to father (for he is the one who performs his last rites); and the Brahmaloaka (salvation) with his devotion to Guru. Guru in Hindu tradition is looked upon as an embodiment of God himself like mother and father. It is through his grace one reaches the highest state of wisdom and bliss. In all these Guru is the one who imparts Para-Vidya or temporal knowledge for spiritual evolution.

Veda Vyaasa compiled and edited all the four Vedas and so he is respectfully called as Veda Vyaasa. The word Vyaasa means to divide. He is the author of eighteen Puraanas, the Mahabharata and Srimalad Bhagavta. But for him we would have had no clue as to the Sanatana Dharma, knowledge of Upanishads and Bhagavad-Geeta. He is the author of Brahmasootra. Sometimes he is also called Baadaraayana.

Guru Poornima day is dedicated to the ancient sage Veda Vyaasa who is an avataara of Vishnu. He is the living Guru for all the times as he is considered to be immortal (Chiranjeevi) and presumed to be living in high ranges of Himalayan Mountains.

Madhvacharya, the founder of Dvaita philosophy is said to have met him in Himalayas during his North Indian trip. His service to humanity is priceless. On this day it is fitting and proper to pay our respect and deep debt of gratitude to this ancient sage.

The Everlasting Influence of Vyaasa

Vyasa is considered by Hindus as Chiranjivi or immortal, one who is still living and walking the earth for the well-being of his devotees. It is said that he appears to the true and the faithful and that Adi Sankaracharya had his darshan as did many others as well. Vyaasa's life is a unique example of one born for the dissemination of spiritual knowledge. His writings inspire us and the whole world even to this day in innumerable ways.

It is customary to honor saints, monks and gurus on this day with customary charity with deep gratitude and sincerity. It is but proper to dedicate this day of Guru Vyaasa to all teachers as Teacher's Day, especially those that impart temporal knowledge (paravidya). India being a secular country celebrates Teacher's Day on the Birthday of the Philosopher President, *Dr. Sarvapalli Radhakrishnan* who was an eminent teacher and philosopher.

May the Blessings of Guru Veda Vyas be with you!!!



Durham Tamil Association participates in Canada Day Celebrations

DURHAM Tamil Association participated Canada Day celebrations in all four cities of Durham, namely - Pickering, Ajax, Whitby & Oshawa. DTA offered a great Thank You to each and everyone who was out there to help at the booths and stayed to tear down the tent at the end of the event. There were fantastic performances in Pickering, Ajax & Whitby. DTA thanked all the performers and dance instructors. It was an incredible experience for all Canadians to see a variety of cultural performances. DTA also had their monthly Seniors meeting and it was a pleasure to see all seniors in one spot. (Seen here are some pictures taken at the events)





Vedic Cultural Centre - ASM SUMMER KIDS CAMP- 3 Week Program

By: Neera Chakravorty

Vedic Cultural Centre held their 3 week Summer Day Camp program with 75 kids and youth enrolled from 4 to 18 years of age in the month of July. With the hard work and efforts of our teachers and youths, the campers were involved in a wide array of activities such as: Hinduism, Havan, healthy Indian meals, Indian history, geography, art, dance, music, Hindi language, yoga, meditation, and sports.

Campers learned classical songs and performing havan. Ms. Lalita Sharma was instrumental in teaching the children the importance of yoga and meditation. Dr. Harry Persaud taught the campers about the evolution of human beings, Indian history, karate, and meditation.

The campers enjoyed the waterpark, soccer field, volleyball, and basketball courts as part of their outdoor activities and visited the Markham Public Library for research material on India and explored the library's various facilities and services. In addition, camper's experienced a range of fascinating experiences in science and technology at the Ontario Science Centre.

Fresh mouth-watering vegetarian lunches and snacks were prepared daily by Mrs. Manju Sharma ji and the wonderful parent and youth volunteers who assisted her.

Campers hosted their first-ever Fun Fair Mela with a variety of food and game stalls enjoyed by many family & friends. This year's Grande Finale show featured a musical drama "The Road to Independence" displaying past Indian leaders, India's independence, and honoured Mahatma Gandhi's Satyagraha "non-violence movement". Sarika Chakravorty produced and choreographed the Finale with beautiful folk dances and dialogues for all the performers.

I applaud Maharshi Jani and Sarika Chakravorty for overseeing the smooth operations of the entire camp. A special thanks to our teachers Simmi and Nirupma ji for their dedication and commitment to the campers. Thank you to an amazing team of youth, parents, teachers, seniors, and campers who made the program a huge success. Many new memories were created, friendships formed, and the children learned in a fun-filled environment.





MAHA GAYATRI YAGNA

Vedic Cultural Centre - Arya Samaj Markham
4345-14th Avenue, Markham ON L3R 0J2

Mon Aug 12 - Sat Aug 17, 2019
(10 am-12 noon & 7 pm-9 pm)

Pooran-Ahuti Yajna - Sun Aug 18
(9am - 11am)

For Booking as a Yajaman & further information, please contact:

Kamlesh Ghai (905) 927-1498	Lalita Sharma (905) 604-6803
Yatindra Sinha (416) 767-6414	Sneh Sachdev (905) 770-5765
Kusum Girdhar (905) 882-0888	Neera Chakravorty (647) 290-8802

