

Taking Bangladeshi Music to Adelaide

by Fayza Haq



Akhtar Jahan

Early last year she got a government 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 grants 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 Barey Gholam Ali, Jagjeet Singh, Anukh Jalota 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 Pakistani 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

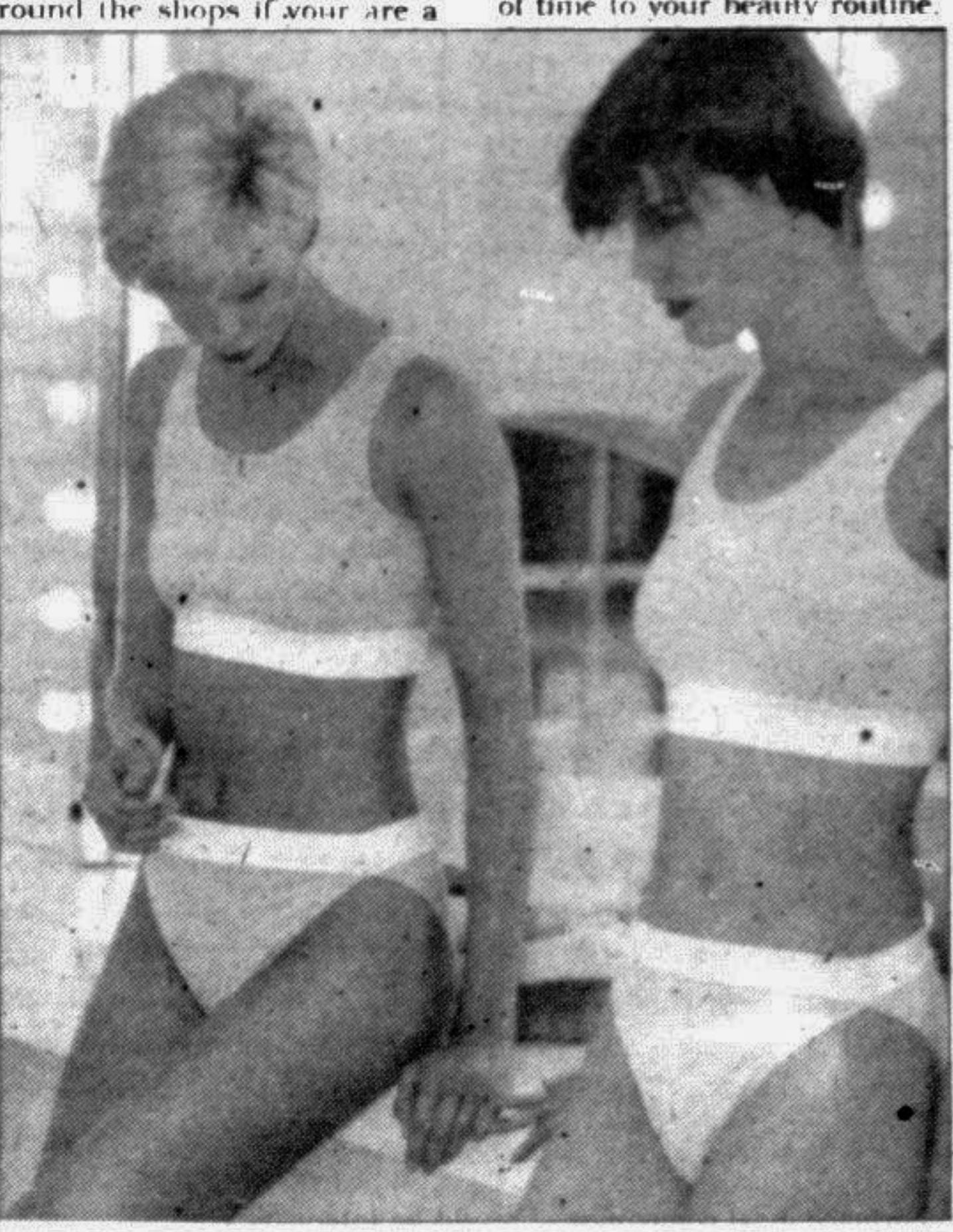
working girl. Sit on and chat for a while over a cup of tea or coffee and a biscuit or a cigarette.

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.



Of Dreams, Desires and Dedications

by Lavina Ambreen Ahmed

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.

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.

"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.

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."

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".

Nut & Fruit Toffee

2 lb sugar
1 tin condensed milk
1 dessertspoon butter
1 teacup water
1 dessertspoon vanilla essence
50 cadjuntas
1 lb sultana raisins
2 dessertspoons cocoa

Skin the cadjuntas, chop them somewhat roughly and

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

Beauty Masks

gish 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 pack containing yeast

Fine for stimulating a sluggish skin.

persevere and you should see an improvement in time. Remember to use an antiseptic, non-greasy make-up during the day.

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

bracing effect.

If applying a face pack during the day, try to make it a really relaxing treatment. Begin by putting a hot-water bottle under the eiderdown on your bed, so as the moisture in the pack evaporates, it will take heat from your skin and leave you feeling chilly if you are not wrapped up. Since the muscles cannot relax if you are cold, you would not then reap the benefit you should from the pack.

Spread the mask over your face, leaving two holes for your eyes and the delicate skin beneath the eyes, as it does not do to stretch this in any way. Wrap out two cottonwool pads in cold water, or use ready-made eye compresses which you can buy ice-cold in their own foil sachet, and place these over the eyes when you have tucked yourself in your ready-prepared nest. Allow your face and body to relax.

When your time is up, splash away the dried face pack and pat your skin gently dry.

SS.

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 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."

M.S.

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 elegance?"

"Elegance is born of beauty matched with taste. Simplicity worn with grace. Elegance may be a plain woman in a cheap dress."

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

"Taste is an awareness of excellence. An appreciation of the fitness of things. Taste admits

a pinch of cream of tartar to teacup water

Toasting 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. S.L.



Australian Fashion — Photo Concern



Clive James meets Katherine Hepburn on "Star Plus".

Cookery

Remove the pan from the fire, stir in the cadjuntas 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.

Walnut Toffee

1 lb sugar
3 oz shelled walnuts
2 oz butter