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**CANADA WELCOMES 401,000 NEW PERMANENT RESIDENTS IN 2021.**

**Canada welcomes the most immigrants in a single year in its history**

With the significant exception of Indigenous people, all Canadians originally come from somewhere else. The story of immigration fills many chapters in the history of Canada—including the most recent one.

To support Canada's post-pandemic recovery and chart a more prosperous future, the Government of Canada set a target of welcoming 401,000 new permanent residents in 2021, as part of the 2021-2023 Immigration Levels Plan.

The Honourable Sean Fraser, Minister of Immigration, Refugees and Citizenship, announced that Canada has reached its target and welcomed more than 401,000 new permanent residents in 2021.

Surpassing the previous record from 1913, this is the most newcomers in a year in Canadian history. This historic achievement is particularly significant in the face of the pandemic's many challenges. From closed borders to domestic lockdowns, global migration has been upended by COVID-19. But the employees of Immigration, Refugees and Citizenship Canada (IRCC) rose to the occasion and processed a record half a million applications in 2021. To achieve this, IRCC added resources, embraced new technology and brought more processes online.

These changes are all permanent improvements to Canada's immigration system. As we continue to struggle with the pandemic, we made the most of the talent already within our borders. The majority of these new permanent residents were already in Canada on temporary status. Most notably, we launched new programs to engage essential

workers, health care professionals, international graduates and French-speaking newcomers. Family reunification is another pillar of our system, and we reunited spouses and children while enabling more families to sponsor parents and grandparents. Finally, with many countries closing their doors to refugees, we continued to offer the world's most vulnerable shelter in Canada.

Canada needs immigration to drive our economy, enrich our society and support our aging population. One in 3 Canadian businesses is owned by an immigrant, and 1 in 4 health care workers is a newcomer. Business, labour market experts and economists all agree that immigration creates jobs, spurs innovation and helps address labour shortages. New Canadians contribute to communities across our country every day, and we will continue welcoming more of them as we build the Canada of tomorrow.

In 2019, Canada welcomed more than 341,000 permanent residents. Despite the challenges resulting from the COVID-19 pandemic, Canada also admitted over 184,500 new permanent residents over the course of 2020.

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## Top health and wellness trends in 2022



(NC) The core elements of staying healthy, such as eating well and exercising often, may never change. However, scientists and health practitioners are always pushing boundaries on how best to do those things, and every year we hear of new life hacks to try out that maybe the key to our health. Here are some top trends for 2022:

### Whole health

While there's no special ingredient or trick that can actually "boost" your immune system, that doesn't mean you can't take steps to keep yourself healthy and prevent illness. A key trend is a holistic approach to your health that recognizes the interconnection of eating nutritious food, being physically active and nourishing your mental health as core parts of staying well.

### Sleep hygiene

Now that many of us have discovered the extra z's you can get when you don't commute to an office, we're loath to lose them. So, this year expect everyone to be talking about the best things in sleep hygiene, from creating a bedtime routine and avoiding screens to tech and apps that help track the sleep you're getting or improve its quality.

### Functional genetic testing

Maybe you know someone who's had their genetics tested to find out about their ancestry. With functional genetic testing, you'll be able to discover the health implications of your genes. This goes beyond markers for major diseases – tests from The DNA Company can indicate whether you're likely to gain weight in the cold, if you're hardwired for binge-watching and even if you're well-suited to a vegan diet. It's a new frontier in health and wellness sure to make a splash in 2022.

Find more information on getting a genetic profile at [thednacompany.com](https://thednacompany.com).

## Easy healthy food resolutions that are achievable all year long



(NC) The start of the year is a great time to re-evaluate our lifestyle habits. This includes the food we eat, so we can make sure that we're nourishing our bodies. While it can seem hard to get started, try these simple and achievable resolutions for 2022.

### Incorporate more whole grains.

While many of us grew up eating white bread at home, whole grains are the more nutritious alternative. In fact, whole and multi grains are better sources of fibre and nutrients like iron, folate and selenium. Look for bagels, English muffins and sliced breads in tasty whole grain varieties. Rethink dieting.

The new year is synonymous with hopping on the dieting bandwagon, trying out whatever is trendy (but not necessarily better for us). While you may see fast results, studies show people who go on restrictive diets usually end up gaining more weight back than they lost over the long run. Instead, focus on making better choices everyday, like choosing whole grain breads versus muffins or having fruit for your midday snack.

