



“I’M SCARED OF THE SEA NOW”

Mirani Heyzer

It was the morning after Christmas. Our family had gathered for breakfast when the phone rang. It was a rushed

Mirani Heyzer, an Aucklander, was holidaying in Sri Lanka when the recent tsunami hit the country. She shares her first hand experience...

call from a friend informing that the sea was gushing into the land in the southern part of the country. We thought she was joking. After receiving and making a few calls, we thought we must check ourselves. So my husband went to our local beach which is only 10 minutes away. Truly enough, there was something in the air; people had gathered and were looking out towards the sea. “The sea was calm and nothing unusual,” said my husband, but before he could finish the sentence he saw the seabed rising alarmingly. There were no waves but he was not able to see much as everybody was asked to go away towards the land.

There was panic, anxiety and chaos around. There are two small rivers running close to our house, which too were swelling up. People living on the banks were anxiously watching it, wondering whether to leave or stay.

We saw some people climbing to the top of the high-rise buildings in the area. Only then did we realise the magnitude. We put on the TV. It was only through the TV that we learnt how the tsunami struck our island. Oh what a disaster! Unheard of in our country and in our history. Yes, we have heavy rain and floods and mud-slides, but nothing of this sort we ever witnessed. “Why Sri Lanka?” we asked ourselves.

Before our breakfast that morning, we thanked God for our safety and prayed for the victims. Local people had already started organising clothes and food to be sent to the affected areas. The Sri Lankans joined hands for relief efforts, putting aside their religious and political differences.

Just the night before, I was excited about being able to spend some lovely

time on the seashore, watching the waves and feeling the waves break on my feet! Now when I look at the sea, I feel scared. My attitude towards the sea has changed. I feel apprehension despite not being affected by the tsunami, and wonder how the affected people must be feeling!

I have returned to Auckland, but my thoughts are with my fellow countrymen. I know the affected will be crying out to the heaven asking why everything they had was taken away from them! I hope and pray that they will have the strength to rebuild their lives. My sincere wish is that such a thing should never happen to any country.

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“I’LL ALWAYS BE A TARANAKI BOY”

Sangeeta Anand



life lecturing Anatomy and Physiology before joining the NZ Army as an officer. “The Punjabi community holds soldiering in high regard - it’s a throwback to the days when the Punjabis fought and defeated the Mughals.” After reaching the rank of a Captain, Champak was itching to try new challenges and left the Army to undertake his MBA. “Not that the Army wasn’t challenging. I was one of the instructors that took 60 cadets to Fiji for jungle warfare training – just a day before the 2000 coup. We were really vulnerable and it was a real challenge to organise a quick exit in the midst of all the confusion.” Post-MBA, he had his own consulting business for a while before joining Fonterra. He’s still a Captain with the Territorial Army, and is hoping to gain first hand experience of the US military through an exchange.

Take a Taranaki boy with Indian roots and put him in corporate America, and guess what you get? A down-to-earth Kiwi with strong Indian work ethics fuelled by American-like ambitions. Champak Mehta, one of Fonterra’s business development managers in the US, shares his story with The Global Indian.

When asked how he chose his present career, Champak responds with a favourite adage – “Life is what happens when you’re making plans”. Champak started his working

His parents were both university lecturers back in India and emphasised the value of higher education to both his sister (she’s now a doctor in Auckland) and Champak. He earned a BSc (Anatomy and Physiology), a BA and Dip Arts in Economics (in New Zealand) and completed the fulltime Otago MBA programme in 2002. He’s a born-and-bred Kiwi. “I’m a Taranaki boy and always will be,” Champak adds.

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A desire to experience the US firsthand “rather than as a tourist as I had before” while taking on a new professional challenge took him to the US as one of Fonterra’s business development managers. After spending six months living in the US, Champak feels that New Zealand compares quite favourably to the US. “While we Kiwis consider New Zealand laid back, we’re actually quite cosmopolitan in some respects compared to the US - food, wine, tourism facilities, telecommunications and personal banking to name a few - and woefully behind in others: for instance, drivers are amazingly courteous here – very different from Auckland.” He also feels that the gap between the rich and poor is widening in the US. It’s slowly becoming less of a meritocracy and developing its own de facto aristocracy, although it’s not as pronounced as in the UK. “It quite an alien phenomenon for a Kiwi - New Zealand is more down to earth - we don’t really have an aristocracy - unless you count the All Blacks! Also, Kiwis are incredibly versatile - I guess it comes from being a small country that has had to rely on itself to get ahead and it’s something whose absence you notice only when you’re not exposed to it everyday. Overall, the US definitely has the edge in material standard of living but NZ comes up trumps in terms of quality of life.”

