

The Fiji Times

(Canada)

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SUSPECTED WIFE KILLER ARRESTED IN FIJI

Diwesh Kumar Sharma 29, is alleged to have burnt wife to death using accelerant says Waikato CIB Detective Senior Sergeant Nigel Keall.

Twenty-eight-year-old Ranjeeta Sharma was found burning on the side of Hangapi Rd by a passing motorist. Police launched a homicide investigation after a post-mortem revealed she was alive when she was set on fire.

Police have confirmed they had tracked down her husband Diwesh Kumar Sharma in Fiji.

He had left New Zealand with son Akash, 4, on Friday - one day after the murder took place.

A Fijian police spokesman said Akash was with relatives in Rakiraki District while Mr Sharma, known to his friends as Daniel, continues to be questioned by police.

Diwesh Kumar Sharma was being held by police in Fiji after he and his 4-year-old son were found. New Zealand police are in Fiji to question Mr Sharma over the death of his wife Ranjeeta Sharma. Ranjeeta's uncle Rohit Kishore told the media that his family was horrified by what had happened.

He said the couple had been married for six years. This was an arranged marriage. At first they seemed happy but after they came to New Zealand the marriage began having problems, he said.

Mrs Sharma worked at Middlemore Hospital and was studying to become a nurse. Her nursing tutor and friend Sue Rosewarne said that Mrs Sharma was



Ranjeeta Sharma 28, was found burnt to death by a motorist in New Zealand.

determined to succeed.

"I used to tell her the world was her oyster and she would smile," said Ms

Rosewarne. "She would have made an excellent nurse."

... CONTINUED ON PAGE 7

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ABBOTT PAVING THE PATH TO BC LIBERAL LEADERSHIP



George Abbott with former Tourism Minister Olga Ilich

“I want to be a bigger politician” Abbott BC Liberal Leadership hopeful George Abbott joined a handful of Liberal supporters Saturday at a fund raising dinner in Richmond for an information session. Fijian business tycoon Peter Raju hosted the event.

Abbott spoke on major issues relating to HST, Police brutality and Economy.

He clarified his position, why he supported the government on the now controversial HST.

“I voted 3 times in favor of HST. We felt HST was a good tax; we need a boost in economy. If the government didn’t propose the HST, they would have opted for another form of tax,” said Abbott.

“I hope this tax goes through in the referendum, as the Premier, I would call for an early referendum.

Abbott told the Liberal loyalists why this tax legislation has gained much attention because of how it was brought in, without much consultation with British Columbians.

He said the only reason was to generate more revenue and balance the books.

“We estimated the deficit at less than half a billion but when the actual numbers came in it was close to two billion. There was no other option on the table, solution was HST. Abbott also highlighted on the economy,

said British Columbia is leading the country. Neighboring Alberta is sitting at 6 Billion in deficit.

“When you compare 6 billion to 1.7 billion, it is only a fraction.”

On the issue of Policing, he was not impressed with what he saw on T.V, the police brutality is at its worse. Some overzealous Kelowna Mounties disregard to the rule of law. “It’s shameful”, Abbott said.

“I am saddened with what happened to Tavares, a Kelowna green’s keeper, who was brutally assaulted and the event was captured on video. Under my leadership, I will call for an independent investigation into the matter.”

He said he was not huge of Police investigating Police. An independent commission needs to be set up to clean out bad policing.

He strongly suggests “we” vote “yes” and accept the HST.

Abbott stressed the government needs revenue to pay for social services. Most of the revenue goes towards hospital, schools and other infrastructure.

The two tier medical approach is not within grasp but he is leaving that for a debate.

There, we would have an open dialogue on the issue. “I will be open to all suggestions”, he added.

No Bonus to VANOC Staff



Mail, VANOC CEO John Furlong blames the recession for the change of plan.

“Regrettably, I must confirm that the final element of the plan will not be paid because the specific terms outlined in our contracts and in the VANOC retention plan were not met,” he wrote.

The bonuses, announced in October of 2009, were designed to reward employees who stayed with the organization throughout the Games and discourage them from quitting in the final months.

The cancelled payments affect everyone in the organization, including executives.

Organizers of the Vancouver Olympics have cancelled payment of about \$13-million in promised bonuses to staff, instead diverting the money to balance the books for the 2010 Winter Games.

In a memo obtained by The Globe and

B.C. man guilty in U.S. of gun trafficking

A Vancouver man has been convicted in Seattle of gun trafficking related to the possession of nearly two dozen firearms and of lying to border protection officers. Oliver King, also known as Hamid Malekpour, was arrested after travelling from B.C. to McMinnville, Ore., and transporting 21 firearms back to the border region near Metro Vancouver, the U.S. State Attorney’s office said Wednesday.

Prosecutors told the court that King, 35, repeatedly lied to U.S. Customs and border protection officers when he crossed into the U.S. from Canada,

saying he was going to pick up his wife at a store in Bellingham, Wash.

The court heard that instead, King drove straight to McMinnville and picked up 10 boxes of firearms and ammunition and then drove to Ferndale, Wash. — about 70 kilometres south of Vancouver — and unloaded them into a storage facility, where he was arrested.

The attorney’s office said King had used a U.S. citizen to set up a gun business in McMinnville and to hide his role from regulators.

He will be sentenced on April 11 and faces up to 10 years in prison.

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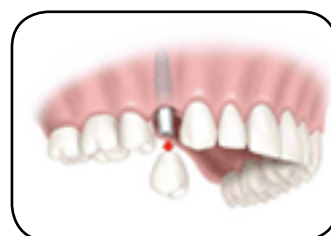
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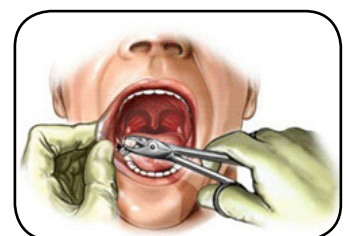
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AMBASSADOR THOMPSON PRESENTS CREDENTIALS TO PRESIDENT CALDERON HINOJOSA

Fiji's Ambassador to the United Mexican States Winston Thompson presented his Letters of Credence to His Excellency President Felipe Calderon Hinojosa at the National Palace on January 20th 2011.

The credential ceremony, marked by its solemnity was concluded with a stirring rendition of the Fiji National Anthem by the Army Band and a Presidential luncheon for the Diplomatic Corps.

Ambassador Thompson was accompanied by Mrs. Queenie Thompson.

In handing over his Letters of Credence, Ambassador Thompson conveyed the greetings and good wishes of the President, Prime Minister, the Government and people of Fiji.

He thanked President Calderon for Mexico's leadership of the developing countries, especially on the issue of climate change and congratulated the President on the

positive outcome of the Cancun Conference. His Excellency thanked Fiji for its active participation among the smaller states in the climate change arena and assured the Ambassador of Mexico's continuing strong support to safeguard the interests of the vulnerable countries. Mexico, with a population of 110 million (Mexico City 22 million), is a constitutional democracy under a federal system of government with separation of powers between the executive, legislative and judicial branches.

There are 31 states and the Federal District; each state has its own constitution, governor and legislative chamber. Most exports go to the US (85 per cent) and Mexico is keen to diversify to lessen dependence on one market. Consequently, they are keen to explore opportunities for increased trade with Fiji and the Pacific region.

HOTELS, SHOPS WILL ACCEPT FOREIGN CURRENCIES

The Reserve Bank of Fiji (RBF) has clarified that hotels and shops are allowed to accept foreign currencies for payment of goods and services from customers.

Any change from such transactions will be in local currency. The bank notes that direct currency exchange to Fiji dollars at hotels by tourists, without any associated purchase, are small in value and are mainly for convenience.

In a statement, the RBF said hotels could continue with the current practice provided that any change was given in Fiji dollars

and all foreign currencies collected were deposited with a bank or exchanged back to Fiji dollars with an authorised foreign exchange dealer.

The Bank wishes to clarify the use of money transfer systems like Western Union and Moneygram. Western Union and Moneygram are examples of money transfer systems used by authorised foreign exchange dealers for the purposes of transferring money domestically and foreign exchange internationally (inbound and outbound) for their customers.

HELI-TOURS FIJI SUCCESSFUL



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A 10-minute 'Fiji Islands Taster' offering an exhilarating overview of Denarau with its picturesque marina and resorts;

A 25-minute 'Fiji Islands Teaser' flies over the Mamanuca Islands and the Sleeping Giant;

A 35-minute 'Fiji Islands Adventure' that allows guests to fly further out over the Mamanucas and explore deeper into the Evans Range; and

A 55-minute 'Fiji Islands Indulgence' programme.

The Robinson 44 helicopter can take up to three passengers plus the pilot and is ideal for sightseeing flights as everyone gets a window seat.

Fiji's newest rotary wing operation Heli-Tours Fiji is now up and flying following its successful launch last December.

Located on the Nadi-Denarau road outside the Denarau Island, the company is offering four scenic flight-seeing tours on board its Robinson 44 helicopters.

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FIJI TOURISM HITS RECORD

For the very first time in Fiji, tourist arrival numbers in a year have exceeded the magical 600,000 mark, proving that there is the ability to reach goals, even steep ones if things are done right.

This provisional figure, was released by Attorney-General and Minister for Tourism Aiyaz Sayed-Khaiyum.

Statistics gathered, as at December 2010, showed a total number of 619,780 visitors coming into the country, a marked improvement in numbers when compared to 542,000 in 2009.

Mr Sayed-Khaiyum said this was a substantial step up and a definite milestone achievement for the sector.

"By crossing that bench mark not by just a marginal amount but a significant 20,000; and by a growth of 90,000 up from the previous year, this proves that there is the ability to grow our numbers at a much faster rate than planned," the Minister said. But as achievements go, this only means that the Tourism Fiji board has their work cut out for them in maintaining and growing these numbers.

"I believe it can be done if we cover our bases properly and exert the required effort into our marketing strategies, our personnel and getting our alliances right. The work of Tourism Fiji is therefore very crucial in determining this new direction,"

said the Minister.

He added that concentration also needed to be maintained in developing quality tourist shopping, as well as local services. While numbers from one of the major source markets, Australia, grew quite strongly, the emphasis put on the emerging Asian markets of China and India seems to have reaped rewards, with sound growth recorded from the two destinations.

"The Government has many policies in place to help establish strong segments in the market, and focusing on emerging markets as well as spreading our risk will be some of the points of concentration for Tourism Fiji in its future strategies," he said.

However, the sector is not without its problems.

The Minister said that one of the main problem areas, from a policy perspective, was the timely collection of quality data.

"This is an area which has room for a lot more synergy and we are in the process of employing a hotel intelligence system," he said.

Through this intelligence system, the industry will be able to better identify source markets and plan strategic, practical marketing, and make better informed decisions for the sector from such data collected.



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AG SAYED-KHAIYUM ON EXTRADITION APPLICATION

The Attorney General and Minister for Justice Mr Aiyaz Sayed-Khaiyum has stressed that Fijian authorities will process any application by New Zealand for extradition in the usual expedited manner.

Mr Sayed-Khaiyum made the comments in relation to the arrest of a former Fijian in Rakiraki, who is alleged to have killed his wife on a Waikato roadside.

“I understand members from the NZ Police Force are already in the country. They need to go through their own processes while we need to go through the

legal processes in Fiji,” he said.

Mr Sayed-Khaiyum stressed that Fiji has never hesitated to assist other countries in terms of enforcement of laws and will continue assisting them.

“There are numerous court orders that we reinforce here in our jurisdiction and we provide that assistance not just by way of being good global citizens and assisting our neighbours and various other members in the global community but also we have certain legal obligations that we need to fulfill and which we will always do,” he added.

SUGAR CANE GROWERS RECEIVE CANE PAYMENT



Sugar talks ... general manager Rarawai mill Bhan Pratap and Ba administrator Arun Prasad with Huang, the counsellor at Rarawai Sugar Mill in Ba.

SUGARCANE growers in Rakiraki, Lautoka, Nadi and Sigatoka received their second cane payment for the 2010 season.

FSC spokesman Samuela Railoa confirmed the second payment of \$9.13 was paid out to farmers last week.

The second payment is issued, according to the Sugar Master Award, five weeks after the end of crush and is calculated as 20 per cent of the forecast price - \$45.67 per tonne. The first cane payment, made last year, was \$29.67 per tonne, which is calculated as 60 per cent of the forecast figure.

Growers next payment is expected to be made sometime in March this year and will be based on the price that sugar is sold for to export markets.

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AIR PACIFIC NOW FLIES TO COOK ISLANDS

AIR Pacific's newest destination is to the Cook Islands.

The national airline and the Cook Islands Government have negotiated a deal.

Air Pacific will now offer flights between Rarotonga and Nadi.

The Cook Islands Tourism Corporation CITC said this would see more visitors from the Cook Islands arriving on Fiji shores.

The statement said Air Pacific was also negotiating with the Cook Islands Government for a three-year contract, whereby a Nadi (Fiji) to Rarotonga weekly flight will be in operation, which will offer direct north bound connections to the Hong Kong service.

The Cook Islands-Fiji route was previously serviced by Air New Zealand.

Tourism Fiji chief executive Josefa Tuamoto said this was another milestone for Air Pacific and Tourism Fiji because they would also try and tap regional visitors.

CITC chief executive officer Carmel Beattie said: "I am extremely excited about the announcement of the three-year deals with Air Pacific."

"This allows us to heavily promote our beautiful islands to key markets, including the UK, like never before."

The airline expects the code share to come into force at the end of February after obtaining relevant government approvals.

The Cook Islands comprise of 15 islands in the heart of the Pacific Ocean, which are known predominantly for their sandy white beaches, clear blue water and welcoming culture.

SUSPECTED WIFE KILLER ARRESTED IN FIJI

... CONTINUED FROM PAGE 1



Locals Fijians help in manhunt

Community members helped police track Mr Sharma down at a house in a sparsely populated farming district, the Fiji police spokesman said.

"Fiji is a small place. Everyone knows each other. People here in the community immediately knew who that man was," Waikato CIB Detective Senior Sergeant Nigel Keall said.

"Our inquiry is continuing and we are seeking further clarification from Fiji Police of the circumstances surrounding the father being located."

Mr Keall earlier said Mr Sharma was "a person of considerable significance" to the investigation into Mrs Sharma's murder.

A Ministry of Foreign Affairs and Trade spokesman confirmed New Zealand has an agreement with Fiji allowing for the extradition of anyone charged or convicted of murder.

Mr Sharma left his wife's silver Subaru station wagon, registration FSD433, at Auckland Airport on Friday.

The car is being forensically tested.

Burnt-alive suspect expected to be a priest

Mr. Sharma is the son of a Hindu high priest and was nearly deported from New Zealand for overstaying, media inquiries reveal.

An immigration adviser said Mr Sharma - a courier driver in Auckland who is also known as Daniel - who used to work at the Auckland Satsang Ramayan Mandli, a Hindu religious organisation.

"I know the boy and his wife well, and I know the father and the family well ... so it is an absolute shock that this has happened," he said.

"Diwesh has been asked many times by the father to also become a priest, but he has decided to choose a different path."

Mr Sharma came to New Zealand in 1998 and faced deportation for overstaying, but later qualified for residency as a dependent child of the father following an appeal.

In the application letter to the then New Zealand Immigration Service in 2001, the older Mr Sharma is said to be a member of the Brahman caste.

"His training as a Hindu priest originates from his birth and upbringing. Mr Sharma is recognised as a high priest by the Brahman Maha Sabha of New Zealand and the Aadi Brahman Parishad of Fiji ... the only necessary qualification for Mr Sharma to become a Hindu priest was his birth as a Brahman."

The father is believed to be still working as a Hindu priest in Sydney.

It is feared that Mrs Sharma was a victim of an honour killing after her badly burnt body was found on a roadside.

"Bride burnings have been known to be a ritual practised by some religious cults in India, but it is definitely not condoned or accepted in Hinduism," the agent said.

A friend of the couple, who also requested anonymity, said Mrs Sharma had been to see her over the Christmas holidays about problems she had with creditors.

"She was telling me that her husband was buying big items on hire purchase under her name and not making payments for them, leaving her to face the creditors. Even the house rent wasn't paid," the friend said.

She said the couple met in New Zealand, but got married in Fiji in 2002.

Mrs Sharma's remains were flown home to her family in Fiji.

TCF AIMS TO INCREASE EXPORTS

The Textile, Clothing and Footwear industry aims to increase exports to \$150million as well as employ 6000 people through the \$300,000 grant handed by the Fijian Government for a three-year period.

TCF council president and Ranjit Garments managing director Mr Kalpesh Solanki said the Government grant reinforced their ongoing marketing awareness, which was launched following the completion of a three-year AusAid funded TCF training and support programme.

"This marketing initiative has been well received so far and its importance was reinforced when the Fijian Government committed \$300,000 marketing grant for a three-year period," he said. "The overall target is to increase annual TCF exports to \$150million and employment to 6000 people within the next three years."

Mr Solanki said the TCF council took a delegation

of seven 'Make it in Fiji' certified factories to Melbourne to participate in a trade show last year. "The response from Australian importers is very encouraging and the profile of our industry was certainly raised," he said.

"This campaign aims to raise the industry's profile in its export markets, and also develop new secondary export markets."

He added the Government had started to work closely with the industry.

"This year we will continue to build on initiatives we implemented last year and we will work with the Fijian Government as partners," Mr Solanki said.

"The TCF industry is working toward trying to regain lost ground through improvements in productivity and quality as well as better marketing initiatives."

Exports for 2009 amounted to about \$90million.

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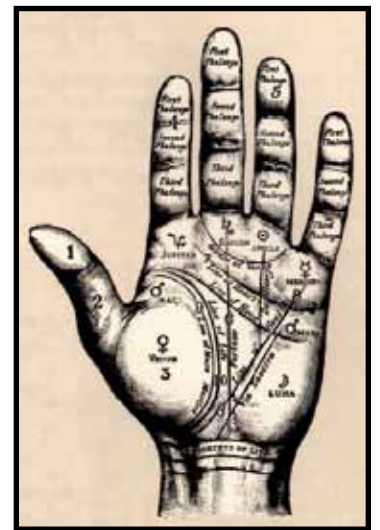
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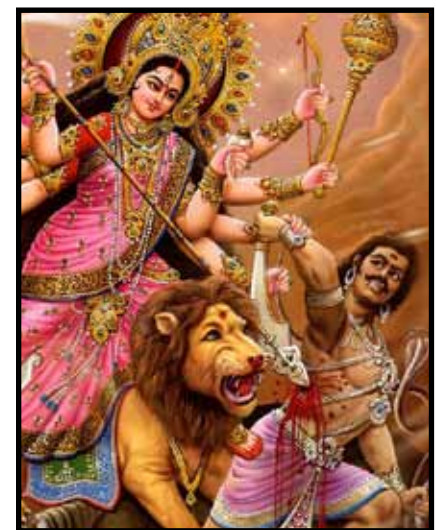


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FIJI CONCENTRATES ON BRIC NATIONS

Following a successful trade show in Moscow, Tourism Fiji says it will continue to find new destinations to market the country.

But they are now concentrating on BRIC nations namely Brazil, Russia, India and China says Tourism Fiji chief executive officer Josefa Tuamoto.

“The main countries we are targeting apart from India and China is Russia,” he said.

“They are the new growth economies we plan to tap.”

He said apart from these three nations, Tourism Fiji was also going big with Brazil.

“We are also starting some ground work with Brazil so overall the focus is the BRIC nations,” Mr Tuamoto said.

Meanwhile, the Attorney General Aiyaz Sayed-Khaiyum said 619,780 tourists visited Fiji in 2010.

This is a big achievement for the tourism industry, which according to Mr Sayed-Khaiyum surpassed the tourist arrivals in 2009 with emerging markets bringing in exponential growth.

He said government policies helped in terms of the segmentation of the tourism market.

FIJI PM CONGRATULATES INDIA

Prime Minister Commodore Voreqe Bainimarama congratulated the Government and people of India on the occasion of the 62nd anniversary of India’s Republic Day.

In his letter to the Indian High Commissioner His Excellency Vinod Kumar, the Prime Minister stated that “the Government and the people of the Republic of Fiji join in conveying to the Government of the Republic of India our warmest greetings and sincere congratulations.”

Commodore Bainimarama said Fiji and India enjoy a long standing and cordial relationship which has continued to strengthen.

