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## INDIA-NZ DEFENCE CO-OPERATION TO GROW

Sandeep Chandra

NEW DELHI—Defence cooperation between New Zealand and India is set to grow over the next few years. There have been some exchanges at the senior most levels.



INS Tabar's visit seems to be part of Indian Navy's efforts to build close ties with neighboring countries.

(Image courtesy: Indian High Commission, Mauritius)

One such effort is the visit of Indian Naval Ship Tabar, which is calling on Auckland and will be open to public on 5 July from 12pm to 6pm at Devenport. Russian-made Tabar was commissioned at St Petersburg in

April 2004, and has travelled across the globe.

This modern warship has stealth features, an impressive suite of weapons and sensors that make her versatile for a variety of missions.

Tabar left Chennai shores in May with relief material for quake-affected Indonesia, as part of India's mercy

missions demonstrating the reach of Indian military force. Many will recollect that Indian Navy and Air Force carried out extensive relief operations in Asian countries after the 2004 tsunami.

Following Jakarta, INS Tabar's visit to Fremantle and then to Sydney and Auckland seems to be part of Indian Navy's efforts to build close ties with neighboring countries.

Tabar is equipped with vertical launch surface-attack missiles, surface-to-air missiles, anti-submarine weapons as well as a suite of guns.

As part of cooperation between Indian and New Zealand navies, there have been some exchanges at the senior level with Rear Admiral David Ledson, Chief of the Royal New Zealand Navy having recently returned from an official visit to India.

HMNZS Te Mana recently called at Indian ports of Kochi and Mumbai and exercised with Indian Navy units. Many New Zealand officers have also visited India on occasional military education and training programmes.

During this visit, Indian Navy's Vice Admiral Suresh Mehta will meet the senior officers of the NZ Defence Force in Auckland and Wellington.

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**PEACEMAKER INDIA**

Sandeep Chandra

India will make an initial commitment of US\$2 million (NZ\$3.4 million) to the Peace-building Fund to be set up under the newly established Peace-building Commission at the United Nations.

As one of the top five providers of

military personnel and civilian police to the UN peacekeeping operations, India has been selected as a member of the Organisational Committee of the PBC.

Not many people are aware that India is among the longest serving and largest troop contributors to UN's peacekeeping activities.

More than 85,000 Indian troops, military observers and civilian police officers have participated in 42 out of the 60 peacekeeping missions established since the inception of the UN.

Over 100 Indian soldiers have died while serving in UN peacekeeping operations, and have been awarded the Dag Hammarskjold Medals.

**TRIANGLE TV ENTERS WELLINGTON**

TGI Correspondent

Triangle Television Wellington is right on target to broadcast live to the capital city in early August.

The free-to-air channel has been operating in Auckland for almost eight years.

Triangle will offer a variety of local



content together with international news, information and entertainment programmes.

The licence to broadcast in Wellington was granted in 2004, and though Wellington's geography poses major transmission problems, reception will reach most of Greater Wellington and the Hutt region and it is expected that this will extend even further later this year when the station is included in the offerings available on the Saturn cable

network.

Triangle Television Chief Executive Jim Blackman says the response from Wellington so far has been outstanding: "We are delighted that, at such an early stage of its history, Triangle Television Wellington already has programme-providers whose shows are on target for screening when broadcasting begins in early August. The Wellington station will be an excellent alternative to mainstream channels."

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**INDIA: NZ'S FASTEST GROWING MARKET**

Vaibhav Gangan

*(This article was published by many publications in New Zealand and worldwide.)*

A recent Auckland seminar reiterated to the New Zealand audience what rest of the world already knows - doing business with India is not only profitable but also inevitable.

Organised by the India New Zealand Business Council and aptly titled "India Ascends", the seminar was attended by over 100 people from a range of industries, and was a testimony to New Zealand's awakening to the changing global economic order - albeit late!

