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### Statement from the Prime Minister of Canada

It is with great pleasure that I congratulate Agarwals Based in Canada on the publication of their 2018 annual magazine, and offer everyone my best wishes for a very happy Diwali.



In Canada and around the world, people of South Asian origin gather together to celebrate Diwali, the Festival of lights. It is a special time when our South Asian communities celebrate the renewal of life and the triumph of good over evil. The spirit of Diwali offers all Canadians a reminder that the light of knowledge and tolerance ultimately prevails over the darkness of ignorance and persecution. Indeed, the values that are demonstrated by the festivities of Diwali – inclusion, compassion and hope – are the same ones that unite us as a country.

Please accept my warmest welcome and best wishes for a memorable celebration!

Ottawa  
2018

Agarwals Based in Canada Annual Magazine





Premier of Ontario - Premier ministre de l'Ontario



November 17, 2018

### **A MESSAGE FROM PREMIER DOUG FORD**

I'm pleased to extend greetings to the leaders and members of Agarwals Based in Canada (ABC), and to everyone consulting ABC's community magazine, released at the organization's 21st Annual Diwali Gala.

I applaud the people at ABC for their impressive record of service. I also want to say thanks to all those who helped to bring the community together to celebrate the Festival of Lights, which hails the victory of light over darkness and hope over despair.

This is a welcome opportunity to recognize the many contributions that the Indo-Canadian community has made to Ontario's strength and prosperity. The Indo-Canadian community is a vital part of the fabric of our province.

I wish you all a very happy Diwali.

A handwritten signature in blue ink that reads 'Doug Ford'.

**Doug Ford**  
**Premier**



Dinesh Bhatia  
Consul General of India  
दिनेश भाटिया  
भारत का प्रधान कौंसल



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**MESSAGE**

I am happy to note that the Agarwals Based in Canada (ABC) is celebrating its 21st Anniversary on the auspicious occasion of Diwali in October 2018.

Diwali, the Festival of Lights, is one of the most important festivals of India. It has profound spiritual and philosophical message representing the victory of good over evil, light over darkness and knowledge over ignorance.

I understand that ABC is working on the philanthropic nature of services. ABC has been providing an important platform for promotion and projection of the rich cultural, social and philosophical traditions of India and its values of unity in diversity and the spirit of peace and tolerance. I appreciate the initiatives taken by the Organisation in promoting rich cultural heritage of India and in strengthening ties between India and Canada.

On this occasion, I take this opportunity to extend my warmest greetings and congratulations to all the members of ABC and their family. I wish and pray for continued progress, happiness and well-being for all.

*Dinesh*  
(Dinesh Bhatia)

Agarwals Based in Canada Annual Magazine





October 2018

***Personal Message from Mississauga Mayor Bonnie Crombie***



On behalf of the City of Mississauga and Members of my Council, I would like to offer my best wishes to the volunteers, members and leadership from Agarwals Based in Canada, on the occasion of your 21<sup>st</sup> Anniversary Gala.

In Mississauga, we celebrate the diversity of our citizens, their cultural backgrounds, and faiths. Diversity is one of our biggest and most dynamic strengths as a world-class city. It links us culturally and economically with global communities.

Agarwals Based in Canada holds an important place in Mississauga and in communities throughout the Greater Toronto Area. I'd like to thank you for all of the time, talent and treasure your organization donates to supporting so many local charitable causes that touch the lives of those in need of additional care and support.

I would like to once again offer my very best wishes to the committed team from Agarwals Based in Canada; may you continue to enjoy many more years of continued and enriching success in service to the residents of Mississauga.

Warmest Regards,

A handwritten signature in black ink that reads "Bonnie Crombie".

Bonnie Crombie, MBA, ICD.D  
Mayor, City of Mississauga



# PRESIDENT'S MESSAGE



Dear ABC Members and Friends,

Wow! Another term for this Board is coming to an end in just a few more months. Where has the time flown? It has been a fun filled journey thus far, but also a roller coaster ride at the same time. We have definitely grown stronger over the years as an extended family both personally and professionally. I could not have hoped for a more incredible and dedicated team of directors who have tirelessly worked throughout the year to put forth the best events for our members. For that, I extend my sincere gratitude to each one of them!!!



To our members, a very warm welcome to our 21st Annual Gala. It is hard to believe our organization has been standing tall and proud for over two decades now! None of this would have been possible without the unwavering support from each of you. Your consistent input, constructive feedback and constant presence at our events have resulted in our remarkable progress, growth and transformation into a well-known and respected organization.

Now coming to the most anticipated event for ABC, our 21st Annual Diwali Gala, it never ceases to amaze me on how the entire Board rallies together for months in advance to put together this marquee ABC event. This year our Gala Chairs, Raj & Prabha Agarwala, along with their sub-committees are working very hard to ensure they bring a very special 'Indian tadka' to this event. Hope you enjoy this 'Dhamakedaar Show' being readied up for you, that is sure to take you down the memory lanes of India!!!

I am also very happy to announce the winner of the 2018 "Distinguished Community Leadership & Excellency Award", Mr. Ray Gupta, Chairman & CEO, Sunray Group of Hotels Inc. who is amongst us today. He is a very successful businessman, entrepreneur, owner of a multifaceted corporation in hospitality and development and winner of many awards across GTA.

We are also very thankful to our special guests and dignitaries, the Honourable. Dinesh Bhatia (CGI), Mr. Deepak Anand MPP and Her Worship, Bonnie Crombie, Mayor of Mississauga for their consistent support to our organization.

My sincere gratitude to our Gold sponsor: BMO and Silver sponsor: Creative Gems Inc. along with all other sponsors whose continued support is invaluable to us.

Finally, on behalf of the ABC Board and myself, I wish you and your families a very Happy Diwali. May every aspect of your life become as luminous and exciting as the lights of Diyas in Diwali!!

Best Wishes,

Vandana Agarwal,  
President, Agarwals Based in Canada (ABC)

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# ABC VISION

*Agarwals growing socially, culturally, spiritually and economically.*

## Growth

- To unite and grow through mutual support and to share skills through networking with other fellow Agarwals and related associations around the world
- exposure and linking with mainstream
- regional and national growth of ABC
- recognition; role models
- sharing information
- communicating opinions through the media
- participation in political process
- counseling

## Cultural Events

- To organize cultural events on festive occasions like Diwali, Holi, etc, thus nurturing the community's musical and artistic talents amongst families and youth

## Cultural History

- promoting arts and culture
- history in making: talk about the history of Agarwals, collection of Agarwal-related information and books (e.g. in a central library). Also, books by Agarwals on even unrelated topics such as history, because they would reflect an Agarwal viewpoint on the subject.
- newsletter - sharing information

## Social

- get-togethers
- planning meetings
- camping; youth activities
- senior citizens' activities
- set up ties with other Agarwal associations
- motivational speakers
- informal skill consultation: learning from each other

## Spiritual

- satsang
- havan, pooja
- Agrasen jayanti
- yoga

## Economical

- patronizing each other's business
- establishing a fund
- extending a helping hand: Canada, India
- establishing scholarships
- supporting community
- senior citizen's center
- working towards donation for a room or a wing in a hospital
- provide temporary shelter, or provide relevant information



# EDITOR'S NOTE



**Aparna Goyal**

Hello Friends,

It is a pleasure to present before you, the 21st Edition of the ABC Annual Magazine. The objective of this magazine is to offer a platform for our talented members and youth to showcase their writing skills and to share their thoughts with a larger audience. This magazine also gives a glimpse of all the ABC endeavours and accomplishments in the year gone by. Year after year, the publication team strives to create a fresh look that is in sync with the unique gala theme. We hope you enjoy this year's publication.



**Dr. Ashok Rastogi**

The magazine is a result of the hard work of numerous individuals and I thank them profusely for their contribution. I would like to express my appreciation to all the authors who took out the time to write interesting articles and poems. I would also like to acknowledge Dr. Ashok Rastogi for editing all the articles and for his support during the compilation process. The contents are further enhanced by the extremely talented and hardworking team at RG Digital Printing for which I am ever so grateful. Lastly but most importantly, I wish to extend my gratitude to our sponsors for their continued support and encouragement to our Organization.

