The magazine for today's Indo-Canadian

January/February 2008 INSIDE

DR. DATE **HOW TO KEEP** THE LOVE ALIVE

**EASY STEPS** 

**TO DROPPING** WEIGHT **FOR GOOD** 

BENAZIR **BHUTTO** REMEMBERED

## **ANITA PATIL** UBERMAN

**EXECUTIVE DIRECTOR** 

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Seeking Your Perfect Match Online? Here's What You **Need to Know** 

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PRESENTS



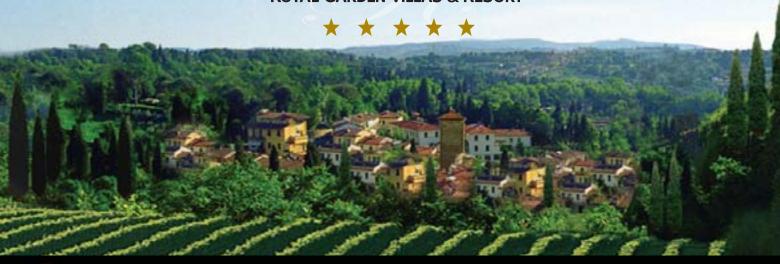
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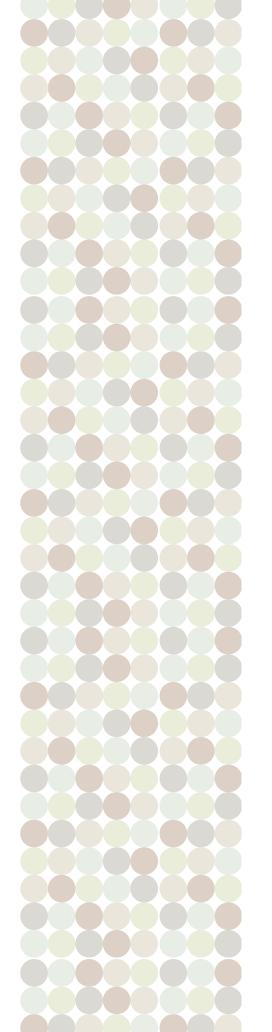


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Looking for Love . . . 34

More and more singles are turning to the Internet in their search for the perfect match.

There are success stories (we speak to a woman who found her Mr. Right online), but there are also cautionary tales (the Internet make it a lot easier for people to pretend to be something they're not, warn the experts) that illustrate just how rewarding and simultaneously risky the world of online dating can be.

BY ROBIN ROBERTS



### Dr. Date: Keeping the Love Alive ..... 42

When psychologist Rebecca Rosenblat began offering advice on everything from intimacy to dating on TV and radio, her new career as Dr. Date didn't exactly make her parents proud. In fact, they stopped talking to her. But that didn't deter her from her mission.

**PLUS:** Dr. Date's advice on how to keep the love alive, coping with conflicts and the top 10 issues that affect relationships.

### FEATURES

### 

Anita Patil Huberman, executive director of the Surrey Board of Trade, acknowledges the job comes with some pressure — but for an over-achiever like her, that's no problem.

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Former Pakistani prime minister Benazir Bhutto's courage and charisma endeared her to her supporters and threatened her enemies. Her assassination shocked the world and left the country she loved in chaos.



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Indians daring to challenge ownership of luxury brands such as Jaguar are being belittled by industry insiders who warn that Indian ownership will be bad for business.

JANUARY/FEBRUARY 2008

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**Soy** is considered one of the most nutritious and versatile plant foods available and is the only plant protein that approaches or equals animal products in producing a complete source of protein. Soy based meat alternatives such as Yves Veggie Cuisine are low in saturated and trans fat, cholesterol-free and may reduce the risk of heart disease.

### HOW TO ADD SOY TO YOUR DIET

Healthy eating is all about making smarter food choices. Canada's Food Guide to Healthy Eating is a great place to start. Foods are divided into four groups: Grain Products, Vegetables and Fruits, Milk Products, Meat and Alternatives. Yves Veggie Cuisine products are classified in the Alternatives category and provide a vegetarian source of protein to round out a balanced diet. To learn more about Canada's Food Guide visit www.hc-sc.qc.ca





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### YVES VEGGIE BUTTER CHICKEN



MAKES 4 SERVINGS

1 package Yves Veggie Chicken Tenders
5 tbsp Tandoori Paste
1/4 cup butter
1 large onion diced

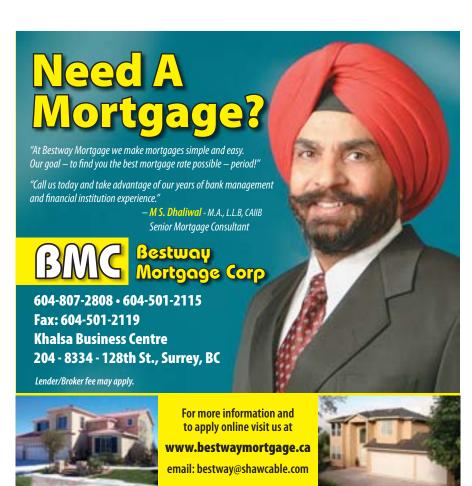
1/2 cup canned chopped tomatoes
1/2 cup plain yogurt

1 tbsp chopped fresh coriander

- 1. Coat *Yves Veggie Chicken Tenders* in Tandoori paste and let marinade while preparing remaining ingredients.
- 2. In a frying pan, sauté onions in butter. Stir in tomatoes, cover and cook for 5 minutes.
- 3. Add *Veggie Chicken Tenders*, marinade, yogurt and coriander, then bring to a boil and simmer for 2-5 minutes.
- 4. Serve on a bed of rice with naan bread.









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### PUBLISHERS' NOTE



Although the beginning of a new year is the time we traditionally associate with making a fresh start, resolutions by no means need to be confined to the first day of the first month. Any time is a good time to set a worthwhile goal, whether it's related to your health, your relationships or your career. With that thought in mind, we devote much of this issue to expert advice on how to make the most of the significant aspects of our lives — namely emotional and physical well-being.

For those who hope to make 2008 the year that they find the love of their lives, we offer words of encouragement and caution in our cover story on the world of online dating. Learn not only from experts but from the experiences of those who have ventured into the cyberspace of matrimonial websites in their search for a life partner.

If you've already found your match and are on your way to the altar — or are already married — keep your relationship thriving with tips from couples counsellor Rebecca Rosenblat, aka Dr. Date, as well as advice from motivational writer Azim Jamal.

If your resolutions include improving your health by dropping unwanted pounds, you'll appreciate the practical advice offered by our health and fitness columnist. Registered dietitian Shefali Raja recommends making a few small, easy-to-maintain changes rather than attempting an overly restrictive regimen that will leave you feeling deprived.

We wish all our readers a healthy, happy 2008.







COVER
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### JATINDER JIMMY LACHAR

Age: 23 Hometown: Prince Rupert, BC

Academic awards/achievements: UBC Entrance Scholarship, Prince Rupert Royal Canadian Mounted Police Award, Prince Rupert Regional Hospital Auxiliary Bursary, Pulp and Paper Workers of Canada Local 4 Scholarship, Canadian Fishing Company Scholarship, Thomas Holmes Johnson Bursary. Completed a Bachelor of Science degree majoring in biology and started a second bachelor's degree majoring in political science.

**Currently attending:** Medical School at the University of Queensland in Brisbane, Australia.

### **Advice for students:**

Study hard but also enjoy your studies. Do not take only courses that are needed as prerequisites for the program you wish to enter but take courses out of interest, too. Learn another language and especially learn how to read and write your mother tongue. Join university clubs and intramural sport teams. Don't forget university is not only about taking courses to gain employment in a prospective career, but it is also about learning who you are and thus expanding your perspective on life and the world. Lastly, the most important factor in succeeding in university is to balance your studies and social life.

### **Success strategies your swear by:**

Do not procrastinate and ensure that you develop a relationship with your professors early in the semester in order to get any help from them as the courses progress start to review your notes and assignments from the first day of classes. Never give up because great effort will always pay off in the end.

### How do you de-stress when school gets intense?

I take a break by talking to friends and family.

### What do you do in your spare time?

Play basketball, lift weights, read non-fiction books, news, Punjabi literature, volunteer at various organizations and spend time with family and friends.

### Who is your role model?

My parents and my grandfather in Prince Rupert.

A quote that inspires you: "The mind is everything. What you think you become."

— Buddha





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### **SAHIL SANDHU**

Age: 17 Hometown: Surrey, B.C.

**Sport:** Soccer

**Teams:** Team Canada; Whitecaps U13, 14, 17; Team B.C. U15, 16; Whalley Celtics

U18 Metro

Most memorable moment during a competition: Scoring the winning goal for the Whitecaps U13 to become the USL champions in Florida.

**Sports career highlights:** My latest achievement was the plaque I recieved for being the Male Youth Player of the Year (2007) from all of B.C.

When and how did you get your start in soccer? When I was a kid my cousins would always tell my parents how strong my kick was for a three-year-old, and finally when I was in Grade 4 my parents realized that they should put me in soccer and I started playing.

How do you balance school and sports? I know when I have soccer practice or a game, so I will set a time just before soccer for my homework or if there's no homework, then I set aside time to study.

Your family: a strong support team? They're always by my side. My dad is really into it and has very high hopes for me. I want to turn those hopes into reality.

Advice for aspiring athletes: Stay on the right track, don't lose focus, remember what your goal is and always maintain a straight mind. Don't let things (including alcohol or drugs) get in the way.

What are your career goals? First of all, to keep my grades up and slowly get closer and closer to becoming a professional soccer player, which to me is my ultimate goal. Also, to get scouted in the next couple of months and work on from there.







Save-On-Foods gives us bread, pastries and condiments, then I buy the rest," says Shergill. "Every month we try to serve something different."

In just over a year, Helping Hands BC has blossomed from a handful of volunteers feeding a few hundred every month to feeding and clothing more than 1,500 thanks to a roster of 473 volunteers. (Shergill does not accept cash donations but will pick up donated items from those who can't deliver them.)

"At least 30 volunteers show up throughout the day," says Shergill. "Our ultimate goal is to provide rehabilitation programs to help people off the streets, such as job training and counselling sessions."

But this young woman with a big heart doesn't stop there.

She also volunteers countless hours at Reflections Recovery House, a rehabilitation centre in White Rock for recovering drug addicts and alcoholics; has founded a centre named CEI (Crown Educational Institute), which involves going to people's homes and teaching an eight-week course to low-income individuals interested in a career as a realtor or insurance broker; and tutors children.

When asked why she spends hours every day volunteering, Shergill smiles, shrugs and says: "It is so easy to write a cheque and forget about it; it's much more fulfilling to me to help. I'm a happier person and I feel a lot better about myself."

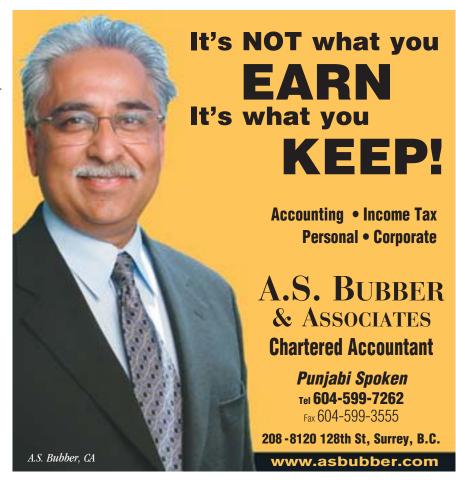
It could also be, she says, that she understands how people's lives can change in an instant.

"My dad (Gurdawar Singh Shergill) hit rock bottom when he was disabled and his company went under," she recalls. "I was 17 at the time and used to having anything I wanted . . . then we lost our house and had to rent for a while. I learned to appreciate life more and to remember to be thankful for what we have."

Shergill credits her family for instilling in her the importance of giving back and for their unwavering support. "The endless love of my parents, who I have given the same status as God in my life, and my younger siblings' (brother Buta Singh and sister Sonya) love and support keeps me going," she says.

During the cold winter months, Helping Hands BC is looking for donations of warm gloves, socks and jackets.

To find out how you can help Helping Hands BC or where you can drop off your donations, e-mail helpinghandsbc@hotmail.com or phone 604-616-3987.







## Veiled Women and Voting

Should Muslim women who wear a burka or niqab have to lift their veils when they vote? This issue presented itself in parliament numerous times in the past four months. Elections Canada's decision to allow Muslim women to vote with their faces covered did not sit well with Prime Minister Stephen Harper, among other politicians, who said it was at odds with Bill C-31, "a law designed to have the visual identification of voters. It's the purpose of the law . . . and I think this decision goes in an entirely different direction," Harper said.

Harper pointed out that this past spring, all four parties in the House of Commons voted to bring in a new law requiring visual identification of all voters. The opposition backed the demand to make visual identification mandatory. Liberal leader Stephane Dion even suggested Elections Canada have enough female staff on hand at polling stations to identify women behind their veils.

Marc Mayrand, Canada's chief electoral officer, said that the Elections Act does not contain a visual recognition requirement. He noted that about 80,000 voters cast their ballots by mail in the last federal election.

The Elections Act allows voters either to present two pieces of approved ID, at least one of which must state their address



(but neither of which must contain a photo), or to have another voter registered in the same district vouch for them.

Responding to the criticism at a press conference, Mayrand challenged politicians to change the Elections Act if they want more strict visual identification during elections. "I invite parliament to change the act," he said.

The government's response was to introduce Bill C-6, which expressly calls for voters to remove any face covering when identifying themselves at a polling station. Bill C-6, if it came into force, would require that voters who present themselves to vote, register to vote or vouch for a voter have an uncovered face when doing so. An exception to the requirement would be provided in cases where removal of a face covering would be harmful to the individual's health.

## What do you think of Elections Canada's decision, and do you feel the law should be changed to make revealing one's face mandatory?



**Amtul Siddiqui**, fundraiser for a non-profit worldwide organization:

"I think it is fantastic what Elections Canada decided. I don't think revealing your face or not revealing it has anything to do with casting your vote. If this was the case, then Elections Canada would have to figure out a way to get all the absentee voters to reveal their faces somehow, too and you know that is not going to happen.

"I do want to point out that this matter has brought up another issue against Muslims. And this is not a religious issue at all. I want to make sure that people know that covering your face is not required in Islam at all. In Islam, you are asked to cover yourself from head to toe (but your hands, feet and face can be shown). Covering your face is a cultural and personal choice, not a religious one.

"As for whether the law should be changed, the government asked Elections Canada to review this matter and they came back with their decision and I think it is an excellent one. Canada is made up of a very diverse population, which is what makes this country so amazing and Muslim women are a part of this mosaic. They are educated, smart and take an active role in our communities and they should be allowed to vote whether they choose to veil their faces or not. As long as they show valid identification, let them cast their vote. My personal feeling is that this was another issue brought up to show how Muslims are 'different' and, thankfully, Elections Canada showed that we are not. We are here in Canada, making a difference and taking an active role in politics. Leave the rules as they are."

Dr. Rizwan Mian, plastic surgeon:

"Regarding the issue, I think that the government is overreacting and pandering to a segment of the population that is threatened by minorities. I do not think it has anything to do with security or the integrity of the voting process. People are apparently still allowed to mail in ballots, so I do not see how making a person show their face when voting in person makes any difference. It was/is a non-issue made into an issue for some sort of political gain."

**Judi Tyabji**, CEO and director of data recovery, Tugboat Enterprises Ltd., and a former politician:

"I am quite surprised and also offended that the prime minister of Canada could be so culturally insensitive toward Muslim women that he would ask that they show their faces in public in order to be allowed to vote. It's not a case of not having alternatives to baring one's face in order to vote; mail-in ballots are allowed, so clearly

# "The government is . . . pandering to a segment of the population that is threatened by minorities."

— Dr. Rizwan Mian

many Canadians can exercise their right to vote regardless of their ability to show up in person and reveal their faces.

"We are also identified by our signatures for many legal actions, and so this is also an option. To ask an orthodox Muslim woman to bare her face in public is akin to asking the average western woman to bear her breasts in



public — with the added dimension of this form of modesty being religious . . . Very few people are ever asked for any identification of any kind when they are voting so making an issue of this is quite ridiculous.

"Frankly, having worked as a scrutineer for more elections than I can count, if we're going to make the rules stricter, let's make them stricter for everyone. I have observed voters of all colours and backgrounds voting because they have brought in voter cards and they do not have any identification of any kind. No one is asked for identification for proof of residency or proof of identity. If you do not have a card now, you can sign a piece of paper 'affirming'... that they have a right to vote and away they go.

"So, let's do proper enumerations of voters, and have as good a database of Canadians as voters as Future Shop does of us as shoppers. Make sure everyone has at least two pieces of valid ID showing a residential address, and if not make them bring in a person who is prepared to vouch for them at least. Don't worry about veil or no veil if you have proper ID and your signature matches."



**Dr. Nigma Sciortino N.D.**, West Vancouver Wellness Centre:

"I disagree that women should be allowed to vote wearing a veil, as how is one to know if someone is who they say they are? This is not a religious duty to cover the face; it is more cultural and misleading in terms of identity. This can cause a lot or unregulated voting where

one could vote many times while hidden under a veil. Identity is an issue. A suggestion would be fingerprint identity, thus allowing women to vote while protecting their cultural attire."

Kuljeet Kaila is a Vancouver-based writer and radio/television broadcaster (www.kuljeetkaila.com)

### TIMELINE

**Summer of 2007** - The issue of voting with a face covering came to the fore when the Chief Electoral Officer, Marc Mayrand, indicated in response to questions from the media that he would not require women who wear veils or burkas to remove their face covering in order to vote.

**September 10, 2007** - During a press conference Mayrand explained that, on his interpretation of the voter identification requirements of the Act, voters with a covered face could not be compelled to remove their face covering. He noted that voters are provided with two alternatives to voting without photo identification (i.e., providing two pieces of non-photo identification, or taking an oath). An uncovered face could not be a requirement of the Act, since there would be no means of making a visual comparison of the voter's face with a photograph under these two alternatives for voter identification. He further noted that the Act provides for other means of voting that do not require the visual comparison of a voter with his or her photograph, such as voting by mail, an option that approximately 80,000 electors exercised in the 2006 election.

The Chief Electoral Officer was urged to reverse his position by the House of Commons Standing Committee on Procedure and House Affairs during meetings in early September 2007. Alternatively, he was urged to use his power of adaptation provided in section 17 of the Act to impose the requirement of voting with an uncovered face.

**September 13, 2007** - In an appearance before the Committee however, Mayrand indicated that it would be inappropriate for him to exercise this power, as the situation did not call for the use of a power he considered to be reserved for emergencies or other unforeseen events.

Mayrand maintained throughout the controversy that he could not compel a voter to remove a face covering without an explicit direction in the Act to that effect. Hence, the government's response was to introduce Bill C-6 to expressly require voters to remove any face covering when identifying themselves at a polling station.

**October 26, 2007** - Bill C-6, An Act to amend the Canada Elections Act (visual identification of voters), was introduced in the House of Commons by the Leader of the Government, the Honourable Peter Van Loan, PC, MP. This bill requires that voters who present identification in order to vote, register to vote, or vouch for another voter must have their faces uncovered to enable election officials to identify them visually.

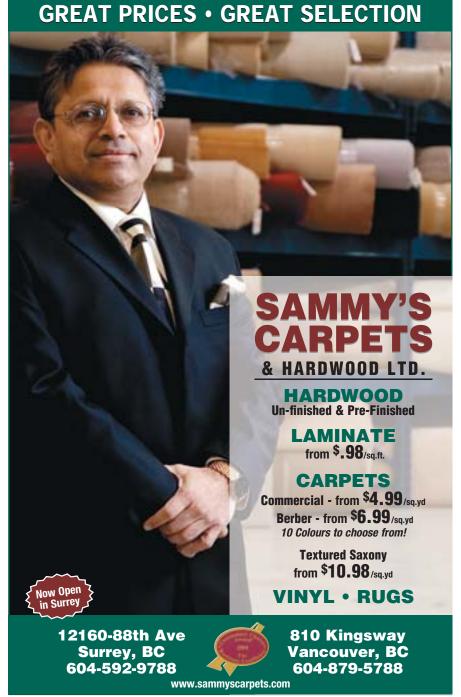
**November 2007** - Provisions were introduced with Bill C-31, An Act to amend the Canada Elections Act and the Public Service Employment Act, as enacted by S.C. 2007, c. 21, introduced amendments to the Act requiring, among other things, that an individual must, in order to vote, provide one piece of identification, issued by any level of government, containing his or her photograph, name and address. Alternatively, as stipulated by Bill C-31, the voter may present two pieces of identification, each of which establishes his or her name, and one of which establishes his or her address, if those pieces of identification have been authorized by the Chief Electoral Officer. Voters who lack any suitable identification may take a prescribed oath provided that they are vouched for by a voter who has the required identification and whose name appears on the voters' list.