"We (in New Zealand) were late off the mark in realising India's potential," conceded Paul Vaughan, New Zealand's Trade Commissioner to India. "But in the last 10 months alone, the workload at my office has doubled." That growth is not surprising. India is now New



Zealand's fastest growing export market, having seen 71% growth in the latest quarter alone.

Coal is our biggest export to India, and this is a recent development.

India is currently importing two different types of coal: one from New Zealand and the other from Australia, and mixing them in India to create a variety that produces minimum ash.

Traditionally, wood (timber) has been New Zealand's big export sector to India, but that has been commodity market, and there is need to move to value-added wood exports. New Zealand is rapidly losing its export edge since globalisation has removed trade barriers in many sectors across the world.

As WTO came into effect last year (India being a signatory), India's pharmaceutical sector has become available for international research and development. So major pharma companies worldwide will be moving their R&D operations to India. It makes sense because costs of R&D in pharma are

phenomenal. Average R&D behind one single drug is 15 years, involving millions of dollars!

Export education is another area that NZ Trade and Enterprise is promoting on a big scale.

But for many people in New Zealand, the India message needs to answer some basic questions - do they speak English there? "I haven't had to use any other language other than English in India. No other language is spoken across the country like English," Paul told the audience as if he had read their mind.

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But what's the hype about India? To start with, it is home to some 450 million middle-class people with growing purchasing power.

For businesses, money grows faster there - India's return on investment is the highest in the world at 19% compared to China's at 14% because capital is efficiently used. Which is why, despite attracting only a fraction of foreign direct investment compared to China last year, India is still recording 7%-8% growth, according to Professor Sunil Ashra, Area Chairperson (Economics) and Associate Professor, Management Development Institute, India. And this growth is not ad hoc or seasonal. "It's sustainable growth. India's World Competitiveness Ranking has improved to 29th this year from 55th two years ago, and will improve further," Paul says.

The future looks even more promising for the US\$650 billion economy. "By 2010, India will be the only country in the world where the number of people

entering the workplace will be more than people retiring. Indians don't start to age until 2030," Paul asserts.

Of course, India is not without her challenges. Poverty, security and healthcare are key issues, according to Paul. "There are problems, but they are being addressed," Sunil adds. "For example, new Electricity Act was introduced last year, and it'll address the power shortages."

Infrastructure is another area that needs attention. There are four major airports projects underway, according to Paul. Privatised ports are being built. Some New Zealand companies are already involved in these projects in India, and others see an opportunity there to get involved.

Overseas Indians are noticing opportunities in India, and driving domestic demand. "Many from India's strong Diaspora are returning to India for good," Paul says.

I was amazed when Paul told me that many New Zealand companies are now already doing business in India. "You name a sector, and I'll tell you a

list of companies there." Paul says. And this major change in perception has been in the last year alone. But for companies that are still apprehensive, there's help. "There can to be another New Zealand company in India that can work as a mentor for the new entrant," Paul says. And New Zealand has much to benefit from India's growth. According to Paul, New Zealand can find many opportunities, especially in retail. "This industry has huge potential because only 3% of current retail sales are by the organised sector. UK retail giant TESCO is investing in the backend of the retail industry."

If that's not reason enough, Commonwealth Games 2010 offer many opportunities for New Zealand. "A big Indian delegation attended the recent games in Australia, and came back highly impressed. They are likely to use the 'Australian' template for the next games in Delhi. So, if New Zealand can provide any reference to work done in Australia, we'll automatically be favoured by Indians," Paul feels.

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## GROOVY INDIAN

TGI Correspondent



For most migrants, the dream of living in a western country comes with the hope of leading a life with good work-life balance.

But in a fast paced environment, this dream takes a backseat. "Get Your Groove Back" is a new book that provides the toolbox for achieving what is truly meaningful in life. Spiritual Intelligence (SQ) pioneer Jasbindar Singh spells out how to live your life with joy and fulfillment, to be the best you can be and align work and life with your

core values.

Jasbindar Singh is a qualified clinical psychologist and has worked as a business psychologist and executive coach for over 20 years, specialising in leadership coaching. Jasbindar writes a regular column, "Mind Matters" for The Global Indian magazine.