“May I take this opportunity to express to wish Her Excellency President Pratiba Devi Singh Patil’s good health and also reaffirm our desire to further enhance and consolidate the excellent bond of friendship that exists between our two countries,” the Prime Minister stated in his letter.

“Please accept, Your Excellency, the assurance of my highest consideration.”

FIJI CAN BE A MANUFACTURING HUB SAYS SOLANKI

Fiji can become a hub for the manufacturing industry says Textile, Footwear and Clothing Council president, Mr Kalpesh Solanki.

Already considered in the world as hub of the Pacific, making Fiji a manufacturing hub calls for a strategic plan.

“Fiji can become a premier manufacturing hub for the region producing products of premium quality,” Mr Solanki said.

“There should be a Manufacturing Strategic Plan for Fiji that has a holistic approach to make Fiji the regional manufacturing hub.

“This strategic plan must incorporate all factors such as marketing, quality standards, productivity levels, human resource development, labour competency framework, and best practice benchmarking.”

He said the growth of the manufacturing sector would also mean investment in buildings, plant & equipment, and creating employment.

Already there is a growing interest with a number of potential investors wanting to set up factories in Fiji.

“According to Fiji Islands Trades and Investment Bureau, in the past three years, seven TCF manufacturing projects have been registered representing a proposed investment of over FJ\$5.4 million and proposed employment of over 121 locals,” Mr Solanki said.

“Of these, three projects have been implemented. Most recently, during a trade show in Melbourne in November last year, we had two more companies interested in looking at Fiji to set-up a manufacturing plant.”

Mr Solanki believes the manufacturing sector in Fiji as percentage of Gross Domestic Product (GDP) can be increased.

“I believe that a vibrant and forward-looking manufacturing sector can contribute greatly to a sustainable improvement in living standards for people of Fiji and a healthy economy,” he said.



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HEALTH MINISTER VISITS MEDICAL CENTERS



Minister for Health Doctor Neil Sharma visits two health centers in Suva

A TOUR of two health centers in Suva by the Minister for Health Doctor Neil Sharma this week noted not only the cleanliness of the facility, but also saw much needed upgrading of equipment. The tour was to find out how staff was coping with more responsibilities following Government's decision to transfer the General Outpatients

Department (GOPD) to health centers. Dr Sharma visited the Lami and Samabula health centers and talked to staff on ways to improve service delivery. He also noted the need to upgrade equipment at the Lami Health Centre because some were inactive. The centre is the largest health centre in the country and caters for patients from Delainavesi to Naboro. Lami Health Centre dentist Jean Manulevu said they were happy to meet the minister personally and share with him their grievances. "It is important for people like the minister to come down and see for themselves, we talked on a personal level and we told him of the problems we face here and he has assured us he will look into it," Dr Manulevu said in the statement.

FREE TEXTBOOKS ISSUE TO BE SETTLED



Students on their way to their respective classrooms for the new school year at Samabula Primary School

STUDENTS may have returned to school for the 2011 first term but the issue of free textbooks remain to be settled.

Government's free textbook scheme was first implemented last year and only catered for primary school textbooks but this year the Government has included secondary school textbooks. Government allocated \$1.5 million for the provision of textbooks for primary school students last year and the Ministry of Education has confirmed that technical, vocational, and educational training textbooks will be the first to go to press. Education ministry officials confirmed most primary school technical, vocational, and educational training textbooks were ready. The ministry said secondary school textbooks would take a little longer.

TOURISM FIJI CASHING IN ON WORLD CUP

Tourism Fiji is putting together a strategy that will allow the country to cash in on the biggest event on the fifteens rugby calendar— the Rugby World Cup to be staged in New Zealand later this year. Tourism Fiji chief executive officer Josefa Tuamoto announced that they would try and get visitors to travel here before going to New Zealand or on returning home. "Yes! Tourism Fiji plans to capitalise, prior and after the RWC, to make it a memorable period for visitors to our shores during that time," he said. "Rugby fanatics all over the globe will converge on the Southern Hemisphere nation of New Zealand, which is close to Fiji, and Tourism Fiji is not going to

let this opportunity to pass." For the past few tournaments including the Northern Hemisphere tour last year, the Flying Fijians were wearing jerseys with www.fijime.com printed on their jerseys. Mr Tuamoto said they were already working on this. "We are already working with key wholesalers from Europe/United Kingdom to promote Fiji as a pre RWC and post RWC destination for rugby supporters and this is going very well," Mr Tuamoto said. Advertisements are not normally allowed on world cup jerseys but he says "we will pursue other options with FRU to see how we can maximize this huge opportunity".

PERMIT REQUIRED FOR GOVERNMENT VEHICLES AFTER 6PM USE

All Government vehicles will now need permits from the Police Command Centers to operate after 6pm. This follows after a directive from the Prime Minister's office that strict monitoring on the use of government vehicles especially after 6pm has started. The Fiji Police Force seized 15 government vehicles which were operating after 6pm. Police Spokesperson, Inspector Atunaisa Sokomuri said these government vehicles which were seized by the Police had special permits from their various

government ministries. He stressed that Police will only allow those government vehicles to operate after 6pm who have permits from the Police Command Centers. Sokomuri said these permits are available from Totogo Police, Nabua, Nausori, Labasa and Lautoka Command Centre. Prime Minister Commodore Voreqe Bainimarama said the government will not tolerate any abuse of government vehicles and that they are committed to cutting down operational costs within the civil service.

TAPPOO GROUP CALLS FOR DUTY FREE EXTENSIONS

The executive chairman of the Tappoo group of companies - Kanti Tappoo has called for duty free concessions to be extended to attract more tourists to our shores. Kanti Tappoo says there is a need for government to monitor the incentives they provide and put more items under the duty free list.

He says this will allow them to offer tourists bigger attractions and a bigger range of items. Stakeholders in the Fiji tourism industry have been looking at strategies to attract more tourists and get them to spend more while in the country. Fiji achieved record tourist arrivals in 2010.



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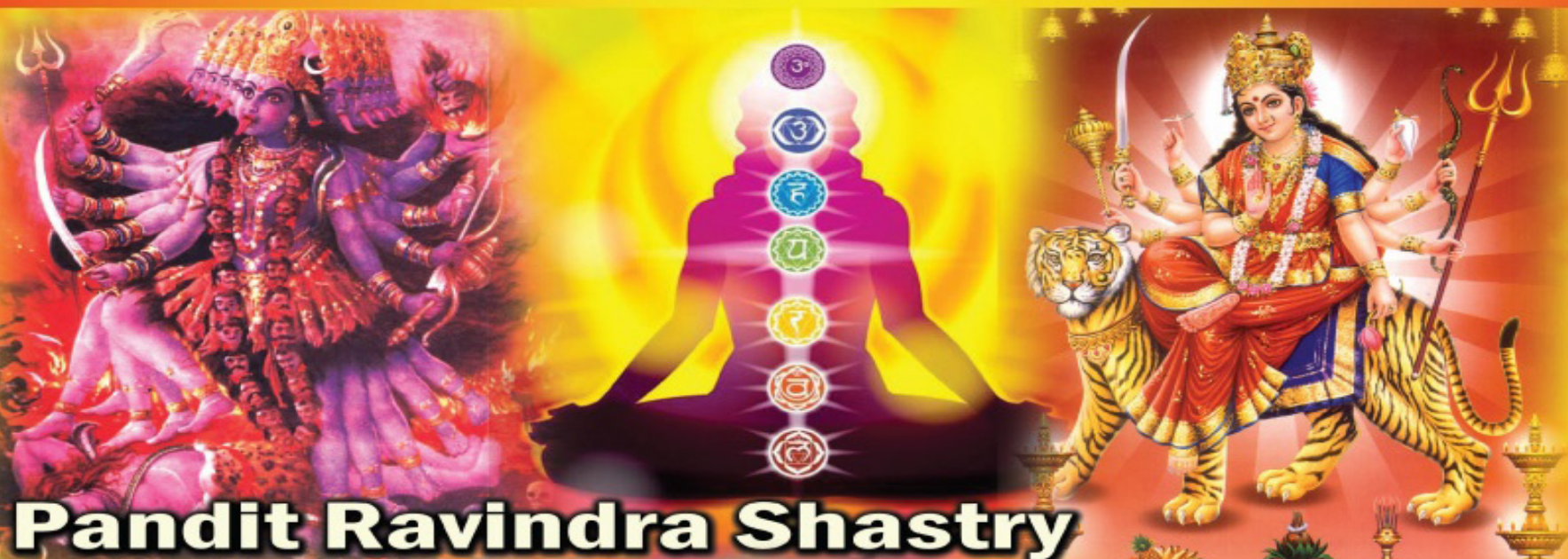
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HARSH SENTENCE SET FOR HUMAN TRAFFICKERS



People caught human trafficking will now face up to 25 years in prison

if convicted says Fiji Police Force detective corporal Nischal Dass. Police officers from around eastern Fiji were briefed about this at the two day workshop on human trafficking. "There has previously been no human trafficking law and perpetrators were charged with prostitution and other offences if caught," said Dass. "Now people caught indulging in this illegal activity face prison time ranging

from 12 to 25 years," he added. "The United States released a profile report of countries and Fiji was in tier 3, the lowest bracket, in June 2009," said Dass. "We have managed to raise that level to tier 2 watch list for June 2010 and hope to move to tier 1 with these laws now in place," he said. The workshop also told officers how to treat victims of human trafficking who

usually were not at fault. "The victims need to be treated properly in these cases because it's the perpetrators who are at fault," added Dass. A total of 45 police officers and 2 prison officers from around the eastern region attended the 2 day workshop. A workshop will be held in the West in February and one in the North in March.

TOURISM FIJI TO MAINTAIN AUSTRALIA/NZ REGIONAL OFFICES

Tourism Fiji's newly appointed Chairman Dave Pflieger and CEO Josefa Tuamoto noted that contrary to a New Zealand trade report on Monday, Fiji's national tourist office had no intention of closing or consolidating any of its various offices. Speaking from the national tourist office's head office in Nadi, Mr Pflieger noted that "there are absolutely no plans to close or consolidate any of Tourism Fiji's offices." He went on to add that he expected Mr Tuamoto and his team "will stay focused on the key markets of Australia and New Zealand because those two countries are Fiji's first and second most important sources for visitors." Mr Tuamoto added that "while some adjustments are planned for our marketing

spend this year, Australia and New Zealand will continue to receive the lion's share of Fiji's government funded FJD23.5 million tourism budget." He went on to say that "if anything, our key change for 2011 is to place even more emphasis on how and where we will be doing our marketing activity within Australia and New Zealand, so that we can maximize Fiji's return on investment in this key national industry." Mr Tuamoto pointed towards recently released Fiji Bureau of Statistics figures which show the destination's total international visitor arrivals for September 2010 had again been boosted by strong performances from both of these key markets.

CWMH EXPANDING

The closure of the Colonial War Memorial Hospital's outpatient services by the end of next month means there would be more room for efficient theatre space and expansion, says Minister for Health Dr Neil Sharma. He said health specialists were returning to Fiji and there was a need to upgrade the main hospital theatres to improve services. "It is too insufficient and we need to upgrade the theatres and facilities at CWMH." Dr Sharma said for the first time in Fiji the MOH would have a new local neurologist. He said local medical professionals who are schooling and working overseas chose to return home to practice. "Orthopedic surgeons are coming back, emergency medicine people are coming back, so our people are returning from abroad to work here, and that is a good and healthy sign," he said.

"They are not coming for better pay they are returning because we are here to serve the people in this country," Dr Sharma said. He said health specialists were returning because of changes to the health systems in Fiji over the last two years and this meant the health services would improve a notch higher. Dr Sharma said if the doctors received better equipment and facilities to improve their work here they would not leave Fiji for the so called greener pastures overseas. "After all no one wants to leave Fiji and go but if you make it difficult for them they will run away. "Likewise we are training more doctors and nurses and ensuring there is quality medicine in the country," Dr Sharma said. He said the MOH was ensuring that the medical profession was given a career structure.

A BOY'S DREAM SHATTERED Story in Fiji Times (Canada) receives generous donations



going to school)," he told his grandmother, Marica Seninawanawa, as he prepared to go shopping for his school needs in Labasa. Rayasi will now be able to continue his education at the School for the Blind in Suva. "I know I'm blessed. I usually pray just to see if there is god - now

The blind 10-year-old Rayasi Tulave thanked people who have responded to an earlier story on the struggle of his grandmother to send him to school. Rayasi, who lives at Qelemumumu in Macuata, said he really had no words to describe the support that had come from all over the world to ensure he's able to pursue his dream of becoming a professional singer later in life. "Nau au sa lai vuli ("Grandma, I'm

I know there is one," he said. Yesterday Rayasi and his grandparents visited The Fiji Times office to receive money donated to him. The donors included Keep the Child in School, an organisation in Seattle, Washington, in the USA. Others preferred to remain anonymous. Any further donations for Rayasi's education can be deposited in Westpac Account Number: 9803077255.

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PACIFIC SUN SUSPENDS ROTUMA SERVICE

PACIFIC Sun has temporarily suspended its Rotuma service. According to a statement released by the airline, Pacific Sun announced that services will be suspended after completion of its weekly flight this Friday.

The main reason for the temporary suspension is a lack of aviation fuel on the island to allow refueling of aircraft returning to Nadi.

Airline general manager Jim Samson said he was hopeful that services would resume once aviation fuel reaches the island by February 18.

He added that Pacific Sun has been assured fuel would be shipped to Rotuma from Suva on February 14.

"While we regret the suspension, we will

continue to take bookings on our Friday Nadi/Rotuma/Nadi service," said Mr Samson.

"We hope to clear all outstanding cargo and passengers on this Friday's flight to the island and Pacific Sun is looking forward to resuming services by February 18," he said. Like its services to Vanuabalavu, Lakeba and Cicia, Pacific Sun flights to Rotuma are subsidised by the Government's franchise scheme. The airline uses Twin Otter aircraft to service the route with a flying time of two and a half hours.

Government has announced plans to lengthen the runway at Rotuma to enable the use of ATR-42 aircraft.

It is hoped that this upgrade will take place this year.

NAME CHANGE FOR SCHOOLS



A school in Rewa Street, Suva formally known as Indian College, now has its name changed to Jai Narayan College

The Education Ministry hopes to change by 2012 the name of schools that denote racial affiliations.

Education Minister, Mr Filipe Bole said schools were still working to achieve this and they were happy some schools have come forward suggesting a new name.

"There are still some schools that denote racial affiliations, for example, there are some Indian schools or Fijian schools. Our target as required by the People's Charter is for us to achieve this by 2012. We have seen that most schools have come in willingly to tell us they have decided to change from Indian or Fijian to a name they have suggested," Mr Bole said.

He said the objective of this exercise was to develop a common identity and

build a cohesive society through the removal of school names, which had racial connotations.

The minister said Government and the Ministry of Education were putting in measures to promote multi-cultural education where the emphasis was on unity and respect for all.

"We need to focus on our common shared values and interest and adopt a common national identity. There is a need for us to move away from the idea of strongly identifying ourselves by ethnicity," Mr Bole said.

"The elimination or removal of school names denoting racial affiliations is linked to the Roadmap for Democracy & Sustainable Socio Economic Development 2009 to 2014.

"We are still working with some schools for a change in name. We have done a lot in terms of this. Most schools have come in and they've recommended names. Once they have agreed for a change in name, we'll also change their registration," the minister said.

Mr Bole said institutional name changes have been forwarded to the ministry and endorsed by the permanent secretary.

The Assessment and Monitoring Unit of the ministry is yet to re-issue school registration certificates with new school names.

DECENT AFFORDABLE HOMES FOR ALL BY 2020

THE provision of "affordable and decent housing for all communities by 2020" is a new policy the Government wants to make a realistic goal.

"Government wants all citizens to have access to decent and affordable housing within 10 years," Prime Minister Commodore Voreqe Bainimarama said in a recent statement.

Cmdr Bainimarama added that this was a social policy that was in-line with the Government's commitment to ensure that the Housing Authority of Fiji (HA) played a key role in empowering the people, promoting home ownership and assisting the marginalised and those most at risk of losing their homes.

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Eye surgeon helps rural boy from Fiji



Dr. Dan Tran cuts out the damaged cornea of patient Anmol Deo, 17, at Pacific Hills Surgery Center in Laguna Hills, California

Anmol Deo has not been able to see clearly with his right eye since birth. The structure of the cornea in that eye has deteriorated – known as keratoconus – and it required a corneal transplant. The procedure is costly and complicated, and it was made more so because Anmol, 17, lives in Fiji. That's where Newport Beach ophthalmologist Thomas Tooma came in. Tooma – who owns several NVISION Laser Eye Centers in the county – and his wife Marta, a dentist, founded the Mission at Natuvu Creek,

on the East coast of Fiji's second largest island, Vanua Levu.

The Mission at Natuvu Creek sits on 750 acres purchased through the Tooma Family Foundation. The Toomas built a medical clinic on the land to serve Fiji's rural population.

The mission also focuses

on job training and entrepreneurship, and construction of a secondary school is in the planning stages.

"Originally, my wife went as part of a required mission trip during her dentistry studies at Loma Linda," Tooma said. "We loved the island and were always impressed by how incredibly loving, embracing and happy the people were, as well as their generosity even though it is a very poor nation.

"When we found out about ... the coconut farm, right on the beach, we couldn't pass up the opportunity to buy it and create something that would continually help everyone there."

Dr. Tooma first met Anmol two years ago at the medical clinic. Tooma diagnosed the keratoconus, which often can be treated using contact lenses. However Anmol required surgery. The procedure could be done in Fiji, but donor tissue was not available, Tooma said. So Anmol would have to come to the United States.

Tooma told Anmol and his mother, Sushila Wati, 56, that the foundation would cover the \$20,000-\$25,000 cost of surgery and post-operative care, but they would have to come up with \$6,000 to cover transportation, the cost of the tissue and other surgical items, and accommodations here.

It took two years to save up the money, according to Anmol's brother and sister-in-law, Avinesh and Ashni Prasad. Though Anmol's father died of a heart attack within that time, he lived to see the money-saving goal realized, they said.

Anmol and his mother arrived in Orange County. They have been staying with his brother and sister-in-law in San Francisco since January 11.

"I'm very scared and happy," Anmol said. "I'm so very grateful to both Dr. Tooma and to Dr. Tran."

Once the healing is complete, Wati said she hopes her son will be able to go to a technical school and build a good future

for himself. He has talked about studying to become an auto mechanic.

"He keeps saying, 'I'm getting my headlights changed,'" his sister-in-law said.

On Tuesday morning, Anmol received a new cornea in his right eye. The hour-long procedure was performed by one of Tooma's colleagues, Dr. Dan Tran, medical director of NVISION in Fullerton, who donated his services and was able to get a discounted fee for the needed tissue from the San Diego Eye Bank.

"I have to detach myself from the emotional aspect of what I'm doing right beforehand, but afterwards I realize that I am able to give people a new and better way of life," Tran said. "I have a son just his age, and it makes me think how devastating it would be to one so young. As a surgeon, you have to focus on the technical end. I can't think about anything else until after I come out of the OR, but then I see the patient and realize just what a change this is and it hits me."

Tran said contact sports and scuba diving are out, "but there really won't be anything else that he can't try and do."

First on Anmol's list of things to do with his new vision: a trip to Rodeo Drive in Beverly Hills to "see the stars and go to a nice restaurant."



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14 YEARS FOR ROBBERY

A 32-year-old unemployed man was jailed for 14 years after he was found guilty of two counts of robbery with violence by high court judge, Justice Paul Madigan.

Vilitati Vasuca is guilty of robbing and assaulting Hemat and Pratima Kumar of

Saweni, Lautoka on February 7, 2009. Vasuca was with two other men when they entered the home of Hemat and Pratima Kumar and threatened them at knife point. They assaulted Hemat Kumar and pointed a knife against his stomach. The robbers also assaulted

an elderly woman who was sick at the time.

They then made off with laptops, jewellery and mobiles, all worth more than \$5000.

Vasuca will be eligible for parole after he has served 11 years in jail.

GIRL, 5, MISTAKES CEMENT CLEANER FOR MILK

A 5-year-old girl was rushed to the Labasa hospital after she drank whitewash cement cleaner solution mixed in water mistaking it for milk.

"The child is home now. She is very lucky because she was rushed to hospital as soon as the matter was discovered by her parents," said Police Spokesman Inspector Atunaisa Sokomuri.