The new requirements for identification at the polls are a direct response to concerns expressed by members of the House of Commons Standing Committee on Procedure and House Affairs during their study of proposed reforms to the Canada Elections Act.

(Source: Parliament of Canada www.parl.gc.ca)

## C LIPPINGS







## A Good Time for a Good Cause

The UBC Bhangra Club will hold it's 14th Annual Exhibition India Culture Show at the Bell Centre for the Performing Arts on Saturday, February 2. The show, featuring dance, comedy and fashion, will raise money for B.C.'s Children's Hospital. The event is suitable for all ages. Tickets are \$15 and are available at the Bell Centre, as well as video store venues throughout the Lower Mainland. E-mail ubcbhangra@yahoo,com for more information or visit www.ubcbhangra.com.

### **Feed the Homeless**

A Feed the Homeless campaign that began in Vancouver a year ago has become a global effort. The community service organization Sikhcess began in January 2007 with an initial goal to distribute 15,000 food packages to Vancouver's homeless population within 12 months. The Sikh community rallied behind the program, inspired by the Sikh institution of langar, and more than 20,000 packages were delivered within nine months. The campaign expanded beyond Vancouver and, to date, more than 70,000 food packages have been distributed across North America, in cities including New York, Detroit, Chicago, Los Angeles, San Jose and Washington D.C. to name just a few. Sikhcess's goal is to expand its mission to feed homeless people as far as Singapore, Malaysia, Australia and the United Kingdom.

"We're very excited about the response we've received from around the globe, prompting international expansion of our campaign," says Amit Singh, executive director of Sikhcess. "I invite volunteers from all groups, communities and walks of life to participate and continue supporting our efforts."

Sikhcess does not accept financial donations. Inquiries about donations of food and supplies can be directed to info@ Sikhcess.com.

## GREAT RATES, GREAT PEOPLE, GREAT SERVICE and Sound financial advice

### Get On Track for the New Year

New Year's resolutions are made with the best of intentions and everyone vows to make the upcoming year the time to exercise more, get organized, spend more time with family, and the list goes on.

The beginning of any year is typically the time for people to look at RRSPs – not only for their retirement, but also for the purpose of tax savings.

This year, make a promise to yourself to get the best advice possible, and talk to one of the friendly professional planners at G&F Financial Group.

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Remember, regularly scheduled contributions to your RRSP throughout the year help spread your investment evenly between pay cheques; increases your tax savings; and help diminish the effects of market fluctuations on non-guaranteed investments.

You have until Friday, February 29 to start or top up your 2007 RRSPs. Sit down with one of our financial experts today for a one-on-one conversation about your RRSPs and complementary investment options





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### The City of Bhangra is back!

From February 29 to March 8, Bhangra will be on everyone's minds during the third annual City of Bhangra Festival. The festival will feature a line-up of exciting and colourful events, including two events that have been selected to be a part of VANOC's Cultural Olympiad festival.

Organized by the Vancouver International Bhangra Celebration Society (VIBC), the festival is an annual showcase of the beats, movements and colours of Bhangra. The VIBC Society is a not-for-profit organization run by a dedicated group of volunteers. The Society's vision is to embrace the spirit of celebration, generosity and community that is Bhangra.

"One event that we're all looking forward to is Transfusion, a dance production that blends contemporary and traditional folk dances spanning the subcontinent of South Asia and reaching as far West as the Latin world," says Ghuman. Another new event, Disorienting Bhangra, explores how Bhangra is performed today in a panel discussion with music scholars, professional singers and dancers.

Event Listings and further information about City of Bhangra 2008 can be found at www.vibc.org.

Come celebrate as Vancouver transforms into the City of Bhangra, February 29 to March 8.



## City of Bhangra 2008: Feb 29 - Mar 8



## The "Golden Star" Malkit Singh to Perform at the Coast Capital Bhangra Competition!

On March 8, Malkit Singh and the Golden Star group will perform live at the Coast Capital Bhangra Competition at the City of Bhangra. The competition will feature ten of North America's top Bhangra teams at the Queen Elizabeth Theatre. Malkit Singh was recently awarded the Most Excellent Order of the British Empire (MBE) and is listed in the 2000 Guinness Book of World Records as the biggest selling Bhangra artist of all time. The man with the Midas touch has released over twenty-one albums, and is known for hits like Hey Jamalo, Gur Nalo Ishq Mitta, Chal Hun, Punjab Mera, Kurri Garam Jayee, Aaj Bhangra Paoon Nu Jee Karda, Jugni and Mitte Ghane.

Tickets are available through Ticketmaster at www.ticketmaster.ca and 604.280.4444, or at Kamal's Video Palace and Tasleem's Video.

## **Cruising with MEHFIL**







## Scene and Society We hear that...

Delhi 2 Dublin's CD release party (see photo, bottom right) was "off the hook" with 450 people coming out to The Red Room on Richards to party until late late late. Dugg Simpson, creative director of the Vancouver International Folk Festival; Jon Siddall, CBC producer; Rakhi Sinha and Gopi Sian, radio hosts from RJ1200; Mo Dhaliwal, director of the Vancouver International Bhangra Celebration; and CBC personality Margaret Gallagher were among the quests.

The Delhi 2 Dublin CD is available online at Delhi2Dublin.com.

**Mejinderpal Kaur**, the British barrister, was in town a few months back to talk about United Sikhs' fight against the French turban ban. She appeared on Radio India and callers wanted her to set up a similar group here. "They said, we need this group

yesterday," Mejnderpal says. They felt that the newly launched United Sikhs office in Toronto was too far away. She met with representatives of six local gurudwaras and they have all lent their support to the new United Sikhs office, which will be opening soon in Vancouver with a full-time activist on staff.

**SAFA** (the South Asian Family Association) held a First Night party on New Year's Eve as a fundraiser for the Family Centre they plan to build. The dress code at the event, held at Fraserview Hall, was formal: ladies wore red and men were in black. (**Dr. and Mrs. Randhawa**, in photo at bottom left, were voted best-dressed couple at the event.)

As well as other notables, **Hollywood Harv** showed up to sing to a packed audience of more than 300. Among the attendees

The spirit of giving was alive and well at three private company Christmas parties, where partygoers helped raise a combined total of almost \$30,000 for B.C.'s Children's Hospital.

Clockwise from far left:

Dave Atwal of DSM Excavating with guest Terry Kwong and "Elvis" share some holiday cheer.

Mortgage Line's Sukhi Sanghe and New West Lumber's Bob Johal.

Target Trasport's Harry and Raj Jwanda.

was well-known local folk singer **Amarjit Josh. Ashok Sharma**, former president of the Punjabi market, was spotted at a table with his whole family. Presiding over the event was SAFA's **Suki Grewal**, who was celebrating her 35th wedding anniversary that night and was presented with a surprise cake by her daughter, Vancouver physician **Dr. Jeevan Grewal**.

Events? Seen and heard in society? Contact Jasmine at purejasmine@gmail.com.





PHOTO BY LUKE MOLONEY









## A Happier, Healthier Me

y resolutions this year are inspired bv two simple realizations: that health really does come first and it truly is a mistake to "sweat the small stuff," as the saying goes. They're hardly revolutionary or profound ideas, but I recently realized that, up until now, my commitment to both of them has been little more than mere lip service. Until about a month ago, if you'd asked me, I would have said that I make my health a priority and know how to keep problems and worries in perspective.

That was until a much-admired friend suddenly passed away only weeks after being diagnosed with a terminal illness. It hit me then — the world of meaning behind the phrase "life is short." And I had to admit that I'd become accustomed to spending an inordinate amount of time and energy feeling stressed.

It's all too easy to let stress become a way of life — taking on too much, being afraid to say no, feeling guilty over every little perceived failure.

So this year, instead of vague promises, I'm committing to a few simple, concrete steps to help me live a healthier, happier life — and am encouraging other women I know to do the same.

• I will exercise regularly — three times a week minimum.

We're all familiar with the health benefits of exercise. Most of us associate exercise with weight loss or maintenance, but there's also the extensive research linking exercise to disease prevention and stress management to consider. This year, I'm going beyond signing up at the gym. I'm actually making exercise a priority, whether it's going to the gym or going for a brisk walk. No more feeling guilty about taking the time to work out when I could be dealing with some domestic duty or doing that little bit extra at work.

When I feel that familiar twinge of guilt, I'm going to tell myself what I would tell a friend or sister: If you take

care of yourself you'll be better able to take care of everyone and everything else. I wouldn't want to see someone I love, whether it's a friend, sibling or child, put their physical well-being on the backburner, so I'll remind myself to follow the same advice that I would give to them.

• I will book and keep appointments for check-ups and screening tests.

We've all heard of or know women who forget or don't get around to taking those medical tests that are recommended for their age or situation (sometimes with tragic consequences). My new strategy: I'm going to book the appointments to coincide with my birthday from this year onward.

• I will be kinder to myself.

If you're like many women, you've internalized the idea that it's overly self-indulgent to allow yourself the little pleasures of life and that there's something noble about serving yourself the proverbial dregs, whether it's food or time. (How many of us grew up watching our mothers serve themselves the piece of burnt toast or overcooked roti that they'd never give to someone else?)

This year, I will treat myself to some alone time, whether it's to read a book or take a long bath. And I will allow myself to truly enjoy the experience, which means no beating myself up about it afterwards. Continually denying yourself is nothing to be particularly proud of. After all, a martyr complex isn't particularly conducive to happiness — and if you're not happy yourself, it's a little tough to bring joy into the lives of those you love, particularly your children.

Stop putting your needs last and you'll discover that you have more energy and laughter to share with the people who matter most to you — and you'll be a better role model for daughters, nieces and other girls in your life.

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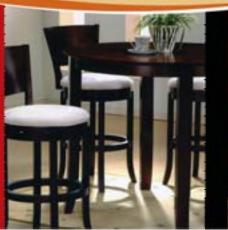
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## THE INSPIRED SUFI

By Azim Jamal



## 7 Steps to Lasting Relationships

A blissful marital relationship is a boon enjoyed by fewer and fewer people today. It is not easy to maintain a healthy and loving relationship in an environment characterized by a "pressure cooker" lifestyle, lack of tolerance for diversity, and permissiveness. We need to be proactive and put the most important relationships in our lives first. This means setting aside time for creating a meaningful relationship.

Here are seven steps to lasting relationships you may want to implement for the new year.

### Step One: Discover Yourself

Having clarity of your vision and mission — be it at work, for yourself or with the family — really helps. A family mission statement creates unity in the family and transfers issues into opportunities to reach your mission.

One of my clients hired me to help with facilitating their family vision and mission. After a few meetings between the couple and their two children, they came up with the following mission:

"Our family displays unconditional love and TRUST" — trust being an acronym for:

- T Trust: Trusting that all four of them meant well and wished the family to be a place of love and growth
- R Respect at all times to be respectful to each other no matter what the circumstances
- U Understanding to take time to understand each other's needs
- **S Support** when any one of them is going through a tough time to be supportive and non-judgmental
- T Time management to value time as this was the commodity that was required for them to spend together. If the limited time was squandered, then it would reduce their family time.

All of the above were to be displayed

with unconditional love. It was an exhilarating exercise and the children felt empowered and important to be part of it. The problems did not just evaporate after the exercise. That would be too good to be true. However, the family was better equipped to deal with them. Also they had clarity of what they wanted.

### Step Two - Maintain Positive Attitudes

Positive attitudes includes counting your blessings and catching your partner doing things right. There is much we have and much we do not have. If we focus on what we have, we feel adequate, complete, and happy. If we focus on what we do not have, we feel inadequate, lacking, and unhappy. To count one's blessings does not mean ceasing to aspire to higher goals. What it does mean is feeling a sense of sufficiency that attracts positive energies for further success – and the creation of even more blessings.

Let us start each day by counting our blessings and catching our partner doing things right. When we catch people doing things right and commend them for it, we are noticing and affirming their strengths. This can help make them feel good about themselves. By encouraging others in this manner, we can also feel good about ourselves. Everyone is positively affected by praise; but praise has to be sincere, not superficial, if it is to have the desired effect. Praise is most effective when it is specific; there is something commendable in everyone.

Catching your partner doing things right means to stop judging your partner. Many of us attempt to know others before we even fully know ourselves. We judge, evaluate and assess others without complete knowledge and understanding of where they are coming from. It is difficult enough to know our own motivations, but knowing those of others is next to impossible. As we reflect on how different

we often really are inside compared to what we reveal on the surface, we need to ask ourselves how it is possible to judge another person whose inner feelings and thoughts we are unable to see.

### Step Three - Hone Your Life Skills

Life skills enhance our relationships. One of the important life skills is of time management. We have been given a finite amount of time on earth. The same twenty-four hours a day has been given to each one of us. How we spend our time, however, is our choice.

The more we involve ourselves in activities that carry the greatest meaning and value for us, the greater are our chances for experiencing real growth. This may mean giving up some, perhaps many, of the things we are habitually involved in. By doing fewer of these non-essential activities, we free up more time for the essentials. We increasingly focus on areas that are consistent with our goals, objectives, and purpose in life.

Prepare a budget of how you want to spend your time. This is what a weekly budget could look like:

- · Family 28
- · Health 7
- · Meditation 7
- · Service 7
- · Work 60
- · Reading 7
- · Sleep 42
- · Plan 7
- · Flex time 13 Total 168

Keeping track of where your time goes will help you understand and manage your time well.

### Step Four – Build Healthy Relationships

Healthy relationships are built on

communication and unconditional love.

Effective communication is a prerequisite to happy and fulfilling relationships. This entails open, sincere, and respectful dialogue and keeping our minds clear of bias and presumptions. Effective communication is more than just words; our actions and body language often communicate far more than our words do.

The quality of our listening is an integral part of effective communication. Without active listening, communication is incomplete. When we listen actively, we listen with the sole purpose of understanding the other person; we listen with our heart, eyes, ears, and undivided attention. This requires a steady focus and genuine interest in what is being said and in the person who is speaking. Active listening is about giving the other person the space to speak and be heard - to simply receive his or her words before interpreting or evaluating them in some way. It requires a calm and patient attitude on the listener's part, a putting aside of our own busy thoughts to really hear what the other person is trying to say.

Love encompasses and transcends all other joys in life. When we are able to love unconditionally, we overlook all shortcomings, forgive all trespasses, and wish others well. We love our partner for what he or she is and not for what we want them to be; we love our partner with all his or her imperfections.

There is no room for ego and control in the unconditional love zone. Like a candle that melts away, so will the ego melt away in the flame of unconditional love. When someone says, "I love you because you are mine," that is domination, not love, and the relationship is destined to collapse in the end. The total acceptance of the other in unconditional loving gently whispers, "I love you because you are you."

### Step Five – Let Ethics and Values Be Your Guide

Ethics and values include giving to each other and forgiving each other.

The more freely we give, the more we will have. When we stop giving, we stop receiving. If we have clenched fists, we cannot receive. The moment we open our fists and give, we are also able to receive. This is how the laws of the universe and parties work.

At some point in our lives we have all been hurt by our partner. Similarly, we have all hurt our partners, either intentionally or unintentionally. When we have been deeply hurt by our partner,







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the scar remains for a long time. The deeper the hurt, the longer it stays and the longer the healing takes. One way to aid the process of recovery is to forgive wholeheartedly. Once we have forgiven someone wholeheartedly, we have begun the journey of recovery, of lessening the impact of the incident or hurt, and thereby retaining more energy for positive thoughts and actions. This paves our way to happy living. If we forgive wholeheartedly, we will benefit; if we don't, the grudge and anger will prolong our misery.

Imagine that your bank credits your account every morning with \$86,400 for you to use, and every evening it cancels any part of the amount you have failed to use. What would you do? Draw out every cent, of course!

Well, everyone has such a bank. It is called TIME.

### Step Six - Awaken Your Spirituality

When we are connected to our own spirit we can also connect to others. Meditation takes us on a journey inside ourselves to seek a connection with the Divine essence. This practice, if sufficiently strong and dedicated, has the potential to bring about spiritual enlightenment, which arises when we understand the deeper mystery and meaning of life. The road to enlightenment has many levels and stages, and involves stripping away layers of illusion and delusion to get to the underlying spiritual truth - the heart of divine realization. The key to healthy relationships and inner peace is inside us and not outside. Meditation helps us find that key.

Spirituality allows us to appreciate and learn from our sorrow and suffering. The paradox of life is that joy and tragedy go hand in hand; we need one to appreciate the other. The deeper our sorrow, the deeper our joy. Sorrow is a great teacher and companion. To ask for joy without sorrow is like asking for

tea without leaves. If winter is here, can spring be far away? If night is here, can day be far away? If hardship is here, can joy be far away? The answer is no. When the night is at its darkest, dawn is close by. And only when we know and accept darkness, can we recognize the light.

When we are connected to our spirit, we have a greater chance of connecting with others and building lasting relationships.

### Step Seven - Enjoy the Ride

Life is a journey to be savoured, every step of the way.

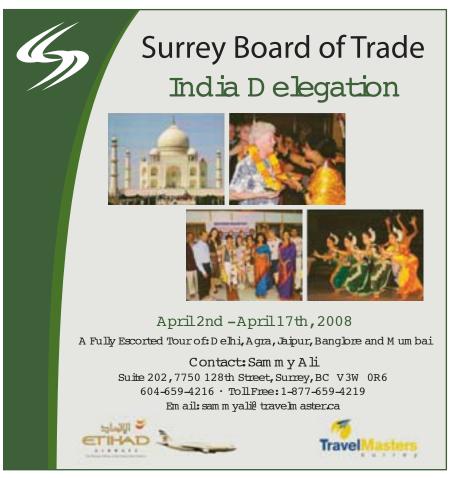
When we live in the present, we are able to capitalize on the opportunities of the moment. That is the essence of healthy living. Often, we carry the baggage of the past or the worry about the future and let our precious moments slip away. Our past with all the hurts, losses, and umpteen other things – is gone, and gone forever. And our future is but the unfolding of each moment; there is no other future. By focusing on each moment, our energy is fully channelled into our current endeavour and toward our immediate challenge. This approach helps in building healthy relationships.

Consider this thought-provoking analogy: Imagine that your bank credits your account every morning with \$86,400 for you to use, and every evening it cancels any part of the amount you have failed to use. What would you do? Draw out every cent, of course! Well, everyone has such a bank. It is called TIME. Every morning, you are given 86,400 seconds. Every night they are written off as lost if you do not use them for a good purpose. It carries over no balance. It allows no overdraft. Each day it opens a new account for you. Each night it burns the records of the day. If you fail to use the day's deposits, the loss is yours. There is no going back nor is there any drawing against the future.

If we live every day as if it were our last and do good to our partner, our relationships expand and flourish. Every moment becomes precious and enjoyable. Life is the art of drawing without an eraser – give it your best in the moment and make it a masterpiece.

The 7 steps highlighted here create a strong foundation for lasting relationships. I encourage you to practice these steps as you begin the New Year.

