

# VOICE africa

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Dr. Kwame Nkrumah

## GHANA'S 53' INDEPENDENCE ANNIVERSARY

**THE NEED TO REFLECT ON THE SELFLESSNESS IDEALS OF THE FOUNDING FATHERS OF THE NATION**

Every year Ghanaians celebrating their glorious independence day, they remember the leaders who waged the battle to liberate Ghana under the yolk of colonialism.

Dr. Kwame Nkrumah not only played the vital role to

help Ghana gain its independence, but also he contributed to the thinking of Pan Africanism. During this 53rd independence anniversary of Ghana, all Africans remember the gallant, Dr. Kwame Nkrumah.

## EASTER CELEBRATED IN THE AFRICAN COMMUNITY



Ethiopian church choir in celebration of Easter

One of the biggest holiday for the African Christians is Easter. This specially is unique for the Ethiopian

Orthodox christianian believers for it is extra ordinary cemonial and usually lies on a diffent date,

one of the rare occurance was this year which happened to be on the same day of other christians.



### FIFA WORLD CUP 2010

The beautiful game comes to Africa in 2010. The world's greatest football (or soccer as it is known in North America) tournament will see 32 nations from around the world vie for supremacy of the planet's most popular sport. This time,

South Africa is host. First game is June 11 and the final goes July 11. From its humble beginning in 1930 in Uruguay (as a response to the Olympic football event) the tournament has become the defining symbol of soccer supremacy.

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SHANNON SMITH  
SEE PAGE 7

**WESTERN UNION** | yes!



ASPIRE, INSPIRE  
ELSE EXPIRE!  
SEE PAGE 6



TRAVELLING INWARD  
SEE PAGE 5



ETHIOPIAN 1ST  
REFUGEE-CITIZEN IN  
SOUTH KOREA  
SEE PAGE 2

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## House adopts Karygiannis Motion on Halabja Gassing as a Crime Against Humanity



OTTAWA – The Honourable Jim Karygiannis, Member of Parliament for Scarborough-Agincourt, expressed his heartfelt thanks to all Members of Parliament for passing Motion M-505 with respect to the poisonous gas attack on Halabja, Iraq and other atrocities committed by Saddam Hussein.

"Twenty-two years ago today, the Town of Hal-

abja suffered a poisonous gas bombardment." said Mr. Karygiannis. "I had the great privilege of presenting this Motion and I am deeply grateful to all Members of the House for understanding its significance to members of the Canadian Kurdish community and for their unanimous support."

Motion M-505 reads as follows:

That this House acknowledge the actions of Saddam Hussein against the Kurdish people in Iraq including the poison gas attack against Halabja on March 16, 1988, the destruction of Iraqi Kurdish villages and the systematic persecution of Kurds in Iraq and condemn these acts as crimes against humanity.

"In 2009, when I visited the Monument of Halabja Martyrs, I told the survivors that I would ask the House of Commons to declare the actions of the Saddam Hussein government against the Kurdish people to be a crime against humanity. Today, thanks to all Members of Parliament, I was able to keep my promise." Mr. Karygiannis stated. "Governments are supposed to protect their citizens. The attacks on the Kurdish people were the act of a madman and monster."

## First Nations And Ontario Celebrate National Aboriginal Languages Day

The Ontario government, the Chiefs of Ontario and the Anishinaabek Mushkegowuk Onkwéhon:we Language Commission of Oniatari':io (AMO) are celebrating the progress made to revitalize the province's Aboriginal languages. First Nations across the country are making the preservation of their languages a priority, recognizing its role in the health, strength and vitality of First Nation communities.

Declared by the Assembly of First Nations in 1989, National Aboriginal Languages Day is being marked by the launch of a new AMO website. It will feature an online language resource clearing house and an online community. These tools will support the AMO Language Professionals Association, a formal network for First Nation language teachers and professionals.

AMO works to preserve First Nations languages through community programs and teacher resources. The commission is also building greater awareness of the importance of Aboriginal languages to Ontario's heritage by sharing First Na-

tion culture with non-Aboriginal Ontarians.

### QUOTES

"Today we join First Nations to recognize the tireless efforts of Aboriginal communities to revive and preserve Aboriginal culture and languages. Through supporting language preservation, we are assisting Aboriginal people in strengthening the cultures and traditions that are part of the very foundation of Canada and Ontario."

—Chris Bentley  
 Minister of Aboriginal Affairs

"National Aboriginal Languages Day provides an opportunity for us all to reflect on the progress we have made with respect to language revitalization within our communities and celebrate the success of the many hard-working individuals and organizations who are ensuring that present and future generations retain this vital link to our identity as First Nation peoples."

—Angus Toulouse  
 Ontario Regional Chief

"On National Aboriginal

Languages Day, I would like to commend all of our language speakers and learners for the work they do to ensure our languages are here for the next generation. I am very pleased with the advancements which have been made in revitalizing our languages. As a distinct people with a distinct culture, we hold our languages in the highest esteem as our connection to our ancestors and creator."