"It could have been much worse," he said.

Sokomuri has urged parents to take care when storing chemicals for cleaning or other chemicals around their homes, it should be away from children's reach and locked away," said Sokomuri.

"There are also cases of children drinking kerosene because it is stored in juicy bottles, children will only recognize the labels not the contents so please be careful," he added.

Police are advising all parents to be more cautious on how they leave or store dangerous chemicals in their homes.

UNITED STATES GRANTS BIRDLIFE INTERNATIONAL

The Regional Environmental Office for the Pacific at the US Embassy in Suva, Fiji has awarded a grant of US\$24,999 to Birdlife International.

It is an environment non-government organisation (NGO) based in Suva.

The project titled "Forest protection in Fiji and the Pacific - for birds and people" aims to contribute to the conservation of

forests in the Pacific. This is for the benefit of birds, other biodiversity and people.

The project will enhance forest conservation through sustainable livelihood activities at two key sites in Vanua Levu and Kadavu. It also promotes the activities as a replicable model to Birdlife partner NGOs and other conservation practitioners across Fiji and

the Pacific.

This grant will support the two Site Support Groups (SSGs) in Natewa and Tunuloa (Vanua Levu) and Nabukelevu (Kadavu) to sustain their new community-managed protected areas through the development of village-based income-generating activities that are compatible with conservation.

INDIA WILLING TO EXPAND TRADE

India is ready to expand bi-lateral trade activities with Fiji, says High Commissioner of India to Fiji Vinod Kumar.

Speaking during India's 62nd Republic Day celebration in Suva, Mr Kumar

said the presence of President Ratu Epeli Nailatikau and Prime Minister Commodore Voreqe Bainimarama reaffirms the friendship between the two countries.

"We will continue to further co-operation

through bi-lateral trade, science, health and people to people connectivity," he said. "I'm thankful of the support of the Fiji government and would work together with other members of the United Nations to oversee reform."

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FORMER FIJI MAN GUILTY OF SEX CHARGE

A 54-YEAR old former Fiji man who migrated to Canada in 1981 has been found guilty of a violent sexual assault charge by a Vancouver court.

In the 17-year old case, Mohammed Yusuf was convicted of one count of sexual assault causing bodily harm connected to an attack on a drug-addicted prostitute back in 1993, according to The Province newspaper.

The newspaper reported the victim, whose identity banned from being published, had initially reported to police that a man had picked her up and taken her to an East Vancouver basement suite.

After the victim tried to stop their sexual activity, the man punched her in the face, knocking her out and then sexually assaulted her.

She reported the matter to police and was taken to the hospital, where she was treated for her injuries and a number of swabs taken from her.

No charges were laid at the time and the case languished for years until the Missing Women's Task Force in 2003 re-tested some DNA evidence and produced a number of hits.

The Province reported one of those hits linked semen taken from the victim to the DNA of Yusuf, upon which police reopened its investigation after which it

charged Yusuf.

"During a three-day trial in October, the victim gave a general description of her assailant but was not able to identify the accused as her attacker. She was able to identify the license plate number of the accused's vehicle," the newspaper stated.

BC Supreme Court Madam Justice Susan Griffin found the complainant to be a "careful, cooperative" witness who provided "very steady" and "solid" testimony.

"I found her credible," she said in reasons for her judgment.

Yusuf testified that at the time of the incident he was in a common-law marriage but was experiencing sexual problems and had had sex with a number of women he had picked up at the Biltmore bar.

He denied he had had sex with the victim but the judge found his evidence was vague and inconsistent.

"The most compelling evidence is that the only semen found was that of the accused. I do not believe Mr Yusuf's evidence denying the sexual assault," the judge said.

The father-of-three who had worked as a cook and on motor vehicles since migrating.

FIJI - FIRST COUNTRY TO HOIST INDIA FLAG

On India's 62nd Republic Day, Fiji was the first country to celebrate the occasion.

Close to 40 distinguished guests converged at the Indian ambassador's house commonly known as 'India House' to commemorate the hoisting of the Indian flag.

Counselor at the High Commission of India, Ajay K Sharma said this event was special for all Indians to come and celebrate the country's constitution.

He also highlighted Fiji was the first country to hoist and celebrate India's 62nd Republic Day.

Indian High Commissioner Vinod Kumar welcomed the hoisting of the flag as it signifies India.

"26th January is a very significant date in our nation's calendar, when we celebrate the establishment of free India as a Republic based on the ideology of justice and equality," Vinod said.

Kumar also said the occasion is a way of looking at where the country and all Indians

are at and where they can go.

"We can be proud of our success, but there are many significant tasks that are yet to be accomplished, in particular the pledge to empower the poor and the marginalized sections of our home country," the high commissioner said.

Also the Indian commissioner thanked the government for showing their support and wished the people of Fiji a happy and prosperous year.

Attorney General Aiyaz Sayed-Khaiyum commemorated the occasion and thanked the embassy for inviting the government.

Such occasions like these renders appreciation and strengthens ties or relationships the Attorney General highlighted.

Present at the hoisting was the Indian ambassador, his family, various officials from the Indian embassy and other embassies with Fiji's Attorney General, distinguished guests and the media.

FIJI CYCLONE WARNING CANCELLED



Tropical cyclone Anthony was downgraded to a depression and is currently moving towards the northwest of Brisbane where it is expected to redevelop into a significant tropical cyclone in the northwest Coral Sea in a few days time.

According to the weather office numerical weather models are still persisting on developing a tropical depression near Fiji by early Friday 28th, and intensifying it into a tropical cyclone, in the weekend.

However, at this stage, the country is expected to experience strong winds up to 30 knots, heavy rain and squally thunderstorms with flooding of low-lying areas.

Those living in low-lying areas are advised to take the necessary precautions.

Latest weather updates from the Nadi weather office has detailed Fiji will not be affected by tropical cyclones Wilma and Anthony.

The report said that as of Wednesday, 2pm tropical cyclone Wilma was located 575 km of Nadi.

The category 4 cyclone on its current track is expected to pass south of Vanuatu by tomorrow afternoon.

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UPGRADING OF ROTUMA AIRPORT

THE upgrading of the Rotuma Airport will begin once a contractor to carry out works has been identified.

Deputy Secretary responsible for the Rotuma Affairs Unit in the Prime Minister's office Tomasi Tui said the upgrading works, once completed, would support the declaration of Rotuma as an international port of entry.

"We have a \$4million allocation and we will negotiate with companies that may wish to undertake the works," he said.

"That's the responsibility of Airports Fiji Limited.

"We provide an advisory role in identifying potential companies to go and work on the

airstrip."

The airstrip is located near Else'e, a village in the district of Malhaha.

The runway measures 1494 meters in length.

Mr Tui said returns on this major investment would be felt in the coming years, especially as Government worked to open up tourism markets on the island.

Meanwhile, works on the island's jetty would be completed this year.

Government allocated \$400,000 in its 2011 Budget to complete the extension of the jetty by about seven meters.

Work on the jetty began last year on a

LABASA SCHOOL INTRODUCES CLASS SEVEN

SAINT Mary's Primary School in Labasa has introduced Class Seven studies for the first time.

The school was established by the Anglican Church in 1927 and until last year provided studies up to Class Six.

School chairman Bishop Apimeleki Qiliho said the introduction of Class Seven was in line with the concept of 12 years of basic education as stipulated by the People's Charter.

"We have classrooms available but we need desks for the Class Seven students,

which we don't have right now although we've discussed this with Home Finishing and Building to provide wedding banquet benches that the students could use in the meantime," Bishop Qiliho said.

"We can't sit and wait and do nothing; we've got to do something because school has started and the students are here."

He said the board had sought assistance from the Japanese government which agreed to provide partial funding towards the \$680,000 cost to build facilities for Classes 7-8.

\$1.4m allocation that also covered the costs of extending the power grid by seven kilometers from the government station in Ahau to Rotuma High School at Malhaha.

"We're working to see the jetty meets the minimum standards required," Mr Tui said.

"The minimum standards required - these include where the ships will anchor, a certain depth is required, safety of vessels and all that - those are the minimum requirements.

"We also have the option if ships cannot

berth, then we have a working boat - that can take the cargo to the mother vessel."

The trickle on economic effects of these infrastructural developments will stir up the island economy and retain the 2000 odd island population.

Additionally it will also encourage islanders living on Viti Levu to return to the island and utilise natural resources for economic development.

About 10,000 Rotuman's reside on Viti Levu.

FORMER FIJI GIRL PUBLISHES A BOOK



Veena Rathi has come a long way from the copra plantation of Savusavu to publishing a book

VEENA Rathi, a Fijian national living in the United States of America has publish a book titled 'A Fijian at Heart'.

The book is available for sale on e-bay. The book tells of Mrs Rathi's journey from the copra plantations of Savusavu to the halls of some of the world's most prestigious financial organisations where

she would forge a name for herself as a gold medal winning sales executive and banking manager.

In the process, she gained valuable experience, met inspirational individuals who would improve the quality of her management style and received a gold medal in recognition for her outstanding sales and customer services skill.

All these, she juggled with starting a family.

Mrs Rathi pursued her studies in quality management through the Fiji National Training Council and the Australian Quality College before completing her post-graduate certificate in management through the Central Queensland University.

FOR IMMEDIATE RELEASE

2011 ECONOMIC FORECAST IN SURREY - FEBRUARY 3, 2011

Surrey, B.C. – On Thursday, February 3rd, 2011, the Surrey Board of Trade will host the annual Economic Forecast luncheon featuring Michael Levy, Financial Commentator and Analyst for CKNW, and Dr. Linda Duxbury, Workplace Demographic Expert from Carleton University, Ottawa. They will discuss:

□ What's expected for our local, provincial, federal and international economies – and what that means to your business – small and large.

□ Skills Shortage, workplace demographics, the change that is coming!

A question and answer period will be included in the program.

Date: Thursday, February 3, 2011

Time: Registration and Lunch 11:30 a.m.

Program 12:00 – 1:30 p.m.

Location: Sheraton Vancouver Guildford Hotel
(15269 104th Avenue, Surrey BC)

Admission: Members - \$45.00 +HST
Member Table of 8 - \$360.00 +HST
Non-members - \$60.00 +HST

Media representatives are invited as guests.

Please RSVP to brianne@businessinsurrey.com

For more information regarding the Surrey Board of Trade Economic Forecast, please contact Anita Huberman at 604-581-7130 or anita@businessinsurrey.com

Anita Patil Huberman, CEO, Surrey Board of Trade

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HONG KONG HOMES WORLD'S LEAST AFFORDABLE: SURVEY



HONG KONG has the world's least affordable housing, according to an international survey, a finding likely to stoke anger among residents already fed up with runaway property prices.

Hong Kong Buying a home in the Asian financial hub, synonymous with its super-rich tycoons and glittering financial district, costs more than 11 times the city's average salary, outpacing London, New York and other major cities, US-based consulting firm Demographia said in a report released on Monday.

Sydney was ranked the second-least affordable major city, followed by Vancouver, and Melbourne.

The 7th Annual International Housing Affordability Survey compared home prices and household income in 325 cities in Australia, Canada, Hong Kong, Ireland, New Zealand, Britain and the United States.

It is the first time Hong Kong has been included in the survey.

Hong Kong's median home prices in the third quarter of 2010 averaged HK\$2.58 million (\$330,940), about 11.4 times the median household annual income of HK\$225,400 (\$29,226).

The most affordable homes in the survey were all in the United States and Canada,

with Saginaw in Michigan being the most affordable city, with a median house price of \$US61,400. (\$61,572). Atlanta was the most affordable major city, where the median house price was \$US129,400 (\$129,763).

Rising property prices have become a major concern for Hong Kong's population of seven million.

Worries about a property bubble have prompted Hong Kong's government to announce a series of measures to cool the market, including boosting land supply and new stamp duties to keep out hot money.

Home prices in Hong Kong have risen 50 per cent over the past two years, due to low interest rates, a robust economy and an influx of buyers from mainland China, who account for a big portion of purchases, especially of luxury homes.

Buggle Lau, chief analyst at Hong Kong property broker Midland Holdings, said he expected prices to continue to surge in 2011, but also questioned the Demographia survey's methodology.

"The survey does not take into account more affordable housing in Hong Kong, like government housing," he said.

Eddie Hui, a professor of the department of building and real estate at the Hong Kong Polytechnic University, also said the survey is "not an accurate reflection" of price of homes in Hong Kong.

"Up to 50 per cent of people here live in some form of public housing - one of the highest rates in the world, but the survey did not take into account the prices of government housing."

He also said it would be fairer to measure housing costs as a percentage of after-tax income, as Hong Kong is known for its relatively low tax rates.

UK COUPLE CAUSES 27K WORTH OF DAMAGE TO CHURCH AFTER FOLLOWING GPS DIRECTIONS

An ELDERLY British couple is recovering after a faulty GPS system led them to crash into a 19th-century German church, causing \$37,000 worth of damage.

The couple, who cannot be named under German data protection laws, were traveling from Austria to France guided by their GPS system. The 76-year-old husband, who was driving, followed instructions to "turn right" but ended up hitting the chapel near Freundpolz, Bavaria.

The man and his 78-year-old wife were taken to the hospital suffering from shock

and bruises, before returning by train to Britain.

"They were confused and didn't notice that the navigational system was faulty," a police spokeswoman said. "What happened to them is a salutary lesson about the limits of navigation systems - don't always believe what you hear, but keep your eyes open."

Karl-Heinz Krueger, a passing motorist, told a local radio station, "The old man was more confused than the woman. He kept saying, It's the machine - it told me to turn this way, but I suddenly ran out of road."

OPRAH MEETS HALF-SISTER GIVEN UP FOR ADOPTION



Oprah Winfrey has had a reunion with a half-sister she didn't know she had.

Speaking on The Oprah Winfrey Show Monday, the chat show host announced she had discovered that a Milwaukee woman named Patricia was her half-sister.

"This, my friends, is the miracle of all miracles," Winfrey said before bringing out the 48-year-old woman, whose full name was not given.

Winfrey said her mother had a daughter and gave her up for adoption in 1963, when Winfrey herself was living with her father.

Winfrey was born to unmarried teenage parents and raised by both her maternal grandmother in Mississippi and her mother, who moved to Milwaukee. She spent part of her youth with the man she considered her father, Vernon, in Nashville.

Her mother never spoke to her of the half-sister. Winfrey is nine years older.

Winfrey's mother Vernita Lee said she never admitted she had another daughter "because I thought it was a terrible thing for me to do, that I had done — gave up my daughter when she was born."

"I made the decision to give her up because I wasn't able to take care of her," Lee said during a recorded interview that aired Monday.

Met on Thanksgiving Day

Winfrey said she learned about the half-sister last November and met her on Thanksgiving Day.

Winfrey said the woman searched for years to discover the identity of her birth mother. Patricia had been bounced from one foster home to another until she was adopted at age seven. She said a Wisconsin adoption agency told her her birthmother had refused to meet with her.

But in 2007, she heard an interview with Lee, who talked about two of her children who had died.

Patricia compared her date of birth with the story of Lee's missing children. She quietly got a DNA test, comparing herself with the daughter of Winfrey's dead sister in Milwaukee.

Winfrey said Patricia had known since 2007 that the two were related and had tried unsuccessfully to contact Winfrey, her mother or others in Winfrey's family.

"She never once thought to sell the story,"

Winfrey said, congratulating her half-sister for not trying to profit from the relationship.

"Family business should be handled by family," Patricia said. "It couldn't be handled by anyone else. That's not fair. It wouldn't be fair to you."

THE WORLD'S MOST TERRIFYING WALKWAY



A HAIR-raising video posted on YouTube shows a tourist on the

notoriously dangerous yet spectacular "walk of death" walkway in Spain.

The Caminito del Rey walkway winds around the steep walls of a narrow gorge in El Chorro, near Malaga, Spain.

More than a century old, it has fallen into disrepair. The entire concrete top section has collapsed, leaving open air gaps bridged only by narrow steel beams.

Few of the original handrails exist but a safety-wire runs along the path, which is one metre wide and rises over 100 metres above the river below.

There is currently no public access to the walkway as the local government closed both entrances following two fatal accidents in 1999 and 2000.

Work to restore the path will begin in mid-2011 and will take around three years.

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EDITOR OF LUXURY MAGAZINE CRASHES \$250,650 BENTLEY DURING CONNECTICUT TEST-DRIVE



THE editor of wealth management magazine Worth crashed a \$250,650.00 Bentley in Connecticut during a test-drive.

Kate Winick, the senior editor for the magazine that advises high-net-worth people how to manage their money,

was test-driving a new Continental GTC Speed 8011, in Ridgefield, Connecticut, when she lost control of the pricey convertible on an icy road and had to swerve to avoid a parked UPS truck, Women's Wear Daily reported.

"Lost its bumper," is how Winick described last week's crash. She said people at the car company were "lovely."

"You know, they deal with this stuff all the time," she added.

The car had to be towed back to New York City. It will get a mention in the next edition of the magazine.

The crash will not, according to WWD.

DUBAI OPENS "WORLD'S HIGHEST RESTAURANT"

opening of a fine-dining venue 442 metres up in the sky.

Touted by developers in the United Arab Emirates as "the world's highest restaurant", the At.mosphere lounge began seating guests on Sunday on the 122nd floor of the world's tallest building, the 828-metre Burj Khalifa.

Toronto's revolving 360 Restaurant in the CN Tower is considered by Guinness World Records authorities to have the World's Highest Wine Cellar, 351 metres above ground.

The UAE developers behind

At.mosphere plan to apply to Guinness to take the title of World's Highest Restaurant.

At.mosphere can accommodate more than 210 guests and also boasts private dining rooms as well as a main dining floor, according to developers.

The Dubai restaurant can be accessed by an express elevator that takes nearly a minute to ascend to the 122nd floor.

Prices on the menu are also steep as one might expect, according to Reuters. Entrees are priced at an average \$93, while appetizers are in the \$50 range.

WOMAN SURVIVES 23-STOREY PLUNGE



Witnesses say they saw a woman throw herself from the 23rd floor of a Buenos Aires hotel Monday and survive.

The woman landed in a sitting position on the roof of a taxi whose driver had gotten out just before the impact deeply dented his roof and shattered the windshield.

The woman, a 30-year-old Argentine, was rushed to the nearby Hospital Argerich, where she was operated on for injuries including internal bleeding and broken hips and ribs, Alberto Crescenti,

director of Argentina's Emergency Medical System, told the government news agency Telam.

He estimated that she fell nearly 100 metres.

The taxi driver, who gave his name as Miguel, reportedly said he saw a police officer looking up and that prompted him to get out just before the driver's side of the car was crushed by the woman's body.

Another taxi driver, Juan Carlos Candame, told the reporter that he saw the woman climb over a barrier and jump into the void.

The woman plunged from the top of the Hotel Crown Plaza Panamericano, where a restaurant overlooks the landmark Obelisk in downtown Buenos Aires.

62ND REPUBLIC DAY CELEBRATION IN INDIA



January 26, is a national holiday in India for its Republic Day celebrations. This day commemorates the day in 1950 when the Indian Constitution first came into force, three years after Independence. India gained independence from Great Britain in 1947.

The celebrations for the event are marked by a grand military parade held in the heart of New Delhi from Rashtrapati Bhavan, the presidential palace, to the Red Fort. The parade is attended by Indian leaders along with a chief guest who is a visiting head of state. This year the guest of honor at the celebrations is Indonesian President Susilo Bambang Yudhoyono.

Government offices, businesses and schools in India were closed on this day.





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WILMA WRECKS HA'APAI HOMES

CYCLONE WILMA hit Tonga's Ha'apai group Tuesday morning, tearing off dozens of rooftops, with reports of houses collapsing and power poles falling, as the centre of the Category 3 cyclone passed over central and southern Ha'apai, moving toward the south west.

Mafua Maka, Head of the National Emergency unit, said that they had received verbal reports that Ha'apai was the worst hit of Tonga with houses damaged.

He said an assessment team flew to Ha'apai at 2:00pm on Wednesday, to physically inspect the damage and report back to Nuku'alofa on radio from TDS vessel Voea Neiafu.

Damage
Meanwhile, Ha'apai Police said that after assessing the damage, around 19 houses had been wrecked and collapsed from Pangai to

Foa. While up to 27 houses had rooftops torn, including the Governor's residence at Pangai. Police officer Talakai said the electricity remained off on Lifuka Island after about nine electricity poles had collapsed and much of the power lines were down. The telephone communications to Lifuka are fine and the water is running.