As a keen observer, Champak also notices the deep-rooted integration of the Indian community into American society. Indians have a high profile in the US and are well

sought after because of their strong work ethic and high level of education, he notes. They have the highest representation of Masters degree holders amongst all the cross-sections of US society. Indians are well represented in corporate America, education and business – with nine Indian billionaires and over 200,000 millionaires (yes!) - Champak supplies the facts before concluding: “It’s only a matter of time before we start seeing Indians well-represented in elected US political office too!”

Key to such successful migration, Champak feels, is ability embrace the new country, its culture and its people wholeheartedly. “Otherwise, you’re not really being true to it, or yourself. I’m not saying that you should forget your heritage; just that recreating a cultural island will only last a generation and will simply slow the process of assimilation. If those in your community don’t have the opportunity to get to know your culture, you’ll be misunderstood, treated with suspicion and miss out on being inducted into the mainstream,” Champak advises before adding, “Reach out to your fellow New Zealanders. Show them what makes your culture unique and share in theirs. If you do that, New Zealanders will ‘give you a go’. Take a look at ‘successful’ immigrants - they are active in the wider community.” He recommends the movie East is East, “It’s funny but there’s a deeper message.”

Would you like to nominate someone as The Global Indian of the month? Just click below, and tell us.

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NEW ZEALAND

ANAND SATYANAND RETIRES

Judge Anand Satyanand retires from office in February after 10 years as one of New Zealand's Ombudsmen. Of Fiji Indian descent, he was born and raised in Auckland and after graduating from Auckland University was admitted to the Bar in 1970. He practiced law in Auckland before being appointed a District Court Judge in 1982, and worked in Palmerston North and Auckland. He was also active in law reform as a member of the Government Criminal Law Reform Committee, prison and parole work, and legal training. His focus as Ombudsman was on complaints relating to Social Welfare, Inland Revenue and the Police. He sees his retirement as Ombudsman as an "opportunity to make further contributions". He will be officially farewelled from his position on 3 February at Parliament.

INDIA

WHAT'S THE WAIT FOR DUAL CITIZENSHIP?

"The grant of citizenship to PIOs requires a legislation and the process will be completed within three months by the ministry in coordination with the Prime Minister's Office (PMO)," Jagdish Tytler, Minister for Overseas Indians' Affairs said while inaugurating the International Congress of NRIs in New Delhi.

If promises and politicians go hand-in-hand, Tytler was quick to make one more promise. "The next Pravasi Bharatiya Diwas will be held only if the government fulfils its promises, including grant of dual-citizenship to all PIOs." One wonders why the Indian government raised the hopes of NRIs even before a necessary bill is tabled in the Parliament.

But Tytler did not stop at that. He promised tax benefits, easier documentation for visit to India and better educational facilities for NRI families.

WORLD

TSUNAMI HELP STILL NEEDED

After the initial wave of sympathy, the need to revive help for tsunami victims



is even greater. The Global Indian is supporting the Times Foundation (Times of India's charity arm) in its relief efforts. "To help livelihood restoration, in consultation with experts, we are supporting best-practice fishing activities and upgrading fishing equipment," says Kuldeep Nar of the Times Foundation.

We invite financial support. Contributions can be made through for INR www.timesfoundation.org or www.remit2india.com for foreign exchange transactions. Visit www.timesfoundation.org or Email: timesfoundation@timesgroup.com

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WHY INVEST IN INDIA?

The focus of the PBD 2005 was attracting NRI investment. Has it succeeded in it? "India is like a beautiful girl in dirty clothes. It has huge potential for tourism but India doesn't know how to market itself," writer Anand Mullo says. He is right. How many years will we call India a 'developing' country, a label conveniently given by the developed world? You are only as good as you think you are.

If NRIs won't show faith in India, why will rest of the world? India has her problems, but so has every other country. Marketing a country is no different from marketing a company. Employees should have a strong faith in its products. "Every NRI is India's brand ambassador," a Kiwi Indian recently expressed her opinion to me.

"The Indian Diaspora is culturally so strong that India should re-conquer the world, instead of waiting for others to dominate it," Mullo adds. Hinduja group chairman, S P Hinduja, highlighted India's US\$1 trillion investment potential, while speaking in Singapore. Is India still 'developing'?