—Nelson Toulouse  
 AMO Chief Commissioner

### QUICK FACTS

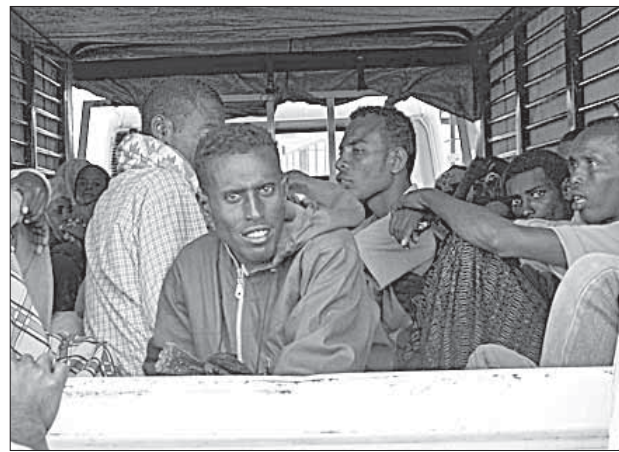
- First Nation leaders in Ontario formed the Anishinaabek Mushkegowuk Onkwéhon:we Language Commission of Oniatari':io in 2006 to support each of the 13 First Nation languages in Ontario.

- More than 300 indigenous languages were once spoken in what is now North America.

- The name 'Canada' comes from 'kanata' the Huron word for village.

- The name for 'Ontario' stems from a Mohawk word 'Oniatari':io', meaning beautiful lake.

## Ethiopian becomes first refugee-citizen in South Korea



Many thousands of Ethiopians have fled to escape political persecution

South Korea has awarded citizenship to an Ethiopian refugee - the first such move in the country's history, says the UN's refugee agency.

The UN's Melissa Fleming called it a "highly significant milestone" in East and South East Asia - where few nations have signed the UN refugee convention.

She urged other Asian countries to follow South Korea's lead. The 38-year-old Ethiopian fled persecution in his home country in 2001 and was given citizenship last week.

Ms. Fleming said South Korea had signed the refugee convention in 1994, and had so far accepted 175 claims of refugee status and given humanitarian assistance.

The country also houses thousands of refugees from North Korea, but the UN says North Koreans have a different status and are automatically considered to be South Korean citizens.

## Interested in the Fun World of Film & Television Commercials?

Anthony Chrysostom, an Actor/Film & Television Instructor is introducing his 6-week on-camera workshop to the Ethiopian community.

Anthony was trained in England, and holds a Fine Art Degree from the city literary institute Holburn, London.

Hes a member of British Equity, Screen Actors Guild in the USA and a full member of ACTRA

here in Canada.

This six week workshop is open to students 13-60 years male and female.

The workshop includes on-camera training, class workbook, radio & television commercials, character development, monologue building, mime, scene study, professional resume, professional DVD demo reel, professional digital color headshots with name,

placement with professional background and principal agents, introductory letter to principal agents.

After the workshop, students can be employed on a full-time or part-time basis.

To find out more information on enrolling, please call Anthony at 647-388-4421 or e-mail him at: earlchrysostom@yahoo.ca

## Ethiopia's Donors Asked to Condemn 'Attack'

The Ethiopian government is waging "a co-ordinated and sustained attack" against its opponents ahead of May elections and countries like Canada that send aid to Ethiopia should condemn it, a new report says.

"Ethiopians, millions of them, are unable to speak freely, organize political activities, challenge their government's policies, either through peaceful protest, voting, or publicizing their views without fear of reprisal," said Georgette Gagnon, the executive director of the



Georgette Gagnon, the executive director of Human Rights Watch's Africa division, released her group's report in Nairobi, Kenya, on Wednesday. (Human Rights Watch)

Africa division of Human Rights Watch, speaking at the report's release

in Nairobi, Kenya, on Wednesday.

She slammed the ruling Ethiopian People's Revolutionary Democratic Front for having "systematically punished opposition supporters" since it was elected in 2005 and called on foreign governments to step up and voice their concern.

If foreign governments do not speak before the May 23 elections, "election day is likely to be ... a veneer of democratic pretension hiding a repressive state apparatus," the report said.

CBC News



## Balanced Reforms to Canada's Asylum System

Canadians can be proud of our long-standing compassion and commitment to help those who are persecuted and displaced in conflict zones around the world. Among industrialized countries, we are second only to the United States in the number of refugees we welcome to this country to start a new life.

Each year, we welcome 10,000-12,000 refugees to Canada from abroad, many of them living in desperate conditions in refugee camps or urban slums—women, men and children forced to flee their homes to escape war, famine and natural disasters. That represents 10 percent of all refugees resettled around the globe.