While compiling the magazine, the Publication team has made every effort to ensure that there are no errors or omissions however we are not to be held responsible for any inaccuracies. Modifications to the contents are at the sole discretion of the Editorial Team.

As always, we would love to hear your feedback and ideas that would help us enhance our publication even further so please do not hesitate to contact me anytime.

On behalf of all the ABC Board of Directors, I wish you a joyous year ahead!

Aparna Goyal  
Chair, Publications  
AparnaAGoyal@gmail.com

*Disclaimer: The views expressed in each article is the opinion of its author and does not reflect the opinion of ABC publication team or Board of Directors. The information contained in an article or an advertisement has been published as provided by individuals or organizations. We assume no liability or responsibility for any inaccurate, delayed or incomplete information, nor for any actions taken in reliance thereon. Unless otherwise noted, the author or advertising organization is the legal copyright holder of all material and others cannot reprint or publish without their written consent. In case author's name is not indicated, it was not possible to know its source but we have included it in the magazine for general benefit.*

Agarwals Based in Canada Annual Magazine



# ABC EXECUTIVES & BOARD OF DIRECTORS



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# 2019 CALENDAR OF EVENTS



<b>Event</b>	<b>Date</b>
Members Appreciation Day	February 10, 2019
Holi	March 24, 2019
Temple Cleaning	May 12, 2019
Picnic	June 30, 2019
India Day	August 18, 2019
Terry Fox Run	September 15, 2019
Maharaja Agrasen Jayanti	October 6, 2019
Annual Diwali Gala	November 2, 2019

Note: The above information is subject to change. Kindly visit website [agarwals.ca](http://agarwals.ca) for latest information





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# HOW U.S. GREEN CARD HOLDERS CAN PRESERVE THEIR STATUS WHILE ABROAD?



Roli Khare Rastogi

Many times, I have Canadian and South Asian clients ask me how they can continue to hold their U.S. Lawful Permanent Residency (Green Card) status, but also attend to their responsibilities abroad in their home country. In today's post-Trump environment, it is increasingly important to be proactive about your rights and privileges as a U.S. Green Card holder.

As a matter of protocol, you must present a Permanent Resident Card ("Green Card", Form I-551), a Re-entry Permit (if gone for more than 1 year), or a Returning Resident Visa (if gone for 2 years or more) to re-enter the United States. The U.S. Customs and Border Protection Officer may also ask you for identity documents, such as a passport, foreign national I.D. card or U.S. Driver's License.

When leaving the U.S. and after becoming a Green Card Holder, it is important to define your ultimate intention for possessing the Green Card. If you intend on ultimately applying for U.S. citizenship, the duration of absence from the U.S. makes a difference. As a Green Card holder, you are required to maintain your status. If you are away from the U.S. for six months or longer, or frequently travel out of the U.S., you may be presumed to have abandoned your status. Hence, for all practical purposes, your trips should be for a defined specific reason and should be expected to end within a relatively short period of time.

Green Card Holders who are out of the U.S. for more than 180 days in a calendar year are subject to new immigrant inspection procedures as per 8 U.S.C. 1101. Additionally, if you are away from the U.S. longer than a year, USCIS officials may presume that you intend to

abandon your residency in the U.S. One should consult with an experienced U.S. immigration attorney to determine what specific documents are required to preserve status for naturalization purposes.

The Re-Entry Permit applied through the I-131 form, is a document that is designed to protect your Green Card and your status as a U.S. Permanent Resident. It creates a legal presumption that you intend to remain a U.S. Permanent Resident when leaving the U.S. for extended periods of time or while traveling frequently. This is very important in terms of gaining citizenship.

You can apply for second or third Re-Entry Permit as a matter of practice not as per statute. It must be filed in U.S., Biometrics must be done in U.S., but approved Re-Entry Permit can be received at the U.S. Consulate abroad.

The Re-Entry Permit is usually granted for two years. However, if since you became a Green Card holder, or within the last five years (whichever is less), you have been outside of the U.S. for more than four years total, your Re-Entry Permit will be valid for only one year instead of two. See Code of Federal Regulations Section 223.2(c)(2). Please note, it does become more challenging to apply for several Re-Entry Permits and prove that your time away from U.S. is truly temporary.

If you plan on being abroad for longer than two years or beyond the Re-Entry Permit time limit, consider applying for the Returning Resident Visa (Form SB-1) at the nearest U.S. Embassy or Consulate. If you plan to eventually naturalize, you must have been physically present in the U.S. for at least thirty months out of the previous five years to establish continuous residency. Thus if you plan to be absent for more than one



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year for certain employment purposes, you should file an Application to Preserve Residence for Naturalization Purposes (Form N-470). Thus, travel abroad while possessing a Green Card should be taken after careful and calculated consideration.

*The information contained in this article is for general guidance, not to be construed as legal advice.*

*Roli Khare Rastogi is a U.S. immigration attorney in Jersey City, NJ.*

## AN INDIAN WEDDING TO REMEMBER

### Yasmine Madan

As a third generation Canadian of Indian origin parents, I had never attended a real grand Indian wedding. That all changed when I was invited to my Mausī's wedding in London, England. Staying in their house with over ten families before the wedding, I got to enjoy the experience of sleeping on 'gaddas', nightly conversations, and their homely unwavering love. Finally, came the wedding day.

*My whole life I have lived in Canada, but that day, I felt different. Maple syrup had disappeared. Snow was absent. Even Tim Hortons felt millions of miles away. For a moment, I really felt Indian.*

Gracefully draping my chunni over my shoulder, I prepared mentally for the lavish celebration that awaited me. As I put on my lip gloss, I could hear my glistening bangles chiming, and a faint blitz of excitement ran through my body.

I joined my family downstairs for a quick breakfast, and we hopped in an Uber. We were finally off to the wedding. The lengthy car ride of two hours went by in a flash, as I struggled to keep my peace of mind, trying to contain my exhilaration. Shadows of old memories

of Indian rituals drifted through my mind, as I eagerly wanted to experience a real Indian wedding.



As I stepped in the colossal hotel I felt the towering chandeliers lighting up the room and was immediately hit by the delectable smell of Indian food. Surrounded by the thundering dholak, I looked around at all my Mamus dressed in their finest suits and Mamis with their intricate sarees. Many people began dancing to celebrate the two becoming one.

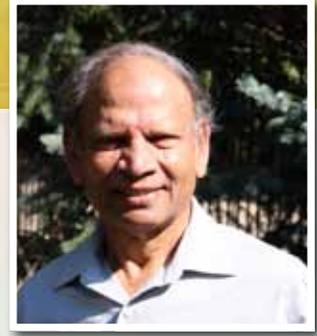
Midnight was time for the long-awaited dinner. A five-course opulent Indian meal was served to all the guests. I savoured every bite as the spices amused my taste buds. After dessert I wished the couple a blissful life together and I left with a big smile on my face.

This one experience, this one night, changed me forever. My whole life I have lived in Canada, but that day, I felt different. Maple syrup had disappeared. Snow was absent. Even Tim Hortons felt millions of miles away. For a moment, I really felt Indian.

*Yasmine Madan is 15 years old, in grade 10 at Oakville Trafalgar High School. She enjoys snowboarding and public speaking.*



## कैनाडा के मौसम से पहली मुलाकात



(श्याम गुप्ता)

कैनाडा, इन्डिया, का मौसम, हैं अलग जैसे दिन और रात,  
इसलिये भूलती नहीं, कैनाडा के मौसम से, पहली मुलाकात.

जरासा सूरज उगा क्या, सब लगे कहने, इट्स ए सन्नी डे,  
वहां तो होता रोज सन्नी, सोचा इसमें क्या बड़ी बात है रे.

आ गई जरासी बन्दा बन्दी क्या, सब अंग्रेज हो गये नासाज़,  
मगर देसी सब हो गये खुश, बोले चलो चलते पिक्निक आज.