HELP YOUR BUSINESS REACH ITS POTENTIAL

The Global Indian is read throughout New Zealand, and in many countries overseas. It is New Zealand's first magazine for the Indians living abroad. It is read by well-educated, culturally-conscious Indians. If your business offers products or services that can benefit our readers, please speak to us. Speak to your editor, Vaibhav Gangan, on +64 9 846 4318 or +64 21 251 4924.

BOLLYWOOD

QUOTABLE SRK



With the Padmashree Award under his belt now, Shah Rukh Khan seems to be on his way to acquiring a larger-than-life image. If SRK was to publish a book of his one-liners, there would be many takers. Check out a couple of SRK quotes: "I am like a Rolls Royce which can run without an engine, just on reputation." SRK in the Times of India 3 January 2005. "I am employed by the myth that is Shah Rukh Khan. I am just a worker who keeps the myth going." SRK again.

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A ROBBER WITH A POET'S HEART

Vaibhav Gangan

Shantaram

Gregory David Roberts

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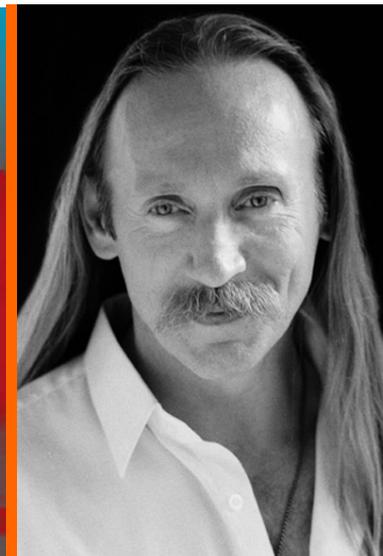
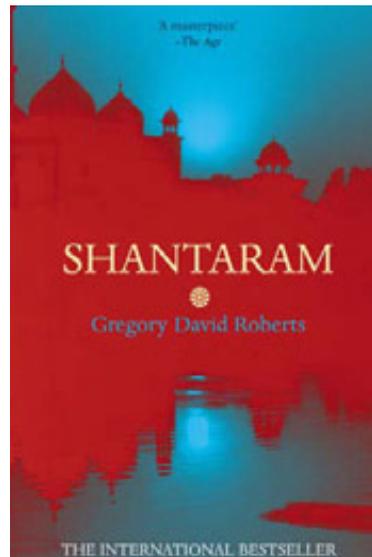
Australia's most wanted robber forges a New Zealand passport and flees to Mumbai, joins Mumbai mafia, moves to Asia, Africa and then Europe before finally being arrested. During his decade-long stay in Mumbai he establishes a free medical clinic for slum-dwellers. It might sound like a story of a Bollywood movie, but it is the central theme of *Shantaram*. And no, this is not a work of fiction, it is an autobiography. Gregory's extraordinary circumstances provide sensational plot for a thriller, and his soft touch of human emotions make this 1000-page book an engaging reading experience.

Gregory's unassuming narrative style takes the reader through the story without writer's biased opinion. The soft touch of emotions surprises readers in many places, given that this book is written by a hardcore criminal who has stabbed and has been stabbed.

It also provides an insight into a foreigner's impression about India. On his first journey from Mumbai airport to Colaba, he is first surprised, then felt defiled by his own health, guilty of his wealth. But as he takes a closer look of the slums and notices happy families, he is again astonished by their will to survive and courage to live.

Throughout the book, the reader will also be impressed by the immense respect and love Gregory feels for India. His feelings are equally shared by his French friend, Didier, who says, "Indians (fall in) love most of all. That is how they manage to live together, a billion of them, in reasonable peace. They are not perfect. They know how to fight and lie. But more than any other people in the world, the Indians know how to love one another. If there were a billion Frenchmen living in such a crowded space, there would be rivers of blood. Without love, India would be impossible." Interestingly, Gregory's Indian friends don't share similar respect for their own country.

Looking at the funny side of life in many places, this book promises to satisfy both fiction or non-fiction readers, and yet leave the reader with many questions.



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MINCE CURRY (SERVES 4)

Ashok Kumar Parmar

Ingredients

500 grams beef or mutton mince

2 large potatoes

1 large onion

250 grams peas or mixed
vegies

1/4 teaspoon cinnamon,
cardamom, cloves

1/2 teaspoon chilli powder

1 teaspoon black mustard
seeds, turmeric, beef stock

2 teaspoons green herb stock, ground
cumin, ground coriander, crushed
garlic

crushed ginger, garam masala

1/4 cup soy sauce, oil

Method

Dice the potatoes and slice the
onions.