As Kevin Roberts, CEO of one of the largest advertising agencies in the world Saatchi & Saatchi, says on the cover of the book, "To be the best we can be is the secret to incredible fulfillment and achievement. Turn the page. Dive in. Here's a door to the future..."

## LET THERE BE VOICE!

Sangeeta Anand

New Zealand is shaping its identity as a young but diverse society experimenting with its multiplicity. As the marginalised ethnic communities find new ways to voice their views, the resultant expressions are creating ripples in the established dominant culture (hopefully).

In the growing ethnic media market, there is yet another addition - the AEN Journal to be launched on 3 July. The Journal will be a monthly publication to be freely available electronically at [journal.aen.org.nz](http://journal.aen.org.nz).

The Journal is a natural progression from the AEN, an email list with over 200 members, founded by Ruth DeSouza and Andy Williamson (pictured) for exchanging



information.

According to Ruth, Journal "is about communication; telling our stories, giving our views and having our say. It's a place for smart and creative thinking, somewhere to raise issues and challenge assumptions."

Ruth, a former columnist of The Global Indian magazine, is a senior research fellow at AUT University's Centre for Asian and Migrant Health Research. Andy is an experienced consultant and researcher who specialises in the strategic and policy aspects of ICT.

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**NZ MEDIA FAILS TO  
KEEP PACE WITH ASIA**

The media needs to accept a bigger role in informing New Zealanders about Asia's growing geopolitical and economic dominance, according to a soon to be released Asia Knowledge Working Group report.

Despite Asia's growing importance, to

New Zealand directly and to world affairs generally, mainstream media organisations give the region a low priority, Asia:NZ Foundation's June newsletter quoted the report.

In terms of news selection, mainstream media tend to regard Asia as less important than Australia, Europe and the United States, the

newsletter added.

Another finding has been that the mainstream media is not engaged with Asian communities within New Zealand. As a result, events of importance to those communities do not receive coverage, and other New Zealanders do not receive a balanced view of those communities.

**INDIAN MEDIA  
OPPORTUNITIES FOR  
KIWIS**

Even as New Zealand's mainstream media show a poor record of hiring journalists from ethnic minorities, there are three new exciting opportunities for New Zealand journalists seeking to experience working in journalism in India, thanks to Asia:NZ Foundation.

Following Asia:NZ Foundation media advisor Charles Mabbett's recent visit to India, the Hindu newspaper in Chennai and the Deccan Herald in Bangalore will host visiting New Zealanders for short secondments.

"I've had positive response from the newspapers," says Charles.

With a circulation of 11 million, the Hindu is a national English language newspaper with nine bureaus and a staff of 3000 of which 800 are journalists. The Deccan Herald is a regional English language newspaper based in Bangalore, with a circulation of 175,000.

One of India's leading journalism schools, the Asian College of Journalism, is also willing to utilise the experience and skills of New Zealand journalists and tutors seeking to spend time assisting in the development of Indian journalists.

Media is one of the fastest growing industries in India, with thousands of recent graduates aspiring to be broadcast or print journalists.

As per a report released recently by WAN (World Association of Newspapers), India is now host to world's largest media industry in democratic world. With 78.7 million copies sold daily, India records the highest newspaper circulation in the democratic world. Some 62 of the world's 100 best-selling newspapers are from India, China and Japan.

To register your interest for these opportunities, email [cmabbett@asianz.org.nz](mailto:cmabbett@asianz.org.nz).

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## HEALTH OF YOUNG INDIAN NEW ZEALANDERS

*Dr Kumanan Rasanathan*



A new study, conducted by Auckland Regional Public Health Service and the University of Auckland, provides the first systematic insights into the health of young Indian New Zealanders. The study shows that whilst most young Indian New Zealanders at secondary school are healthy, there are real concerns around bullying, school safety, mental health and lack of physical activity.