He said they had one report of a minor injury sustained by a 22-year-old male but no one else was hurt during the cyclone.

He said the cyclone started battering Ha'apai at around 10 am on Tuesday. They had received no reports from Noumuka as yet, because of problems with the telephone to that island.

The cyclone moved faster than the Tuesday morning forecast, with the strongest gusts reaching Ha'apai and Tongatapu about four hours earlier than predicted.

The Track of Tropical Cyclone Wilma, published by the Tonga National Weather Forecasting Centre at Fua'amotu shows Wilma tracking from Samoa and intensifying to Category 3 as it moved to the east of Vava'u on Monday. A Category 3 cyclone has mean winds of 64-85 knots with a central pressure of 970-945hPa. The centre crossed southern Ha'apai at 22:00 UTC.

'Ofa Fa'anunu, director of the Meteorological Office at Fua'amotu said that this meant that the centre crossed Ha'afeva and Lifuka at around 10:00 am Tonga time on Tuesday, January 25.

Thankful
The owner of the 'Evaloni Guest House in central Pangai, Tupoutu'a Lavulavu, spoke to Matangi Tonga Online on telephone and said she was lucky that her guest house wasn't damaged.

But she said there were many houses

damaged with roof tops torn off and some old warehouses in the town had been wrecked, including an old copra timber building at the wharf which was demolished by the cyclone. She said some of the small falekoloa's rooftops in the capital had been blown off as well.

"We just thank god that no one was killed since the cyclone has caused severe damage to some houses, our trees have been wrecked including our fruit crops," she said.

Meanwhile, it is reported that Vava'u was not damaged by the cyclone and is running its usual business.

Tongatapu was also lucky experiencing strong gusty winds yesterday, but the only visible damage at this stage is felled trees bringing down some power lines in the capital where some areas have yet to have their electricity reconnected.

The capital Nuku'alofa has resumed normal business.

CYCLONE WILMA HITS PAGO AS ROUGH SEAS RAVAGE SAMOA

Tropical Cyclone Wilma devastated parts of American Samoa on Sunday morning while rough seas frightened residents living on the coastal areas of Upolu, Manono, Apolima and Savai'i.

High swells damaged parts of roads and some properties around Samoa, reports from residents who contacted the national radio, 2AP, said.

In American Samoa, reports say the tramway cable from Utulei to Mount Alava has broken in two.

Two homes, one in Aua and another in Leloaloe, lost their roofs while a home in Fagasa was also badly damaged.

Downed powerlines made it difficult for emergency responders to reach villages in the Eastern District.

Cyclone Wilma, which was still hovering close to the two Samoas, brought winds of more than 130 kilometres an hour in Tutuila. The seawalls in Vaiala could not withstand the raging waves that crashed through on Saturday night bringing with it driftwood, stones and all forms of rubbish that littered the road.

Residents of Vaiala and many other villages along the coast of Upolu were more fearful of the rough seas than the gale force winds as the waves kept getting "higher and stronger." "The waves were huge," says Sefo Time of

Solosolo. "We moved to another house further upland because the waves kept getting closer and closer."

Parts of the main road in Solosolo and villages nearby are now covered in sand and Mr Time says it was impossible for vehicles to pass by on Saturday.

"The road was completely covered with sand and debris blocking any cars from coming through," he says.

Susana Fa'asau, of Moata'a, says the strong waves crashed right onto the main road.

NEW FRENCH HIGH COMMISSIONER ARRIVES IN PAPEETE

The new French High Commissioner in Papeete arrived in French Polynesia.

Richard Didier was welcomed by French Polynesia president Gaston Tong Sang Saturday night at the Tahiti-Faa'a international airport.

Senator Gaston Flosse, who leads the pro-autonomy Tahoeraa huiraatira, was also at the airport.

However, French Polynesia Assembly Speaker and pro-independence leader Oscar Temaru was not there.

Didier told reporters his main goal was to put

an end to the current economic and political crisis in French Polynesia.

Didier replaces Adolphe Colrat who left French Polynesia two weeks ago.

Didier, 58, is a French civil servant and administrator who already knows French territories in the Pacific.

He has served as the top French civil servant in Wallis and Futuna from August 2006 to 2008.

During his stay in Wallis and Futuna, he had to deal with tensions following the death of King Tomasi Kulimoetoke in 2007.

8TH PACIFIC DOCUMENTARY FILM FESTIVAL UNDERWAY



Opening ceremonies were held Tuesday morning for the 8th Annual Pacific International Documentary Film Festival.

The first day of FIFO, the "Festival International du film documentaire Océanien", at the Papeete Cultural Center theaters presented a mixture of this year's 15 competing and 22 non-competing films.

The FIFO festival continues daily through the weekend.

2011 FIFO Jury President Luc Jacquet and AFIFO Chairman Wallès Kotra participated in Tuesday's opening ceremonies.

Jacquet, 43, is a French film director from Paris. He wrote and directed the movie "March of the Penguins", which won an Oscar for best documentary feature in 2005.

French Polynesia President Gaston Tong Sang and French High Commissioner Richard Didier also participated in Tuesday's opening ceremonies.

They both stressed the importance of the Annual Pacific International Documentary Film Festival.

FIFO has become not only one of the major cultural events of French Polynesia, but also the Pacific.

AFIFO Chairman Kotra, FIFO's founder, also said it is important for regional televisions to work more together.



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CANADIAN GETS WORLD'S 1ST BEATLES DEGREE



degree based on the life and times of the Fab Four. Mary-Lu Zahalan-Kennedy, a singer and actress born in Renfrew, Ont., and raised in Oakville, Ont., joined the program when it started in 2009 and graduated Wednesday. She is one of 12

A former Miss Canada finalist from Ontario has become the first graduate of a Liverpool university's groundbreaking degree program based on the Beatles. Liverpool Hope University officials believe the master's program, which analyzes the iconic band's music and their impact on Western culture, offers the first advanced

full-time students of the program, titled The Beatles, Popular Music and Society. Zahalan-Kennedy said the course provided insight into the wide-ranging influence of the band. The course also deals with how the port city of Liverpool helped shape the group's identity.

LETHBRIDGE FUNERAL HOME REUSED CASKETS: POLICE

Owners of Cornerstone Funeral Home also accused of cutting ring from body
A funeral home in Lethbridge, Alta., is facing charges of fraud and offering indignities to dead bodies, police said Wednesday. The owners of Cornerstone Funeral Home are accused of repeatedly using a rental casket without replacing the lining and carrying out cremations using cardboard shipping materials "and other refuse," Lethbridge police said. They are also accused of cutting the finger off a body to remove a ring, police said. Investigators also allege the business owners defrauded the Alberta government by cutting corners on cremations they were contracted to do for the province. The funeral home used inexpensive trays instead of caskets, but billed the cremations at a higher price, police said. The offences are alleged to have happened from 1996 to 2006. Ralph and Faith Zentner, both 46, are each charged with numerous fraud offences and with offering an indignity to a dead human body or human remains.

"We plan to vigorously defend the charges. We don't understand who would gain from these ludicrous allegations," said Ralph Zentner. The couple are slated to make a court appearance in March. **Regulatory board received complaint** Catherine Cavanaugh, who chairs the Alberta Funeral Services Regulatory Board, said she is concerned about how the incident might impact the rest of the funeral industry in the province. "Well, that's the problem: this is a very professional industry and they have very professional standards. And we certainly wish to maintain it and support them in this," she said. The board received the original complaint from an employee at Cornerstone in 2005, sparking the investigation, she said. The regulatory board licenses all funeral homes and inspects them every 18 months to two years. Cavanaugh said the board will meet soon to determine whether the Lethbridge business will be stripped of its licence.

POLICE CHARGE FIVE IN HUGE DATE-RAPE DRUG BUST

The Canadian Border Services Agency and the RCMP's federal drug enforcement squad have charged five people in connection with what they're calling the largest seizure yet of the date-rape drug ketamine. Charges were laid after CBSA officers came across "a suspicious shipment" on board a container ship from Hong Kong on Dec. 7. When they searched it they discovered, sandwiched between boxes of coffee mugs, more than a 1,000 kilograms of the white crystalline powder, sealed in plastic bags. "This is the largest seizure ever made in Canada of ketamine," CBSA chief Colleen Pinvidic said at a press conference Wednesday afternoon. Three Chinese nationals have been charged in connection with the bust. They are; 53-year-old Tak Ming Chan, 58-year-old Yiu Ming Kwok and 58-year-old Wing Kee Ng. All remain in police custody, and face charges of importing a controlled substance and possession for the purpose of trafficking. Two Vancouver residents, 54-year-old Hoi Sing Lai and 42-year-old Hin Cheung Lau, also face charges of possession for the purpose of trafficking. All five were arrested on Dec. 11, in

Surrey, B.C. The Mounties' federal drug enforcement squad searched two "locations" in Richmond, B.C., as part of the investigation and found a pill press, binding agents and "other materials commonly associated with a synthetic drug laboratory," RCMP Supt. Brian Cantera told reporters on Wednesday. The RCMP is probing whether the drug shipment is connected to organized criminal groups from Asia, Cantera said. He described ketamine as "a tranquilizer with hallucinogenic properties." The amount seized amounts to more than a million doses, with a street value of \$15 million, he said. Ketamine, or "Special K" as it's sometimes called, is taken on its own, mixed into ecstasy pills or used as a so-called "date rape" drug because it's odorless, colourless and dissolves in liquid. It's illegal to import, possess or sell in Canada and is categorized in the same group of illicit drugs as heroin, cocaine and opium under the Controlled Drugs and Substances Act. The maximum penalty for importing or trafficking ketamine is life in prison, Cantera said.



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Rightful winners get \$12.5 million prize

The Ontario Lottery Corporation awarded \$12.5 million interest to the rightful winners of a 2003 Super 7 prize.



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ICBC Cases

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"After my accident I had constant neck and back pains. I felt sad most of the time and became very anxious about the future. ICBC said I was overreacting and offered \$17,000. My case settled for \$400,000 at mediation." – MR. S.

"The damage to my car was only \$700. ICBC said I could not have been injured; but I was. My lawyer finalized my claim for \$28,000 plus expenses." – MISS M.

"ICBC offered me \$32,000 to finish my case. I was off work for 6 months and saw a specialist because of my jaw injury. I couldn't mop the floor or clean our bathroom without help from my children. I received \$200,000 through my lawyer's efforts." – MRS. S.

"The damage to my vehicle was about \$1,700. ICBC said this was a Low Velocity Impact (LVI) and refused to pay me for my injuries and physio costs. My lawyer obtained more than \$45,000 for me." – MRS. B.

"A car hit me as I walked across the street. ICBC blamed me because of the colour of my clothing. My lawyer worked hard and obtained necessary evidence. My case settled for over \$300,000." – MRS. C.

**Past cases are not necessarily indicative of future results and amounts recovered may vary according to the facts in each case.*



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FRENCH MANICURE

How To Get A French Manicure

STEP 1



It's essential to prepare your hands and nails before applying nail polish. First, exfoliate your hands by massaging them using a small amount of body scrub. Rinse with water and dry thoroughly. One of the main causes of chapped hands is not drying them properly after washing.

STEP 2

File your nails. If they are brittle or tend to



split, keep them flat across the top with smooth, rounded edges. When filing, move in one direction, from outer corner to centre-sawing movements can damage the nail plate. Choose a nail file with a fine surface that glides over the nail.

STEP 3



Coat hands in a layer of sweet almond oil, to nourish and soften, then wrap in a warm towel and relax for 15 minutes. Unwrap, and gently push back cuticles using a rubber hoof stick (available from most chemists). Never use cuticle clippers, as they can nick the skin. Rinse

hands with warm water and dry thoroughly to remove any oil residue.

STEP 4



Apply one coat of base coat over your entire nail and allow a couple of minutes to dry. This will help strengthen the nail. Some products also level fine ridges and imperfections, leaving a smooth surface to apply polish. There's a wide range of base coats to choose from.

STEP 5

For a square look, paint a straight line across the tips; for a rounded appearance, follow the curve of the nail; and to get a pointed style, paint in from each side to the



centre. Some manicure kits include sticky strips to use as a guide. When applying, lay your hand on a flat surface and keep the ball of your painting hand steady and keep the ball of your painting hand steady by resting it on the same surface. Leave to dry.

STEP 6



Finally, apply a coat of translucent shell-pink nail polish over the entire nail to seal the whitened tip and complete the look. Allow 10 minutes for it to dry. For extra shine and protection, apply a clear, glossy top coat.

Pet Care

WHAT IS MY DOG THINKING?

This is a test to see how much you know about dogs. Challenge yourself!

1. What are the descendents of dogs?

- Other dogs
- Wolves
- Humans

2. Why do dogs make a mess of things around the house when your not there?

- They are lonely
- They are bad dogs

- They are curious

3. How much bigger is the area in a dog's nose that detects sent than a human?

- 50
- 70
- 40

4. Why do dogs sniff each others butts?

- So they can get to know the dog more
- So they can know how are they feeling, where they came from, what have they been eating
- Both

5. Why does a dog wag its tail?

- Its excited
- Its friendly
- Both

6. Dogs bark because...

- they want to keep other people/dogs away
- they want attention
- Both

7. What will two dogs do if they live together?

- They will fight to the death(depends on what kind of dog)
- A hierarchy develop between them
- Nothing

8. Why do dogs roll over and show

their belly?

- Because I trained it to do that
- To say to another dog to not attack them

9. Why do dogs chase their tail?

- They need to scratch an itch
- They are bored and want to chase something
- I don't know

10. Why do dogs roll in smelly stuff?

- So when they are hunting, their prey cannot smell them
- Because they want a bath
- Because their bored



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ARIES (March 21-April 19)

An increase in regular income is predicted. It could be through some commission work, or through part-time occupation. The employed gets some extra income in the form of bonus or wage increase. Investments and shares also gets you rich dividends plus a bonus. A chance of meeting with someone at a get-together, or while commuting to work, could suddenly lead to a romantic affair in this week. You meet you family members.

TAURUS (April 20-May 20)

A person who has been seeking your participation in a certain venture may have some selfish designs behind the entire scheme. If you happen to have doubts about fresh business proposals, drop the deal rather than block your money in such transactions. Your love life could suddenly take a turn for the worse, and perhaps you are to blame in this week.

GEMINI (May 21-June 20)

Monetary gains are indicated through your efforts at work. Some of you may invest in a new home, property or a vehicle. Socially, you are much in demand. At a meeting or large gathering, you are going to be very popular. People will go out of their way to seek your company. In this week you spend your some time in books.

CANCER (June 21-July 22)

Do not get taken in by tall promises and allurements of making a fast buck, for these will lead to a major setback. You need to devote more time at home and with your family in this week. By being away from home most of the time you could be missing out on the pleasures and delights of marriage and romance. Don't think that every opposite sex is interested in you.

LEO (July 23-Aug. 22)

You seem to benefit more through your social contacts and also through your good public relations. But make sure to meet all your commitments on schedule or you lose credibility and even let down your benefactor. Those looking for openings in a creative field will get a favourable offer this week. A marriage proposal for those in love is likely. Avoid hard word to spouse.

VIRGO (Aug. 23-Sept. 22)

You will do well at work and monetary gains are indicated in this week. Perhaps you may be cited for an honour for a recent achievement. Those who have been unwell will make a quick recovery. A happy

occasion will be celebrated in the family. Must respect your well-wishers.

LIBRA (Sept. 23-Oct. 22)

You will be in mood to take risks in new ventures, and are likely to emerge successful. There will be new developments around you which give you ample opportunities and scope to surge ahead in your career. An increase in your income and better financial prospects are likely. You are able to fulfill a dream. If you want to go some real creative field, this week is the best time.

SCORPIO (Oct. 23-Nov. 21)

A busy but rewarding day. Plans for a journey are afoot. News from overseas concerning work will also be favourable. You will be entertaining this week which will be quite a success. However, a late night could take its toll on your health. Must respect your seniors and take care of others money matters.

SAGITTARIUS (Nov. 22-DEC. 21)

Work in co-operation with others to achieve optimum results. In matters of love you need to repose more trust and faith in your love ones to achieve harmony. After a little soul searching you will realize that you have been overly sensitive for no reason at all. Must care health in this week and take rest.

CAPRICORN (Dec. 22-Jan. 19)

An increase in income is indicated. You will be able to reinvest the surplus amount profitably. There will be undercurrents of tensions on the home front especially for those living in a joint family. Try to keep your temper in control or things could get out of hand. Some your best old friend is helps you on some new venture in this week.

AQUARIUS (Jan. 20-Feb. 18)

A delay in promised payment could be distressing. Handle financial issues carefully to avoid any loss. Avoid making any further investments and financial commitments right now. Problems in your personal life will be overcome. Your mate will be more supportive and helpful.

PIECES (Feb. 19-March 20)

A very busy week at work. You will be meeting a lot of people; perhaps with new work proposals. You may be tense about certain developments in the family. A family member will visit you this week. Try to be diplomatic in your own interest. Avoid discussing topics that can lead to conflicts. Always first think then speak.

Bhatura & Choley



Ingredients:

- 2 cups All Purpose Flour
- 3/4 cup Yoghurt
- 1/2 tsp Baking Soda
- 1 tbsps Sugar
- Vegetable Oil for frying
- Salt to taste

How to make Bhatura:

Take flour and then mix it with baking powder and salt. Mix yoghurt and sugar and add to the flour. Add enough lukewarm water and knead it into soft dough. Cover the dough with a wet cloth and keep it aside in warm place. (about 3-4 hours) Divide it into 10-12 equal portions, roll them into balls. Cover and set aside for 5 minutes. Flatten the balls by pressing in between

the greased palms. Roll into 5-6 inch diameter (like big puri). Heat oil in a kadai and deep fry on high flame.

Serve hot with choley.

Choley

Ingredients:

- 400 gms Soaked Chana
- 4 Chopped onions
- 2 Garlic cloves
- 1 Ginger
- 1 tsp Garam masala
- 1 tsp Red chilli powder
- 1/2 tsp Mango powder
- 1 tsp Pepper
- 1 tsp Cinnamon powder
- Oil for frying
- Salt to taste

How to make Choley

Grind ginger and garlic to make a paste. Heat the oil and fry onions till it turns brown. Add garam masala, red chilli powder, cinnamon powder, ginger garlic paste & salt to it. Fry it well. Add soaked chana and water. Cook it till it turns thick. Add pepper and mango powder. Cook it for five minutes. Choley is ready. Serve hot.

Shrimp and Bok Choy Stir Fry with Orange Sauce



1 tablespoon sriracha sauce
1 teaspoon orange marmalade
3 tablespoons tamari
1/2 cup chicken broth
1 teaspoon corn starch
Mix the orange juice reduction with the sriracha sauce, marmalade and tamari. Mix the chicken broth with the cornstarch, keep aside.

Garnish:

1/2 cup cilantro, chopped
1/2 cup spring onions, chopped
In a large wok like pan, heat 1-teaspoon sesame oil with 1-tablespoon olive oil. Add the shrimp and a sprinkle of salt. Saute for 1-2 minutes on high heat. Take the shrimp out with a slotted spatula (the shrimp won't be fully cooked). Add 1-teaspoon sesame oil with 1-tablespoon olive oil. Add the ginger and garlic. Saute for 1-2 minutes on medium heat. Add the bok choy with a sprinkle of salt. Saute till the bok choy is soft and cooked down, about 5 minutes. Add the shrimp with the orange reduction sauce and the chicken broth. Bring to a boil and lower the heat. Let the dish simmer for 5 minutes till all the shrimp are cooked and the sauce is thickened. Garnish with cilantro and spring onions. Check for seasonings.

Ingredients:

- 1 bunch bok choy, washed and chopped into 2 inch pieces
- 2 garlic cloves, minced
- 2 inch piece ginger, minced
- 1 pound uncooked large shrimp, peeled, deveined
- 2 teaspoons toasted sesame oil, divided
- 2 tablespoons extra light olive oil, divided
- Salt to taste

Sauce:

1 cup orange juice, reduced to 1/3 cup
In a small pot cook the orange juice on medium heat till it reduces to about 1/3 cup, it should take about 10 to 15 minutes.

Mango Lassi

Ingredients:

- 1 cup plain yogurt
- 1/2 cup mango pulp (fresh or canned)
- 1 cup crushed ice
- 3 table spoons sugar

Directions:

Blend all of the above. Add a little water if the consistency is too thick. Keep refrigerated. Serve chilled.