In a large pot heat the oil and the
black mustard seeds. Keep covered
and fry until the seeds pop (careful



Ashok Kumar Parmar, 43, was born in Fiji and lives in Dunedin, New Zealand. For a profession, he develops software, and for a hobby, he experiments in the kitchen. When he is not writing software, he is writing recipes for the readers of The Global Indian.

not to burn the seeds).

Add onions and sauté until tender.
Add all the spices except the garam
masala. Fry for a few minutes.

Add the mince and fry for a few
minutes ensuring that all the mince is
broken up and brown (not red any
more).

Add the potatoes and cover with
water. Bring to boil and then simmer
gently for approximately 15 minutes.

Add the vegetables and
cook a further 10 minutes
(until potatoes are tender).

Lastly add the garam
masala and mix. Serve with
rice.

Notes: This curry can be
used as a filling in
samosas - or wrap in filo

pastry and bake for 10 minutes at
200°C

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to share with our readers? Write to
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GOOD OLD ENGLAND!

Rajesh Dhanjee

I've been in London for the past few days having a nice quiet holiday.

Rajesh, a young engineer from New Zealand, is in the UK on his big OE (overseas experience). He recently travelled to London on a holiday.

Thought I should get away from the Clitheroe rat race. Clitheroe has treated me well - nice little town, and those northerners are extremely friendly.

Although it's a small town, it is extremely affluent, and the locals take pride in the quaint image of the town. One of the locals told me that not long ago, Maccas applied to the local council for a permit to build a restaurant there. But the council decided that the 'golden arches' would downgrade the image of the town and rejected their application(!). But the town is quite down to earth.

I went up to the Lakes District for a few days. This is a beautiful, beautiful



area up in Northern England and is the place to go if you like camping/tramping. My first stop was a town called Keswick, supposedly the jewel in the Lakes District crown. From what I saw it was pretty impressive. There are lots of different walks, water falls, and also Derwent Water, the local lake. This time of the year is spectacular with the autumn colours in full view - the different shades of green, red, brown and yellow contrast nicely with the English grey skies.

My next stop was a town called Seatoller, notable for being the

wettest place in England and also for being the home of the impressive great England peaks. I went up Scafell Pike, the highest mountain in England, it's peak a towering 1,000 m above sea level. I got

myself in trouble with the extremely loyal locals when I asked why it was called a mountain and not a hill. However they did get their own back when they noted that I was wearing a jacket labelled "Fairydawn" which in turn brought about questions regarding my manhood. People in England are very fashion conscious and this even extends to the great outdoors. I came across quite a few trampers who were lost, but they still looked the part with their flash gears. I don't know why I got hassled though, I saw a guy wearing tramping speedos.

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IS NZ MEDIA ETHNICALLY AWARE?

Professor Paul Spoonley

In 1990, the then Race Relations Conciliator Wally Hirsh and I edited a book on the NZ media's poor performance in reporting on race relations (Between the Lines: Racism and the NZ Media). Despite concerns from many ethnic communities about how they were portrayed, the media dismissed what was said.

The mass media had little experience of non-Pakeha cultures and was not particularly interested in balanced coverage. Fifteen years later, what has changed?

We have just completed a report on the media and immigrants/immigration in the period from 1994 to 2004 (P. Spoonley and A.D.Trilin, Immigration, Immigrants and the Media). The report card is mixed. There was a highly charged and negative political reaction towards immigrants in the 1994-96 period, and the media

reflected this. After the decline in immigrant numbers in 1997-98, there was a shift in media portrayals.

Immigrants were seen more positively. But there is an important difference.

In the print media, editorials, feature articles and many columnists portrayed the immigrant contribution in positive terms. News reporting continued to repeat stereotypes and what can only be labelled as prejudiced views.



Paul is the Regional Director for the College of Humanities and Social Sciences at Massey University's Albany campus.

When we interviewed Korean and South African immigrants, they acknowledged the improvement but were also concerned about mis-reporting of their own and other immigrant communities. The assessment was clear : the mass media could do a lot better. Other things have also changed since 1990. The first is that new technologies provide very different opportunities.

Whether it is email, a website, or digital connections to a home country, immigrant and Diaspora communities can now keep in touch in ways previously unheard of. They can also create their own information and leisure services – in direct competition with the mass media.

