

LIVING

Taking Bangladeshi Music to Adelaide

Akhtar Jahan, who began singing at the age of three, and had her first public performance at five, is now teaching music in Adelaide. She began learning with her mother, who is a cousin of Feroza Begum, and then from Sanjeeda Khatun and Laila Arjumand Banu who are both related to her. Between the age of six and fourteen she also took lessons from Abdul Lateef and Abbasuddin Ahmed. She then progressed to Ustad Munir Hussain Khan, passing with distinction in music at Metric and also gaining honours at a music college at Lahore. In the late sixties she studied with Azad Rahaman till she left the country in '71. Her husband was in the danger list and the couple decided to take refuge in Australia, where her husband had done his Ph.D.

Every three years Akhtar comes back for two months and studies with Azad Rahaman and also teaches at his Centre for Education, Culture and Performing Arts. She sings "ghazal", "khyal", "thumri", Tagore and Nazrul songs, folk songs and also the contemporary beats. Her favourite remains classical music. Akhtar performs on the ABC radio, an ethnic radio station, and at multicultural festivals. She lectures and demonstrates at the Adelaide University Music Department to a jazz course. She demonstrates Indian classical music twice a year, and it is a visiting lecturership. She trains Australian musicians in "raga" music and has established three music groups "Band A la Desh", "Shoor Jahan" and "Akhtar Jahan Ensemble". The last band consists of five people on guitar, flute, bass guitar, key board and percussion instrument. As she belongs to several management boards of non-governmental multicultural arts organisations she has an access to eastern music lovers. She performs once in six weeks on an average on multicultural festivals, Indian music clubs, and gives three additional performances during March.



Akhtar Jahan

Early last year she got a governmental grant from the Department of Arts and Cultural Heritage, South Australia, to train musicians and record some fusion music, which is a mixture of the east and west. At the end of last year she got a ministerial appointment to the Performing Arts Advisory Committee of the department mentioned earlier. Four times a year the department invites community musicians to apply for grant for recordings or shows and workshops on arts development. The appointment that she got means that she will advise the Performing Arts Committee on the selection of applicants. This is a recognition of her expertise in music.

Akhtar's favourite in Indian

classical music is Bhim Sen Joshi, while among "ghazal" singers she prefers Bareilly Gholam Ali, Jagjeet Singh, Anukh Jalotha and Begum Akhtar. In addition, she likes Azad Rahaman's music direction and singing.

Among western musicians she enjoys Bach and Mozart. Her present favourite western classical music singer is a twenty-four year old Italian Cecilia Bartello. She is also fond of Corello, Domingo and Pavarotti. Among traditional western singers she likes Roberta Flack and Joan Baez. She dislikes heavy metal music and sexualisation of music as in the case of Michael Jackson and Madonna. "I don't mind their voices or their music but I don't have time for their present

music. They are not selling music for music's sake," she comments.

Akhtar herself has regularly performed as an "A" grade artist on radio and TV before she left for Australia. She won two gold medals and a silver medal in East Pakistan Education Week. While in Australia she took lessons in western classical music singing for eighteen months from a well-known South Australian singer Norma Hunter.

She has made a record of Tagore songs which is now being released. "This is not for commercial purpose. Here it is to let people hear my style of singing. I believe singing to be an important form of communication. It is also a combination of interpretation of the composition and my own creativity. Music to me is dynamic and not mechanical presentation. It is a give and take between the artist and audience. My purpose of taking it to Australia is to present my culture and my language to the western world at the professional level," she explains the reasons for making her record.

She teaches the Indian community adults to sing and play the harmonium and encourages them to sing and play in public. She helps them to practise and plays for them while they perform.

Akhtar has lived in Adelaide, in South Australia for twenty-two years. She likes the quietness of Adelaide. After doing her masters in psychology from Bangladesh she did practical training courses in psychology and later did course work of masters in the same subject. She is working as a senior psychologist in the Government Department for Family Community Services, South Australia. "I think I have assimilated my Bengali past with the Australian present and my fusion in music is a proof of that. I definitely believe that eastern and western music can be combined, taking the best of both the worlds," she comments.

If your problem is not too much weight but lack of it, ask yourself how did you get so thin that you are convinced you look like skin and bones?