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1. Cucumbers contain most of the vitamins you need every day... Just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.

2. Feeling tired in the afternoon? Put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B Vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.

3. Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror... It will eliminate the fog and provide a soothing, spa-like fragrance.

4. Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area. WOW!

5. Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes. The photochemical in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too! DOUBLE WOW!!

6. Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free.

Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache!!

7. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and explorers for quick meals to thwart off starvation.

8. Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.

9. Out of WD-40 and need to fix a squeaky hinge? Take a cucumber sliced rub it along the problematic hinge, and voila, the squeak is gone!

10. Stressed out and don't have time for massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber

with react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during final exams.

11. Just finish a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath, the photochemical will kill the bacteria in your mouth responsible for causing bad breath.

12. Looking for a 'green' way to clean your faucets, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean, not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm your fingers or fingernails while you clean.

13. Using a pen and made a mistake? Take the outside of the cucumber and slowly use it to erase the pen writing, also works great on crayons and markers that the kids have used to decorate the walls!

FRUITS AND VEGETABLES

Fruit and vegetables are low in energy and packed with vitamins, minerals, protective plant compounds and fibre, so they're a great source of nutrients and vital for a healthy diet



Five a day

Due to their nutritional and health benefits, it's recommended that fruit and vegetables form the basis of your diet, with a minimum intake of five portions each day - about a third of your daily food consumption.

Fruit and vegetables should be incorporated into every meal, as well as being the first choice for a snack.

Population studies have shown that people who eat a lot of fruit and vegetables may have a lower risk of chronic disease, such as heart disease and some cancers. Health benefits can be gained from fresh, tinned (in natural juice), frozen, cooked, juiced or dried versions. Potatoes don't count though, as they're a starchy food.

How much is a portion?

• One piece of medium-sized fruit, such as an apple, peach, banana or orange

• One slice of fruit, such as melon, mango or pineapple

• One handful of grapes or two handfuls of cherries or berry fruits

• One tablespoon of dried fruit

• A glass (roughly 100ml) of fruit or vegetable juice

• A small tin (roughly 200g) of fruit

• 3 tablespoons of fruit salad or stewed fruit

• A side salad

• A serving (roughly 80g) of vegetables, such as frozen or mushy peas, boiled carrots or stir-fried broccoli

• Cooked dishes that contain significant amounts of vegetables may also count

So how do you ensure an intake of five portions a day? Here's a typical plan:

• Glass of fresh orange juice or smoothie for breakfast = one portion

• Small pack of dried apricots for mid-morning snack = one portion

• Side salad with lunch = one portion

• Sugar snap peas and broccoli, served with main meal = one portion

• Strawberries as dessert = one portion

Do remember that some fruits contain many of their nutrients just under the skin, so eating them with the skin on can provide greater nutritional benefits and the maximum amount of fibre compared with just drinking the juice of the same fruit.

Why are they important?

Fruit and vegetables of differing colours contain diverse mixtures

of phytonutrients (protective plant compounds). These can act as powerful antioxidants, protecting the body from harmful free radicals and helping to protect against certain chronic diseases such as cancer. Some fruit and vegetables are labelled as 'superfoods' because they contain high concentrations of some phytonutrients, particularly antioxidants, which appear to be beneficial to health.

• Blueberries - contain flavonoids that can improve circulation and help defend against infection

• Broccoli - rich in the antioxidants vitamin C and beta-carotene, as well as folate, all of which can protect against cardiovascular disease and cancer

• Tomatoes - rich in lycopene, a powerful antioxidant that can protect against harmful free radicals

• Linseeds - rich in omega-3 fatty acids, which may help control cholesterol levels

But variety is the key. In addition to these phytonutrients, each variety of fruit and vegetables contains its own combination of vitamins, minerals and fibre. Choosing a variety throughout the day will provide a diverse package of essential nutrients.

Boiled or steamed?

Although fruit and vegetables are packed with vitamins and minerals, many of these essential nutrients can be easily destroyed by heat when cooking and during food preparation. Water-soluble vitamins are especially vulnerable

when boiled. One solution is to eat raw vegetables as much as possible, such as raw carrot, celery or peppers.

When cooking vegetables, try steaming, microwaving or poaching rather than boiling. These methods do not involve immersing them in water, so the maximum amount of nutrients can be retained, as well as their fresh taste. If you prefer to boil vegetables, do so for the minimum amount of time and in as little liquid as possible in order to retain their valuable nutrients. You could also utilise the water used in another part of your dish, such as gravies or stocks, to recapture some of the leached nutrients.

Fibre for weight control?

Fruit and vegetables are important contributors to the intake of dietary fibre, both soluble and insoluble. Fibre is slowly digested and has a low Glycaemic Index (GI). This means glucose will be released steadily into the body over several hours, allowing you to feel fuller for longer, compared with high GI foods that produce a rapid rise followed by a subsequent fall in blood sugar, often leaving you hungry soon after you've eaten. This feeling of fullness produced by the fibre within fruit and vegetables can therefore help with weight control. Fruit and vegetables also assist weight management as they're low in calories, but remember that their calorific load is determined by what you prepare them with, so avoid the butter, cream or cheese sauces, and dips that can accompany them.

WALMART STEPS UP TO CANADIAN COMPETITION FROM TARGET

Spending \$500 million on building projects

The war between Walmart and Target for retail supremacy in Canada could result in a lot of collateral damage for smaller retailers. Walmart isn't taking news Target is coming to Canada by 2013 lightly. The retailer is spending \$500 million on 40 building projects, and hopes to have half of its 333 Canadian outlets selling groceries by the end of the year.

Mike is among those who worry for smaller businesses, but seems resigned to the fact that many are getting caught in the crossfire. "It's just how businesses works, I guess. It sucks, but that's pretty much what's going to happen. I don't think it could really be stopped."

Analysts say Walmart is merely protecting one of its most valuable territories. After the US, Mexico, and the UK, Canada is its most valuable market.

ALBERTA PREMIER STELMACH WON'T RUN AGAIN

Blasts Wildrose Alliance Party in departure speech



Ed Stelmach says he won't seek re-election as Alberta premier, while warning of the rise of "U.S.-style negative attack politics" that focus on personality rather than on issues.

Stelmach, who replaced Ralph Klein as Alberta Conservative Party leader in December 2006, revealed his intentions at the legislature Tuesday morning, and said he would announce his actual departure date in the near future.

"Upon much reflection and consultation with family and close friends, I have determined that after 25 years of public service, I am not prepared to serve another full term as premier," Stelmach said.

"Therefore, I have decided to announce that I will not be running as a candidate in the next general election. There is no doubt that my decision will come as a shock to many and a disappointment to my friends and Albertans."

Surprising news

The news surprised Conservative Party members such as Calgary MLA and

Culture and Community Spirit Minister Lindsay Blackett.

"There was no indication from anybody in our caucus or anybody in his office and I haven't heard any discussion about him not seeking re-election," he said. "Nothing to the contrary other than the fact he was supposed to be leading us through the next election in 2012."

Stelmach gave no clear indication of why he was stepping down and did not take questions from reporters.

"He obviously has made a decision that in his opinion was the right decision for Alberta," Employment and Immigration Minister Thomas Lukaszuk said. "He put Alberta and Albertans ahead of himself and his own ego."

Stelmach recently backed away from a commitment to put up a balanced budget in 2012, a decision that angered some in the Tory caucus, who want spending cuts. Lukaszuk admits there have been tough discussions about the budget but said Stelmach had the support of the majority of caucus.

But Alberta Liberal Party Leader David Swann believes Stelmach was pushed out.

"I call this a coup coming from those within the party that are disenchanted with him and see their chances in an election decimated over the last while with his failure to make good decisions in the public interest," Swann said.

OLDEST KNOWN CANADIAN DIES AT 111



Elizabeth Buhler of Winkler, Man., came to Canada in 1925

A Manitoba woman believed to be the oldest Canadian has died at age 111.

Elizabeth Buhler, who died Sunday in Winkler, Man., would have turned 112 in February.

She was born February 8, 1899, in Ukraine and moved to Canada with her husband in 1925.

Buhler's daughter, Justina Suderman, said her mother kept a positive attitude, despite enduring hard times in the former Russian empire and farming during the Great Depression.

Buhler's religious faith and regular exercise were the keys to her longevity, said Suderman, also noting her mother ate whatever she wanted and was fond of cooking with lard.

The oldest living person is now another Ukraine-born woman, Pearl Lutzko, who lives in Saskatchewan. She was born Feb. 15, 1899.

The oldest Canadian on record was Marie-Louise Meilleur, who was born in August 1880 in Kamouraska, Que., and died in April 1998 in Corbeil, Ontario.

She was 117 years and 230 days old.

TOYS "R" US SOLD EXPIRED BABY FORMULA

Product more than a month past expiry date

Expired baby formula has been sold at several Toys "R" Us stores across Canada, the media has learned.

The expired formula was found at three stores in Edmonton, as well as at one location in Winnipeg and another in Ottawa. In Winnipeg, a news producer at a Toys "R" Us noticed a warning pop up at the cash register stating a product had expired. The store nevertheless sold the product without a warning.

Only one of the Edmonton stores noticed the alert and refused to sell the formula.

In one instance, a crate of baby formula was labelled with an expiry date of Dec. 8, 2010. It was sold a month-and-a-half past that date, on Jan. 21 of this year.

Retailer promises to retrain staff on goods inspection

In an emailed statement to the media, Toys "R" Us Inc. said that it has "strict protocols for inspecting perishable items on a regular basis" and that items due to expire within 30 days of an inspection are normally taken off shelves.

"Our store employees have been retrained on this issue to ensure this does not happen again," the statement said.

Rick Holley, a professor of food science at the University of Manitoba, said food products shouldn't be consumed after the product's expiration date. The nutritional content would likely have deteriorated, he said, and in some cases the product could cause illness if ingested.

Holley said that if a product has an expired due date, it should be thrown out.

In 2009, a Winnipeg boy became ill after consuming baby food purchased after its expiration date.



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2011 Purandara Aradhana



February 5th, 2011



Hari Om music lovers and friends,

Hari Om music lovers and friends, Shree Mahalakshmi Temple and Dr. Ramachandra N. Moorthy & family foundation are pleased to invite you to the 4th Purandara Daasa Aradhana Celebration in honor of the great Saint Sri Purandara Daasa, to be held on 5th February 2011 from 4.00PM to 8.00PM at Shree Mahalakshmi Temple, Vancouver.

The highlights of the program include a rendering of the compositions of Sri Purandara Daasa by our young budding artists and our local adult artists. In addition, we propose to have a recital by accomplished artists from out of town as well.

Anybody wishing to present an item may kindly send details (song, composer, raga, thala etc) via email to shreemahalakshmi@gmail.com. Each item is required to be of 6 to 10 minutes duration

and it is requested to have one entry per participant in order to accommodate all our enthusiastic participants.

Sri Yogish N Kudva has once again been kind enough to offer tabla accompaniment. Kindly indicate in your email, if you require his help. This year also our young participants will be judged by a panel of judges well-versed in music and art.

Three prizes will be awarded to the participants in the two age group divisions.

Vocalists, instrumentalists and group performers are all encouraged to participate. Kindly send in your entries as early as possible. For any further information please contact Vijay Gunja or Lakshmi at: 604-944-6744.

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The Fiji Times
(Canada)



Shiva Chalisa

neck. The devotee in the prayer appeals to Lord Shiva to rid him of all his pain and sufferings, to bring an end to all the enemies of the devotee. The devotee in the Chalisa prays to the Lord to let him accomplish all his material and spiritual desires.

Here, Lord Shiva Chalisa is presented along with English Translation for good understanding.

SHIVA CHALISA WITH ENGLISH TRANSLATION

Jai Ganesh Girija Suvan
Mangal Mul Sujan
Kahat Ayodhya Das Tum Dev Abhaya Varadan

Glory to Lord Ganesh, the Divine Son of Goddess Girija, the cause of all auspiciousness and intelligence. Ayodhya Dass (the composer of these verses) humbly requests that every one be blessed with the boon of being fearless.

Jai Girija Pati Dinadayala
Sada Karat Santan Pratipala
Bhala Chandrama Sohat Nike Kanan Kundal Nagaphani Ke

O Glorious Lord, consort of Parvati You are most merciful. You always bless the poor and pious devotees. Your beautiful form is adorned with the moon on Your forehead and on your ears are earrings of snakes' hood.

The followers of Lord Shiva simply recite this forty verse prayer to remember their lord and pray to him for granting them peace of mind and a healthy life. Shiva Chalisa begins with praising the son of Parvati and Lord Shiva Ganesh keeping with the blessing Lord Shiva granted to Ganesh of being remembered before all gods. The composer of these verses Ayodhyaa Dasa prays that may all those who recite this prayer be blessed with fearlessness by the Lord. In the Shiva Chalisa the Lord's physical form is described with the Ganga and the crescent moon adorning his matted hair and the Rudraksha necklace adorning his

Anga Gaur Shira Ganga Bahaye
Mundamala Tan Chhara Lagaye
Vastra Khala Baghambar Sohain
Chhavi Ko Dekha Naga Muni Mohain
The holy Ganges flows from your matted hair. The saints and sages are attracted by Your splendid appearance. Around Your neck is a garland of skulls. White ash beautifies Your Divine form and clothing of lion's skin adorns Your body.
Maina Matu Ki Havai Dulari
Vama Anga Sohat Chhavi Nyari
Kara Trishul Sohat Chhavi Bhari
Karat Sada Shatrun Chhayakari
O Lord, the beloved daughter of Maina on Your left adds to Your splendid appearance. O Wearer of the lion's skin, the trishul in Your hand destroys all enemies.

Nandi and Shri Ganesh along with Lord Shiva appear as beautiful as two lotuses in the middle of an ocean. Poets and philosophers cannot describe the wonderful appearance of Lord Kartikeya and the dark complexioned Ganas (attendants).

Devan Jabahi Jaya Pukara
Tabahi Dukha Prabhu Apa Nivara

Kiya Upadrav Tarak Bhari Devan
Sab Mili Tumahi Juhari

O Lord, whenever the Deities humbly sought Your assistance, You kindly and graciously uprooted all their problems. You blessed the Deities with Your generous help when the demon Tarak outraged them and You destroyed him.

Turata Shadanana Apa Pathayau
Lava-Ni-Mesh Mahan Mari Girayau
Apa Jalandhara Asura Sanhara
Suyash Tumhara Vidit Sansara

O Lord, You sent Shadanan without delay and thus destroyed the evil ones Lava and Nimesh. You also destroyed the demon Jalandhara. Your renown is known throughout the world.

Tripurasur Sana Yudha Macha-I
Sabhi Kripakar Lina Bacha-I
Kiya Tapahin Bhagiratha Bhari
Purva Pratigya Tasu Purari

O Lord, Purari, You saved all Deities and mankind by defeating and destroying the demons Tripurasura. You blessed Your devotee Bhagirath and he was able to accomplish his vow after rigorous penance.

... CONTINUED NEXT WEEK

Maha Shivaratri

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Parenting



STRENGTHEN YOUR BOND WITH YOUR TEEN

If you want a great relationship, be involved!

1. Find out what your teen enjoys
Doing which you can do as a family. This is important to build the confidence in him so that he can open up before you and consider you as his friend.

2. Be strict when required
Getting a college education requires a lot of time, effort, and careful planning by parents and students, but will it really provide knowledge and skills students will use for the rest of their lives? Find out.

3. Communicate on a daily basis
School/College is about to open and with it comes the barrage of extra-curricular activities. Do not impose anything on your teenager, let them choose.

4. Actively show concern for your teen
It is a fact that being a teenager is very

different these days than it was even five or 10 years ago. Here are some ideas for parents in order to create a positive transition from adolescence to adulthood.

5. Be a parent your teen and her friends want to be around
This is a common phenomenon and it is upon the parents to handle their teenagers with care and caution.

6. Participate in school activities
Teen years for girls today are a period of real danger since this age makes them vulnerable to risky behavior, and any stupid or bad choice can have devastating lifelong consequences.

7. Once a week, take your teen out alone
You must have wondered why your boy looks sad, lonely, and confused although he may appear tough, cheerful, and confident.

WHAT IS SMALLPOX

You may have heard about smallpox and wondered what it is or whether you or anyone you know could get it. Some people are worried that the germ that causes smallpox could be spread and used as a weapon.

In the meantime, it's important not to panic over smallpox — the chance that you or someone in your family could ever get it is very small. One of the ways you can feel better is to learn about the disease. When you know what it is and how you can get it, it doesn't seem quite as scary.

So here are answers to some questions you might have about smallpox:

•What is smallpox?
Smallpox is a very serious illness caused by a virus called the variola (say: vair-ee-oh-luh) virus. Smallpox gets its name from the pus-filled blisters (or pocks) that form during the illness. Although the names may sound alike, smallpox is not related to chickenpox, which is a milder disease caused by a different virus.

Although people are concerned that the smallpox virus might be used as a weapon, this would be difficult for anyone to do. Right now, there are no cases of smallpox disease in the North America. In fact, the last case of smallpox was in 1949, and the last case in the world was in 1977. Some samples of the virus that causes the disease are still kept in laboratories, though.

•How is smallpox spread?
Smallpox is contagious. That means the virus can spread to others. It spreads through tiny drops of an infected person's saliva (spit) when the person coughs, talks, or sneezes. Smallpox usually passes from person to person during close, face-to-face contact.

•How is it diagnosed?
If someone does get smallpox, a doctor can recognize the disease because it causes a special kind of rash. The rash shows up as blisters on the skin that fill with fluid and crust over. This might sound like chickenpox, but the blisters look different from the blisters that chickenpox causes. The other symptoms of smallpox are like those of many other less serious illnesses: fever, headache, backache, and feeling tired.

•What is the smallpox vaccine?
A vaccine (say: vak-seen), a type of shot, can prevent infection with the virus that causes smallpox. Years ago, people were vaccinated against smallpox. Today, smallpox vaccines aren't given because nobody has had the disease for many years.

Although you can't — and don't need to — get a smallpox vaccine right now, there is a supply of the vaccine in case there's an outbreak of the disease. Scientists also are working to make more vaccine to have on hand for the future.

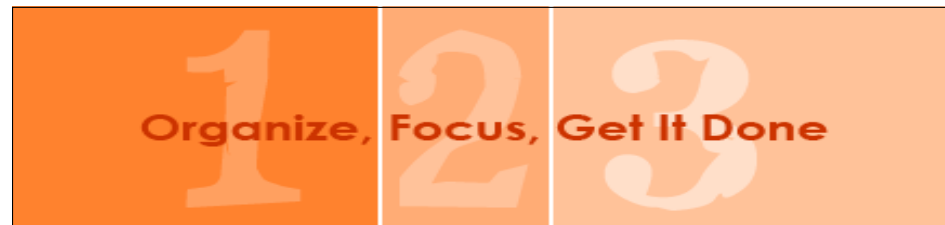
•Are there medicines to take for smallpox?
There are no pills that can treat smallpox, but scientists are doing research to try to develop medicine for the disease. If someone does become infected with the smallpox virus, getting the vaccine within a few days of becoming infected can lessen the disease's symptoms.

If you still feel scared when you hear about smallpox, remember that it's very unlikely that you, your family, or anyone you know will ever come in contact with the virus that causes it. Talking to your teacher or parent may make you feel better and give you answers to any other questions you may have.

Just for Kids

Counting by 4s

164	160	156	152					12	16
168	132	136	148				4	8	20
172	128	140	144				48	44	24
176	124	120	116	80	76	72	52	40	28
180	184	108	112	84	88	68	56	36	32
192	188	104	100	96	92	64	60	336	340
196	200	204	208	292	296	300	304	332	344
224	220	216	212	288	284	312	308	328	348
228	264	268	272	276	280	316	320	324	352
232	260	256				400	396	360	356
236	248	252				388	392	364	368
240	244					384	380	376	372



... CONTINUED FROM LAST WEEK
Stay Focused at Home



Once you've created the right homework environment, you have to stay focused, stick with it, and get the job done. Did you get stuck? Do you need a break for a minute?

Take it away from your work desk. Get yourself a glass of water or a take a short walk (but come right back!). Don't turn on the TV or start reading email — those tasks are likely to suck you in. Keep your eyes on the prize: a finished assignment.