### Choose sustainable ingredients.

As you're reassessing the impact of your food on your body, take some time to think about the planet too. Look for food from local sources and companies with brands that have strong sustainability practices, like Bimbo Canada, which offers high-quality yet affordable foods made with the simplest ingredients. The company behind bakery favourites like Dempster's is committed to using 100 per cent sustainable packaging and reducing food waste by 50 per cent by 2025.

### Cook more meals at home.

Many of us grew tired of our own cooking during the pandemic, and with much of the world reopening and the indulgences of the holidays, it's been tempting to rely on takeout and restaurants more. But research shows that cooking at home is an effective way to improve diet quality, lose weight and prevent diabetes. So, search for some new nutrient-dense recipes you can cook yourself and get back in the kitchen.

## Brain boosters for older adults

(NC) There are plenty of things we do to keep our bodies healthy, like eating well, staying active and reducing stress. But how can we help keep our brains in tip-top shape too? It turns out that all the activities you do for a healthy body are also good for your brain because they contribute to lowering several risk factors associated with dementia, like mid-life obesity, smoking, harmful alcohol consumption and social isolation. Here are a few brain-healthy tips to think about:

### Be active and eat well

You can't see the impact of exercise on your brain the way you can see it with your body. However, blood pumps through the brain when you exercise, and that can help keep your brain cells healthy. Go for a brisk walk, or dance in your living room to get your heart rate going. Fuelling your body and brain with a well-balanced diet will also keep you going strong.

### Reduce harmful alcohol consumption

Drinking alcohol is a personal choice. But drinking too much alcohol can be harmful, and is associated with a higher risk of developing dementia.

There are Canadian guidelines for recommended consumption limits. They suggest no more than two standard drinks per day, to a maximum of 10 per week for women and three standard drinks per day to a maximum of 15 per week for men. A standard drink is equivalent to a bottle of beer (12 oz., 341 ml, 5 per cent alcohol) or a glass of wine (5 oz., 142 ml, 12 per cent alcohol).

It is also recommended to have no-alcohol days. You can replace alcoholic beverages with sparkling water with a splash of natural fruit juices; try a cucumber-lime combination, or add mint or basil to jazz it up.

Socialize Connecting with others, even virtually, is an important way to keep yourself engaged in the world around you. Not only is social activity an essential part of our mental health and well-being, but it can also help reduce the risk of developing dementia as well as associated conditions like depression. Find more information about dementia at [canada.ca/dementia](https://canada.ca/dementia).



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# இனிய தைப்பொங்கல் நல்வாழ்த்துக்கள்



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## உங்கள் அனைவருக்கும் இனிய தைப்பொங்கல் மரபுத்திங்கள் நல்வாழ்த்துக்கள்!

தை மாதம் என்பது தொன்மைக் காலம் தொட்டு குறிப்பாக சங்ககாலம் தொடக்கம் தமிழர்களின் பல சிறப்பு கொண்டாட்டங்கள் அடங்கிய முக்கிய மாதமாக கருதப்படுகிறது .

2012 ல் நாம் மார்க்கம் மாநகரசபையின் தமிழர் மரபு திங்கள் மாதத்தை ஜனவரி யாக பிரகடன படுத்திய பின் 2014 ல் ஒண்டாரியோ மாகாண அரசும் 2016 ல் கனடா மத்திய அரசும் ஜனவரி யை முறையே தமிழர் மரபு திங்கள் ஆக பிரகடனப் படுத்தினார்கள்.

மூன்று இலட்சம் மக்களுக்கு மேல் வாழும் கனடா தேசத்தில் தமிழுக்கும் கலை பண்பாடுகளுக்கும் பல சிறப்பு வசதி வாய்ப்புகள் ஏற்படுத்தப்பட்டுள்ளன தமிழர்களாகிய நாம் பெருமை கொள்ள வேண்டிய விடயமாகும். குறிப்பாக கனடாவில் பல விதிகளுக்கு தமிழ் பெயர்கள் சூட்டப் பட்டுள்ளது. குறிப்பாக வன்னி வீதி, திருகோணமலை வீதி, யாழ் சீடாவுட் கிரிக்கெட் மைதானம் போன்றவற்றை குறிப்பிடலாம்.