Azim Jamal is the author of several books, including coauthor of Amazon No. 1 best-selling book *The Power* of Giving. For a free monthly newsletter full of tips on living to potential and living a balanced life, register at www.azimjamal.com and www.thepowerofgiving.org





## Anita Patil Huberman

## Canada's first South Asian board of trade executive director has sweet dreams

By Robin Roberts

hen Anita Patil Huberman was four years old, she toddled off by herself to the local grocery store in her Prince George neighbourhood to buy a chocolate bar. Trouble was, like most four-year-olds, she didn't have the cash to pay for it. Also like other four-year-olds, she didn't understand why she couldn't just trade on her charm and chutzpah to get the goods. She did, however, manage to at least wrangle an apple out of the bemused grocery clerks. Meanwhile, her parents were frantic. "We were really scared," says her mom, Joyce Patil, an accountant at Langara College. "When we went looking for her, she was sitting under the cashier at the Overwaitea talking to the clerk and enjoying her apple."

Born in Hinton, Alberta, Anita moved with her family to Prince George when she was a year old. The town was small and quite safe at that time, says her mom, with little or no crime to speak of, and her daughter soon pushed the bounds of her freedom. She took charge of the neighbourhood, rounding up kids for excursions to the park, much to the horror of their parents.

"They would get really angry, saying

they don't allow their children to leave the street," says Joyce. Given strict orders to stay close to home, Anita broke the boredom by starting a club called The Jackson Seven, and again recruited local kids to join. "I thought it was a strange name, but it was around the time of Michael Jackson and the Jackson 5," says her mom with a laugh. But there was no singing or dancing in this club; it was all business. "We had a big basement



# "When I was growing up, like a typical Indian family, my dad wanted me to be a doctor, my mom wanted me to be an accountant."

downstairs and that's where she ran her meetings," says Joyce. "She wore high heels, gave everybody orders about what to do and what not to do. She always took charge of the situation."

Concedes Patil Huberman, "I was a little bit wild." Her Prince George reign ended when the family moved to Surrey when she was 11. It was there she got her first taste of a multi-cultural community after living in the predominantly white Hinton and Prince George. "When I came to Surrey, with its strong South Asian connection, it really gave me a chance to explore and appreciate my culture more than I ever did or would have."

Her wild streak was tamed somewhat at Guildford High, where her grades soared and she landed on the honour role. While earning a communications degree, with a minor in European history, at SFU, she got a summer job in 1993 with the Surrey Chamber of Commerce, which later became the Surrey Board of Trade. Although they're proud of her now, it wasn't what her parents had in mind.

"When I was growing up, like a typical Indian family, my dad wanted me to be a doctor, my mom wanted me to be an accountant," says Patil Huberman, 34. "My dad was a pulp and paper chemist; he's now retired. He holds about two or three master's degrees in science; he's a very smart man. I thought I would probably go into one of those fields but as I went through high school, my goals changed. My parents knew I was kind of headstrong, so I was able to accomplish what I wanted to accomplish."

When she graduated from SFU in 1996, she intended to go into broadcasting, but was lured by a good salary and benefits to the Royal Bank. That lasted less than a year. "I discovered I hated banking; it was not for me," says Patil Huberman . So she quit and planned to take a month off to figure out what to do next. Meantime, in 1997, the Chamber asked her back. "And I've been here full-time ever since," she says.

The take-charge attitude — and

fondness for chocolate — that defined her as a child propelled her through just about every position at the organization. "What I found right from the beginning was Anita's voracious appetite for learning new things, taking on a challenge and chocolate," recalls Patsy Bourassa, the executive director at the time who hired her. "She brought a level of professionalism, trust and honour to the Chamber that never wavered." That's not to say she left all her mischievous ways in Prince George. "Fun was always in the mix," acknowledges Bourassa, now the executive officer at the Canadian Homebuilders Association — Kamloops. "I recall with fond memories Anita's Halloween costumes, precocious laugh, and irrational fear of bugs. Not to mention her request for my lunch if she had forgotten hers."

Appointed acting executive director last February, and officially executive director in June, Patil Huberman is the first South Asian woman to hold such a position at any board of trade in the country. Does she feel pressure? "To some extent," she says, "but not so much because I've been in this organization for so long. I know the community, and the organization inside and out. I feel pressure when it comes to accomplishing new things. I knew I had a good handle on the position, but with any community organization, especially a board of trade in a city this size, you want to be able to collaborate with the main stake-holders, you want to be able to connect on the issues, and make things happen. It was important for me to have the right team around me that I could trust, and that included my board, my staff."

Her husband of four years, Ron Huberman, says his wife never encountered any discrimination at all on her way up the ladder and her ethnicity certainly wasn't a hurdle to her current position. "I'm going to guess here and say that if she didn't get it, there would be a lot of raised eyebrows," says Huberman, co-owner of Jubilee Rose Enterprises, distributors of high-end calculators. "A

lot of people in the community close to the board of trade saw how much work she did, and the dues she put in. The staff is behind her 100 per cent, and when you have that, you're going to go forward. When you lose respect, that's when you start running into problems. She was doing the work of two or three people, and it goes to show, when you work crazy like that, strive for excellence and don't complain, excellence comes upon you. I'm very proud of her. She's one of those people who puts her mind to something and just goes until it's done."

Patsy Bourassa agrees with that assessment of her former protégé. "We worked closely together to raise the profile and provide relevant and well-attended events for the association. There were many nights when we were still at the office long after it was closed, finalizing details. Looking back on it now, I don't know how we held everything together. Although Anita's title was executive assistant, she was my events coordinator as well as our newsletter producer and editor as well as my right-hand person. It is said that to be successful in business you need to surround yourself with bright, smart people, and in my case Anita made me look good on many occasions. It is no surprise that she was hired as the executive director of the Surrey Board of Trade. After 10 years of employment, there are few who know the culture and pulse of the organization like she does. She is a star."

Patil Huberman remembers the early days working with Bourassa with fondness. "I was 24 and still learning everything," she recalls. "Patsy took me under her wing. She taught me how to speak, how to negotiate, how to raise money, how to get service in a much more effective way. I was able to talk to her about anything. We became friends outside of work. I was single, living on my own, so it was so nice of her to open her arms and her family to me. We are still good friends. I still consider her my mentor."

Now, as executive director herself, Patil



### **Spotlight: Anita Patil Huberman**

(continued from page 28)

Huberman's first order of business was to "turn everything upside down," she says. "We wanted to be more strategic when it came to our advocacy, which is our lobbying efforts at all levels of government. We put in a new structure with seven core focuses, which include transportation, crime, the environment, finance, taxation, social policy, that type of thing. That was the first of four pillars. The second was to increase membership. Right now we have 1,300 members. By June of next year we want to increase that to 1,500 members. We are the second-largest board of trade in the province behind Vancouver. Thirty-three per cent of Surrey's population is South Asian and a third of our membership is South Asian. The third pillar is increasing the value proposition for membership, because every member, every industry has a different type of need. It isn't all about creating business; it could be about support for a specific issue they're facing, a legislation that's coming down, or simply about saving money. And the fourth pillar is networking. We have 96 events a year."

It was at one of those networking events where she met her future husband, whom she married barefoot on the beach in Maui. The two clicked because, he admits, they're both workaholics. They do, however, save their weekends for each other. "We will either go to the beach, go for a walk, see movies or dance. We love to dance," says Patil Huberman, an unabashed fan of Dancing With the Stars. In the summertime, Ron says they indulge in Italian gelato. "You should see the smile on her face when she bites into a chocolate," he says of her enduring addiction to the sweet stuff.

Ron says the two intend to explore each other's cultures more — when they get time. He's Jewish, so they hope to take a trip to Israel to trace his roots, then to India to trace hers. Although she's been to her parents' hometowns near Bombay just once, when she was five, she may get the chance to return this year when she joins a business delegation to the area.

While she intends to remain with the Surrey Board of Trade for many years, Anita Patil Huberman dreams of starting her own business one day. A chocolate factory, perhaps?



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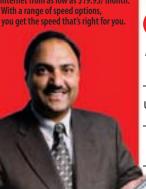
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## 2008 will be a less taxing year for Canadians.

To learn more about how the GST reduction affects consumers or businesses visit canada.gc.ca/gst or call: 1-866-959-7797.



Canadä<sup>\*</sup>

## "I am what the terrorists most fear"

Benazir Bhutto



"I have buried a father killed at age 50 and two brothers who were killed at the prime of their lives. I raised my children as a single mother when my husband was arrested and held for eight years without a conviction — a hostage to my political career. I made my choice when the mantle of political leadership was thrust upon my shoulders after my father's murder. I did not shrink from my responsibility then, I will not shrink from it now."

(September 2007)

## Benazir Bhutto (1953-2007)

The assassination of Pakistani former prime minister Benazir Bhutto, who was the first woman to become prime minister of an Islamic state, provoked shock and condemnation from world leaders. The leader of the opposition Pakistan People's Party was killed while leaving an election rally in Rawalpindi.

### In Her Own Words:

On the attempt to assassinate her in October 2007 (two bomb blasts directed at her entourage killed more than a hundred people), when she returned to Pakistan after eight years of self-imposed exile:

"We are prepared to risk our lives. We're prepared to risk our liberty. But we're not prepared to surrender this great nation to militants. The attack was on what I represent. The attack was on democracy and very unity and integrity of Pakistan. Just before the attacks happened, I was very happy. The procession was one enormous party, the atmosphere was joyful, people were dancing in the street, it was magnificent. For me, that was the real Pakistan.'

### On threats against her:

"I know exactly who wants to kill me. They are dignitaries

of General Zia's former regime who are behind extremism and fanaticism. The supporters of the Taleban and al-Qaeda have threatened my assassination. The Taleban leader Baitullah Mehsud has said that his terrorists will 'welcome' me on my return. Despite threats of death, I will not acquiesce to tyranny, but rather lead the fight against it. Don't worry, I'm going to be safe, and God willing I'm going to be safe. "I know some people will think it was naïve [to return despite death threats] But if you believe in a cause you have to pay the price."

## On corruption charges against her

"This is just a typical disinformation campaign by the present regime. Not a single so-called corruption charge has been substantiated."

### On President Musharraf:

"We cannot vote for a uniformed person . . . We will either contest it or abstain. I'm calling for General Musharraf to step down, to quit, to leave, to end martial law. I will not be able to work with General Musharraf because I simply would not be able to believe anything he said to me.

"We want to save democracy and if General Musharraf's dictatorship can take the measures necessary to demonstrate that Pakistan is moving towards democracy, we have an understanding. But unfortunately there are (three) days to the presidential elections ... and we don't have that movement."





"I have known Benazir Bhutto for a dozen years and I knew her as a leader. I knew her as someone who was willing to take risks to pursue democracy on behalf of the people of Pakistan . . . I grieve for her family, particularly her two children. And I grieve for the people of Pakistan who deserve to have an opportunity to vote for leaders of their choosing, who deserve to have democracy take root in a country that has tremendous potential that is not being realized because their system of government has oppressed or undermined the abilities and talents of millions of Pakistanis."

> Senator and U.S. presidential candidate Hillary Clinton

The Jan. 6 issue of *Parade* magazine featuring Benazir Bhutto on the cover and an interview with her in which she said she had long been a target of terrorists went to press on Dec. 21 and was already on its way to 400 newspapers that distribute it when Bhutto was killed.



"For standing up outside the car, I think it was she to blame alone — nobody else. Responsibility is hers."

- Pakistani president Pervez Musharraf

"I am deeply shocked and horrified to hear of the heinous assassination of Benazir Bhutto. Her contributions to a previous moment of hope in India-Pakistan relations, and her intent to break India-Pakistan relations out of the sterile patterns of the past, were exemplary."



— Indian Prime Minister Manmohan Singh



"This was an abhorrent act of terror and we hope that [the] government of Pakistan will act to bring the perpetrators to justice. And this cannot be allowed to permit any delay in the return of Pakistan to full democracy, something the people of Pakistan have

been waiting for far too long."

— Canadian Prime Minister Stephen Harper

"The United States strongly condemns this cowardly act by murderous extremists who are trying to undermine Pakistan's democracy. Those who committed this crime must be brought to justice."



— U.S. President George Bush



"We in Afghanistan condemn this act of cowardice and immense brutality in the strongest possible terms. I am deeply sorry, deeply pained that this brave sister of us, this great daughter of the Muslim world is no longer with us. She sacrificed her life for the sake of Pakistan and for the sake of the region."

— Hamid Karzai President of Afghanistan

"Bhutto risked everything in her attempt to win democracy in Pakistan and she has been assassinated by cowards who are afraid of democracy. The terrorists must not be allowed to kill democracy in Pakistan."



— British Prime Minister Gordon Brown

### TIMELINE

**Oct 5, 2007**: President Pervez Musharraf signs a corruption amnesty covering cases against Benazir Bhutto, opening the way for her return and a possible power-sharing agreement.

**Oct 18:** Bhutto arrives in Karachi and her welcoming parade is hit by a suicide attack, killing 136. She later accuses the government of a cover-up in the investigation.

**Oct 22:** She receives a death threat from a "friend of al-Qa'eda" in a letter which says she could be stabbed, attacked in her car or in her bedroom.

Oct 27: Bhutto leaves Karachi for the first time since the attack and is greeted by 4,000 jubilant supporters chanting "long live Bhutto" in her ancestral village of Garhi Khuda Baksh in Sindh province. She is pictured standing up through the sun roof of her bullet-proof car.

**Nov 3:** President Musharraf announces emergency rule. Bhutto said it was Pakistan's "blackest day" and threatens to bring her supporters onto the streets in mass demonstrations.

**Nov 9:** Bhutto is put under house arrest in Lahore to prevent her leading a prodemocracy rally; security forces round up thousands of her supporters.

**Nov 13:** Authorities put her under house arrest for a second time in a week. Bhutto calls for the first time for President Musharraf to quit and bring an end to his "contaminated" rule of Pakistan. She says she would no longer pursue power-sharing talks with a "dictator." She also indicates a desire to build an alliance with other opposition leaders, including Nawaz Sharif, the former prime minister.

**Nov 30**: She launches her campaign manifesto, promising jobs, housing and healthcare. The move defies an all-opposition-party election boycott. The politician and former cricketer Imran Khan accuses her of "betrayal."

**Dec 8**: Three Bhutto supporters are killed when gunmen attack one of her party's regional offices in Naseerabad.

**Dec 10:** Sharif's party announces it will participate in Pakistan's parliamentary elections after failing to persuade Bhutto to join a boycott.

**Dec 15:** President Musharraf lifts emergency rule.

**Dec 25:** Bhutto accuses President Musharraf of failing to stop the spread of Islamic militants and promises to crack down on groups if she wins parliamentary elections.

**Dec 27:** Bhutto is assassinated in Rawalpindi.



## SEEKING

## A SUITABLE MATCH

## IN CYBER SPACE

By Robin Roberts

ooking for love in all the wrong places? Having no luck meeting that special someone through friends, family, school or work? Consider casting your net farther afield, outside your own sphere, to a world beyond, to . . . cyberspace! Actually, it's not as out there as it sounds. In fact, lonely hearts are signing up in ever-increasing numbers to online dating and actually finding their true love. Take Kareena (not her real name). She was online with popular match-making site www.shadi. com less than two months before meeting the man of her dreams. Now she's engaged to be married in July. "I'm not the kind of person to go out on the weekend," says the 25-year-old office worker. "I spend most of my time with my family. I didn't have any other way to meet people out there, so I chose to put my profile on Shadi and try my luck."

Kareena lucked out, considering her criteria for an ideal husband. "I was looking for a perfect guy who was really understanding," she says simply. "I told him everything about my background and where I came from." After exchanging several emails, the couple spoke often on the phone. Three weeks later, they met face to face. "He was pretty much as I imagined," she says with a smile.

Experts say Kareena handled the potential minefield of online dating perfectly: she read the posters' profiles carefully, proceeded

slowly, e-mailed for a while before talking on the phone, and was alert to any red flags raised while communicating.

Dr. Joti Samra, clinical psychologist and adjunct professor at Simon Fraser University, and an Indo-Canadian, has a particular interest in cross-cultural issues. She says of online match-making: "It's a quick, easy, efficient way to meet people. You can do it from the comfort of your home; you don't have to make the effort to go out and meet people, which may be tough if you're working a lot. It's an area that appeals to

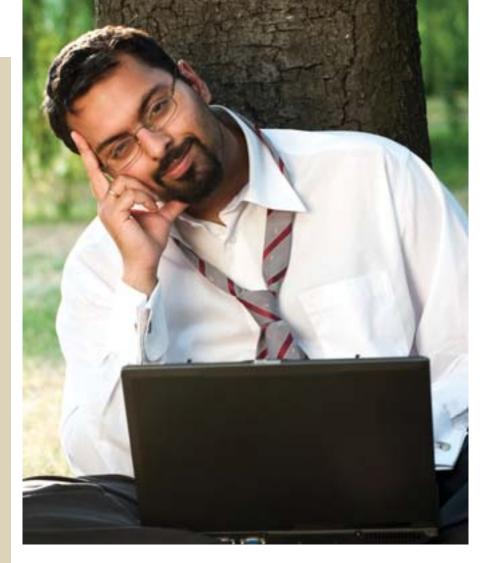




## CYBER-DATING DOS AND DON'TS

Experts and users alike all agree navigating the sometimes murky world of online dating can be a dangerous game. It can also lead you to the man or woman of your dreams. Just keep your wits — and common sense — about you at all times.

- "Find out exactly why people are on the site," advises Sanjay. It's important to be upfront about what kind of a relationship they — and you — want. Ask questions and get answers that are important to you. "Put as much information on your profile about what you're looking for," he says. "Be totally honest about your expectations. even living arrangements. If it's a big deal to have to live with your parents, write that down. A lot of girls I've met say the guys they're meeting are a lot more traditional than they [initially] said they were." And, having been stung by dishonesty, Sanjay insists on the truth above all else. "It's not all about looks but it really throws you off when they're dishonest about that," he says, referring to the woman from California who doctored her photos.
- Says Kareena, "I'd say read the profile carefully, then e-mail for a while. Don't exchange phone numbers right away. [Online dating sites] are good for people who aren't really outgoing, but take your time, don't rush into anything."
- The slow approach is favoured by the experts. "Make sure you're not meeting people too quickly," says Dr. Joti Samra. "Have a number of e-mails back and forth, don't give out personal information until you feel comfortable. For women, when you do speak on the phone, tell the man you'll call him, but call-block your number. If you decide to meet, do it in the daytime in a public place, and not where alcohol is a component. Keep it short. Have your cellphone with you,



young professionals because it's a way for them to rule out very quickly what people do for a living, what they look like, what similar qualities they have, etc."

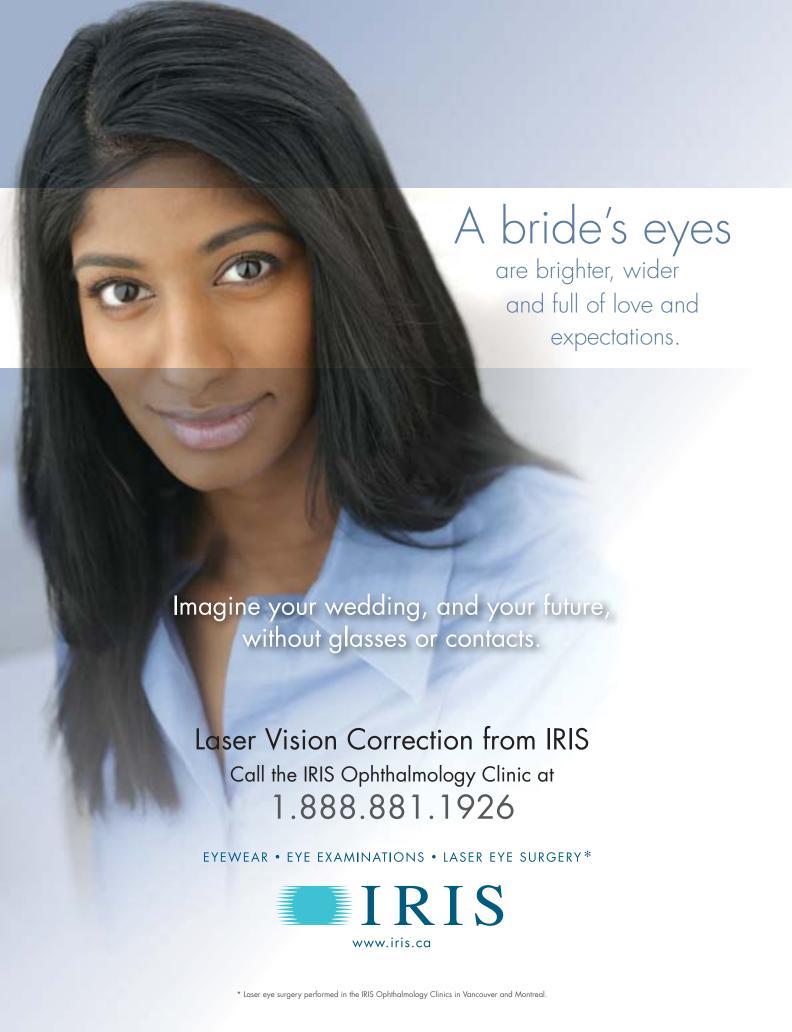
Specifically for South Asians, she says it's not so different from arranged marriages. "One of the things that is attractive about it is that you're meeting people within your own cultural group," says Samra. "There's a bit of a buffer there — not as strong as an arranged marriage — but there are people whose parents go online for them, do the searching for them. It's not dating in the way that is threatening to the more traditional parents. It's safe, it's on the computer, their daughter's not out with some random guy. You can quickly see what someone's religion is, how religious they are, whether they believe in cutting hair or not if they're a devout Sikh, vegetarian or not, family values. Some of the components they seek out in arranged marriages end up being there."