Then there are those who make the long trek to Canada and seek asylum once they arrive. Many of their stories are harrowing and tragic. They tell of loss and fear and hope for a new life here in Canada.

But there is another part to this story. And unfortunately it is a story of abuse, of people taking advantage of our generosity and goodwill to try to find a back door into Canada rather than wait their turn in the immigration queue.

Prior to our imposition of visas on citizens of Mexico and the Czech Republic last year, Canada had seen a 60 percent increase in the number of asylum claims over two years. Canada receives more asylum claims per capita than any comparable democracy (38,000 asylum claims in 2008), 58 percent of which are unfounded. These numbers suggest that for many, Canada has become a destination of choice for false claimants.

The numbers are alarming. Approximately 60,000 people are waiting for decisions on their claims for asylum. With all the available recourses and appeals, it generally takes 4.5 years from the start of an asylum claim until a failed claimant is removed from Canada. In some extreme cases, it has taken 10 years or more.

Too much time and too many resources are being spent on reviewing claims by people who are not refugees and who abuse the system to stay in Canada



Jason Kenney  
Minister of Citizenship,  
Immigration and  
Multiculturalism

for years, often at taxpayers' expense.

That is why I have introduced legislation which would improve Canada's asylum system, deliver quicker decisions on claims, provide faster protection to those who need our help, and more quickly remove those who do not.

These changes, if passed, would also allow us to do more to help victims of violence and persecution as we also plan to increase by 2,500 the number of refugees resettled to Canada, while giving them more support to start their lives over again.

Only by fixing our broken in-Canada system can we effectively increase the generosity of our overseas system. This is why improvements to the overseas and in-Canada asylum programs are being pursued together, with changes to both contingent on our legislation being passed.

I encourage you to visit my department's website at [www.cic.gc.ca/english/refugees/reform.asp](http://www.cic.gc.ca/english/refugees/reform.asp) to learn more about the bold steps we are taking.

Canada will always be open to genuine refugees. Our model for refugee protection continues to be anchored in the Canadian Charter of Rights and Freedoms and international agreements. These new measures respect the principles of fairness and effectiveness for the human rights of all.

We are honouring the values and traditions that Canadians hold dear, and we will continue to do so by ensuring that our asylum system is fair and balanced for those who truly need our protection.

Jason Kenney  
Minister of Citizenship,  
Immigration and Multiculturalism

## 'Believers & Achievers' forum reflects multicultural voice of Canada

Toronto – A multicultural TV Talk show 'Believers & Achievers' that has just begun recently is a celebration of achievements and the success stories of people coming from diverse backgrounds in Canada. An initiative spearheaded by motivational Writer & Speaker Pankaj Kohli, Seema Kohli, Writer/Reporter Jatin Naik and helped by Editor Muluken Muchie, 'Believers & Achievers' is a powerful multicultural project which stretches across the boundaries of ethnicity, regions and cultures. The forum consists of many initiatives, one of which happens to be a TV show. As the name suggests, the team plans to bring together a number of people on the Talk show who have believed in themselves and achieved some kind of a milestone.

"Believers and Achievers' is all about people who have achieved milestones in their fields of activities. They have withstood pressures of life, have not withered and have never surrendered. They have their sorrows, cried silently and have had their joys, smiled and celebrated silently, they have had their hesitations yet they pursued in what they believed in. Their reasons to have failed could have been many, yet they feared not to fall down, because they were prepared to get up with double force and renewed strength. Their goal was clear, no matter far or near! Such people are self-willed, self-believed, self-inspired and Achieved what they Believed! Such people are worthy of a salute" says 'Believers & Achievers' Co-host Pankaj Kohli about the new Talk show.

The team has already interviewed some personalities on their shows. 'Believers and Achievers', a forum about emerging Canadians who have been successful in their professional and personal lives, gives voice to the lives and experiences of normal citizens through their own story. This vi-



brant, varied sampler of the Canadian multicultural scene captures timely personal achievements of successful Canadians. It is all about peo-

thereby aims to show how diverse Canada is and to celebrate this diversity. We have some great plans on the show. The project is going to

are recognized in front of the audience. "These are the very people who put the B of Belief before the A of Achieve, for them 'Belief' came be-



ple who have believed in themselves and have achieved a milestone. The project is having a great response from many people around.

"We started the project fairly recently. Anyone and everyone who have believed in themselves and achieved success are potential candidates for our show! Basically, each and every one of us has a story to tell. What we do on the 'Believers & Achievers' platform is a means to facilitate these stories to a wider audience. Canada is a multicultural country. So over here we are trying to recognize the very achievements of the people, may they be mainstream Canadians or Immigrants coming to Canada from different parts of the world. 'Believers & Achievers'

have a very big cross-section of the people in Canada getting featured on the show" says Co-host on 'Believers & Achievers', Jatin Naik.

