



INTERNATIONAL CULTURE & ART

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2021

IPPA

3rd INTERNATIONAL PAKISTAN PRESTIGE
AWARDS
—2019—

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► Music Festival

A Living LEGEND

(Exclusive Interview)

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EDITOR MESSAGE



Tamoor Abbasi

Dear Reader, Thank you for being a regular reader. I have got a lot of emails regarding our last publications. 2020 is bringing a lot of positive events ahead. International Art & Culture will cover them up.

We are trying to make the magazine more interesting and we will cover interviews of famous artists in our next editions.

We believe that somehow other walks of life are connected with art and at a large human being is a catalyst of culture. We expect other fields of professionals to have a 360-degree look at our magazine. Looking forward for your comments and advice to make International Culture & Art more attractive and successful.



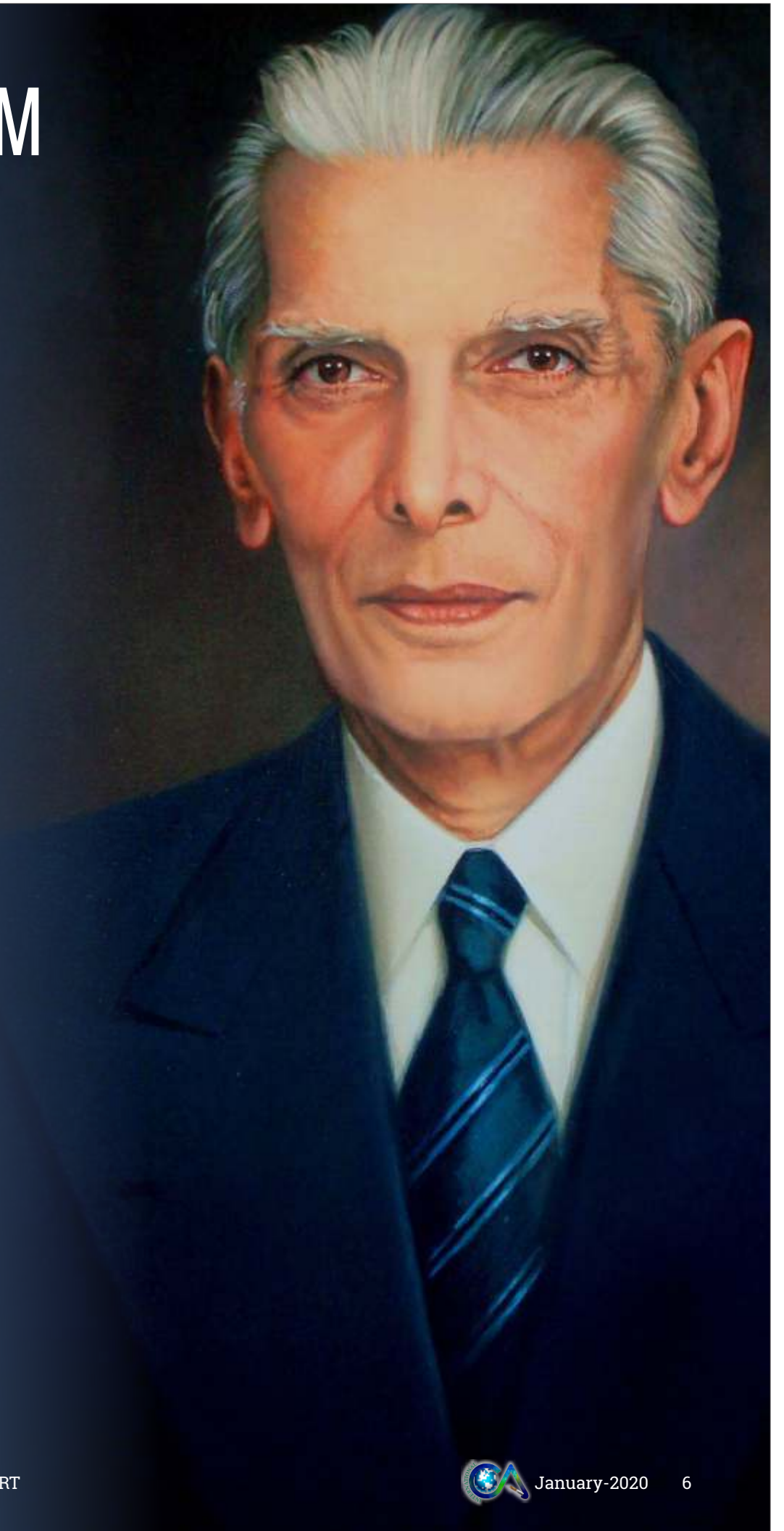
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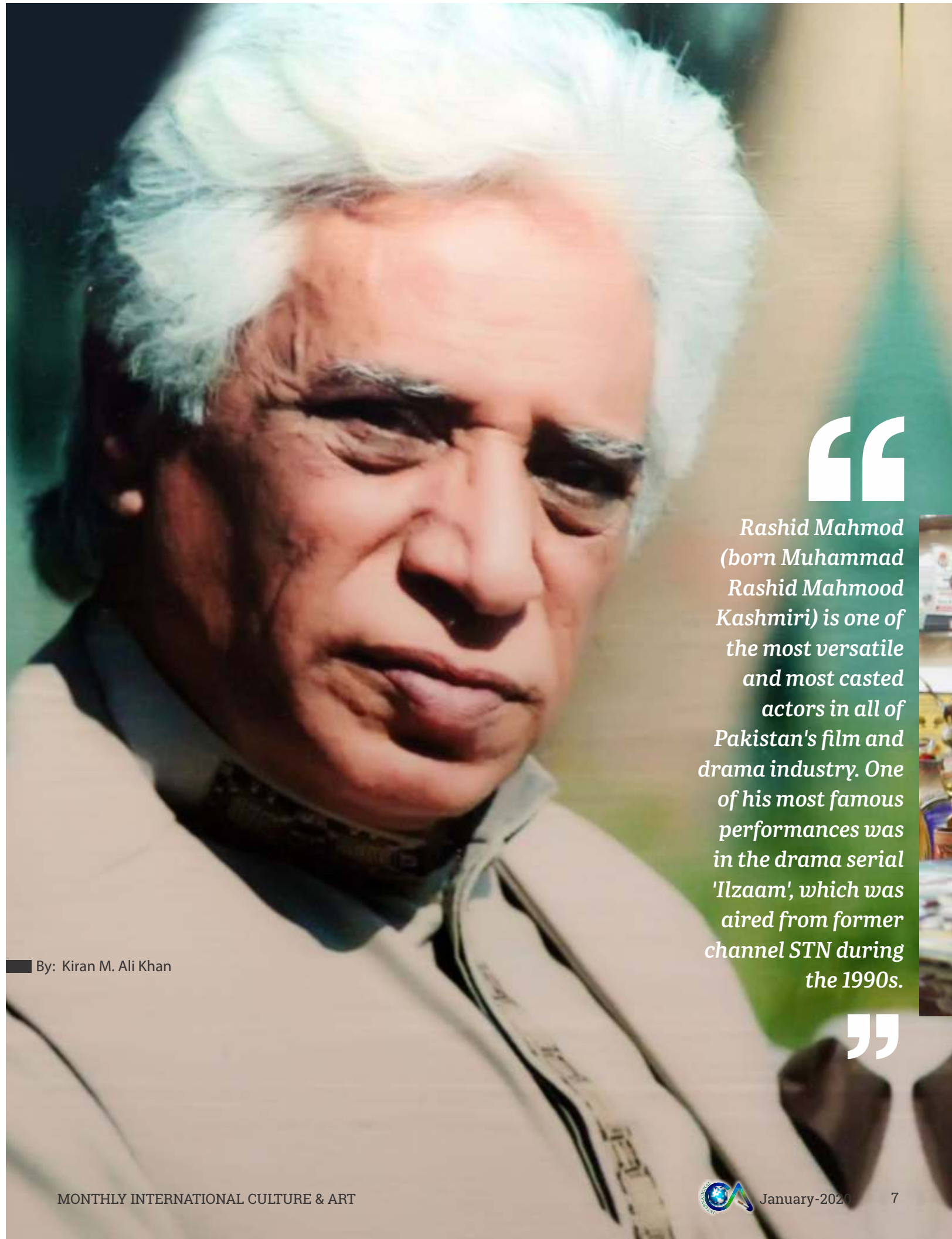
We are at the precipice. Everything in our society could change tomorrow, simply because it cannot sustain its way of being any longer. How are we envisioning that future, in the arts and beyond? Here at International Culture and Art Magazine we are envisioning an empathetic future, driven by advocacy and dialogue, rather than this present cycle of trauma and fear. My vision for Rescripted was simple: train and uplift voices that will make the industry a hospitable place for everyone to work. The impact of that vision, that intention, has been unbelievable. We have now trained critics in the double digits who are writing professionally, we are creating transparency and accountability in our work that established publications are beginning to echo. We highlighted communities and theatres that were habitually overlooked, causing other publications to pick up their stories as well. Ever so slightly, I see the viewpoints and the values of other critical institutions changing in response to the energy this group of artists has brought to the city through our writing. Therefore, I want to end 2019 by offering visions for our artistic future.