இத்தோடு கனடாவிலுள்ளபாடசாலைகள் தொடக்கம் பல்கலைக்கழகங்கள் வரை தமிழ் மொழியை ஓர் பாடமாக கற்கும் வசதிகள் இருக்கின்றன.

டொரோண்டோ பல்கலைக்கழகத்தில் தமிழ் இருக்கை (Tamil Faculty ) அமைக்கப்பட்டிருக்கிறது. சிறந்த நடன பள்ளிகளில் சிறந்த நடன ஆசிரியர்களும், பல இசை வாத்திய கருவிகளின் பயிற்றுவிப்பும், கல்லூரிகளும் இங்கு சிறப்பாக உள்ளது. இவைகளுக்கு மேலாக அண்ணாமலை பல்கலைக்கழக தமிழ் வளாகமும் இங்கு இயங்குவதுடன் சிறந்த பல பேராசிரியர்களும் இங்கு கற்பிக்கிறார்கள்.

கனடா வை தொடர்ந்து அகிலமெல்லாம் பரந்து வாழ்கின்ற தமிழர்கள் தை மாதத்தை தமிழர்களின் கலை,கலாச்சார,பண்பாட்டு விழுமியங்களை,வாழ்வியலை பறைசாற்றும் மரபு திங்களாக கொண்டாட தொடங்கி விட்டார்கள் என்பது தமிழர்களாகிய நாம் எல்லோரும் பெருமை பட வேண்டிய நல்லதேயர் விடயமாகும். குறிப்பாக தமிழர்கள் செறிந்து வாழும் பிரித்தானியாவில் வண்டன் மாநகரசபை இந்த வருடம் முதல் ஜனவரி மாதத்தை தமிழர்களின் மரபு திங்கள் மாதமாக பிரகடனப் படுத்தி கொண்டாடுவது தமிழர்களுக்கு பெருமை சேர்க்கும் ஓர் விடயமாகும்.

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## Home sales up 28 per cent compared to 2020

A record 121,712 sales were reported through TRREB's MLS® System in 2021 – up 7.7 per cent from the previous 2016 high of 113,040 and up 28 per cent compared to 2020. Record demand last year was up against a constrained supply of listings, with new listings up by 6.2 per cent – a lesser annual rate than sales. The result was extremely tight market conditions and an all-time high average selling price of \$1,095,475 – an increase of 17.8 per cent compared to the previous 2020 record of \$929,636.

"Despite continuing waves of COVID-19, demand for ownership housing sustained a record pace in 2021. Growth in many sectors of the economy supported job creation, especially in positions supporting above-average earnings. Added to this was the fact that borrowing costs remained extremely low. These factors supported not only a continuation in demand for ground-oriented homes, but also a resurgence in the condo segment as well," said TRREB President Kevin Cragger.

One sales trend that stood out in 2021 compared to 2020 was the resurgence in demand for homes within the City of Toronto. Overall sales in the "416" area code were up by a substantially greater annual rate (+36.8 per cent) compared to sales growth for the surrounding Greater Toronto Area (GTA) suburbs combined (+23.6 per cent). The marked recovery in the condominium apartment segment was a key driver of this trend. "Tight market conditions prevailed throughout the GTA and broader Greater Golden Horseshoe in 2021, with a lack of inventory noted across all home types. The result was intense competition between buyers, pushing selling prices up by double digits year-over-year. Looking forward, the only sustainable way to moderate price growth will be to bring on more supply. History has shown that demand-side policies, such as additional taxation on principal residences, foreign buyers, and small-scale investors, have not been sustainable long-term solutions to housing affordability or supply constraints," said TRREB Chief Market Analyst Jason Mercer.

In December, GTA REALTORS® reported 6,031 sales – a strong result historically, but still down by more than 1,000 transactions (-15.7 per cent) compared to the record of 7,154 set in December 2020. Over the same period, new listings were down by 11.9 per cent to 5,174. The MLS® Home Price Index Composite benchmark was up by 31.1 per cent year-over-year in December. The average selling price was up by 24.2 per cent annually to \$1,157,849.

## 3 easy tests that can help sell your home

(NC) Planning to put your home up on the market? While this can be a stressful time, there are a few things you can do for a more seamless process and to help make your property more attractive to prospective buyers. Here are some evaluations to consider before listing your home:

### 1. Indoor air

Even before the pandemic, we spent about 90 per cent of our time indoors. And with COVID-19 making us more aware of ventilation and what we breathe, top indoor air quality can be a great selling point in a home.