भूल गये इन्डिया की सडी गर्मी, सुहाने मौसम का लिया मजा,  
ये क्या पता था हमें कि, सर्दियों में चुकानी पडेगी इसकी सजा.

आई सर्दी, हो गई पांच बजे रात, चली एक दिन एसी हवा फास्ट,  
खिड़कियां लगी बजने, चमकी बिजली जैसे बाहर हो गया बलास्ट.

एक दिन आसमान टपकाने लगा, सफेद बुरादे का सा बबाल,  
बाहर जा के पता लगा, अरे इसी को तो कहते हैं स्नो फाल.

फिर तो स्नो बाल्स से, बीबी से की खूब लडाई,  
मजा आ गया, खेल खेल में, करके उसकी धुनाई.

फिर आ गई फ्रीजिंग रेन, मुश्किल से साफ़ करके कार चलाई,  
एक जगह जोर से क्या मोडा, कार तो कर गई पूरी गोल घुमाई.

बिलो टव्ण्टी की देख ठन्ड, अपनी तो निकल गई फूकं यूं,  
हमारी ही क्या, कार भी हुई ना स्टार्ट, बोल के रह गई घू घूं.

खैर अब हो गये यूज्ड हम, लगता मौसम अच्छा यहीं,  
जाते सर्दी में इन्डिया जब, छुप ना पाते ठंड से कहीं.

जब भी निकलता अब सूरज यहां, हम भी कहते सन्नी डे,  
और सूरज महाराज से रोज, निकलने की करते प्रे

---

*Shyam Gupta is a retired professional mechanical engineer, graduate of IIT Kanpur and post graduate from McMaster University. He loves socializing and enjoys writing poems and jokes. He has been involved in organizing and coordinating numerous Indian cultural and social activities in Montreal and now with ABC board for last 8 year.*

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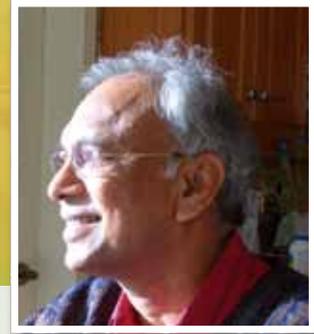
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# DEVS AND GODS: DOES AN OLD MISTRANSLATION DISTORT WESTERN PERCEPTIONS OF HINDUS?



Mukesh Tayal

Many Westerners think that Hindus worship multiple Gods. Their perceptions are reinforced in many Hindu temples which frequently contain multiple murtis (मूर्ति)—statues that have been built and installed using prescribed procedures. Christians and Jews are used to one God, so multiple murtis/statues look very odd to them.

This article examines a few related aspects: What is God's role in Christianity and in Judaism? Is there a Hindu entity that performs a similar role? Which other spiritual entities exist in the three religions? And what can be concluded about statues and prayers?

Many diverse traditions exist within Hinduism, Christianity, and Judaism. Therefore, some statements below may apply to some but not to all traditions within these religions. Another limitation is that sometimes a given word in one language does not have a sufficiently reasonable equivalent in another language.

## Supreme Being

In Judeo-Christianity, "God" has full overall responsibility for all aspects of the universe including its creation, maintenance, and destruction [1]. Well over a dozen other labels also exist for the Supreme Being, for example "Yahweh". But despite multiple labels, there is only one Supreme Being in Judeo-Christianity.

In the Shaktism tradition of Hinduism, the word "Aadi ParaShakti" (आदि परा शक्ति) meaning primordial cosmic power is used for the entity that performs a very similar role [2]. Other Hindu traditions call it by other names, e.g., some use "Param Pita Parmeshvar" (परम

पिता परमेश्वर). Regardless of the tradition-specific name, there is only one Supreme Being in Hinduism [3]. For simplicity, this document calls it "Aadi ParaShakti".

*Regardless of the tradition-specific name, there is only one Supreme Being in Hinduism. For simplicity, this document calls it "Aadi ParaShakti".*

So a somewhat reasonable, albeit still imperfect, functional equivalence would be between "God" and "Aadi ParaShakti".

## Other Spiritual Entities/Beings

What, then, would one make of the multiple murtis/statues in Hindu temples? Hindus call the spiritual entity represented by a murti/statue either a Dev (देव), or a Devta (देवता), or a Devi (देवी). For simplicity, this article uses the generic "Dev" for all three.

*Hindus do indeed venerate many Devs. The responsibility of each Dev tends to be less broad than that of Aadi ParaShakti. For example, Surya Dev manages sun; Devi Laxmi looks after prosperity...*

Hindus do indeed venerate many Devs. The responsibility of each Dev tends to be less broad than that of Aadi ParaShakti. For example, Surya Dev manages sun; Devi Laxmi looks after prosperity; Brahm Dev manages generation; Mahaa Dev looks after annihilation; etc.

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Over 40 verses in the Bible mention spiritual entities that are very similar to Devs [4]. Specialized theological essays, e.g., [5, 7], facilitate their integrated understanding.

This literature describes nine groups of Judeo-Christian spiritual entities. They include Archangels, Powers, Cherubs, Angels, etc. And within these nine groups, there are innumerable individual spiritual beings [5]. Reference [6] lists specific names of over 60 Judeo-Christian spiritual entities -- such as Archangel Gabriel and Archangel Michael.

---

*If so, then translating “Dev” as “God” is simply wrong – Devs are not the same as Aadi ParaShakti.*

---

From [7]: “The primary duty of the “Powers” is to supervise the movements of the heavenly bodies in order to ensure that the cosmos remains in order...”

Wouldn't the above be very similar to Surya Dev, Chandra Dev, etc.?

If so, then translating “Dev” as “God” is simply wrong – Devs are not the same as Aadi ParaShakti.

### What about statues, paintings and prayers?

Reference [8] compiles several illustrative examples of statues and paintings of spiritual beings in some traditions of Judeo-Christianity. Even the venerated Vatican displays a few, e.g. of Cherubs [9]. Icons of Christ are widespread. On stained glass windows of very many churches, basilicas and cathedrals, it is commonplace to find depictions of biblical stories which sometimes include spiritual beings. Therefore in displaying images of spiritual beings, Judeo-Christianity is very similar to Hinduism.

Some traditions within Judeo-Christian theology do contain prayers that can be offered to spiritual entities other than God. On the website of Israel's Bar-Ilan University, Meir Bar-Ilan has posted an extensive schol-

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*Some traditions within Judeo-Christian theology do contain prayers that can be offered to spiritual entities other than God.*

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arly thesis on Jewish prayers [10]. After examining 60 detailed, independent, cited references, Bar-Ilan concludes that Jews have prayed to spiritual entities since at least the early days of Christianity, and that this practice was widespread in all levels of society. Bar-Ilan cites a documented occasion when Moses prayed to earth, sun, moon, and rivers. Bar-Ilan also asserts that several examples of prayers to spiritual entities can be found in Jewish service even today [10].

Reference [11] documents specific words for 36 Catholic prayers that can be offered to spiritual entities [11].

### Summary

- Just as there is only one Aadi ParaShakti in Hinduism, there is only one God in Judeo-Christianity. How Hindus understand the overall function of Aadi ParaShakti is very similar to how Judeo-Christians understand the overall function of God.
- Both Hinduism and Judeo-Christianity also have multiple other spiritual entities. Their roles and powers are very similar.
- Hindus list these “others” under one generic word: “Dev”. Judeo-Christians use a variety of terms for these “others”. Archangels, Cherubim, Seraphim, and Angels are the most common.
- The widespread translation of “Dev” to “God” is erroneous.
- Many Hindu traditions honour their Devs through statues, paintings and prayers. Many Judeo-Christian traditions also do the same with their “other” spiritual entities. Within all three faiths, some traditions reject veneration of anything/anyone but the Supreme.
- Many statues and paintings of spiritual beings tend to be found in Hindu temples as well as in Christian churches, basilicas, cathedrals, and Vatican.