To keep your mind focused, talk yourself through the work. Ask yourself, "What do I need to do now?" and then answer yourself. Maybe you'll answer, "OK, I need to do the next math problem. Let's see . . . I'm up to number 5. I'll start by reading the problem to myself." Then go ahead and do that. Ask yourself: "What do I do next?" Then answer yourself again: "OK, I need to find out what half of 46 is." Now what? "OK, so I write down 46 and I divide by 2," then do that.

You get the idea. Talk yourself through what you're trying to do, step by step, just like you're the teacher. This really helps you to keep your

mind on the job and stay focused. Don't give up! You're getting there. (Remember to tell yourself that, too!)

You might be wondering, "But how can I stay focused when I'm cleaning up my room or doing some other chore my parent asked me to do?" To stay focused on any job, talk yourself through it the same way. If you're cleaning your room, ask yourself, "What did my Mom ask me to do?" Answer: "Oh, yeah, clean my room." Ask yourself, "Where should I start?" Your possible answer: "I guess I'll pick up all my clothes from the floor." Then go ahead and do it. Now — let's say that under the jeans you've just picked up, you discover that CD you've been looking all over for. You decide to play it, and before you know it, you're singing away with your pretend microphone. Still focused? Oops — you got distracted! Ask yourself, "Wait — what am I supposed to be doing right now?" Answer — "Oh, yeah, picking up my clothes." Then get back on the job.

After all the clothes are picked up, ask yourself, "What should I do next?" Possible answer, "I'll make my bed." Then do that. Keep talking yourself through the whole job until the room is clean. Notice the progress you're making and tell yourself, "I'm doing great. My mom will be happy (and maybe surprised!)." **... CONTINUED NEXT WEEK**

WEEKLY SPORT



By: Asuad Ali
Sr. Sports Writer

Great Soul Silenced



Surend Anil Prasad Cheetu

Dec 16, 1948 - Nov 24, 2010

Fijian Social Club members at old Cheetus Grog Parlor on Victoria Drive in Vancouver

Surend Anil Prasad Cheetu was a soccer player, a comedian and certainly a good family man well liked by all who came to know him. With his unique personality and gusto of jokes, he won the hearts of young and old. Last November before a scheduled heart surgery he joked around with friends that he would pull in for a quick pit stop for heart tune up so he could get efficient mileage come the New Year. It is how vivacious he was with his thoughts. It was his last stand up comedy quip. He passed away weeks later with family and friends by his bedside.

His friends say Cheetu had a great sense of humor.

His wife, Saima Prasad said her husband had a special significance for number 24 for all the good reasons.

"He got his Fijian passport on the 24th. We got married on the 24th but, coincidentally he passed away on 24th, November, 2010 at Vancouver General Hospital", said Prasad in

somber voice.

She remembers him as a loving father and a caring husband. She said he would be forever missed.

He was also known as Mohammed Haniff, a name given to him by his mother who was a Muslim.

Child hood friend Patrick Krishna said he still couldn't believe his best buddy has long gone.

"It feels like he would just walk in through the door, I guess it's not happening It would be a tough replacement," Krishna said.

The two played for Spartans soccer club in Fiji at the Girit Soccer Tournament in 1968 that they won.

In Vancouver the two played for different clubs but always touched base after games.

Cheetu played for Bilo Levu and Krishna for Saint Columbus; foes on the field were good friends outside for over 40years.

An interior designer by trade he owned the popular Fijian social club, Cheetus Grog Parlor on Victoria Drive.

Surend Anil Prasad Cheetu was born on December 16, 1948 in Suva, Fiji and died in Vancouver General Hospital, aged 61 on November 24, 2010.

Last weekend at his old clubhouse his friends joined hands to celebrate the life of an amazing individual who they say left them too soon.

"We will celebrate the life of our brother, uncle, father, husband and a friend every day of our life. Not a day goes by we don't remember him, his memory is embedded with us forever," said Abbas Khan.

Khan admits it would take some time before his passing sinks in with the members of the tight nit social club.

Friend, Mehmood Ali (Ice Breaker) called him a 'lion hearted guy' who would give his shirt off his back to a stranger.

"Cheetu would go out of his way to help the needy; it is this that makes him so unique. He wouldn't second-guess, he was a generous man," Mehamood said.

Zamin Ali, another Club frequent, remembers

him, as a smart well liked gentleman who would go that extra length to please you.

He said there wasn't a dull moment being around Cheetu. "He was a master entertainer". Brothers Azad and Feroz Khan share Zamin's sentiment.

Club old hand Saiyas Khan described Cheetu as an excellent storyteller, a man of immense love, selflessness and spirit. "His death shook the entire core of the club. "He was full of life".

"Aadmi musafir hai aata hai jaata hai, aate jaate raaste me yaade chord jaata hai." Khan hummed to express his loss. Meaning, Men are on a journey, they travel to and from places in transition they leave memories behind.

The new owners of the Club are Azmat Ali and Jadish Singh. It is known as Jaga's Kava saloon.

Cheetu leaves behind his wife, Saima Prasad, daughters Sabrina Aysha Prasad, Zeeba Zameeran Prasad, and son Javed Mohammed Prasad.

Tim Hague cut from the UFC for the third time

Tim Hague's third stint with the UFC didn't last long, as he's been cut from the organization for a third time following his loss to Matt Mitrione at UFC Fight for the Troops 2.

Hague revealed the release on his Facebook page, and said he's looking to take some time off to recover from a concussion. He also said he'll be looking at a possible drop to the light heavyweight division following this latest setback.

"After getting released from the UFC again, I'm gonna take a little break away from MMA, let the

brain heal from my concussion, and get the passion/fire back," Hague wrote. "Even toying with the idea of trying a cut to 205 lbs. I will be back though, I'm only 27, and I will make it back to the UFC."

Hague's most recent opportunity in the UFC came after consecutive knockout wins over TUF 10 vet Zak Jensen and longtime MMA vet Travis Wiuff. His first release came after his second straight loss in the Octagon, to Chris Tuchscherer last February. He got a call back to fill in as a late replacement at UFC 113 in Montreal, but a loss

to Joey Beltran sent him out again.

The first round TKO loss to Mitrione last Saturday was only his second defeat by stoppage, the other being his seven-second knockout loss to Todd Duffee.

Penick's Analysis: This was expected. He's got just a 1-3 mark in the UFC, with two first round knockout losses. He's a veteran who can pick up wins, but he's not winning fights in the UFC. A move to the light heavyweight division might not be a bad idea if he can cut the weight, and his power should translate well there.



Javed to debut for Blues

By Asuad Ali

Canadian Javed Khan will debut for Lautoka blues in the Champions League match against Navua this weekend at Ratu Cakabou Park.

Khan, who was included for the Fiji National trials in January, had been on Lautoka's radar for some time.

Lautoka Football Association President Salendra Prasad confirmed receiving Khan's clearance from Fiji FA.

"I have received the necessary papers, which means Javed will feature for the Lautoka Blues against Navua."

Prasad said his new signing has impressed the coaching staff and has guaranteed himself a spot in the starting eleven

"He is an excellent player and a 'talent tank' he will fit in the system just fine," Lautoka boss said.

Khan received his International clearance from Canadian Soccer Association late Thursday afternoon (Wednesday) Canadian time.

The Nadi Soccer midfield maestro in Vancouver said the wait is finally over.

"It took some time for CSA in Ottawa to send

the necessary documents to Fiji Football Association and now since that is taken care of; it is time to get into action. I can't wait to grace the field in blue jersey," said Khan, from Fiji.

Khan will stay in the country to play in the all-crucial O League game against Koloale F.C of Solomon Island on February 5.

"A lucrative contract would be worked out should he (Khan) stay for a long haul. We are very open to him with our intentions," said Prasad.

Prasad said Khan has been in the camp, training in the excruciating sun, all gearing up for this weekend. Khan said it is pretty humid as it is normal for this time of the year. Lautoka were held to 0-0 draw on Wednesday against Ba in their second Champions League match.

Coach Gurjit Singh is said to have made it all come together after witnessing Khan's performance in the North American Fijian Soccer Association Tournament in Canada and USA.

FANCA Tournament performance was also a contributing factor.



Javed Khan with Fiji FA Technical Director Saiyad Ali at the Fiji FA Academy in Ba, Fiji. Khan will debut for Lautoka Blues in the Champions League game against Navua this weekend.

Fiji Sets Sight At World Cup

Fiji Football Association technical director Saiyad Ali believes the national side has an easy passage to qualify for the 2011 FIFA Beach Soccer World Cup after naming a strong training squad. Players from Lautoka and Labasa dominate the 18-member training squad which will march in to camp in Suva this Sunday in preparation for the Oceania Football Confederation Beach Soccer Championship in Tahiti next month.

Ali said they had mapped out their plans for the upcoming championship.

"I had a meeting with the national beach soccer coach Intiaz Khan and we have mapped the

plans," Ali said.

"It is very easy for Fiji to qualify for the FIFA Beach Soccer World Cup as this code does not require much techniques compared to futsal and the 11-a-side game.

"Players need to be fit and be able to adapt to the code quickly. Most of our squad members are occupied with their districts and that should keep them fit as we prepare for the playoffs."

The OFC Beach Soccer Championship will serve as qualifiers for the FIFA Beach Soccer World Cup to be held in Italy in September.

The three other countries that will participate

in the qualifiers include defending champion Solomon Islands, Vanuatu and Tahiti.

OFC general secretary Tai Nicholas said next month's championships would give the local organising committee the perfect opportunity to prove that it is capable of hosting the FIFA Beach Soccer World Cup in the future.

"The Oceania qualifiers are important in their own right and will bring plenty of drama and excitement to the sands of Papeete," Nicholas said.

"The growth and development of beach soccer has increased markedly in recent years and FIFA

invests plenty of resources into the game. It is an area of football in which OFC can make great strides because the Pacific has many miles of beautiful sands that are perfect for the playing of this exciting sport. The FIFA Beach Soccer World Cup is a prestigious event and the chance to be a part of that will make the OFC championship a very competitive and entertaining tournament."

The Solomon Islands team, known as the Bilikiki, has represented Oceania at four consecutive FIFA Beach Soccer World Cups since 2006.

The side upset Uruguay 7-6 which was ranked fourth in the world, at the 2009 event.

IRB Changes

NEWCOMERS Ilai Tinai and Peni Gaunimeke are tipped to make the traveling team to the next leg of the HSBC 2010/2011 IRB World Sevens Series in Wellington and Las Vegas.

There could also be a change in leadership with powerful forward Seremaia Burotu to take over captaincy.

Red Rock's Gaunimeke is one of seven new players contracted by the Digicel Fiji sevens team for the next stanza judging by the players.

Nineteen were in camp with Nadroga's Apisai Navuoro, who arrived from the Darwin Sevens with Davetalevu, to join them.

Gaunimeke, Navuoro, Navy's Waqabaca Kotobalavu, Red Rock halfback Lorima

Vatalesau, Lautoka forward Eru Savai, Nadroga centre Joeli Lutumailagi, Wardens prop Apisai Naiyabo and Army's Leone Nakarawa come into the contracted list.

Out go Police wing Josefa Bole, Lauan Risiate Tadulala, Cakaudrove villager Kitione Kamikamica, Saunaka's Samuela Saqiwa, Eroni Ravaga, Namosi's Sitiveni Waqa, winger Orisi Sareki and Josai Lotawa, who opted out to join the Navy.

Team manager Tevita Waqairawai confirmed that the players in camp were the contracted ones. William Ryder is out after suffering "a serious concussion" while playing at the Uprising International Sevens.

"He has been advised to rest by the doctors," Waqairawai said.

This paves the way for Wardens pivot

Tinai and Gaunimeke to add creativity in the backline alongside Nadroga's Mitieli Nacagilevu.

Coach Iliesa Tanivula and Waqairawai are hopeful that halfback Nikola Matawalu, like Kotobalavu, is cleared to travel to Wellington otherwise Bola will share the load at halfback with Emosi Vucago.

Veteran Nasoni Roko could miss out through injury with Lutumailagi set to take his slot, covering at rover and wing.

"We will have to monitor his situation," Waqairawai said. Waqa and Saqiwa's exclusion means spots for Naiyabo and Nemani Nagusa.

Waqairawai said the chances of Tinai and Gaunimeke making the traveling 12, to be named on Friday, were "very high"



The heat is on...Emosi Vucago trains with the Digicel 7s team. His inconsistent form of late could see him lose the captaincy.

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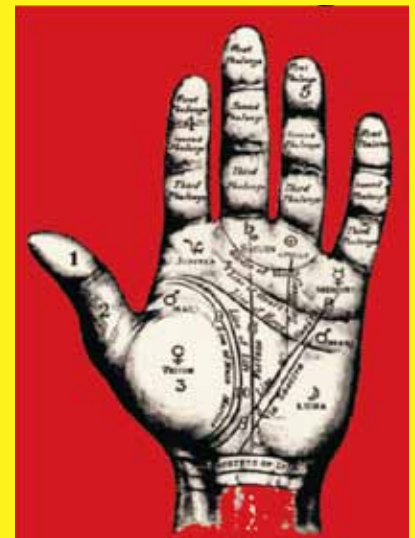
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Bollywood News and Gupshup

INCOME TAX RAIDS ON KATRINA KAIF, PRIYANKA CHOPRA HOUSES



Income Tax officials raided the office and residence of Bollywood megastars Katrina Kaif and Priyanka

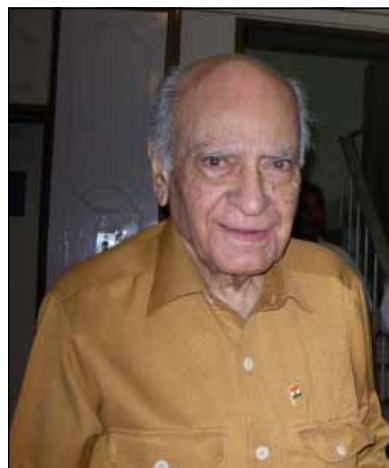
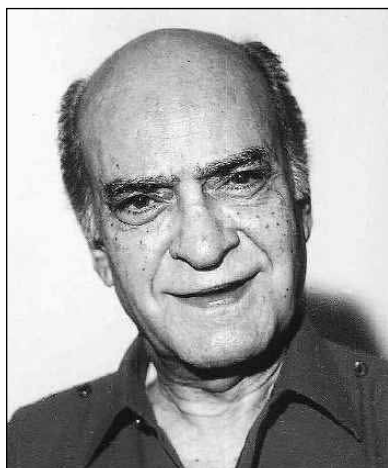
Chopra in connection with alleged tax evasion case. Also raided were the homes of their secretaries, their respective office premises and other locations.

During the raid, the I-T sleuths would ascertain whether the tax returns filed by the two actresses is in proportion to their income.

No comment has yet come from the two actresses regarding the raid.

Katrina and Priyanka are among the top earning actresses in Bollywood.

AMITABH BACHCHAN EXTENDS A HELPING HAND TOWARDS THE AILING A. K. HANGAL



A. K. Hangal, the actor of yesteryears, is in a pitiful state at 95-year. He has been suffering from age related illness and his family, which consists of his 75-year old son Vijay, cannot afford his medical expenses. The medical bills of A. K. Hangal have touched Rupees 15,000 every month and the Hangals now have to make a choice between medicines and food. They live in a modest flat on the ground floor of Saraswati Apartments in Santacruz East.

In his micro-blogging site, Bollywood superstar Amitabh Bachchan has recently mentioned that he came to know of the ailing A. K. Hangal through the "social net and net". Amitabh Bachchan has expressed his sympathies for

his Sholay, Abhimaan and Sharabi co-star.

Although Bachchan is not in town, he has asked his office to help and support Mr. Hangal. He also mentioned that there are some people in Bollywood who enjoyed the limelight during their prime but in their old age lead a miserable life of poverty and pain. Bachchan finds such occurrences very disturbing. He said that life is full of such unfortunate circumstances that even a great man can come down on his knees. Bachchan finds such situations "most undesirable" to comment on but deserving action for their welfare.

Earlier Amir Khan had come forward to help Mr. Hangal, who had worked with him in Lagaan.

KAJOL, TABU, IRRFAN KHAN HONoured WITH PADMA SHRI

The super talented actors Kajol, Tabu and Irrfan Khan and singer Usha Uthup have been named for the Padma Shri, the fourth highest civilian honour on the Republic Day. Kajol started her career with Bekhudi and then went on to become one of the most loved actresses in Bollywood with films like Baazigar, Dilwale Dulhania Le Jayenge, Kuch Kuch Hota Hai and so on.

Tabu, on the other hand, has been known for creating a niche for herself with films like Chandni Bar, Astitva, Maqbool, The Namesake and Cheeni Kum.

Irrfan Khan can undoubtedly be called as the international Indian face with films like The Namesake, A Mighty Heart, Slumdog Millionaire to his credit.

Usha Uthup started as a famous pop singer in Bollywood in the 70s and became a rage for her unique heavy voice and singing style. Her songs like 'Ek Do Cha Cha Cha', 'Shaan Se', 'Hari Om Hari', 'Rambha Ho'

and 'Dum Maaro Dum' are evergreen classics.

Veteran actors Shashi Kapoor and Waheeda Rehman have been honoured with Padma Bhushan. Shashi Kapoor's films like Jab Jab Phool Khile, Waqt, Silsila, Deewar, Kabhi Kabhie, Satyam Shivam Sundaram and many more have appealed to the audiences of all generations. He also featured in international projects titled The Householder, Shakespearewallah and Heat and Dust. Unfortunately, this senior actor has not been keeping well for a while now.

Waheeda Rehman is known as one of the most beautiful women seen on the silver screen. She started her career with Man Ki Jeet in 1944 and then went on to feature in cult classics like Pyasa, Kaagaz Ke Phool, Saheb Bibi Aur Gulam, Guide, Reshma Aur Shera and many more.

Legendary music composer Khayyam will also be honoured with Padma Bhushan.

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Entertainment

RAHMAN IN OSCAR RUN AGAIN WITH TWO NOMINATIONS FOR '127 HOURS'

Indian music maestro A.R. Rahman has done it again! He received two nominations Tuesday for the 83rd Annual Academy Awards for the original score in Danny Boyle's "127 Hours" as well as original song "If I Rise" for the same movie. The composer, who won a double Oscar for his work in "Slumdog Millionaire" in 2009, is now vying for the golden statuette for the original score with John Powell ("How To Train Your Dragon"), Hans Zimmer ("Inception"), Alexandre Desplat ("The King's Speech"), Trent Reznor and Atticus Ross ("The Social Network") in the original music category. Rahman is sharing his nomination for best song category with Dido and Rolo Armstrong, who have penned the lyrics of "If I Rise".

In a recent interview, Rahman had said he would be happy to receive a nomination, but isn't expecting an award this time. "I'll be happy if I get nominations but I've got enough Oscars already for one lifetime. I don't think I'll get an Oscar. I'll enjoy the function and see it, but I don't think I'll be getting it," he said. Soon after he lost out on the Golden Globe award for "127 Hours", the 45-year-old received a nomination for the same project at the British Academy of Film and Television Arts (BAFTA) awards. He also won the Best Original Song award at the 16th Critics' Choice Movie awards for "127 Hours" that was released in India Wednesday. The Oscar ceremony is to be held Feb 27.

MADHURI WANTS TO OPEN DANCE SCHOOLS



Her career took a backseat after her wedding, but Bollywood's dancing dive Madhuri Dixit is seriously thinking about fulfilling her dream of opening a dance schools chain across the world. "I don't have an immediate, ready plan to open my dance school, but I really want to do something like that and hopefully, god willing, I will do it," Madhuri said. "The plans are in my head right now. It will be multi-genre school where various dance forms will be taught. I am speaking as if everything is ready... but it is my dream. If I do it, it will be everywhere," she added. After shifting base to Denver following her wedding in 1999 to Shriram Nene, the 43-year-old kept in touch with her dance through

practice sessions at home. "I started practising my kathak there and that's something that gave me a lot of joy," said the trained Kathak dancer. Now the actress has two children - Arin, 7 and Ryan, 5, and she wants to wait for some more time to put her plans for the dance school in place. "My children are really young right now. When I get some more time... I will focus on the dance school," she said. As of now, she is enjoying her stint on Sony TV's "Jhalak Dikhhla Jaa 4" as a judge along with actress Malaika Arora Khan and choreographer Remo D'Souza, and maintains that she doesn't miss the glitzy cinema life when she is back home. "I miss Mumbai for the energy of the city and because there are a lot of friends in the city. I miss my craft sometimes but I don't miss the other stuff that goes with Bollywood because I was never part of it. "I have enjoyed every moment of my life - have never had any regrets. I am glad I took a break for my children because I wanted to be with them in their formative years," said Madhuri.