Fortunately, testing for everything from allergens and mould to dust and formaldehyde can be done with simple DIY test kits available at your local hardware store. If you have the dollars or want a more thorough evaluation, you can also call in a professional.

### 2. Water quality

Canadian private and public drinking water supplies are generally of excellent quality. But contaminants can sneak into your water supply via plumbing – including pipes and fittings that connect homes to water mains and well casings. Potential buyers will want to know your water is safe, especially if your home is in a rural area or you're selling a cottage or property with lake access.

That means testing the quality of your water can be a smart idea. For an easy and affordable – option, consider services from My Water Quality, which uses an accredited and licensed laboratory to bring water supply sampling and reporting to homeowners across Canada. You'll receive a DIY test kit, including return shipping label and sampling instructions. An easy-to-read report card will arrive within five to 20 days and provide you with all the results, which have been reviewed by professional hydrogeologist.

### 3. Asbestos

Older homes, cottages and other buildings across the country still have asbestos in them, which can cause cancer and other health issues diseases if inhaled. While it's not dangerous to have asbestos that's undisturbed, if you or the new owner plan to undertake a remodel or renovations, it can become a serious problem.

To give potential buyers peace of mind, have a professional come in to test for asbestos – it's mostly found in attics, vinyl asbestos flooring tiles, soundproofing ceiling tiles, roof shingles and insulation. If the test reveals asbestos, never try to remove it yourself. This can be dangerous, so hire a pro. Find more information at mywaterquality.ca.



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# It Is High Time For The British To Recognize Tamil's Self-Determination



By Kumarathasan Rasingam -

It is high time for the United Kingdom to recognize its failure and realize that the sufferings of the Tamils started immediately after the British left Sri Lanka in 1948 and find justice and freedom to the oppressed Tamils who are now at a great loss of lives, land, resources, human rights etc.

United Kingdom knows well that Sri Lanka is an Island that once [before the British conquest of Jaffna Kingdom consisted of different Kingdoms – Sinhala and Tamil inhabited from time immemorial by two peoples who spoke different languages, belonged to different faiths, with different historical antecedents and living in exclusive and traditional areas of habitation. North and East of Sri Lanka]

The British joined the Tamils Kingdom [Jaffna Kingdom] and the Sinhala Kingdom into one unitary polity in 1833 for their own administrative convenience. As long as British rule lasted, the two communities had reason to believe they were equals. But once the common ruler departed, the sheer disparity in numbers enabled the Sinhalese to grab the political power into their hands.

It should and must be noted that if the British rulers had devised a constitutional mechanism that provided for TAMILS to share at the centre as a matter of rights the Tamils, at least the traditional and historical homelands of the Tamils would have been protected. The state sponsored colonization schemes in the North and East were purposefully implemented to change the demography of Tamils homeland.

The Soulbury Commission failed to prove in their Constitution any fool-proof protection for the Tamils' hope. Instead, they included a section "Section 29" which stated, "No law shall make persons of any community or religion liable to disabilities or restriction to which persons of other communities or religions are made liable or confer on person of any community or religion, any privilege or advantage which is not confined on persons or other communities or religion". But this Section 29 was removed in the Constitution of 1972 by the majoritarian Sinhala/Buddhist regime.

Because the British left Sri Lanka after giving the entire powers to the majoritarian Sinhala/Buddhist rulers without any safeguard for the Tamil people, the Tamils were treated as second-class citizens. This gave way for the Sinhala/Buddhist rulers to enact laws affecting the existence of the Tamils in Sri Lanka. Even several Pacts, pledges, undertakings by the Sinhalese leaders to share power were torn away due to the opposition by the Buddhist Clergy, Maha Sanga and the racist Sinhalese leaders.

**Ceylon Citizenship Act No 18 Of 1948**

Immediately after the Independence from the British on 4th February 1948, the above Act was passed by the Sinhalese Majoritarian Government to deprive over a million Tamils of Indian Origin to disfranchise and take away their right to vote. This Act reduced the number of Tamil Members in the Parliament, and the Indian Origin Tamils were treated as third class citizens as they lost their right to vote and could not send a representative to the Parliament.

