

We should stop aid and trade with India and we should be vocal and active in supporting self-determination for all the people there. That is how we can help bring freedom to all in the subcontinent.

Mr. Speaker, I highly recommend Dr. Sekhon's excellent review of Dr. Udhoke's excellent book to my colleagues, and I would like to place the review in the RECORD now.

[From the International Journal of Sikh, Affairs, June 2006]

BOOK REVIEW

(By Awatar Singh Sekhon)

Title: Tabai Ros Jagio, translation in English Details of Fundamentalists Hindus' Attack on the Sikh Faith 2005, by Dr. Sukhpreet Singh Udhoke, is an eye opener, with regard to the premeditated attacks by the fundamentalist Hindus, belonging to the Rashtriya Swamsewak Sangh and the members of the "Sangh Parivar/family", on the followers of the Sikh Faith.

It was a great pride and pleasure for the reviewer, who is the Editor in Chief, The International Journal of Sikh Affairs ISSN 1481-5435, published from Canada, to write a few words on the publication of Dr. Sukhpreet Singh Udhoke. Dr. Udhoke is a medical professional but is devoting most of his precious time in recording the much needed events of the Sikh history of the 20th and 21st centuries. These events pertain to the persecution of the Sikh youth in particular and for the present and coming generations of the Sikh faith, the Guru Khalsa Panth. Dr. Udhoke's first publication, Tabai Ros Jagio, published in July 2004, was an excellent treatise relating to the "Attacks on the Sikh faith, Sikh culture, Sikh heritage, Sikh pride, Sikh esteem, Guru Granth Sahib (Holy Scripture of Sikhs), the Sikh identity, and the Sikh nation, Punjab, Khalistan, struggling for its independence by peaceful means." His book clearly reflects the intimidation of the Sikhs of their holy and historic homeland, Punjab, by their traditional and notorious enemy, the fundamentalist Hindu organizations as well as the politicians of the preceding and present administrations of the Indian democracy, its New Delhi administrations of J.L. Nehru to Manmohan Singh, run primarily by the Brahmins (who are only 3 percent of the total population of India of over a billion hungry mouths) and about 15 percent pro-Brahmins. This group has captured more than 80 percent of the total decision-making jobs of the Indian administration. Dr. Sukhpreet Singh Udhoke's task at hand was not an easy one, especially when his, his forefathers, and the Sikhs' holy and historic homeland is under the occupation of the Sikhs' enemy, the Brahmins, "Butchers of our world", according to the founder of the Sikh faith, Guru Nanak Sahib.

The Indian administration and their international news media's term, the "largest democracy of the world", India, made Dr. Udhoke's task highly difficult in describing the reality and tragedy of the Sikh nation, Punjab, and beyond the understanding of an ordinary citizen of the Sikhs' holy and historic homeland.

It is amply clear that the Sikh leaders, of Punjab so to speak, and most commonly known as the Dastaardhari (turbaned) Hindus in the Sikh identity, have failed to respond to the psyche and aspirations of the Sikhs of Punjab, the Sikh Diaspora and the Sikh nation. Rather, these Dastaardhari Hindus in the Sikh Identity have fallen into the trap of the Brahmins and pro-Brahmins. The day in and the day out, the Sikhs' Darbar Sahib Complex (Golden Temple Complex), which includes the Supreme Seat of Sikh Polity, Akal Takht Sahib, Amritsar, and other religious and political places of

the Sikhs, Gurdwaras (Houses of God), are desecrated, to humiliate the Sikh nation. The saddest moment of the Sikh history of post-15th August, 1947, is that a Dastaardhari Hindu in the Sikh Identity, Prakash Singh Badal, his clan and the Badal faction of Akali Dal were the party for the desecration of Darbar Sahib Complex. So much so the custodian, the so-called jathedar, of Akal Takht Sahib, Vedanti Joginder Singh Saran actively watched the ball game of his employer, the executive of the Shiromani Gurdwara Prabhandhak Committee (SGPC), and SGPC's member as well as the president of the Akali Dal-Badal faction, Prakash Singh Badal himself. What an unfortunate part of the Sikh history!

The present and former custodians of the Akal Takht Sahib, Vedanti Joginder Singh Saran, Puran Singh of Luv and Kush, Manjit of Kesgarh, Kirpal Singh, etc. failed to provide any directions to the Sikh Nation, Guru Khalsa Panth or the Sikhs of Punjab. They however, collaborated with the enemy of the Guru Khalsa Panth.