The study shows that, overall, young Indian New Zealanders are a very healthy group who report positive family and community environments. Young Indian New Zealanders are less likely to engage in risky behaviours than other young New Zealanders. These behaviours include smoking, drinking alcohol, using marijuana, being sexually active and being exposed to drink driving. However, young Indian males are more likely to engage in many of these behaviours than young Indian females.

Major concerns are mental health and bullying. Young Indian New Zealanders (particularly females) are more likely to report depression than their European New Zealander peers. Many feel unsafe at school and they are more likely to have problems with serious bullying than young European New Zealanders. They are also less likely to report bullying to an adult.

Another concern is the finding that most young Indian New Zealanders do not do the recommended three episodes of vigorous physical activity each week. They are less likely to do so than young European New Zealanders. Young Indian females are less likely to participate in such activity than Indian males. This is a particular worry because of the known susceptibility of Indians to cardiovascular disease and diabetes.

The study challenges service providers and schools to look at how they cater for the increasing diversity of New Zealand society. Most young Indian New Zealanders are not recent migrants, yet their concerns have been ignored to a large extent by mainstream providers. It is thus very important that the issues raised by the study are addressed.

The study involved 271 secondary school students from throughout New Zealand who identified as ethnically "Indian" from the Youth2000 project conducted by the Adolescent Health Research Group at the University of Auckland.

The report is available from [www.youth2000.ac.nz/asian.html](http://www.youth2000.ac.nz/asian.html)

*(Written for The Global Indian magazine. Kumanan, a public health doctor, works for the Ministry of Health and has previously worked as a clinical doctor in Australia and the United Kingdom.)*

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## AUCKLAND'S BEST KEPT SECRET

TGI Correspondent

New Zealanders' fascination for curries will soon find yet another excuse. Jewel of India, which is a household name for Indian frozen curries, is offering a new experience to Aucklanders with the opening of freshly renovated Jewel of India Restaurant in Mission Bay by National Party leader, Dr Don Brash (seen left in the picture).

Award-winning ready-to-eat meals manufacturer Dakshin Products has ventured into the restaurant business, with the take-over of Jewel of India Restaurant.

It's coming of full circle for Dakshin whose Jewel of India frozen foods brand was born from this restaurant, under previous ownership.

It was like a homecoming of sorts, says Mr Ram Rai, director of Jewel of India. "Being in the food business, it just seemed like a natural extension, and the 'Jewel of India' name was important for us and is trademark protected. When the restaurant came up for sale, we saw it as a perfect opportunity to bring it under our wing."

After taking over the frozen curries business in 2001, the current owners took Dakshin to secure the largest market share in the Indian frozen meals category. Jewel of India Butter Chicken Frozen Convenience Meal was chosen as the most popular choice in the 2005



Foodtown Magazine People's Choice Awards, in a vote by Foodtown Magazine's 232,000 readers.

Mr Rai is confident that the new ownership will further build on the restaurant's strong local reputation. "Our emphasis on quality was underpinned by the Foodtown award last year, and we are now set to extend that quality commitment to the renovated restaurant."

Dakshin has completely refurbished the restaurant on Tamaki Drive opposite the Mission House, with new paint and lighting scheme, new bar, a professionally designed menu that has great visual appeal, and new artwork on the walls. "By renovating the restaurant, we wanted to give it a fresh new look and feel." Mr Rai adds.

Finally, a relaunched website completes the picture: [www.jewelofindia.co.nz](http://www.jewelofindia.co.nz)

Visit us: [www.theglobalindian.co.nz](http://www.theglobalindian.co.nz)

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**ARE WE READY FOR MORE ASIANS?**

New Zealand's new Residence Programme has invoked a mixed reaction for me. The good news is more new migrants will be welcomed under the New Zealand Residence Programme during the next 12 months, Immigration Minister David Cunliffe announced. That's surely a good news for New Zealand's ailing economy recording a marginal 1% growth. There will be a minimum of 47,000 and maximum of 52,000 places available for the 2006-07 year. This is the highest number since the 2001-02 year.