That's not to say cyber-dating is a perfect system; it does have its flaws. The biggest? "Exaggeration," says Samra, who knows of several people who have

had success with online dating. She also knows of a number of people who get frustrated and stop using it. "I've heard stories of people lying about being [single when they're actually] married [with] kids. It's much easier for people to lie sitting at home on their computer than it is face to face."

Even when they do meet face to face, many online daters are in for a surprise. Sanjay (not his real name) was a shadi. com member on and off for four years. Self-described as "super outgoing," Sanjay says he has no trouble meeting people through his export business; he just wasn't meeting the right people. "The problem I was having was that I wasn't meeting anyone who was mature enough who I could relate to," says Sanjay, 26. "I hoped I would find that online a lot faster."

So far, he's met four women in person: one from Toronto who was working in Vancouver, one from Victoria, one from New York and one from California. The long distances didn't deter him; he got on a plane and went to meet them all. "That's just my personality," he says. "I think I'm a bit more on the eccentric side





and have a friend close by. Be aware of small things like getting in and out of a car; people could be following you. You want to be careful in the same way you would be dating the regular way."

■ "Have a clear idea of what you're getting into and what you want," says Dr. Barbara Mitchell. "Are you looking for just a casual relationship? If you're going to start building your own profile it's important to be upfront about what you're looking for, because that saves the quesswork on the other side. [As for lying], why pretend you're a size 2 when you're a size 12? It's going to backfire when you meet the person, and it's going to discredit you in a number of areas. Even if that was the only thing you exaggerated about, [dates are] going to start questioning your integrity on a number of levels. The other thing I'd say is never give out any personal information — address, phone number — unless you've met and you've built some trust up. You could use a pseudonym if you want [at first]. I think people would understand that: I don't see that as being necessarily deceitful. Once you've established some trust and you've arranged to meet at some neutral place, let people know you're going. Also, be careful about some match-making sites that seem to be really cheap but then they rope you into paying more and more money."

### **READY TO TAKE THE PLUNGE?**

There's a galaxy of dating and marriage sites out there, but some of the more popular are: www. shadi.com, www.sikhnet.com, www.indianfriendfinder.com, www. plentyoffish.com., www.match.com, and www.lavalife.com. For reviews and updates, check out www.datingsitesreviews.com.



of things in general. I'm very ambitious, so if there's something I want I'll go and find out if I should spend more time doing it. So if it's gonna cost me \$500 or \$1,000 to find out if I should invest a month or six months or a year getting to know someone, then it's worth it." So far, his investment hasn't paid off; none of his meetings have led to love.

Eager to marry, Sanjay is perhaps moving too fast, according to the experts. After as little as two e-mails, if he thinks he's clicked with a woman, he'll jump in the car (or plane) and go meet her. The prevailing advice, however, is to take it slow, get to know your potential mate well via e-mail, then spend just as much time talking on the phone. When you're absolutely sure she or he could be the one for you, arrange a meeting.

Sanjay, however, says he's not impatient, just very clear about what he wants. "I just like to know where I'm spending my time," he says. "I don't want to spend time where it's not going to be a return for me. You can talk to someone online forever and then when you meet it's a totally different dynamic."

He speaks from experience. Intrigued with a woman from California, he caught a flight south, full of anticipation, only to be met by a stranger. "She picks me up at the airport and I'm like, 'Oh, where's your sister?' She looked completely different from her pictures, day and night. She [had] sent me all air-brushed photos. I

Had Sanjay taken things a little slower, this woman's dishonesty may have become apparent. "Time is a wonderful test because you can start to see inconsistencies over time," says Samra. "You can get a vibe on the phone, if you've got a reasonable radar. You want to keep your eyes and ears open to the 'bs factor.' It's sometimes easy to get carried away on e-mail because you don't have to worry about interpersonal skills. Some [studies] say up to 90 per cent of how we communicate is nonverbally. The cues and little signs you get that tell you, 'Uh, someone's not telling the truth' are missed on a computer."

That doesn't stop the lovelorn from trying. Dr. Barbara A. Mitchell, associate professor of sociology/gerontology at SFU, teaches a course in family sociology. Half of her students are South Asian. "We did a study a few years ago where we interviewed close to 2,000 young people," she says. "A quarter of our sample was Indo-East Indian, young adults between 19 and 35. One of the things we found was that the majority of their marriages were arranged, but very different arrangements compared to the one traditional arranged method of having a family mediator or match-maker setting them up. There was a lot more involvement of the young person in the whole process, which had an emphasis on personal ads in Indo-Canadian magazines. But one of the things I've noticed over the years, anecdotally anyway, is how online dating is replacing the personal ads. I don't know of any actual studies that have tapped into this area but after talking so much about it with so many of my students, and combined with the research study we did, we found it's becoming a lot more popular method."

Mitchell believes the younger generation's comfort with technology is what's fuelling the online drive. "The current generation has been brought up



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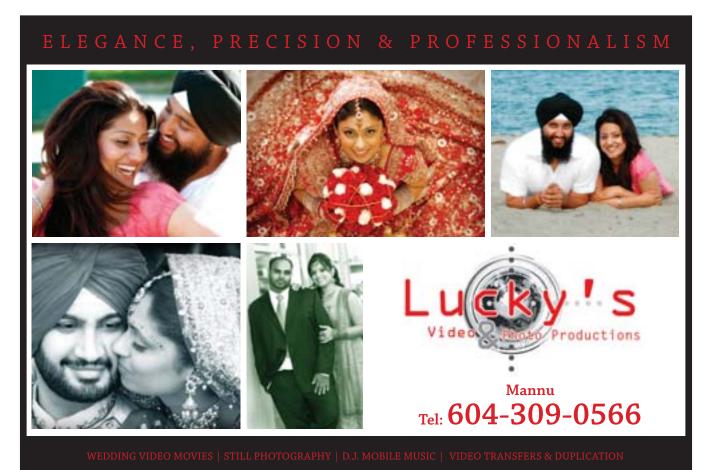
"What a lot of the young South Asian women are telling me is that there is still a lot of parental control . . . in terms of going out on their own to meet people. A lot of them are finding it more acceptable to their parents to do the screening online."

more technologically savvy and they're used to a more instant gratification. [With online dating], you're sitting there in front of a screen and you can instantly see hundreds of profiles of people. [Today's youth] is a lot more into computers and computer-mediated relationships, and the stigma seems to be diminishing. Photos sometimes are misleading and so some young people are including a video, which they believe shows them in a more realistic, multidimensional setting. Plus, a lot of my male students say it's cheaper because to take a girl on a date, you could easily spend \$60 or \$70 and, if it doesn't work out, you're stuck with her all night."

Mitchell says online relationships can tell you some important things about a person, but not everything. "What's really lacking is the physical chemistry that happens when people meet," she says. "Even science shows that there are all these chemical reactions that go on when people are physically together, and you're just not going to get that over the Internet. There's also the non-verbal body language, the things that aren't said that can draw people together."

Even though online dating can be fraught with fraudsters, both Sanjay and Kareena's families were 100 per cent supportive of their decisions to sign on. In fact, the families are right in there with them. "What a lot of the young South Asian women are telling me is that there is still a lot of parental control over their private lives in terms of going out on their own to meet people," says Mitchell. "A lot of them are actually finding it more acceptable to their parents to do the screening online, so they're not out and about on their own. It's interesting because there are so many safety issues and concerns about Internet dating, but in another way it's a new outlet for South Asian youth, given their social lives are more monitored outside the home. I can kind of see why it's becoming more attractive."

As attractive as online match-making is, it's important to remember it's just one route to finding the love of your life. "Ultimately, relationships are relationships; you can't computerize that," says Dr. Joti Samra. "Ît's just that there's another form of technology available to us, and if you use it correctly, it can be wonderful. It is a great and efficient way to meet people but you need to be realistic. You can't simply put check marks next to all the characteristics you do and don't want and expect the computer to somehow generate the perfect spouse for you. That's not realistic and that's where the disappointment can come in. Just add 'computer' to the list, if that's what you're comfortable with, to the other ways you meet people - through friends, work, etc. And don't give up. You kiss a lot of frogs before you find your prince."



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# DR. DATE:

# KEEPING THE LOVE ALLTE

By Robin Roberts

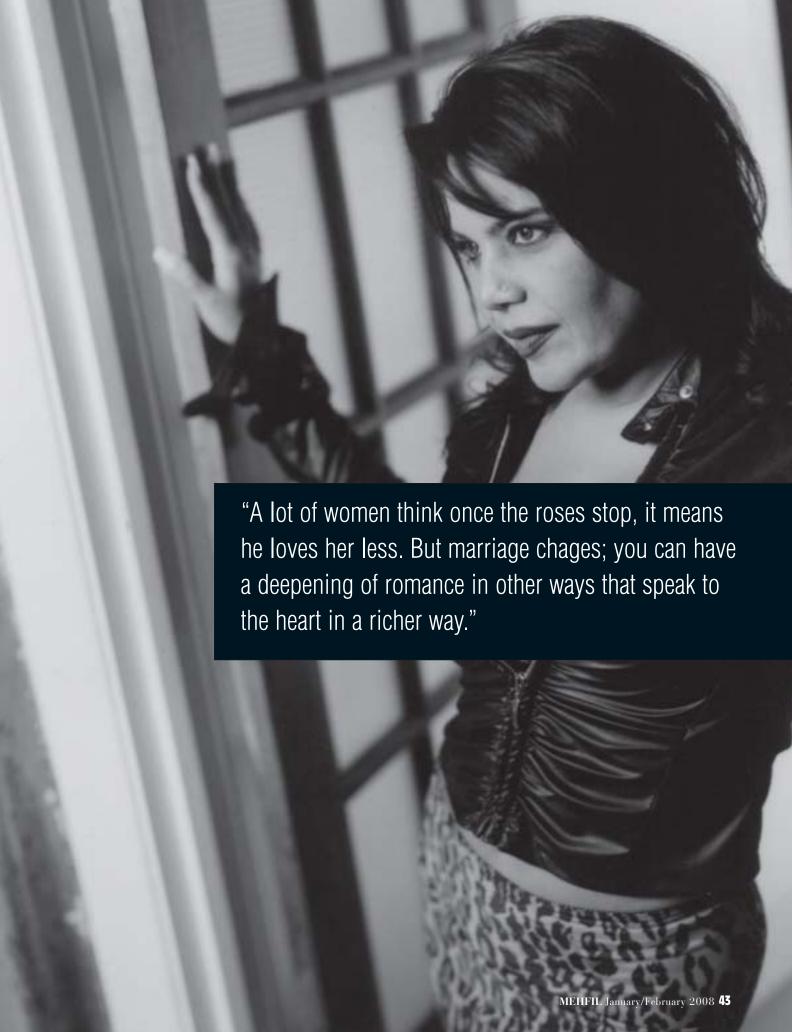
or the most part, people are generally pretty discreet about their intimate lives. Get them in a room with a relationship therapist, however, and the shyness flies out the window. "Every party I go to, people always have tons of questions for me," says Rebecca Rosenblat, the Toronto-based psychotherapist, life coach, talk show host, author, lecturer, advice columnist and sex therapist. "It's very much in the third person, very tongue-in-cheek: 'What would you say to a person or a friend who blah blah blah, ha-ha." Rosenblat, who was born and raised in the Punjab, sees very few South Asians in her private practice, yet their concerns regarding love and marriage are the same as any other culture, i.e., starting and fanning the fire.

The questions she gets — at the parties and through her e-mail (a route shy South Asians take to reach out to her) — often pertain to pre-wedding jitters of the physical kind. Rosenblat, known as Dr. Date on her website and cable television shows, suggests the bride-to-be seek out a female friend, aunt, older sister or anyone else she's close to and respects and talk to them. She also encourages them to attend a workshop. "I do a lot of them in Toronto and there are a ton of South Asian women attending who are about to get married or are just married," says Rosenblat.

Another common concern Rosenblat

hears is that, after a few years of marriage, the spark dies. "A lot of women think once the roses stop coming, it means he loves her less," she says. "But marriage changes; you can have a deepening of romance in other ways that speak to the heart in a richer way."

Still, Rosenblat encourages couples to make an effort to keep the romance alive. "[Intimacy] is very much like money; you can tell yourself it's not important but try going without and you'll find out how important it is. Both are critical ingredients in a successful marriage. More marriages break up over sex and money than anything else."





Sure, but what if you just got home from work, the dishes are piled high, there's supper to make and the kids are bawling? By the time 10 o'clock rolls around, there's little energy or inclination for romance. "There's lots to be said for planned spontaneity," says Rosenblat, suggesting couples make an appointment for intimacy. "Otherwise it just doesn't happen."

Rosenblat may have a perfectly good career, but that's not to say her life has been perfect. When she moved with her family from India to Toronto at the age of 16, the deadly combo of being a teenager and the culture shock of a new

didn't want to speak to me. So I asked them not to listen to my shows, because I can't be effective as a therapist if I'm worrying about what my parents are thinking. So we agreed to that. But then I found out all their friends, who are supposed to be conservative, are listening to my shows on cable after midnight!"

Her relationship with her parents survived, her relationship with her first husband, also a therapist, did not. After 18 years of marriage, they divorced. She's been happily married to her second husband for a decade and doesn't consider the divorce a failure. In fact, in her work, it's an advantage. "Being divorced, you

without any judgment. I also work with very religious people who have no one to go to; they're too embarrassed to ask anyone, and the blunders are just outrageous, the marriages are falling apart."

Rosenblat would argue that having your marriage fall apart is a far bigger deal than seeking help to save it. She also wants couples to know counselling is not as daunting as they might think.

"It's not a long-term process like psychotherapy where you're trying to find out how you came into being," she says. "It's a brief process. Even if you can commit to four sessions in a month,

# She wants couples to know that Counselling is not as daunting as they might think. 'People are always pleased and wonder why they didn't do it sooner . . . you flick this switch and the lightbulb goes on."

country was, as she says, "turbulent." The tough times, however, gave her an "I'll-show-you" determination. She conquered her fears and quickly blended into the mainstream. "Which wasn't what I set out to do, but I think I was too out there for the South Asian community," she says with a laugh. Nevertheless, she excelled in her new school, went on to college and, armed with a degree in psychology from the University of Toronto, she went to work at the Clarke Institute, considered one of the more prestigious psychiatric facilities in the country. She studied mood disorders, worked with schizophrenics and people with Down syndrome.

Realizing there was more of an opportunity to make a difference in the area of couples counselling, she switched her focus. "I had just wanted it to enrich my private practice, then suddenly I was doing lectures, TV and radio shows and I became known as the sex lady! People forgot that I do relationship and psychotherapy too."

Describing how her parents reacted to her new line of work, she says, "Oh, was that the time they stopped speaking to me?" She recalls it humorously, but it wasn't funny at the time. "Initially, they were very hurt and embarrassed and

understand more, you've been through it. You can empathize."

Rosenblat, having been born and raised in India, can also empathize better with South Asians. "Regular therapists might not understand the culture and the influence the parents have," she says. "They'd say, 'Why do you care what your parents are thinking, shouldn't your husband or wife be more important?' They don't understand what advice from a mother or mother-in-law entails. I can also better understand privacy issues, especially when you're living with the family, [whereas another therapist might say] move out. That ain't going to happen. You have to make that situation work. I've had great success making things happen in a given environment and a given set of circumstances. If people are truly committed, there's a lot that can be done."

To couples reluctantly considering therapy, she reassures them that privacy and confidentiality are guaranteed, no matter what they talk about. "Most therapists have heard it all and then some," says Rosenblat, who is fluent in Hindi and Urdu, a little rusty in Punjabi. "[Sessions are in] a secure, compassionate environment where a person can feel very safe and accepted can ask any question

with homework . . . People are always pleased and wonder why they didn't do it sooner. It's usually a mental shift. All of a sudden you flick this switch and this lightbulb goes on. All the stuff was there all along but you couldn't see it in the dark."

As conservative as the Indo-Canadian community might appear, Rosenblat says she's encouraged to see more and more people willing to talk about relationship problems — before and after marriage - and seek the help they need. "I'm hoping having a therapist is becoming as fashionable as having a plastic surgeon, lawyer or financial advisor on retainer," she says, only half joking. "In some communities it is very much a thing to show off. I don't expect the South Asian community to do that any time soon but I'm noticing people are more open to asking about things than they were 10 years ago."

For Rebecca Rosenblat's advice on keeping the love alive, resolving conflicts and the top 10 issues that affect relationships, see pages 50 to 56.

To find a marriage or relationship counsellor in your area, contact the BC Association of Clinical Counsellors at 1-800-909-6303, or go to their website at www.bc-counsellors.org. □

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Jas's solid reputation is built upon her dedication to her clients' best interests and her vast knowledge of the markets. Her greatest strength is her commitment to building long-term relationships with her clients rather than simply selling products. By working closely with her clients to define their financial goals and expectations, she is then able to put together a personal plan best suited to them and their needs.

"I will take the time to explain all the products," says Jas.
"I'll be honest and will teach them how to mitigate risk."
"I'm not a stock promoter, I promote planning and diversification."

Jas writes up a sound financial plan for each of her clients, which she reviews with them on a yearly basis. She explains that the regular review is critical for two reasons: first, plans require fine-tuning as circumstances change and second, clients need to be informed about developments in their investment portfolios.

"I provide clients with a long-term plan. I'm not into making instant money," says Jas.

Her philosophy is one that believes in healthy growth with a conservative approach; with capital preservation, appreciation and tax minimization being the primary goals.

"I believe in moderate growth rather than chasing the fat," says Jas.

Jas, who is also fluent in Punjabi, specializes in a number of products such as annuities, equities, estate planning, RESPs, RRIFs, RRSPs, insurance and mutual funds.

Jas believes in giving back to the community. She is the Vice-President of the Surrey Foundation where she also chairs the Legacy and Development Committee; Vice-President of the Royal Canadian Theatre and is a director on the board of White Rock Hospice Society. She also raises funds for the Come Share Society: Senior Support Services in South Surrey/White Rock.

Jas Salh, Investment Advisor tel: (604) 535-3763 · cell: (604) 488-9538 www.jassalh.com



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# **Igniting a SPARK**

If one were to measure success by an individual's business acumen, Amarjit Samra would rate among the successful entrepreneurs in the Indo-Canadian community. The founder of A-Class Autobody and Samra Enterprises Inc., Amarjit built his companies through 25 years of hard work, honesty and integrity and is one of the community's most respected businessmen.

But that's only one facet of his success.

Amarjit's achievements also lie in his deep commitment to the community. As one of the founding members and current president of the SPARK education Foundation, which assists students who aspire to attend university but are hindered by economic or cultural circumstances, Amarjit has been instrumental in the program's growth since its inception four years ago.

"We started with 25 students and now we provide grants to 150 students a year," he says. "This program supports students in their dreams of higher education."

