

Monsoon

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Emil Alphonsus CA, CPA, CGA

Stars shine bright as RE/MAX COMMUNITY celebrates its Annual Winter Awards Gala



Presentation of Donation Cheque by RE/MAX Community to Scarborough and Rouge Hospital Foundation



Presentation of Donation Cheque by RE/MAX Community & Thipan Raj to PuthiyaVelicham

By Tashvir Narine

In its fifth year of existence, RE/MAX Community Realty Inc., Brokerage has outdone itself once again. On December 1st, the energetic and enterprising brokerage hosted their employees and their families along with some key guests at the company's annual winter gala at the Scarborough Convention Centre.

Now one of the highest performing Toronto Real Estate Board offices (Top 3% based on RE STATS for 2017 among 1967 Offices), the brokerage has grown into a well-developed organization boasting over one-hundred and fifty agents. RE/MAX Community was also the top ranked RE/MAX office for volume in Ajax and Pickering for 2017, and was again awarded Highest Net Gain by RE/MAX INTEGRA for 2017.

Contd. on page 36 & 37

Treaty eliminating landmines:

One of Canada's greatest humanitarian contributions to global peace and security marks 20th Anniversary

Canada is committed to eliminating landmines globally as set out in the historic Ottawa Treaty to Ban Landmines; it was adopted 20 years ago in Ottawa, Canada, in December 1997.

Advocacy groups say "the Ottawa Treaty, which bans all anti-personnel mines, is one of Canada's great humanitarian contributions to global peace and security" but warns "its vision of a landmine free world is under threat", according to a report by Radio Canada International. The report further added

that, "the problem is a global decline in funding, as stated in a news release from a coalition of anti-landmine advocacy groups". "The Ottawa Treaty or the Mine Ban Treaty, formally the Convention on the Prohibition of the Use, Stockpiling, Production and Transfer of Anti-Personnel Mines and on their Destruction, bans completely all anti-personnel landmines (AP-mines) around the world. To date, there are 161 States Parties to the treaty and 36 United Nations states not party", according to the Canadian Landmine

Foundation.

The top Canadian diplomat stationed in Sri Lanka, High Commissioner David McKinnon visited Northern Sri Lanka on the eve of the Ottawa treaty anniversary. In a series of social media posts to mark this milestone, the High Commissioner of Canada in Sri Lanka said:

"20 yrs ago today Ottawa Treaty opened for signature. 162 states are now party to the ban on anti-personnel landmines. We hope Sri Lanka joins them very soon."

High Commissioner David McKinnon in Sri Lanka Northern Province; he tweeted: "Near Jaffna met members of dedicated The HALO Trust team supported by Global Affairs Canada, clearing one of the world's most heavily mined places. Such work means a terrible legacy of the conflict in Sri Lanka could be history by 2020" pic via: @McKinnonDavid



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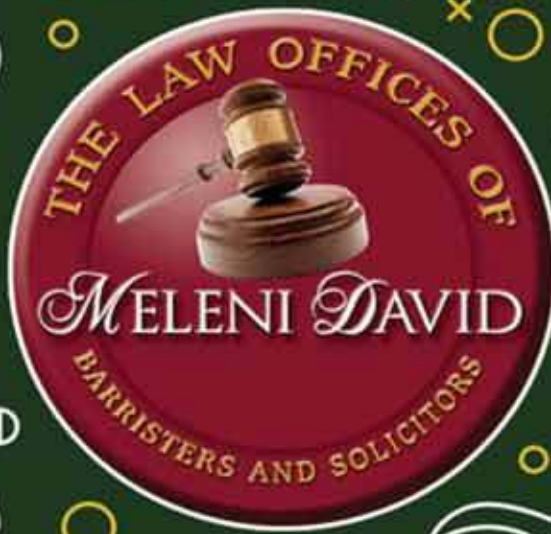
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Official Visit of Canadian Branch of the Commonwealth Parliamentary Association to Sri Lanka, November 9-11, 2017

Colombo, November 9, 2017 – A delegation from the Canadian branch of the Commonwealth Parliamentary Association is in Sri Lanka for a three day visit. The bipartisan delegation's presence will strengthen bonds with an important Commonwealth partner with which Canada has deep and long-standing, economic, social and people-to-people ties.

The delegation is led by Ms. Yasmin Ratansi, MP. She is accompanied by Mr. Matthew Jeneroux, MP, Hon. Thomas Mulcair MP, Sen. Salma Ataullahjan and Sen. McPhedran.

In welcoming the delegation, the High Commissioner of Canada, David McKinnon stated "the Government of Canada believes that the Commonwealth plays an important role in promoting and upholding its core values of respect for democracy, human rights and the rule of law, which are critical for the development, prosperity and well-being of all countries. This visit will reinforce the historic ties between our two countries and their national parliaments, and allow for an ex-

change views on progress on peace and reconciliation, which is crucial to Sri Lanka's future."

In that regard, the Chair of the Canadian Branch of the Commonwealth Parliamentary Association, Yasmin Ratansi MP, stated "I am pleased to be leading another delegation of Canadian parliamentarians to Sri Lanka. This will be my second visit in 2017 and I look forward to another opportunity to advance economic and political ties, discuss the role of the Commonwealth in today's world, and to see first-hand the progress being made in reconciliation.

The delegation will meet with a range of senior ministers, officials, civil society leaders and the Canada-Sri Lanka business community. The delegation will also visit a Canadian-funded International Organization for Migration (IOM) project in Ratnapura, providing humanitarian and reconstruction support to those most affected by the devastating floods earlier this year.

- canadainternational.gc.ca

Multi-year immigration levels welcomed, but government commitment to refugees falls short - Canadian Council for Refugees

November 2, 2017: The Canadian Council for Refugees welcomed the federal government's announcement of multi-year levels, including a gradual increase in overall immigration levels. However, the levels for refugees, particularly for Government-Assisted Refugees and for accepted refugee claimants, fall far short of what Canada can and should be doing.

"We are very disappointed to see Government-Assisted Refugee numbers remain stuck at the disappointing level of 7,500 in 2018, and only rising to 10,000 in 2020," said Loly Rico, CCR President. The CCR is also very concerned to see that there is only a small increase in the levels for granting permanent residence to accepted refugee claimants and their family overseas. Given the increased numbers of claimants in recent months, the low levels mean that accepted refugees may face

long delays before they can become permanent residents and reunite with their family members.

While the overall increase in levels is welcome, the CCR would like to see even higher targets. The CCR calls for levels of at least 1% of the population per year (i.e. at least 360,000).

For Canada to fully benefit from the many contributions that newcomers can make, integration support is crucial, including settlement services. The CCR urges the government to give access to federal settlement services to refugee claimants and Temporary Foreign Workers, who are among the most vulnerable. Most refugee claimants are accepted and settle in Canada, yet their integration is made more difficult because they are denied access to services in the crucial early days of their life in Canada.

[Excerpt of Media Release - ccrweb.ca]

Ontario adds 43,500 Jobs in November; Unemployment Rate Drops to Lowest Since 2000

Via Ministry of Economic Development and Growth

December 1, 2017: Employment in Ontario increased by 43,500 jobs in November -- the fifth straight month of job gains -- and the unemployment rate decreased to 5.5 per cent, the lowest it has been since 2000.

Since last November, employment in Ontario is up by 180,800 jobs. Ontario's unemployment rate has been below the national average for 32 consecutive months and below six per cent for the past four months -- a first since 2000. Ontario has now created more than 800,000 net new jobs since the depths of the recession.

According to 2017 Ontario Economic Outlook and Fiscal Review, Ontario is forecasting real GDP growth of 2.8 per cent in 2017, which surpasses earlier projections. Ontario's economy has grown faster than Canada's and those



of all other G7 nations for the past three years.

Ontario's plan to create fairness and opportunity during this period of rapid economic change includes a higher minimum wage and better working conditions, free tuition for hundreds of thousands of students, easier access to affordable child care, and free prescription drugs for everyone under 25 through the biggest expansion of medicare in a generation.

- news.ontario.ca

Ontario Launches New Tool to Check if Prescriptions are Covered with OHIP+ ; One Month Until 4,400 Drugs will be Free for Everyone Age 24 and Under

Via Ministry of Health and Long-Term Care

November 30, 2017: With one month to go until 4,400 drugs become free for everyone in Ontario age 24 and under through OHIP+, the province is making it easier to find out what medications will be covered with a new online search tool.

Dr. Eric Hoskins, Minister of Health and Long-Term Care, was at Shoppers Drug Mart to officially launch the new, mobile-friendly tool, which will help people quickly and easily search through a list of more than 4,400 publicly funded medications and other drug products.

With OHIP+, Ontario is the first province to provide prescription medication coverage at no cost for children and youth age 24 and under, helping more people afford the medications that they need to stay healthy. This includes asthma inhalers, drugs to treat depression, anxiety, epilepsy, and attention deficit hyperactivity disorder, antibiot-

ics, EpiPens, diabetes test strips, oral contraceptives, medications to treat some childhood cancers and other rare conditions, and thousands of others.

Enrollment will be automatic with no co-payment or annual deductible. Eligible prescriptions can be filled free of charge at any Ontario pharmacy -- all that's needed is an Ontario health card or health card number.

Ontario's plan to create fairness and opportunity during this period of rapid economic change includes a higher minimum wage and better working conditions, free tuition for hundreds of thousands of students, easier access to affordable child care, and free prescription drugs for everyone under 25 through the biggest expansion of medicare in a generation.



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from the publisher's desk

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Universal Declaration of Human Rights: 70 years since the adoption by the UN General Assembly

The Universal Declaration of Human Rights (UDHR) is a historic document that was adopted by the United Nations General Assembly at its third session on 10 December 1948 as Resolution 217 at the Palais de Chaillot in Paris, France.

The Monsoon Journal is committed to the promotion and protection of human rights. Therefore Monsoon Journal joins hands with all humanitarians in marking the historic milestone, and brings forth our readers the special message from the Office of the High Commissioner of Human Rights, The United Nations Organization, in Geneva:

"Thanks to the Universal Declaration of Human Rights, and States' commitments to its principles, the dignity of millions has been uplifted, untold human suffering prevented and the foundations for a most just world have been laid. While its promise is yet to be fulfilled, the very fact that it has stood the test of time is testament to the enduring universality of its perennial values of equality, justice and human dignity. To highlight what the Universal Declaration means for people in their everyday lives, UN Human Rights is launching a year-long campaign on 10 December, Human Rights Day 2017 that will culminate in the actual occasion of the Declaration's 70th anniversary celebration on the same day next year.

The campaign has three core objectives: to promote, engage and reflect. Our aim is to engage a broad base of audiences the world over; to help promote understanding of how the Universal Declaration empowers us all; and encourage further reflection on the ways that each of us can stand up for rights, every day.

The anniversary is a chance for the world to celebrate the gift of the Universal Declaration and to help reaffirm the enduring human rights principles



and standards it has helped establish.

The Universal Declaration of Human Rights is a milestone document in the history of human rights. Drafted by representatives with different legal and cultural backgrounds from all regions of the world, the Declaration was proclaimed by the United Nations General Assembly in Paris on 10 December 1948 as a common standard of achievement for all peoples and all nations.

The Universal Declaration – the most translated document in the world, available in more than 500 languages - is as relevant today as it was on the day that it was proclaimed.

"We stand today at the threshold of a great event both in the life of the United Nations and the life of all mankind. This declaration may well become the international Magna Carta for all men everywhere." - Eleanor Roosevelt, driving force behind the Universal Declaration of Human Rights, on its presentation to the UN General Assembly."

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Canada Historic Milestones: from Library and Archives Canada

December 2, 1989

Audrey McLaughlin becomes the first woman to lead a federal political party in Canada. She is chosen as leader of the New Democratic party (NDP) at its national convention in Winnipeg, Manitoba.

Audrey McLaughlin was first elected to the House of Commons for the NDP during a by-election on July 20, 1987, in the riding of Yukon. She was also the first NDP MP (male or female) to be elected in Yukon.

December 3, 1995

Elsie Knott, the first woman to be elected Chief of a First Nation in Canada, passes away at the age of 73.

Elsie Knott was elected Chief of the Curve Lake Anishinaabe First Nation, northeast of Peterborough, Ontario, in 1954. She was in office until 1960. In 1970, she was elected again and remained Chief until 1976.

Elsie Knott had outstanding leadership abilities and was dedicated to improving the quality of life in the community. During her time as Chief, a grocery store, a post office and a daycare centre opened. She believed education was important. She drove the children of the community to off-reserve schools, and raised funds to buy school buses when more vehicles were needed. She also promoted the Ojibway language.

Elsie Knott's memory will be honoured at the Anishinabek Nation's Celebration of Women Conference in 1998. In 1999, the Union of Ontario Indians will recognize her service to her community and her nation with a posthumous Lifetime Achievement Award.



"I will honour Christmas in my heart, and try to keep it all the year" - Charles Dickens (Feb 7, 1812 - Jun 9, 1870) English writer

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

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Ontario Provincial Elections Know Your Candidates - Ajax

Former Post Media Chair Rod Phillips becomes Ontario PC Candidate for Ajax

By Siva Sivapragasam

Prominent business and community leader Rod Phillips has been nominated by the Conservative Party as the Ontario PC candidate in the riding of Ajax for the 2018 Ontario general election.

"In Ajax and across Ontario, this will be a campaign about change," said Phillips to supporters gathered at the Annandale Golf Club recently in Ajax. "I am committed to listening to you, and to helping make life more affordable for your family", remarked Phillips.

Rod was joined by special guests including former minister Janet Ecker, Regional Councillor Shaun Collier, and Patrick Brown, Leader of the Ontario PC Party.

"Rod is an exceptional addition to our modern, inclusive and pragmatic Ontario PC team," said Patrick Brown.

In Ajax and across the province, the Ontario PC Party will continue to work

hard for a better future. I look forward to working with Rod as we share our message of change for the better."

A lifelong Conservative, Rod is an advocate for government integrity and accountability. He has experience as a business leader and community activist. He served as Chair of Postmedia, Canada's largest news media company and President and CEO of Shepell.fgi and the Ontario Lottery and Gaming Corporation.

As a community leader, Rod served as the Chair of Civic Action and the Telus GTA Community Board, in addition to many other local organizations.

"Ajax is ready for change that brings relief to families," continued Phillips. "Ajax is ready for change that supports job creation, and treats employers as valued partners to create secure, well-paying jobs."



Statement by Minister Kent Hehr on International Day of Persons with Disabilities

From Employment and Social Development Canada

December 3, 2017: "Today Canada and the world celebrate the United Nations International Day of Persons with Disabilities.

This is a day for us to reflect on how far we have come in making Canada a truly accessible and inclusive country. We also know how far we still have to go. We mark this day by highlighting the talent and contributions of people with disabilities and by celebrating and renewing our commitment to make this country truly accessible and inclusive.

Today, one in seven Canadians reports having a disability. And that number will only increase as our population ages. Here in Canada, we are planning to introduce new federal accessibility legislation which will help improve accessibility for individuals with disabilities in areas under federal jurisdiction.

The fact remains that people with disabilities are more likely to be unemployed, to live in poverty and to earn less than people without a disability.

As part of Canada's roadmap to inclusion, the new legislation will get us



closer to the accessible Canada we all want. Over time, this new legislation will mean real change for Canadians with disabilities—as users of services, as clients, as travellers and as employees in areas of federal jurisdiction.

A few days ago, the United Nations Optional Protocol to the Convention on the Rights of Persons with Disabilities was tabled in the House of Commons. The Convention protects and promotes the rights and dignity of people with disabilities without discrimination and on an equal basis.

We've taken some great strides towards improving our country. Together, we can create a Canada where all Canadians have an equal opportunity to succeed, to build their lives and to follow their hopes, their dreams and their aspirations." - Canada.ca

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Dina Wadia, the 98-year-old daughter of Pakistan's founding father Muhammad Ali Jinnah passes away in New York

Dina Wadia, the daughter of Pakistan founder Mohammad Ali Jinnah, passed away recently at her home in New York, USA.

Premier daily of Pakistan "The Dawn" published the following report by Anwar Iqbal, on the passing of the daughter of Pakistan's founding father:

Dina Wadia, 98, passed away at her home in New York on November 2, 2017, surrounded by many of her family members and relatives, including her daughter, son, grandsons Ness and Jeh Wadia, Jeh's wife Celina and two great-grandchildren Jah and Ella Wadia.

Born in London on Aug 15, 1919, Dina Jinnah married a leading Mumbai Parsi industrialist, Neville Wadia, and mostly lived in Mumbai.

Although the couple had a daughter and a son, their marriage lasted only a few years and Ms Wadia moved to New York after her separation with Neville Wadia.

Dina Wadia maintained a close relationship with her father but she did not travel to Pakistan until his funeral in September 1948. In April 1947, she wrote to him, saying: "My darling Papa, 'First of all, I must congratulate you — we have got Pakistan, that is to say the principle has been accepted. I am so proud and happy for you — how hard you have worked for it'.

I do hope you are keeping well — I get lots of news of you from the newspapers. The children are just recovering from whooping cough, it will take another month yet."

Between 1948 and 1967, Dina Wadia visited Pakistan twice to meet her aunt, Fatima Jinnah. But she stayed away from the country for almost 67 years after Ms Jinnah's death.

Her last visit to Pakistan was in 2004 when she also visited the Quaid-i-Azam mausoleum in Karachi.

"This has been very sad and wonderful for me. May his (Jinnah's) dream for Pakistan come true," she wrote in the visitors' book.

Dina Wadia told British historian Andrew Whitehead in 2002 that she had been invited many times, by Benazir Bhutto and others, but had persistently refused. She told Mr Whitehead she didn't want to be used as a mascot. She complained of leaders who had "robbed" the country and warned that democracy hadn't flourished in any Muslim country.

"On her desk was a photo of her father. She spoke of her pride in Jinnah. Yes, they had quarrelled over her marriage to Neville Wadia ... but they made it up, and often spoke and wrote to each other," Mr Whitehead wrote in a blog.

"She says her father rang her from



Dina Wadia

(15 August 1919 – 2 November 2017)

Delhi to say, 'We've got it!' when he won the Muslim League's demand for Pakistan. Her own temperament and personality, she reckoned, came more from her father than her mother."

The following is the editorial of "The Dawn", published on November 4th, 2017:

Jinnah's daughter

The daughter of the father of the nation is no more. Dina Wadia, the only child of Quaid-i-Azam Mohammad Ali Jinnah passed away in New York on Thursday at the age of 98.

She had only visited Pakistan twice in her lifetime. The first time was when Mr Jinnah passed away on Sept 11, 1948, and the second and last time in 2004 at the invitation of then president Musharraf to witness a cricket match between India and Pakistan.

On that final trip to the country in whose creation her extraordinary father had played such a pivotal role, she visited Lahore and also Karachi, where she laid a wreath at his tomb. But even though she was a distant figure for most Pakistanis, with her death, this country's final, tenuous link with the founder of the nation has gone.

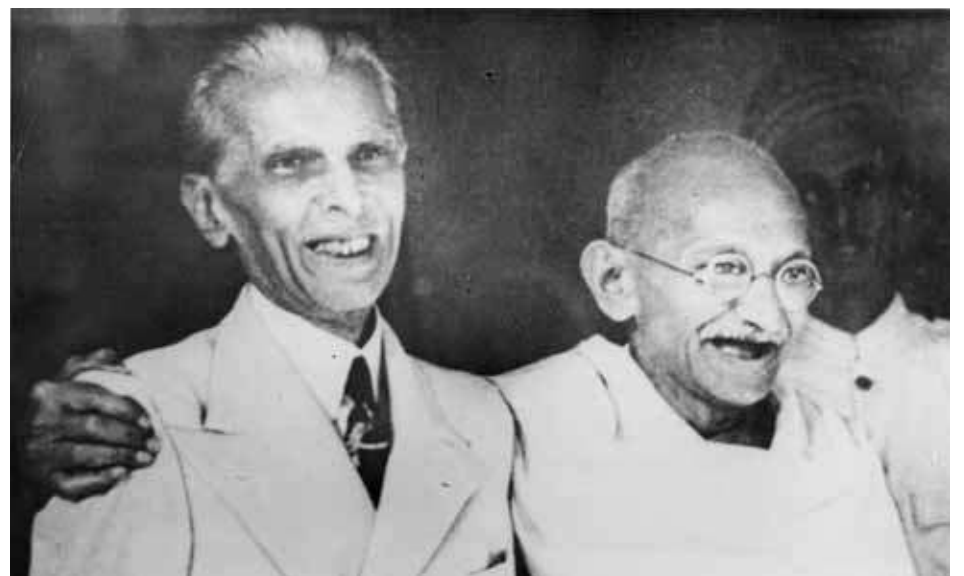
The country must mark her passing with a tribute befitting the Quaid's daughter. All the more is such a gesture called for, given that successive governments did not try to persuade her to live in Pakistan or even visit on a regular basis. In fact, the state that owes so much to Mr Jinnah barely acknowledged her existence.

Much like her parents' marriage which was opposed by the Parsi family of her mother Rattanbai Jinnah, Ms Wadia's own marriage met with resistance from her father, ironically because her prospective husband was a non-Muslim.

That created a rift between father and daughter, at least for some time. Nevertheless, she spent many years



Dina Wadia, on the far left, at her father's funeral in 1948. Fatima Jinnah is the older woman with a black shawl.