There is more good news for businesses too. More skilled migrants with work experience in areas of "absolute skill shortage" (IT, plumbing and engineering) will gain points towards residence in New Zealand.

But from Asian perspective, the good news ends there. Effective from 24 July, work experience in countries considered non-comparable labour markets, such as India and China, will

be recognised in areas of absolute skill shortages. Sounds good, doesn't it?

**Are New Zealand employers yet confident to employ Asian migrants based on their skills and experience gained in China or India?**

But wait! Is Cunliffe right in his assumption that, "Up to 52,000 places offered to migrants means more vacancies will be filled"?

Are New Zealand employers yet confident to employ Asian migrants based on their skills and experience gained in China or India? The feedback I receive indicates otherwise.

For a handful of employers who confidently hire Asians, there are many who are still skeptical, ignorant, or outright uninterested in hiring migrants

from these countries, which explains a high number of underemployment, health issues and social challenges in

this ethnic group, as per recent studies.

It would be a better situation if

migrants from those countries (eg UK, South Africa) are accepted who'll have no difficulty finding "relevant" jobs, until New Zealand is ready for the Chinese and Indians, than to allow migrants from India and China for whom many New Zealand employers are not ready yet.

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## INDIAN FILMS IN NZ

Sandeep Chandra

Three Indian films (I for India, John & Jane, and Water) are being featured at the New Zealand Film Festival in July and August.

### I for India

Director: Sandhya Suri; With: Yash Pal Suri, Sheel Suri, Sandhya Suri, Vanita Suri, Neeraj Suri

In 1965, optimistic young doctor Yash Pal Suri and his wife Sheel left their home country of India to settle in the grim north of England. Frustrated with the inadequacy of letter-writing, Yash bought two Super-8 film cameras, two projectors and two reel-to-reel



recorders and shipped one of each to his parents in India. Over the following decades Yash captured his budding family in their new surroundings.

### John & Jane

Director: Ashim Ahluwalia; With: Glen Castinho, Oaref Irani, Sydney Fernandes, and Vandana Malwe

Documentarian Ashim Ahluwalia's

subjects are workers at a Mumbai call centre, young Indian night-shift workers whose imaginative lives are as American as the strangers they earn a living from harassing by phone.

### Water

Director: Deepa Mehta; With: Seema Biswas, Lisa Ray, John Abraham, Sarala, Manorama, and Vidula Javalekar. Set in 1938 Colonial India, Water begins when Chuyia, a child-widow, is sent to an ashram where Hindu widows must live in penitence. The arrival of the indefatigable Chuyia immediately impacts the lives of the other residents.

Details at [www.nzff.telecom.co.nz](http://www.nzff.telecom.co.nz)

## SHREE RAM KATHA

A journey into the dramatic and exotic world of legendary Indian mythology unravels in a mesmerizing dance – theatre experience when classical Indian dance company, Mudra Dance Company, presents its latest production at The Opera House,

Wellington on 19 and 20 August. "Shree Ram Katha" is a classical Indian dance drama is performed by over 30 dancers in spectacular costumes, with renowned dancer, Vivek Kinra and four dancers from Chennai, India. Book at Ticketek.



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## A GLOBAL INDIAN AT IIFA

Vishal Singh

Surprises don't cease to transpire in the glamour world. One such surprise that enamoured the film fraternity and other distinguished guests present at the IIFA awards was the award bestowed on Ashok Amritraj at the 7th International Indian Film Academy awards in Dubai.

Ashok, a former professional tennis player, played every major tennis tournament in his nine-year career, including Wimbledon and The US Open. In 1978, he was a member of the team that won the World Team Tennis Championship and in 1974 he was a finalist at the Wimbledon Junior Tournament.

But his Hollywood struggle was long. "Everyone wanted to play tennis with me, but no one wanted to be in my movies," Ashok recalled in receiving a special recognition at IIFA 2006. Ashok's diligence and persistence eventually paid off, bringing him full circle from a sportsman to a film producer.