The father of three is a firm believer in education as the key to successful lives. "We encourage and help students to continue and finish high school and move them towards university," says Amarjit. Always eager to acknowledge others, Amarjit praises his SPARK Foundation colleagues and board members for their unwavering support of the program.

"Without the board members this organization wouldn't succeed," he says. "I also want to thank the community for helping us exceed our financial goals. Last year, we raised more than \$300,000 which came from many successful people who are excited about this program and have supported us by donating thousands of dollars to ensure that our youth are successful in life. That's something to be very proud of"

Amarjit's generosity also extends to B.C.'s Children's Hospital, and Surrey Memorial Hospital. He is also the president of Scott Rd Punjabi bazaar association which hosts an annual Vaisakhi mela as well as economic educational sessions that help educate the local businessmen.

Amarjit, who immigrated to Canada in 1980, grew up in Punjab, India. Early on, his father instilled in him his philosophy that the measure of man's success is how much he cares for others. "He taught me the importance of giving back to our community," he says.

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By Rebecca Rosenblat

# Ten Commandments of Keeping Love Alive

- 1. Always share positive feelings. One can never hear enough of them.
- 2. Never share negative feelings unless there is a specific constructive purpose to it (resolving an issue before it gets out of hand, expressing concern over a fixable issue, etc. etc.). Negative feelings expressed just to get something off the chest, to make a minor point, to lash out, to put down, to get your way, or to make an issue of something which cannot be changed, can only have a negative effect on the relationship. Nothing positive will ever come out of any of it, save a fleeting feeling of satisfaction from spitting it all out.
- 3. Make each other feel like a priority, especially when you are unable to treat your partner as such. In other words, at times when it isn't possible to treat your lover as a priority due to extenuating circumstances, at least take a few moments (doesn't take a lot) to share the situation with them, and reaffirm your feelings.
- 4. Never let the sun go down without resolving anger or doing a daily mental check-up. Put yourself in your lover's shoes and see how you would feel receiving what you gave to them (good or bad) each day.
- 5. Once is an error, twice carelessness, more than that a habit. If you're doing something which your lover has serious, justifiable objections to, nip it before it is perceived as a habit. Some behaviours are very hard to change, undoing the hurt to a cherished lover harder still. I'm not suggesting you modify your personality to accommodate your partner, just behaviours which are justifiably intolerable.

- **6.** If a situation calls for a compromise and you're willing to make it, do it sooner than later. Treat it like a job interview where you're willing to meet your future boss half-way or agree to productive changes in your modus operandi. Don't let your relationship reach that hopeless stage where you feel there are no solutions. If you're going to do it, do it early on to show your commitment, versus waiting until the last minute when feelings have died and motivation and longevity have come under question. There truly is a critical period for everything. Wait too long and you risk your lover hitting the 'too little too late' stage.
  - 1. Share positive feelings
  - 2. Avoid sharing negative feelings
  - 3. Make each other a priority
  - 4. Resolve issues before the end of the day
  - 5. Check your habits
  - 6. Be willing to compromise
  - 7. Keep the passion alive
  - 8. Listen
  - 9. Balance give and take
  - 10. Nurture each other
- 7. Always keep the passion alive. Remember it was the two of you who made it happen in the first place, without outside help, therefore the two of you can keep it going forever. That special magic is one of the few things which is completely under your control a level playing field which cannot be taken away unless you decide to willingly let go of

- it. Don't ever fall into the dull, blasé, can't-be-bothered-to-try approach once you know you've won your lover's heart. If anything, the two of you falling in love should merely mark a beginning a beginning which paves the way to beautiful things, since you will no longer have to waste your energy over draining insecurities or worries around whether or not you'll be loved back.
- 8. When you talk to your partner, really listen. They need to know that of all the billions of people out there you are the one who is most interested in what they have to say. I'm not talking faking here. I'd sooner you fake an orgasm than your interest in the love of your life. Genuine is the key here.
- 9. Make sure your checks and balances are squared away as far as giving and expectations are concerned. If not, sooner or later the overdrafts will ruin your credibility rating. A partner who repeatedly gives, receives little in return, even in the form of appreciation, will end up saying "the heck with it" or pulling away from the whole thing, feeling that they'll never be good enough and that their partner is best off without them.
- 10. Nurture each other and the relationship regularly. Meals, jobs, great backyards, good kids, hygiene, grooming don't just happen by themselves. Why should relationships? Ditch the misconception that beautiful relationships just happen and last forever effortlessly. Sound like a chore? Don't let it. Change your perspective and make it your hobby. Nothing will be quite as enjoyable. A garden tended to as a hobby is always more delightful than one created out of tough chores and obligations. □





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By Rebecca Rosenblat

# Relationship Realities Top 10 Issues That Affect Relationships

- 1. Different Expectations Depending upon our families of origin, we can have different expectations of our partners, in many important areas, such as affection, house rules, gender roles, leisure, finances, celebrations, child-rearing, consumption, to name a few. When our partner acts differently from what we expect of them, we might misinterpret it as lack of caring, take it personally, and become disappointed in them. The reality: They're showing love, affection, respect, the only way they know how, and haven't a clue that they've even let us down. The best way to understand them is to look at the family they come from. Do their parents indulge in public displays of affection? Do they celebrate birthdays and anniversaries like ours did? Our expectations of our partners must not be based on where we come from, but rather where they come from. We'll end up disappointed otherwise. That said, if something is important to us, we can certainly teach our partner, after explaining why it is so.
- 2. Personality Issues Depending upon our personalities, we show jealousy, anger, disappointment, moodiness, and stubbornness in different ways, to varying degrees. Someone who is confident in the relationship will be undone by an insecure partner's jealousy, just as a rational person will be horrified by an impulsive partner's anger. Then there is moodiness — more often than not interpreted as feeling down due to displeasure with one's partner. Or stubbornness — seen as disrespect for one's partner. When we are disappointed by one of these personality traits in our partner, the key thing to remember is, it's their personality, not ours — meaning, it's their problem, let's not make it ours, especially if we weren't there to create it. Beyond that, studies show that the following four personality traits can influence our overall satisfaction

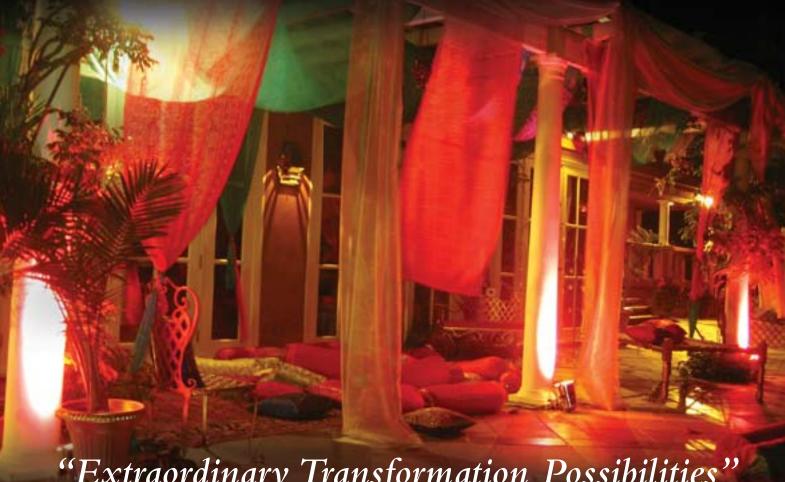
with marriage:

- assertiveness our ability to express our feelings freely and be able to ask for what we would like
- self confidence how good we feel about ourselves and the ability to control things in our own life
- avoidance our tendency to minimize issues and our reluctance to deal with them directly
- partner dominance how much we feel our partner controls us and dominates our life.
- 3. Communication Styles Some of us are open, others prefer to be closed off, withdrawn, and private. Some show disapproval via criticism, others via silence — believed to be the most vicious form of punishment. Again, whatever your partner's communication style, you need to respect it and not take their nature personally. That said, there are ways of meeting each other half way. "I statements" which express feelings and the reasons behind them, sans blame, are bound to be less caustic than "you statements," especially those with absolutes like "never" and "always" attached to them. When there is conflict, it's particularly important to make sure that the communication doesn't get out of hand. Look for patterns around what makes things go out of hand, and what eventually resolves them. Nothing can teach you better than past successes and failures.
- 4. Finances To some, money spells security; to others, it buys freedom and goods, possibly a way of showing affection. If your partner was spoiled rotten by their parents, with an overly generous showering of gifts, without any knowledge of what things cost and how hard they had to work for it, chances are that they'll equate material goods with love and affection.

On the other hand, if they grew up in a home where parents often struggled with their finances, and/or taught their kids the value of a dollar, they'll have a greater need to save for security, with affection displayed and perceived in nonmaterialistic ways. A lack of material generosity in this case would simply mean a need for securing your future. If there are huge discrepancies in your financial styles, it's important to set certain ground rules — like the person making more doesn't necessarily get to control the finances unilaterally. There needs to be some equality in decisions around how money is saved, managed, and spent. And, each party needs to have some fun money assigned to them, however small - money to be used for hobbies, habits, memberships, pick-me-ups, etc their choice. Studies show that marriages where one party takes money out of the family budget for their wants and needs, but then resents what the other buys, are headed for a major disaster.

- 5. Leisure What pleases one party may feel downright boring to the other. Beyond that, while one party may feel that a couple that plays together stays together, the other may cherish their separate time. So exactly how do you negotiate the differences? Studies show that it's not spending time together that creates closeness, rather spending fun time together. So do allocate some together time for just that. That said, a healthy relationships should be able to strike a healthy balance between togetherness and separateness, without violating any boundaries. The key: Both parties get equal separate time - which won't necessarily fall at the same time - and which must never outweigh their together time.
- **6.** Degree of Independence Firstly, how independent an individual is will

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## **Bridal Trends: Crystals to Corsets**

Thanks to Hindi films revolving around marriage themes, the revival of traditional Indian couture is big business all over the world. Filmmakers like Karan Johar, Aditya Chopra and Sanjay Leela Bansali and Sooraj Bharjatya (who started this trend in the early '90s) have made shadi ke rasam aur rivaz popular among overseas weddings.

It's almost a guarantee that the wedding outfits worn by Bollywood couple Abhi-Ash at their 2007 wedding will be much imitated at weddings far and wide this year. Neeta Lulla designed the former Miss World's red zardosi sari (the order was placed two months in advance!) while Abhishek's clothes were designed by Kolkota-based Shabri Dutta. 54Karisma Kapur's pink embroidered lehnga is still in vogue five years after Manish Malhotra designed it for her wedding.

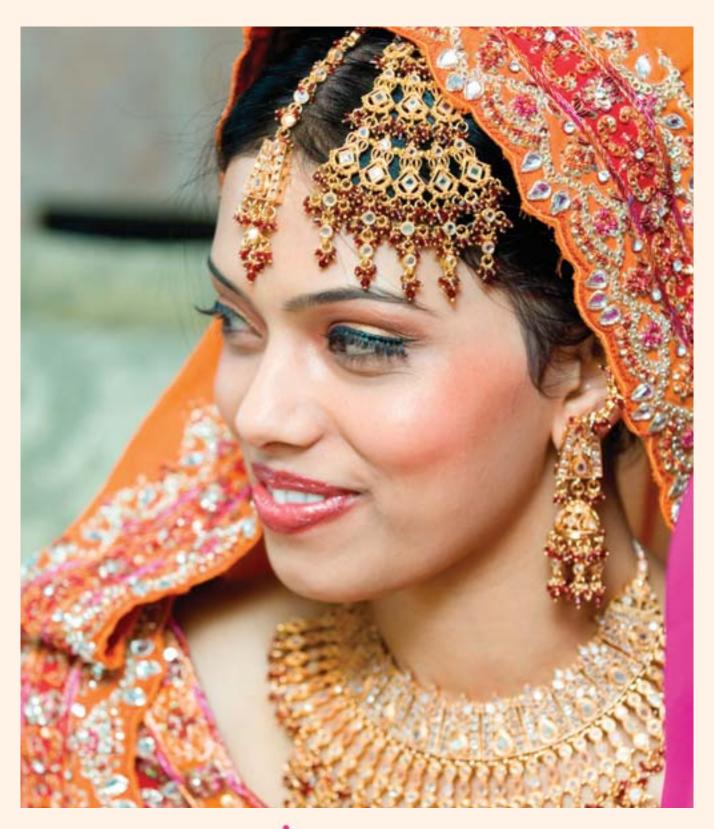
Creations by Indian designers Suneet Verma, Bhairavi Jaikishen, Pallavi Jai Kishen and Falguni and Shane Peacock continue to be coveted by fashionable brides and grooms. Today's metrosexual man is ready for embroidery and shimmer in his wedding outfits, and well tailored sherwanis have replaced staid western suits. Summer's hottest colours for grooms will be shades of ivory, cream and taupe.

Suneet Verma, operating from New Delhi, emphasizes zardosi embroidery with crystal work for elegant charm. Falguni and Shane, the husband-and-wife design duo, have created bridal corsets and fishnet lehngas for the more daring bride who wants a western twist to her bridal attire. For the bride who wants to go absolutely Indian, there are Pallavi's trousseau designs. She has used the typical wedding shades of haldi, gold and rose (gulabi) in her collection. Pallavi says, "The most opulent colours, brocades and silks are meant for brides." Anna Singh, who has designed outfits for many Indian actresses, has created a bridal collection in red net with satin petticoats embellished with Swaroskvi crystals. "If you want a modern look, then instead of the traditional embroidery, go for crystals,"

determine the life skills they bring to the relationship — not to mention, someone who has managed their own life will be more realistic about their life as a couple. Secondly, how desperately someone needs the relationship for survival, versus something to grow into, will decide whether or not they will be determined by it — those who have strong dependency needs and are looking to their partner to feel whole, will naturally have a harder time.

- 7. Intimacy Some view intimacy only in physical terms, or at best, physical and emotional terms. But true intimacy also includes spirituality, or similar value systems, as well as a cognitive component the ability to discuss issues and share thoughts. Needless to say, different perspectives can wreak havoc.
- 8. Parental Mistakes As we grow up, we're constantly learning from our parents' mistakes, either positively or negatively. Some will repeat familiar behaviour patterns, even though they swear against them. For example: Children of alcoholics marrying alcoholics in upwards of 90 per cent of cases. Others will try to search out the opposite extreme, even when it may become dysfunctional. For example: A child who grew up in a broken home may swear off doing the same to their kids, thereby sticking around in a dysfunctional or abusive marriage, inadvertently giving the kids a very negative model to follow.
- 9. Flexibility and Closeness Families who do best are those who can be at once close and flexible something we learn from our families of origin. Families that are too inflexible, or those that are either disconnected or overly connected, don't do well in the long haul. While most believe that the biggest fights that kill a marriage are over money and child-rearing, it's in fact poor communication, inflexibility and disconnectedness that rank significantly higher.
- 10. Power Struggles How decisions are made within a marriage can either build or destroy it. If one partner makes all the major decisions, they will erode the other's self-esteem, leaving them frustrated, dissatisfied, and insecure not a winning formula for the future welfare of a relationship. □







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By Rebecca Rosenbla

# Handling Conflict: Top Ten Ways to Come Out Ahead

Up goes the mast to announce smooth sailing in the comfort zone, when suddenly you hit rough waters out of nowhere. Now before you rock the boat, you decide that it would be so much better to maintain the balance via cooperation. Of course your mate doesn't act as well under pressure as you do.

You would sooner make your point, give out the instructions, your way — who needs to have conflicting game plans at a time like this — and have everything under control (yours).

However, your mate has his/her own way of looking at the situation. Waters roar, tempers soar, until no one can see clearly beyond the fog of confusion. The goal switches from "peace of mind" to "piece of him/her" — winning the argument taking distinct precedence over solving the argument.

Sound familiar? Sure hope so, or one of you couldn't possibly be from this planet. So how do we try to salvage a situation in ways most difficult and unnatural to us? The answer: By focusing on the value of construction versus reconstruction - more difficult than swallowing good points/ pride here and there.

Where do we start? At the beginning, before sinking into muddied waters. Focus, focus, focus on the following top ten points and you'll come out ahead.

- 1. Try your best to maintain your cool. If you need a bit of time or a few deep breaths, indulge yourself, because once those vindictive comments are already out there, you can never take the hurt back. This is not to say that you take forever, hoping that you'll both cool off enough so you wouldn't have to worry about the problem any longer. On the contrary. All issues and their underlying causes must always be addressed — preferably when you're both up for it — before they fester and erupt again from growing resentment. You must make time to work out your problems to both your satisfaction, in a calm and collected manner;
- 2. Avoid laying blame on your mate. Rarely is anything just one party's

fault. Acknowledge your part, sharing responsibility for the problem, and your partner will share the responsibility of fixing things up with you, feeling that you're in it together;

3. Focus on the problem, not the person. This is especially important in fighting the urge to create a blanket argument with "You always..." statements which defeat all reason. Ditto for counterproductive "You do it too" accusations. Your mate is less likely to go on the defense if you point out your feelings versus attacking their character, dragging their entire life down — despite their best efforts at changing — just to make your point. "I feel hurt when you leave me out of your

- 1. Maintain your cool
- 2. Aviod laying blame
- 3. Focus on the problem
- 4. Keep things in perspective
- 5. Stick to one topic
- 6. Involve your partner in the solution
- 7. Don't push for perfection
- 8. Listen, without commenting
- 9. Negotiate like an adult
- 10. Don't assume betraval

plans" will make them want to reach out to you more than "You always leave me out of your plans, from the moment I laid eyes on you."

4. Keep things in perspective, making sure that the length and intensity of an argument is in proportion to the weight of the issue being discussed. In other words, don't beat minor things to death. Prearrange interesting ways to mark "time out" — an egg timer, a hug — just as emotional exhaustion begins to set in for one of you. My personal favourite is holding both hands very early on in the argument, ensuring that you don't raise voices when you need only raise an issue.

With all said and done, never let the sun go down on your anger;

- 5. Limit yourselves to one topic at a time. Mixing up different topics is just as distasteful as mixing up competing spices disallowing the chance to properly appreciate any one of them;
- 6. Bounce the proverbial ball into your mate's court. Ask them how they'd like to support you on a particular issue, involving them in the solution/suggestion process. This works especially well when you need to appoint them ambassador on your behalf, with their family/friends/ colleagues. The important thing to keep in mind here is that you must be direct and specific, not sarcastic or manipulative, especially if you want to get the most cooperation out of your mate;
- 7. Don't push for perfection. Remember, you're not perfect, neither should you expect your mate to be. On the flip side, neither one of you should make the other feel inferior. Should your mate do that to you, stop them right at the outset. Use this knowledge to evaluate the relationship, not feel powerless;
- 8. Listen to your mate, without feeling the need to comment, get defensive, or put your point across. Once their anxieties are out in the open, you might just be able to help diffuse them, appreciating their vulnerabilities for a change;
- 9. Negotiate like adults, coming up with solutions that are fair to the both of you, making each of you happier and obviously more giving and fun to be with;
- 10. Bottom line, no matter how bad the argument, don't assume betrayal, realizing that you are in it together. Draw comfort from knowing that the tension between you two has nothing to do with your love for each other.

Rebecca Rosenblat, aka "Dr. Date", is a certified psychotherapist, life coach, and relationship and sexuality therapist, critically acclaimed as a TV and radio show bost, author, advice columnist, and motivational speaker. Visit ber site www.drdate.com for more information.

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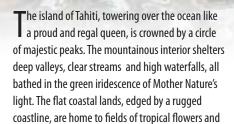
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# TRAVEL

Tahiti, Moorea, Bora Bora — island names that evoke a wonderful state of mind, luring honeymooners, romantics, adventurers and vacationers looking for escape.





most of the island's population. **Papeete**, the invigorating capital city and gateway of the territory, boasts world-class resorts, spas, fine restaurants, nightclubs, and endless shopping at the vibrant markets, pearl shops, and boutiques. A must for every visitor unfolds every evening on the waterfront at Vai'ete Square. Here, dozens of colourful *roulottes*, or food wagons, host a great variety of island cuisine. In addition to more than 71 miles of dramatic coastline scenery with wave-pounded cliffs, peaceful beaches and brightly coloured churches, popular attractions include botanical gardens, waterfalls and ancient temples.