One of the highlights of the Talk show is the fact that it is a multicultural show wherein

fore 'Achievement'; they made things Possible out of Impossible, they thought beyond norms, thought outside the Box, challenged mental boundaries, for them the roads of Possibilities started where boundaries ended" further adds Pankaj Kohli.

For anyone interested in getting involved or taking part on 'Believers & Achievers' forum, the Team can be reached at:

Pankaj Kohli : [believer-sachievers@yahoo.com](mailto:believer-sachievers@yahoo.com), 647-680-5505

Jatin Naik : [believer-sachievers@yahoo.com](mailto:believer-sachievers@yahoo.com), 416-710-9280

Stay tuned for more information on the show soon.

Sincerely,

Team 'Believers & Achievers'



Jatin Naik  
[njatin@yahoo.com](mailto:njatin@yahoo.com)

the organizing team is planning to bring a large number of people from different communities from across Canada so that their achievements



# Lamb Biryani Recipe

This is a type of Pukki Biryani. The rice and meat are cooked separately

It is some what like Lucknow Biryani except that the rice is not cooked in meat Shorba. The finished Biryani gives the impression of Hyderabad Biryani with pronounced missing meat flavor in the rice. This recipe uses goat meat. You can do the same using beef (Sirloin).

## INGREDIENTS

### Savory warm water

We will need 5 cups of savory water. 4 cups for cooking Rice, 1/2 cup for cooking lamb, and 1/2 cup during layering

1. Water: 5 1/4 Cups

### Spice Potli

1. Cheese Cloth: 1
2. Ginger chopped: 2" x 1"
3. Black Cardamom cracked open: 6
4. Black Peppercorn: 10
5. Cinnamon stick 3"x1/4" Broken in half: 2
6. Whole Cloves: 8
7. Fennel seeds: 1/2 teaspoon
8. Bay leaf: 2
9. Nutmeg powder: 1/4 teaspoon
- 10: Salt: 1 teaspoon

### Sweet aroma milk

1. Milk: 1/2 cup
2. Yellow Cardamom cracked: 2
3. Saffron strands: 6
4. Kewra Essence: 1/2



teaspoon  
5. Rose essence: 1/4 teaspoon

### Rice Layer

1. Oil: 3 Tablespoons
2. Basmati Rice: 2 Cups
3. Savory warm water: 4 cups
4. Saffron: 1/4 teaspoon

### LAMB LAYER

#### Tenderization

1. Bone less sirloin of lamb cut in to 3/4" x 3/4" cubes: 1 Pound
2. Green raw Papaya mashed: 1/4 Cup
3. Salt: 1/2 teaspoon
4. Water: 1 Cup

### Sautéing

1. Ghee: 2 Tablespoons
2. Onions finely Chopped: 1/2 Cup
3. Garlic Minced: 4 Cloves
4. Salt to taste

5. Cayenne Pepper to taste
6. Cumin powder: 1/2 teaspoon
7. Coriander powder: 1/2 teaspoon
8. Savory water: 1/2 cup

### Garnish layer

1. Ghee: 1/4 cup
2. Onions thinly sliced vertically: 1 Cup
3. Almonds sliced: 1/4 cup
4. Cashews halves: 1/4

cup

5. Fresh Ginger sliced into thin sticks: 1 Inch
6. Fresh Cilantro chopped: 1/4 cup
7. Fresh Peppermint: 1/4 cup

### Lid Seal

1. Flour: 1/4 cup
2. Water: 1 Tablespoon

## METHOD

### Step 1: Savory aroma water

Fold the cheese cloth two time. Make a surface about 6"x6". Put spices in the center. Gather edges and tie a string.

Put water to and spice Potli in a pot. Bring it to a boil. Cover. Let it steep on low heat for 20 minutes.

### Step 2: Sweet aroma mil

Add Cardamom pods to milk. Warm milk to 100° F. Crush saffron. Add saffron. Let it cool



about 10 minutes. Add Kewra and Rose. Cover.

### Step 3: Rice

Wash and rinse Rice. Presoak rice for 30 minutes in water. Drain.

Heat Ghee in a heavy bottom pan. Stir in rice. Cook till it just starts to turn opaque white. Crush and sprinkle saffron. Add 4 cups of savory warm aroma milk. Bring it to a boil. Simmer covered for about 14 minutes. Turn off heat. Wait 10 minutes, the moisture will be absorbed.

### Step 4: Lamb

#### 1. Tenderization

Continued on p(6)

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## Lai Ping, author of 'Travelling Inward' speaks about her spiritual journey in an exclusive interview



### When did you come to Canada?

"I came to Canada from China when I was 23 years old. Raised in the Guangdong province of China, I dreamt to have a better life and so I moved to Canada even though I didn't speak any English then. With little money, I started working in Toronto's Chinatown and later on took some ESL classes in the evening to advance myself. I then worked at a Fashion store as an Image consultant at the Eatons Centre."