Mohammad Ali Jinnah with Mahatma Gandhi in 1944



Mohammad Ali Jinnah with his daughter Dina Wadia

with Mr Jinnah — who brought her up after her mother died at the age of 28 — and lived through the tumult of the events leading up to Partition.

Unfortunately, whatever passed between them is now consigned to history, for the daughter was as intensely private as the father to whom she bore a striking resemblance.

As for what she felt about Pakistan and how far it has strayed from Mr Jinnah's vision, no one knows; she only had gracious words for this country. May his dream for Pakistan come

true, she wrote in the visitors' book at the Quaid's mausoleum.

Her decision not to live in this country has, among other reasons, long been the target of right-wing ire, a section of which even issued a statement against her when president Musharraf invited her to visit the country. Sadly, the true daughter of the nation was never recognised unreservedly as such, especially by those who have perverted Mr Jinnah's aspirations for Pakistan.

— courtesy: **The Dawn.**



Bishop. Fidelis L E Fernando new Bishop of Mannar

By: Raymond Rajabalan

Pope Francis has named Auxiliary Bishop Fidelis Lionel Emmanuel Fernando as the new bishop of the Diocese of Mannar (Sri Lanka).

Bishop Fernando will transfer from the Archdiocese of Colombo to replace Retired Bishop Joseph Kingsley Swampillai who was the Administrator of the diocese from January 2016.

Bishop Fidelis Lionel Emmanuel Fernando was born on May 20, 1948 in Jaffna. After completing his ordinaries Emmanuel entered St. Aloysius Minor Seminary. He was at the "Hawardan" at Haputale for a few months and then entered the National Seminary. In August 1969 he came to Rome for Theology. In 1974 he got the licentiate in Theology.

On January 6, 1973 he was ordained a priest by the Holy Father Pope Paul VI in Rome along with 38 priests from 19 countries on the solemn occasion of the 350th Anniversary of the congregation for evangelization of people. In 1987 he proceeded to United States and earned a Doctorate in moral Theology from the Catholic University, Washington DC.

As a priest he has held the following Offices:

As a priest he has held the following Offices:

Assistant parish priest in three parishes

Professor at the National Seminary of Kandy



Vice-Rector of the National Seminary of Kandy

Rector of the National Seminary of Kandy

Pastor, Dean in the Moratuwa area.

Episcopal Vicar for Catechesis.

The Apostolate for the Family.

Episcopal Vicar for the southern area of the Archdiocese.

Member of the Priests' Council and the Board of Consultants.

Episcopal Vicar for the faithful of Tamil origin in the Archdiocese of Colombo.

On February 11, 2012 he was ordained Auxiliary Bishop of Colombo, the office he held till date.

As of 2013 statistics Mannar diocese has 89 thousand Catholics, 34 parishes with 87 diocesan priests, 47 religious priests and 183 women religious

Sri Lankan author AnukArudpragasam wins \$ 25,000 South Asian Literature Prize

Sri Lankan author AnukArudpragasam wins \$25,000 South Asian Literature Prize for his novel "The story of a Brief Marriage", a touching tale based on the frontlines of the Sri Lankan civil war

Author decides to donate one-third prize money to organizations working in Northern Sri Lanka, Rohingya Muslims and Kashmiri organizations providing assistance in the troubled state



By Siva Sivapragasam

Sri Lankan author AnukArudpragasam's "The Story of a Brief Marriage" — a touching tale of a young man trapped on the frontlines between the Sri Lankan army and the Tamil Tigers — has bagged the \$25,000 DSC Prize for South Asian Literature 2017. The announcement was made at the magnificent Bangla Academy during the closing ceremony of the three-day-long Dhaka Literature Festival on Saturday.

"Writers are not race car drivers. We are not in some kind of a race. We are all working in silence, we write because we believe there are things that cannot be communicated in speech. It feels a little insincere to celebrate this award because my novel is about something so tragic," said Arudpragasam after receiving the award.

He announced he would donate one-third of the prize money to the organisations that work in Northern Sri Lanka, to Rohingya Muslims and to Kashmiri organisations providing succour in the troubled state.

Jury chair Ritu Menon described Arudpragasam's work as a "remarkable novel", saying it had "several exceptional qualities".

Anuk is from Colombo, Sri Lanka, and graduated with a BA from Stanford University in 2010. His dissertation is about the theorization and idealization of the individual in the work of Ralph Waldo Emerson, William James, and John Dewey. He is also a writer of fiction and his first novel, The Story of a Brief Marriage, was published by Flatiron/Macmillan in September 2016, with translations published or forthcoming in French, German, Italian, Dutch, and Czech.

BOOK REVIEW

Tell me a long, long story 12 Memorable Stories from India

Edited by Mini Krishnan

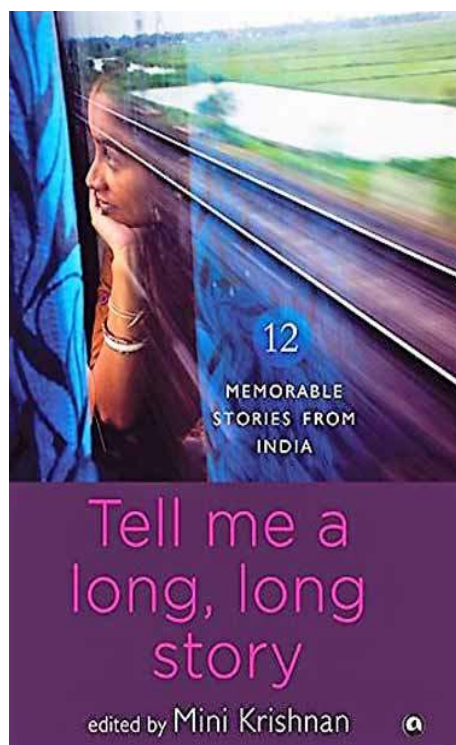
Publishers: Aleph Book Company

Reviewed by Siva Sivapragasam

"Tell me a long, long story" edited by Mini Krishnan and published by Aleph Book Company (promoted by Rupa Publications, India) is a collection of twelve memorable stories from India by well-known authors.

The stories in the book range from tales of strong women and ruthless men, humour and pathos, town, village and countryside, death and oppression, crime and terror, love and witchcraft in India and allows the reader to take an inside view of India in different perspectives.

The following authors are represented in this volume: BolwarMahamadKunhi, Chetan Raj Shrestha, K. R.



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Meera, Kolakaluri Enoch, Mahasweta Devi, Shripad Narayan Pendse, NirmalVerma, Gopikrishnan, Habib Kamran, IsmatChughtai, KamalakantaMohapatra and Waryam Singh Sandhu.

The long short story is a compelling literary form. Neither as brief as the classic short story nor as long as the novel, it is a piece of writerly art that can be read in a single sitting, yet allows the writer to properly explore setting, character, atmosphere and plot. In the hands of a master, 'the long short' is just the right length to provide

an extraordinary reading experience—a story that you can sink into.

Editor Mini Krishnan does translations for Oxford University Press (India) and also is the Consultant Editor of the translation programme of the ThunchthEzhuthachan Malayalam University, Tirur.

The book is published by Aleph Book Company which is promoted by Rupa, Publications, India and available for purchase online by those interested in reading a wonderful collection of long stories.



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Participants at UN conference examine human mobility in an era of climate change



The former village site of Vunidogoloa. The village was forced to relocate inland due to climate change-induced coastal erosion and flooding.
Credit: Nansen Initiative, via UNOCHA

8 November 2017 – As the number of people displaced worldwide due to climate change-related events continues to grow, the United Nations and its partners are focusing on regional approaches, framed by existing practice, to respond to the issue of ‘climate refugees.’

The number of disaster displacements on annual average between 2008 and 2016 amounted to 25.3 million, according to figures released by the Norwegian Refugee Council. The five countries globally that have the highest proportion of their population affected by displacements are all island States: Cuba, Fiji, Philippines, Tonga and Sri Lanka.

“During this hurricane season alone for example, we saw the displacement of 1.7 million people in Cuba – that’s the equivalent of 15 per cent of its population,” said Camila Minerva, Humanitarian Programme Manager with Oxfam in the Dominican Republic, during a press conference on ‘human mobility and climate change’ at the UN Climate Conference (COP23), in Bonn, Germany.

“The poorest and the most marginalized are five times more likely to be displaced and to remain so for longer time than people in higher income countries, and [this number] is increasing with climate change,” she added.

Mariam Traore, Migration, Environment and Climate Change Specialist with the UN International Organization for Migration (IOM), said that it is also important to remember that the slow onset effect of climate change makes people move and migrate, sometimes in a forced way.

“In a country like Bangladesh, we did a survey last year and 40 per cent of the households we interviewed told us that climate change contributed directly to their decision to migrate,” she explained.

In this context, some have suggested the creation of a ‘climate refugee’ status, protecting those forced to leave

their country because of the impacts of climate change.

“The legal status for refugees is provided by the 1951 Refugee Convention, which is very clear on what [basis such status is conferred], which is basically persecution,” said Marine Franck, Programme Officer (climate change), Division of International Protection, in the Office of the UN High Commissioner for Refugees (UNHCR).

“In the context of climate change displacement, there might be cases where there is persecution involved where this refugee status could apply but in most cases, it doesn’t,” she added.

She recalled that in 2011, States had suggested that UNHCR create a new status of refugee for people displaced because of climate change. “But some States were not at all ready for that,” she stated.

Ms. Franck stressed that this issue of broadening the scope of refugee protection “is not necessarily desirable, because there is a risk of undermining the refugees fleeing persecution and violent conflict.” Moreover, she explained: “We would need also to renegotiate the Convention and there is no appetite for that from States and it might not be the most effective protection tool.”

UNHCR thinks it is better to look at what exists at the regional level and try to have a bottom-up approach with broadening at the regional level using practices that are effective. She mentioned humanitarian protection visas, temporary protection and stay arrangements, as well as migration laws that can provide real protection.

“It is much more effective because States are going to look at what their neighbours are doing and may adopt the same kind of procedures, rather than if we adopt a global convention or a new category [...] it might not be easy to negotiate and it is not also sure that States will then implement it properly,” Ms. Franck said. – UN.org

An Historic Moment for Zimbabwe

Press Statement by Rex W. Tillerson, US Secretary of State

November 21, 2017: With the resignation of Robert Mugabe, today marks an historic moment for Zimbabwe. We congratulate all Zimbabweans who raised their voices and stated peacefully and clearly that the time for change was overdue. Zimbabwe has an extraordinary opportunity to set itself on a new path.

The United States strongly supports a peaceful, democratic, and prosperous Zimbabwe. As events unfold, we continue to call on all parties to exercise restraint and respect constitutional and

civilian order.

We urge Zimbabwe’s leaders to implement much-needed political and economic reforms for a more stable and promising future for the Zimbabwean people. We will continue to support the people of Zimbabwe as these reforms move forward.

Whatever short-term arrangements the government may establish, the path forward must lead to free and fair elections. The people of Zimbabwe must choose their own leaders.

- state.gov

U.S. Statement at the Universal Periodic Review of Sri Lanka

Full Text of Statement via Embassy of the United States of America, Colombo Sri Lanka:

Statement by Jason Mack, Delegation of the United States of America to 28th Session, Universal Periodic Review, Geneva, November 15, 2017

Thank you Mr. Vice President.

The United States warmly welcomes the Sri Lankan delegation to the UPR Working Group.

We commend Sri Lanka’s commitment to promoting reconciliation, accountability, and human rights, and welcome progress on returning occupied lands and operationalizing the Office of Missing Persons. We encourage the Government of Sri Lanka to take

additional steps to fully implement its commitments.

We are concerned by reports of ongoing abuses by members of the security forces, and by reports of increased violence against members of religious minority communities.

Bearing in mind these concerns, we recommend that Sri Lanka:

Fully implement the commitments agreed to in HRC Resolution 30/1.

Hold security forces and government officials accountable for human rights violations and abuses.

Hold accountable perpetrators of harassment and violence against members of religious minority communities.

“Maaveerar Naal” 2017 held worldwide

“Maaveerar Naal”, which remembers those who sacrificed their lives in the Tamil struggle for freedom, is marked on November 27 yearly, in memory of the first death of a Liberation Tigers of Tamil Eelam (LTTE) cadre in fighting - Lt. Shankar died in combat on November 27, 1982. Tamils across Sri Lanka North-East gathered at the LTTE cemeteries and held observances.

Pictures from the event at held at Markham Fairgrounds, via TamilGuardian.com:





Violence drives more Rohingyas to Bangladesh; in Myanmar, Pope appeals for tolerance – UN

28 November 2017 – While their numbers have dropped in recent weeks, hundreds of Rohingya refugees are still crossing the border into Bangladesh from Myanmar every day, the United Nations migration agency said Tuesday.

“People are still arriving in the settlements with horrifying accounts of physical and sexual abuse, harassment and murder. All of them fear for family members left behind in Myanmar,” said Andrew Lind, the International Organization for Migration’s (IOM) Emergency Coordinator in Cox’s Bazar.

Over the past three months, more than 600,000 Rohingya refugees have crossed into Cox’s Bazar, fleeing violence and oppression in Myanmar’s Northern Rakhine state. The most recent influx of some 1,800 in the past week, brings the total population of Rohingya seeking safety in the district to more than 836,000.

One 30-year-old woman who arrived in the Balukhali settlement on Monday with her five children told IOM that she fled seven days ago when her village was burned to ground, saying that while one group of attackers kidnapped people another set houses on fire.

The family hid for two days in a

nearby village before making their way to the border. She explained that with no access to healthcare in Rakhine state, her husband died several months ago.

Like the other refugees, the family arrived with almost nothing to the congested settlement, where the humanitarian response tries to catch up with the vast needs of a desperate population.

Concerns raised over water safety, security and fear-mongering on the ground

Meanwhile, the UN World Health Organization (WHO) found that over 60 per cent of water sources tested in the settlements were contaminated with E.coli. Shallow wells located less than 30 feet away from latrines are culpable, with full latrines and a lack of space to drain them contributing to the potentially life-threatening problem.

To date, IOM has drilled a total of 374 deep tube wells and installed 4,973 permanent and emergency latrines in the Cox’s Bazar settlements and host communities.

Security concerns are also growing as the settlements have become a target for human traffickers. IOM is seeking funding to help better protect the



Rohingya refugees who crossed the Naf River, which demarcates the border between Myanmar and Bangladesh, on makeshift rafts made of logs, bamboo poles and jerrycans, walk along an embankment. Photo: UNICEF/Brown

refugees and offer support to survivors of exploitation and human trafficking.

In other news, Pope Francis, who is currently in Myanmar, has condemned politicians who propagate alarm over immigration, arguing that fear-mongering engenders violence and racism.

In a message about migrants and refugees that the Vatican sent to heads of State and Government before the Pontiff’s trip, he said: “Those who, for

what may be political reasons, foment fear of migrants instead of building peace are sowing violence, racial discrimination and xenophobia, which are matters of great worry for all those concerned about the safety of every human being.” After Myanmar, Pope Francis will travel to Bangladesh, where he is expected to meet a small group of Rohingya refugees.

– UN.org

AIADMK, DMK and TTV Dhinakaran file papers for by-election in Jayalalithaa’s constituency RK Nagar



By Siva Sivapragasam

Candidates of Tamil Nadu’s ruling AIADMK party, its arch-rival DMK, along with T.T.V. Dhinakaran from the Sasikala faction, have filed their nominations for the December 21 byelection to the prestigious Radhakrishnan Nagar Assembly constituency, earlier represented by late Chief Minister Jayaram Jayalalithaa.

AIADMK presidium chairman and party’s nominee E. Madhusudhanan and DMK’s M. Maruthuganesh filed their nominations with election officials for the byelection, necessitated by sitting lawmaker and former Chief

Minister Jayalalithaa’s death in December last year.

Dhinakaran, the nephew of jailed “deposed” AIADMK general secretary V.K. Sasikala, has filed nomination as an independent candidate. All three candidates were candidates for the April 12 bypoll to the city constituency which was rescinded by the Election Commission following complaints of money distribution.

The coming byelection is considered as a litmus test to gauge the popularity of the parties among the people due to the confused political scenario in Tamil Nadu.

Bollywood Idol Shashi Kapoor Dies at 79

Longtime Bollywood actor and producer Shashi Kapoor died on December 4th at the age of 79.

Kapoor, who starred in over 150 films, passed away in a Mumbai hospital, after suffering from kidney disease for several years, his family said.

Kapoor is survived by his three children. His wife, British actress Jennifer Kendal, died in 1984.

A three-time winner of at India’s National Film Awards, Kapoor was perhaps best known for his role opposite Bollywood superstar Amitabh Bachchan in “Deewar” (The Wall, 1975) in which he said what is now one of Hindi cinema’s most famous lines in a tense confrontation with Bachchan – “Mere paasMaahai” (Mother is on my side).

Kapoor was also one of the first Indian actors to perform abroad, starring in Merchant Ivory Films such as “The Householder” (1963) and “Shakespeare Wallah” (1965).

Kapoor, a member of what is often called Bollywood’s First Family, was the youngest son of Prithviraj Kapoor



Shashi Kapoor

(18 March 1938 – 4 December 2017)

and brothers of Raj and Shammi Kapoor - who were also leading men in India’s film industry.

Along with his late wife, Shashi Kapoor began Mumbai’s iconic Prithvi Theatre, named after his father, which supports experimental and avant-garde theater. His daughter Sanjana now runs it.

Indian Prime Minister Narendra Modi expressed his condolences to the family on Twitter Monday, writing that Kapoor’s “brilliant acting will be remembered for generations to come”.

– VOA News

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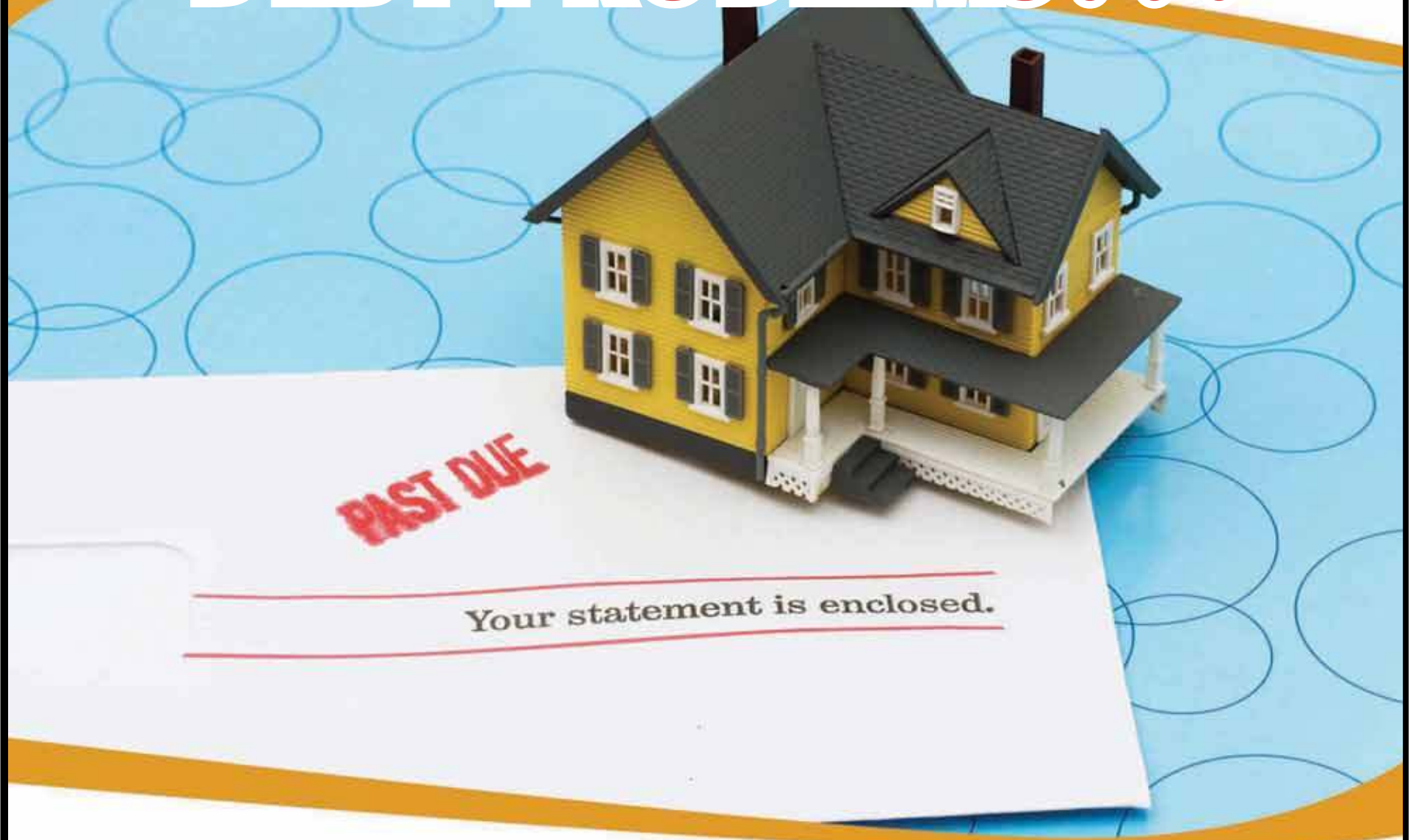
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blood is returned to the other arm. There is no blood loss. The process takes between 5-6 hours. The most common complaint is body soreness while on the medication, which resolves within 24 hours of donation. Pain medicine is given as needed. This process is done 78% of the time.