This is emphasised by the self-aware and confident New Zealand-born or educated. Whether they are Indian or Samoan, South African or Chinese, they are beginning to change New Zealand. It is very noticeable in terms of music and fashion, but these new generations are also changing what is listened to, read or watched.

The mass media, with some notable exceptions, have yet to catch on to the extent and importance of these changes. Triangle or Maori TV deliver quite a different product that is in sharp contrast to the orthodox TV channels that provide images that might tell us about the US or Australia but little about the origin societies of immigrants or contemporary New Zealand.

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MOTHERS-IN-LAW

A man sat at the bar totally dejected. The bartender served him his second drink and said, 'What's wrong pal?'

'I'll never understand women.' he said. 'The other night my wife threw me a birthday party. She told me that later on, as her gift to me, I could do with her whatever I wanted.'

'Wow!' said the bartender. 'But why so unhappy? That sounds like quite a gift to me.'

'Well, ' the man went on, 'I thought about it and sent her home to her Mother. Now she won't even speak to me.'

A man takes his dog to a vet and asks him to cut its tail off. The vet can find nothing wrong with the dog's tail so asks the man why. He replies, " My mother-in-law is coming to visit and I don't want anything in the house to make her think she's welcome."

SANTA'S BACK!

Santa Singh at an interview:

Question: What is Ford?

Santa: Gaddi

Question: Good, what is Oxford?

Santa: Bailgaddi!

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“BE INCLUSIVE”

Sangeeta Anand

One of Fonterra's US-based business development managers, Champak Mehta, shares his career graph and work philosophy with TGI readers.

What is your leadership style?

One thing I learnt very quickly in the Army is that true leadership cannot be executed through sheer force of personality and/or dependence on rank and title. A true leader is someone who you want to follow, not one who makes you follow them out of necessity. I try to practise the same principles in my professional life - be open and inclusive, listen more and talk less, and never ask anyone to do anything that you wouldn't do yourself.

What are your key achievements?

My role with the Strategy Team at Fonterra is definitely the highlight to date. I got a chance to work for and with some really smart people and help



formulate initiatives in response to strategic opportunities and threats for a multibillion-dollar global enterprise – it was a real buzz. My current role is an extension of this, in that I'm working with some of the same people and I get the chance to help make some of those initiatives that I worked on come to life.

What is the difference in work environment in the US and New Zealand?

The US is a huge economy – it's difficult to comprehend its size when you stop and think about it. As a result, managers over here are quite

specialised, usually having focused on their particular functional area right from the inception of their career. In New Zealand on the other hand, its quite common for managers to have had a varied background across different industries and functional areas – whether that's a function of the small New Zealand economy, or New Zealand's inherent versatility, I'm not entirely sure. I think in New Zealand, because the opportunities are limited, you have to be that little bit sharper, that little more focused, to succeed.

What are your career aspirations?

Life is what happens to you while you're making plans so I'm not really sure what I'll be doing in the future – I might still be in the corporate world, or have my own business, or have thrown it all in to sit on the beach! I think for me the ultimate challenge would be to assume a CEO's role and guide my own high-performance management team right at the forefront of decision-making within a large commercial enterprise. That would definitely be a thrill and I think I'd really relish the opportunity.

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WHO IS A GREATER LEGEND?

Sanjay Karhade

To draw comparisons is probably the most favourite pass time for the cricket fans world over. And when it comes to great achievers it becomes a tad too much to stand. It happened when Sunil Gavaskar scored his 29th test hundred equalling Sir Donald Bradman's tally. It happened when Brian Lara first overtook Sir Garfield Sobers' 365 not out – then the highest individual score in a test innings – and now it's happening yet again after Sachin Tendulkar has equalled legendary Sunil Gavaskar's world record of 34 test hundreds!

Are comparisons necessary at all? All these God-sent cricket legends

played in different eras, and in such socio-economic and political environments that were poles apart. Sir Donald played when the world was at war, wickets were not covered and the atmosphere on the grounds was unsportsmanlike. A simple towel – wrapped around one's thigh – would work as a protective gear! Sunil Gavaskar played when the bowling attack was the best ever witnessed by the cricketing world. It was lethal, dangerous and even deadly at times. But wickets were covered and the protection for batsmen was evolving. Sachin Tendulkar is playing in an era which dishes out almost perfect set-up



Sanjay Karhade has been writing on current affairs and sport in India for over two decades. He contributes to The Global Indian on the current and sporting front in India.

in terms of playing conditions. The sponsors are pouring money in the game and notwithstanding the occasional goof-ups, the organisers are turning every possible stone to make the game as entertaining as possible.