The magical island of Moorea soars magically out of the ocean in an explosion of green. Discover

the circle-island road dotted with fruit-tasting stops, pineapple fields, quiet beaches and unique shops. Be enchanted by the bright-green valleys encircled by the sentinel-like mountains or the liquid playground of lagoon waters where jet skiing, parasailing, snorkeling and diving beckon. Moorea's most spectacular sites can be seen from an easily reached overlook located in the centre of the island. Visitors marvel at the panoramic views of the twin bays and the plantations of Opunohu Valley. Encounters with the ocean's friendliest residents are waiting at *Moorea Dolphin Center* at the InterContinental Resort Moorea.

Then there's the island of Bora Bora, dubbed the island of romance, with its lagoon resembling an artist's palette of blues and greens. Honeymooners and romantics from around the world have laid claim to Bora Bora, where the castle-like Mount Otemanu pierces the sky. Lush tropical slopes and valleys blossom with hibiscus, while palm-covered motu circle the lagoon like a delicate necklace. Perfect white-sand beaches give way to emerald waters where impossibly coloured fish animate the coral gardens. Start each day with an unforgettable breakfast brought to the private balcony of your overwater bungalow by outrigger canoe. Often bedecked in flowers, the canoe carries Polynesian staff serving fresh fruits, pastries and juices. Then try your hand at feeding the sharks — an activity which originated in Bora Bora. Although it may sound somewhat ominous, it is now one of the most popular excursions in the South Pacific.

### SOME TAHITI FACTS

- **1 Location** Tahiti, which is officially known as French Polynesia, consists of five island groups, or archipelagoes, which lie in the South Pacific. It is south of the equator, in the same time zone as Hawaii.
- 2 The Islands: The most frequently visited islands are Tahiti, Bora Bora, Moorea. More and more travellers are discovering the incredible and distinctive beauty that is found throughout the archipelagoes.
- 3 Temperatures and seasons: Tahiti is a 12-month tourist destination, with predictably tropical weather year-round. The average year-around temperature is 79 degrees Fahrenheit. Many hotels are air-conditioned. Water temperatures average 79 degrees in the winter and 84 degrees during the summer, with less than a degree of variation from the surface down to a depth of 150 feet.
- **4 Languages:** French and Tahitian are the official languages, though English is widely spoken in tourist areas.
- **5 Tipping:** Tipping is not customary or expected in Tahitian culture. However, tipping is always welcome for exemplary service.
- **6 Popular activities:** Some of the world's best snorkelling, scuba diving and surfing are found in Tahiti. Also popular: outrigger canoeing, bicycle and horseback riding, four-wheel jeep safaris, spear and deep-sea fishing, swimming, sailing, jet skiing, wind surfing, tennis, island tours, shark and ray feeding, helicopter rides, museums, ancient maraes (temples) and other cultural experiences.
- **7 Entertainment:** Music and dancing tell the story of the Tahitian people. Beautifully costumed dancers demonstrate beauty, strength and grace in traditional dances that have been passed down for generations.
- 8 The cuisine of Tahiti: Is internationally renowned for its fresh fish and exotic fruits and vegetables, prepared with Polynesian influence and a touch of French flair. Restaurants throughout the islands offer French, Tahitian, Chinese, Vietnamese, Japanese and Italian dishes for the discerning palate. Tahitians are known for their delicate sauces, which often incorporate home-grown vanilla and freshly squeezed coconut milk.
- 9 Polynesian spas designed by Mother Nature: All the natural ingredients for the world's perfect spa are found on Tahiti: Soothing lagoon waters; air scented with vanilla and flowers; tranquility of the quiet islands; and scenic wonders.

Some call it a "spa within a spa" experience, one found nowhere else on earth. With the addition of spa facilities within the luxury resorts and cruise ships, Tahiti has quickly become one of the world's leading spa destinations.

# Tahiti Treasures

# BC CHILDREN'S HOSPITAL FOUNDATION

# CREATING A BETTER WORLD FOR CHILDREN BY INSPIRING PHILANTHROPY



Fifteen-year-old Sonya
Dusanjh knows firsthand how newer, better
treatments can reduce
the need for multiple,
lengthy hospital visits.
Diagnosed with brittle
bone disease, Sonya
used to have up to 20
broken bones per year.

Today, she visits the Medical Day Unit every four months for an intravenous medication that strengthens her bones. With the new drug, it has been three years since she has broken a single bone.

BC Children's Hospital Foundation and Shaw Cablesystems G.P. join together for A World Of Smiles Telethon, our annual live fundraiser with all proceeds benefiting BC Children's Hospital and Sunny Hill Health Centre for Children

## ABOUT A WORLD OF SMILES TELETHON

Since 1990, BC Children's Hospital Foundation's South Asian Division and Shaw Multicultural Channel have partnered with TV producers from local communities to support the Hospital's urgent research, equipment and clinical care needs.



On March 16, 2008, we will celebrate the 10th anniversary of A World of Smiles (AWOS) Telethon, and honor the generosity of the South Asian community.

The Foundation's South Asian Division, with Community producer Atish Ram, will bring a world of entertainment with premiere Bollywood performances and appearances by favorite local singers, dancers and musicians. We'll also look back at many of the special moments we have shared over the last 10 years, and catch up with some old friends who have hosted and

supported the Telethon. We'll hear the stories of amazing children who are overcoming the odds with the support of BC Children's Hospital, as well as local kids who have inspired their families and friends with their feats of fundraising.

As the only acute-care, pediatric hospital in the province, BC Children's Hospital treats BC's most critically ill and injured kids. One hundred percent of the proceeds from AWOS go directly to the Hospital for research, equipment, and education programs.

Watch A World Of Smiles Telethon March 16 on Shaw Multicultural Channel (Cable 109) & Shaw TV (Cable 4) 5 pm – 11 pm

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Dr. Shubhayan Sanatani, Director of Cardiac Pacing and Electrophysiology

"I continue to be amazed at the strength and resilience of the human spirit that I witness everyday at BC Children's Hospital. It is simply incredible what some of these children and families experience and overcome. Your support allows us to help these children in their time of greatest need.

It costs an unbelievable amount of money to provide and improve the level of care for BC's kids. Medical technology, research discoveries and health expectations advancing at a staggering pace; we are constantly trying to keep up.

On behalf of the patients, their families and the hospital staff, thank you for all you do for BC Children's Hospital."

## THE DEEPAK BINNING FOUNDATION

Deepak's name, in Punjabi, means "a light", and everyone who knew him agrees that there is no way to describe his life better.

Despite the overwhelming obstacles he faced, Deepak remained invariably happy, ready to give of himself selflessly and always willing to lend support to anyone in need.

The Deepak Binning Foundation is dedicated to this continuing legacy, community supporting members in need as well as other working with organizations to find a cure for cancer.

Through an annual walk-athon and dinner and dance fundraisers in Kelowna, Edmonton and Vancouver, the Deepak **Binning** Foundation has raised over \$75,000 in the last seven for BC Children's Hospital.



## MEET A HERO: RAISING FUNDS TO SAVE BC'S KIDS

### SIXTEEN SMILES

Meet Tarin Sandhu, a fifteen-year-old Surrey resident with a soft spot for BC's sickest kids.

With her 16th birthday approaching in March, Tarin hopes to make her 'sweet sixteen' something extra special. Instead of receiving gifts from friends and family, this year Tarin is collecting donations for BC Children's Hospital. The young philanthropist has set herself a lofty fundraising goal, \$1600.

Already an exceptional student and athlete, Tarin's efforts demonstrate her distinction.

Her gifts will go to the Excellence in Child Health Fund, an annual grant supporting the most urgent needs at BC Children's Hospital, which helps to provide the best care for kids like Tarin.



## MORTGAGE LINE LTD MORTEQ LENDING CORP &

Friends and business associates of Mortgage Line Ltd. and MortEq Lending Corp. gathered at the Grand Taj Banquet Hall in Surrey for their annual appreciation event, and showed their support for BC's kids by donating to

BC Children's Hospital Foundation.

Organizers of the event-Sukhi Sanghe, Parm Purewall, Kam Mokha and Gurdeep Nagra—surpassed their goal and raised close to \$15,000.

Donations from the event went directly to Children's Hospital to support the purchase of life-saving equipment, research into prevention, cures and the treatment of childhood diseases.

"We are happy to support BC Children's Hospital," said Sukhi Sanghe "Children are our future."

# CREATING A BETTER WORLD FOR CHILDREN BY INSPIRING PHILANTHROPY

# ALL INDIA RESTAURANT GRAND OPENING

The Grand Opening of West Vancouver's All India Restaurant gave one more cause to celebrate this winter. The event was dedicated to raising funds for BC Children's Hospital.

(from left to right) Restaurant Manager Jose Madappilly, Chef Sharma, Chef Kamal and Hostess Pawan



Guests sampled north frontier Tandoori cuisine and organic wines from the Okanagan; both sponsored by the restaurant. In return, visitors made voluntary donations. One hundred percent of the night's proceeds were donated to the Hospital.

Restaurant Manager Jose Madappilly was inspired to coordinate the evening fundraiser, after hearing the story of Surrey resident Shereen Oliver who was flown to Seattle to give birth to her premature newborn due to a shortage of neonatal intensive-care beds. Support from donors, such as All India Restaurant and its guests, will help us provide the best care for all our BC's one million kids.





Children are not small adults. These patients are not only different from adults, they are often more complicated to treat. In fact, the smaller the patient, the greater the need for specialized medical care.

# INSPIRATIONS FUNDRAISER ASSOCIATION



(from left to right) Suman Mann, Sukh Mann, Amy Mann and Kam Mann, four young women with more in common than their last names —they all have a passion to support pediatrics.

A little over three years ago Amy Mann, age 24, found her inspiration; a small child fighting for life in the Oncology Clinic at BC Children's Hospital.

At work, not unlike any other day, Amy unexpectedly had the chance to hear the touching story of a young patient's battle with cancer—first-hand from the anxious parents.

At that moment, Amy felt compelled to help. Sharing the patient's powerful story with her sister, Sukh Mann, age 28, family and friends, Amy quickly found the support she needed to raise funds to help save lives.

Starting as a small, community event, the first annual *Inspirations* dinner and dance

fundraiser took place in Surrey, raising a few thousand dollars.

Three years later, Amy and her team of dedicated peers have completed their third annual event, which raised \$15,000.

To date, Amy's team has established themselves as a non-profit association, raising over \$20,000 and they plan to continue their efforts for many years to come.

# **HOW TO GET INVOLVED**

## MAKE A DIFFERENCE IN THE LIVES OF BC'S KIDS

### Plan a Community Fundraiser

Big or small, your contribution helps BC kids to grow and thrive. Whether you come up with a dinner-dance, a penny drive or something unique, the proceeds from your event will be added to the South Asian Division's grand total that will be celebrated on A World of Smiles on March 16.

### Target Your Planned Event

If you already have an event planned, why not consider dedicating a portion of the proceeds to BC Children's Hospital by donating a percentage of the ticket revenues, or establishing a raffle or silent auction at your event.

### Challenge Family, Friends and Colleagues

Pledge challenges on A World of Smiles Telethon are a fun way to encourage your friends, family and colleagues to get

involved-and the more creative the challenge, the better!

### Sponsor a Committee Member

The South Asian Committee at BC Children's Hospital has established a fast and easy way for the community to target their pledges and help each committee member to reach a personal commitment for fundraising. Visit us on the web at bcchf.kintera.org/southasian to find out more.

Contact Aaron Sanderson at BC Children's Hospital Foundation: email asanderson@cw.bc.ca or call 604-875-2511

> BC Children's Hospital Foundation's South Asian Division is committed

> > to making big things happen, We are fortunate to receive support from outstanding volunteers,

> > > and businesses. Our supporters give generously of their time and money to a number of events and special Sincerely, fundraising

The South Asian Division has raised over a million dollars for BC Children's Hospital over the last nine years.

On the occasion of the Division's 10th anniversary, I would like to personally invite all those interested in joining the community fundraising effort to participate, as donors, volunteers or special event organizers. No contribution is too small, and with your help we can achieve great things for BC's kids! Thank you for your ongoing support!



months old, she

underwent open

heart surgery to

repair her heart

defects.

Today, at the age of five, Jeevan still has many developmental challenges, likely due to a genetic disorder, and she receives ongoing care at BC Children's Hospital, But despite her health problems, Jeevan is now attending school and other activities, and the Basra family is grateful for the gift of their daughter's





# Hand Over the Keys, the Indians Are Here

By Sudha Ramachandran

ven as Indians were popping champagne corks last week over the appointment of a compatriot, Vikram Pandit, as chief executive of Citigroup, doubts were being expressed in the U.S. over the wisdom of Western luxury brands being sold to Indian business houses.

"I don't believe the U.S. public is ready for ownership out of India of a luxury car make," Ken Gorin told the *Wall Street Journal*. Gorin, who chairs the Jaguar Business Operations Council, which represents Jaguar car dealers in the U.S., was referring to the likely sale by U.S.-based Ford Motors of its Jaguar and Land Rover luxury brands to India's Tata Motors.

Cash-strapped Ford — the number two U.S.-based car maker — put the two ailing British iconic brands on sale in July. About half a dozen companies put in offers, reduced to three for final negotiations. Of these, two are Indian — Tata Motors and Mahindra & Mahindra (M&M). The third is OneEquity, a U.S. private equity firm.

Gorin drew attention to "unique image issues" that would arise if the two luxury car brands were sold to either of the two Indian bidders. It "would severely throw a tremendous cast of doubt over the viability of the brand," Gorin said.

Even before the dust kicked up by Gorin's remark could settle, Tata was at the receiving end of another put-down when Orient Express Hotels, a New York-listed luxury hotels and travel group, rejected overtures for an alliance by Tata Group-controlled Indian Hotels.

Orient Express chief executive Paul White wrote in a letter to Indian Hotels that any association of its brands and properties with the "predominantly domestic" Indian hotel chain would result in an erosion of the brand and business value of its "global portfolio of luxury hotels and unique travel experiences".

Indian Hotels runs the Taj chain of hotels, which includes the near US\$3,000 a night Taj Mahal Palace in Mumbai. In 2005, it took over management of the landmark Pierre hotel at Fifth Avenue, New York.

The remarks by Gorin and White have been widely perceived in India as rooted in racism. An editorial in *Economic Times*, a leading business daily, slammed the comments as "close to racism, barely camouflaged in the language of branding".

Shombit Sengupta, an international growth strategy consultant and founder of Shining Emotional Surplus, doesn't agree. "Luxury brand business is not hype or PR action. It is embedded in superior craftsmanship and legacy of the past that has been transcended generation after generation. That's why there is no question of



When Indian steel magnate Lakshmi Mittal bid for the Europe-based Arcelor, its chief, Guy Dolle, belittled Mittal by saying that Arcelor produced perfume whereas Mittal Steel merely made eau de cologne.

racism" in the concerns raised by Gorin and White, he says.

The Tata Group is one of India's largest and most respected business conglomerates. Early this year, Tata Steel bought the Anglo-Dutch steel company Corus for \$11.3 billion.

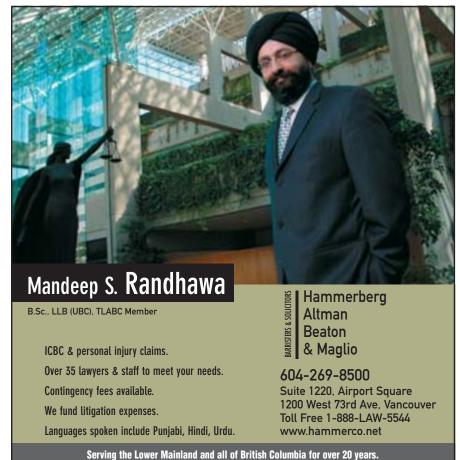
Tata Motors, a subsidiary of the Tata Group is the frontrunner in the race for acquisition of Jaguar and Land Rover. It is India's largest automobile company, with many firsts to its credit. It developed India's first indigenously developed light commercial vehicle, the country's first sports utility vehicle and, in 1998, India's first fully indigenous passenger car. It is preparing to unveil in early January a "people's car," which at a price of \$2,500 will be the world's cheapest automobile.

Those opposing Tata Motor's likely acquisition of Jaguar and Land Rover doubt its capacity to manufacture a luxury car. Could the manufacturer of a people's car be trusted with running a luxury icon?

"I do not understand how a company that is going to make cars for \$2,000 can sell cars for \$120,000," Thomas Stallkamp, a partner with the U.S. private equity firm Ripplewood, was quoted by *The Times* as saying. Ripplewood was among the companies that were eliminated early in the race for the marques.

A senior Tata Group official said that such questions are rooted in ignorance about the conglomerate's diverse interests. Tata manufactures hydraulic excavators, fertilizers, heavy vehicles and cheap cars. It also produces high-end diamond jewellery and sophisticated software, as well as running top-end hotels.

"Tatas is running the Ginger chain of hotels, where a room could cost around \$30. But it is also running exclusive hotels; a room at Taj Mahal Palace in Mumbai could cost anywhere around \$2,800 per night. So, yes, we can be







The barbs, the taunts and the disparaging remarks that Indians and Indian predators face today in Western markets is similar to the Japanese experience in the U.S. a couple of decades ago.

trusted with running luxury icons," the official said.

As for allegations that Tata's "cheap car image" would damage the Jaguar brand and turn away potential customers, the official pointed out that "no guest has to date refused the privilege of staying in the Taj Mahal Palace because Tata also owns budget hotels."

This is not the first time that Indians daring to challenge ownership of global giants have been ridiculed. Last year, when Lakshmi Mittal, the Indian steel magnate and the world's fifth-richest person, bid for the Europe-based Arcelor to create the world's biggest steelmaker, its chief Guy Dolle belittled Mittal by saying that Arcelor produced perfume whereas Mittal Steel merely made eau de cologne. Dolle also described Mittal's shares as "monkey money." Shareholder pressure made Arcelor subsequently bow to Mittal's takeover of the company.

Indian liquor baron Vijay Mallya's bid for the French champagne company Taittinger was turned down on the grounds that non-French ownership would hurt the brand. Mallya went on last year to acquire Taittinger's wine business.

The barbs, the taunts and the disparaging remarks that Indians and Indian predators face today in Western markets is similar to the Japanese experience in the U.S. a couple of decades ago. When Japanese car manufacturers entered the American market, they faced much hostility, racist verbal abuse and even physical violence. But soon American car manufacturers had to come to terms with an American public that was setting aside automobile nationalism to purchase the more economical and reliable Japanese cars.

But when it comes to luxury brands, Asian brands are not hot in Europe and America. The Americans have always preferred European luxury brands and have been reluctant to embrace luxury brands from elsewhere. "Shiseido [the Japanese luxury cosmetics brand] is not Chanel No 5 for Americans or other buyers of luxury brands," says Sengupta.

Even so, the trend with luxury cars

appears to be different. The US luxury car market, once dominated by Cadillacs and Lincolns, seemed safe from the Japanese. That changed in the 1990s when Honda released its Acura line, followed by Toyota with Lexus and Nissan with Infiniti. Today, U.S. automakers have been edged out of the domestic luxury car market: three out of four Americans who buy a luxury car opt for a European or Japanese model.

And while European luxury car brands now dominate in the U.S., the Lexus is the highest-selling make of luxury car.

Indian analysts have pointed out that the fuss over Indian ownership of Jaguar and Land Rover is absurd, especially at a time when global businesses are increasingly turning to Indian talent to run their enterprises. Citigroup zeroed in on Indian Vivek Pandit to steer it out of the worst crisis the bank has faced in its 195-year history. Earlier, Pepsico chose the Indian-born Indra Nooyi as its chief executive. Of the 15 Fortune 100 companies that are run by foreignborn executives three are of Indian-origin — with Ramani Ayer, chief executive of Hartford Financial Services, up there alongside Pandit and Nooyi.

India's growing presence at the top rungs of corporate America notwithstanding, the country "still conjures up images of abysmal poverty in the West." pointed out a European luxury car dealer in Bangalore. "When Americans buy luxury cars they want the snob value attached to it. They will not warm to Indian-owned luxury brand as it will not give them that value."