Marrow Harvesting - 3-5% of your blood stem cells are removed from your hip area under anesthesia (the donor decides if it general or local). The body regenerates it in a few weeks. There is no pain during the procedure because of the anesthesia. The most common complaint is soreness at the site of the extraction for a few days. Pain medicine is given as needed. Only done 22% of the time.



To become a donor or to volunteer at a donor drive in Canada,

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BRINGING BACK THAT JOY

A group of patients are in Providence Healthcare's A149, a shared therapy space beside the organization's cafeteria. Lining the wall by the windows are stationary bikes that Providence physiotherapists use with their patients. But today, the bikes stand idle. The group is centralized in the middle of the room, lining both sides of two long tables adorned with cups of brushes, tubes of colourful paint and blank white canvases. Therapeutic Recreationists (TRs) Tracy Martin, Katie Fairweather and Caitlyn Costello have turned the room into Providence's version of a paint lounge.

"You have to be a jack of all trades," says Tracy, TR for Providence's Palliative Care unit... or, for this team of five full-time female staff, a 'jill'. They help with each other's group programs and cover for each other as needed for one-to-one support. "We all have our strengths. Tracy's good with trivia and music, Katie with art, Caitlyn likes to focus on discussion groups and current events, Stephanie (Ellis) knitting and sewing and I like our more physical programs like Tai Chi, dance, etc.," says Mary Scarborough, TR for Outpatient Clinics.

Members of the interprofessional team, they take a holistic approach to working with a patient, helping individuals restore their confidence and sense of being as they integrate back into the community.

"When TRs see a patient, something has changed," explains Cindy Martin, Providence's TR Professional Practice Lead. "For example, a golfer who has had a stroke. The TR works with the person to figure out a way to work within the patient's limits to still be able to golf. We had one patient who liked being in a boat. The TR coordinated with a marina and the patient was lowered into a boat with his wheelchair."

Every patient is at a different place in their recovery. While in hospital, they're focused on those crucial things they need to do. Secondary are often their hobbies. TRs find out about a person's passion in terms of leisure, connecting with and helping them adapt to his/her new normal.

"The leisure lifestyle is so important and linking with community resources allows patients to be social, happy and moving. It helps prevent them from having another life event," says Stephanie, TR for Geriatric and Medical Rehab.

Mary agrees, adding, "Patients go home from hospital with a stack of papers and equipment. Leisure is not their priority at that time. Two weeks later, once they've settled in, they wonder, 'Now what do I do?' We're here to help, assessing patients to see what their leisure needs are and to provide meaningful recreational programs within their changing capacity levels."

Schooling for the profession is a four-year degree in Therapeutic Recreation. They learn about the physical components of the human body (what happens with different diseases, how it affects the brain, etc.) as well as the psychological side. They do practicums, hands on work in a variety of settings, working with different ages then deciding where they want to specialize. "A lot of this is really about personality," says Cindy.

Mary and Katie, TR for Stroke and Neuro Rehab, were both students here themselves. Caitlyn, TR for Orthopaedic and Amputee Rehab, started in personal training before joining Providence. Stephanie has a degree in gerontology and was at a Best Practice day when she heard about Providence. And Tracy... well, everyone at Providence knows this former Living Our Values award winner from her laugh. "I've been here over 25 years, I started in the Complex Continuing Care program before moving to rec."

Each of the TRs see between 15-25 patients weekly, broken down by group activities and one-to-one. The group meets collectively to catch up on the first Thursday of each month. At this particular meeting, they discuss plans for their Providence's 160th anniversary painting event, share learnings from a recent conference and talk over potential external TR site visits as well as other programming.

"It's the therapy component. Our tools are our leisure, artwork, golf, bead work, flower arranging – we're still working on the same functional goals as other professions," explains Stephanie. "When patients need help brushing their teeth, we get them to paint to help improve their grip strength." Mary adds, "Getting them to paint, getting them to scan the work they're doing is seen as an enjoyable task, so they are engaged longer. They're not thinking of it as home work."

Resourceful, adaptable, creative, the value of these skillsets is seeing the person as a whole and advocating on their behalf. Mary says, "It's a rewarding job, seeing someone who thinks their life is over and bringing back that joy."

And it's about offering patients independence and empowering them. "We may see something in them that they don't see," Tracy says. "I had one woman who took an art class with us. She did so well, I had her teach the next class. She was nervous at first, didn't think she could do it... but she did. This was a great confidence booster for her."

When asked why they chose this profession, there is a thoughtful pause before sharing some of their 'ah ha' moments.

"For me, it's the feeling of community," says Katie. "People that have been in our programs have become mentors. We had one guy who ran a radio station, so we gave him an opportunity to do something similar. He organized a play list and we brought patients for the show."

Says Mary, "Depression is a reality for our patients. Being able to see them thrive after working with them makes this all worthwhile."

Stephanie nods in agreement, "It's like working your way out of a job. Watching as your patients improve then flourish in the community."

The group of patients are putting the final touches on their works of art. Smiles abound as they show each other their creations. The afternoon has offered them a new perspective, a breath of fresh air in their care journey. "This makes it all worthwhile, offering them up a new perspective," says Tracy. "When you connect with a patient – and it doesn't happen all the time, but when it does... it's amazing! I go home and think this was the best day ever. I feel like I made a difference in this patient's day. This is why I love what I do."

Located at Warden and St. Clair Avenues, Providence Healthcare provides rehabilitation, palliative care, clinics to promote recovery and well-being, caregiver support, an adult day program for people with dementia and long-term care for 288 residents. All our programs and services are provided within a welcoming community of compassion, hope and healing. For more info on our programs and services as well as more patient and staff stories like this one on Therapeutic Recreation, visit our website at www.providence.on.ca.





Scarborough and Rouge Hospital



Health & Care

Scarborough and Rouge Hospital celebrates 50th anniversary of Centenary site

SCARBOROUGH (November 17, 2017) – Government officials, health partner organizations, donors, and community members joined Scarborough and Rouge Hospital (SRH) staff, physicians, and volunteers to celebrate the 50th anniversary of SRH’s Centenary site.

“The rich history of our Centenary site is a tribute to the spirit of community health care across Ontario and we are proud to be able to celebrate how our hospital has been changing lives, strengthening the community, and helping it grow,” said Elizabeth Buller, President and CEO of SRH.

“Along with our General and Birchmount sites, Scarborough and Rouge Hospital is now proud to be Ontario’s third largest community hospital, serving a population of over 600,000,” added Maureen Adamson, Chairperson of SRH’s Board of Directors. “We have more than 5,000 staff, 1,000 physicians span-

ning 13 disciplines, and 1,500 volunteers who work tirelessly each and every day to provide world-class health care close to home for our global community.”

“I would like to commend the dedicated team of staff, administration, and volunteers of Scarborough and Rouge Hospital’s Centenary site for their contributions to building and supporting a strong and vital health care facility,” said John McKay, Member of Parliament for Scarborough-Guildwood.

Also in attendance was Brad Duguid, Member of Provincial Parliament for Scarborough Centre. “Our thanks go out to the hospital’s past and present Board members, leaders, physicians, staff, and volunteers for five decades of excellence in patient care and community health, and for all they have contributed to the high quality health care we enjoy in Ontario,” said Brad.

About Scarborough and Rouge Hospital

At Scarborough and Rouge Hospital (SRH), a quality patient experience comes first. Affiliated with the University of Toronto, SRH consists of three hospital sites (Birchmount, General, and Centenary) and five satellite sites in Scarborough. SRH delivers a broad spectrum of health services to one of the most diverse communities in Canada, including a full-service Emergency Department at each site, advanced maternal and neonatal care in state-of-the-art birthing centres, and specialized paediatric services. SRH is home to a number of regional programs serving the central east Greater Toronto Area (GTA) and beyond, including nephrology, cardiac care, vascular surgery, and vision care, and is recognized as a centre of excellence in orthopaedic surgery, cancer care, and mental health.

Some of the photos from the event can be seen here.





Time to install winter tires, prepare for winter driving

Temperatures now consistently 7°C or below, which is when CAA recommends winter tires be installed for improved traction and manoeuvrability

Thornhill, ON, November 8, 2017

- With temperatures now dipping below 7°C and snow in the forecast in some parts of the province, CAA South Central Ontario (CAA SCO) is reminding motorists that the time has come to install winter tires and prepare for winter driving.

"Many people think winter tires are only important when driving in snowy or icy conditions but they also help with handling, manoeuvrability and braking in cold weather," said Kaitlynn Furse, public relations manager, CAA SCO. "Now is the time to install winter tires, test your battery, service your brakes and ensure all regular car maintenance is up to date. Preparing now means fewer surprises during the winter months."

A recent CAA survey showed that about two-thirds of members in South Central Ontario have purchased winter tires for their vehicles. Close to 90 per cent of members who own winter tires, have them installed between late October to late November.

CAA SCO winter checklist:

- Test your battery and replace it before it fails.
- Have your brakes checked and/or serviced.
- Install a set of four matching winter tires for better traction.
- Check your lights to ensure they are working properly.
- Replace worn or torn windshield wipers.
- Pack a winter emergency kit.

Getting a grip on winter tires:

- Winter tires help reduce braking distance on cold, wet, ice and snow-covered roads.
- Depending on the speed and the weather, the braking distance of winter tires can be up to 25 per cent shorter or two vehicle lengths compared to all-season tires.
- Winter tires contain silica, a rubber compound that keeps tires flexible in cold temperatures and ensures excellent grip and

braking on wet roads.

• Winter tires should only be installed in sets of four. With only two winter tires, your vehicle's handling, stability and braking are not fully optimized.

• CAA Insurance policyholders save 5 per cent on their auto insurance premium when four winter tires are installed.

• Drivers should check their tire pressure once a month. As the temperature drops so too does tire pressure. For every 5°C dip in the thermometer your tire pressure decreases 1 pound per square inch which results in reduced handling and control of your vehicle.

On an average winter day, CAA SCO dispatches service to approximately 3,000 members. During a snowstorm, the number



of service calls usually doubles

About CAA South Central Ontario

For over a hundred years, CAA has been helping Canadians stay mobile, safe and protected. CAA South Central Ontario is one of nine auto clubs across Canada providing roadside assistance, travel, insurance services and Member savings for our over 2 million Members.



Local Sikh Community donates \$225,000 to childbirth and children's care at Markham Stouffville Hospital

On November 21, Markham Stouffville Hospital (MSH) paid tribute to Markham's Sikh Community for their \$225,000 contribution by unveiling a sign dedicated in their name. The recognition sign will hang outside the Multipurpose Education Room in the Childbirth and Children's Services department on the fourth floor of the hospital.

Earlier this year the Sikh Community hosted a fundraising gala in honour of the 350th birth anniversary of Guru Gobind Singh Ji that raised \$225,000 for MSH. The local gurdwara and its well-respected leader, Gobinder Randhawa has been instrumental to the success of these fundraising efforts for MSH.

Mr. Randhawa addressed the crowd of over 50 local business leaders, hospital staff and members of the

Sikh Community at the celebration. "This country has open doors and open arms to welcome everyone," he said. "Our community has been here more than 100 years and we truly believe in doing our part so that all of our children have a bright future."

Suzette Strong, CEO, MSH Foundation thanked the Sikh Community at the event. "Hospitals rely on community support to drive innovation and enable continual growth. Because of the dedication and generosity of the Sikh Community, thousands of lives are being touched at MSH."

MSH welcomes over 3,100 newborns annually. With occupancy rates at nearly 80 per cent already, MSH's Neonatal Intensive Care Unit will care for 30 per cent more babies each year.

"A day in the NICU can feel like



an eternity for parents anxious to get their newborns home healthy," said Dr. Deepa Grewal, Chief of Paediatrics at MSH. "Having the best equipment available is essential to providing our tiniest patients with the highest standard of care."

About Markham Stouffville Hospital Foundation
Markham Stouffville Hospi-

tal Foundation exists to enable the growth of Markham Stouffville Hospital by raising funds and awareness for its ongoing priorities and needs. Government can't fund all of the hospital's needs. Donations from the community fund life-saving medical equipment that helps to ensure the delivery of first-class health care at Markham Stouffville Hospital.



HOTSTAR, YOUR TICKET TO THE BEST OF INDIAN ENTERTAINMENT IS NOW AVAILABLE IN CANADA

Toronto, November 14, 2017: Hotstar, India's largest premium streaming platform synonymous for changing the landscape of digital content consumption in India, is now available in **Canada**. Hotstar will treat users in **Canada** to a highly evolved video streaming experience and attention to quality while they enjoy the best of Indian entertainment from everyone's favourite **Star TV channels**.

Hotstar is your ticket to India's leading TV shows, movies and sports available in 8 languages. In line with its offering to watch your favourite content on demand anywhere, anytime, Hotstar is available across a variety of devices and on platforms like the Apple Store, Google play store, Roku and Amazon fire stick.

Apart from showcasing the content from **Star's leading channels** like **Star Plus, Star Bharat, Star Gold in Hindi** and **Star Jalsha, Star Maa, Star Vijay** and **Asianet** amongst the regional languages, the streaming platform also has a line-up of **original shows** like **Sarabhai vs Sarabhai, AIB** and **Tanhaiyan** amongst others.

What is perhaps the biggest draw for all sporting enthusiasts is the **upcoming Indian Premier League**. With Star India's winning bid for the IPL, Hotstar will be home to the world's greatest cricket spectacle come April with fans having the benefit of watching cricket across multiple languages.

With all its content in High Definition, Hotstar is for the Indian who is seeking premium Indian entertainment at world class quality. Taking pride in your identity and recognizing the diversity that enriches your individuality is the message that Hotstar is giving through its brand positioning- For who you are.

ABOUT HOTSTAR:

Hotstar, India's leading video streaming platform for Indian TV shows, movies and live sports, is now in the US and Canada. Hotstar membership offers full and unlimited access to more than 2000 movies and TV shows across 8 languages with over 60,000 hours of content, from popular Star channels, all ad-free in High Definition.

Hotstar also features live sporting events such as Cricket, Pro Badminton League, Hockey India League and the new sports sensation sweeping India, Pro Kabaddi League. Now no matter where you are from or what language you speak, Hotstar ensures you are never too far from your favourite entertainment.

Watch your favorite entertainment from the following channels: *Star Plus, Star Bharat, Asianet, Asianet plus, Star Maa, Star Jalsha, Star Pravah, Star Utsav, Star Vijay, Star Sports and NGC.*

Movie buffs get the latest movies on offer such as Judwaa 2 and Jolly LLB as well as blockbusters such as Pink, Bajrangi Bhaijan, Phillauri, Housefull 3, Prem Rattan Dhan Payo and Zindigi Na Milegi Dobara.

Hotstar also has the latest and most popular movies in Tamil, Telugu, Malayalam, Kannada, Bengali and Marathi languages.

Catch content that you won't see anywhere on television, Hotstar Originals includes a variety of exclusive content for Hotstar. It ranges from the most talked about stand up group AIB to your favorite characters from Sarabhai vs Sarabhai 2, cinematic renditions of leading plays and much more.

Hotstar can be accessed through ca.hotstar.com and via iOS AppStore, Android Google Play and Roku etc. Concurrent viewing across two screens is allowed to the subscribers, making it an attractive option for family members with different entertainment needs.

Top content on Hotstar:

Shows: *Yeh Rishta Kya Kehlata Hai, The Great Indian Laughter Challenge, Ye Hai Mohabbatein, Dance Champions, Ishqbaaaz, Tu Sooraj Main Saanjh, Piyaji and Naamkarann*

Movies: *A Gentleman, Jolly LLB 2, Golmaal 3, Baahubali 2: The Conclusion and 2 States*

Sports: *Cricket – India vs Sri Lanka series, Indian Premier League (Upcoming) and Pro Kabaddi League*

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Siya Ke Ram



CIBC LAUNCHES REMI, A DIGITAL ASSISTANT THAT HELPS CLIENTS TRACK FX RATES AND EASILY SEND MONEY OVERSEAS THROUGH MESSENGER

TORONTO, November 6, 2017 – CIBC (TSX: CM) (NYSE: CM) announced today the introduction of Remi, its first digital assistant designed to help clients send no-fee Global Money Transfers (GMT). Remi offers clients and people using Facebook Messenger the ability to check foreign exchange rates, keep track of exchange rate fluctuations with recurring alerts, and get answers to product questions.

Remi is capable of alerting clients to an exchange rate they set themselves, with an automatic option for sending a money transfer at that time. This means Remi will notify clients using Messenger, on mobile or online, when the exchange rate has reached the selected status, and immediately offer to send a global remittance, elevating the client experience by making international money transfers faster and more accessible.

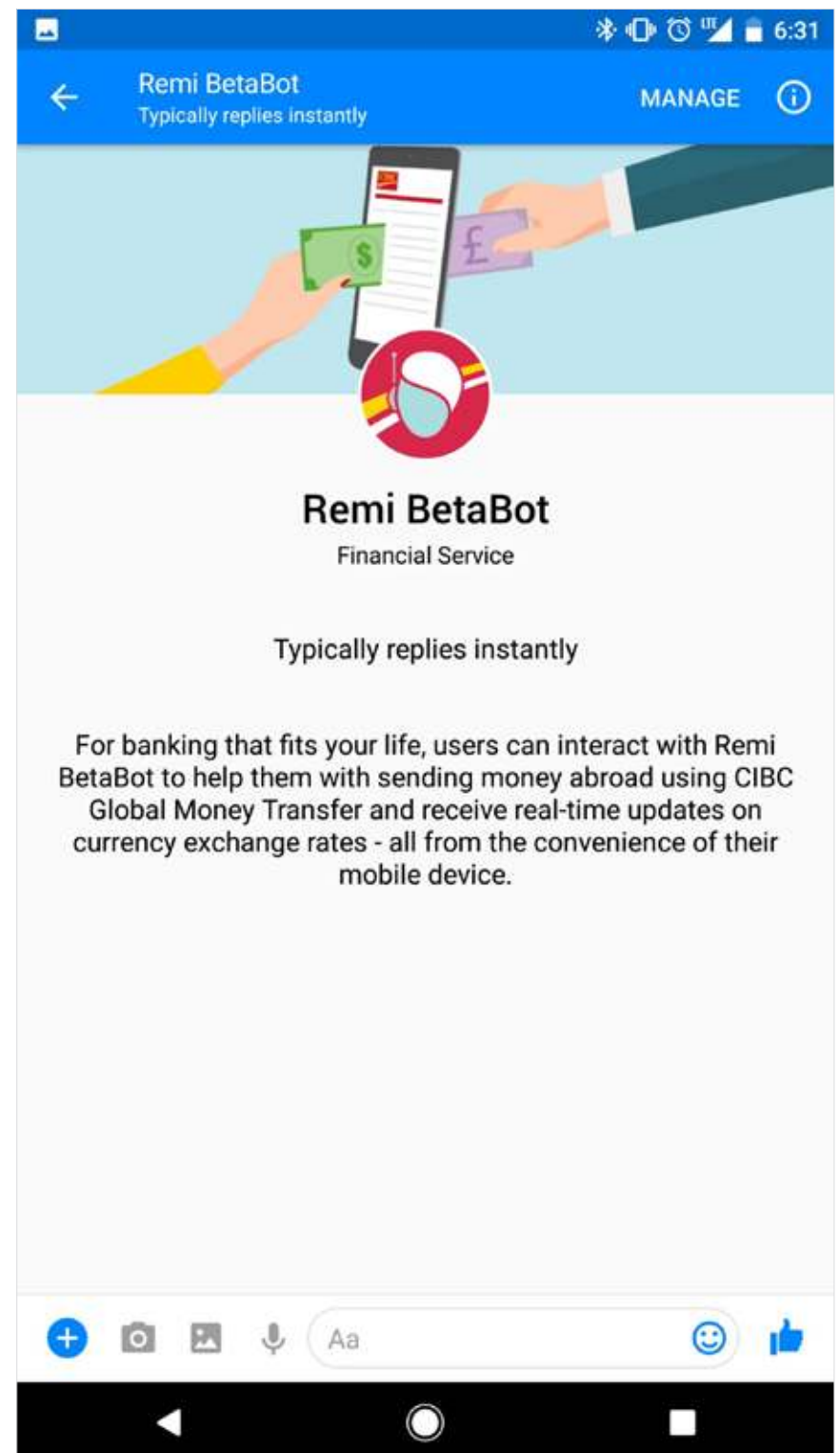
“We are excited about the way Remi is making it easier to manage sending money abroad,” says Vineet Malhotra, MD and Head of Alternate Solutions Group & Retail Solutions Group, CIBC. “You’ll always know exactly how much money you’re sending and the exchange rate you’ll receive, all without upfront fees. By enhancing existing technologies and building new digital solutions, we continue to deliver modern convenient banking for our clients, how and when they want.” CIBC Global

Money Transfer launched in October 2015 allowing CIBC clients to send money to over 50 countries around the world with no fees. Recently added to the roster are Mexico, South Korea, Bangladesh, United Arab Emirates and Singapore.

CIBC Capital Markets developed Remi in collaboration with CIBC Live Labs, the bank’s technology incubator. Remi will be available in French and English at first, with new languages to be released in the coming months.