Today he is chairman and CEO of Hyde Park Entertainment in Los Angeles, a company he founded. Ashok is recognised as one of the most successful producers in Hollywood, with over 70 Hollywood movies to his credit, including the recently produced box office hit, Bringing Down The House.

Some of his accolades include Jeans, Double Impact,

Bandits, Moonlight Mile, Bringing Down the House, Walking Tall, and Raising Helen.

"Jeans" was selected by the Film Federation of India as the country's sole nomination for Best Foreign Film in the



Unveiled... tennis star to Hollywood tycoon, Ashok Amritraj at IIFA! Photo courtesy: IIFA

1998

Oscar race. Hyde Entertainment has recently signed a multi-picture deal with British financier Brass Hat Group for US\$400 million.

He is on the Foreign Film Board of the Academy of Motion Picture Arts and Sciences, a member of the British Academy of Film and Television Arts and is on the International Council for the Emmy Awards.

Truly a Global Indian and a well deserved award!

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MOVIE REVIEWS

## KRRISH: INDIA'S FIRST SUPERHERO

Shot in Singapore, Krrish is the sequel to "Koi Mil Gaya". Rohit and Nisha die in a car accident, and their son (Krrish—Hrithik) grows up in his grandmother Sonia's (Rekha) care. As Krrish gets older, he discovers that he has superpowers. On a hiking trip, he meets Priya (Priyanka Chopra) and the two fall in love. Then Priya returns to Singapore and Krrish is left heartbroken.

Sonia encourages him to go to Singapore and woo Priya. He takes her advice and discovers a fascinating world. But a devastating event begins Krrish's life as a masked hero and his attempts to save the world from a villain (Naseeruddin Shah). Worth watching!



## GOLMAAL ... FUN UNLIMITED

Four college students are bound together by their aimlessness. Gopal (Ajay Devgan), the wisest follows the motto "eat, drink and be merry." Mahadev (Arshad Warsi) and Lucky (Tusshar Kapoor) feel that only idiots work. Laxmi (Sharman Joshi) is a God-fearing guy and a bright student. After the dean of their college throws them out of the hostel, Gopal finds a bungalow inhabited by an old blind couple. He pretends to be Prashant (the blind couple's grandson who is in America) and asks for the rest to move in (although his friends must remain silent). As the confusion unfolds, be prepared for comedy throughout the film.

STAR OF THE MONTH

## AJAY DEVGAN

He was born Vishal Devgan on April 2, 1967. He won Filmfare Best Debut Award for 'Phool Aur Kaante' in 1991.

After many action films Ajay broke the trend in 1997 when he starred in the comedy 'Ishq' opposite Kajol. The two married in February 1999 and have a daughter named Nysa.

'Ishq' was followed by critically acclaimed hits like 'Hum Dil De Chuke Sanam' and 'Zakhm', for which he won several awards. He also won awards for 'The Legend of Bhagat Singh' and 'Deewangee'.

**This column is written by Simran Silva.** Simran is a US-based freelance writer, publicist and author. She has written for many Indian publications in the US. She brings Bollywood briefs for The Global Indian readers.



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## ASK A CONSULTANT

A shepherd was herding his flock in a remote pasture when suddenly a brand-new BMW advanced out of the dust cloud towards him. The driver, a young man in a Broni suit, and YSL tie, leaned out the window and asked the shepherd "If I tell you exactly how many sheep you have in your flock, will you give me one?" The shepherd looked at the man, then looked at his peacefully grazing flock and calmly answered "sure".

The yuppie whipped out his IBM ThinkPad and connected it to a cell phone, then he surfed to a NASA page, and scanned the area, Finally, he prints out a 130-page report on his miniaturised printer then turns to the shepherd and says, "You have exactly 1586 sheep. "That is correct; take one of the sheep." said the shepherd. He watches the young man select one of the animals and bundle it into his car.

Then the shepherd says: "If I can tell you exactly what your business is, will you give me back my animal?", "OK, why not." answered the young man.