Not so, argues Harish Bijoor, chief executive of a Bangalore-based consulting firm that specializes in brand and business strategy. "The image of India in the world market is not what it was in the past. Today, it is seen as a hot bed of commerce and indeed, a hot bed of mergers and acquisitions activity," he said.

Dismissing allegations that Tata's takeover of Jaguar would undermine



Indian liquor baron Vijay Mallya's bid for the French champagne company Taittinger was rejected on the grounds that non-French ownership would hurt the brand. Mallya went on to acquire Taittinger's wine business.

the latter's brand value, Bijoor argued that "brand value is a function of what consumers think of the brand at large. An ownership shift seldom has a negative impact on brands, particularly when they pass on into the hands of organizations that have a pedigree in the same space."

And "Tata Motors has that pedigree, as has Mahindra & Mahindra [the other Indian bidder for Jaguar]," Bijoor said.

The workers, meanwhile, have a different perspective. Tata Motor's bid for Jaguar and the Land Rover received a boost last month when Unite, Britain's largest manufacturing union, said it preferred the luxury brands being sold to Tata as it offered them the best future in the long run. And unlike their counterparts across the Atlantic, Jaguar dealers in Britain have extended their vote of confidence in Tata's ownership of the marque.

As the dispute rages, Tata is the frontrunner to secure Jaguar and Range Rover, with deal expected to be clinched within the next few days.

"It is definitely Tata. There is one final meeting and so long as there are no last-minute hitches, which are not expected, then an announcement will be made on Friday," sources in Land Rover have been quoted as saying.

It looks like Europe and the U.S. need to brace themselves — corporate India is coming, and at Jaguar and Land Rover, they will have to make way for an Indian in the driving seat. □

Sudha Ramachandran is an independent journalist/researcher based in Bangalore. Copyright 2007 Asia Times Online (atimes.com)





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## WEDDINGS

## October 2007

## Neelam Sanghera

Surrey, B.C.

## **Kam Dhillon**

Surrey, B.C.

Neelam Sanghera usually celebrates her birthday on the weekend closest to the actual date, which is July 14, but in 2002 she had to delay the celebration until July 27 due to a busy schedule. It turned out to be great timing as that was the day that she met her future husband, Kam Dhillon.

"Kam was at the same place were I was having my birthday. I noticed that he was walking back and forth smiling at me and seemed to be attempting to approach me. Finally, a friend who was with me called Kam over and asked him if he was trying to approach me. We started chatting and realized that we're both originally from the West Midlands in the United Kingdom. We had a lot in common and instantly clicked."

They started dating right away but although it didn't take them long to decide that there was strong potential for a future together, they didn't rush to set a date.

"Having been married before I wanted to make sure that Kam was the right person," says Neelam. "And he had proven that by caring for my son from my previous

marriage and loving me for who I am."

Part of who she is, says
Neelam, is a "very practical
person and a party pooper when it
comes to surprises," which meant
Kam knew better than to try to
surprise her with an engagement
ring he'd chosen himself. "He
knew to just knew to let me pick
the engagement ring and the
wedding band myself. We went
shopping for hours until we found
the ring and he bought it right
away.

They wavered between a traditional ceremony at a traditional venue and a nontraditional destination wedding. "At the beginning of the year we tentatively booked the venues here, but we were still leaning towards an out-of-town wedding. By July 2007, we realized that an out-of-town wedding was going to be too difficult to organize so we decided to stick with a traditional ceremony at the venues that we'd already booked. By then, we were left with only two-and-a-half months to plan the wedding.

"The timing couldn't have been more hectic for both of us. Kam had just started a new job



and was also shooting in a local movie, which combined took up about 90 per cent of his time. Being an actress myself and having a passion for my career, I understood the time he had to put into his acting and his new job and I took it upon myself to plan as much as possible by myself."

Neelam had thrown herself so completely into organizing that she found it a little tough to stop until she absolutely had to relinquish some of the responsibility. "Until the morning of the wedding I was in planning mode and had to switch off and give control to others on the day of"

There was only one tiny hiccup in the proceedings. "At the reception, we cut the cake and then realized there were no plates or spoons. Trying to keep it together and not look like something was not right, we ended up feeding each other cake with our fingers . . . I suppose that is romantic."

The newlyweds, who will take a belated tropical honeymoon in the spring, agree that the keys to a successful relationship are "compromising, caring for one another, communicating, being fair to one another, not expecting too much from one another and being able to laugh together."





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The chemistry was there immediately when Kelly Dhaliwal and Hardeep met through mutual friends. "When I first met Hardeep, I thought he was really cute," says Kelly. "I loved the fact that he was tall, dark and handsome, and his personality is really what drew me to him. He is funny, passionate, warm, also very focused in life. He knows what he wants and he strives hard to attain his goals."

Hardeep was just as impressed by Kelly. "When I first met Kelly I was drawn in by her warm smile. I thought she was just gorgeous, and I loved her bright eyes. As we started talking, I realized she is a cool person, someone who is easy to talk to, funny and down to earth."

The pair started dating in December 2001 and by their first anniversary as a couple, they knew they were "meant to be" says Kelly.

"We both decided to wait a while before marriage as we were only 21 years old and we didn't want to rush into marriage, so we were engaged in July 2004 and

## **Kelly Dhaliwal**

Surrey, B.C.

## Hardeep Tiwana

Vancouver, B.C.

got married three years later as we both wanted to finish off our degrees and be ready to start off our lives as one."

The process of planning the wedding had its highs and lows, says Kelly. Being responsible for so many details was "quite stressful" she admits, but she cherishes the memories of her parents and siblings working alongside her to plan the big day.

Kelly and Hardeep agree that the most memorable moment of their wedding day was when they exchanged wedding rings. "That moment stands out for the both of us," says Hardeep. "It is like you feel that you are finally complete and you just can't believe that the day has actually come when you are husband and wife. It truly was deeply emotional for the both of us."

A close second for Kelly was entering the reception hall on Hardeep's arm. "Walking into the reception as Mr. and Mrs. Tiwana for the first time was the best feeling ever for me. My smile was so big my cheeks were hurting. I was so proud being his partner, holding his hand. He is

my world."

The admiration was mutual. "Seeing Kelly finally ready at the hotel just before leaving for the reception, I remember just thinking that I must be the luckiest man in the world to have such a beautiful bride and wife. I was just blown away."

The newlyweds, who now

live in Vancouver with
Hardeep's family, honeymooned
at the Sandals resort in Jamaica.
"It was so romantic, so relaxing
— beautiful restaurants
and pools," says Kelly. Our
honeymoon really gave us a
chance to just focus on one

another. We can't wait to go

back!"









## A few of our favourite

# Things of Beauty

One of the best things about beauty products is that there are so many out there to choose from. But that's also one of the biggest challenges. When you have so much to choose from, where do you start? And how many half-used tubes, bottles and jars will it take before you find a product you really love?

To make the job of finding a fabulous product a little easier, we're going to devote this page to a few of our all-time favourites — the products that are part of our everyday beauty routine.

#### **Tinted moisturizer**

The trouble with most tinted moisturizers is that although many of them moisturize just fine, they don't deliver much when it comes to the "tinting" so women end up turning back to foundation. But our favourite tinted moisturizer delivers both hydration and coverage. Laura Mercier Tinted Moisturizer (available at Holt Renfrew) makes foundation irrelevant. And it comes in two formulas: oil-free for acneprone or oily skin and regular for normal to dry skin. (Our favourite shade: Almond.)

#### **Primer**

There's a reason why professional makeup artists swear by Smashbox Photo Finish Foundation Primer (available at Shoppers Drug Mart Beauty Boutiques). Applied after moisturizer, the colourless, oil-free formula helps create a smooth canvas for foundation. Your makeup will last all day — and it's also great under the eyes before you apply concealer.

#### **Lipstick**

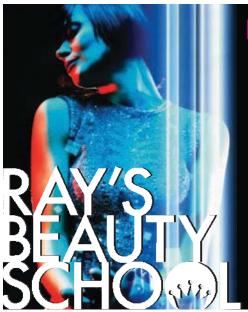
If you're like most women, you have more than a few lipsticks in your makeup drawer that caught your eye at the cosmetics counter but never really felt "right" when you got them home. So there they sit — forgotten in a drawer. The fact is, once you find that "perfect" everyday shade of lipstick, you rarely want to wear any other. Glamorous reds are all the rage when it comes to lip colours this season — and here



are two that we swear by. (Best of all, they look particularly great on women with warm skin tones) For a truly flattering red, check out MAC Lustre in Spice It Up. For a more brownish red, try Revlon's Sheer Lustrous Lipstick in Chocolate Cherry.

### **Touch-ups**

Benefit's Some Kind A Gorgeous Foundation Faker lives up to its promise to deliver a quick beauty boost. This translucent cream-to-powder formula gives skin a smooth, silky finish. It's a great foundation if you require only light coverage. We like to use it — with a light touch — as a great "finishing" product on top of tinted moisturizer for evenings out, when you want a little extra coverage but still want to look natural. A quick sweep with the sponge and, voilà, flawless looking skin.



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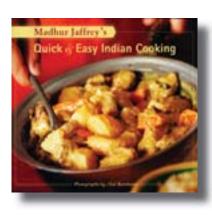
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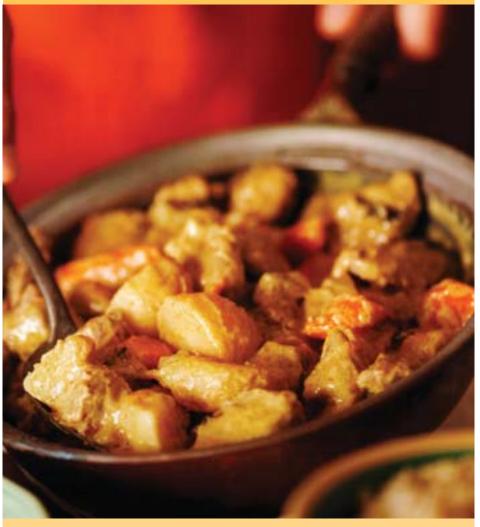
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# Quick and Easy Indian Cooking

Madhur Jaffrey's Quick and Easy Indian Cooking lives up to its name. The beautifully illustrated, easy-to-follow book (Chronicle Books, \$19.95 U.S.) offers recipes that won't be daunting even for the novice cook. At the same time, the dishes sound tantalizing enough — consider Lamb Stewed in Coconut Milk or Chicken in a Cilantro. Spinach and Mustard Sauce. to name just two of the 70 recipes in this must-have book — to pique the interest of accomplished cooks, too. The award-winning cookbook author also offers menu suggestions and helpful hints.





## **Lamb Stewed in Coconut Milk**

## **Ingredients**

3 tbsps. vegetable oil
12 fresh curry leaves, if available, or 3 bay leaves
2-inch stick cinnamon
6 cardamom pods
8 whole cloves

15 black peppercorns

1/3 cup (3 ounces) peeled and chopped onion 11/2 pounds boned shoulder of lamb, cut into 11/2-inch chunks

 $\begin{array}{c} 1 \text{ pound potatoes,} \\ \text{peeled and cut into } 1^{1}\!/2\text{-inch pieces} \end{array}$ 

2 medium-sized carrots, peeled and cut into 3 pieces each

1/4 teaspoon ground turmeric

1 tabelespoon ground coriander

1/8-1/2 teaspoon cayenne pepper

1-2 fresh, hot green chiles 11/4 teaspoon salt

1 can (14 ounces) coconut milk, well stirred

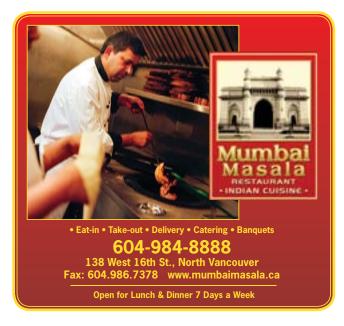
#### Instructions

Put the oil in a pressure cooker and set over medium-high heat. When the oil is hot, put in the curry leaves (if using), cinnamon, cardamom, cloves, and peppercorns. Stir once and put in the onion. Saute for  $1^{1/2}$  minutes or until the onion is soft and put in the meat, potatoes, carrots, turmeric, coriander, cayenne, green chiles, salt, and 1 cup of the coconut milk. Cover securely with the lid and, on high heat, bring up to full pressure. Turn the heat to low and cook for 15 minutes. Lower the pressure with the help of cool water poured on the lid and remove the lid. Cook, uncovered, over high heat for five to six minutes, stirring gently as you do this. Add the remaining coconut milk and bring to a simmer. Turn off the heat.













# Little Changes Add Up to Big Health Benefits

## How to skim off at least 100 calories a day!

Most people, on average, gain about two pounds a year. This may seem very little — and it is, if it stops there and if you take it off again. However, a steady weight gain of two pounds per year for 10 years is 20 pounds. In 20 years, it is 40 pounds. Now that is serious weight gain that can increase vulnerability to chronic disease. But the cause of that two-pound weight gain each year could be as little as an extra 100 calories a day regularly over the year. So, if you can cut out 100 calories a day, you may keep your weight under control. Or how about doing that little bit extra to burn another 100 calories per day? Neither task is that difficult. You just need to ensure you do it every day. Remember, weight

severe dieting simply pushes the body into protecting its fat stores and using muscle to provide it with some of the calories it needs. This leads to a loss of muscle, which in turn lowers metabolism, slowing weight loss. Commit to making small changes in 2008 that will help you to achieve your weight and health goals for the long term.

## Tips for Cutting Out 100 (or More) Calories Per Day

- · Skim milk instead of whole milk. This change saves you 50 calories per cup.
- Milk instead of cream in your coffee.
   And ask for 2% milk in your iced cappuccinos.
- · Yogurt instead of sour cream or creamy dressing. Non-fat yogurt contains only 15 calories per tablespoon versus sour cream's 40 calories per tablespoon. And, unlike sour cream, yogurt with live cultures has gut-friendly bacteria for that extra health boost. Add spices and some flavour to yogurt and it can even be a great substitute for creamy, fat-laden salad dressings. Make raita with low-fat yogurt instead of sour cream. Dairy products have also been associated with helping with weight loss.
- · Water-packed tuna instead of oilpacked tuna. A ¼-cup serving of tuna in oil contains 110 calories compared with only 50 calories for the waterpacked version.
- · Hamburger instead of a cheeseburger. Just taking out the cheese can cut about

- 100 calories from your burger. Better yet, go for a veggie burger and you'll be pleasantly surprised as far as the taste and how you feel afterwards.
- · Mustard instead of mayonnaise; mayonnaise contains 90 calories per tablespoon and 10 grams of fat. But creamy dijonnaise mustard contains about 15 calories per tablespoon and no fat. If you really want a mayonnaise fix, "light" mayo contains 45 calories per tablespoon and 4.5 grams of fat, while the "reduced fat" version has 20 calories per tablespoon and 2 grams of fat.
- · A cup of lemon-flavoured water instead of soda. The average person consumes 278 extra calories a day from soft drinks and juices. Soft drinks are liquid candy in terms of the number of empty calories they provide need I say more!
- Regular drinks instead of fancy concoctions. Alcohol has a sneaky way of adding calories to your diet: one gram contains seven calories. If you must drink, remember that a six-ounce serving of piña colada contains about 500 calories compared with 156 calories in a martini. To cut calories, try a spritzer by adding soda water to drinks.
- Don't forget to add veggies. A half-cup of broccoli, for example, contains only 12 calories. That's even fewer calories than a tablespoon of mustard and it fills you up a lot faster to boot. Swapping a daily chocolate bar for an



management really boils down to calories in and calories out.

Restrictive diets don't work and make the situation worse in most cases. Rather than helping us to lose those pounds, apple, for example, would help you lose 22 pounds in a year. OK, if you can't bring yourself to swap the daily chocolate for fruit, at least cut down on the size of your chocolate bar and go for Halloween-sized treats. I go for only a small piece of the really good stuff — dark chocolate that's greater than 70 per cent cocoa.

- · Instead of fries, choose a side-salad with light salad dressing.
- Split an entrée when you eat out or take half of the serving home for another meal.
- · Remove the skin from chicken before cooking.
- · Have a single scoop of sorbet or sherbet instead of a large serving of premium ice cream loaded with mix-ins.
- · Order thin-crust instead of thick-crust pizza and add veggies instead of meat toppings.
- Make rotis your primary grain at meals instead of fried grains such as parathas or puris.
- · Cut back on the amount of oil you use in tadka by half.
- · Leave four to five bites of food on your plate at each meal. I am not into wasting food, so I start with a smaller serving size and take a bit more if I want more.

## Tips For Burning An Extra 100 or More Calories A Day

- Take stairs throughout the day for a total of 10 minutes of stair walking.
- · Walk at a pace of about three miles per hour for at least 10 minutes.
- · Swim or do water aerobics for just 15 minutes.
- Do aerobics for 15 minutes to your favourite dance music.
- · Exercise on a stationary bike, dance or play basketball for 20 minutes.
- · Do you like golf? Play more often if you can. Just half an hour of golf activity — if you carry your own clubs — could help you burn off 120 calories.

## Other interesting approaches to keeping your weight down

#### Eat the Volumetric way

Researcher Barbara Rolls, PhD, and her colleagues at Pennsylvania State University

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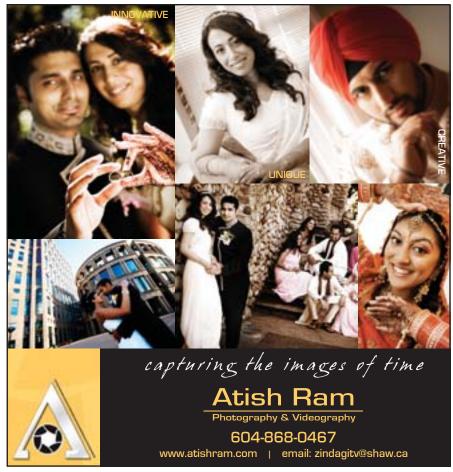
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have done extensive research on the "volumetric" theory of eating based on energy density. They recommend that we eat more low-calorie, high-volume foods. Foods high in water and fibre, like fruits and vegetables, are the so-called highvolume foods. How does it work? Foods containing water, air or fibre have fewer calories than other foods and also cause the stomach to stretch and empty slowly; they add bulk to your meals and help fill your stomach. In addition, the simple act of seeing a large amount of food like a big salad can help you feel more satisfied. If you have at least one or more foods that are high in water (vegetables and fruits) or fibre (whole grains, beans etc). prior to or during your meals, you will feel full on fewer calories.

### Start your day with lean protein

There is growing evidence of the power of lean protein such as lean meat, fish, poultry, soybeans and eggs to help with fullness and weight loss. You can add lean protein at any meal, but research has shown that adding it to your breakfast may be especially helpful, so start of your day with a protein smoothie, eggs or

some nuts along with fruit or whole grains.

## Get yourself a pedometer

Pedometers, also called step counters, clip to a belt or waistband and count the steps the wearer takes during the day. Most people walk an average of 5,300 steps in a day, far less than the 10,000 recommended by health and exercise experts. People who wear a pedometer walk about 2,000 more steps a day — or about one more mile — than those who don't. That burns about 100 extra calories, according to a 2007 study in the Journal of the American Medical Association. The group of pedometer wearers also made other improvements, including cutting calories and increasing other physical activities, lost weight and reduced their blood pressure. A small investment of \$15 can have a big impact on your health.

Most people, when they embark on a diet, think, "Oh, if I can do that for just

this period of time then I won't have to think about it again." Well, that's not the way things work if your goal is to achieve and maintain your ideal weight for the long term. It's better to look at your overall meal plan and to consistently follow healthy behaviours so they become automatic. Just as you can develop not so healthy habits, you can also develop

healthy ones.







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## 2008 CHRYSLER/DODGE MINIVAN - Now best in class

Stylish, full of thoughtful features, entertainment options, seating configurations and versatility, the 2008 Dodge/Chrysler minivan is back in the top spot.