Of course, nobody will dare say that the prevailing circumstances make the game any easier. It continues to be as challenging, albeit with newer challenges. Earlier eras afforded time to cricketers to iron out any flaws that may have crept in, in their technique unknowingly during tours. They could play Ranji and Duleep Trophy matches or go to their coaches for the purpose. They were hardly bothered by words such as tiredness, exhaustion and

fatigue – mentally or physically. With the number of one-day and test matches on the rise, the word 'injury' is only at your doorstep and it doesn't even knock your door before knocking you down! The word 'money' in cricket is yet another demon. (It is in our mind) It enhances our expectations no end. And Sachin Tendulkar has to battle with all this, perform against the top class, not fail once, maintain his humility and live a life that we think is right for him. We tend to forget that even Tendulkar is a human being!

To drive the point home, it would be unfair to compare two players from two different eras, for, both have played in different conditions and faced dissimilar challenges.

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It would also mean judging one's ability against another's. And however one wants to be unbiased, 'A' will get pitted against 'B'. The likes and the dislikes at such times invariably influence one's thinking which in turn tantamount to insulting – unknowingly though – the fine qualities the two legends have displayed over a long period of time. Drawing comparisons is, therefore, certainly not the best way to appreciate the game and those who make it so very enthralling, riveting and at times romantic!

The only comparison one could draw is that each stood tall under the respective compelling circumstances. And so, became legends. Each represented their country with utmost pride. Each one has sacrificed a plenty to rise to the high that we are in awe of. And they have done it with sincerity, dedication, discipline and determination.

Isn't it enough that the two super-

achievers have given us immense pleasure and made our life-experience that much richer? How would you compare a classical straight drive that wore a Gavaskar-stamp with a scorching lofted on-drive by Tendulkar – one crosses the boundary rope leaving the fielder at a teasing distance with hardly any time to catch his breath and the other flies sky-high resting all fielders wide-eyed and open mouth? But both are stunning. If a Gavaskar-hundred used to be like a deep n' calm ocean, Tendulkar-hundred flowed like the effervescent and sparkling Niagara Falls. And both are equally gripping!

Both have represented India with great dignity and decorum. Both have forced the world to wake up and take notice of Indian Cricket by their stupendous deeds. Both are cultured, well-behaved, well-dressed, down-to-earth and humble. Both flash equally refreshing smiles and to top it all both are Indians! Why compare?

HANDY TIPS

To easily remove pet hair from anything, just slip on a rubber dishwashing glove and simply wipe in one direction. The hair will roll right off.

To keep ants from climbing into outside pet food bowls, rub petroleum jelly around the bottom of the bowl

To add a sparkle to glassware, add a few drops of laundry blue to the water. Rinse with hot water.

Stubborn stains from glasses can be removed with washing soda.

Your mirrors need polishing every few months. Use a little starch mixed in water. Let the water dry up on the mirror surface. Then rub it gently with a clean polish cloth.

Lacquered brass can be cleaned with spirit or vinegar, which should be washed off with water. Don't use metal polish as this corrodes lacquer work.

To sharpen scissors try cutting sandpaper with them.

Contributed by Monica Rodrigues

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GOAL SETTING FOR SUCCESS

Jasbindar Singh

Goal setting is a very powerful tool for taking control of one's life. Research shows that most achievers in any field are people who set goals. Furthermore, people who write down their goals have over 95% chance of achieving it. Your New Year goals will help you:

- Be focused and intentional
- Clarify your priorities
- Be a source of motivation

There is no one totally correct way to set goals. Steven Covey who revolutionised people's thinking in his book, *'The Seven Habits of Highly Effective People'*, suggests setting goals according to the different roles we play. For e.g., you may set goals under employee/business owner, partner, mother, brother, daughter, community worker, friend, and

sportsperson categories.

Robyn Pearce, a time management specialist and author of *'Getting A Grip On Life'* recommends the

Jasbindar Singh is a business psychologist and executive coach.
www.sqconsulting.co.nz



following headings:

Mind, Body and Well-being

Relationships,

Family and Home; Career

Business and Workplace

Prosperity, Money and Time

People, Community and Contribution.