About CIBC

CIBC is a leading Canadian-based global financial institution with 11 million personal banking, business, public sector and institutional clients. Across Personal and Small Business Banking, Commercial Banking and Wealth Management, and Capital Markets businesses, CIBC offers a full range of advice, solutions and services through its leading digital banking network, and locations across Canada, in the United States and around the world. Ongoing news releases and more information about CIBC can be found at www.cibc.com/ca/media-centre or by following on LinkedIn (www.linkedin.com/company/cibc), Twitter @CIBC, Facebook (www.facebook.com/CIBC) and Instagram @CIBCNOW.





WORDS OF PEACE



Like Dogs Chasing Tails

When it comes to the experience of peace, people have become like dogs that chase their own tails, says Prem Rawat, who travels the globe to talk about personal peace and fulfillment.

“Have you ever seen one of those dogs that loves to chase its tail?” he asks. “We used to have one when I was growing up. He was a Lhasa Apso. He was little, but everybody was afraid of him except for my father. My father was very focused, and when he was sitting outside, that dog would sit there, too. Nobody could go close.

“That dog was just a little thing, but he loved to bite anything that moved. He had a temper! Even if he could only see his tail out of the corner of his eye, that was all it took. That tail had to be attacked. He would run around in circles—and not only for a few minutes. It would go on and on. He was so protective that if he saw this thing coming from behind, he had to attack it.

“What advice would you have for that dog chasing its own tail? What advice would you give? One could be

to calm down. Two might be to say that it’s pointless. Three, if he ever caught it, he would be in great pain. You could tell him to relax, that he didn’t need to do that.

“Would that particular dog—his name was Tommy—hear you? No, of course not. Tommy would never hear you. The only thing that could save Tommy’s day would be if he saw you and found you more attractive to attack than the tail. Then he would forget about the tail.

“Another thing—Tommy could never recognize himself in a mirror. If he saw himself in a mirror, he would bark endlessly. He would get very, very angry.

“I’m talking about Tommy to draw an analogy, because we too have become like that dog. People are chasing their own tails. We don’t recognize ourselves. Every time we see ourselves in the mirror, we bark. ‘What is this?’ we ask. ‘Who am I?’ It just goes on and on.”

What everyone is really looking for, Mr. Rawat says, is a peace that is already within each human be-

ing. Yet we are always looking for it on the outside, chasing our own ideas and desires. We associate our happiness and contentment, our discomfort and unhappiness, with the circumstances we find ourselves in. People don’t consider looking for personal peace. Instead, they talk about world peace.

“I have been honored as an Ambassador of Peace in two different countries, Brazil and Italy,” he says, “and yet I am saying that people should forget about world peace. Worry about peace in your own world, because if there’s no peace in that world, it’s never going to happen out there.

“As human beings, we have a choice. What are you choosing? You have a choice. This world is an incredible circus—huge—but it will be gone one day. One day it’ll pack up, and it’ll all be gone. Not tomorrow. It will take billions and billions of years, but it will come to an end. So what are you choosing?

“People write books. Other people read those books and say, ‘That’s it!’

“How can we abdicate our capacity to understand by thinking that just because something was written in a book, that’s good enough? No, that’s not living life. That’s just copying—but when there is uncertainty, that’s what a person will do.”

The peace that can be discovered within, Mr. Rawat says, is the only lasting peace.

When I say to you, ‘Peace is inside of you,’ does that come as news to you? You already know that, don’t you? That’s what Socrates said. He was one of those philosophers who said, ‘Question everything,’ but he also gave an answer: ‘Know thyself.’

“This is what I am saying, too. Know yourself.”

To learn more about Prem Rawat visit: 1 877 707 3221

416 431 5000 Tamil

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www.wopg.org

www.tprf.org

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Academic Courage



By: Janani Srikanatha

It's that time of year when the term is winding down for the holidays. However, many students just received their report cards and are ready for their next steps. At times, this can be a roadblock as students don't know how to take the next step. They may be ecstatic with their grade, which is wonderful, but may also make them complacent. "I'm doing great, so I don't need to try anymore" can be the attitude. On the other hand, some students may experience a "I'm terrible at this, and I want to give up" moment.

In both these situations, the most important factor for progress is academic courage. This ties into having grit and resilience which are terms referred to within and outside of education. Academic courage requires students to critically reflect on their strengths and areas of improvement.

When a student is doing well, they may develop academic courage by choosing difficult problems to solve, and being okay with taking the risk to make mistakes. In my experience, I think this is where some students struggle the most. They have been told

many times that making a mistake is "wrong", and now they are scared to make one. They want everything to be perfect, and put themselves down when they don't get an answer correct. The problem with this is attitude is that often the biggest learning experiences come from mistakes. You learn to take apart the problem, analyze, it, understand what went wrong, and then reflect to find a better solution. Also, this helps students develop resiliency because, in reality, it's not always going to go smoothly, and they need to know how to problem solve without losing their self-esteem.

At the other end of the spectrum, when a student has an area for improvement, they need to build their confidence to raise their hand and ask questions for clarification. They need to develop the courage to share their ideas and be accepting of critiques, in order to improve.

So, how do we help students build academic courage? There is a common phrase that says, "courage is contagious". This means that we, as teachers and parents, need to model courage. We need to have the confidence to ask questions and speak up when we need

clarification. We need to be okay with acknowledging the mistakes that we make, and then actively demonstrate how we solve the problem. We need to not always choose the easy path, but show how attempting a task that is difficult can result in great learning. We need to share our successes and challenges.

All of this will lead to a growth mindset, not just for children, but for the whole family. As a whole, we change our mindset away from being fixed. Instead of believing that our abilities, intelligence, and talents are fixed traits, we understand that learning is a goal and it is effort that makes an individual stronger to achieve that goal. Failure is no longer an indication of limited abilities, but it is now an opportunity to grow.

It teaches everyone to say, "What am I missing?" instead of "I am not good at this!" And, instead of saying "I'm awesome at this, and I can't make it any better!" to say, "I'm on the right track, and I can always improve. So what can I do next?" It is phrases like this that allow for the greatest learning, while building academic courage.

Now is the perfect time to look at the report cards and see where children can build academic courage. It's a time where we can take a look at strengths, and make a plan to attempt the next challenge. We can also take a look at areas for growth, and build the confidence to tackle a problem and find a solution. With academic courage, students become more interested in learning, and are less afraid to try new experiences.

Janani Srikantha is a certified teacher who is experienced with the Ontario curriculum and the International Baccalaureate. She provides tutoring using personalized learning plans based on students' needs. She is knowledgeable on integrating technology to



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redefine learning that is inclusive of all students. Janani has led workshops for educators and parents on topics that address different facets of education. For more information or queries on how to help your child with learning, please email info@thinkshiftdedu.com or visit Thinkshift Edu on Facebook.



SADHGURU

There are situations in our lives that we can do something about. Then there are situations in our lives that are just consequential. Only if we handle those dimensions of our life where we can do something well, the consequential dimension of our life will be good. If we do not handle the sadhana, which means the action part of our life, properly, our life will not be of much consequence. This does not mean one should aspire to leave a footprint on the planet. Those who were trying to leave footprints, if they did, it becomes obvious that they could never fly. It is not about leaving footprints.

We wish to establish a yoga center in everyone's mind, body, and heart.

Wherever I go, people ask me, "Sadhguru, will you set up an Isha Yoga Center here?" I am telling them, "I am not a real estate person. My real estate is in the minds and hearts of people. We wish to establish a yoga center in everyone's mind, body, and heart." Definitely Isha Yoga Center is growing that way in the world – it is growing in the minds and hearts of people. Not geographical spots but human beings should become centers of yoga. In this context, this is an important month because particularly in the Northern Hemisphere, a certain inertia is setting in, in nature, and in the way energy functions.

This phase is important for Shiva because he is known for his dancing, but more significantly for his stillness. This is a phase that supports that stillness. There is perfection in our existence only when we know how to be absolutely still. Otherwise, you dance, you sing, all this is nice – but how long? Any activity is bound by time. Only in stillness, time has no impact on you. There are various ways to look at why this is so. Shiva means that which is not, which means it is eternally still – Sadashiva. Initially, you can bring this stillness into you by being immobile. Later on, you can be in a flurry of activity and still be absolutely still. Your activity will be an expression of your stillness, not of your compulsiveness. Everything you do will come from this stillness.

There is perfection in our existence only when we know how to be absolutely still.

You must bring this stillness into your family, into your home. Everything that grows in a space of stillness, including your children, will be of a different quality altogether. Stillness and exuberance are the nature of existence. This is the nature of yoga, the nature of creation, and the nature of what we refer to as Shiva – still but tremendously vibrant. In some sense, even modern science is beginning to recognize that the most dynamic dimension of creation seems to be nothingness. It is possible for every human being to become like this that after you sat somewhere, the place will exhibit an exuberant form of stillness.

Many years ago, I was teaching programs in small towns and villages of Tamil Nadu. These were wonderful times, as I dealt with people who had a certain level of innocence and fire within them. We came to a place called Velayuthampalayam. People said, "You must come to the temple on the hill." I told them, "There is no bald hill in Tamil Nadu – every hill has a little temple. Let's leave it." Then one day, they told me there is a cave where some Jina or Jain saints stayed, about two thousand five hundred years ago. Now I got interested. Con-



sidering the time period, they could have been direct disciples of Mahavir.

This is the nature of yoga, the nature of creation, and the nature of what we refer to as Shiva – still but tremendously vibrant.

We climbed up the hill and came to a place where a narrow walkway led to a cave. The local king provided them with beds that were carved out of the rock, in the form of a flat space and a small pillow made of rock. I sat on one of these beds, and even after centuries, it was as alive as if they had been there the day before. The place was not well-kept – the local youth used it to hang out and drink. It was littered with broken bottles and garbage, and the rocks were covered with the initials of who was in love with whom. We cleaned up the place and decided to spend the night there. It was a phenomenal night out there – that was the kind of footprint they had left. They had no intention of leaving a footprint, but wherever they sat and stood, it naturally happened, because they had become like that within themselves.

This is what Bharat means, first of all. For ages, people who had an inner longing turned east, simply because many great beings left a web of energy here. To establish something so fabulous has taken thousands of years and beings of great proportion and depth. To make something fabulous, whether it is a space or a human being, takes a whole lot of work. To make it filthy takes just a day. Now is the very last phase of Dakshinayana, this means the very last phase of the sadhana pada. This is a time of the year to strive without results. One who is wise will understand that one dimension of our life needs striving – another dimension of our life is a consequence. If we want a great consequence, the striving has to be equally profound.

Inner Engineering means to evolve a human being to a much higher level of functioning.

This is not about being rewarded for something that you do. This is the nature of this machine that we call creation. I call creation a machine because it produces un-faillingly. The solar system is a machine as well. It has been working so perfectly and efficiently for thousands of years that you may forget it is a machine. The sun rises every day, so you don't bother to look up and watch if it is coming up this morning or not. I still do, because I am skeptical about everything. You must also look out. If you learn to be on a certain level observant of what is happening around you, you will not only be observant with the outside but with the interiority too. If you understand that the entire cosmos is a kind of machine,

you will realize your own system is also a machine. How well a machine functions depends on how well it is kept.

Keeping it well is not just about fitness – that is only one aspect of it. Keeping it well for it to perform at a very high level needs evolution. What does evolution mean? On ancient excavation sites, archeologists are often looking for pieces of pottery. Imagine the first time people dug up the earth and made pots out of it. For the first time, they had something they could store water in and carry it home. How fantastic it must have been! A simple pot transformed people's lives. It must have been a milestone in the development of human societies. Today, we are digging the same soil and make a spaceship out of it. With the same resource, we can do so many things today. This is the evolution of engineering. Similarly, with the same resource, a human being can do so many things.

This is the time to bring stillness into your life.

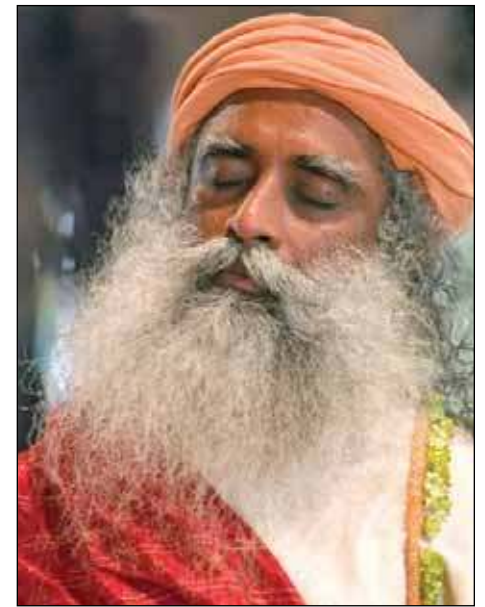
Sadhana and yoga are about evolving the engineering of what we can do with this human system. That is why we have named our basic program Inner Engineering. The human system is a machine. Inner Engineering means to evolve a human being to a much higher level of functioning. You can engineer yourself to a place where you function like the source of creation. When you say "Shiva," you won't have to look up. When you say "Shiva," naturally your eyes will close, because it is all here. That is how far a human being can go. Instead of being a creature, you can become the source of creation. But without Devotion and Sadhana, it doesn't happen.

If you look at the lives of people who are successful in the world – whether it is as a business man, a musician, an artist, or something else – they were not just lucky. They put in an enormous amount of work to make this happen. When everyone else was sleeping, they were up and doing something. When everyone else was settling for simple pleasures, they were working. If you think you work hard but nothing is happening, then the creature that you are needs to evolve. Evolution is on all levels. One who is reasonably evolved as a human being should start working on the outside. One who is not should start working on the inside. This machine should evolve to function in a way that other people think is magical.

If while doing the same activity, you only use fifty percent of the words you normally use, you will see stillness will settle in.

The important thing is the evolution of the machine. This machine must evolve to a point where it is no more a cog in the larger machine – it is the machine. What we refer to as Shiva is not another part in the machine – it is the source of the machine. It is the source of existence. This is the evolution that a yogi is striving for – not to become a little more polished part but to go deeper and deeper into the machine until one day, this is the very source of the machine. This period of inertia on the planet is very good – you can become still, effortlessly.

This is the time to bring stillness into your life. From now until the solstice on the twenty-first of December, be conscious to utter only fifty percent of the words you normally utter in a day. This is vak shudhi. Purity of utterance will happen. This is not for someone else's sake. For yourself,



Sadhguru Vasudev is a realized master, yogi and mystic, who has founded Isha Foundation, an international public service organization that strives for ultimate human well-being. For worldwide program information, visit www.ishafoundation.org

it is very important what is coming out of your mouth. This is like an emission test. If while doing the same activity, you only use fifty percent of the words you normally use, you will see stillness will settle in. This is conscious silence. Becoming totally silent should happen in a different way – with appropriate sadhana. Simply holding back all words and not doing anything will not lead to silence, because the noise that otherwise would have come out will go up in the head. You may know that by experience.

Consciously frame your sentences to say what you want to say with fifty percent of the words that you normally use. You must do this, this month. Fifty percent of the words, but the same level of activity.

Sadhguru J. Vasudev is a contemporary mystic rooted as strongly in worldly and pragmatic matters as he is in inner experience and wisdom. Named one of India's 50 most influential people, he has addressed prominent global forums on issues as diverse as socio-economic development, leadership and spirituality. He has served as delegate to the United Nations Millennium Peace Summit and the World Peace Congress and has been a special invitee to the World Economic Forum (2006-2009), the Australian Leadership Retreat (2006) and TED (2009).

His interviews are featured in The New York Times, BBC, Bloomberg, CNN and CNBC. He is the author of several books, the subject of four books and co-author of the Amazon Bestseller "Midnights with the Mystic". His public talks frequently draw crowds of over 300,000 people.

Founded by Sadhguru, Isha Foundation is a non-religious, non-profit organization with over 200 centers worldwide and over one million volunteers. Isha Foundation offers Inner Engineering Online – a practical approach for inner transformation in a fast paced world. The course designed by Sadhguru presents simple, yet powerful tools for an individual to experience life on a deeper level with more awareness, energy, and productivity. This program is an ideal opportunity for those with time and travel constraints to experience the same profound effects of the traditional Inner Engineering program, which has impacted millions of people over the past 25 years. To learn more, view the free Introductory Talk, or to register visit www.InnerEngineering.com

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- PCOD - புதிய மருத்துவ சிகிச்சைகள் • நாரிழைகள்
- பைப்ராப்டு கட்டிகள் மற்றும் பெல்லோபியன் அடைப்புக்களை அகற்றுதல் • எண்டோமெட்ரியோசிஸ்
- (ஹைஸ்டோஸ்கோப்பி / 3D லாப்ராஸ்கோப்பி)
- எம்பிரியோஸ்கோப் மற்றும் கருமுட்டை ஒட்டுதலுடன் கூடிய IVF/ICSI-ல் மேம்படுத்தப்பட்ட வெற்றி விகிதங்கள்.

ஆண்களுக்கு:

புதிய தொழிற்நுட்பங்களுடன் மேம்படுத்தப்பட்ட விந்தணு தரம்

- கணினி மயமாக்கப்பட்ட விந்தணு பகுப்பாய்வு.
- மதிப்பு மிக்க விளைவுகளுக்காக விந்தணு டிஎன்ஏ கூறாய்வு.
- IMSI - சிறந்த விந்தணுவை தேர்ந்தெடுத்தல்.
- நுண்ணிய ஆய்வு மற்றும் விந்தணு தடங்காணல் -
- அஸுஸ்பெர்மிக் ஆண்களுக்கான ஒரு வரம்.



Dr. கீதா ஹரிப்ரியா MD, DGO, FRCOG (London)



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*“Chelvathul chelvam chevich chelvam, achchelvam,
Chelvathul ellam thalai’.*



Valluvar's Views

By: JJ Atputharajah

The sublimest of all wealth is earned by listening to discourses of the learned. What we hear through the ear is absorbed and internalized. That is why learned men are always welcomed in high places. Many religious institutions employ learned men to dig into the scriptures and provide meaningful discourses which provide treat to the mind and soul.

People like Kirupananda Variyar, Thinakaran, Billy Graham and Stanley Jones are always sought after by hungry souls. When food for thought is not available through the instructions of the learned, stomach may be provided some food.

The Bible underlines a similar idea when it declares that ‘Man cannot live by bread alone but by every word that proceedeth out of the mouth of God’. Those who have listened to words of wisdom and internalized them will be like Gods on earth, flourishing on oblatinal offerings. Those who listen to the wise, though without formal learning will have added strength in times of trouble. Instructions that flow from learned men of right conduct constitute a firm stand on slippery ground for the learner. Even if it is just a little, words

of wisdom are productive and grants great benefit.

People who have acquired flawless knowledge will not foolishly slip while working under severe pressure. Ears will be deaf if they have not been penetrated by words of wisdom. The Bible reiterates the idea when it proclaims: ‘Those that have ears, let them hear’. Those who have deep and incisive knowledge will be able to have humility of speech. William Penn, a Quaker Evangelist says “Sense shines with double lustre when set in humility’.

Kambar describes Vibeedan as:

“Vanagiya chenniyan, maraitha vaayinan,
Nunangiya kerlviyan nuvalvathayinan”.

Vibeedan rarely speaks but when he speaks it will be words of value or wisdom. If a person cannot experience the delights of listening to the expositions of the learned, he is not worth living.

(Kural: 411-420)



Special Feature

Ayanar was a great sculptor. He was well known in the Pallava kingdom, as he was the chief architect of the great sculptures of Mahabalipuram. Under his direction the dream of turning each and every boulder and rock in the shows of Mahabalipuram to an image by the mighty emperor Maamalla became reality. His ability was known far and near. People called him a divine sculptor.

As he was getting older he had a nagging desire to make an image of God. He had sculptured many images of deities. But his intuition made him believe they were all not complete. Even at best what ever he made was only a clever replica of an existing image. His hair was slowly turning gray and the gray streak around his ears was a sinister reminder that the time is running out and he had lesser

into the cave and he saw the drawing though little worn but the beauty was still conceivable. His name was there in the childish writing. The whole drawing suddenly became blurred. His eyes stared tearing. None of the drawings and sculptures he had done in the past could come near to what he was seeing through the tearing eyes.

Suddenly he felt like shouting and proclaim to the whole world to come and see the mighty Ayanar's first painting. He sat on a boulder and thought of those wonderful days when he used to play with Raju and Somu. He wondered what has happened to his childhood admire Seetha. Is she still living? It was Seetha that had he had drawn on the wall of the cave. It was a sad sweet reminiscence of the past.

Suddenly his yearning to make an

Ayanar thought for a second. He liked this small boy who is fresh and full of enthusiasm. The sparking glow in the eyes attracted him like a magnet. He also thought if life is about going forward isn't children are the souls of tomorrow, which he cannot visit even in his dreams. He thought why not shed off the ego and follow the child and not expect the kid to follow him. He said "Son I am a sculptor. I wanted make an image of God. But I did not find any one who could describe God to me, and I too haven't seen him. I will die without seeing my desire fulfilled".

Samy laughed, his innocent chiming laughter, and said, "Thatha that is the easiest to achieve. Think of all things your God does and make an image showing those aspects. Hey presto and the image will be there".

ting there. Now tell me does God bestow grace on the devotees? 'For which of course Ayanar answered in the affirmative. The lad suggested he should note on the wall bestow grace. Following this the lad observed that to that day the God was not visible though he is said to be everywhere. Why not add the word Obscure to the list which the sculptor agreed and added to the list.