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*Mukesh Tayal has deep interest in spirituality, and this article has also been reviewed by a trained Christian theologian, a president of a Hindu temple, and others. Email: [tayal\\_m@hotmail.com](mailto:tayal_m@hotmail.com).*



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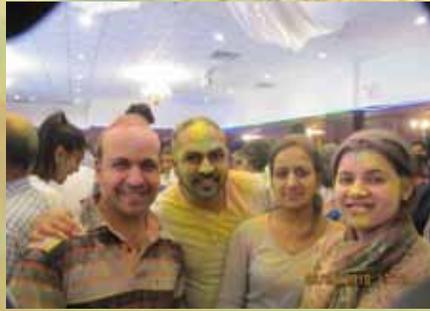
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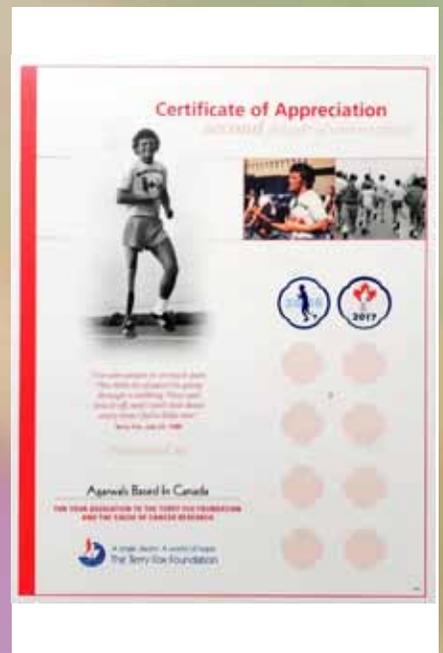


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Elizabeth Sarginson  
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# पती, पत्नी, शादी के झमेले हंसी के झरोके से

Compiled by Shiam Gupta

किसी को उसके फटे हुए जूते, मैले कपड़े, पुरानी घड़ी, उतरा हुआ मुंह, .... इत्यादि चीजों से उसे गरीब ना मानो .... हो सकता है, की वो आदमी शादी शुदा हो ....!!

एक आदमी ज्योतिषी से बोला "मेरी शादी क्यों नहीं हो रही है ...?  
ज्योतिष बोला, "कैसे होगी पगले ...? कुण्डली में सुख ही सुख जो लीखा है .....!!"

बीबी क्या होती है ...?  
बीबी भगवन् के प्रसाद जैसे होती है, जिसमें चाहते हुए भी कोई नुक्स नहीं निकाल सकते;  
श्रद्धा और मज़बूरी के साथ चुप चाप खाए जाओ ...!

स्कूल में हिंदी के पीरियड में मास्टर जी ने पूछा,  
"दुख तो अपना साथी है,  
सुख तो आता जाता है ।"  
अर्थ स्पष्ट करें ।  
रमेश :  
"बीबी हमेशा घर में होती है,  
साली आती जाती रहती है"  
मास्टर्जी बेहोश!

पति ने पान खरीद के पत्नी को खाने के लिए दिया ...?  
पत्नी : अरे ... आप ने तो अपने लिए लिया ही नहीं ...!  
पति : मैं तो ऐसे ही खामोश रह सकता हूँ ...!!

पत्नी : मैंने सुना है की स्वर्ग में पुरुषों को अप्सराए मिलती है ...?  
औरतो को क्या मिलता है -----  
पति : कुछ नहीं .....!!  
उपर वाला सिर्फ दुखी लोगों की ही सुनता है ...!

पत्नी : मैंने सुना है की स्वर्ग में पति - पत्नी को साथ में रहने नहीं देते ...?  
पति : पगली, तभी तो उसे स्वर्ग कहते हैं ...!  
डाक्टर -- आपकी पत्नी बस अब दो दिन की महमान है, मुझे बहुत अफसोस है  
पती -- इसमें अफसोस की कोई बात नहीं है डाक्टर

साहब, दो दिन भी निकाल लेंगे जैसे तैसे!

पति (फ़ोन पर पत्नी से) : तुम बहुत प्यारी हो।  
पत्नी : थैंक्स  
पति : तुम बिल्कुल राजकुमारी जैसी हो।  
पत्नी : थैंक्यू सॉ मच डियर। और बताओ क्या कर रहे हो?  
पति : free था ,सोचा मजाक ही कर लु

पत्नी ने पति को कहा:  
प्लीज मेरी तरफ मुँह करके सो जाओ.....  
मुझे डर लग रहा है....  
पति:  
अच्छा!! बस अपनी ही चिंता है .....  
मैं भले ही डर डर के मर जाऊँ..

कंप्यूटर इंजीनियरिंग की लड़की  
को किसी लड़के ने छेड़ा ,.....  
उसका गुस्सा ऐसे निकला ....  
अरे ओ !!  
पेन ड्राइव के टक्कन ,  
पैदायशी Error , . .  
Virus के बच्चे -----  
. . Excel की corrupt file -----  
अगर 1 Click मारूंगी तो  
ज़मीन से Delete हो कर  
क़बर में Install हो जायेगा .! समझे !!!!

एक आदमी पहली बार ससुराल गया,  
उसकी सास ने उसे 7 दिन तक सुबह-शाम पालक का साग खिलाया।  
आठवें दिन सास ने पूछा: "बेटा, क्या खाओगे?"  
आदमी बोला: "मम्मी जी, खेत दिखा दो, खुद ही चर आऊंगा"

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# ‘DETERMINATION’ DETERMINES!

Arnav Goyal

For all of the twelve long experienced years of my life, I have longed for a pet, more specifically, a dog. Every time I brought up the subject with my parents, I got a big “NO” despite of ensuring that they were in a good mood prior to making the request. Are you wondering why? Well firstly, my mom is allergic to fur or that’s what she claims! Secondly, my dad is a clean freak who does not like messy or smelly surroundings. Lastly and most importantly, they do not want the additional responsibility of another living being as they feel that my brother



and I are enough to keep them busy for a lifetime. Don’t you think it was a lost battle?

Well not really! I refused to give up. It dawned on me that I couldn’t be stuck with only one choice and I needed to get more creative. I got down to some serious work and guess what? I found the ideal pet! This animal was cost-effective and playful like dogs, once it was trained. This creature didn’t



*To sound more convincing, I then created a slideshow that conveyed all the relevant information regarding initial expenditure, running cost, food, medical needs and maintenance related information.*

shed fur and was odourless. It wasn’t too messy or dangerous. It was low-maintenance and did not require any grooming. Majority of dogs need haircuts and tedious baths in the tub, whereas this animal didn’t have any hair and could bathe in the sink. My mom wouldn’t get any allergic reactions and my dad would not freak out because of the mess. This was an animal I could take full responsibility for. To sound more convincing, I then created a slideshow that conveyed all the relevant information regarding initial expenditure, running cost, food, medical needs and maintenance related information. It also addressed all the concerns that my parents had and explained the benefits of owning such a pet. I finally presented my case to the judges and jury, my parents!

My parents were so impressed that they had no choice but to say an instant “YES”! Well, my efforts were re-

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*with determination and a bit of out-of-the-box thinking, anyone can accomplish anything. Even You! So don't give up that easily!*

warded and I am now a proud owner of a blue parakeet named Wave. Yes, we have a new addition to our family and it's a girl! She is very colourful and its blue shades bring peace and tranquility to the surroundings. Her unstoppable chirping brings a natural melody into the air. She is now a family member that everyone enjoys having around.

It took a lot of determination for me to achieve my goal. I learnt that to get what I want, I need to be

realistic, I have to research well and I have to convince my audience by addressing all their concerns in order to leave no room for them to decline my request. This experience taught me that with determination and a bit of out-of-the-box thinking, anyone can accomplish anything. Even You! So don't give up that easily!

*Arnav Goyal is 12 years old and is in Grade 7 of the IBT Program. He has varied interests that include reading, skiing, baseball, taekwondo, etc. Arnav is a true ABC kid who has been performing every year at the ABC Annual Gala since the age of four. He resides in Mississauga with his Grandma, parents and younger brother.*



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# FOOD FOR THOUGHT



## Megha Thakur

As a strong advocate for healthy productivity, I have always believed that through proper nutrition, it is possible to be a better 'you'.