YMCA Best Performance Awards

2019

The Best Performance Awarding Ceremony was conducted on Tuesday 16th July 2019 at 9.30 am. The BPA was sponsored by the Direct Family Financial Support Canada (DFFSC) an NGO headed by Mr. M.C. Francis of Toronto, Canada, Past President of YMCA Jaffna. The Awards and winners:-

• GCE A/L Examination held in 2018, First Rank students in Northern Province received : Rs. 35,000/= Cash Prize, Shield & Certificate

And the Second Rank students in Northern Province: Rs. 25,000/= Cash Prize, Shield & Certificate

Name	Subject	Rank	Name of Award
Mr Arudchelvam Udhistran	Bio Science	01	Thangarani Francis Award
Mr Shanmugathan Sanjith	Mathematics	01	S.K. Sandrasegaran Award
Miss Poogitha Jegakumaran		02	Dr. Abdul Kalam Award
Miss Shampavi Jeyathilaka	Commerce	01	Kamaladevi Ramalingam Award
Mr Thurairaj Yugatheeswaran		02	Dr. C.W.W. Kanangara Award
Miss Nilaxsana Singarasa	Arts	01	Rev. J.T. Arulanantham Award
Miss Dilagini Shanmugeswararaja		02	Rev. G.U. Pope Award
Miss Kalakshika Ravichanthiran	Bio System	01	K. Velumailum Award
Miss Saranka Srikanthan	Tech	02	Dr Samuel F. Green Award
Mr Thangavel Thavaneethan	Engineering	01	V.J.A. Mariathan Award
Mr Sivaneshalingham Visurathan		02	Swami Vipulananthar Award

• YMCA Debate Shield to the winner of Inter School Debate each Participant received cash voucher of Rs. 5,000/=. Participants were:

Kokuvil Hindu College:

Mas. S. Thishan, Ms. R. Pirintha and Mas.B. Thivakaran

Vembady Girls' High School:

Ms. K. Kenuka, Ms. U. Srithana, and Ms. A. Briunthika

Kokuvil Hindu College won the debate and received the YMCA Shield

• Bilingual (Tamil and Singala) Award Rs. 20,000/= two awards based on OL performance)

Ranganathan Sivanesan and Veeramamunivar Awards

1. Miss M. Priyanka
J/Vasavilan MV
2. Mas Johnson Satheeskumar Aaron Joel
Kalaimagal Vid Mullaitivu

• Best All-rounder Award Rs. 35,000/= two awards

William Twynum and C Y Thamotharampillai Awards

Male – Mr. S. Thileepan
Female– Miss. Esather Malariniya Issac Sitsabesan

Two Best Schools received Rs. 50,000/= worth of Books. This gift was awarded to two schools from difficult areas selected on the performance of the recent OL examination

Srila Sri Arumuganavalar and Miss Muriel Violet Hutchins Awards

1. V/Olumadu Tamil Maha Vidiyalayam
2. J/ Elalai Maha Vidiyalayam

Presentation of Award for Best Under graduates of the Jaffna University in six fields, each received Rs. 35,000/=

Hon. (Mrs.) Vijayakala Maheswaran, State Minister for Education, Sri Lanka was the chief guest and the following were honoured as special guests and gave away the awards.

Prof.K. Kandasamy, Competent Authority, University of Jaffna, Mr.S. Muralitharan Additional Government Agent (Land), District Secretariat, Jaffna, Mr. T. Ayavan, Assistant Director of Education - EMIS, Provincial Department of Education, Northern Province and Mrs.V. Shanmugaratnam, Retired Principal, Vembady Girls' High School,

A Welcome dance was performed by the children of St. Paul's Church, Sathiyapuram

The Clergy, Principals, Heads of other educational institutions, NGOs, Members and Well-wishers participated and encouraged the students.

A major awareness was extended to the public through the prime local news papers such as Valampuri and Thinakkural. Media representatives were invited and write-ups appeared on Valampuri local daily. Shakthi and DD Television televised the programme.

Parents and well-wishers appreciated the sponsor DFFSC and the YMCA for encouraging the students as the educational performance was poor at present following the ethnic issue.

The President, Board of Directors of the YMCA Jaffna thanked the DFFSC, Mr.M.C. Francis our Past President and the Donors Doctors G.S Deven. K. Kirupananthan, Mohan Retnasingam, S. Kumaresan, S Tulasidas, A Pararasan, S Thayalan, S Asokanthan, Dr Mrs Vanumathi Nada, Dr Mrs Antonia Karper, Mrs Logi Mariathan, Mrs Rajes Sandrasegaran, Logan Velumailum of Monsoon Journal and Mr. K. Rajakulasingam for conducting the BPA and encouraging the Students.

General Secretary
YMCA Jaffna

Name	Subject	Name of Award
Mr Ashokumar Piratheepan	Medical Science	In memory of Dr S Mahadeva by Dr S Tulasidas
Miss H. P. Devendrasingha	Nursing	In memory of Thangarani Francis by DFFSC
Mr Shanmuganathan Srivathsan	Computer Eng	In memory of S K Sandrasegaran by Dr S Kumaresan
Miss Kasthuri Selvarajasarma	Civil Eng	In memory of V Devathasan by Dr S Tulasidas
Mr Kunasegaram Sajanthan		
Mr Nakenthiram Kajan	Physical Science	In memory of S Theyagarajah by Dr S Tulasidas
Miss Priyatharshini Balasubramaniam	Agriculture	DFFSC

YMCA Best Performance Awards

2019

- PICTURES FROM THE EVENT



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