"What sex is God?" was the lad's next question. If it is male then it would be male chauvinistic, If we make it female we will be accused female chauvinistic. After a little discussion the young lad and the old man agreed that the image should be representing both male and female. With this the lad raised a question what stand will God take if anyone defy him and abuse him. Without hesitation Ayanar agreed he would expect the God

Cosmic Dancer

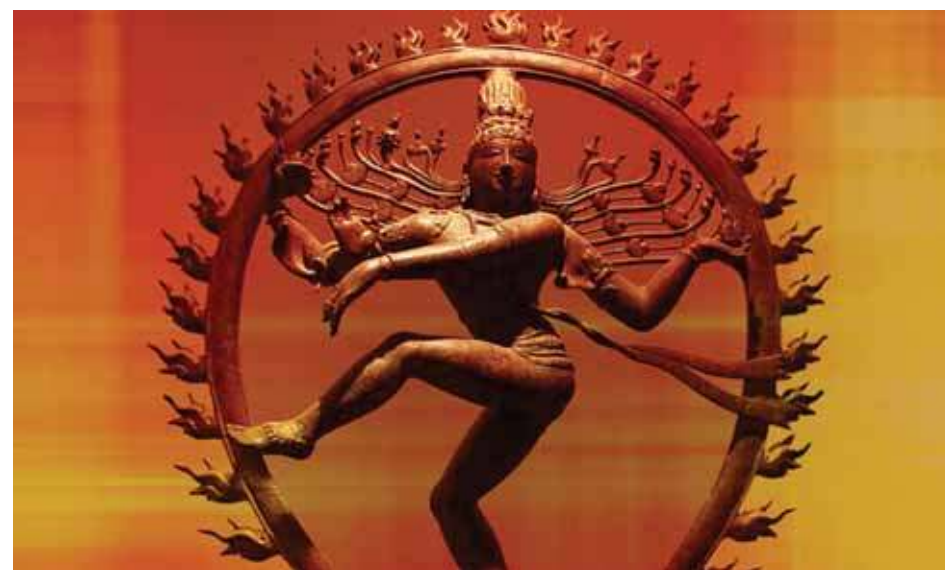
and lesser time every day to realize his dream to sculpture an authentic image of God.

Ayanar finally decided he has to do something about his hearts desire, to make an original image God as a monument forever. The excellent sculptor stared roaming around far and near, seeing every sage and hermit, asking them have they seen God. Either there was silence or a negative answer. Or there were others who bluffed an answer. Finally Ayanar decided that those who spoke never saw and those who saw never spoke.

After several months of futile efforts he decided to withdraw back to his birth village Aruvithottam in the foothills of Pothikai Mountains. It was a beautiful village with lush green jungles surrounding a small hamlet called Aruvithotam. He liked the quite surroundings of the village and people looked upon him as a fellow countryman and not an awe-inspiring sculptor.

On the first day of Navarathiri festival, early morning he took a long walk. Looking at the hill, which very rarely the villagers ventured to climb, he was reminded of his young days. He wandered what was there in the cave high up, where he used to hike when he was small boy. He remembered he drew a picture of a dame of his heart's desire with charcoal and scribbled his name below that. The human nature of inquisitiveness wanted to go and see what has happened to it. He slowly climbed up the hill. He was in no hurry.

It took him nearly an hour to reach the cave. It was a small cave among clusters of boulders. The cave appeared so small, compared to the imagination he had about it. Ayanar thought 'when you are small what appears big will appear much smaller as you grow up'. He looked



original image of God came with utter urgency. He meditated deeply on this matter. His concentration was disturbed by the sound of ruffling of leaves. Who could come to this lonesome place Ayanar thought? A young lad about ten years came in front of him.

The lad asked "Thatha, what are you doing here? No one comes here but me". In reply Ayanar asked, "Who are you? And what brought you here?" The young boy laughed which sounded like the tingling of a temple bell. "I asked you first, but as you are older I will answer you, I am Saamy from the village on the other side of the hill. Some days I like to roam around in the hills". He continued 'A penny for your thought'. May I know what you are thinking so intently about?"

Ayanar in reply said, "You are a small boy you won't understand, so if you are done leave me alone for me to browse on my thought". Saamy was not done yet indeed. He said, "Thatha, sometimes small children might have the answer when elders don't know. Haven't you heard about Lord Murugan giving the answer when the mighty Lord of creation did not know the answer?"

Ayanar felt that this boy has some sense in what he says, and thought to seek his advice further. So the old sculptor asked the young boy to suggest some idea to start from. The boy agreed on the condition he should make the statue on the boulder that was there and allow him to come and see the work in progress.

Agreeing to the condition the elderly sculptor too laid a condition that the boy should not ask any questions while working and disturb him. The boy then to help the sculptor to imagine the form of God started to ask pointing questions. This way the artist could ascertain how the Gods image should look like. Does your God do the creation? The lad asked. Agreeing on this aspect the boy asked the Sculptor to scribble on the wall the word creates. Next he asked who does the destruction. Ayanar said it was the God who does it too. So the boy asked him to scribble next the word Destruits. The lad next asked who protects all beings of the world. Of course it is the God who protects us all said the old sculptor. And the boy asked him to add the word protects.

Samy said, 'see you are already get-

to trample the evil person on his feet. It was agreed immediately. The question following this was of course what god will do if a devotee surrenders on his feet. It was agreed he will protect and raise the surrendering devotee.

When someone nears God will there be peace or enmity. There will be harmony said the elderly sculptor. Now Thatha, don't you think the image you make must also show that he is the one that holds not only this wonderful planet of ours but cause the whole universe to be. Yes I agree, may be the image should also carry the message that if God stops everything stops too. Samy with the same chiming laughter said why you are waiting, go ahead and start working on your carving. Let us first read the list of things you have to show in the sculpture of God.

They read the list;

1. Creates.
2. Destruits.
3. Protects.
4. Bestow grace.
5. Obscure.
6. Represents both male and female.
7. Tramples the evil person on his feet.
8. Protects and raise the surrendering devotee.
9. There will be harmony.
10. Cause the whole universe to be.
11. If he stops the universe stop.

The young Samy said now you should have a rough idea how God will look. What ever image you cast must show all the eleven aspects you have noted. Go ahead and carve an image to show all the above aspects of God and I am sure you would have got some real replica of God. The elderly Ayanar promised to start the next day, after digesting all that he had learnt that day. He told the young lad that he was his Guru. With you near me I dispel all fears and am



sure to gain my life's dream. The youngster laughed loudly and said "Thatha then call me 'Gurusaamy', When the elderly sculptor suggested that he will bring the tools the next day the lad observed, "Thatha, don't worry about your tools. I have got some excellent tools which are like new; my father gave it for my birthday. I never use it. You could have it. I will bring it to you to-morrow morning". The boy realizing that he is getting late ran away saying he will be back at the same time the following day with the tools.

Ayanar sat on a boulder for a long time and thought of the day's events. He felt some divine peace in his mind. He couldn't stop wondering who this bright youngster was. Though looks like a simple village lad he illustrates the truth which was absconding all these days. He knew with this boy's help he will realize his life's dream. He slowly got up and walked home.

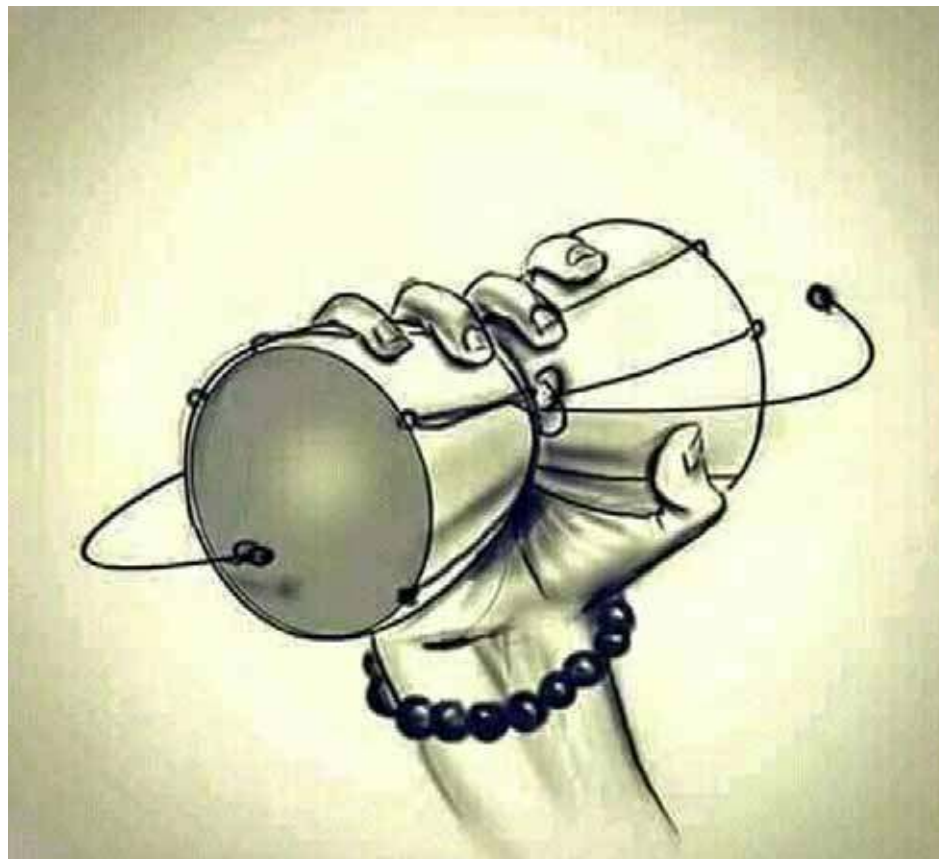
The following day Ayanar got up early had a bath and break-fast. He told the family that he wanted to do some sculpturing among the rocks in the adjoining mountains and not to disturb him at his work. When he reached the cave the boy was already waiting for him. The elderly sculptor arranged all the tools inside the cave and prostrated and prayed. The young boy watched him with a broad smile and said "Thatha, as you say I am the guru, shouldn't you get my blessings". With tears in his eyes and with no hesitation he prostrated on the feet of the young lad. The boy picked him up and said your sculptor will be there for eternity.

Ayanar started working on the image immediately. And the boy sat on a boulder and watched him intently. Occasionally they exchange words. The work proceeded slowly as it was sculpturing on stone one cannot repair if he made even one small mistake.

One day in the morning as Ayanar started working it started to drizzle. Ayanar sat inside the cave. The young lad too came in running holding a banana leaf for shade like an umbrella. They sat down and started talking, the old man telling about his experiences. Saamy asked how much longer he has to work to complete the sculpture. The weary old sculptor with a shi of breath said "Son I have no patent of immortality, and the work would take very long". The boy looked at the silver hair and wary face of the old man with compassion and laid his hand upon Ayanar's shoulder and kindly said "Thatha to have a great work in progress is the way to live long. You will live till you finish it".

Finally on the Shivarathiri day the sculpture was done. The young lad asked permission to ask questions and clear his doubts, and was given by Ayanar. "Thatha, tell me how are you showing that he is doing the creation?"

"Son in the beginning there was the big bang which started the present evolution process which we call creation. I say present evolution because there was never a time without creation. Because of the Aum sound the drum emanates,



the creation is represented by the drum in the right upper hand". "That is a wonderful way of expression, but if it is a process of evolution then everything must have been always there. If that is the case where was it, and how are you showing it? Ayanar looked straight into the eyes of the boy and said "As God is omnipresent he is everywhere, so everything is within him. I have given the colour of red corral pointing the life giving red bloods colour" If so what signifies the destruction aspect of God? And where does everything goes on destruction?"

The old sculptor replied "I would say it is better to call involution." For nothing is created or destroyed. As creation was evolution from the God it also involutes into the God. As involution should balance the creation the left upper hand carries a burning fire signifying involution. By this there is a balance of creation and destruction. The white colour ash smeared on the body of the sculpture signifies that everything finally ends up a hand full of ash which again goes back to the God. Before the lad could raise the next question the old man continued.

The right lower arm showing the abaya mudra signifies the protective aspect of the God. That's wonderful, but how do you show that the bestowment of Grace of the Lord. The old sculptor smiled and said where else but in the feet of the God you will find the grace. The lower left arm pointing the raised left leg points to the devotee where the grace is. This is called the Gajahasta mudra in dancing, for it looks like a trunk of an elephant.

You have certainly done a wonderful job so far depicting the first four aspects of God in this image, what about the fifth? He asked. To show the obscuration I point to the demon trampled by the right foot said the sculptor. This action represents two of the Gods aspects. First is of course the obscuration and the other is his reaction towards one who defies him. Samy asked what does that got to do with God reaction. Ayanar replied "Son, haven't you heard about

Mukalan the demon sent to attack the all mighty Shiva. He trampled the demon under his right feet. The young boy was indeed surprised the ability of this experienced artist in bringing out different aspects so easily.

For a casual observer it may appear a multi limbed statue. But the boy insisted in asking isn't it unusual that normal human has only two hands, why four for the God? The old sculptor smiled and said of course it is to differentiate this is different from what he created. Isn't he a little above than human? Didn't you notice the image had three eyes? He asked. Without waiting for an answer he mentioned that humans have two eyes to gain the knowledge of the present, but God has a third eye of wisdom, which can see into the past and the future. May I remind you God created man; here a man is endeavoring to create an image of God. It would be stupid to believe God had the limbs like man for he need not breathe or eat or have any bodily function. With apologies to him here a mortal is venturing to give a form to one who has no form.

The lad observed there was only a male figure to be seen, and how do you say both the genders are represented in the statue he asked. The sculptor pointed to the two ears on the statue. On the right was a Kundalam, an ear stud worn by men and on the left a thodu which is worn by women. The young boy chuckled and said you are really smart. You had covered the left breast with the left hand there by keeping the modesty of God.

Ayanar smiled and observed that the punishing is done by the right leg which is the male half, and the salvation is on the left leg which of course the female side. This I thought more appropriate as it is the male parent who does the discipline and the female parent who does the nurturing and adoration. "Wow!" said the boy.

The boy next said, "Thatha you already showed me what happens to a person who defies the God in the image,

can you show me what happens to one who surrenders on his feet.

Haven't you heard about the purana where the moon was persecuted by the serpent Vasuki and the moon went and surrendered on the feet of the Lord. He gave him asylum in his matted locks on his head. As you could see the crescent moon is on the matted locks of his hair. These puranas are metaphorical stories to help the sadhana's to understand the veiled truth. Some teachers of course use parables.

The boy was greatly impressed on the ingenuity of the elderly sculptor. He raised the next question of how he is going to show that there will be peace and harmony when the devotees reach the God. Ayanar observed, didn't you see the two adversaries the serpent Vasugi and the moon in harmony, one on the neck and the other on the head? Indeed it was so, and what a wonderful way to proclaim to the world that in the presence of God there will be peace and serenity thought Samy.

The next aspect was that not only the God cause of the creation, but he is the one holds all the planets galaxies, and the universe in their position. The arch thiruvashi with flames emitting representing the various planets and the whole universe is held in position by the dancing Lords matted locks and the swinging arms.

But why you made him dancing, the boy asked. In reply the sculptor said the cosmic dance of the God that keeps the universe going. The moment he stops everything will collapse. His dance is the dance within the atoms among minute particles and the dance of the universe.

The lad observed we could call him-Nadarajah (the king of dancers). Finally boy said "Thatha, like your cosmic dancer the God your fame will live for ever. By this you have become eternal. Now you look who is standing inside the cave" The elderly sculptor turned around to see what was in the cave. He saw Lord Murugan with his two consorts Valli and Theivanai, blessing him. The old man turned back to see where the boy was. He was not there.

Ayanar with eyes filled with tears and clasped hand started sobbing. Lord Murugan said "Ayanare, I wanted to give a permanent point to focus for the human to focus; there is no form or name for God. By your magnificent work you have given to the world a symbol of God. May you live to a ripe old age and come to me.

By: Kumar Punithavel
On June 18, 2004, an unusual new landmark was unveiled at CERN, the European Center for Research in Particle Physics in Geneva —

a 2m tall statue of the Indian deity Shiva Nataraja, the Lord of Dance. The statue, symbolizing Shiva's cosmic dance of creation and destruction, was given to CERN by the Indian government.



Creativity is brewing at RG Education Centers!



Since the new Visual Arts program began at RG Education Centers in September 2017, students have been exercising their artistic talents with hands-on projects to develop formal drawing and painting techniques. Under the guidance of art instructor, Denise Chan (BFA, B.Ed, & MA candidate), young learners are happy to see how well their drawings and paintings have improved over the span of the semester.

Not only is visual arts an important tool in creative expression, but it is also an integral part of cognitive development. Studies have shown that participation in the arts improves learning in all academic areas. Those who participate regularly in the arts are also four times more likely to be recognized for academic achievement. It promotes students' dignity, creativity, interpersonal relationships, love for learning, and emotional balance.

RG Education Centers is a strong advocate of supplementing academic learning with the arts because of its positive effects on student development and achievement.

"We want to provide the right tools for students to excel in what they do. Having art classes available means we are able to offer another opportunity for students to realize their potentials," explains Rebecca Shu, an administrator at RG Education. "It's great for young kids to develop their motor skills, as well as for those who struggle to feel successful in the traditional academic classroom."

RG Education is one of the few private schools to recognize the value of an arts education, most recently adding it to its performing arts curriculum. Visual arts classes at RG Education are built on a foundation of both theory and practice. It

allows students to work with a variety of media in the creation of original artworks, while building a theoretical understanding of artistic techniques and historical styles. The last project the class completed was an observational still life in which students learned how to compose and render objects from life. The project required

students to exercise a close visual analysis of the subjects they were viewing and good hand-eye coordination. Students were also introduced to traditional artistic concepts, such as the rule of thirds, which are not only useful for later projects, but also have wider applications in a myriad of creative fields.

Currently, the class is

working on a watercolour-resist painting inspired by the expressive brushwork of the Impressionists and Post-Impressionists. An important and more unique aspect of RG Education's classes, is the inclusion of art history. By looking at historical movements of the past, students gain an understanding of how art

both shapes and is shaped by society and culture at large.

RG Education welcomes students ages 6 and up to join their art classes. Students learn in small classes, which allow the teacher to give more attention and direct guidance to each student in the classroom.




Observational Still-life Drawing by Lydia Kandeepan



Observational Still-life Drawing by Yasorth Mahendran




Observational Still-life Drawing by Pranavan Sayandanathan



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GOD IS LIGHT AND LIGHT IS GOD

BIOPHOTONS IN THE BRAIN INDICATES THAT OUR CONSCIOUSNESS IS DIRECTLY LINKED TO LIGHT

By: *Uthayan Thurairajah*



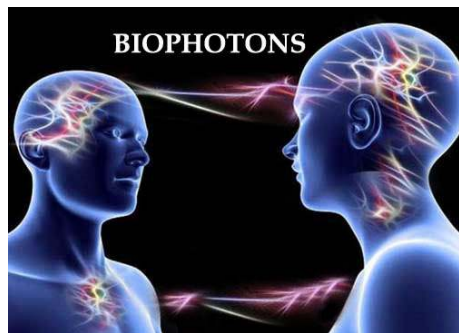
Scientists discovered that neurons in mammalian brains were capable of producing weak electromagnetic flows of light. All living cells of animals, human beings, and plants emit biophotons. We cannot see in our eyes but can be measured by specific equipment. The photons surprisingly appear within the visible spectrum. They range from near infrared through violet, or between 200 and 1,300 nanometers.

Scientists have an exciting doubt that our brain's neurons might be able to communicate through the light. Scientists believe that human brain might have optical communication channels, but they have no idea what could be communicated.

BIOPHOTONS & SPIRIT

Scientists claim that if there is an optical communication happening, the Biophotons our brains produce might be affected by the significant mess, meaning there can be an active connection between these photons, our consciousness. This possibly what many cultures and religions refer to as Spirit.

In a couple of experiments, scientist discovered that human brains could convey



more than a billion Biophotons per second while rat brains could pass one Biophoton per neuron a minute. It could be possible that the more light one can produce may more conscious.

BIOPHOTONS & RELIGION

There is a correlation between Biophotons, light, and consciousness. It can have huge implications that there is more to light than we are aware. Many texts and religions, since the dawn of human civilization, have reported of saints, and enlightened individuals have shining circles around their heads.

From Ancient Rome and Ancient Greece to teachings of Buddhism, Islam, Hinduism, Christianity and others, divine individuals represented with a bright circular glow around the head.

They were described as enlightened by shining circle. It was a result of the higher consciousness. Therefore, it has a higher frequency and production of Biophotons.

There may be a relationship between Biophotons and consciousness. That is why these individuals can produce a higher level of Biophotons with stronger intensity because of their enlightenment. Even the word wisdom suggests that this higher knowledge has something to do with light.

BIOPHOTONS & NEURON

Scientists wanted to know whether or not there an infrastructure over which light could travel from one place to another in the brain. Axons are the fibers that carry a neuron electrical signal outward.

Myelinated axons are covered in myelin, a fatty substance that electrically insulates the axon.

Biophotons can move away from the neuron or back up near the cell. The Scientist modeled axons and performed calculations on how light behave as the fibers bent, gained or lost thickness in their biophoton-absorbing myelin coating, or how they function when crossing each other. The Scientist concluded that light conduction across myelinated axons is possible.

The axons could pass between 50% and 95% of the light they receive over a distance of 2 mm. The length of a human brain's axons, the percentage depending on bending, sheath thickness. The researchers conclude that this tool appears to be adequate to facilitate delivery of a large number of bits, or even admit the creation of quantum confusion. The scientists are interested in specific interactions between photons and nuclear circuits — the way nuclei turn allows different chemical effects — and how that affects things like magnetoreception in animals.