My knowledge about diet prior to high school stemmed from cultural practices and social media influence, and I realized that both sources were not catered to my physique and mentality. Eating a certain amount of rotis to ensure better health or going out frequently for a sugary Starbucks drink wasn't exactly my cup of tea, no pun intended.

I became inspired in my Food and Nutrition class in grade 10, and learned plenty of information about what type of food would suit my personal needs. Not only did I begin arriving home eagerly with an abundance of recipes, but thereafter I promised myself that I would stop eating upon psychological temptation.

### Body Image

Many struggle with this form of personal conflict, and resort to acceptance; for lack of better wording, rather than solving the underlying issue. Although every person differs from another, the greatest factor in body composition is nutrition. A proper diet increases functionality, yes, but the power it holds in transforming your shape is utterly mind-blowing.

Personally, I have always been an extremely active individual. Apart from dancing full time and playing sports in school, I make time to go to gym frequently to maintain the cut and size I have worked so tirelessly for. However, if not for the delay about my food consciousness, my exercise would not have had to be so vigorous. If I had just maintained a healthier diet consisting of my daily requirements of fats, energy, protein, vitamins and minerals, I would have achieved my goal in a fraction of the time it took in reality.

Upon experimentation, I was dumbfounded at a proper nutrition's impact on my body. I could afford to skip my physical activities for a number of weeks when my diet was in check, and felt better as well.

Additionally, I noticed healthier brain function, which was

presumably the drive towards my accomplishments and the development in my confidence and in physicality.

During this entire process, I made sure to ignore any numbers pertaining to the scale, measuring tape, macros and micros, and my Body Mass Index. Restricting myself was preventative of allowing the numbers to ruin the relationship I had built with food. Paying attention afterwards was a result of comfort in my own skin, and that is when I looked at my fat percentage, ratio, etc.

It is important to acknowledge that you are fitter even when the scale doesn't show it!

### Cheat Days

We have all heard of these before. Those days where an individual eats all their heart's desires in a set period of time, convincing themselves that they are making a calculated decision. This is extremely unhealthy to participate in, when fat loss is the goal.

As every other aspect of our lives, moderation is key. Same goes for your diet, in the sense that you should be consuming nutritious foods, while also treating yourself from time to time. This does not mean fasting one day to stuff your stomach the next, but eating a healthy dinner followed by a small serving of dessert. Mentally, 'cheating' is a great way to incorporate foods you would not normally eat. So rather than seeking junk food, it would be beneficial to try healthier alternatives of your favourite dish, or engaging in joyous activity to deter yourself from associating happiness with junk food.

To summarize, eating is a necessity, but eating intelligently is an art.

*Megha Thakur is a grade 12 student at Mayfield Secondary School in the Regional Arts Program for dance. Her membership at GoodLife Fitness remains, alongside her dedication to healthy living.*

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# PERSONAL INFORMATION SECURITY IN A DIGITAL WORLD



## Krishna Bhoutika

---

With news of industry giants like Sony, Yahoo, Equifax getting hacked and large amounts of personal information getting exposed it is easy to wonder how a common person can possibly ensure privacy of personal data in the online world.

The advent of cloud computing has resulted in more and more of our personal data and information getting stored outside the confines of our own computers and devices. We often get access to best of breed software and services (e.g. Gmail, Google Photos, Facebook, iCloud) in exchange of storing and sharing private information. Many of these companies know more about our personal lives, browsing habits, travel details, buying patterns, likes and dislikes than perhaps we can remember ourselves.

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*The advent of cloud computing has resulted in more and more of our personal data and information getting stored outside the confines of our own computers and devices.*

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It has become increasingly important to make pragmatic choices to safeguard your personal information and data. I will share 5 important tips to safeguard your personal information and data below:

1. Username and Passwords are the gateway to your information and data. Use complex passwords and create different passwords for different online services. This is especially important for your email, bank accounts etc. Think of a scenario where an unscrupulous website gets hold of your username and pass-

word and uses the same information to log into your bank about. By creating distinct and strong passwords, you can significantly minimize this risk.

2. Use two-factor authentications when possible. Two-factor authentication allows a secondary medium (e.g. a smartphone) to validate login attempts. It adds an additional layer of protection even when someone may gain access to your username and password. Many major online services like Google, Microsoft, Apple have started offering two-factor authentication to safe-guard login information

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*Many of these companies know more about our personal lives, browsing habits, travel details, buying patterns, likes and dislikes than perhaps we can remember ourselves.*

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3. Protect your most important documents with Encrypt with Password. When you store files in the cloud, protecting your most important files using a second layer of protection would allow sensitive information to be inaccessible even when your account (e.g. cloud drive) is hacked. E.g. you can save Microsoft Word or Excel documents using the 'encrypt with password' feature. For other types of documents consider encrypting the file with compression software like WinZip or 7-zip.



*Last but not the least, be mindful about information security and privacy. Ask these types of questions when accessing a new online service or app:*

4. Phishing Emails and Unknown Files. Phishing in general means when someone is trying to trick you into providing your private information. A banking site can look legitimate asking you to enter password, but it isn't your real bank site. If you receive files or links or programs from an unknown source, do not open them. Make sure that you have anti virus software installed and update it regularly. Use a modern and updated version of web browser like Microsoft Edge or Google Chrome.
5. Last but not the least, be mindful about information security and privacy. Ask these types of questions when accessing a new online service or app:

- a. What are the privacy policies of the online service you are signing up for? Are they going to share your information with a third-party? What information would they retain and for how long?
- b. Downloading a new App? Is this app requesting access to your address book and photos, for what reasons?
- c. Is this company reputable or reliable?
- d. If that sounds like too much hassle ask a knowledgeable friend or do some research using Google.

While these tips provide some important ways to protect your information they are certainly not comprehensive for all possible scenarios. Be mindful about protecting your digital information.

*Krishna Bhoutika is a Senior Manager - Information Technology with expertise in HealthCare IT, Business Intelligence, Information Architecture and UIX.*



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# MY TALK WITH ASTRONAUT SUNITA WILLIAMS

Jahnavi Rastogi

---

Astronaut Sunita Williams was born in Ohio and raised in Massachusetts. Her dad was from India. She started working as a helicopter pilot. In college, she studied aeronautical engineering. In 1997, she was selected out of 200 pilots to be part of the NASA Space Station. She had to go for two years of training in Texas, USA. An interesting fact is that she became the first person to run a Marathon from the space station. On April 16, 2007, she completed the Boston Marathon by running in space the distance in four hours and twenty-four minutes! In 2012, she was a flight engineer on Expedition 32 and then the Commander of Expedition 33. By August 2012, she had made seven space walks totaling 50 hours and 40 minutes. She became No. 9 on the list of the most experienced space walkers. Sunita was also the ISS Expedition 42 Commander from September 16 to November 18, 2012.

When I saw her at The Intrepid Museum in New York City in September 2018, Sunita told us that when she was on the space mission, her family sent her a package of samosas! Oh my goodness, we both love samosas! A funny fact is that astronauts have to be careful going to the bathroom otherwise the particles can float! So neat, right?

## Why She Inspired Me:

I also might like to be an astronaut like her someday. I really like to conduct science experiments. My Dad loves to do math with me. Both subjects are needed to become an astronaut. Sunita is also from Indian heritage like myself. Maybe both the Indian and American flag will fly on Mars someday? Who knows? Maybe Mars will become a place of living. Maybe I will help to discover it?!



Source: [https://en.wikipedia.org/wiki/Sunita\\_Williams](https://en.wikipedia.org/wiki/Sunita_Williams)

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*By Jahnavi Rastogi*

*Dedicated to: Amma, Nanu, Dada and Dadi  
Grade 3, Fan of Soccer, Bharatnatyam and Painting*



# PRAYER

Ashok Rastogi

---

## What is prayer?

The Oxford dictionary defines Prayer as “a solemn request or thanksgiving to God”.