You can also divide your goals into short term (6 months to 1 year), medium term (1-3 years) and longer term (5+ years). To ensure success, go for SMARTER goals!

S = Specific

M = Measurable

A = Achievable

R = Realistic

T = Time-bound

"A focused mind is one of the most powerful forces in the universe." Swami Vivekananda

E = Energising

R = Rewarding

As an example, your goal may be "to get fit in 2005." Good intentions but it could be a lot SMARTER - "On the 1st of February I will join gym LMWF for 12 months and commit to three pump classes a week."

The goals must have some degree of 'stretch' or challenge to it. Too little stretch - you will lose inspiration and motivation. However, don't make it so impossible that you have to give up. Bear in mind the R (realistic) in your SMARTER goals! Blocking time aside on a scheduled basis to review and reflect is absolutely vital. Setting goals can be easy, but monitoring and shaping your attitude and behaviour is what makes the real difference.

As you achieve milestones en route to your major goal, do celebrate your achievements. Finally, whatever your goals, keep the SQ (spiritual intelligence) perspective in mind - aim high but don't forget to appreciate the journey now!

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AFRICAN CONNECTION

Ruth DeSouza

We often think of migration as moving between two places, my story is one of many journeys that spans the generations. In my last article, we



Ruth is a researcher, educator and mental-health nurse.

looked at my Goan roots. Today, we'll discuss my other connection - African. I was born in Tanganyika (now Tanzania), into a Catholic family from Goa, India. I was exposed to multiple heritages: Maragoli, Swahili, Konkani and English. My great-grandfather left Goa to work in Burma and both sets of grandparents subsequently migrated to Tanganyika.

Goan migration to Africa was not surprising. Indians had been traders and later sojourners as far back as 3000 years. The Indian Diaspora was a 19th and 20th century development related to the impact of the British

indentured labour scheme, which sought to replace slave labour with cheap and reliable labour. Indian women were the second largest group transported to colonies after African women.

Large scale migration of Indians to Africa began with the construction of the great railway in the late 19th century. Indians were renowned for their work ethic and competitiveness, but a quarter of them died or returned disabled. Indians (especially Goans) were recruited to run the railways after they were built (as my grandparents were) and Goans came to dominate the colonial civil services.

Catholic Goans spoke Konkani, English or Portuguese and dressed in more Western clothing. They were further set apart from Hindus and Muslims by virtue of religion and because they ate pork and beef. For Goans, migration to Africa was intended as a way of earning some money for retirement in Goa. Asians were excluded from certain professions or from living in areas

where Europeans preferred to settle, like the fertile Kenyan highlands. Land was unavailable for freehold purchase and education provision was inadequate resulting in children being sent back to India (as my father was). Later on, as communities grew, special schools were established and women and children joined their men (as was the case for my mother's family). Leaving Africa was a result of the unease caused by the expulsion of Asians (people from Bangladesh, Pakistan and India) from neighbouring Uganda in 1972. East Africa in the early 1970s saw increasing crime targeted against Indians. The process of 'Kenyanisation' was affecting our daily lives. I recall going to sleep frightened and being told to pray for safety. My parents wanted to live away from fear. In 1975, after some failed attempts to get to the US we migrated to New Zealand. To pay our airfare, we had to sell virtually all our possessions, even my parents' wedding presents were left behind. Next time, we'll talk about my experience on arrival in New Zealand.

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WHO BENEFITS FROM BENEFITS?

Last year, I argued that funding for education and healthcare should be based on need not on race. I also dealt with the law and order policy. Today, I want to deal with entrenched welfare dependency.

Businesses are screaming out for staff. If ever there was a time when beneficiary numbers should have fallen, it is now. Instead, we have over 300,000 working-age adults on benefits, about 15% of the workforce.

Add in the children of these adults and we are talking about more than the equivalent of Christchurch and Dunedin combined on welfare. The numbers are projected to increase by a further 18,000 within three years. Welfare benefits are funded from the taxes levied on those who go out to work each day, who work overtime or take second jobs, and who find themselves little or no better off than their

beneficiary neighbour or relative as a consequence.

The financial cost of the benefits amounts to over \$5 billion a year, or about \$2500 a year for every single member of the workforce. We are

DON BRASH WRITES

sending absolutely the wrong signal to the next generation about what is needed to get ahead in life. If you offer people a free lunch, and you make it available every day for the rest of their lives, there will always be some who will take it.

Sickness benefit:

The next National Government will want to confirm that those on Sickness and Invalids' Benefits are in fact unable to contribute to their own support, and will implement a thorough medical evaluation process.