EARTH'S MAGNETIC FIELD

There is some distance between the biophotons and nuclear spins. The scientists wonder if there's confusion. The atomic spins interfacing with several axons must communicate coherently.

The involvement of synaptic junctions between individual axons may provide such a proximity mechanism. The most impressive connections that our brains can generate light that gives our consciousness and spirit but not included in our bodies.

Quantum complexity says that two entangled photons behave if one of the photons is affected and the other photon anywhere in The Universe without any delay. There is a world that exists within the light. The photons can act as portals that enable communication between two worlds no matter where you are.

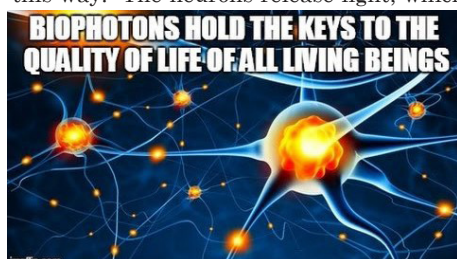
Our spirit and consciousness may interact with our bodies through these biophotons. The more light we generate, we stimulate more and complete the wholeness of our awareness.

Light is just one combined substance that scattered throughout the world and affected by each light particle. Asking questions and shooting such abstract theory may guide closer to the conclusion of what awareness is and what are the secrets that hide inside the light.

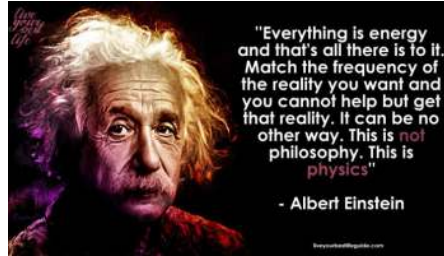
ODD ROLE OF BIOPHOTONS

Various work suggests that neurons release and even carry photons. Do biophotons assist in synchronizing the brain? A growing body of proof shows that photons play a significant role in the functioning of cells. The confirmation comes from switching the lights off and calculating the cells production of photons.

It turns out, much to many people's surprise, that many cells, perhaps even most, emit light as they work. Many cells use light to communicate. The bacteria, plants and even kidney cells interact in this way. The neurons release light, which



Uthayan Thurairajah, PhD, RSE, LC, P.Eng., is a Senior Engineer at WSP|MMM Group with over twenty years of experience in Electrical Engineering and Lighting field, and he also holds a Lecturer position in the Department of Communication and Design at Ryerson University. Uthayan is a member of several Canadian and international professional association including Professional Engineers Ontario (PEO), Academy of Integrative Health and Medicine (AIHM) and Association for Prevention Teaching and Research (APTR). He has worked on multi-disciplinary lighting and electrical projects for the Ministry of Transportation, several Towns, Municipalities, Regions and others. He carries out research on 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 on lighting design & health. He is passionate about integrating science and health into the lighting design.

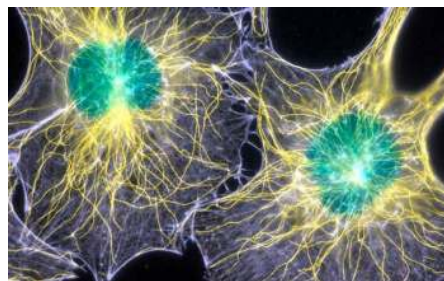


does not mean that neurons can receive it or process it. The light plays a critical role in neuronal function.

The neurons contain many light-sensitive particles, such as porphyrin rings, flavin, pyridinic rings, aromatic amino acids and lipid chromophores. The mitochondria, the machines inside cells which produce energy, contain several prominent chromophores.

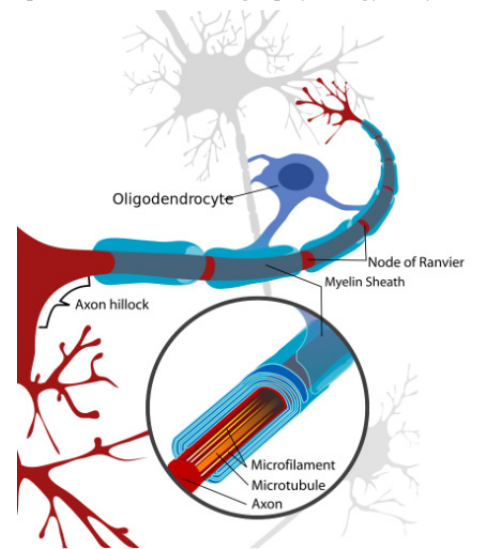
Microtubules are providing structural support and creating highways to move like optical fibers. The light routed by microtubules can help to coordinate activities in different parts of the brain. It is reliable that electrical activity in the brain is synchronized but it hard to explain.

Microtubules play a pivotal role in the functioning of the brain. Consciousness is a miracle of quantum mechanics and microtubules were the factor.



alternative ways of healing based on theories of homeostasis (self-regulation of the organism), such as various physical treatments, homeopathy, and acupuncture.

The "ch'i" energy flowing in our bodies' carriers which controls our body functions may be related to biophoton field. The "prana" of Indian Yoga physiology may be



a similar regulating energy force that has a basis in weak, coherent electromagnetic biofields.

The biophotonics is one of the fastest moving and exciting fields in science today. In this kind of rapidly driving environment, thinking like this can sometimes trigger a revolution.



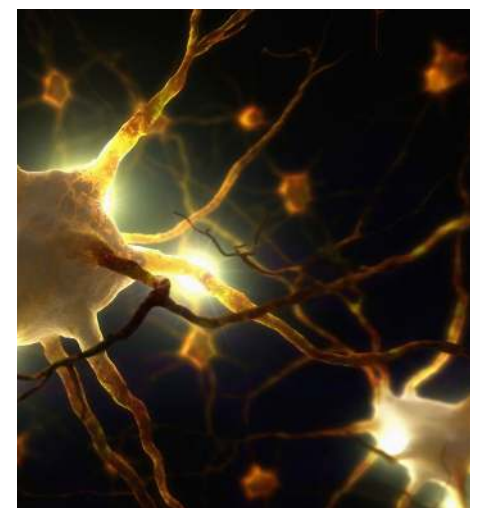
BIOPHOTONS & CANCER CELLS

Healthy cells and cancer cells of the same can be separated by typical differences in biophoton emission. Biophysicists in the world are exploring the many exciting applications which range across such diverse fields as non-invasive early medical diagnosis, cancer research, chemical and electromagnetic contamination testing, cell communication, food and water quality testing, and various applications in biotechnology.

The Biophoton is stored in the cells of the organism. A dynamic web of light regularly released and absorbed by the DNA may join cells and tissues within the body and serve as the organism's central communication network.

BIOPHOTONS & ALTERNATIVE MEDICINE

The discovery of biophoton emission also lends scientific support to some





MANAGING YOUR MONEY

Today's decisions could cost tomorrow

November is financial literacy month in Canada. Financial literacy means having the knowledge, skills, and confidence to make responsible decisions.

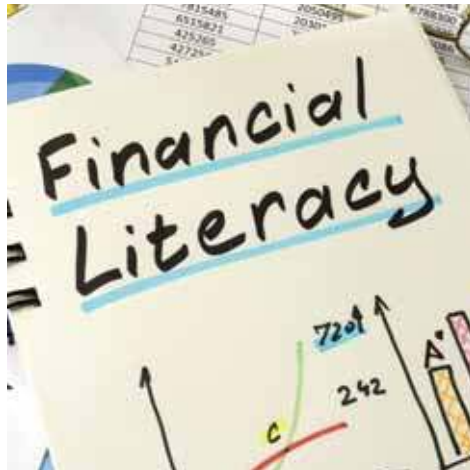
Every day, Canadians are faced with spend versus save decisions that will have an eventual impact on their future financial life and the quality of their retirement years. Here's the dilemma in a nutshell: "I know I should save for my retirement but that new big screen LED TV is on sale for a great price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

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

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

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

But there's much more to effective financial planning than investing in investments held within an RRSP or other savings vehicle. While it is undeniably true that the earlier you start saving, the better – especially within a tax-reducing,



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

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

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

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

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

- What if your choices of investments do not provide the levels of returns you will one day need – because the returns have been reduced by market volatility or an unexpected economic downturn?

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

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

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

ing.

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

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

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CAN CREDITORS GET INTO MY BANK ACCOUNT TO COLLECT?

One of the most frightening jolts you can get financially is to go into a bank account to see if you have enough to cover off a payment only to find a zero balance.

You're in financial hardship; you're juggling payments to make sure one doesn't get too far behind; you're trying to pay as best you can and in one fell swoop, you're left with zero and you don't know if you're going to be able to pay the rent or make the car payment. What happened?

In all cases, it's because one of your debts is to your bank (a mortgage, loan, credit card or line of credit) and they have the right to take what they can to pay off some or all of the amount owed to them, even if it leaves your bank account empty. And pleading your case won't do you any good because their payment is more important than all the other payments you may have.

When you borrow money, there are two types – secured and unsecured. Secured debt is a loan that is borrowed against some property – a house, a



piece of furniture or a car, for example – and the creditor has the right to seize your property and (with notice) sell it off to pay off your debt. A mortgage is the best example of a secured contract – if you don't make your payments, the bank can repossess your house and sell it to pay off the amount owed. A financed car purchase is another example, where the dealership technically owns your car until the last payment is made.

A credit card is unsecured debt. Even though you fill out an application that indicates you have a mortgage (maybe with the same bank) and/or a car, the credit

card company can't seize your house or your car to pay off the amount outstanding to them. What they can do, is take money directly out of an account you may have with that bank.

And if you get wise to this and don't leave any money in that account until such time as it's needed to make other payments, they may get wise to your ways and garnishee (or freeze) your account, in which case deposits are allowed but withdrawals are not (whether those are cash withdrawals or automatic transactions). Banks don't have to notify you before this happens because they don't have to get permission from a court to do this. Neither do government agencies (if you owe back taxes or support), but other creditors have to sue you in order to gain access to your accounts.

They usually send you notice that they are considering the action and if you don't act on it, they will file a suit to recover what is owed, including gaining access to your accounts. If you are sued, you have

to go to court in your own defence and if judgment is awarded to the collector, you will have to pay all fees and costs, in addition to the debt and related penalties.

It should be noted that there is a statute of limitations on owed debt, which in Ontario is two years after the last payment was made. If you have unsecured debt and haven't made a payment in two years, and your creditor hasn't sued you to recover the money, the threat of a claims suit is not valid. If they do attempt to sue you, you may still have to go to court in defence and plead the expiration of the limitation on your unsecured debt.

It is important to note, though, that if you make a payment (regardless of whether it's a bluff) – even a small one – the two-year clock resets and they can then initiate a suit for all the money owed.

In case of you have credit issues visit www.gtacredit.com or call 416 650 5400 and also refer to this issue at Page 23.

Book Release Event

Four Books authored by writers K. Navam & Shyamala Navam released in Toronto



Authors K. Navam & Shyamala Navam addressing the audience

Four books authored by K. Navam and Shyamala Navam as 'Naankavathu Parimaanam' publications were introduced to the Tamil Community in Toronto at Scarborough Civic Centre recently in a very successful event.

The event with a full house audience was hosted by the Radio-TV anchor Prashanth Jeyaram at the Scarborough Civic Centre. Arulmozhi-varman, Dr. Mary Cury Paul, Anbu and Kandasamy Gangatharan were the honoured speakers who gave their speeches introducing the books. Renowned classical music singer Ishwariya Chandru sang Poet Bharathi's compositions.

The welcome address by Mathini Nimalan, the publisher's address by K. Navam and the vote of thanks by

Shyamala Navam were delivered respectively.

The singer, host and the speakers except the authors were all from the younger generation. More than thirty special issue receivers were all ladies. The event started and completed right on time. All these aspects were something noteworthy and special in the well organized and compact event.

The contents of the articles in the books were related to health and wellness, world social, political and cultural issues and short stories of immigrants' life in Canada and reviews on other Tamil literary creative art productions. Anyone interested in getting these books can contact the authors through their email: nknavam@gmail.com

Realtor Esa Para Esananda receives 2017 Sam McCallion Community Award

By Siva Sivapragasam

Mississauga Board of Trade has honoured Realtor Esa Para Esananda with the Sam McCallion Community Award – 2017.

Esa has been a Full time Real Estate Professional for over 15 years and has served the community through various organizations. He has also been a recipient of many Appreciation and Achievement Awards including those from the Toronto Real Estate Board, Bell Canada, Royal Bank of

Canada, Home Life International and the City of Mississauga.

Among the community organizations he has served include The Heart & Stroke Foundation, The Canadian Tamils' Chamber of Commerce, Mississauga Board of Trade, Rotary Club of Mississauga, Mississauga Board of Trade and The India Rainbow Community Services of Peel. Esa is an old boy of Jaffna Central College.

(Seen here are pictures of Esa with guests and his wife at the Award Event)



Canada Tamil Conservative Party Association Media Event Ontario PC Leader Patrick Brown thanks Tamil community for its role in electing him as the Leader of the Ontario PC Party Three Tamil candidates nominated by PC Party to contest upcoming Provincial Elections



By Siva Sivapragasam

"I do respect the value and beauty of the Tamil Community of Ontario. Whenever I hear about a Tamil Event in GTA, I always travel from any part of this province. This Community played a very big role to elect me as the Leader of the Ontario Conservative Party", stated Patrick Brown, the leader of the Ontario PC Party at a recent Media event.

The above remarks were made by Mr. Brown at a Canada Tamil Conservative Party Association Media event

held recently to introduce the three Tamil candidates who will be contesting the forthcoming Provincial Elections early next year. The three candidates are Logan Kanapathy, Vijay Thanigasalam and Thenuja Parani.

Mr. Brown further remarked "In the Provincial Election-2018, there are three Tamil speaking candidates joining with me to form our Conservative Government. Therefore the Community should make sure to support and be with the three candidates, to send them to Queens Park with me".

(Seen here are some pictures of the event. Picture Courtesy: Charles Deva)

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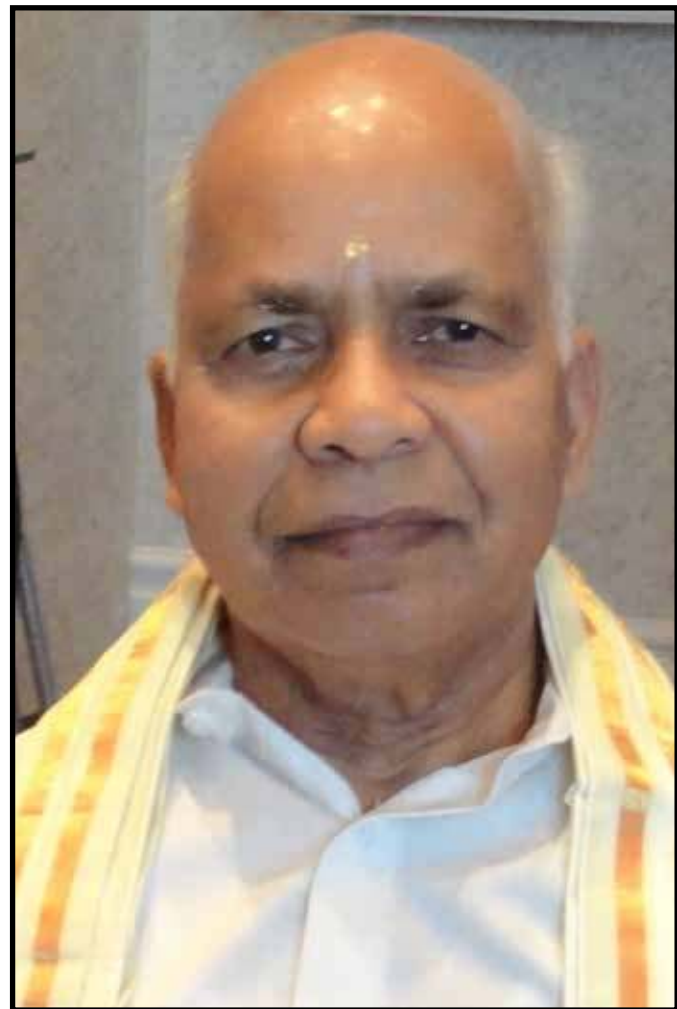
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“...And still they gazed, and
still the wonder grew,
That one small head could
carry all he knew...”

- Oliver Goldsmith



A chartered Engineer with lengthy abbreviations following his name engaged in literary, religious, philosophical and astrological activities is really an outstanding multidimensional personality the Tamil community can be proud of. Since young Ganesalingam had delved deep into the realm of Tamil Literature. While being a student at Jaffna Hindu College one of the leading National Schools in the country his talent as a writer developed remarkably under the influence of his Guru Vidwan Karthigesu a competent teacher who taught Tamil in his class. Later he became a prolific writer and wrote articles on Literature, Saivism and other subjects in general. Writing poems being his forte he has written poems strictly following the traditional form with alliterations rhyme scheme etc. He could skilfully bring forth any situation in poetic or prose form. His anthology of poems has been published in books under three titles:

1. Unarvukkalam
2. Ennakkolam
3. Katpaha Vinayagar Kavi Malar

He has also written on request Kalveddus (Memorial Tributes) and Oonjal songs (Swing songs in praise of deities enshrined in temples). He is also well versed in Thirukkural, the code of ethics and moral conduct for the entire

human society written in the form of couplets numbering 1330 by the great poet Thiruvalluvar. Being equally fluent in English he has written articles and has also published books in English.

Born and bred in Kuppilan a village which gives much prominence to and observes all the Saiva festivals with fervour Ganesalingam was brought up in such a spiritual environment under the influence of his parents and his teachers. It was through reading books and periodicals and listening to discourses by eminent Saivites he further enriched his knowledge.

In his quest for enhancing his knowledge still further he followed a three years course in Saiva Siddhantam at Thiruvavaduthurai Atheenam (Monastery) and under the tutelage of Prof. V. Ratnasabapathy, former Head of the Saiva Siddhanta chair of Madras University. On successfully completing the course he was conferred the title of Siddha Rathnam. He was also conferred the Honorary Doctorate at the Saiva Siddhanta Conference in Mauritius. Besides he is the Atheenam Pulavar of London Meikandaar Atheenam and also the Asst. Editor of 'Saiva Ulagam' the official journal of the World Saiva Religion. All these accolades have upgraded his status as an expertise in Saiva Siddhantam. Being well versed in his chosen field he has written several books on it, had attended seminars,

participated in discourses and conducted classes in Saivism. Ganesalingam's yeoman service for Saivism is commendable as it strengthens the faith the Saivites have in their religion.

most Saivites had irrationally followed what they had ingrained from their parents and others and became gullible victims for religious conversion. But now with the spiritual awakening among the Saivites the situation has changed. The compulsory introduction of religion in the curriculum, the setting up of 'Araneri Padasalai' all over the country by the Hindu Cultural Affairs Ministry, the untiring efforts taken by the Adheenams and by those highly proficient in Saiva Siddhantam helped to widen their knowledge and strengthen their deep-rooted faith.

Ganesalingam tried his hand on astrology also and became a successful amateur astrologer. He went through an in-dept study of astrology read charts of his close relatives and friends and predicted their past and future accurately. He could also prepare the charts of new born babies to precision as he considers the degree in which each planet is while placing it

in a particular house. He can also sort out auspicious times for forthcoming important events using the almanac and also does matching of charts for prospective couples. He does all these as a pastime not as a career to spin money. Of late he has given up practising astrology as it is time consuming and also causing mental strain to him when his faculties are failing due to old age.

Ganesalingam held a responsible position when he served in the Electricity Board as a Chartered Engineer. While serving in the Chunnakam Electricity Board he provided electricity connection on request to consumers after considering the possibility within his means and the feasibility. He had provided electricity connection for many villages including his own, every nook and corner had been lit up.

One wonders how it's possible for a chartered Engineer to delve deep into the spiritual domain and into the realm of Tamil Literature besides acquiring a thorough knowledge of Astrology. That's the greatness of Ganesalingam who will be joining the Octogenarian clan this month.

Congratulations!



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 a seasoned homemaker who loves making traditional dishes for her friends and family. Follow us on Instagram: @ninjaeatsfood and @tamil_food
Eat more, learn more!

Sisters Niranjini 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.

SITHI'S TUNA BAKE

This recipe is one that was handed down in the family from our mothers' youngest sister. She stumbled upon this recipe whilst holidaying in Cyprus and has wowed us with it ever since. A plate of this tuna bake and fresh steamed rice is all we ever want!

Unlike normal pescatarian dishes, this one is something that will capture your heart and has been known to be preferred over all other meat dishes within our family.



Ingredients:

- 4 small tins of tuna- soorai meen (187gms each)
- 6 vine tomatoes – thakaali
- 1 beef tomato
- 2 lemons- elumitchai pazham
- 2 tbsp crushed black pepper- milagu
- 100 ml olive oil
- 3 medium red onions, sliced – vengayam
- 8 cloves of garlic- poondu
- 1 bunch of parsley
- 100 gms of sliced black olives
- Salt to taste- uppu

Method :

Blanche the vine tomatoes in hot water for ten minutes until the skin breaks and peel and mash into pulp. Place the tuna in an oven dish and sprinkle with the black pepper and lemon juice and leave to rest. Fry the onions in a little olive oil, add the mashed tomatoes and garlic and reduce for approximately one hour, stirring occasionally. Once done, layer onto the tuna and top with chopped parsley followed by the sliced olives and slices of the beef tomato. Bake at 160 Celsius/ 320 Fahrenheit for 30 minutes and serve with your choice of couscous, steamed rice or baked potatoes.