For 2008 a clean, chiselled profile emerges, with handsome square-jawed good looks. All new is a 4.0-litre V6 available as an optional engine along with Dodge's "swivel 'n' go" seats, a power fold-flat third-row seat, more standard safety equipment and an amazing range of entertainment options.

Optional equipment is plentiful, particularly for the SXT trim level. A MyGIG hard-drive-based audio system, a rear-seat DVD entertainment system, 115-volt household-style outlet, satellite radio, a navigation system and a backup camera are available. Other notable options include another entertainment package (which adds a separate video source and screen to the third row), a surround-sound audio system, leather seating, retractable sunshades, remote start, power-adjustable pedals, three-zone climate control and Uconnect hands-free phone.

#### Power and safety

Dodge's 2008 Grand Caravan is available with three engines. The base SE models get a 3.3-litre V6 or a 3.8-litre V6 that makes 197 hp while an all new, allaluminum 4.0-litre V6 makes its debut in the 2008 Grand Caravan and makes 251 hp. A generous list of safety equipment is now standard on all models. Traction control, stability control, antilock brakes with brake assist and three rows of head curtain airbags are all standard. A rearparking camera, parking sensors and a built-in child booster seat are optional. The 2008 Dodge Grand Caravan features a versatile interior with three different configurations. "Stow and go" is standard on the SXT and gives the van the flexibility of folding all seats into the floor.

When the seats are up and in place, the area the seats can fold into becomes a large storage area. "Swivel and go" is another option, and allows the second-row captain's chairs to swivel around and face the rear seat. A small table is included and can be installed in this configuration.

In short, the Chrysler Town and Country and the Dodge Grand Caravans are now the best minivans on the market.

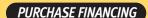
The Chrysler Town and Country minivan is priced from \$35,995 to \$42,895; 2008 Chrysler Grand Caravan is priced from \$25,595 to \$30,495

## 2008 Mercedes-Benz GL320 CDI: Award-Winning SUV

The 2008 Mercedes Benz GL320 CDI was awarded the Best New SUV (over \$60,000) in Canada by AJAC (Automobile Journalists Association of Canada), and for good reason. It pretty much has everything you need in a luxury SUV. The GL320 CDI is distinguished by a clean, fuel-efficient 3.0- litre V6 engine. With its handsome lines and presence, the GL320 CDI has a typical high quality MB interior. Acres of plush leather and gleaming wood await you, while an impressive array of driver controls and accessories is on offer.

As usual, Mercedes Benz ergonomics are excellent, with a tactile intuitive feel. Big, comfortable seats offer decent support and all day comfort for those long, long drives. Standard equipment

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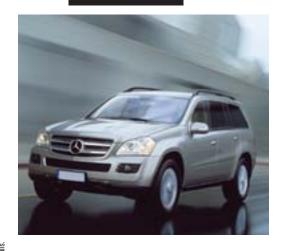


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is extremely generous while a premium package adds a navigational system, an electrically adjustable steering column, passenger and driver's side memory, power folding side mirrors, a power rear liftgate and an audio system for the second row. The GL320 features a third-row seat accessed by way of an easy-to-fold right- side second-row seat. And while it's tight, as most third row seats are, it has its own sunroof and surprisingly good head

On the safety front, there are side airbags for both the first- and second-row seats, as well as side curtain airbags for all three rows of seats as standard. Active head restraints are fitted on the front seats, and all seats have pull-up type head restraints.

#### On the road

accrue during the fill lable on select new

The new V6 3.0-litre turbo diesel engine is amazingly quiet and smooth for a diesel. You don't even have to wait a few seconds for the glow plugs to warm when starting. At speed, even the usual diesel clatter from under the hood is absent. With its slick auto transmission, the GL320 offers a refined, relaxing ride for all occupants. Despite its girth and weight, power delivery is responsive and quicker than you would expect. Overall, the new GL320 is a superb luxury SUV that offers better fuel economy than comparative SUVs.

Finishing and details are superb in this vehicle, with a standard of luxury that everyone will appreciate. Especially traditionalist. Offering the V6 is a clever move on Mercedes Benz's part, and no doubt this vehicle will be a popular seller on the strength of an AJAC recommendation

2008 Mercedes-Benz GL320 CDI base



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The all new CX-9 is the perfect balance of refinement, performance and practicality. Times seven. It features three rows that accomodate seven adults, a luxurious interior and "zoom-zoom" in a big way.



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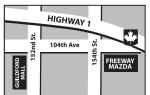
Mazda 6 Sports brings the craftsmanship and detail of a sedan into the fast lane of sporty performance. A standard V6 engine and tons of smart space make the Sport Wagon a perfect antidote to boring sedans and bulky minivans.

CX-7 crosses versatile five passenger design with sport performance. Beneath its sleek exterior is a DISI (Direct Injection Spark Ignition) turbo engine that kicks out 244-horsepower. Nothing like it has ever crossed your path.





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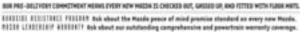


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## 2008 MITSUBISHI OUTLANDER SUV: The SUV Reinvented

The all-new, 2008 Mitsubishi Outlander is a very significant vehicle and should not be ignored, offering an excellent blend of driving dynamics, bold styling, five- or seven-passenger versatility, plus numerous user-technology firsts for the compact SUV segment. Examples of the revolutionary features include a six-speed Sportronic automatic transmission with available magnesium Sportronic steering-wheel paddle shifters — a segment first.

Add clean, sharp lines, featuring a "diamond cut" front end and boldly sculpted fender flares, plus a performance engine and one gains the athleticism of a sport sedan and the sophistication of a premium SUV.

Other firsts for the segment: includes an available satellite navigation system that features hard-drive map data storage and music file capability; an available handsfree Bluetooth cellular phone interface system with voice recognition; an available rear-seat DVD entertainment system that includes wireless headphones and remote control; and the available FAST-Key entry system allows vehicle unlocking

and starting simply by carrying the key. The load floor is eight inches lower than on the original Outlander, and loading bikes (with wheels on) or large packages is made easier by the segment's first flap-fold tailgate. When lowered, the tailgate can also serve as a seat for outdoor activities, with a capacity of 440 pounds. The available Rockford-Fosgate audio system with PUNCH control plays

through nine speakers with up to total 650 watts (max.)

Two trim lines are available for 2007: the well-equipped Outlander LS and sport/luxury XLS. Each will be available with standard front-wheel drive or an optional electronically controlled 4WD system: All-Wheel Control (AWC).

Power is provided via a 3.0-litre SOHC V-6 engine that produces 220 hp at 6,250 rpm and 204 lb-ft. of peak torque at 4,000 rpm. The Mitsubishi Outlander offers ample room for five — or seven with an underfloor-stowable compact third-row seat that folds flat into the floor when not



needed (XLS models).

The second-row seat features 60/40 split fold-and-tumble seats. The second-row seat backs fold forward, and then the seats can be tumbled forward to expand cargo capacity. Five-seat models feature a hidden under-floor compartment. Ample storage spaces include useful bins and compartments, a movable front centre console and door-panel bottle carriers. The 2007 Outlander can tow a trailer of up to 2,000 lbs. as standard or up to 3,500 lbs. with the optional towing package. Highly recommended. This is one SUV you simply must consider.  $\square$ 





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Apu]. We've got dissemination of every group. I'm really worried about what the audience will think about me, not cultural repercussions. So I don't worry about that, but I'm not very politically correct, so I've been told. I mean, Russell Peters offends every group; he's an equal opportunity guy.

#### Are there any jokes that you absolutely won't do?

That's a good question. Well I've stayed pretty clean, so I don't draw a lot of curse words and I think there's enough shock anyway!

## What's your ideal weekend?

Have a couple of servants waiting on me hand and foot . . . actually, I like a lot of adventure, a lot of thrill-seeking stuff. Last weekend I jumped out of a plane.

I called them and asked for reassurance that I was going to enjoy this. And the guy said if you want to know what birds think of heights, you've got to try skydiving. And I was like, that makes no sense, do birds launch themselves out of planes? They get up there on their own.

## What do you like most about the comedy scene in Vancouver?

The comedy scene in Vancouver is great! There are two main clubs, Yuk Yuk's in Vancouver and Laugh Lines in New Westminister. People are going out to watch a show and they know exactly where to go. You can go out on a Wednesday night and the two clubs are packed. In L.A. the market is completely saturated with comedy clubs and there are so many that nobody can figure out where to go and have a reliable experience, so there are scattered handfuls of people here and there. In Vancouver, it's a nice big audience, they're fairly intelligent and they're completely supportive. It's a little bit different in L.A. I did a show in L.A. at a prominent club on Sunset and this woman asked me for my autograph and she said, 'I think you're going to be really huge in five years.' So I gave it to her, and then an hour later I saw her on the street begging for change. Not that that should reflect on her taste, but you get all types in L.A.  $\square$ 

The DVD Indian Invasion (\$19.95) is available at www.indianinvasioncomedy. com). Dalia's comedy site is myspacel gotdalia. For information on the Dalia line of dresses, go to www.daliaonline. com.







## Om Shanti Om 🥤



**\** chote! Regardless of all the pomp and circumstance surrounding its release. Om Shanti Om (OSO) is as unoriginal, lacklustre and predictable as Farah Khan's directorial debut, Main Hoon Na. The glitz and glam cannot salvage this one from being a total waste of time.

Om (Shahrukh Khan) and Pappu (Shreyas Talpade) are background actors in Bollywood movies. Om dreams of becoming a huge star and is in love with the famous Shantipriva (Deepika Padukone). Om and Shanti become friends through the most mundane circumstances.

On the set of Shanti's movie "Om Shanti Om," Om discovers a big secret between Shanti and Mukesh (Arjun Rampal), the

producer. Without giving away too much, what follows next is a cross between Karan Arjun and Indian soap operas. Clearly not the stuff of a quality cinematic experience.

Let's start with the good — there isn't much: the period costumes and cinematography are great. Farah Khan does a good job of poking fun at the industry; perhaps she should have made her movie a satire on Bollywood instead of a pitiful tale of redemption.

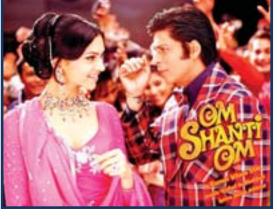
Now for the bad: OSO simply isn't entertaining. The first culprit is the screenplay. So many unnecessary scenes have been added because the plot is not strong enough to sustain the length of the film. There are far too many bland attempts at

comedy outside of the industry satire. As the film progresses, one can always tell what's

going to happen next. Even the choreography is disappointing.

With the exceptions of Kirron Kher, who is wonderful, and Yuvika Chaudhry, who does well in a small role, the acting is equally depressing.

Whatever spark Shahrukh Khan showed in Chak De India is dead. He's back to his trademark overacting, corny body language



and insipid English dialogue delivery. Ariun Rampal is completely unnatural in the second half of the film. Shreyas Talpade, a truly talented actor, is wasted in *OSO*.

Deepika Padukone is beautiful in her debut, but that's about all the praise one can offer. Bindu is her usual annoving self.

Om Shanti Om isn't worthy of anyone's time or money.



Vash Raj Films produced a I number of inferior films in 2007, all of which received their just desserts at the box office. But with the arrival of Aaja Nachle, the production house has salvaged its creative reputation. Aaja Nachle is an out-andout entertainer with a fresh feel and the return of Bollywood's dhak dhak girl Madhuri Dixit! Dia (Dixit) is a successful choreographer in New York. She is essentially in exile from her village of Shamli as she ran away from her engagement so that she could marry a Caucasian photographer. The marriage fails, leaving her to raise her daughter alone. She is called back to India when she hears that her guru is dying. Upon her return to Shamli, she encounters the hatred of the villagers. She also learns that her guru's last wish is for her to save their amphithe-

atre, Ajanta, from demolition by the government, which plans to build a shopping mall there. In a deal with the local MP, she must produce a theatrical play with an all-Shamli cast and crew in two months. The daunting task is made virtually impossible by betrayal, politics and the power of big money. Is Dia able to inspire a love for art in the hearts of Shamli's residents and save her precious Ajanta? Aaja Nachle has its faults. Indeed, much of the plot is hard to believe. Most importantly, there is no culmination to the subplot between Madhuri Dixit and Ranvir Shorey. There doesn't seem to be much struggle for the protagonist; her setbacks are minor and she rebounds just

But Director Anil Mehta succeeds in creating a well flowing film with great chemistry

between the main players and beautiful visuals. The music by Salim-Sulaiman works very well. Overall, Aaja Nachle is two and half hours of fun and great dancing, which is why the majority of its flaws can be ignored.

Madhuri Dixit brings Aaja Nachle to life with her charismatic performance and exciting ihatakas and dhumkas. Looking better than ever, she proves that time is no match for pure talent. Having her star power behind a role that challenges the stigma of divorce and artists is inspiring. Matching Dixit step for step is Konkona Sensharma. Her flair for commercial films and her prowess in artistic cinema make her a force to be reckoned with in Bollywood. Kunal Kapoor disappoints with a contrived



attempt at portraying the "angry young man." Vinay Pathak is definitely up to the mark in a role that is characteristic of his style. Ranvir Shorey is a fine performer and one wishes he had more screen time. Raghuveer Yadav is adequate, Jugal Hansraj pops out of nowhere and serves no real purpose in the film. Divya Dutta's role is half-baked, while Irfan Khan does well in a cameo. Sushmita Mukherjee is great. Akshaye Khanna is in fine form in a small but memorable role. Though not perfect, Aaja Nachle serves its purpose in making the audience dance to its tunes.

## **Khoya Khoya Chand**



Yeh film to ek chand hi hai. The latest offering from Sudhir Mishra, *Khoya Khoya Chand (KKC)* is a tale of lovers who impose failure on each other.

Nikhat (Soha Ali Khan) is a rising star of 1960s Bollywood who uses her beauty and charm to further her career and love life with superstar Prem Kumar (Rajat Kapoor). Prem also happens to be the emotional and physical crutch of Ratanbala (Pakistani actress Sonva



Jehan). In comes Zafar (Shiney Ahuja), a writer far ahead of his time who comes to Bombay to escape his traumatic childhood and family life. The gradual blossoming of love between Zafar and Nikhat, and the subsequent chaos it creates, forms a fascinating look at love, relationships and the ethos of the Indian film industry. Sudhir Mishra has another winner on his hands. KKC is brilliant on all fronts. His direction and story progression is taut. Technically, the film is given the same visual treatment as the era it explores. This only adds to the authenticity of the enterprise. Shantanu Moitra (music) and Swanand Kirkire (lyrics) recreate the magic last heard from them in *Parineeta*. KKC is exciting because of its raw portrayal of the film industry. There's romanticizing of the business — all the debauchery, manipulation and opportunism are exposed. The film addresses issues of incest, child molestation, business ethics and alcoholism with the utmost sensitivity.

Soha Ali Khan's evolution from an annoying wannabe in her first movie to a fine performer in *Rang De Basanti* and now *KKC* is simply astounding. Shiney Ahuja continues to shine. Rajat Kapoor is much better than usual in a film that gives him minimal English dialogue. Vinay Pathak is present throughout the film but seems marginalized. Sonya Jehan essays her role appropriately but she retains much of her Karachi style of cinema. Saurab Shukla's Punjabi persona is perfect. Sushmita Mukherjee is bang on.

Khoya Khoya Chand is an intelligent movie about real people. Sensitive and authentic, this film is an amazing experience and not to be missed.

# 2/3 page ad



# Ragbier Bhandar

By Jasmine Singh

Thile living in Victoria in the 1930s and 1940s, Ragbier Bhandar and his family, which included five brothers and sisters, lived off the land to some degree.

Like many other families at the time, they had a cow they milked by hand and they grew their own carrots, tomatoes and potatoes — although they got their keralas from the indoor greenhouses of local Chinese farmers. Bhandar recalls the strictures of rationing during the Second World War. "Our people didn't drink," he reminisces with a chuckle. "So they would trade their alcohol ration coupons for butter."

When he was only eight years old, Ragbier, who was born in Victoria's Royal Jubilee Hospital, displayed the entrepreneurial spirit that would come to stand him in good stead: he would buy daily copies of the *Victoria Times Colonist* for two and a half cents and sell them on street corners for five.

At the age of five, Ragbier developed asthma and had to spend a year away

from his parents in a local sanitarium; his father came to see him whenever he could, which wasn't easy given the spotty, part-time bus service at the time, says Ragbier.

Ragbier's health subsequently became robust and he played soccer and volleyball on the local gurudwara's sports teams.

Life was busy for young Ragbier, between his chores and attending Heera Singh's '40s-era Punjabi school, where 20 children studied after regular classes ended, fulfilling their parents' wishes that they retain links to their language and culture. Meanwhile, Mrs. Brown from up the street often offered seven-year-old Ragbier milk and cookies while she earnestly tried to convert him to Christianity.

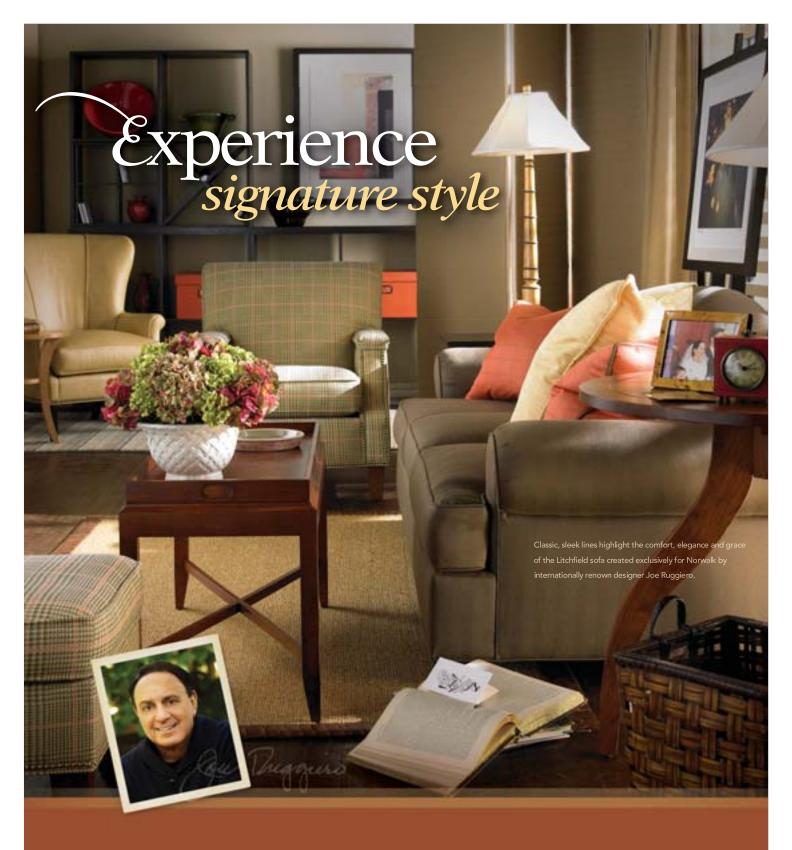
At 17, Ragbier started work at Manning Timber Products, which was located on Victoria's Government Street, where the historic Capital Iron store is now.

"All of these guys that grew up with me," he says, referring to some of the most successful Indo-Canadian lumber barons and landowners in the province, "none of us had an inheritance. We all worked hard."

He would start work at the mill at three in the morning and then go to school at nine. By the time he went to India in 1964 to get married, he was a man of property, with income from his real-estate investments.

His family continued to value hard work and emphasized the importance of education. Two of Ragbier's daughters are academics with PhDs, the third has a masters degree from the London School of Economics and his son is a successful property manager.

Yet he doesn't consider himself as having accomplished anything particularly noteworthy: "You should write about "Dr. Pandiya," he says, launching into his personal memories of the man who helped win East Indians the right to vote by travelling to Ottawa and camping out on Parliament Hill. "What he did was really something."



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far away doesn't mean you have to give up things you enjoyed in your homeland. At Fruiticana it's our privilege to bring you the foods you love. That's why each Fruiticana location is stocked with your favourite products even those hard to find products from countries like India, Pakistan, Fiji and many more. For us it's more than just nostalgia for the place you left behind. It's about enjoying the great taste of home."

Tony Singh
Founder & President

Fruiticana
FRUITS, VEGETABLES & SPICES



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