### You went to India couple of years back, why did you want to go to India?

"I became aware I was materialistic and self-centred, I was not happy. After learning Vipassana meditation outside of Toronto, I wished to increase my self-awareness, strengths, and compassion. Over a year ago, I had a dream and I interpreted it as a calling

for me to go to India for spiritual growth. I took a leap of faith and followed my dream. I needed authentic contact with human beings as part of my re-birth, so I didn't book any hotels or tours while I was there, I immersed myself being with real people."

### How was your experience in India?

"Landing in Delhi, initially I faced a lot of difficulties – so many so that I was tempted to go back to Canada, because I was not sure I had what it takes to handle those obstacles. But I decided to hold on to my faith, stay committed to live my dreams. I learned that every time I followed my dreams, I always got the best out of life. It turned out, I met many wonderful people and they welcomed me with open arms, going out of their way to ensure that I had a safe and a memorable journey. Yes, I had the

most uplifting and incredible experience in India."

### How did you overcome your challenges?

"I decided to surrender myself to the Divine Force, and not to give up on my dream. I believe that when I embrace my challenges with a positive attitude, the world opens a new door for me. Besides, losers withdraw from challenging situations; winners show determination and persistence. That inspiration kept me pressing forward."

### What is 'Travelling Inward' about and what inspired you to write this book?

"Typically, when individuals travel, they tour well-known landmarks. But I dreamed to have a different kind of experience, a spiritual one by getting out of my comfort zone and expanding myself, which taught me self-realization. I was in



Jatin Naik  
njatin@yahoo.com

India for about 100 days to learn meditation and local culture. Since I had countless extraordinary encounters with ordinary day-to-day people, I felt compelled to share their humanity, and the way they embrace life. 'Travelling Inward' is about my inward journey to self-awareness and self-love. On my last day of the adventure, I was back at the Global Vipassana Pagoda to pay my gratitude to the Divine Force for blessing me with abundant life lessons. "How will I ever have the chance to

pay the people back for their kindness?" I asked out aloud gazing at the Dharma Wheel, searching for Buddha's guidance. "Write your story as your gratitude to India" breaks through the silence. I thought I must be dreaming. I cannot even write my own resume. How could I ever write a book? "I moved the mountain for you," the voice answered again. And then I realized that the generosity, compassion, and unconditional love of the Indian people was worthy of sharing with the world!"

### What would you like to tell our readers regarding your experiences in India?

"Looking deeper and finding self-love was made possible by all the beautiful souls that I met in this amazing country. The Indian people inspired a profound self-realization: life is not about me, it is about being a blessing to

others! In Canada, I am surrounded by a hugely materialist world. I am conditioned to be a follower, a consumer, and have a notion that being attached to all the illusions and focussing on myself a normal and acceptable behaviour. It took this trip to open up my mind, and change the focus of my life. God chose these kind-hearted human beings to teach me how to live a truly meaningful life. I am grateful and living to be a blessing."

### What are your future plans?

"I want to share my spiritual quest to encourage people to have a self-awareness inward journey with a new project: Do You Dare? (DoYouDare.ca) This inspires individuals to dare to dream and commit to their dreams. I want to make a documentary about my experience sharing my love and compassion for India to the world."



# Aspire, Inspire else Expire!

As I sit intoxicated alone, feeling happy and sad, I look into the glass with eyes half closed and half open. The expression gives me a myopic view of the world around me engulfed in quite serenity, happy relationships and happy people. When the eyes expand and open fully, reality sinks in with seething souls, questioning every act of life with insurmountable problems that have no solution in sight. While the glass is just an object to focus my attention upon, it is the spirit in the glass that is waning or waxing my spirit; it is this question that remains unanswered. More so, am I thinking what I want to think, what is it that is influencing my mind, or is it a mixture of many emotions all wanting to come out at the same time? The mind though neutralized by the intoxication is actively searching for answers that are nesting in one of my molecules deep within.

**My thoughts are my future**"; dispel the darkness within and with eyes half closed where you can see no negativity around, only happiness, move ahead with a purpose. **Be intoxicated with high spirits, see no evil around and give life a purpose with inspiring thoughts**". Bring the same passion in your actions and life. **Think with Passion, Act with Heart and Work with Mind**. Shed the mental boundaries that restrict, shed the apprehension that you carry, liberate yourself from the shackles of unnecessary thoughts and move ahead with a purpose.

**"Mind has no boundaries, Reasoning creates it"**; why reason with mind, when the heart says what you are doing is correct! Passionate Mental stimulation leads to a purposeful and result oriented action. When there is too much reasoning, logic and thoughts minus the action, the passion is gone, the boundaries can never be crossed and increase one's horizon, then there is no growth, just questioning. **Think outside the boundaries where there is Infinite potential, abundance, unlimited resources,**



**Pankaj Kohli**  
Motivational Speaker &  
Writer

**incredible growth, and newer paradigms.** You have to go to the other



side to experience it. Remember **"some create news, some read news"**! Where do you stand? The people who create news are who go to the other side, others are merely readers.