"Clearly, you are a consultant." said the shepherd. "That's correct." says the yuppie, "but how did you guess that?" "No guessing required." answers the shepherd. "You turned up here although nobody called you. You want to get paid for an answer I already knew, to a question I never asked, and you don't know crap about my business..... Now give me back my dog."

## QUOTES ABOUT INDIA

"We owe a lot to the Indians, who taught us how to count, without which no worthwhile scientific discovery could have been made." Albert Einstein.

"India is the cradle of the human race, the birthplace of human speech, the mother of history, the grandmother of legend and the great grand mother of tradition." Mark Twain.

## THE BEAUTY OF MATHEMATICS

$$1 \times 8 + 1 = 9$$

$$12 \times 8 + 2 = 98$$

$$123 \times 8 + 3 = 987$$

$$1234 \times 8 + 4 = 9876$$

$$12345 \times 8 + 5 = 98765$$

$$123456 \times 8 + 6 = 987654$$

$$1234567 \times 8 + 7 = 9876543$$

$$12345678 \times 8 + 8 = 98765432$$

$$123456789 \times 8 + 9 = 987654321$$

**Contributed by Brian D'Silva. We inadvertently credited him as Brian DeSouza in our June issue. Many apologies, Brian!**

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**COOKING TIPS**

Don't add salt to meat before you cook it. Always salt meat halfway through cooking. (little less than required). Then taste the meat when it is done and then add salt as needed.

When you soak rice and urad dal for idlis and dosas, wash everything thoroughly before soaking. Later use the soaked water while grinding. If you wash rice and dal after soaking you will lose most of the vitamins.

Excess salt in any dish can be brought down by adding diced potatoes, tomatoes or a teaspoon of sugar.

When making vadas, if the batter is watery, oil will splatter when frying. To avoid this, add a bit of ghee to the batter.

To thicken any gravy, add corn flour to it. Remember to mix it in good water before adding to avoid lumps.

While making any pasta add salt to the boiling water in which you are

cooking it. That will be the only chance you get to salt it. Add salt after the water boils. If you add it before, it will take a longer time to boil.

*Contributed by: Komal Tokadmal, Wellington*

*If you would like to share your recipe with The Global Indian readers, please email it to editor@theglobalindian.co.nz*

**Fine dining at an award-winning restaurant**

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## HOW GOOD CAN COME OUT OF BAD

Jasbindar Singh

For those of you who experienced the unexpected power outage last month, how did you feel when it happened? That trusted switch which turns on our computers – gives us access to broadband, puts the jug on, flicks the garage door open, takes us to the top floor and charges our mobile phones.

The experiences people shared included: feeling lost without a routine, panicky, disoriented and without purpose, aware that their business was being shut down, to “yippee, I can go back to bed!” And how appreciative of power we were when many frustrating hours later, it was restored. It is worth remembering the power of nature with its unrivalled capacity to surprise as it whips things up into a frenzy displaying total mastery and control.

I am reminded how little time and regard we have for our natural environment. The cosmos is a given in which we live and operate but even in the face of dwindling natural resources, global warming/climate change, win-lose economics and unsustainable practices, most of us seem to either take things for granted or rest at the other extreme of feeling helpless to change things.

*Jasbindar Singh is a business psychologist and executive coach.*  
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Elisabet Sahtouris, an evolutionary biologist underlines that the universe –from atoms to galaxies is s a living, breathing, conscious, intelligent and purposeful system that is continually creating and maintaining itself. She feels optimistic as she says, “in short, we humans have all the intelligence and knowledge we need to create clean,

**It takes so little to boost another's mood, yet the effects are contagious.**

sustainable economies that work for everyone, with no limits on new technologies except that they be non-toxic and recyclable.”

From an SQ perspective, I would like to invite you to ponder on the following:

What is your personal response to the many environmental issues we are currently facing?

What solutions are we actively involved in for the sake of the next generation?

What is one thing we could do differently?

As you can tell, my own consciousness had a bit of a wake up call with the power crisis. I am already re-visiting some of my own beliefs and assumptions.

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## FEEDBACK

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