



Ontario Konkani Association

e-Samachar (January 2023)

www.ontariokonkanis.com

Table of Contents

The Divine Number 9	2
Seniors Forum	5
Newest Cremation Ashes Disposition Site	9
Youth Summer Employment	12
Prescribing for Minor Ailments by Pharmacists	13

President's Message

Dear OKA Bandhavs,

Happy New Year! We hope everyone enjoyed the Holiday season with your family and friends. The classic white Christmas made it extra special.

The EC team is happy to announce the addition of Laxmi and Vikram Nayak as Entertainment Coordinators for the 2023 portion of the 2022-23 year. Anushree and Amit Kamath will be leaving the EC due to personal commitments; we thank them for their service to the community.

We are launching a new communication channel, a WhatsApp group called **OKA Announcements**, for EC to communicate key OKA related information such as Event Details etc. to our community. Please click the link to join the group so that you may receive relevant OKA information in a timely manner: [OKA Announcements](#).

We hope you enjoy this edition of E-Samachar. From the next edition, we will be introducing a new article series on travel. If you are interested, please submit your article with select photos to share information on travel planning, itineraries and your unique tips and tricks.

Please consider contributing to the E-Samachar on a regular or one-time basis. We look forward to hearing from you at OKApresidents@gmail.com

Anjana and Pravin Pai

The Divine Number 9

BY NIRANJAN KAMATH

Every Hindu must be proud of Sanatana Dharma. Since times memorial our Ancient Sages have scripted this religious order as a Science more than a Religion, As mentioned in my last article on the number 108, it is said that this is a divine number that compromises of the 12 Rashi's X 9 Grahas. This simply embodies what we call the circle of life. Now let's dig deeper into these numbers. Both 9 and 12 are intricately connected to Santana Dharma. In this article let's focus on the number 9.

When you add up the divine number 108 as $1+0+8$ it equals 9.

The number 9 is revered in Hinduism and considered a complete number because it represents the end of a cycle in the decimal system, which originated from the Indian subcontinent as early as 3000 BC. 9 is a very important number for geometry, architecture and angles. It is said there are Nine influencers that are an integral part of Indian astrology. According to our Hindu philosophy, there are nine universal substances or elements: Earth, Water, Air, Fire, Ether, Time, Space, Soul, and Mind.

Navaratri is a nine-day festival dedicated to the nine forms of Durga.

Navaratna, meaning "nine jewels" may also refer to Navaratnas – accomplished courtiers, Navratan – a kind of dish, or a form of architecture.

The number nine is often associated with a divine connotation in the mystical thought and religions across the globe from ancient times.

Our scriptures talk about Goddess Durga the divine female power synonymous with creator of the universe, the embodiment of pristine purity and truth, annihilated the demons representing the evil forces.

Goddess Durga waged a war for nine days to combat the potent rakshasas (satanic power) and bestow deliverance to the world in general.

In Santana Dharma, Rishi Vyas created 9 Puranas, 108 Maha Purana (Upanishads). Our ancient Rishi's have written that are 4 Yugas. Now when we look at the number of years each Yug lasted and add up all the numbers, yet again we land on Nine.

Satyayug - consists of **172800** years ($1\ 7\ 2 = 18 = (1+8 = 9)$)

TretaYug consists of **1296000** years ($1\ 2\ 9\ 6 = 18 = (1+8 = 9)$)

DwaparYug consists of **864000** years ($8\ 4\ 6 = 18 = (1+8 = 9)$)

Kalyug consists of **432000** years ($4\ 3\ 2 = 9$)

Astronomy:

According to Sanatana Dharma, a Healthy Person normally takes **21600** breaths in a day which again gives Number 9 after summing up ($2 + 1 + 6 = 9$). In Hindu astronomy we recognize nine planets, collectively known as Navagraha's, whose movements and configuration we believe would affect the lives and destinies or the state (graham) of beings in different worlds. These nine planets are the Sun (Surya), the Moon (Chandra), Mars (Managala), Mercury (Budha), Jupiter (Brihaspathi), Venus (Sukra), Saturn (Sani), Rahu and Ketu. However, in the temples they all are worshipped collectively or as a group and very rarely alone.