**Expiry Date: "All of us come with an expiry date written on us"**! Some are too conscious of this date and live by it, they count every day and psychethemselves. These people are non-achievers waiting to be thrown into the garbage bin once they begin to rot. Open the can of life and use the stuff inside us, re-write the expiry date, don't let your life rot. **Life is too comfortable within the jar, the ingredients inside are shyness, apprehension, fear, inertia, stress, procrastination, limited thinking and the likes.** Open the jar; use the material before it is too late.

**"Life is a long journey, it is possible to go astray, and it is possible to forget our purpose sometimes"**! **"People who have lived their lives without facing any obstacles can never be winners, winners are those who fall and get up"**! **"The person who walks with a purpose is bound to fall; more the falls followed by getting up again and**

**again, makes this person a winner, people who tread on this long journey will not go too far"**! Epitaphs are written for everyone, for some it is written where they started their journey and for some it is written after a fair amount of distance covered. The number of falls is determined from the distance covered; greater the number of falls and getting up more interesting and aspiring are their eulogies. Their sculptures are sculpted on the way and become monuments that people visit, rest all becomes mud on which people walk to visit these monuments and get inspired.

Work in a manner that our **identity** never dies, even if the body dies, our work remains alive, our emotions are felt afresh, our feelings are felt alive and our presence becomes omnipresent. **We are all sculptors of someone else's emotions, work and feelings!** The barren remains of the artifact are indicative of someone's life that was once lived and got someone to write an epitaph of life, a eulogy of someone no more. The Warrior, does leave a "Dent" in my mind too that became worthy for me to write a few lines.

**"While some prefer to act yet some only react**

**Some prefer to sleep some prefer to weep**

**While some prefer to shine & some prefer to shade**

**We color all our lives yet some prefer to fade"**

The above lines indicate that we should become worthy that someone keeps us alive through our work. We do not want to become someone out of many, who live and fade! We want to be someone, who shine and the colours of our life should inspire someone in this world to shade and draw on a new canvass, for others to read and follow.

Eventually, each one will

dissolve in this mud or earth; with no value or little value of the very **identity** that we once had. **"Identity" I-Dent (Did "I" make any "Dent" in my life) or did I make any difference in my life!** **"Identity" also means "I=I", "D=would not Die", "Entity=without creating an Entity or an Identity of my own"**. Create a dent in life that makes a difference! The only way for remembrance is, if we only do something that will inspire others to feel our feelings with which we lived our life.

**The "Warrior" creates a "Dent" in Time and Space!** A warrior's action creates such powerful impressions of his/her thoughts that there are timeless repercussions' as a result of their thoughts. This means "Thought Power". No identity is ever created without making a "Dent" in Time and Space. **"A "Dent" is made each time one falls down and an "Impression" is made each time one gets up with renewed strength and force"**. "Dent" means force, facing challenges, facing tough situations, standing still and being confident in the face of all challenges, being a "kite rising against the wind" and above all being bold and courageous and having faith in one's own actions. So what then, if a person falls?

**"Set Foot There Where The Moon Shines"**! **"Set" is Saturday, "Foot" is Friday, "There" is Thursday, "Where" is Wednesday, "The" is Tuesday, "Moon" is Monday and "Shines" is Sunday.** Each day is auspicious; there is not a single day that is not auspicious. If there is sincerity in our actions, purpose in our life and passion within us and determination that inspires us, then all days are auspicious. **"Begin your journey today before the expiry date"**.

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*Continued from (4)*

Pierce meat cubes. Add salt, Papaya and water. Turn on heat, till the water reaches 104° F. Cover. Cook covered on low heat for till meat is tender. The temperature during this process must remain between 104 and 140° F. The meat should be tender in about an hour. After the meat is tender, spoon it out and set aside. Discard water. I don't use the marinate to avoid the the taste of Papaya. I know some would argue that I am losing the gelatinized lamb. It is your choice.

## 2. Sautéing

Heat Ghee in a heavy bottom pan. Add onions, garlic and salt. Sauté till onions are clear. Add remaining ingredients except water, sauté for two minutes. Add lamb. Stir till lamb is coated. Add ½ cup of savory warm water. Cook covered about till almost all the moisture is gone.

## Step 5: Condiment layer

Now we need to prepare items for the garnish layer. Keep all items separate. Sautee onions in Ghee till they are brown and caramelized. Stir-fry Almonds and Cashews so they start to turn brown.

