

WINTER 2014 BUCKET LIST

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Considering the hot, humid days for the most part of the year, winter comes as a smidgen of relief to us, as a breath of change in our lives, and decelerates the pace of time in its entirety. Winter means longer hours of sleeping under the wraps of soft quilts, greater stretch of jogging without having to tire from all that sweat, cuddling up next to the window at dusk with a mug of hot coffee while taking in the cool winter breeze infused with the smell of bonfires... and the list goes on. Since, there's so much to cover within this festive little season, it's natural for a lot of things to slip out of your mind and before you know it, poof! Winter has ended and you'd have to wait out another whole year before it shows up again. Fret not. Here's a mini winter checklist which gathers some familiar and some not-so-familiar options for you to choose from to make winter 2014 a memorable one.

Feasting:

Make sure you've been working out pre winter since an array of sumptuousness is headed for your taste-buds this season. There is one obvious thing to get your hands on: *Pitha*! The assortments of these sweet (and in some cases savoury) delicacies made from ground rice, milk and occasionally eggs are probably the most economical form of happiness that you can guarantee yourself this season. Date palm juice is like the yin to pitha's yang, and therefore another winter goodness that is an absolute no-miss!

Moving on, you're obviously going to be fully aware of all the fresh and vibrant winter vegetables around you, ranging from cauliflowers, cabbages, peas and

more. What better way to utilise them than putting them into *pakora* which can be a real indulgence when served hot and spicy in the numbing cold. Speaking of hot and spicy, winter is always the prime time to drown yourself in all the glorious barbecued meat you've been craving, since you can always burn the calories effortlessly soon after. Needless to say, tea, coffee, hot chocolate and other hot beverages would become a necessity.

Turbo or Hibernation Mode:

This winter you could take one of the two routes: boost up your workout sessions or simply turn things down a notch. Burning calories and losing a few kilos becomes a whole lot easier since the air bears none of that stamina-draining humidity you'd face during the rest of the year. Sift

through all the store rooms or cupboards, find yourself that badminton racquet and get going! Where to play you ask? You will find that kids in your area have thrown together a make-do badminton court long before winter's arrival. If they seem uncooperative, simply walk away: there are always parks with plentiful open space to play in, a few with proper courts.

On the other

hand, there are few options for those of you who want to turn the hibernation mode on this winter. There is the very obvious yet absolutely mandatory bonfire/barbecue night(s) which is never a disappointment in terms of fun, even if the food is. You could always top it off with a game of charades, a thrilling session of ghost stories or simply sway happy-go-luckily to music. Another way to spend your leisure hours of winter would be bird-watching. Bird-watching tours for Jahangirnagar University,

Sunamganj, Sri Mongol, Satchari and Habiganj already exist. It's probably not something you'd normally do but think about all the exotic migratory birds you'd see, coming right at your doorstep.

Don't be a Fashion Victim:

Winter can also sometimes bring about a fashion crisis when you realise you're out of winter wear and the ones you had have all become victims to sabotage courtesy of mice or roaches. In that case, you better have a review of what to grab while you're out there shopping. However, everyone is entitled to their opinions on "fashion" and the following are merely suggestions.

Ladies, the only time you can satisfy your yearning of wearing boots is now. You could go flat, stiletto or wedged boots this winter. However, the ankle boots should be more suited to our weather considering the temperature doesn't drop much even in our coldest winters. Crochet shrugs are a great choice as comfortable pre-winter wear which can be teamed up with any top and an elegant belt for casual wear. Aztec sweaters and cardigans seem to be making a comeback which only requires a pair of jeans to achieve the perfect casual look. For a more formal look, blazers in solid colours are all time favourites and never go out of fashion. As for makeup, winter is the perfect time to bring out all the nude lipsticks with a slight crème finish in your collection although you could also go for darker shades of brown, mauve or maroon. Smoky eye with dabs of mascara and you'll have



PHOTOS: DARSHAN CHAKMA

the perfect winter look!

Dear men, there is one, absolutely one thing that has transcended decades and still retains the ability to make all men look good in winter: leather jackets. If you don't own one yet, start saving up because this is

one of the best investments you'll

make in terms of winter wear. However, make sure when you're investing in a leather jacket, you buy the best quality because this is a long-term commitment. Flannel shirts are great choice for casual wear if you're aiming at comfort and trendy. On days you feel poetic, shawls can be your winter companion, provided you can carry it off well, otherwise it just ends up looking clumsy.

Winter Wanderlust:

Finally, if this winter you refuse to be confined within the border and routines of your daily life, take a break. Take out at least three/four days from your schedule, easier if you include Friday and Saturday, and plan a short trip somewhere. Winter is the perfect season to delve into the beauty of our country. Some of the best ways of travelling in winter are of course road-trips through the beautiful

Chittagong Hill tracks, trekking through the Lawachara forest and cruising down the waterways of the magnificent Sundarban.

That wraps up our winter checklist.

Here's hoping that the short flurry of changes brought about by winter is made the most of, everyday of it is enjoyed to its fullest, and winter 2014 becomes a memorable one.

P.S. Don't forget the Vaseline.