In addition, our Hindu Astronomy speaks of 27 constellations in our galaxy, and each one of them has 4 directions, and $27 * 4 = 108$ ($1 + 0 + 8 = 9$), In other words the number 108 covers the whole galaxy.

Our Astrologers consider Number 9 as the number of Brahma, the Creator.

Geometry & Angles

Now let's get to Geometry and angles: A Circle degree is 360 which is further ($3 + 6 = 9$). If you multiply nine by any whole number (except zero), and repeatedly add the digits of the answer until it's just one digit, you will end up with nine. Go ahead and try the Nine tables that we used to repeat every day.

$$2 \times 9 = 18 (1 + 8 = 9); 3 \times 9 = 27 (2 + 7 = 9)$$

Nine a Divine Number in Sanatana Dharma

On a more spiritual angle the Bhagavata purana mentions nine forms of devotion: sravanam (hearing about God), kirtanam (singing the praise of God), mananam (remembering God), padaseva (serving the feet of God), archanam (worshiping God), mantram (offering prayers to God), seva (serving the cause of God), maitri (friendship with God) and saranam (surrender to God).

Human Body:

The human body is considered as a city of nine gates which correspond with the nine openings (two eyes, two ears, two nostrils, navel and two excretory openings). Because atman or the self resides in it, it is also called a temple with nine gates.

In the foundation laying ceremony of a temple construction, it is a tradition to place nine jewels and nine forms of grains (Navadhanyas) in the earth where the foundation stone is laid and also where the idols are installed.

No wonder the number nine is associated with a divine connotation in Hinduism from ancient times.

Is this a mere coincidence or is there a deeper connection to this? Nine seems to be integral part of life and our very existence. Remember the Number 108 that I wrote about in my last article. 9 and 12 are a part and parcel of Santana Dharma. You just have to be amazed by the depths to which our Religion goes. No wonder we say Hinduism is a Way of Life rather than a strict boundary laid out in many other religious orders.

Jai Ho!!! To all our Ancient Rishi's

*Adapted from various sources

Seniors Forum

By Sadanand Mankikar

**WISHING EACH AND EVERYONE GOOD HEALTH, HAPPINESS, SUCCESS,
PROSPERITY AND PEACE OF MIND THROUGHOUT THE NEW YEAR.**

JEEVAN NIWAS – SOUTH ASIAN RETIREMENT VILLAGE IN BRAMPTON.

On September 30th, 2022 the groundbreaking ceremony of Jeevan Niwas, South Asian Retirement Village was performed.

Once completed, this retirement village will offer 103 full-service supported independent living rental apartments, combined with 36 suites for assisted living and a dedicated neighbourhood of 16 memory care units. This \$80 million project is privately owned and funded.

At Jeevan Niwas, residents will be provided with a choice of lifestyles that include flexible care, housekeeping, exceptional dining with dedicated kitchens catering to specific dietary requirements, organized activities, excellent amenities, social events and cultural/religious excursions.

The retirement village is set to open in the summer of 2024. It will create a community that matches the unique values, culture, languages and culinary practices of the South Asian population.

For additional information, visit www.jeevannivas.com or contact Sandeep Dhupar 1 833-553-3826 Or email sdhupar@chacondevelopments.com

OKA EMERGENCY PREPAREDNESS PROGRAM:

Estate, Will and Power of Attorney and End of Life Planning are two major elements of this OKA Seniors Forum Program.

For **preparing Wills and Powers of Attorney** you may contact Marvin Talksy (905) 405-0199 ext. 257 or Mary Bojkovski (905) 405-0199 ext. 276 of Nanda & Associate

Lawyers. For additional information or assistance, you may also contact Raghunath Kamath or Ashok Bhatt.

For **End of Life Planning** one may contact Harjinder Bilku of Chapel Ridge Funeral Home at (905) 305-8128 or (647) 966-0093.

