



Newsletter

VOGA CANADA

Issue 9 - September 2022

Contact:

vembadiogacanada@gmail.com

A Message from VOGA

Arrival of Autumnal Equinox (September 22).

Past events

Aug 16 - The VOGA committee donated \$700.00 CAD, the money that was raised from the VOGA Movie Day, to an organization called "Vasantham senior wellness centre". SEE PAGES 2 and 3.

Aug 21 - Vembadi Old Girls paid their last respects to the late Mrs. M. Rajasenan.

Aug 27 - VOGA Committee met in person at the Scarborough civic centre. It discussed:

1. The planning of the upcoming VOGA events
2. Sharing the minutes of the special general meeting and the approved amended constitution with all voting members via email.

Sep 10 - Memorial gathering and high tea for the late Mrs. M. Rajasenan.

Upcoming events

DIWALI BAZAAR - SEPTEMBER 24

9.30 AM- 5.00PM

See the flyer on Page 5

NAVARATRI - OCTOBER 02

2 PM - 6 PM

See the flyer on page 6

VOGA DINNER DANCE - OCTOBER 22

6 PM

See the flyer on Page 7

Important Notices:

- We welcome your participation at the Navaratri Pooja which will be held on Sunday, Oct 2. Please contact us at vembadiogacanada@gmail.com for any inquiries.
- We are happy to welcome 7 more life members and an annual member.



VASANTHAM TAMIL WELLNESS CENTRE
2660, Eglinton Avenue East, Scarborough, Ontario, M1K 2S3
Tel: 416 847 4172 Fax: 416 261 9824
Email: info@vasantham.ca www.vasantham.ca

Vasantham Tamil Wellness Centre endeavours to empower the Tamil community across the GTA to maintain and promote health and well-being. Vasantham is a well-known organization and has been in service since 1999. We are dedicated to providing the community with quality and evidence-based services. Through providing education, advocacy, and a variety of programs and services, we aim to holistically serve the well-being of the Tamil community. Our approach is anti-discriminatory and racially and culturally sensitive to ensure our clients and team members feel safe and welcome.

Our partners include Scarborough Centre for Healthy Communities, Center for Addiction and Mental Health, Canadian Red Cross, Toronto Metropolitan University, New Horizons for Seniors, Canadian Tamil Medical Association and more. In addition, our expertise and experience with serving clients have given us the required knowledge to successfully execute our programs and services. We also have the necessary staff, including certified mental health professionals, Registered Social Workers, an interdisciplinary team within the Board of Directors, advisors who are practicing Social workers, Psychiatrists and Physicians in Canada, and many experienced volunteers.

Our services aim to benefit the Tamil community, ranging from children to seniors. To begin with children, we strive to increase their awareness of mental health, financial literacy, media literacy and the dangers of gaming, gambling and other forms of addictions. Sessions are held to, not only help the children, but the parents as well. They are informed on healthy communication and boundary setting strategies in order to improve the relationship that they have with their children.

Regarding adult and senior members of the Tamil community, there are even more workshops and services available. Individual and group counselling for addiction occurs to help clients on their road to recovery. Weekly individual and group CBT sessions were held for Tamil women exhibiting symptoms of depression, anxiety, trauma, and/or domestic abuse experience between the ages of 25-55. We also work and refer appropriate services to Tamil women and seniors who are abused. We reach out to isolated seniors in person in the community as well as in the centre. A weekly support group is held for Tamil individuals who are in a caregiver position to help learn about mental illness/addiction and how to handle stress and protect their own wellbeing while taking care of a loved one. The Seniors' Group Yoga club gathers weekly to help mitigate chronic stress and physical ailments through the art of yoga. We do our part in protecting Tamil seniors from abuse and neglect by providing clients in emergency need with necessary items (toiletries, groceries etc.). Clients can also get counselling from a Tamil speaking counsellor and can receive help finding care services that they require. We also put together an all-encompassing video called Shining the Light which illustrates the struggles and abuse that the elderly community faces within the Tamil community. We also have published booklets on elder abuse, gambling addiction and gaming addiction. There are a number of articles on professional international journals based on our research on elder abuse, Covid -19 issues, suicide and addiction related issues.

Our bi-monthly Psychosocial Educational Seminar is benefitting the Tamil Community throughout Canada and it is made available globally through YouTube. Our Tuesday Evening Yoga program is run by a qualified Yoga teacher to cater to a multicultural community including working with people to reduce stress.