2020

QUAI-E-AZAM DAY 25 DECEMBER

Muhammad Ali Jinnah (born Mahammed Ali Jinnah Bhai 25 December 1876 – 11 September 1948) Was A Lawyer, Politician And The Founder Of Pakistan. Jinnah Served As The Leader Of The All-india Muslim League From 1913 Until Pakistan's Creation On 14 August 1947, And Then As Pakistan's First Governor-general Until His Death. He Is Revered In Pakistan As Quaid-i-azam ("great Leader") And Baba-i-qaum, "father Of The Nation". His Birthday Is Considered A National Holiday In Pakistan.





By: Kiran M. Ali Khan

“

Rashid Mahmood (born Muhammad Rashid Mahmood Kashmiri) is one of the most versatile and most casted actors in all of Pakistan's film and drama industry. One of his most famous performances was in the drama serial 'Ilzaam', which was aired from former channel STN during the 1990s.

”



LIGHTER MOMENTS WITH
PAKISTANI ACTOR....

Rashid Mehmood A LIVING LEGEND

On arrival at his office International Culture & Art Magazine team was accorded a hearty welcome and extended great hospitality. The interview was conducted in the most cordial and relaxed atmosphere and topped by excellent tea and refreshments.

When asked about his early days of his acting career, he answered:

Rashid Mehmood: Me and Irfan Khoosat were friends, since we were barely ten years old. I joined Radio Pakistan Lahore in 1962, doing programs on radio Pakistan. When TV service was started around 1964, we both joined Pakistan Television and then did a lot of TV Serials. Besides that, I continued doing audiography for TV, Radio and Advertisements.

I made my TV debut from Karachi TV, by taking part in the famous Drama Serial Shaheen, the drama was written by Naseem Hijazi. Following this I appeared as Spanish King with very versatile artist Tahira Wasti.

"In those days, our show serials were appreciated and liked globally, due to their content, acting skills and quality generation," he then went on to say, "thinking back of days, I have a vivid memory of those great times".

As regards the Indian TV, "they could never compare to us, these days, film/TV play makers show a world of dreams in their ventures. We ought to depict and share our own values and way of life and society if we want to bounce back, where we were once before. I am personally of the view that the we do not think too much about dramatizations."

Why did not you go to Bollywood? Did not get the offer or any other reason?

Rashid Mehmood: (laughing) "No I did



I met the inevitable and one of veteran entertainers, Rashid Mehmood at his Lahore office on 8th January 2020. He had plenty to say about the show-business.

The entertainer has played a repertoire of stroke covering many great innings in his career. Has been the mainstay of many TV serials, just to mention a few, Saheen, Laag,

Ghuroor and Kahi Un Kahi.

Rashid Mehmood – who was lately nominated for the President's Pride of Performance Award, finds the industry in dire straits. He recollects those times when the Indian TV used to emulate the Pakistani serials.

MONTHLY INTERNATIONAL CULTURE & ART

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January-2020

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What especially agitates Mehmood is the manner in which the new crop of Pakistani producers' loath consistent hard work. He said, "I began from zero and it took me four decades for to establish myself, when I was awarded the Pride of Performance. Presently, new comers, prefer not to learn, I never hesitated to learn from my seniors. Telling you truthfully, my mentors groomed me genuinely and I am their reflection and I owe everything to them for all my accomplishments. Hard work is vital for confronting disillusionment. Telling you frankly I am still learning after 40 years as no one can be know-all, even at my age, I am still battling!"

Rashid Mehmood stays happy with a sense of optimism, that better days to Pakistani in the not so distant future. "Some negative components truly influence Lollywood however luckily; the new age of producers is taking it forward. I trust one day; we will get back in the saddle."