Prayer is communication with our own higher state or higher internal Self (calling it God) who stores hidden sub/super conscious powers at our disposal.

## Why should we pray?

In achieving success many times factors other than our own conscious contribution also play a vital role. Factors favorable could be such as external environment, our own mood, attitude and energy level and people around us. Hence we pay thanks sometimes to destiny or to the ‘unknown’.

The act of praying in our lives at some occasions amounts to invoking those forces which are not entirely in our control but which may act favorably and cooperate in making our efforts a happy success.

Prayer is effective in invoking dormant powers in us-subconscious and super-conscious which can guide and help us achieve our goals smoothly.

## How and what should we pray?

These are guidelines; customize them as rules don't apply when you talk to a beloved!

- Sit down peacefully and try to calm any restlessness of mind or else first do your important and urgent chores and/ or make list if things you need to do.
- Concentrate on some form or symbol of God. Do a bit of worship to settle your restless mind. Ask Him to forgive your past misdeeds.
- Talk to God like you would talk to a friend. Speak from heart. Share your inner thoughts, feel-

ings, problems and worries. Ask for forgiveness.

- Earnestly ask for His guidance, wisdom and protection. Ask that He give you strength to meet your challenges.
- Next, try to stay thoughtless in your mind for at a few minutes so your mind can receive His subtle and silent communication.
- Pay thanks for everything He's given you.

## What is the science behind effectiveness of prayer?

Recall how a sand timer or sand clock allows a regulated trickle of material from the upper bulb to the lower one. Just the same when our energy level is down, we need to recharge from our own top reservoir.

Repeated chanting of God's name or mantra or meditation tends to install God in our heart. Just as an iron becomes magnetized by repeated rubbing by a magnet, it recharges our energy level. It leads to faith. Faith results in self-confidence, which in turn guides our actions.

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*The act of praying in our lives at some occasions amounts to invoking those forces which are not entirely in our control but which may act favorably and cooperate in making our efforts a happy success.*

---

Prayer is like a subtle thread that establishes a connection between the individual and the Infinite Divine Spirit (which too is part of us).



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.....  
*Repeated chanting of God's name or mantra or meditation tends to install God in our heart. Just as an iron becomes magnetized by repeated rubbing by a magnet, it recharges our energy level. It leads to faith. Faith results in self-confidence, which in turn guides our actions.*  
.....

### When and how frequently should we pray?

Pray at a time when no urgent tasks await you, there is quietness and possibility of no interruption.

Doing regular prayers twice a day will give you strength, confidence and courage.

When you go to bed, offer thankful homage to Him for guiding and guarding you throughout the day.

### Do I need a specific place to pray?

Any clean and comfortable place for you will do. If you pray in the same place every day it's believed to augment the effect.

### Doesn't God know about my needs already?

It is true enough that the Divinity knows all. But He requires that true thoughts be communicated. The mother may know that a child requires food to maintain life. But milk is given only when the child asks for it.

### I can't find time for doing prayers.

If we remember God's name most of the time of the day the necessity of praying diminishes. "For one who sees

Me everywhere and sees everything in Me, I am never lost, nor is he ever lost to Me." ~ Bhagavad Gita 6.30.

Prayer can come from your heart any time when you can pause or have some idle moments.

### How can I make my prayer more effective?

Prayer is answered solely upon the purity of your feeling and the intensity of your yearning. There is only one true language- the language of heart!

### Why does God not answer my prayers sometimes?

Why would our own father not give us what we want? Is it ever possible? Yes if He feels we deserve something better! If He does not give then have faith that even something better is destined for us.

### What is the proof that prayer works?

If you google for the above you will find many documented stories from all faiths. Even medical science recognizes it's power as my last prescription.

### I don't believe in God, why should I pray?

If you believe in yourself that's enough! Just repeat a positive self-assertion forcefully like: I can... I will.. I am a peaceful soul; I accept others as they are; I am bigger than any problem; etc

.....  
*Ashok Rastogi is a Science Talent Scholar from the University of Rajasthan, IIT graduate, and holds a Ph.D. in Physics. He taught at Northeastern University and the University of Guelph-Humber and is a retired project manager.*



# STEREOTYPES INDIA FACES

Rishika Singhal, Grade 8

.....  
All of you have probably heard of at least one stereotypes that India faces even after all the development. You have probably heard things like “India is only full of dirt and chaos” or “India is very poor”. Well, that is not true.

Let me tell you the real story. Many tourists from around the world come to India for a once in a lifetime experience. They come to see what they call “real India”. They are trying to find the dirt and chaos of India, instead of the beautiful sights. They ignore the fact that India has luxury hotels, shopping malls, towers and mansions, which a ginormous part of the country is filled with. This is not where it ends. Usually when foreigners or tourists come to India they find it unusual for many people who live in poverty to manage to smile. This is because, not only does India have great sights, but it also has amazing people. Just because their day isn't going great, they wouldn't want to make your day bad. Instead, they would want you have a great day to make themselves happy inside.

India also holds a remarkable quantity of the world's wealth. Many rich people of the world live in India. For example, in 2010 Mukesh Ambani was the fourth richest person in

the world. Right after him came Lakshmi Mittal as the fifth richest person in the world. To add, India is becoming wealthier by the minute, as people are being more friendly and engaged in the environment and lifestyle of their homeland, India.



Another stereotype that is very popular to be heard is “All Indians are uneducated and illiterate”. This as well is a false statement. In fact, an Indian created the number system including the decimal and the number zero. Aryabhata developed the decimal and number system in the 5th century. In the 6th century Hindu astronomer and mathematician Brahmagupta introduced the symbol for zero. Without these three components math wouldn't exist.

There is also the stereotype “There are only two places in India which are Gujarat and Punjab.” In fact, India is a vast country, with variety of people living together and celebrating all festivals. India is the only place where Diwali, Eid and Christmas are celebrated with equal pomp and show. In conclusion, many people just see the little aspects of India. In reality, India is a diverse, educated and a beautiful place.

## POEM ABOUT ME

Some basic facts and wants is all you need to know,  
Then like and dislikes, you know what I'll just go with the flow.  
My favourite number is 7, because that's my birthday,  
January's my birth month, so wish me if you may.  
I want no pets, as they are messy,  
I want a private jet, as they are fancy.  
I was born in India, but raised in Canada,  
Though I rather live in Florida  
I know all about annoying, because I have a sister,  
And... I often get blisters.

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I hate loud and screechy noises like beehives,  
And scratching the board sound X5.  
I hate gimmicks, as they are invasive and time consuming,  
I like fun exercises, like dancing and swimming.  
Comedy is my favourite, that's why I like the movie Rampage,  
History is also amusing, that's why I like the movie Ice Age.  
I like things organized with a calendar,  
I am physically strong, but emotionally tender.  
I wish I could share more, as I love to rhyme,  
Oh well, maybe another time.

## THE IMPORTANCE OF WATER

Sakshi Goel

Water is needed for survival  
Water creates rivals  
You need water to stay hydrated  
And a lot of it is contaminated  
Water is a priceless treasure  
Which has a measure  
You need water to stay clean  
But some water has fluorine  
Protect the water  
So you can drink it when it's hotter  
Water is scarce in places  
So don't have water drinking races  
For water people walk hours  
So don't over water the flowers  
Don't dump it down the drain  
Because lack of water is a pain

*Sakshi is a grade 8 student. She is highly involved in Robotics and participated in First Lego League. Her team made it to provincials. Sakshi enjoys watching movies, listening to music and drawing.*



# THE AMAZING STUDENT LEADERSHIP CAMPING TRIP



Devansh Goel



Just recently I was selected for a leadership opportunity at my school. I was the lucky one in my class that got to go on an overnight field trip to learn about leadership skills. You might be wondering how I got this opportunity. There were 100 students selected to write a para-

graph about Leadership and the best 40 would be selected. Luckily, I was among the 40 to be selected. I then was asked a question on the spot by the principal as to why I am a suited candidate to go for this leadership program. By the end of the day, my principal came to my class and gave me the surprise that I got in!