No Strings Attached (PG) * * *

Main Squeeze!

By ROBERT WALDMAN

Love appears in a range of ways. One unlikely romance provides lots of food for fodder in No Strings Attached, the newest comedy from Paramount Pictures now putting people in the mood at the Empire Oakridge Cinemas, Empire Studio 12, Colossus and Silver City cities around B.C.



Canadian born director Ivan Reitman (Twins) continues to impress in this light-hearted lark. Time immemorial plays up the theme of boy meets girl. Over a period of time you get to know the inner makings of two separate individuals. First we see Emma and Adam as kids and in quick succession they grow into Natalie Portman (Black Swan) and Ashton Kutcher (What Happens in Vegas). As adults Emma is an up and coming doctor while Adam is a fledgling television operative. So the stage is set to see how this pair interacts with one another. Well, let's just say both people have problems that aren't easily resolved. Playboys everywhere will be able to relate to the machoness of Adam while more prim and proper women will take

Emma's musings to heart. Opposites do attract as the saying goes and over the years through a series of awkward meetings a love affair of sorts blows hot and cold between the two. Like the title suggests, No Strings Attached offers a free for all of commitment-less sex. Each party to the arrangement appears to be getting what they're after at the outset but over time true feelings emerge leading to all sorts of pressures. Each of the main characters has a series of friends that fill out their social circle with some of these folks being totally hilarious. Veteran actor Kevin Kline (The Wild Wild West), for example, plays the most unconventional father figure we've seen in a long, long time.



As likeable bad boys go, Kutcher seems to have this character down pat. Though we've seen him do this sort of light romantic comedy before he clicks with Portman. Come to think of it, what actor would not benefit from the presence of Ms. Portman, who here gets a chance to let her hair down.



Often it's hard to have comedies with patches of seriousness thrown in. Reitman navigates this burden with ease, turning it into a wonderful opportunity. True, not all the jokes work, but by and large No Strings Attached scores as a modern romantic comedy. Part spicy, part sexy with lots of strong language and sexual innuendoes, No Strings Attached is a step up from all those raucy exploitive teen flicks and offers a light look at two strangers who may ultimately turn out to be a match. 109 minutes breezes by in this fun outing that warmly explores the pitfalls and pratfalls of dating.



THINGS TO DO IN FIJI



Things to do in Fiji are as vast as your imagination will allow and your body will be able to endure. According to your own personality and the things you enjoy doing, Fiji tourism offers a multi-cultural tropical setting for your playground.

Fiji Beaches

For those that wish to take it easy, things to do in Fiji can be just as simple as sunbathing on one of the many beaches or taking a tour

of the Sleeping Giant Gardens.

Diving in Fiji

However, if you are more of an adventurous type then you are sure to want to see what goes on under the blue waters at the vast soft coral reefs and take in a couple of hours of diving. Diving and snorkeling is

one of the most sought after things to do in Fiji that have scuba divers from all over the world visiting to enjoy the soft coral reefs that Fiji Tourism is proud to call a part of their natural habitat. The magnificent Bega Lagoon and the Great White Wall are both tourist attractions in Fiji that leave divers wanting more. Water sports of all kinds are a huge part of Fiji tourism, which includes swimming, kayaking, and surfing. Anyone

that loves water is sure to find many ways to pass the time away.

Fiji Cruises

Visitors can view attractions in Fiji in many different ways such as a cruise by schooner or yacht to the various islands encompassing Fiji, or a coach tour on the main islands.

Fiji Tours

Taking advantage of the tours will allow you to choose the things to do in Fiji that catch your eye and your desire your adventure such as horse back riding, a quiet picnic on the beach, or browsing through the Fiji museum in Suva.

Koroyanitu National Park

Fiji tourism includes six National Parks that draw campers and hikers to enjoy the natural beauty of Fiji while allowing visitors to get up and close personal to the tropical flora and fauna of the islands. Koroyanitu National Park, Nadi Area, Viti Levu offers camping and hiking through local villages which is one of the attractions in Fiji that everyone loves due to the fact of meeting locals and even possible a chief.

Golfing in Fiji

Golfers love the tropical setting found at the various breath taking clubs and resorts that dot the islands. There are over twelve golf courses scattered throughout the islands that offer challenging and lush green landscape.

Fiji Events

Fiji has many wonderful and unique events throughout the year, which are considered tourist attractions in Fiji. One very popular participating event is the meke, which is Fijian dancing whereas locals dress in national costumes of grass skirts, tapa cloths, and flower leis while males perform warrior dances and the women sing.

Fiji Weddings

Many couples choose Fiji for their destination wedding and stay for their honeymoon at one of the luxurious resorts. Wadigi Island Resort is one such escape that offers the majestic beauty that can only be seen on the edge of Wadigi cliff with amenities such as gourmet chefs. Along with being treated like royalty, you will be able to find an entire of world of things to in Fiji on Wadigi Island including trips to villages, water skiing, fishing, and of course lying on the beach with the love of your life.



Chinese New Year is on February 3, 2011

Chinese New Year starts with the New Moon on the first day of the new year and ends on the full moon 15 days later. The 15th day of the new year is called the Lantern Festival, which is celebrated at night with lantern displays and children carrying lanterns in a parade. The Chinese calendar is based on a combination of lunar and solar movements. The lunar cycle is about 29.5 days. In order to "catch up" with the solar calendar the Chinese insert an extra month once every few years (seven years out of a 19-year cycle). This is the same as adding an extra day on leap year. This is why, according to the solar calendar, the Chinese New Year falls on a different date each year. New Year's Eve and New Year's Day are celebrated as a family affair, a time of reunion and thanksgiving. The celebration was traditionally highlighted with a religious ceremony given in honor of Heaven and Earth, the gods of the household and the family ancestors. The sacrifice to the ancestors, the most vital of all the rituals, united the living members with those who had passed away. Departed relatives are remembered with great respect because they were responsible for laying the foundations for the fortune and glory of the family.

Year 2011 is the Year of the Rabbit by the Chinese calendar.

Happy Chinese New Year. Fun, friends, frolic and food, that is all new year celebrations is all about.

A placid year, very much welcomed and needed after the ferocious year of the Tiger.

We should go off to some quiet spot to lick our wounds and get some rest after all the battles of the previous year.

Good taste and refinement will shine on everything and people will acknowledge that persuasion is better than force. A congenial time in which diplomacy, international relations and politics will be given a front seat again. We will act with discretion and make reasonable concessions without too much difficulty.

A time to watch out that we do not become too indulgent. The influence of the Rabbit tends to spoil those who like too much comfort and thus impair their effectiveness and sense of duty.

Law and order will be lax; rules and regulations will not be rigidly enforced. No one seems very inclined to bother with these unpleasant realities. They are busy enjoying themselves, entertaining others or simply taking it easy. We will all have a tendency to put off disagreeable

tasks as long as possible

Money can be made without too much labor. Our life style will be languid and leisurely as we allow ourselves the luxuries we have always craved for. A temperate year with unhurried pace. For once, it may seem possible for us to be carefree and happy without too many annoyances.

Rabbit Personality



People born in the year of the rabbit often make ideal diplomats or politicians. Rabbit person has grace, culture and beautiful manners. Although rabbit people get on well with everyone, at heart they are basically reserved creatures, and are only really happy when they are engrossed in some sort of scholarly or intellectual activity. They are just too sensitive to the world around them. They are just not able to thrive in a competitive or aggressive environment, and it makes them anxious if someone forces them to take risks. Their inner world is simply too delicate for unsettled or unpredictable situations, and they tend to create a peaceful and comfortable atmosphere on a hunch. This character trait makes them very hospitable and attentive people, who take care of those around. The average rabbit

person emphasizes the importance of small details. They pay attention to everything from colour, design and furniture to food and conversation. And only when they are sure that everything has been arranged as they wished, these people can relax and have fun. Person born in the year of rabbit often leads a conservative lifestyle, where one of the most important things is their security. This quality has a negative side also. Opting for safety over risk they may miss good opportunities. This does not imply that these people are frivolous or irresponsible, for when they truly believe in something they are serious, perseverant and capable.

Calm as they are, it is not easy to provoke rabbit people. They are sentimental and compassionate. Yes, and they cry easily too. They can be moved by personal problems you share with them. Therefore, if you work as a salesman for a living, you will have much better luck with rabbit people - Nine out of Ten Rabbit people will definitely buy your products!

Rabbit Compatibility

Compatible with: Ram, Pig, Dog
Less Compatible with: Rat, Rabbit, Dragon, Ox, Tiger, Snake, Monkey
Least Compatible with: Rooster, Horse

ICBC NOW OFFERS KEY ONLINE SERVICES IN CHINESE AND PUNJABI

Driver licensing, insurance & claims information translated on icbc.com

ICBC's Chinese and Punjabi speaking customers can now access information in their own primary language on icbc.com.

Many of icbc.com's key services have been translated into Chinese and Punjabi, including information on how to get your driver's licence, how to insure your vehicle and how we can help you get back on the road if you have a claim.

"Part of what makes British Columbia such a great place to live is its cultural diversity," said Jon Schubert, ICBC's president and CEO. "As B.C.'s preferred auto insurer we need to understand our customers and exceed their expectations, and we hope these new resources will help better meet those needs."

The links to the Chinese and Punjabi information are located in the upper right hand corner on the home page of icbc.com. In addition to key information on driver licensing, Autoplan insurance and claims, customers can also use the locator drop-down menu to search for an autobody

shop, Glass Express shop, claim centre, driver licensing office, Autoplan broker or chiropractor, in their chosen language.

Last year, ICBC also introduced an on-demand, over-the-telephone translation service for customers who need language assistance during the handling of their claim. They are now able to converse freely with ICBC in more than 170 languages through an interpreter. A list of the language translations offered by the service can be found at: <http://www.icbc.com/claims/How-claim/claim-translation.pdf>.

Earlier in the year, ICBC also provided Chinese and Punjabi translations of its "At the scene of a crash" claims card to help customers remember all the vital information they need to gather in order to make a claim.

Over the next few months ICBC will consult with customers to gain valuable insights to guide further translation efforts. "We're committed to improving all of our customers' experiences and we'll continue to look at ways we can help better meet their needs," said Schubert.

2012 Honda Odyssey



without keys. A great present for that proud owner can be found in our Honda Odyssey Minivan accessory area.

The EX version of the 2012 Odyssey is equipped with power sliding doors, a power

The 2012 Honda Odyssey is a minivan that can seat 7 or eight passengers, is equipped with four-wheel drive and is available in four versions, LX, EX, EX-L and Touring. All four versions of the Odyssey are equipped with a 3.5 Liter V6 engine that is rated at 244 horsepower. All four versions are equipped with a five speed automatic transmission. The EX-L and Touring versions are equipped with a feature called cylinder deactivation, which increases fuel economy. The EX-L and Touring fuel economy ratings are 19 miles per gallon on city roads and 26 miles per gallon on highways.

The entry level 2012 Odyssey version which is also called as LX is equipped with doors at the back that can be slide manually, power windows in the first and second rows, a cruise control system, air conditioning, a CD player and entry into the vehicle is

drivers seat, temperatures inside the vehicle can be controlled automatically and a dashboard mounted CD player that can store 6 CDs. One also gets an EX-L model which is equipped with leather trim, heated front seats, a power moon roof, and a navigation system that is equipped with a camera that offers the driver a view of the back. The Touring version of The 2012 Odyssey is equipped with a power lift gate, sensors that help the driver park the vehicle, power adjusted pedals and an expensive music system.

The 2012 Honda Odyssey is equipped with anti-lock disc brakes, a system to maintain traction and stability, with brake assist, air bags in the side for those seated in the front, curtain airbags that run the entire length of the vehicle. The Odyssey can carry 91 cubic feet and if one removes its seats in the second row it can carry 147 cubic feet.

ICBC news release

For release: **Immediately**
Date: **January 25, 2011**

Media contacts: Mark Jan Vrem, 604-982-2476

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ਪਿਛਲੇ ਸਾਲ ਆਈ ਸੀ ਬੀ ਸੀ ਨੇ ਉਹਨਾਂ ਗਾਹਕਾਂ ਲਈ ਮੰਗ ਦੇ ਆਧਾਰ 'ਤੇ ਟੈਲੀਫੋਨ ਉੱਤੇ ਅਨੁਵਾਦ ਦੀ ਸੇਵਾ ਵੀ ਸ਼ੁਰੂ ਕੀਤੀ ਸੀ ਜਿਹਨਾਂ ਗਾਹਕਾਂ ਨੂੰ ਆਪਣੇ ਕਲੇਮ ਬਾਰੇ ਗੱਲਬਾਤ ਕਰਨ ਲਈ ਬੋਲੀ ਵਿੱਚ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੋਵੇ। ਹੁਣ ਉਹ ਦੁਬਾਰਾ ਰਾਹੀਂ 170 ਤੋਂ ਵੱਧ ਬੋਲੀਆਂ ਵਿੱਚ ਆਈ ਸੀ ਬੀ ਸੀ ਨਾਲ ਬਿਨਾ ਰੋਕ ਟੋਕ ਦੇ ਗੱਲਬਾਤ ਕਰ ਸਕਦੇ ਹਨ। ਇਸ ਸੇਵਾ ਰਾਹੀਂ ਜਿਹਨਾਂ ਬੋਲੀਆਂ ਵਿੱਚ ਅਨੁਵਾਦ ਕੀਤਾ ਜਾਂਦਾ ਹੈ ਉਹਨਾਂ ਦੀ ਸੂਚੀ ਹੇਠ ਲਿਖੇ ਸਾਈਟ ਤੋਂ ਮਿਲ ਸਕਦੀ ਹੈ:

<http://www.icbc.com/claims/How-claim/claim-translation.pdf>

ਸਾਲ ਦੇ ਸ਼ੁਰੂ ਵਿੱਚ, ਆਈ ਸੀ ਬੀ ਸੀ ਨੇ ਕਲੇਮ ਕਰਨ ਲਈ ਲੋੜੀਂਦੀ ਸਾਰੀ ਜਾਣਕਾਰੀ ਯਾਦ ਰੱਖਣ ਵਿੱਚ ਗਾਹਕਾਂ ਦੀ ਮਦਦ ਕਰਨ ਲਈ ਆਪਣੇ "ਐਟ ਦੀ ਸੀਨ ਆਫ ਏ ਕਰੈਸ਼ - ਦੁਰਘਟਨਾ ਵਾਲੀ ਥਾਂ 'ਤੇ" ਨਾਂ ਦੇ ਕਲੇਮ ਕਾਰਡ ਦਾ ਚੀਨੀ ਅਤੇ ਪੰਜਾਬੀ ਵਿੱਚ ਅਨੁਵਾਦ ਵੀ ਜਾਰੀ ਕੀਤਾ ਸੀ।

ਅਗਾਂਹ ਕੀਤੇ ਜਾਣ ਵਾਲੇ ਅਨੁਵਾਦਾਂ ਬਾਰੇ ਕੀਮਤੀ ਜਾਣਕਾਰੀ ਲੈਣ ਲਈ ਆਈ ਸੀ ਬੀ ਸੀ ਅਗਲੇ ਕੁਝ ਮਹੀਨਿਆਂ ਦੌਰਾਨ ਗਾਹਕਾਂ ਨਾਲ ਸਲਾਹ ਮਸ਼ਵਰਾ ਕਰੇਗੀ। ਸੂਬਰਟ ਨੇ ਕਿਹਾ, "ਅਸੀਂ ਆਪਣੇ ਸਾਰੇ ਗਾਹਕਾਂ ਦੇ ਤਜਰਬੇ ਵਿੱਚ ਸੁਧਾਰ ਕਰਨ ਲਈ ਵਚਨਬੱਧ ਹਾਂ ਅਤੇ ਅਸੀਂ ਆਪਣੇ ਗਾਹਕਾਂ ਦੀਆਂ ਲੋੜਾਂ ਦੀ ਹੋਰ ਚੰਗੀ ਤਰੀਕਿਆਂ ਨਾਲ ਪੂਰਤੀ ਕਰਨ ਵਿੱਚ ਮਦਦ ਕਰਨ ਵਾਲੇ ਢੰਗ ਲਭਦੇ ਰਹਾਂਗੇ।"

ਆਈ ਸੀ ਬੀ ਸੀ ਵਿਖੇ ਅਸੀਂ ਆਪਣੇ 32 ਲੱਖ ਗਾਹਕਾਂ ਅਤੇ ਸੜਕਾਂ ਉੱਤੇ ਉਹਨਾਂ ਦੀ ਸੁਰੱਖਿਆ ਲਈ ਵਚਨਬੱਧ ਹਾਂ। ਅਸੀਂ ਸੂਬੇ ਭਰ ਵਿੱਚ ਆਪਣੇ ਸਰਵਿਸ ਸੈਂਟਰਾਂ ਦੇ ਨਾਲ ਨਾਲ 900 ਅਜ਼ਾਦ ਬਰੋਕਰਾਂ ਅਤੇ ਗੌਰਮੈਂਟ ਦੇ ਏਜੰਟਾਂ ਦੇ ਦਫਤਰਾਂ ਦੇ ਇੱਕ ਜਾਲ ਰਾਹੀਂ ਭਰਾਈਵਰਾਂ ਨੂੰ ਲਾਈਸੈਂਸ ਦਿੰਦੇ ਹਾਂ ਅਤੇ ਉਹਨਾਂ ਦੀ ਅਤੇ ਗੱਡੀਆਂ ਦੀ ਇਨਸੂਰੈਂਸ ਕਰਦੇ ਹਾਂ। ਕਲੇਮ ਵਾਲੇ ਗਾਹਕਾਂ ਨੂੰ ਸਥਾਨਕ ਦਫਤਰਾਂ ਅਤੇ ਇਨਾਮ ਜੇਤੂ ਡਾਇਲ-ਏ-ਕਲੇਮ ਕਾਲ ਸੈਂਟਰਾਂ ਰਾਹੀਂ ਸੇਵਾ ਦਿੱਤੀ ਜਾਂਦੀ ਹੈ। ਅਸੀਂ ਬੀ ਸੀ ਦੇ ਭਾਈਚਾਰਿਆਂ ਦੀ ਕੀਮਤ ਵਿੱਚ ਵਾਧਾ ਕਰਦੇ ਹਾਂ - ਸੜਕਾਂ ਦੀ ਸੁਰੱਖਿਆ ਵਿੱਚ ਸਾਡੀ ਇਨਵੈਸਟਮੈਂਟ ਸੜਕਾਂ ਨੂੰ ਸੁਰੱਖਿਅਤ ਬਣਾਉਣ, ਟੱਕਰਾਂ ਘਟਾਉਣ ਅਤੇ ਸਾਡੇ ਰੋਟਾਂ ਨੂੰ ਸਥਾਈ ਰੱਖਣ ਵਿੱਚ ਮਦਦ ਕਰਦੀ ਹੈ।

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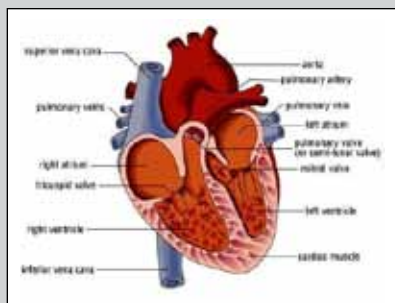


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HEART DISEASE



These drugs are used to help reduce the amount of cholesterol in the blood. High levels of cholesterol are a risk factor for heart disease. By lowering unhealthy levels of cholesterol, the risk of CHD and heart attacks is reduced.

Thrombolytic drugs

This group of drugs has radically improved the treatment of, and survival from, heart attacks in the past decade. They dissolve clots that form in a coronary artery and trigger heart attacks.

If the drugs are given quickly enough - within a couple of hours of onset of a heart attack - they'll restore the blood flow through the artery in time to avoid permanent damage to the heart muscle. The earlier this treatment's given, the better.

However, because the drug thins the blood it can cause brain haemorrhage (stroke) in a significant number of patients

Heart surgery

Sometimes medication can't control all the symptoms of heart disease. Surgery may be needed to open or replace the blocked arteries, repair damaged valves or simply keep the patient alive.