Perhaps you lost weight in an illness and are now determined to get back your curves? Take heart: this is generally a fairly simple proposition... the doctor who looked after you when you were ill will advise you.

Or perhaps you have been getting skinnier and skinnier for no apparent reason? If you are eating normally and do not feel ill, go and see your doctor. You may need a thorough overhaul to find out why you are losing weight. Besides, you are probably worrying about your "skinniness", and worry makes you thinner than ever, so it is a vicious circle.

Or you may be the thin type, always have been, but you have only just made up your mind to do something about it. You would still be well advised to see your doctor. If he thinks it advisable he may give you special treatment, but, to be quite honest, fattening up the naturally thin is easier said than done. However, it is possible, provided you are prepared to be really strict with yourself.

THINGS THAT MAKE US THIN

1. Worry — about everything in general and being thin in particular.
2. Being over-excitable and energetic.
3. Over-active bowels, with the result that the food we eat does not stay in the intestines long enough to be properly absorbed.

WAYS TO ADD WEIGHT

Try to settle down and stop worrying. Develop some soothing interest that takes your mind off whatever it is that worries you, whether it is your work, your children or even your husband! When you feel yourself getting into a state force yourself to pick up a book (not a thriller, but something calming), put your favourite music on the record player, do a crossword puzzle

Curves Required

by Sylvia Saleem

— anything, in fact, that will absorb your thoughts and distract them from whatever you are worrying about.

Take plenty of rest. You can do with eight to nine hours in bed at night, but it must be peaceful rest. Last things before you go to bed have a hot drink to make you sleep, read for a little while to take your mind off the day's doings, and make yourself relax both mentally and physically.

Lie down for an hour or more if you possibly can after lunch, and always rest for anything from ten to thirty minutes after every meal. Don't on any account leap to your feet the moment you have finished eating and start feverishly clearing the table, or rushing round the shops if you are a

working girl. Sit on and chat for a while over a cup of tea or coffee and a biscuit or a cigarette.

When you do lie down for a rest, don't on any account take all your worries and anxieties with you, or it won't do any good.

If a hot water bottle soothes and relaxes you, have one by all means and force yourself to think about the restful pleasant things of life. Not very easy when you are a born worrier but, difficult as it may seem to start with, it comes with practice and you will soon turn into an expert at deliberate relaxation.

Don't rush about. Slow down your pace of movement and take life easily, devoting plenty of time to your beauty routine.



lying back and really enjoying your daily bath, putting off till tomorrow some of the things that don't have to be done today.

Do take exercise. If you like strenuous games, there's no need to give them up. They will create appetite. Try to take a good walk in the fresh air every day, without getting over-tired. And do at least twenty minutes' planned exercise, preferably to music, every morning.

Cut down on cigarettes. Smoking is said to diminish the appetite so, if you must smoke, only after meals, please.

Re-organise your eating plan to include all the fattening foods, but don't fill yourself between meals or you will only find you can't eat your main meals of the day, which are far more important. Over-eating is not the answer, and will only cause indigestion. It is eating the right foods that gets results.

Fish liver oil, in capsule or liquid form, will help to supplement the fat in your diet.

Eat well and regularly and aim to have three good meals a day, plus any extras your fancy and can enjoy without feeling that you are over-eating. At each of your three main meals you need protein (meat, fish, egg or cheese) for body-building. If you can't stagger through the full meals suggested in the following diet plan, don't cut the main course.

Eat out as often as you can. It means you get a good meal without the worry of preparing it. If you are out and feel tired, drop into a cafe for a cup of coffee and a buttered bun.

Drink at least a pint of milk a day. If you just can't bear the taste of it neat, make it into milk soups or disguise it with a dash of cocoa or cocoa. Take a soothing drink last thing at night for extra nourishment and also to ensure that you sleep your full quota of eight to nine hours.

Opposite is a daily routine for you which can be used as a basis whether you are a homemaker or a career girl. You can adapt it slightly to suit your individual responsibilities.

Of Dreams, Desires and Dedications

by Lavina Ambreen Ahmed

"K" El sera, sera, whatever will be, will be, the future is not ours to see, kei, sera, sera." Many of us have often heard our parents sing this popular sixties tune. Yes, Doris Day was right. The future is definitely not ours to see, as we can't all be psychics, but that does not mean we cannot have our ambitions and desires.