OKA AADHAR CHAT: This interactive web-based chat was established in 2017 as a part of the OKA Seniors Forum to facilitate communication amongst seniors and soon to be seniors. Since then, we have started posting upcoming events and relevant information on this chat. Members can post any questions and we will attempt to get answers. We invite everyone, young and old, seniors or not, to join this chat and share information including their experiences and expertise. To join this chat group, please send an email to shraddhapai.home@gmail.com

Additional information about OKA Seniors' Forum is posted on www.ontariokonkanis.com

OTHER USEFUL INFORMATION

INDUS COMMUNITY SERVICES: This organization provides very helpful service to South Asian seniors. They had held a Town Hall on Monday, November 29, 2021. At this highly informative session, the Director of Health Services shared updates on Health Services and programming while the CEO shared updates on a

Long Term Care facility that Indus will be running for the South Asian community. The session also involved discussions about what supports the community requires. For the presentations, please visit <https://www.induscs.ca/seniorstownhall/> If you want to stay connected with Indus, you may sign up for their newsletter here [Subscribe- Indus Current](#)

A few upcoming events/programs by Indus Community Services:

- Sewing and Alterations Entrepreneurship Program
- Career Mentorship Program for Internationally Trained Professionals.
- SWAGAT Senior Wellness Activity, Growth, Arts and Technology
- Language Instruction for Newcomers to Canada (LING)

C.A.R.P.

Are you a member of C.A.R.P. - Canadian Association of Retired Persons? If you are over 45, you may want to consider becoming a member of C.A.R.P. It is a national organization with chapters all over the country. Its mission is to “Promote and protect the interests, rights and quality of life of Canadians as we age”

C.A.R.P. is an advocacy group and from time to time they arrange interesting and informative seminars and workshops. Their monthly magazine Zoomer consists of useful articles and provide information on topics related to insurance, travel, health, entertainment and lifestyle.

For additional information, you may contact them by email: support@carp.ca
Phone: 1-833-211-2277 Website: www.carp.ca

ONTARIO GUIDE TO PROGRAMS AND SERVICES FOR SENIORS: Please click on the following link for the latest upgraded guide. [A guide to programs and services for seniors.](#)

SENIORS HOUSING AND HOME CARE DIRECTORY: Help for Mom has developed this very helpful publication which is about 130 pages, softcover and Readers Digest size. To get a copy send an email to helpformom.com or call Mary (647) 967-9821.

The following organizations disseminate very useful information either through regular news release and/or seminars, webinars and workshops:

Canada India Foundation www.canadaindiafoundation.com

C.A.R.P. Canadian Association of Retired People) www.carp.ca

Diabetes Canada www.diabetes.ca

Indus Community Services www.induscs.ca

UHNF (University Network Foundation) www.uhnfoundatiom.ca

(ARTICLES BY AND FOR SENIORS FOR THIS SECTION ARE ALWAYS WELCOME)

Newest Cremation Ashes Disposition Site

- Prince of Wales Park, City of Toronto

The Hindu Federation has been instrumental in having a new Cremation Ashes Disposition Site established by The City of Toronto in the Prince of Wales Park in Etobicoke.

Earlier this year, The City of Toronto had engaged the Hindu Federation (as well as stakeholders from the Tamil, Sikh and Chinese communities) in extensive discussions with respect to a new site. As a result, a report was prepared by City staff based on those discussions and was presented to the Infrastructure and Environment Committee of the City of Toronto on April 26, 2022. The report was adopted at that meeting, without any questions.

The next steps included The City of Toronto working with Toronto and Region Conservation Authority to identify park sites for the disposition of cremation of ashes, and at the same time connecting with Hindu Federation to collaborate on site planning, fundraising for signage and education materials, as needed. The City of Toronto also worked with the local Councillor to engage the local community where the park is to be located.

As a result of the above steps, The City of Toronto has identified The Prince of Wales Park as the newest Cremation Ashes Disposition Site. The Park is located at:

**1 Third St., Etobicoke
ON M8V2X5**

The following information is included on The City of Toronto's website with respect to this new site:

“Dispersal or Scattering Funeral Ashes into Water”

The dispersal or scattering of funeral ashes on City land or in Lake Ontario is allowed. City permission is not required to scatter funeral ashes in Toronto parks or into water.