Unemployment Benefit: After a period allowed for job search, ongoing taxpayer support will be conditional on

the unemployed person undertaking community work or training. To reduce the risk to employers, we will introduce a 90-day trial period.

DPB Benefit: Reducing the number of those on the DPB must be about

finding ways of strengthening families, about educating people about the responsibilities of parenthood, about taking a tougher line on the financial responsibilities of non-custodial parents, and acknowledging adoption as an acceptable option, particularly for teenage girls. We have to find a way to maintain the benefits for women escaping violent or profoundly unsatisfactory relationships, and for women abandoned by men unwilling to face up to their responsibilities.

Our aim over 10 years is to reduce the number of those on benefits from over 300,000 to 200,000. The financial benefits would be measured in the billions of dollars.

Dr Brash is Leader of Opposition, and former governor of the Reserve Bank of NZ.

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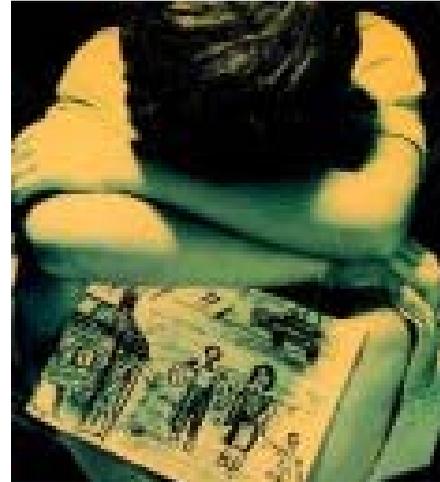
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IS FAILURE IN MARRIAGE A MISTAKE?

Nimisha Aggarwal, Melbourne

I was chatting through the Internet with a childhood friend who's recently separated. A chirpy girl in her late 20s, she was going through an emotional turmoil, and surprisingly, friends and relatives were not making things any easier for her - although unknowingly. In fact, it had reached a stage where she would change the topic. "I know it must be tough..." would be the opening line of all her conversations. She did not want to be pitied, but she ended up with sympathy every time she wanted to put her chin up. In fact, some conversations would have a subtle assumption that it was all her fault, including from her girlfriends.



Is failed marriage a mistake? Is there a formula to ensure a successful marriage? Is being a divorcee a handicap? Society's attitude is changing. Divorce is not such a

stigma in the western world where we live. But the sympathetic response brings back sad memories and makes it difficult for the person to get over the past.

I think if we have a friend who's gone through a rough time in her marriage, we should help her rebuild her life by not constantly reminding her of her failed relationship, but by helping her to move on. As a friend/relative, we can help her develop a hobby, find a job, or at least, entertain her when we have spare time, by spending time with her, shopping with her, holidaying with her.

Parents can play the most influential role in this process of emotional rehabilitation. The best approach is to treat her as we would if she was never married. End of a marriage is not end of the world. In a foreign land, away from parents, end of a relationship can bring financial hardships too. It can be tough to start all over again when you are also trying to fill the emotional void. Friends can help to fill that emotional void by not being too intrusive.

Fortunately, my separated friend is coping well, thanks to a great set of mates she's got.

HELP US HELP YOU

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Last month I visited India after three years. I was surprised by the progress India has made. Of course, there are areas for improvement. But I could see the momentum. Lower middle class has acquired strong purchasing power, thanks to liberal lending by the banks. Consumerism is at its peak. Upper middle class has regained confidence in India's ability to provide a good standard of living. The poor seemed to be a great deal better (although still away from luxuries). Met with a couple of old friends who were also holidaying in India. Interestingly, our experience was similar. It felt good to be in India.

Sunil Rao, Christchurch

My parents returned to India after spending two months with us. They enjoyed reading The Global Indian during their stay here, especially given the lack of quality publications with Indian touch. They would like to share their NZ experience with TGI readers.

Sunita S, South Island

(Sunita, thank you for sending your parents' article, about their recent NZ visit. We'll try to publish it in one of our forthcoming issues—Editor)

Editor's note:

1. It was great to see so many readers writing in. Many of you have also contributed articles and we have published a few in this issue. We thank our contributors. The quality of your articles is very high. We thank all of you for helping us maintain these high writing standards. Please keep writing!
2. Many of you also wrote in with queries about dual citizenship. In this edition, we have provided an update. For more details, contact Indian High Commission in Wellington.

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