Common operations for heart disease include:

Coronary angioplasty

Coronary angioplasty where a long, thin, hollow tube or catheter is passed through an incision up into the coronary arteries. A device on the tube is then used to unblock the artery, and stretch the artery walls so that more blood and oxygen can flow to the heart muscle. Find out more about coronary heart disease.

Atherectomy

Atherectomy uses a rotating shaver on the end of a catheter, introduced through a blood vessel in the leg or arm, which is fed through to the blocked coronary artery.

Coronary bypass surgery

Coronary bypass surgery, is an operation in which a blood vessel from another part of the body is grafted between the aorta (the main artery leading from the heart) and the coronary artery, or arteries, to bypass blockages and restore blood flow to the heart muscle.

Valve replacement

Diseased heart valves can be repaired or replaced with either mechanical valves or biological valves (made from human or animal tissue).

Heart valve replacement

Heart valve surgery may be required if drugs are unable to control the problem.

... CONTINUED NEXT WEEK

... CONTINUED FROM LAST WEEK

Aspirin and antiplatelets

These prevent blood clotting in the arteries by reducing the stickiness of blood cells called platelets, which are involved in clotting. This helps to improve blood flow in narrowed coronary arteries and reduces the risk of a blocked artery leading to a heart attack. Aspirin can reduce the risk of dying from a heart attack by 25 per cent or more. These drugs are also used after heart bypass surgery to prevent blood clotting.

Beta blockers

These are used to prevent angina, treat high blood pressure and improve heart failure. They work by blocking the effects of stress hormones, which make your heart beat faster and more forcefully. By slowing the heart and also relaxing the arteries throughout the circulation, the heart doesn't have to work so hard, which helps in heart failure. Beta blockers also lower the risk of another heart attack if you have already had one, and/or help control abnormal heart rhythms (arrhythmias).

Calcium channel blockers

There are different types of calcium channel blockers and they have differing effects. Some relax and dilate the blood vessels and are used for treating angina, high blood pressure and heart failure, while others slow the rate at which the heart beats and are used to treat abnormal heart rhythms.

Diuretics

These drugs, often referred to as 'water tablets', may be used to control blood pressure or remove excess fluid from the body in heart failure. They act by increasing the excretion of water and sodium by the kidneys.

Nitrates

Nitrates dilate the coronary arteries. This improves blood flow to the heart muscle, which helps to relieve angina. Glyceryl trinitrate (GTN) is a commonly used nitrate. It's in the tiny pills, or spray, that people put under their tongue during an angina attack. Dilatation of the arteries reduces the work the heart has to do to pump blood around the body, so nitrates are helpful in heart failure, too.

Statins

SLEEPING WITH YOUR PET COULD MAKE YOU SICK

Sleeping beside your pet could increase the risk of contracting anything from worms to the bubonic plague, researchers say.

Of the 250 known diseases transmitted from animals to humans, more than 100 of them come from domestic animals.

"In many countries, pets have become substitutes for childbearing and child care, sometimes leading to excessive pet care," said Bruno Chomel, professor of veterinary science at the University of California, the journal Emerging Infectious Diseases reports.

"There are private places in the household, and pets should not go beyond next to the bed. Having a stuffed animal in your bed is fine, not a real one," he said.

Among the more serious medical problems animal lovers risk are chagas disease which can cause life-threatening heart and digestive system disorders.

Cat-scratch disease is another problem.

It can come from being licked by infected felines, and can cause lethal damage to the liver, kidney or spleen.

A nine-year-old boy from Arizona even caught the plague because he slept with his flea-infested cat, according to the report.

And a 48-year-old man and his wife repeatedly contracted antibiotic-resistant MRSA from their dog because it routinely slept in their bed and frequently licked their faces, the researchers said.

Prof. Chomel and co-author Ben Sun, chief veterinarian at California's health department, cited surveys from Britain, the US, France and Holland.

Their study also found several cases of infections transmitted through planting a kiss on a pet.

Among dog owners, 53 percent considered their pet to be a member of the family, while 56 percent of them admitted they sleep with their dog next to them.

CARROTS 'MAKE PEOPLE MORE ATTRACTIVE'

Those who eat fruit and vegetables such as carrots and plums are considered more attractive, say scientists.

Their research has shown that men and women whose skin has a yellow glow are thought to be particularly attractive and healthy - and yellow pigments called carotenoids, found in certain fruit and vegetables play a key role in giving the skin that hue.

Study's co-author Ian Stephen said that just two months of increased consumption could produce visible

results.

It could lead to new strategies for encouraging the young to eat more fruit and vegetables, he said.

"Telling people they might have a heart attack in 40 years' time if they don't eat more healthily is one thing," the Daily Mail quoted him as telling The Grocer magazine.

"What we can do is say, 'This is what you could look in a couple of months if you increased your fruit and veg intake'," he added.

DIETING IN PREGNANCY CAN LOWER BABY'S IQ

Women may be risking a low intelligence quotient (IQ) for their unborn babies by dieting during pregnancy, a new research indicates.

Cutting back on vital nutrients and calories in the first half of pregnancy stunts the development of an unborn child's brain, says a new study.

Although it was carried out on primates, researchers say the same findings are likely to be true for women, reports the journal Proceedings of the National Academy of Sciences.

Thomas McDonald of the University of Texas Health Science Centre US, who conducted the study, said: "This study is a further demonstration of the importance of good maternal health and diet."

"It supports the view that poor diets in pregnancy can alter development of foetal organs, in this case the brain, in ways that

will have lifetime effects on offspring, potentially lowering IQ and predisposing to behavioural problems."


Past studies have shown that severe diets, famines and food shortages during pregnancy can harm unborn babies, according to the Daily Mail.

But the new study looked at the sort of "moderate dieting" typical of women in Britain and America. They compared two groups of baboon mothers at a primate research centre in San Antonio, US.

One group was allowed to eat as much as they wanted during the first half of pregnancy, while the other group was fed 30 percent less, a level of nutrition similar to what many prospective mothers experience, the researchers said.

In the second group, cells did not divide as much as they should and connections between neurons were not made.

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Suksagar Recital	Tuesday	7:30pm - 8:30pm
Meditation	Wednesday	7:30pm - 8:30pm
Ramayan Katha	Friday	7:30pm - 8:30pm

FOR MORE INFORMATION AND HALL/TEMPLE BOOKING CONTACT
 Subramani Naidu: 778 708 3047
 Pt. Shiu Madri: 604-582-4899

Thai Poosam Pooja
 January 21- January 30



6:30 pm Hawan
 7:00 pm Lord Murugan Abhishekam
 Archana And Aarti

Kavady Puja
January 29
 108 Kalash Milk Abhishekam
 6.30 pm
 Devotees Please Bring Milk

January 30 Shanti Paath
 10:00 am -12 Noon

All Welcome

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Ramayan Katha
Every Tuesday at 7 PM

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THOUSANDS BECOME AUSTRALIAN CITIZENS AT QUEENSLAND CEREMONIES

Almost 3,000 people have become Australian citizens in Queensland. One of the nation's largest ceremonies was in Brisbane, where 1,000 people from 70 countries pledged their allegiance to the flag. At Ipswich, west of Brisbane, Mayor Paul Pisasale says 120 people chose the national day to officially make Australia home, in the wake of devastating floods in the state. "Everybody just wants to get out and celebrate what's good about this country because they've been through two weeks of tragedy," he said.

"They've been through two weeks of scratches and pain and hardship and they just want to get out and cut loose and celebrate what's good about this great country." Australia's Governor-General Quentin Bryce attended a citizenship ceremony in Rockhampton in central Queensland. She says it is a privilege to take part in such an important occasion. "What shines through is that extraordinary generosity of spirit and to see how exceedingly well the city is coming back from the devastation of the floods," she said.

SYDNEY SHINES FOR AUSTRALIA DAY EVENTS



Prime Minister Julia Gillard, accompanied by Adam Gilchrist, the chairman of the Australia Day Committee, inspects the Federation Guard at an Australia Day ceremony in Canberra

Hot sticky weather encouraged thousands of Sydneysiders to flock to Australia Day events around the city.

Hyde Park had been transformed into the city's biggest back yard, with hundreds vying for a spot in the shade with their picnic baskets.

Music and other entertainment was on offer, while the older crowd are quenching their thirst at a wine garden set up for the celebrations.

One patron told the reporter the park offered a great atmosphere.

"It is wonderful to be in a place where people are happy and people are celebrating together," he said.

Sydney's Lord Mayor welcomed people from around the world at the annual citizenship ceremony.

Taronga Zoo also provided a specular backdrop as Immigration Minister Chris Bowen swore in 42 people as citizens.

Among them were Kenyans Lilian Chemng'eno and her partner Mwangi Wangethi.

"It means a lot of us. It means we are Australians officially and we are blessed to be here," Ms Chemng'eno said.

David Wylie Dunn also became a citizen, having come to Australia from Scotland as a child 54 years ago.

"I started to travel a bit more recently and I'm queueing up in different queues and I thought, I'm really Australian," Dr Dunn said.

The day's events began early, including the Woggan-Ma-Gule, or "meeting of the waters", Indigenous ceremony at the Royal Botanic Gardens.

In sport, wheelchair racer Kurt Fearnley has won the 10km marathon at the Rocks for the seventh year in a row.

Fearnley finished the race with a time of 21 minutes and four seconds, and says it is a confidence boost for the International Paralympic World Athletic Championships starting in New Zealand this weekend.

"It is nice to get a hit out on the road and to get away with a win and the time that I got," Fearnley said.



Julia Gillard presents an excited Karen Kowald of the US with her Australian citizenship certificate at a ceremony in Canberra



Aboriginal men perform a ceremony during Australia Day celebrations in Sydney

WESTERN AUSTRALIAN POLICEMAN GETS \$3.3 MILLION PAYOUT

PERTH policeman Matthew Butcher has been awarded an ex-gratia payment of \$3.3 million, the largest amount ever given to an officer injured on duty.

Constable Butcher was left paralysed and suffered brain damage after he was headbutted while trying to break up a fight outside the Old Bailey Tavern in the northern suburb of Joondalup in February 2008.

Const Butcher spent two weeks in an induced coma and several months in hospital undergoing a slow rehabilitation. He remains with the Western Australian Police in an administrative role after he was also left with vision impairment which means he can no longer drive.

WA Attorney-General Christian Porter, after discussions with cabinet on Monday, said the government had come to a fair and appropriate figure that would recognise the sacrifice made by Const Butcher.

"What occurred to Matthew Butcher was nothing short of a horrific act of violence," Mr Porter told reporters.

"I've said previously and still consider it to be the case that the behaviour of those responsible for Matthew Butcher's injuries were utterly irresponsible."

The men charged with the assault of Const Butcher were later acquitted in court but Mr Porter said the ex-gratia payment would not affect any civil action he may wish to pursue.

Const Butcher had reportedly been seeking \$5 million in compensation, however Mr Porter said the government believed the amount awarded is fair.

"He is going to require a great deal of ongoing care for his injuries for the rest of his life, this is not something he's getting

better from," he said.

"He's going to carry these very serious injuries which debilitate him and his abilities for the rest of his life and he's going to require serious care."

As well as the ex-gratia payment, Const Butcher will also be eligible for up to \$250,000 worth of medical expenses if he chooses to leave the WA police force.

The largest ex-gratia payment previously awarded by the WA government was the \$3.25 million given to Andrew Mallard who was wrongly jailed for 12 years for the 1994 murder of Pamela Lawrence.

Last year, the family of Aboriginal elder Mr Ward, who cannot be fully named for cultural reasons, were awarded an ex-gratia payment of \$3.2 million in relation to his death in the back of a prison van.

Mr Porter said Const Butcher's payment could not be compared to the previous cases and in no way diminished the incidents of Mr Ward and Mr Mallard.

"In the case of Mr Ward and Mr Mallard, they were recognition of a failure on the part of the state, the previous Labor government," he said.

"In this instance it couldn't be said that what we are recognising is a failure on the part of the state government.

"Rather we are recognising the fact a very brave individual in service of the public and in an attempt to protect the public, put himself at enormous risk, suffered a horrific act of violence and has now had their life changed in a way none of us would have wished for."

Mr Porter said he could not find evidence of a larger amount given in similar circumstances anywhere in Australia.

EARTHQUAKE RATTLES ST GEORGE IN QUEENSLAND

AN earthquake in central southwest Queensland early Monday morning left residents feeling slightly rattled.

At 5:40am (AEST) an earthquake measuring 3.6 on the Richter scale occurred between Dirranbandi and St George, about 500km southwest of Brisbane.

Australian Seismological Centre director Kevin McCue said the earthquake was big enough to do minor non-structural damage to local properties and felt out to a distance of 30km or 40km.

"It wouldn't have been enough to wake people up but anyone who's a light sleeper or awake would have felt a

slight rattle," he said.

"Local farmers may have had minor cracks in their homes near the epicentre."

The earthquake was measured on seismographs as far as northern South Australia.

Mr McCue said the area is well-known to seismologists because of a magnitude 5.3 earthquake in 1954, although small earthquakes are generally recorded every four to five years.

Queensland's largest earthquake, a magnitude 6, was recorded near Rockhampton in 1918, in the same year as the largest flood in that area.

THREE CHARGED IN 2007 MURDER OF SURREY MOTHER



The B.C. Crown has charged three people with first-degree murder in connection with the killing of Surrey, B.C., mother Amanpreet Kaur Bahia.

One of those charged is the dead woman's husband, 41-year-old Baljinder Singh Bahia. Also charged are a woman named Tanpreet Kaur Athwal, a 42-year-old realtor, and Eduard Baranec, 33.

On Monday, the three made a brief court appearance in B.C. Supreme Court in Surrey. They've been remanded in custody until their next court appearance on Feb 4.

Harpal Sandhu, a cousin of Amanpreet Kaur Bahia, said a homicide detective first contacted the family with the news on Friday.

"We have been waiting for four years," Sandhu said. "He met us in the restaurant ... he told me they arrested three guys." Sandhu said Bahia, a 33-year-old mother of three young girls, was unhappy in her marriage and spent long hours working on the blueberry farm she and her husband owned in Cloverdale, BC.

On Monday, Sandhu came to RCMP headquarters in Vancouver to express her gratitude to police.

"Now I am really, really proud of you guys. I don't know how to say thank you. Thank you so much. Now my sister's soul can maybe have a little peace." Sandhu said.

Bahia was found dead inside her home in Surrey's Newton neighbourhood in February 2007 by relatives who also lived in the home.

Two of Bahia's three children were in the house when her body was discovered.

The story made headlines when Bahia's husband identified himself as a suspect right after his wife's death, but police said at the time he was not on their official suspects list.

RCMP are refusing to comment on the relationship of the three accused.

Nor will they discuss whether they are investigating Eduard Baranec for the disappearance of a 15-year-old girl from Mission, BC, in 2007.

Katelyn Noble's family said she left Mission to live in Saskatchewan with Baranec and another man.

CONSUMERS HOARD LIGHT BULBS AMID BC BAN

Victoria residents are rushing to buy incandescent light bulbs, following a provincial ban intended to phase out certain wattages.

Amid dark days for the incandescent lamps, consumers are reportedly clearing shelves of the popular bulbs, even spending hundreds of dollars to hoard them.

"People have been kind of panicky" about the restrictions, a hardware salesperson told the newspaper reporter, adding that customers were still confused about which bulbs were being taken off the market.

The prohibition, which took effect Jan. 1, means retailers must sell off all remaining stock of 75-watt and 100-watt incandescent bulbs. Stores are not permitted to order more once supplies run out.

As part of a green initiative, the province is aiming to switch over to using more energy-efficient alternatives such as light-emitting diodes (LEDs) and compact fluorescent light (CFL) fixtures.

The CFLs use one-third of the energy of incandescents and last up to 15 times longer.

Incandescents are said to emit only about five and 10 per cent light, while the rest of the energy is wasted producing heat.

Only the 75-watt and 100-watt incandescents are banned for now, although the less popular 40-watt and 60-watt bulbs are expected to come under the ban by 2012.

Canada has banned the sale of traditional incandescent bulbs by next year in order to curb greenhouse gases and reduce energy consumption.

The move towards using compact fluorescents has been met with some resistance and concern from consumers, who worry about mercury content in the bulbs.

Each CFL contains about four mg of mercury, a highly toxic element that must be handled with extreme care. Burned-out CFLs should not be disposed of in the garbage and should instead be recycled.

SURREY MECHANIC FINDS 'LOST' MONEY

A Surrey woman is planning her next vacation after a kind-hearted mechanic returned travel money she thought was lost forever.

Doris Seelig, 70, thought \$1,000 in cash she had stashed away had been stolen from her camper last year.

But recently a mechanic, working on Seelig's car at Newton Auto Care, found the money. He presented Seelig with the envelope full of cash when she went to pick up her vehicle.

"He said I've got another surprise for you. And I thought oh my God, maybe there's more trouble with the car and I have to have more repairs. He said no, we found this envelope, and I said envelope?" Seelig said. "He held it up and he said yeah, there's \$200 in this

envelope, and I thought, oh dear there's only 200-dollars, then where's the rest of it, and then he gave it to me and I opened it and I saw right away that the thousand dollars was there."

Mechanic Kelly Hunt, 40, said he discovered the envelope after removing the back seat of Seelig's car to get to the fuel tank. He never considered keeping the cash.

"I'm a firm believer that if you do good on others, others will do good on you. It's that old karma thing and if you take it [the money], you know, bad things will happen at the end of the day. No good would come of it," Hunt said.

Seelig said she plans to stash the money in a new hiding place while she plans a trip to the Washington Coast.

EARTHQUAKE DRILL A DRY RUN FOR B.C.'S 'BIG ONE'



Hundreds of thousands of British Columbians took part Wednesday in a massive earthquake drill.

More than 420,000 people signed up in advance for the exercise.

At exactly 10 a.m. PT, radio stations across the province sounded an alarm and thousands of students, office workers, even clergy and church-goers ducked under desks, tables and other sturdy pieces of furniture and hung on for a minute to practise what to do when the so-called Big One hits.

Heather Lyle, co-chair of The Great British Columbia Shakeout, said this marks the first time a provincewide drill has been conducted, and the goal is to create awareness that bolting from a shaking building is the worst thing to do. "When you try to quickly run out of a building, first of all an earthquake's gravity will pull you to the ground, but

secondly fleeing a building ... makes you vulnerable to things falling on top of you, being hit by flying debris," Lyle said.

"The best thing to do is to stay where you are. If you're inside a building, stay there. If there is somewhere where you can drop, cover and hold on, great. If not, brace yourself against an interior wall. If you're outside, stay outside."

Although the last 9.0-magnitude quake in B.C. was in 1700, seismologists have warned that B.C. sits in a geological zone prone to earthquakes.

Many public buildings have been upgraded over the years to ensure that the kind of devastation Haitians have been suffering since an earthquake struck the island a year ago isn't likely on the same scale here. But the Haiti tragedy and others have raised awareness.

"There's been lots of natural disasters that have occurred elsewhere ... so it's more on people's minds," Lyle said.

The number of those who registered makes up slightly more than 10 per cent of the province's population.

The drill is modelled after a similar exercise that's been used in California over the last three years.

Hundreds of small quakes rock British Columbia every year.

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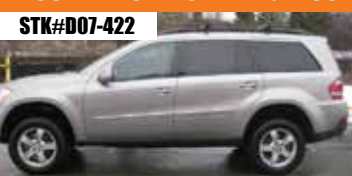


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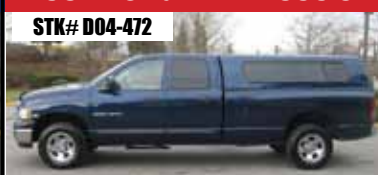


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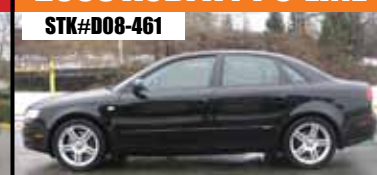


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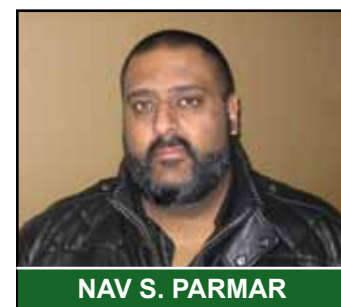
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