A week later was the trip. I packed my bag as I was super excited for the upcoming trip, my sleeping bag, clothes, boots, camera, etc. On October 23, I woke up at 5:30 am to catch the bus to Silver Lake Camp. When we got on the bus, there was a T.V., wifi and the most surprising to me, a BATHROOM! 3 hours later we saw a sign, Silver Lake in 10 km! Silver Lake Camp is near Sauble beach. Everyone on the bus was super excited for what we were in for in the next couple of days.

When we reached, I was amazed by nature's beauty. Our cabin was neat because it was high up and had a slide to come down. We unpacked and went to the campground to plan our goals for the day. After lunch, our teacher read a story about a plane crash and then we had to pick 8 items from the deck of cards needed to survive in the wild. Some of those items were Map, Extra food, Tarp and lighter. She gave us the 4 items we needed for the journey to Silver Lake. Once we reached we lit the fire and pitched a tent. Next, we had another team building activity, played capture the flag in the dark. It was terrifying, but it was a great experience! After that, we had a fantastic dinner. Once done with dinner we got to walk on a rope with one person holding our hands on each side it was for team building and trust. Soon it got dark, we all sat around a campfire and sang songs.

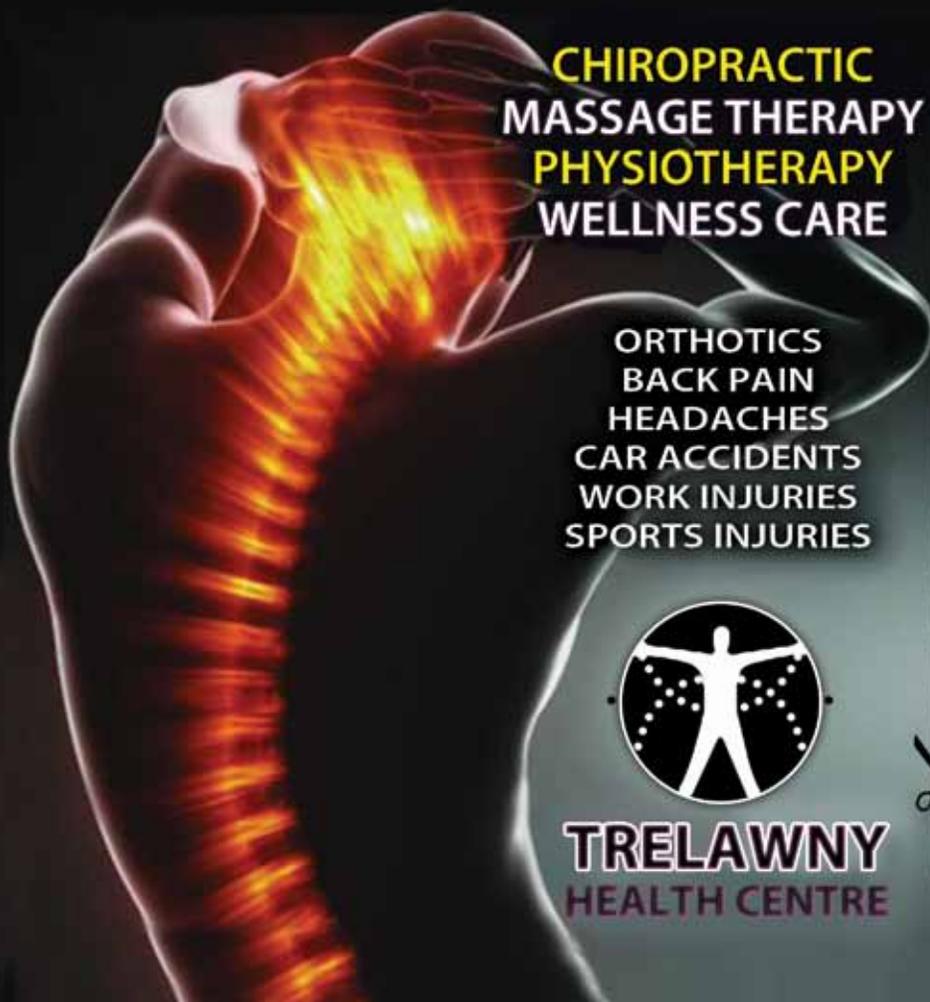
In the morning we had a huge breakfast buffet. Full of energy right after breakfast, we went rock climbing it was tough and no one made it to the top. After we went Geo-caching we were in groups and each group got a GPS and we were looking for some clues to solve a riddle. It was almost lunch time by now and we had an hour to do whatever we wanted to. I played some sports like soccer and football. Finally, we ate dinner, got on the bus and came home.

This trip was an enjoyable and great opportunity for me to start my middle school.

*Devansh is a grade 6 Scitech student at Centennial Senior Public School. He enjoys singing and has been playing piano since age 3. He has a great passion for technology.*

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# A BRIEF DESCRIPTION OF CHESS

Sohum Goel

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## Where Chess was formed?

Chess was traced back nearly 1500 years ago but it is not known exactly when. Historians first thought it was created in China but it was originally created in India. From India it spread to Persia and when the Arabs conquered Persia, Chess was taken up by the Muslim world and spread to southern Asia.

## What are the names of the pieces?

There are 5 types of pieces in the game. First the pawns which there are eight of, they all have cylinder tops and are the smallest. Next there is the Rook, it has almost a bowl on the top and there are two of them. Then there is the Bishop with a tiny cylinder on the top, it is taller than the rook and there are two of them. There is also the Knight which looks like a horse, there are two pieces. Then there is the Queen that has a crown and tiny cylinder at the top and there is only one Queen. Finally, we have the King that has a little cross at the top and there is only one King.



## How the board is setup?

In the first row you place all the pieces except the Pawns. The order that they are placed in is very important. On the first square you place a Rook, next to it a Knight and then the Bishop. The Queen and King are placed next. Beside them you repeat the first step. Then the second row must have all the pawns.



## How to move each piece?

First, there is the Pawn which only moves forward once and moves diagonally to kill. The Rook only moves forward and sideways as many spaces as you want it to. The Knight moves in an L shape in any direction and can go over a piece when other pieces cannot. The Bishop only moves diagonally, it can be as many spaces as needed. The Queen can move in whichever direction you want. Finally, there is the King which can only go one space in any direction at a time. The aim of the game is to defeat the opponents King while protecting your own.

## This is the world's best chess player

Currently Magnus Caellen is the world chess champion. He is considered a chess genius, football fan and model for ad campaigns. He competed against Vishwant Anand of India to be decorated the world's best chess player.

I hope you had fun reading where chess was formed, the names of the pieces, how the board is setup, and how each piece move. Thank you for your time to read my article.

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*Sohum is 10 years old, excited to reach double digits in his age this year. He enjoys music, dance, basketball and performing on stage. And wishes to be on top chef of Canada!!*

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# WHY HOCKEY IS A GREAT SPORT FOR YOUR CHILD



## Kavi Madan

---

Indian parents are sometimes reluctant to put their children in ice hockey due to concerns about them getting injured. I fought hard and finally convinced my parents to enroll me in hockey. It has been a life changing experience for me. I thought it will be worthwhile for me to share my opinion with other parents to help youths like me have a better chance of winning over their parents. Hockey is an adrenaline booster, action packed tradition, and a blend of grace and skill that will teach your child resilience and teamwork. In the process, hockey prepares them for their future. It helps build on your child's communication skills and teaches them to persuade people to work with them, not against them.

It is no doubt that Hockey is an excellent workout. It increases muscular strength and anaerobic endurance (the ability to sustain short bursts of intense activity). In addition, your cardiovascular endurance will benefit from the sport as the constant pumping of oxygen into the blood will help your child's cellular activity. Hockey players typically play for 20-25 minutes in a standard game, the rest is recovery, thus letting your mind and body heal. Hockey removes excess body fat and boosts metabolism. Each player burns an approximate 0.061 calories per pound, per minute.