## Step 6: Layering

**Choose a deep pot to as-**

**semble Biryani. You must have a tight fitting lid for the pot.**

Remember the top and bottom layers are always Rice. Lay a layer of rice. Add a bit of savory water and sweet milk in circular motion, add a layer of lamb, add a 'garnish layer'. Now start over with the layer of rice. If it is the top layer of the rice, add the savory warm and sweet waters as before and the garnish layer.

## Step 7: Baking

We need to now emulate Dum cooking (Cooking on low heat) in a Handi.

Make the seal by kneading dough. Apply dough to the lid all the way around. Seal the pot with the lid.

Preheat oven to 425° F. Place the Biryani pot in the oven.

After 10 minutes turn down the oven temperature to 275° F.

You can remove the pot after 15 minutes, or hold it for up to 90 minutes.

Remove the pot from the oven 15 minutes before service. At the time of service, break the seal (remove the lid).

*Note: You can use Aluminum foil in-lieu of the lid and the dough.*

VOICE  
africa

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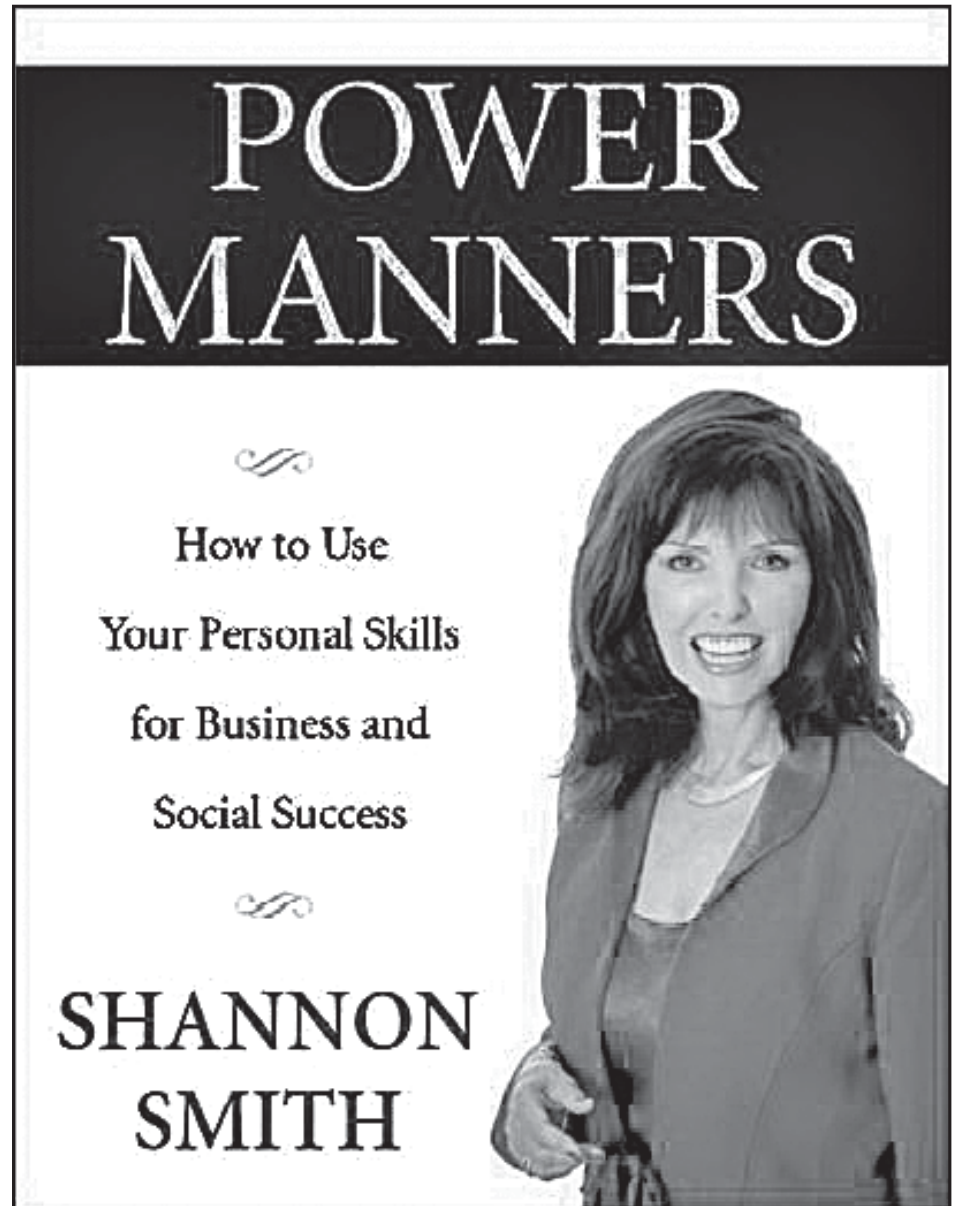
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# “It takes seven seconds to make lasting impression, study shows” says Shannon Smith, Founder of Premiere Image International with our correspondent Jatin Naik