Try making this recipe this month and do hashtag #monsoonjournal on Instagram and send us your pics, comments and feedback. Spread the love (and recipe!)



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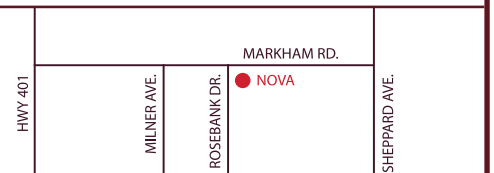
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Stars shine bright as RE/MAX COMMUNITY celebrates its Annual Winter Awards Gala

Contd. from page 1

Welcoming the guests at hand were Logan Velumailum, Broker of Record and Rajeef Koneswaran, Broker/Manager. They reminded all that in a world of numerous real estate professionals and offices, it is the hard work and dedication of RE/MAX Community's employees and agents that make this brokerage a trusted choice in the Greater-Toronto Area. Continued industry-training and sharpening of negotiation skills should also be at the forefront of RE/MAX Community's agents, and the members of the management team have committed to taking this to greater heights in 2018.

In his upbeat address, Logan happily retold the significance of reaching 150 agents in the same year

that Canada celebrates 150 years of confederation. In addition, RE/MAX Community continues to be a strong sponsor giving back to the very community that they serve. The brokerage supported many initiatives this past year, which included its continued sponsorship to the Scarborough and Rouge Hospital Foundation BRAVE TO Race. RE/MAX Community also donated to PuthiyaVelicham's workshops this past year in 19 schools across Sri Lanka, in an effort to heal the psychological trauma experienced by community members.

Guests were treated to an evening of exciting performances and a delicious live station dinner. Canadian Federal Parliamentarian Gary Anandasangaree congratulated all winners on their performance, and

presented each of the 5 Chairman's Club Winners along with Employee of the Year with a special token from the Scarborough-Rouge Park office. The 2017 Chairman's Club Award Winners along with the Rookie of the Year will be treated with a two-weeks trip to Phuket and Malaysia in the upcoming year, and next year's winners will be rewarded with a similar extravagant voyage to Sri Lanka and Amsterdam.

The night was indeed filled with many highlights, including the announcement that RE/MAX Community will be opening a second office this coming new year! In an effort to serve its expanding workforce and client base, RE/MAX Community chose Ajax as their subsequent location and shared this exciting news to the de-

light of their gala attendees.

(Some photos of the event are seen here, Courtesy: Ravi Atchuthan, Ekuruvi & Ninaivukal)

About RE/MAX Community Realty Inc., Brokerage

Located right in the heart of Scarborough, RE/MAX Community Realty Inc., Brokerage is right at the corner of Sheppard Ave and Morningside Ave. RE/MAX Community has a state-of-the-art facility fully equipped from telephone, internet, fax, a full print centre to desktop computers, boardrooms, meeting rooms and a full kitchen. Call us to learn the top secrets of success, growth, and rewards.

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PRESENTERS AND VOLUNTEERS AT WINTER AWARDS GALA 2017



SOME OF RE/MAX COMMUNITY TEAM MEMBERS & GUESTS





CHAIRMAN'S CLUB QUALIFIERS, ROOKIE AWARD WINNERS AND EMPLOYEE OF THE YEAR



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Community Events in the GTA



Professor Schulman speaks at Tamil Literary Garden Awards Event



Guests and organizers at Tamil Literary Garden Awards event with singer Jessica Judes



Royal Bank Morningside/Milner Branch Manager Mohan Sundaramohan lights the traditional oil lamp at the opening of the Sandhurst Circle Dental Clinic

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J.C.C. Annual Dinner and Dance 2017

The annual Dinner and Dance of JCC OBA Canada to mark its Silver Jubilee was held on the 4th of Nov 2017. Krish Jeyanathan a distinguished old boy was the Chief Guest. The President S.J. Ravikumar, the Secretary S. Prabaharan and the Treasurer T. Prabaharan together with the members of the executive committee organised the function well.

The pioneers in organising the JCC OBA Canada Branch were former teacher Jeyasingam, D.C. Balraj, Shantikumar, Jeyadeva, Muruganatharaja, Perinpanathan and Tharmasankari. Without the enthusiasm and untiring efforts of these loyal old boys the JCC OBA Canada Branch would not have seen the light of day in 1992.





TORONTO TAMIL LITERARY GARDEN AWARD FUNCTION NETS \$15,000 DOLLARS FOR HARVARD TAMIL CHAIR

Raymond Rajabalan
Special features editor

The evening of November 11th 2017 was as usual very cold but judging by the flurry of activities at that cultural centre in the city of Markham ,Ontario it appeared that this rememembrance day was about to unfold in very special way. In fact according to the organizers, two great events were about to be staged at that evening at Thamil Isai Kalaamandram by Toronto Literary Garden. (TLG).

What was uniquely special that evening was that Prof David Schulman, an Indologist and a great scholar of international fame was to be honoured along with the release of an official song for Tamil chair of Harvard University by Jessica Judes, globally famous Super Singer.

The events of the evening began with the traditional lighting of the oil lamp by prominent members of Toronto Tamil community Smt. Nirothini Parararjasingham, Mrs Thamilini Gnanabaskaran, Hon. Gary Anandasangaree (MP) and Kumari Selvakumar. This was followed by one minute of silence to honour the fallen heroes who lost their lives so others may live.

Following the President of TLG, Mr. Manuel Jesudasan's welcome address, Dr Maithili Thayanithy spoke on the research Dr Shulman did in many fields, including the history of religion in South India, Indian poetics, Tamil Islam, Dravidian linguistics, and Carnatic music. Geetha Sukumaran spoke about the book Tamil: A Biography and deeply analyzed the interesting aspects of the book.

Mr. Appadurai Muttulingam introduced Dr David Schulman



Jessica on the stage at Literary garden

and invited him on stage. He was honoured by Sivan Ilangko and Dr. Raghuraman and the award was presented to him by Prof Chandrakanthan and Kubes Nava. A special Ponnivala award was presented by Dr Lambotheran on behalf of Dr. Brenda Beck. During his keynote speech, Prof David Schulman of the Hebrew University, Jerusalem traced a series of events that resulted in him becoming interested in Indian languages. He also added "If I

whose mother tongue is English can appreciate the past and glory of Tamil Language, learn Tamil and get myself immersed in Tamil literature, I am surprised to note why many of you hesitate to speak and learn this great language". Following his speech the book Tamil: A Biography was launched and many in the audience came on the stage to receive the book autographed by him.

When Jessica came up to the stage for the of launching an online fundraising campaign for Harvard Tamil Chair using a special song sung by her, the adoring audience gave her a thunderous welcome and she justified the appreciation by flawless rendering of that soul stirring special song. The song was written by Poet Perunkkaviko M. Sethuramann and the Music was composed by Justin Praphakaran a popular Indian film score composer was an instant success. It should be noted that the same song was simultaneously released in Chennai. The song itself was the brainchild of Mutthulingam who was the creative head for this song right from the beginning.

The appreciative audience mesmerized by this melodious song sat glued to their seats and when the singing ended they all gave her a thundering ovation that echoed across the auditorium.

Jessica also sang various other songs with the excellent backing of Toronto based Megatuners, a leading band in North America led by its fonder keyboardist Aravinthan Mahesan. Prabha Balakrishnan and Judes Soosaithasan, Jessica's father too joined her in singing some of the songs

Jessica had previously performed on various Harvard Tamil Chair events both in USA and Canada and had been instrumental in raising huge funds for this noble cause.

Her special video song which begins by mentioning that a Tamil chair for world Tamils begins today, actually brought back sweet memories of the famous song "thamilukkum amuthenru pear" song by the great play back singer P. Susheela.

Within a couple hours of the great performance by Jessica, more than 10,000 dollars were collected for Harvard Tamil chair. In addition another \$15,000 dollars were received from donors across the world through internet.

Since then, donations have continued to be received from various parts of the globe. Those who wish to listen to this great song can hear in you tube at the link stated below.

<https://m.youtube.com/watch?v=vcTnIXIB6M8>

Anyone wishing to support this cause can visit harvardtamilchair.org and click on the donate now button.

Awards were given to Jessica, Paheerathan the videographer, S.Ramanan, the compere and the sponsors of the event Nava Wilson LLP, Mr. and Mrs. Gnanabaskaran and Dr. Suganthy Bream. The awards were given by Selvam Arulanandam and Sivan Ilangko. The event came to an end with a vote of thanks from Usha Mathivanan.

Photo Courtesy:
Ravi Atchuthan & Ninaivukal



A part of the audience



David Schulman being garlanded with garden shawl



Jessica and Jude on the stage



David schulman and Muthulingam



My Volunteer Experience with CTHA

By: Shana Thuray

This past summer, my husband and I decided that we wanted to live in Sri Lanka in our home town in Batticaloa for a year. My husband wanted to spend time with his parents and I wanted to experience the Sri Lankan lifestyle. I also thought that this would be a good opportunity for me to do some volunteering. With the understanding that CTHA was currently doing some projects in the Eastern Province close to the Batticaloa region, I approached them and asked if I could help them in any way. To my luck, they were happy to have me join them, and help oversee various projects that CTHA was supporting.

One such project, one close to my heart and experience, was to uplift various preschools in the remote village areas. Early childhood education is a crucial part of one's academic life. It is what forms the basic foundation of what they are going to be learning their whole life. To start, CTHA is supporting three preschools in different areas; Chinapulumazhai, Palarsenai, and Kittul. CTHA provides salaries for all 6 teachers, because the government does not pay them a salary but instead a small allowance of 3000 LKR. We are hoping that giving them the salary would make them more efficient with their work practices and so the children will benefit them. CTHA also takes care of the building maintenance as much as possible. Since my time here, I have visited the preschools and have learned about some of their needs and struggles. With that knowledge alongside my education background and work experience in schools, I have been conducting teacher workshops. These workshops are meant to better the teaching practices and to provide them with resources and ideas they can use in the classroom. I am so thankful to CTHA for giving me this chance to gain the experience of teaching other teachers, as well as a chance for me to share my knowledge and experience with teachers who are ready to learn and also want to give back to their community.

The other major project that CTHA is putting a lot of effort towards is the Adopt-the-Village Project. The Village that was selected for this project is called Pavakodichenai, a village away from the city, which has only gotten noticed recently for its lack of resources. Many have reached out and are still reaching out to help build this village which was badly affected by the civil unrest that plagued Sri Lanka for more than three decades. Only a few



years ago, the village got a building for a functioning government school. A preschool also started functioning a few years back as well in a small broken building. The village still does not have any medical facilities. CTHA saw these needs and decided to build a community centre comprising of 3 major facilities to start; a proper preschool

classroom, a medical centre, and a vocational training centre. As we progress, a sports facility, washroom facility, water facility (wells) will also come up in the community centre area. The Adopt-the-Village project is massive and has been requiring a lot of support and funds. I have gotten a chance to meet people of authority and expertise

to bring the project to life. With the help of the implementing team, Humanitarian Hands, we had many consultations with picking the right materials and the right contractor to complete the job. I met the rotary club members here in Batticaloa to help us get the funds needed for constructing the wells and the washroom facilities. I also got a chance to meet the Regional Director of Health Services for Batticaloa region to help us with arranging a visiting doctor. In addition to that a meeting with took place with the Medical Officer of Health at the Eastern University, to arrange medical educational programs for the village, and to create learning opportunities for medical students who can work alongside the visiting doctors. It has been a true experiential journey meeting various people, learning about their fields and working with all of them to bring the community center together. Right now, we are working on the putting together the Karthikai Vilakkidu (Festival of Lights) Program in Batticaloa. We are hoping that this program will raise awareness of the project we are doing. Thank you to CTHA for providing with the opportunity to serve the people here, allowing me to give back to the Sri Lankan community. I have been able to share loads of knowledge from my previous experience, and I have also gained so much experience and knowledge throughout this experience thus far. I know that I am going to learn a lot more as I continue to work with CTHA.

Shana Thuray



Shanathani Thuray
B.A (Social Development Studies) University of Waterloo
M.A (Child study and Education) University of Toronto

Shana Thuray, having completed her B.A. in Social Development Studies from University of Waterloo and M.A. in Child Study and Education from University of Toronto, also completed many international assignments; and her last appointment was a Teaching position at Sai School in Toronto.

She is currently in Batticaloa, Sri Lanka, volunteering for one year from Aug 2017 with Canadian Tamils' Humanitarian Association and working with children in the district.



THE HINDU TEMPLE SOCIETY OF CANADA

Richmond Hill Ganesha Temple



THE SIGNIFICANCE OF 108 IN HINDUISM & OTHER RELIGIONS

COMPILED BY: **KIDAMBI RAJ**,
MEMBER, BOARD OF TRUSTEES

TEMPLE WONDERS

In Hinduism, the **number 108** has great significance. But is not exclusive to Hinduism. In fact, the Jains, Sikhs, Buddhists, Chinese Taoists, and Japanese have also given importance to the number 108.

The diameter of the Sun is 108 times the diameter of the Earth and the distance from the Sun to the Earth is 108 times the diameter of the Sun.

The average distance of the Moon from the Earth is 108 times the diameter of the Moon. In Ayurveda, there are 108 **Marma** (the points in human body that is located at the intersection of veins, muscles, joints, bones ligaments or tendons) points that are vital for giving life to living beings. The powerful Sri Chakra Yantra intersects in 54 points each with a masculine and feminine quality, totalling to 108.

In Indian astrology there are 12 houses and 9 planets. 12 times 9 equals to 108. In Tantra (Tantra as style of literature in Hinduism), it is estimated that every day we breathe 21,600 times out of which 10,800 are solar energy and 10,800 are lunar energy. Multiplying 108 X 100 is 10,800.

In **Natya Sastra** there are 108 **Karanas** (Movement of hand and feet).

There are 54 letters in Sanskrit, each can be mentioned as masculine (Shiva) and feminine (Shakti) aspect, totalling to 108.

There are 108 Puranas and 108 Upanishads.

9 times 12: Both of these numbers have been said to have spiritual significance in many traditions. 9 times 12 is 108. Also, 1 plus 8 equals 9. That 9 times 12 equals 108. Powers of 1, 2, and 3 in math: 1 to 1st power=1; 2 to 2nd power=4 (2x2); 3 to 3rd power=27 (3x3x3). 1x4x27=108.

Harshad Number: 108 is a Harshad number, which is an integer divisible by the sum of its digits (Harshad in Sanskrit means, **great joy**)

Desires: It is said that there are 108 earthly desires in mortals.

Lies: It is said that there are 108 lies that humans tell.

Delusions: There are said to be 108 human delusions or forms of ignorance.



Japamala

Heart Chakra: The chakras are the intersections of energy lines, and there are said to be a total of 108 energy lines converging to form the heart chakra. One of them, **Sushumna** leads to the crown chakra, and is said to be the path to Self-realization.

Pranayama: If one is able to be so calm in meditation as to have only 108 breaths in a day, it is said that enlightenment will come to that person.

Sri Yantra: On the Sri Yantra there are marmas where three lines intersect, and there are 54 such intersections. Each intersection has masculine and feminine, shiva and shakti qualities. 54 times 2 equal 108. Thus, there are 108 points that define the Sri Yantra as well as the human body.

Pentagon: The angle formed by two adjacent lines in a pentagon equals 108 degrees.

Time: Some say there are 108 feelings, with 36 related to the past, 36 related to the present, and 36 related to the future.

Astrology: There are 12 constellations, and 9 arc segments called Namshas or Chandrakalas. 9 times 12 equal 108. Chandra is moon, and Kalas are the divisions within a whole.

River Ganga: The sacred River Ganga spans a longitude of 12 degrees (79 to 91), and latitude of 9 degrees (22 to 31). 12 times 9 equal 108.

Gopis of Krishna: There were said to be 108 gopis or maid servants of Krishna.

1, 0, and 8: Some say that 1 stands for God or higher Truth, 0 stands for emptiness or completeness in spiritual practice, and 8 stands for infinity or eternity.

Silver and the Moon: In astrology, the metal silver is said to represent the moon. The atomic weight of silver is 108.

Numerical Scale: The 1 of 108, and the 8 of 108, when added together equals 9, which is the number of the numerical scale, i.e. 1, 2, 3 ... 10, etc., where 0 is not a number.

Meditations: Some say there are 108 styles of meditation.

Paths to God: Some suggest that there are 108 paths to God.

Stages of the Soul: Said that Atman, the human soul or centre goes through 108 stages on the journey.

Meru: This is a larger bead, not part of the 108. It is not tied in the sequence of the other beads. It is the guiding bead, the one that marks the beginning and end of the mala.

Praiseworthy Souls: There are 108 qualities of praiseworthy souls

Jainism: In the Jainism, 108 are the combined virtues of five categories of holy ones, including 12, 8, 36, 25, and 27 virtues respectively.

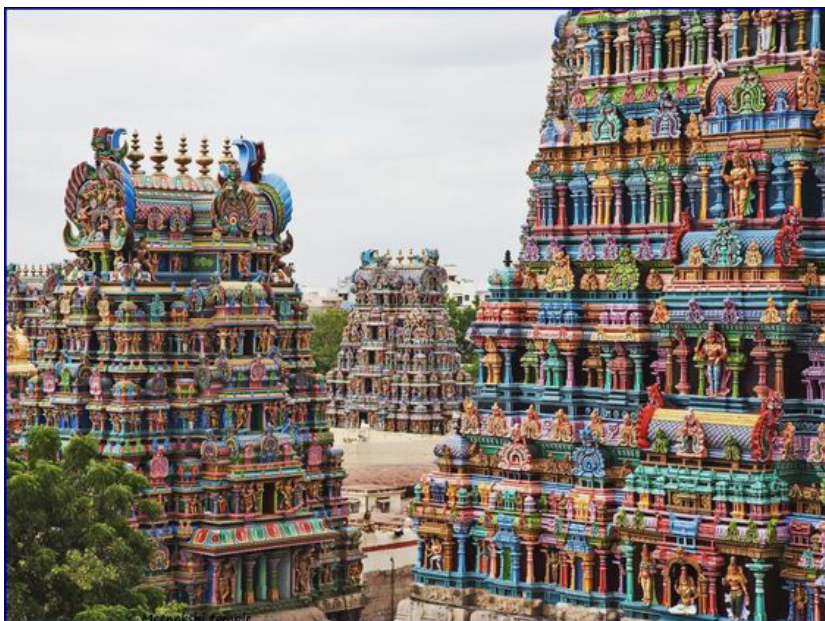
Sikhism: In the Sikh tradition their malas have 108 knots tied in a string of wool, rather than beads.

Buddhism: Some Buddhists carve 108 small Buddhas on a walnut for good luck. Some ring a bell 108 times to celebrate a new year. There are said to be 108 virtues to cultivate and 108 defilements to avoid.

Chinese: The Chinese Buddhists and Taoists use a 108-bead mala, which is called **suchu**, and has three dividing beads, so the mala is divided into three parts of 36 each. Chinese astrology says that there are 108 sacred stars.

Japan: In Japan, at the end of the year, a bell is chimed 108 times to finish the old year and welcome the new one. Each ring represents one of 108 earthly temptations a person must overcome to achieve nirvana.

The above things explain that 108 signifies the wholeness of the divinity and perfect totality. These were the things that our ancestors have told us and let us follow.



South Indian Temple

1. At the Thiruvannamalai Temple in Tamil Nadu, the Deity always comes out by the side entrance and not through the main Rajagopuram.
2. Madurai Meenakshi Amman Temple is the only temple where there are 14 Gopurams.
3. At the Uppiliappan temple at Thirunageswaram near Kumbakonam in Tamil Nadu, salt is not added to any of the food prepared as offering to the Perumal.
4. Ramanathaswamy Temple in Rameswaram is the only Saivite temple where "Theertham" is offered to devotees.
5. Chidambaram temple is the only temple where the Moolavar idol of Lord Nataraja is taken around the main roads around the temple.
6. At Chidambaram temple, standing at one place, one can worship Lord Govindaraja and Lord Nataraja.
7. In Chidambaram Temple, the Saivite's special "Thiruvathirai" and Vaishnavite's special "Vai-kunta Ekadasi" are celebrated in the same month.
8. At the tank (Pottraamarai Kulam) of Madurai Meenakshi Amman temple fish don't survive.
9. In Keralapuram, near Thakkalai in Kanyakumari district, there is a temple for Lord Shiva. There under a Papal Tree, there is a colour changing idol of Lord Ganesha made of a stone called "Chandra Kantha". This idol changes colour every six months. For six months starting with the Tamil month of "Aavani" it will change into "White" colour and for the next six months it changes itself into "Black" colour.
10. In all Vishnavite temples one can see the "Conch" being held on the left hand of the God, but only in the temple at Thirukkavalur, the "conch" is held on His right hand.
11. At Badrinath temple near Himalayas, the temple opens on the first week of May and close on the first week of November. They light a lamp before they close the temple in November which stays lit when they re-open the temple in May. A miracle.
12. Though there are lots of lizards in Kasi (Varanasi). But the strange thing is they never make even a slightest noise.
13. For about 14 miles around Kasi (Varanasi), no Eagle flies, another strange phenomenon.
14. Another strange phenomenon, similar to the previous one is that "No Crow Flies" over the hill called Ratnagiri, on the Kulitthalai-Manapparai area in Tamil Nadu.
15. In every temple, Navagraha Idols are installed always in the North-East corner.
16. Lord Nataraja idol is made out of a single stone at a place called "Azhwarkuricchi" in Tamil Nadu. But the strange thing is, if one taps the idol you get a metallic sound.
17. The huge idol of Sri Mariamman in a sitting posture at a temple in Samayapuram in Tamil Nadu is not only the biggest ever, but was also made of herbs.
18. In a cave in a hill called Surulimalai near a place called Kambam in Theni District in Tamil Nadu, the more of "Vibhoothi" you take, more grows back automatically. Rightly so, the cave is called "Vibhoothi Cave". Other places where similar thing happens it seems are at Kathirkaamam, Marudamalai, Thiruneetrumalai and Thiruvarunai on the banks of Ganges.
19. Milk used for Abhishekham to Lord Muruga at a temple in Ratnagiri Mountain, turns into Curd after short while.
20. The curd used for abhishekham to Lord Muruga at Chennimali in Tamil Nadu, never turns to sour.
21. The Moolavar idol at Velappar koil at Theppampatti in the Theni district in Tamil Nadu is a Svayambu (Came by itself, not man-made). Also, at the foot of the Mango tree near this temple water keeps coming like in a hot spring.
22. Kancheepuram Ekambareswarar temple is the only temple where there is no Altar for Amman.