Hockey has been fostering self esteem and confidence for over a 100 years. Scoring goals, receiving respect from teammates, and being cheered on by fans will not only build confidence in game, but in all aspects of life. Your child will build a self assurance of his/hers abilities. Confidence can lead to better grades, courage, and dedication. Self-confidence is also the fundamental basis in which leadership grows. At this point, it is evident hockey is a source of many key qualities nec-

essary to achieve success. "Whether you think you can, or you think you can't - you're right" said Henry Ford, American captain of industry and founder of Ford Motor Company. Henry Ford claims that you should never doubt your instinct or belief, no matter how impossible it may sound.

Our future leaders are shaped by hockey. Ryan Walter, one of today's greatest social leaders says, "I am thankful for my 17 seasons as an NHL player and coach, which certainly accelerated the learning curve for me in the 3 critical areas of leadership, team and performance." There are many more leaders influenced by Hockey such as Wayne Gretzky, Jim Carrey, and Adam Sandler. An opportunity to have your child grow up to be one of the nation's greatest leaders has come knocking at your door; one just needs to open it.

In conclusion, hockey is a high intensity, hard hitting, but heartfelt game that teaches essential qualities necessary to obtaining success in life. To cater to the concerns of parents, many Canadian associations put safety rules and strict equipment regulations. Your child will be quick to join this long lasting Canadian tradition, but there is one thing hockey guarantees: a learning experience that will never be forgotten.

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*My name is Kavi Madan and I am currently in grade 9. I was born in Guelph and lived there for 7 years until moving to Oakville. I am 14 years old with two sisters and countless cousins. Some of my hobbies include playing hockey, football, baseball, and reading. I play hockey and football in recreational leagues.*



# I BELIEVE IN ALL BELIEFS

Avantika Goyal

Here is a question I often ponder upon: Is there a God? Now, some of you might respond to that question in affirmation. Others might quickly comment on the existence of Allah or Jesus or another entity they believe in. There will also be many that assert that there are multiple Gods. We also can't forget our friends who believe that this is all nonsense because there is no scientific proof to validate such an existence. And some of us, frankly, are just unsure on the topic.

Despite these differences, we all do have something in common. We have a belief that makes sense to us and gives us the answers we like to the questions we ask. For instance, we all ask: how did mankind come to be? You might say Adam and Eve. The guy next to you might be a devout Darwinist and suggest evolution. And I might contend that a giant egg sat in the center of the universe and when it cracked the first man crawled out. Essentially, you're free to believe in your supernatural ideas, as long as I can believe in mine. This is, because a difference in opinion shouldn't be suppressed, but rather encouraged. Perhaps, I'm an extreme liberal on the matter and just want people to get along and sing kumbaya. But I feel like there is more to it than that. I believe that religious belief is such a personal concern that if you bring other people into it with you, it loses value. Find what works best for you and cherish that. Devdutt Pattanaik, an Indian author known for fictional work and interpretations of ancient Indian scriptures once said, "There is nothing like the world, there is my world and then there is your world." Simply put, we live in a relative world that is characterized by our own individual beliefs.

Furthermore, nearly all beliefs overlap when it comes to fundamental morals and humane principles. For example, let's talk about murder. Morbid, I know, but relevant. No one can forget the Twin Tower attack in New York on 9/11 or the Pittsburg shooting incident on Oct 27, 2018. It is clear that, everyone, outside the crime, condemned these

heinous acts. Now the reason for why you think murderous actions are wrong is totally up to you. As long as you don't kill anyone, I think we can be on good terms. And there are many other examples like such, proving that diversity in religious beliefs doesn't and shouldn't threaten such inherent values.

In addition to creating basic social stability, I appreciate and respect your beliefs simply for what it provides for you as an individual. Some people experience immense joy by visiting a temple or church every week and being surrounded by like-minded people. I may not believe in physical religious institutions, but I believe in what it means to you. I believe in happiness and contentment and if your beliefs cultivate that then I believe it should be supported. Sometimes religion generates a community that people don't find elsewhere and from what I've learned from psychology, we all have an inherent need to feel like we belong somewhere. And ultimately, happy people lead to dynamic people and if society can benefit from your religious beliefs, then I wholeheartedly believe in that.

Rather than arguing over spiritual truths and ancient doctrines, I acknowledge that such religious diversity benefits our society as a whole by uniquely catering towards the needs of every individual. So why don't we take a moment to respect the beliefs around us and enjoy this incredible mosaic that we are all a part of?

*My name is Avantika Goyal. I'm a 12th grade student at Dougherty Valley High School in California. In the following year, my dream is to be attending University of Chicago to major in Economics, with a concentration in International Business. I'm passionate about political science and social justice. Outside of academia, I'm also a Kathak and hip hop dancer.*



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# EINSTEIN QUOTES

- Only two things are infinite, the universe and human stupidity, and I'm not sure about the former.
- A question that sometimes drives me crazy: am I or are the others crazy? (Einstein's the one who introduced us to 'relativity'!)
- Everything should be made as simple as possible, but not simpler.
- A clever person solves a problem. A wise person avoids it.
- If the facts don't fit the theory, change the facts.
- Imagination is more important than knowledge.
- In the middle of difficulty lies opportunity.
- The measure of intelligence is the ability to change.
- Any fool can know. The point is to understand.
- Creativity is contagious. Pass it on.
- Education is what remains after one has forgotten what one has learned in school.
- Reality is merely an illusion, albeit a very persistent one.
- No problem can be solved from the same level of consciousness that created it.
- The difference between stupidity and genius is that genius has its limits.
- A hundred times every day I remind myself that my inner and outer life are based on the labors of others.
- I want to know God's thoughts, the rest are details.
- I never think of the future. It comes soon enough.
- Do not worry about your problems with mathematics, I assure you mine are far greater.

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# HOW A “HOME OWNER” WILL BE IMPACTED WITH HOME SALE DATA MADE PUBLIC



Sushil Agrawal

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Imagine five years ago, when you as a homeowner had to depend on real estate agents as a source for home sale information before making your buying or selling decisions. However, the Supreme Court has recently declined the appeal of the Toronto Real Estate Board (TREB) which will open up numerous opportunities for a few tech companies waiting for the court's decision. Meanwhile, real estate agents will also be required to provide additional services to compensate the data now available to public. Now, you as a buyer/seller have the ability to request for these additional services.

As a homeowner you may decide to sell your property on your own, as you now have access to sale prices of similar houses within your area. However, it is important to be cautious of few things:

1. Direct buyers who you do not know.
2. Knowing how to handle deposits.
3. Showing the house to an unknown person.
4. Possibility of theft.
5. Having enough time in your schedule to show your house.
6. How will you develop negotiating skills?
7. Are the savings in selling/buying yourself more cost effective than consulting an expert?

The list of precautions is ongoing.

Some of you are aware that you have an option to pay either a fixed fee, or percentage of sale as commission to a real estate agent. As a buyer/ seller, you will have more opportunity to negotiate those commissions and save money.

The Supreme Court decision currently only applies to the TREB; however based on their decision it is likely that the other provinces will have similar guidelines; i.e. disclose of sale prices to public. Most technology companies are investing money to increase their share of web traffic to respective websites, which will lead not only real estate transaction but also purchase of furniture, home renovations and all other real estate related services. Real estate is statistically the most common investment for Canadian home owners, which they plan to use for retirement and/or other purposes.

The question is, how will you as a consumer have access to this information? The answer is simple - consumers can access the data through a password protected virtual office website (VOW) operated by TREB members. The data is solely for the information purposes and residential real estate transactions. Once you have registered online, you will have access to the sale prices of houses in the GTA. If you are a seller and don't want your personal information to be public, you will not be able to withhold the information as per the guidelines.

There are both benefits and drawbacks of the Supreme Court's decision, however, consumers are overall happy with the competition bureau's decision against TREB.

---

*Sushil Agrawal works as a sales representative at Homelife Miracle Realty and provides real estate purchase, sales and investment services. He is also CPA Ontario and provides tax services. He would be happy to assist with any of your needs.*

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