**Where have you travelled before in the course of your business?**

“I have been in the business of Image consulting in some form or the other most of my life. A frustrated fashion designer by desire, I opened my first business when I was just 27. It was a boutique called ‘PhantasMagrio’ in Burlington. I have modelled, managed a wholesale dress agency and been the manager of color analysis of Glemby International. I am very curious about life and have travelled extensively to expand my personal horizons and to gain knowledge of different cultures which helps me in my

business. I have travelled extensively in Europe and North America and will be visiting Nigeria this year”

**Which communities have you worked with previously in the past?**

“I did a program in the Fall of November 2009 at the Schulz school conference. It was a very diverse and multicultural group consisting of Chinese and Spanish people. I have worked with them on Business and Presentation skills. I have worked with many individuals from the South Asian community and recently also did a breakfast seminar meeting for South African Board of Trade. I also coach Busi-

ness Professionals working with Fortune 500 companies from Banks to IT companies, Pharmaceuticals, Accounting etc.”

**Tell us about your upcoming projects this year**

“I met Kenneth who’s from the Nigerian community at a Networking meeting last February and we changed cards. He reviewed my website and said that the Nigerian people would be very interested to do business. He introduced me with the Ambassador of Nigeria, his Excellency Hagher in Ottawa. I was also invited to the gala reception to meet the

Minister of Foreign Affairs of Nigeria, his Excellency Ojo Maduekwe. I am planning to go to Nigeria this year to implement the 2 programs arranged with the government to run there.”

**What kind of programs would you run for people who are new to Canada?**

“Premiere Image International is based in Toronto and New York. I train men and women as individuals, groups and also have programs for corporate and Companies in Personal Branding (Image, personal style, business etiquettes, presentation skills, body language, speech, group discussions in small groups or elegant surroundings, cocktail parties etc). When in Rome do as Romans do so if I am going in another country I must understand the culture there and that’s where I come in the picture. I have special programs

for people who are new to the country and handle personal one-on-one coaching. People coming to Canada have so much to offer and I help them in their initial efforts to build authority and respect. I take people with me to networking events”



Jatin Naik  
believersachievers@yahoo.com

**Tell us about your book ‘Power Manners’**

“Power Manners’ (www.powermanners.com) is a must read hardcover book. It is a practical, easy-to-read guide offering answers

to many of the business and social questions that stump people today. Not everyone learns all the essential skills at home. The book also contains chapter quizzes the readers should consider taking.”

**What’s your mission statement?**

“My mission statement and slogan for the business are same: I assist individuals and transform them from unnoticed to unforgettable. I provide a one hour personal brand audit or entire contemporary school program encompassing all topics from 45 minute keynotes to 4 day customized programs. We all want to belong somewhere especially when you visit a new country. Visit my website at www.premiereimageintl.com Stay tuned for my future Executive Audit training programs. If interested in doing business with the right fork, Shannon’s the person to contact!”





**የኢትዮጵያዊያን ማህበር በቶሮንቶና አካባቢው**  
**Ethiopian Association in the GTA and Surrounding Regions**

**ዓመታዊ የጠቅላላ ጉባኤ ጥሪ**

የኢትዮጵያዊያን ማህበር በቶሮንቶና አካባቢው በየዓመቱ የሚያካሂደውን ዓመታዊ የጠቅላላ ጉባኤ በዚህ ዓመትም በሚከተለው ቀን እና ቦታ ያካሂዳል።

**ቀን:** እሁድ ሜይ 16 ቀን 2010 ዓ.ም  
 (Sunday, May 16, 2010)

**ቦታ:** University of Toronto  
 252 Bloor Street West  
 O.I.S.E AUDITORIUM - Room #G162

**ሰዓት:** 2:00 PM – 6:00 PM

**አጀንዳ**

- 1ኛ - የዳይሬክተሮች ቦርድ ዓመታዊ ሪፖርት ይቀርባል።
- 2ኛ - የተከናወኑ የማህበሩ ሥራዎችና ወደፊት ስለታቀዱ ተግባሮች ዘገባ ይቀርባል።
- 3ኛ - የፋይናንስ ሪፖርት ይቀርባል።
- 4ኛ - የአገልግሎት ጊዜያቸውን የጨረሱ የዳይሬክተሮች ቦርድ አባላት ምትክ አዲስ የዳይሬክተሮች ቦርድ አባላት ምርጫ ይደረጋል።

የማህበራችን አባላት የሆናችሁ በሙሉ በዚህ ቀንና ሰዓት ከላይ በተጠቀሰው ቦታ እንድትገኙ የኢትዮጵያዊያን ማህበር በቶሮንቶና አካባቢው የዳይሬክተሮች ቦርድ በትህትና ይጋብዛል።

የኢትዮጵያዊያን ማህበር በቶሮንቶና አካባቢው  
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