Dr. Sukhpreet Singh Udhoke, a young Sikh full of energies, recorded in his book, the brutality of the Sikhs' traditional enemies, the Brahmins and pro-Brahmins belonging to the Hindumahasabha (mother of all evils) and its offshoots such as Swam Sevak Sangh, Jansangh, Rashtriya Swamsewak Sangh (RSS), a terrorist organization as declared by the United States administration, Rashtriya Sikh Sangat (formed at the directions of A. B. Vajpayee and his clique in 1990s) the "Sangh family", responsible for anti-non-Brahmin and anti-non-Hindu activities, and other such organizations, as well as the activities of the Saffaronized fundamentalist Hindu organizations Vishwa Hindu Parishad, Hanuman Sena, Shiv Sena, Bajrang Dal, to cite a few. The RSS was formed in support of the Fascists of Europe. Dr. Udhoke has exposed Saffaronization of the Sikh history, disrespect and character assassination of the Sikh Gurus, Guru Nanak Sahib to Sahib Guru Gobind Singhji, by these organizations and their supporters. Finally, I wish Dr. Sukhpreet Singh Udhoke, who is a gifted and prolific writer and speaker all the best. May the the Almighty Lord shower. His blessings on him.

RECOGNIZING OREST DEYCHAKIWSKY'S 25 YEARS OF SERVICE ON THE COMMISSION ON SECURITY AND COOPERATION IN EUROPE

HON. CHRISTOPHER H. SMITH

OF NEW JERSEY

IN THE HOUSE OF REPRESENTATIVES

Wednesday, November 15, 2006

Mr. SMITH of New Jersey. Mr. Speaker, today I am pleased to pay tribute to Orest Deychakiwsky for his 25 years of faithful service to the Commission on Security and Cooperation in Europe, the Helsinki Commission. Orest began his work as a member of the professional staff on November 15, 1981, just six years after the signing of the Helsinki Final Act, a period marked by ruthless Soviet repression and widespread violations of human rights and fundamental freedoms.

Driven by a deep commitment to aid the victims of Communist oppression, Orest devoted himself to documenting the human rights cases, particularly those involving divided families, an especially poignant task given his own family's history under Soviet domination and repression. He was responsible for compiling

and maintaining the lengthy lists of individuals seeking to emigrate from the Soviet Union and Romania. Each spring would bring an opportunity to secure the exit of some of the thousands effectively held hostage in Romania by the Ceausescu regime. Orest was faithful in making representations to the Romanian Embassy on behalf of all those seeking to exercise their right to leave their country. When Moscow began to accept emigration lists from the Commission in the mid-80s, Orest's diligent efforts on behalf of refuseniks began to pay off for families, including some with American spouses, who were finally allowed to leave the Soviet Union after a decade or more of waiting.

With a passion for Ukraine, his familial homeland, Orest helped document modern Soviet repression in that country including imprisonment of human rights activists, suppression of Ukrainian culture and language as well as harsh actions against the Ukrainian Catholic Church. He was at the forefront of efforts in support of the restoration of Ukrainian independence and the consolidation of democracy in that country following the demise of the Soviet empire. Despite setbacks, Orest was optimistic that the people of Ukraine would insist on a democratic future for their country. On a cold November night in 2004, he witnessed firsthand their determination as he stood in Kiev's Independence Square where tens of thousands of Ukrainians gathered to protest fraudulent elections.

Fifteen years earlier he had stood in the main square in Sofia, Bulgaria as peaceful demonstrators stood up to tyranny, ushering in the demise of Eastern Europe's longest standing dictatorship. In recent years, he has been active in confronting the repressive regime of Aleksandr Lukashenka in Belarus, Europe's last dictatorship.

Mr. Speaker, in this year when we observe the thirtieth anniversary of the Helsinki Commission, as a long serving Commissioner and Co-Chairman, I am pleased to recognize and commend Orest Deychakiwsky for his faithful service and tireless defense of human rights and dignity.

RECOGNIZING NATIONAL DIABETES MONTH

HON. DANIEL LIPINSKI

OF ILLINOIS

IN THE HOUSE OF REPRESENTATIVES

Wednesday, November 15, 2006

Mr. LIPINSKI. Mr. Speaker, I rise today to recognize November as National Diabetes Month. Since 1975, November has served as a time of increased public awareness and understanding of diabetes, as well as a time to celebrate the institutions and people that labor year round to improve diabetes care. This November, the American Diabetes Association has placed a specific focus on increasing care for those affected by the disease. As one of the 21 million Americans with diabetes, I truly understand the fundamental importance of diabetes awareness, education, detection, and research.

Diabetes is a disease in which the body fails to produce or properly use insulin, a necessary hormone needed to process the sugar and starches that our bodies use for energy. The disease can lead to a series of complications, including increased risk of heart disease