Humans of Northern Sri Lanka



BY THULASI MUTTULINGAM

The face Book Community page “Humans of Northern Sri Lanka” is a pictorial page by Thulasi Muttulingam. Thulasi Muttulingam is a journalist based in the North of Sri Lanka. Having grown up away from her hometown of Jaffna, it is currently her mission to research and document as much of her culture and heritage as she can. If you are similarly interested, check out more of her work at the facebook page ~ Humans of Northern Sri Lanka: To follow the updates, “Like” the page at: www.facebook.com/pages/Humans-of-Northern-Sri-Lanka



With disposable income

If I ever have doubts about relocating to Jaffna, all I have to do is get stuck in a Colombo traffic jam to snap to my senses.

What the HELL is this Colombo!?!?

Unfortunately the first thing Sri Lanka’s aspiring classes do with disposable income is buy vehicles.

This country lacks common sense, both in its governance, and its people’s aspirations.

The only reason Jaffna is not as bad as Colombo and Kandy yet is because the people don’t have that kind of money to throw around. I don’t think I want to be around when they do.

Not all that funny

I was talking to the Jaffna Toastmasters yesterday about various things that we Sri Lankans take for granted as acceptable speech but in actuality is not - sexism, ableism, callousness towards LGBT folks etc.

As I was exploring the various ‘isms’, somebody asked what the word was for derogatory speech against people of different regions.

“For example, when they know we come from Jaffna, people from the South keep asking us whether we still suck on Panang Kottais (Palmyrah seeds)? Isn’t there a word for that?”

Well I suppose it could be called racism, but even within the same race yet from different regions, I have come across this problem.

When interviewing evicted Northern Muslims who had to live as refugees for two decades in Puttalam among Puttalam Muslims with whom they had former marital and familial ties, the same complaint repeatedly came up.

They too said that for as long as they lived there, they had to put up with the labels of ‘refugees’ and ‘palmyrah seed suckers’ - both of which they found deeply hurtful.

I have come across this repeatedly too and often laughed it off.

But food for thought - maybe we should just stop saying it?

It’s not all that funny anyway.

Refugee while not inherently a negative word can begin to grate on you over the long term.

It effectively places you on the margins of society, and makes clear to you that you don’t really belong where you are currently placed.

We sure have come a long way

Just got a message from a mutual friend reminding me of the time Megara Tegal and I met for the first time nearly a decade ago at the Sri Lanka College of Journalism.

Don’t know what Megara’s memories of it are but here’s mine:

We both showed up an hour early to class on the first day. Or the others showed up an hour late, not sure.

We sat through that hour ignoring each other, carefully not making eye contact with each other even though we were the only ones in the lecture room. Neither of us thought the other rude. We instinctively understood the other was as shy and heavily introverted as oneself. As such, we were even probably relieved that the other was not inclined to make obligatory small talk.

It took Shafraza Muzzamil, Megara’s friend from school who also joined our journalism batch, to breeze in, talk to everybody, and over the course of the next few days, get everyone talking to each other.

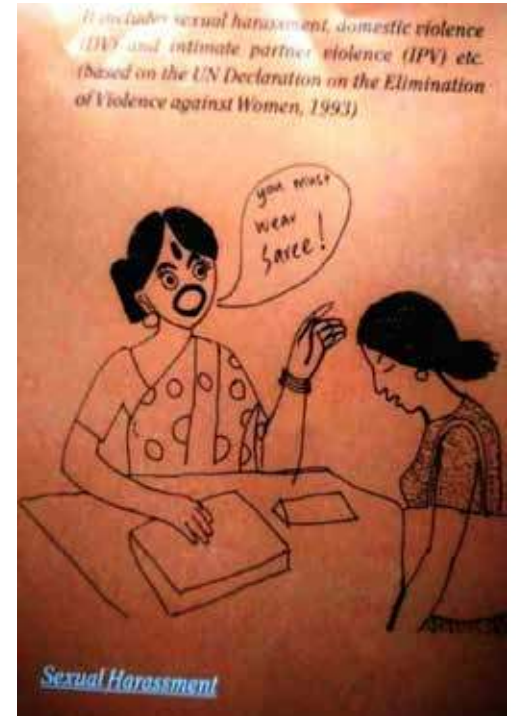
I told Shafraza about Megara and I hilariously ignoring each other that first day and she said, “Oh that’s nothing new. Megara and I went to school together for years. She would be super silent in class then too. I once even asked her why she never spoke and she didn’t speak up to answer that either.”

For two such excessively introverted characters, we sure have come a long way, both as mutual friends as well as in our abilities to interact with the outside world - although that’s not perfected yet for either of us. When I met her in London a few months ago - I on a Chevening journalism fellowship, she on a Chevening Masters degree course - I told her how difficult I still found it to interact socially with people I didn’t know well, and she replied, “I have somewhat learned to greet and carry on conversations with people at functions now. I just haven’t learned the art of ending the conversation smoothly to extricate myself.” She made it sound like a complicated battle manoeuvre.

Probably how we both still feel about it but at least we made friends with each other out of it.

Welcome back to Sri Lanka Megara. Looking forward to seeing you again. You are now one of the few friends I can chatter by the hour with :)

Jaffna University launched a Centre to Promote Gender Equity and Equality at their campus. The centre will among other things facilitate complaints against gender discrimination. This is the pamphlet they distributed at the event. For a university that made headlines just a few years ago by demanding that female students compulsorily wear sari, they appear to have come a long way.



They have not explained in text, the picture shown inside - but appear to be critical of victim blaming. The rest of the pamphlet does a good job of explaining what Sexual and Gender Based Violence constitutes and how the University will no longer tolerate it at any level.



Like



Thulasi Muttulingam with Megara Tegal





Waterloo now Canada's fastest growing tech talent market

Waterloo Region is now Canada's fastest growing tech talent market, having grown by almost two thirds over the last five years, while Toronto leads in terms of the absolute growth of its tech labour pool, according to CBRE's 2017 Scoring Canadian Tech Talent Report.

The report results show the Waterloo Region has added 8,400 tech jobs from 2011 to 2016, a 65.6% growth rate, and the second fastest rate of tech labour pool growth in North America after Charlotte, North Carolina at 77.1%. However, Toronto remains the undisputed magnet for tech employers and employees, expanding by 51,300 tech jobs, a 31.8% increase for the city, over the same period.

Cities are jockeying for the attention of leading tech firms

"Cities across North America are jockeying for the attention of leading tech firms and its increasingly clear which cities are leading the pack. Waterloo Region continues to show its strength as one of Canada's top tech markets and a major engine of innovation for the Canadian economy. Not only is it the fastest growing over the five-year period, it is also the fastest growing market year-over-year, adding 5,600 jobs alone in 2016, an increase of almost a third in a single year%. Even after the fall of Blackberry, which was once one of Waterloo Region's top tech employers, the region continues to benefit from clustering of the high-tech industry. Companies such as Shopify are attracted to the collaborative and competitive environment that supports

entrepreneurship, innovation and development," commented Paul Morassutti, Executive Managing Director at CBRE Canada.

As a whole, Canada added 138,300 tech jobs between 2011 and 2016, an increase of 21.7%, 34,500 of which were added in 2016 alone.

Report's scorecard ranks tech talent offering

The report, published for the second consecutive year, analyzed 10 of Canada's largest cities to create a scorecard which ranks their tech talent offering. The final rankings were determined based on 14 metrics, including tech talent supply, growth, concentration, cost, completed degrees, industry outlook for job growth, and market outlook for both office and apartment rent cost growth. Each market was ascribed a score out of 100 which reflects its attractiveness to tech employers and potential employees.

Toronto, for the second year, clutched the top spot, while Ottawa and Vancouver traded positions, ranking second and third, respectively. Vancouver offers very high quality labour at a moderate cost to employers, however, its ranking suffered as the city experienced flat tech job growth in 2016. Ottawa on the other hand, increased its tech talent base by 11.9% or 7,300 jobs over the same year, and boasts a labour force with the highest education attainment among all cities surveyed. Montreal and Waterloo Region round out the top five, with Waterloo Region climbing three ranks from last year. Calgary, Edmonton, Halifax, Winnipeg



and London were ranked six to 10.

Real estate is an important component of tech companies

Physical real estate is an important component of tech companies opening and expanding operations, however, access to talent and wages are much more significant factors when making locational decisions. Cost of real estate average 6% of company overhead and labour costs account for between 60-70% for a typical company, with tech workers commanding, on average, 40% more than non-tech workers in Canada.

Taking both talent and real estate costs into consideration, a typical 500-person tech company in 75,000 sq. ft. of office space in Canada can expect total annual costs to range from CAD \$33 million in London, the least expensive Canadian city, to CAD \$43.9 million in Calgary, the most expensive market. For contrast, Oklahoma City is the cheapest U.S. market at CAD \$43.3 million, more expensive than every Canadian city except for Calgary, demonstrating the relative value for international tech firms looking to locate in

Canada.

"Although value continues to influence office location decisions, tech companies are putting more stock on the availability and concentration of quality talent. Ottawa, Waterloo Region and Toronto all offer the highest concentration of tech talent, with tech jobs in Ottawa accounting for over one-in-ten of all jobs in the city.

These were also the fastest growing markets in 2016. As the influence of tech among all industries rises, and the battle to attract and retain tech talent is no longer fought by traditional tech firms alone, it's no surprise companies are willing to embrace higher costs in order to be where the talent is.

"For global tech firms looking to grow in North America, Canada provides the best bang for their buck. Canadian cities offer companies highly educated talent pools and immigration policies that allow for the recruitment of the best talent from around the world, lower salary costs and all with the benefit of a discounted Canadian dollar versus the U.S. dollar," added Morassutti.

U of Waterloo brings rapid cellphone charging closer to reality

The ability to charge cellphones in seconds is one step closer after researchers at the University of Waterloo used nanotechnology to significantly improve energy-storage devices known as supercapacitors. Their novel design roughly doubles the amount of electrical energy the rapid-charging devices can hold, helping pave the way for eventual use in everything from smartphones and laptop computers, to electric vehicles and high-powered lasers.

"We're showing record numbers for the energy-storage capacity of supercapacitors," said Michael Pope, a professor of chemical engineering who led the Waterloo research. "And the more energy-dense we can make them, the more batteries we can start displacing."

Benefits include improved safety and reliability

Supercapacitors are a promising, green alternative to traditional batteries—with benefits including improved safety and reliability, in addition to much faster charging—but applications have been limited so far by their



relatively low storage capacity. Existing commercial supercapacitors only store enough energy, for example, to power cellphones and laptops for about 10 per cent as long as rechargeable batteries. To boost that capacity, Pope and his collaborators developed a method to coat atomically thin layers of a conductor called graphene with an oily liquid salt in supercapacitor electrodes.

The liquid salt serves as a spacer to separate the thin graphene sheets, preventing them from stacking like pieces of paper. That dramatically increases their exposed surface area, a key to maximizing energy-storage capacity. At the same time, the liquid salt does double duty as the electrolyte needed to actually store electrical charge, minimizing the size and weight of the supercapacitor.

"That is the really cool part of this," Pope said. "It's a clever, elegant design."

Increasing the storage capacity of supercapacitors

The innovation also uses a detergent to reduce the size of the droplets of oily salt – which is combined with water in an emulsion similar to salad dressing – to just a few billionths of a metre, improving their coating action. The detergent also functions like chemical Velcro to make the droplets stick to the graphene. Increasing the storage capacity of supercapacitors means they can be made small and light enough to replace batteries for more applications,



particularly those requiring quick-charge, quick-discharge capabilities.

In the short term, Pope said better supercapacitors could displace lead-acid batteries in traditional vehicles, and be used to capture energy otherwise lost by buses and high-speed trains when they brake. Further out, although they are unlikely to ever attain the full storage capacity of batteries, supercapacitors have the potential to conveniently and reliably power consumer electronic devices, electric vehicles and systems in remote locations like space.

"If they're marketed in the correct ways for the right applications, we'll start seeing more and more of them in our everyday lives," Pope said.

The research, which also involved Zimin She, PhD student, and Debasis Ghosh, a post-doctoral fellow, was recently published in the journal ACS Nano.



17th Annual Tamil Cultural Nite - Waterloo Region

Waterloo Region's annual Tamil Cultural Nite, performing arts festival was held at University of Waterloo, Ontario. Mayor of Kitchener, his lordship Berry Vrbanovic was the Chief Guest along with Special guest Hon. Barrdish Chagger, MP for Waterloo. Local and Toronto artists performed in the event.

Natheswaram instrumental performance by Arumugathas and group, Toronto Tabla youth group, Students of Nirainjana Chandru of Toronto, Students of Sri Abiramy Dance of Waterloo, Students of Shyamala Ramachandran of Kitchener, Students of University of Waterloo and others.





An Appeal for Help for the Needy Karuna Nilaiyam - Kilinochchi

Karuna Nilaiyam is a women's Institute which serves women of all ages. Muriel Hutchins fondly called Vellaipaarti by the residents of Kilinochchi founded the nilaiyam to care for distressed women. The residents now include mentally affected women, distressed women, Needy school going Children and school leavers.

KN provides food and lodging for the residents. It also conducts nursery classes for the children of the area, computer, sewing, and English classes for resident girls and for girls of the area. Bright children are sent to Chundikuli Girls College for higher studies.

KN also has a grape farm, poultry and dairy to provide training and create income. KN also runs a medical clinic for women and children of the area. Much of the donations go towards food. Friends of KN in Canada with Monsoon Journal of Canada have come together with a plan to subsidize the food expenses to enable KN to do more training and teaching to promote independent living.

The following well wishers have contributed C\$125 towards meals for a day program for Dec-Jan period. Fifteen others have chosen other months. They celebrate their Birthdays, Anniversaries and Memory of their departed ones- Friends of Karuna Nilaiyam appeals to well wishers to join this effort to continue this program. You may choose a month and date to help in this program.

Friends of Karuna Nilaiyam Kilinochchi,
38 Helene Cres Waterloo, O.N. N2L5E5

Tel: 1+ 519 746 4259

Greeting. Joy, peace & love at Christmas



Shepherds watching their flocks by night
Received, message of birth, by angel bright;
That Jesus the Son of God; is born
In a manger, wrapped in rags, out worn.

The Stolid cow that wanders, lowed,
The gentle lamb that frisks, bleated
The obstinate donkey that trots brayed:
Welcoming the Prince of Peace, greeted.

Shepherds, wise men followed the guiding star,
Worshipped the Holy Infant, in there;
Stealthily returned avoiding Herod, in fear
Enjoying Peace He brought in, here..

Come! Let all enjoy the peace at Christmas
Greeting brethren with love and holiness.
Extending love with all, and in loneliness.
Enjoy Joy, peace & love at Christmas.

- Kingsley-

'Practice Christ amidst the blunt realities of modern day living' - Advent Message



November and December are months when Christmas carol services are held in Toronto. Rev. Jebanesan speaking at the carol service organized by the Driberg College Past Pupils Association of Canada said that 'one should practice Christ amidst the blunt realities of modern day living'. He gave pen pictures of incidents that told of tragedies in life - the street shootings in Jaffna during the IPKF occupation, the Tsunami onslaught in 2004 in Sri Lanka and the First Baptist church massacre recently in Texas, USA.

Christmas is not just lighting candles, cutting cakes and firing crackers. It is living in God's presence at all times. The alumini of Driberg College was able to put together a carol service which also appeared to be a cultural

festival with dances, songs and speeches. Ebernezar Thevasagayam sang a classical Tamil song with his children entitled, "Thevakumara, Thevakumara" - which proved to be very inspiring and well rendered. The choir gave a sterling performance with sweet Tamil lyrics accompanied by captivating instrumental music. Special songs by Devika, Chandrika and Melanie added variety to the singing. Priyanka Suresh and Thanisha Somanathan performed a classical dance to the tune of a Tamil song that portrayed the birth of Christ and its significance. It was the 18th annual Carol Service organized by the Driberg College Past Pupils' Association. The organizing committee should be commended for their dedication and commitment.



MARKHAM NEWS

JOE LI REGIONAL COUNCILLOR
CITY OF MARKHAM & YORK REGION



Joe Li
Regional Councillor

Regional Councillors are elected by Markham residents to represent the City of Markham at York Region and the local Municipal level

Queen's Park passes bill for an elected York Regional Chair



Queen's Park passed Bill 42, Municipal Amendment Act (Election of Chair of York Region) in December 2016 for elected Regional Chair. This motion was first introduced by Regional Councillor Joe Li and seconded by Mayor Justin Altmann of Whitchurch-Stouffville at York Region on November 19, 2016. Regional Chair will now be accountable to the region's 1.1 million residents, not just the 20 Members of Regional Council.

World Hakka Conference



RC Joe Li helps Markham Council to successfully bid to host the 31st World Hakka Conference in October 2021. This cultural event will attract over 3000 business people from around the world to City of Markham.

Bengal Global Business Summit



RC Joe Li representing City of Markham with West Bengal's Hon. Chief Minister Smt Mamata Banerjee and Canadian Trade Commissioner Arjun Kumar Dutta at the inauguration of the Bengal Global Business Summit. As a result of the 2016 India Trade Mission, West Bengal's RAD 365 launched an office Markham with further growth in the near future. RAD365 is an IT service provider delivering Software solutions, Teleradiology, Knowledge Processing & Data Analytics solutions to the healthcare industry.

Caring for our environment



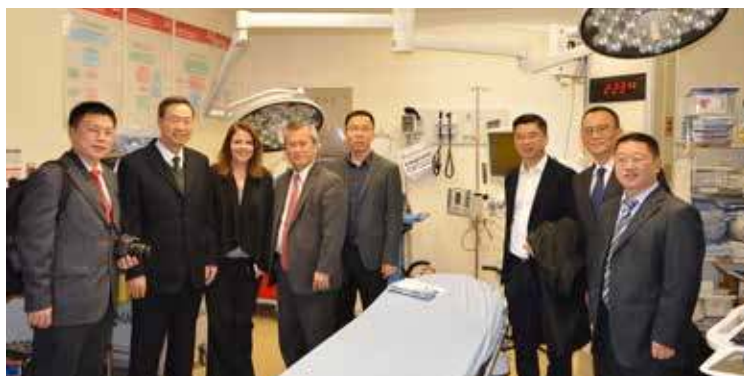
Smart Commute Markham, Richmond Hill

Waste Management



RC Joe Li Introduced the Automatic waste collection system to the City of Markham.

Markham Stouffville Hospital (MSH)



MSH staff showcased their medical facilities to China Ji-anxixi Province medical delegation to exchange medical expertise.

Supporting local charities



International disaster fundraising relief



Working together for the community



- | | | |
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| <p>COMMITTEE INVOLVEMENT:</p> <p>York Region</p> <ul style="list-style-type: none"> • Council, Committees and Board • Chair, Planning & Economic Development • Director, Toronto Global Invest • Transportation Task Force | <p>CITY OF MARKHAM</p> <ul style="list-style-type: none"> • Council • General Committee • Development Services Committee • Chair, Markham Transportation Committee • Chair, Automated Vacuum Collection Feasibility Working Group • Chair, Canada 150 International Partnership Sub-Committee • Markham Enterprise Corporation • Environmental Advisory Committee • Race Relations Committee • Smart Commute Markham, Richmond Hill Committee | <ul style="list-style-type: none"> • Library Board, Markham Public Library • Boulevard Maintenance on Regional & Local Roads Working Group • Environmental Issues Committee • Langstaff Implementation Committee • Licensing Committee • Markham Village Train Station Community Centre Board • Thornhill Sub-Committee • Toronto Liaison Committee • Windrow Plowing Task Force • PowerStream, Director (2014 - Feb 2017) |
|--|--|--|

Annual Canada Diversity Celebration



Mr. Amar Erry (President - Vedic Cultural Centre, Arya Samaj Markham), Mr. Joe Samion (Yin Hua Association of Ontario), and RC Joe Li working on their upcoming Indo-Chinese Bollywood event. The event provides a platform to many local artists and unites both the Indian & Chinese communities to celebrate diversity

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