**Sinhala Only Act Of 1956' Act No 33 Of 1956**

This Act was passed in the Parliament against the unanimous opposition of entire Tamil people who wanted a place of honor for their own language. Thereby the Government has struck a grievous blow at the unity of Sri Lanka, which stands divided today.

**Bandaranaike-Chelvanayakam Pact Of 1957**

Following Tamil peaceful agitation over a million Tamils being stripped of citizenship and Sinhala being made the official language, the Sinhala Prime Minister S.W.R.D Bandaranaike entered a Pact with Tamil leader S.J.V. Chelvanayakam. The Tamil leaders compromised for the pact but the Pact was unilaterally abrogated by the PM due to the opposition by the Buddhist Monks and racist Sinhalese leaders. Dudley Senanayake-Chelvanayakam Pact Of 1965 On March 24 1965 Another Tamil Leader S.J. Chelvanayakam, promising to redress Tamil grievances, in return for Tamil support for, the PM's party to form the government. After four years on April 9, 1969, the Tamil leadership withdrew support for the government due to the government's inaction to solve the problems of the Tamils.

**Tamil United Front Plea To Commonwealth Nations 1974**

Having failed to stem the tide of discriminatory policies and acts of by the successive Sinhala dominated governments, the Tamil representatives appealed to the British Commonwealth Nations for help. Unfortunately, the Commonwealth did not respond.

**The Vaddukoddai Resolution Of 1976**

The peaceful non-violent struggle and pleas went unheard. Finally the Tamil United Front representing all Tamils adopted a Resolution on May 14, 1976, to secede from the state of Sri Lanka. This Convention directs Action Committee of the Tamil United

Liberation Front to formulate a plan of action and launch without undue delay the struggle for winning the sovereignty and freedom of the Tamil Nation [TAMIL EELAM] The Tamil United Liberation Front Election Manifesto 1977 All Tamil political parties contested the general Elections of 1977, under the common banner of the Tamil United Liberation Front [TULF won an overwhelming majority of votes from the Northern and Eastern provinces of Sri Lanka (Tamil Homeland)] – considered as a mandate for secession from Sri Lanka and to form the independent sovereign state of TAMIL EELAM.

**The Thimpu Declaration Of 1985**

A joint statement made by the Tamil delegation at the Indian brokered peace negotiation on 13th July 1985 in Bhutan capital.

1. Recognition of the Tamils of Sri Lanka as a nation.
2. Recognition of the existence of an identified homeland for the Tamils in Sri Lanka.
3. Recognition of the right of self determination of the Tamil nation.
4. Recognition of the right of citizenship and the fundamental rights of all Tamils who look upon the island as their country.

**The Indo-Sri Lanka Accord Of 1987**

While this Accord appears to be a permanent and durable solution to re-establish the traditional relations between India and Sri Lanka, India refuses to recognize the political reality of Tamil nationalism and remains unwilling to lend its powerful support to secure a constitutional structure in Sri Lanka which recognises the political forces of Tamil nationalism and Tamil interests.

It should be noted that the Tamil leaders like Sir Ponnambalam Ramanathan and Sir Ponnambalem Arunachalem were in the forefront and argued for independence of Ceylon (Sri Lanka) If the Tamil leaders demanded back their Jaffna Kingdom which existed until 1833 the Tamils would not be in this miserable situation living like third class citizen under a majoritarian racist Sinhala/Buddhist regime. The British amalgamated the Sinhala Kingdoms and Tamil Kingdom as one unit for their easy administration but failed to hand over the Tamil Kingdom to the Tamils to rule.

A federal solution within proper limits, and subject to proper safeguards, far from dividing a country which is already divided, is one of the best-known methods of bringing about unity in a divided country.

\*Kumarathasan Rasingam – Secretary, Tamil Canadian Elders for Human

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## Premier's message to celebrate Thai Pongal and Tamil Heritage month.



Today, Members of the Tamil Community across Ontario will mark the beginning of Thai Pongal. This is a celebration to give thanks to the harvest and successes of the past year and look forward to a future filled with peace and prosperity.

Throughout the month of January, we also recognize Tamil Heritage Month.

Ontario is proud to be home to a strong and resilient Tamil Community who have a tremendous impact on the success and prosperity of our province.

This month is an opportunity to honour the significant contribution of our Tamil Community, and hear more about their rich customs and cultural heritage. On behalf of all Ontarians, I wish you a happy Thai Pongal and a very happy Tamil Heritage Month.



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