Every human being, specially when he or she is very young, has some certain aspirations regarding future. For some it works out according to their future. For some it works out according to their plans, while others are not so lucky. Giving a group of children between the age group of six to ten years an assignment on what they wanted to be when they grew up, the teacher was amused to get many outrageous yet interesting answers. One boy wanted to be a hunter and roam the African jungles, another is keen on becoming a pirate. A little girl wants to be an ice-cream vendor or an astronaut (what a contrast) and her friend is interested in travelling. If not anything, these answers prove that little ones have vivid imagination.

"Oh, I still remember how worried I was because my nine year-old son and seven year-old daughter wanted to be a tennis player and a dancer respectively," recalls one mother. Twenty years later the mother proudly boasts of her "little boy" now an engineer and "little girl" a microbiologist, both living abroad busy with their careers and family and probably they do not have any time to reminisce those silly childhood dreams.

But does everyone forget their youthful desires? Or, on a lonely, frustrating day do they curse themselves for what they

could have been?

"I have always wanted to be a high official but ended up being a plain housewife!" exclaims a very depressed middle-aged lady for whom life has not played fair.

In our country, children often don't get a chance to think for themselves. Ever since they start going to school, the idea that they have to study hard in order to become successful in life is drilled into their minds. This prevents them from thinking for themselves and making up their own minds. Take the top ten ranked students of the SSC or HSC examinations for example: in an identical parrot-like voice they will invariably all inform you very confidently, how much they would want to be an engineer or a doctor and serve the suffering humanity. Actually, these confused teenagers do not even know for sure what they want. They just grow up believing in something they think is right.

A young lady poured out her sorrows of how she really wanted to be a diplomat, yet ended up being a banker. "Somehow, I can't help blaming myself for the turnout of things," she expresses.

Then, there are those among us who believe in the old maxim: "What happens, happens for the best."

A young business executive working in a local business firm, who once had his heart set on becoming a pilot, laughs, when someone reminds him of his childhood fantasy. "Not that I don't think that a pilot's job would be more challenging than a 9 to 5 desk job, but hey! this is the real world and one can't expect all one's dreams to be fulfilled," he feels.

Another individual told her story of how she wanted to be a photographer and turned out as a physicist. Though she has no complaints she just wished that she had more time for photography, which has now become her hobby.

Yet, there are also those who have the strength and courage, not to mention a rebellious nature, to pursue their dreams.

"I studied art against everyone's disapproval as it is my life. Since nobody supported my choice of subject, it prompted me to work twice as hard to prove myself and you know what? Till this day I have no regrets," explains a successful artist.

"My father would not speak to me for days when I told him I would like to study literature, instead of following in his footsteps to become a doctor. But I was very determined to get my own way and worked very hard and after five years or so I finally managed to convince him that it was the right decision," says a triumphant young man.

But rebellion is surely not the correct answer to any problem; When it comes to taking big decisions involving

one's future, parents or guardians are most definitely the best people for providing help. A child ought to remember that a parent always wants what's best for his/her child and their experience and genuine love really helps the children to make the right choice.

However imposing their own thoughts on each other will not help the situation, rather they should try being more compassionate and understanding and come to a compromise.

"When I told my parents I wanted to take up fashion designing as a career, they told me to complete my education first. Now, with a master's degree in Finance, I have started up my own business," confides a young fashion designer. Looking back, she is glad that she listened to her parents and feels her education has helped and will help her a lot to understand and survive this competitive world.

Parental interference is not only the cause of broken dreams. Sometimes admission tests hazards, monetary problems also stand in the way of one's desire.

But, still people go on dreaming, wishing fervently that the dreams would turn to reality. After all, dreams are what keep us going.



"The Man Who Had Power Over Women" on "Star Plus".



Clive James meets Katherine Hepburn on "Star Plus"

THE skin is made up of a number of layers. Fresh layers constantly form beneath the old, and the top skin is sloughed off in the form of dead skin cells. The new skin is fed by the blood stream, so we can help our complexion by stimulating the circulation beneath the skin surface — also by seeing that old particles of tissue are not left clinging to the skin so making it tired and dingy looking.

One way to do this is to give yourself a face pack. Face packs can stimulate and tighten the skin; they often have a mild lightening effect; they "whip up" the blood beneath the skin surface, leaving the face pink and glowing radiantly, and they help to work off dead surface skin.