Ultimately, our vision at Vasantham is to provide a single-entry wellness centre for the Tamil people as we are part of the Scarborough based Eglinton HUB as one of the anchoring Agencies in the GTA that focus on the promotion of health and the prevention of harm. We seek equality and fairness for our clients and their families while promoting awareness, harm reduction, education, and fundamental well-being.

As the VOGA Canada Committee decided, the money raised from the VOGA Movie Day was donated to an organization called "Vasantham Tamil Wellness Centre". The VOGA President presented a cheque for \$ 700.00 CAD to the Vasantham Wellness Centre, located on Eglinton Avenue (HUB) in Scarborough on August 16, 2022.



In Loving Memory of Seevamani Navaratnam



Seevamani Navaratnam lost her mother at the age of 3 and became an orphan at the age of 7, losing her father. At a tender age of 7 her uncle put her in the Vembadi Girls High School hostel, where she practically grew up. Hostel Warden, some teachers and the European Missionary were very kind to her and took excellent care of her. She was undoubtedly happier at Vembadi than at home. As such Vembadi was a huge part of her life and she held her ties with Vembadi very close to her heart, maintaining close friendship with many old girls, in the likes of Kanages Nadarajah, Leela Emerson, Kiruba Paramanathan, Blossom Navaratnam to name a few.

After her marriage and some years later when she came to Canada she lost no time in becoming a life member of Vembadi Old Girls Association, where she served in the committee and whole heartedly participated in practically every event. Vembadi was a passion that she talked about very fondly till her last days.



"I feel honoured and humbled to say a few words about my dear friend Seevamani Navaratnam. I had known Seevamani for more than three decades. She is an old girl of Vembadi Girls High School, but I didn't know her then because she was very much senior to me. In Canada, my association with Seevamani started through Vembadi Old Girls Association, Canada. Both of us served in the VOGA committee and right away, because of her sterling qualities I fell in love with her. Our friendship lasted till her last breath.

Seevamani was a lady of many great qualities. She was always, kind, pleasant, active and friendly. She was an excellent cook, seamstress and excelled in her car driving abilities. Can you believe she drove to Ottawa all by herself at the ripe old age of 87. Not only that a few years ago one of her grand children got married and she sewed 25 saree blouses for all her family members.

She was a modern grandmother, in that she was a computer addict. She will be playing computer games till midnight and that was the secret of her youth. She was a great technician. She could fix a car, computer, kitchen gadgets, etc.,. There is no word as "impossible" in her personal dictionary. She could make the impossible, possible by her strong will power. She was an inspiration to all her friends. Her fragile, small body had immense mental strength. I will quote an incident that happened a week before her demise, she knew she wasn't going to live much longer and she called me on facetime to bid goodbye with her usual loving, pleasant smile. Only my Seevamani can do that. I have yet to see a kind, loving person who can never get angry with anyone.

It is wrong to say that she lived for 96 years. Actually it was the years that were lived by her. In short she was a great human being. I love you my dear Seevamani. Good bye for now".

--- Mrs. Kanages Nadarajah

We invite everyone to our Diwali Bazaar on Saturday September 24.

Admission
Free



Happy Diwali

May the joy and happiness
surround you forever

VOGA Canada Presents Diwali Bazaar - Festival of Lights

When: Saturday September 24 , 2022
from
09:30am – 5:00pm

Where: Mary Ward Catholic School
3200 Kennedy Rd
Scarborough, ON
M1V 3S8

*Breakfast / Lunch and Snacks will be on Sale
Enjoy a day with your family and friends*



VEMBADI OLD GIRLS' ASSOCIATION - CANADA
வேம்படி மகளிர் பழைய மாணவர் சங்கம் - கனடா
DARE TO DO RIGHT



PLEASE NOTE:

VOGA Dinner Dance tickets will be on sale at the Diwali Bazaar as well.
Please pay cash in person or by E-transfer, and pick up your tickets ASAP since
tickets will not be sold at the venue on October 22.

We invite everyone to our Navaratri celebration on Sunday, October 02.

We welcome you to showcase your talents (singing, dancing, etc) and participate in the Pooja.

Please contact us at vembadiogacanada@gmail.com for any inquiries.

VOGA ANNUAL NAVARATRI PUJA 2022



Sunday, October 02
From 3 pm to 6 pm

Scarborough Village Recreation Centre,
3600, Kingston Rd,
Scarborough, ON,
M1M 1R9



VEMBADI OLD GIRLS' ASSOCIATION

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INVITATION TO THE VOGA DINNER DANCE

VEMBADI OGA DINNER DANCE 2022

Saturday, October 22, 2022 @ 6 pm

Markham Convention Center
2901 Markham Road, Toronto, ON, M1X 0B6

\$60
Per person



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