The Province of Ontario also allows visitors to scatter or disperse funeral ashes in Provincial Parks either on land or into water. Cremation ashes are sterile, organic matter so it is safe to disperse the cremation ash into the environment. Scattering ashes into Lake Ontario does not pose environmental risks to humans or wildlife.

Recommended Site

- Prince of Wales Park at 1 Third St., Etobicoke, ON M8V 2X5
- Parking is available
- Site is not maintained in the winter.
- Closed midnight to 5:30 a.m. (Parks By-Law, section 608-9. Access)

At the western edge of Prince of Wales Park, there is a paved ramp into Lake Ontario. This is an accessible, scenic and tranquil location that is less busy than some other waterfront parks. People who wish to scatter funeral ashes are not required to use this park.

The park is open to everyone, including general park visitors and people scattering funeral ashes on a first come first serve basis.

- The area for scattering ashes is identified by a sign.
- Do not leave any items in the water or on the shoreline, such as flowers, fruit, cloth, notes or
- photos.
- The area is accessible but has no handrails
- The area is not maintained in the winter season and there may be a build-up of snow and ice on
- the pavement.
- Check the weather before your visit.
- Always use caution at the waterfront.

If you are in the area and see an individual or family dispersing funeral ashes at the water's edge, please be kind and respectful of this solemn practice.

These are a few pictures of the site



Youth Summer Employment



POLYCULTURAL
IMMIGRANT & COMMUNITY SERVICES

YOUTH JOB CONNECTION SUMMER

**LOOKING FOR A JOB THAT WILL CONNECT YOU TO YOUR
CAREER INTERESTS?**

Eligibility criteria:

- 15 to 18 years of age
- unemployed
- high school student intending to return to high school or go to post-secondary education in the fall



**The Youth Job Connection Summer
employment program provides eligible
participants with:**

- Mandatory pre-employment paid training (20 hours)
- Assistance with job preparation
- Paid job placement for up to 8 weeks full time during the summer
- Transitional supports to maintain part time employment after returning to school

Contact Information :

Tel.: 416-233-0055

Katie ext 2221

kandrews@polycultural.org

Samantha ext 1235

ssamuels@polycultural.org

Fax: 416-233-5141

**EMPLOYMENT
ONTARIO**

Prescribing for Minor Ailments by Pharmacists

By Veena Shanbhag, Pharmacist

Starting January 1, 2023, pharmacists are able to prescribe for certain minor ailments.

Many patients seek advice for minor ailments at the pharmacy. Pharmacists can now assess, create a treatment plan and prescribe, if appropriate, for several minor ailments.

Minor ailments are conditions that resolve on their own with minor intervention, usually within 1-2 weeks. They can be self-diagnosed and do not require lab results to diagnose or treat.

These are the 13 Minor Ailments that Ontario pharmacists can provide consultation for-

Minor ailment	Common name
Allergic Rhinitis	Allergies and stuffy nose
Candidiasis Stomatitis	Oral fungal infection
Conjunctivitis	Pink eye
Dermatitis (atopic, eczema, allergic and contact)	Skin rash
Dysmenorrhea	Premenstrual and period cramps
Gastroesophageal reflux disease (GERD)	Heartburn and acid reflux
Haemorrhoids	Haemorrhoids
Herpes Labialis	Cold sore
Impetigo	Skin infection
Tick bites and post exposure prophylaxis to prevent Lyme disease	Tick bites and Lyme disease prevention
Musculoskeletal sprains and strains	Muscle aches and pains
Urinary tract infections (uncomplicated)	Urinary tract infections
Insect bites and urticaria	Insect bites and hives

Benefits of pharmacists providing patient care for minor ailments-

- Pharmacists are trusted healthcare providers.
- There is a vast network of pharmacies with long hours of operation where patients can get early access to care.
- There is a shortage of Primary Care Practitioners and their availability does not always align with patient demand.
- Pharmacists assessments are cost effective for the healthcare system as it reduces patient visits to Urgent Care and Emergency departments.
- Primary Care Practitioners are freed up for patients with urgent and complex care needs.