Study your complexion carefully and try to choose a mask which will do the most for your particular skin problem. Here are some of the types available:

A pack containing yeast — Fine for stimulating a sluggish skin, for over-oiliness and for enlarged pores.

A lanolin pack — Ready mixed in a sachet for the very dry complexion. Before using it, apply a good skin food, massaging it carefully into the face and neck. Allow the cream to remain on the skin for about ten minutes, remove any surplus with a mild skin tonic and then apply your pack. Your face will be softer and smoother altogether when you rinse the mask away.

A lemon-magnesia pack — Good for stimulating and lightening a sallow complexion or fading sun-tan.

A clearing pack — This can be used overnight on spotty skin and it has a drying and clearing effect. Don't expect blemishes to disappear overnight, but

Beauty Masks

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A gelatine pack — Make this one yourself as follows:

- 2 teaspoons gelatine
 - 2 tablespoons zinc oxide
 - 3 tablespoons hot water
 - 1 tablespoon cold water
 - 3 drops glycerine
- Dissolve gelatine in 2 tablespoons hot water. Place 1 tablespoon hot water in basin, gradually stirring in zinc oxide, pressing out lumps. When smooth, add cold water and stir in gelatine. Mix in glycerine.

These quantities make sufficient for two packs. Either share with a friend or keep the unused half in a covered jar until the next week. The dried mask is peeled away from the skin and the pack has a good

Ladies of Consequence

of nothing false or unnecessary. Taste never wears a crinkled veil."

"Mama," she said, "what is spring?"

"Spring is starting afresh. Spring is new magic every year, given away free. Spring casts off the old love and runs to meet her new love... or buys a hat with flowers on it to make her husband notice."

"Mama," she said, "what is panache?"

"Panache is a braggart with a flair for colour. She keeps on good terms with elegance, and loves to wear a feather in her cap."

"Mama," she said, "what is love?"

"Love is a dream and a reality. She's elusive and her name is taken in vain. She's less than perfect, as strong as the elements and weak as a woman. She buttons herself up well — wears a pretty shoe and 12 denier stockings."

"Mama," she said, "what is romance?"

"Romance is love's poor relation — she lives above her means and she hasn't a conscience. She's gay and has a tendency to scarlet..."

"Mama," she said, "what is quality?"

"Quality is the best of everything. Quality never cheats, she wears well — her greatest beauty comes in her old age. Quality fancies herself in fine leather and hand-woven wool, in pure silks and long French

gloves."

"Mama," she said, "what is extravagance?"

"Extravagance is an enemy, a weak woman with a silly face. She likes to think of generosity as a near relation. She grows fatter and fatter and her expensive corsets don't do any good at all."

"Mama," she said, "what is charm?"

"Charm can't be bought. She only visits when Tolerance and Understanding have been to call. She has a leaning towards buttons and bows and must be told firmly not to wear lace at the throat always."



Australian Fashion — Photo Concern

Nut & Fruit Toffee

- 2 lb sugar
 - 1 tin condensed milk
 - 1 dessertspoonful butter
 - 1 teacup water
 - 1 dessertspoon vanilla essence
 - 50 cajunuts
 - 1 lb sultana raisins
 - 2 dessertspoonfuls cocoa
- Skin the cajunuts, chop them somewhat roughly and

Cookery

toast them in the oven for a few minutes. Wash and pick the sultanas and dry them. Put the sugar and water into a preserving pan, and stir over the fire until the sugar is dissolved. Then add the butter, milk and cocoa which must be dissolved in a little boiling water. Stir constantly until the mixture thickens and hardens when a little is tested in cold water.

Walnut Toffee

- 1 lb sugar
 - 3 oz shelled walnuts
 - 2 oz butter
- Remove the pan from the fire, stir in the cajunuts and sultanas and add the flavouring. Stir well together and pour into a buttered dish or tin. Mark it in squares and cut in pieces when cold.

a pinch of cream of tartar
1 teacup water

Toast the walnuts a few minutes in the oven and then spread them out on a buttered dish. Put the butter into a saucepan and melt it over the fire, add the sugar, water and cream of tartar and bring to the boil. Boil without stirring until the toffee breaks brittle when tested in cold water. Pour over the nuts and leave to set. Before it is quite cold cut it in strips 8 L.