It must be remembered, that regardless of his goals for the business, any seasoned actor must be prepared to do his best. He suggests that Pakistan Government must continue prohibition on screening of Indian movies in Pakistan. "I don't suggest a total boycott and give them a chance too, as we do with the Hollywood movies here.

I wonder why our movies are not being screened in India?" he questions.

Are you in show biz due to your family background?
(Smilingly) "I was an old soul from my childhood and my fore fathers were in

carpet business before partition. Ustad Ghulam Mohammad Naqqash was very well known in the carpet weaving industry. There was always uniqueness in every generation of mine. My father was Editor and General Secretary of Progressive writer association in which Saadat Hasan Manto and Saher Ludhyanvi also made a mark. I deliberately chose acting as a career, in order to do something different. My father was always my inspiration and I used to see join him in different gatherings. I believe one must try something different and exclusive, as God has given every human being the ability. If we realize this, that God has given every human the ability to do anything."

What is the reason the industry did not flourish like Bollywood?

"It has consistently been the goal of the Indian government to never allow adequate space to Pakistani substance, and that is the reason our neighbour needs to be boycotted. The question is ... who created these circumstances? We have ability in Pakistan as well, why our movies cannot compete with Bollywood. We presently have individuals like Shoaib Mansoor, Bilal Lashari, Humayun Saeed and Sarmad Khoosat who have reformed film-production in Pakistan totally."

A part from your professional engagements what else do you do?

I am spending my time with many Philanthropic and welfare organizations that are helping people in Pakistan. I would like to mention Amjad Saqib, he is my inspiration to do something good for Pakistan.

What is your message for public specially readers of International Art & Culture Magazine?

"I believe in merit and advocate merit in all areas including media and film industry. As a nation we have to prove first before claim. Our Prophet Mohammed (PBUH) proved himself as a role model. I wish our people specially the Government, to bring justice and merit as its top priority.

International Culture & Art is doing fantastic job to show real Culture & Art and should support this serious effort."



not go to India. I did get the invitation specially from Eveready Picture owner who is the uncle of famous Bollywood Actress, Juhi Chawla, but I refused. The actors who moved to Bollywood were exploited. I love my roots and country."

As per Mehmood, "Pakistan Television is the pioneer in making of TV shows in the Indian subcontinent, however, the

commercialization of the business and faulty conduct of certain elements have led to degeneration and lack of its popularity. Lollywood used to dominate in film making, however, that too withered away with time, our dramatizations was far ahead and superior and it really sparked, these include Mohabbataan Sachiyaan on-screen character."



PAKISTANI STARS GLITTERING IN OSLO.

The IPPA is viewed as one of the nation's greatest showbiz grants, drawing in assignments from amusement TV channels and the film business. The famous people will be given honors in 30 unique classifications extending from design, film, TV, move and music.

Big names, for example, Maya Ali, Ahmad Ali Butt, Zeba Bakhtiar, Kubra Khan, Yasir Hussain, Ayesha Omar, Azfar Rehman, Shahroz Sabzwari, Adnan Siddiqui, Zara Noor Abbas, Asad Siddiqui, Sarwat Gilani, Momal Sheikh, Hira and Mani, Javed Sheikh, Feroz Khan and Ali Zafar are in Norway for the honors.



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SIKHS REMEMBER

"BHAJI GHANI & NABI KHAN"

BY INDEERJEET SINGH-UK

rulers and Ahmed Shah Abdali (Durrani), the Afghan invader during the early and mid-eighteenth century. I instantly said, "Why don't you see Bhai Ghani Khan and Bhai Nabi Khan in them"? The Sikh lad became quiet and left. He remained an acquaintance through my stay at the University.

Almost a decade and half ago, while staying in the University Hall of Residence in Wolverhampton, I became friends with three Pakistanis, a Pathan from Peshawar and two Punjabi Muslims. These three were once friends with two Sikhs from East Punjab. They used to cook and eat together and were mates. But once differences arose and the Sikhs told them that 'you' have killed many of 'us' and this was not the first time this allegation had been made and fed with this accusation, of which they had no clue. The Pakistanis retorted yes, 'we' did it and what will you do about it? Needless to say, they never spoke after this incident.

The Pathan later lamented to me that in the moment of rage, he lost good friends. One of the Sikhs came to me to warn about my three new friends. He told me about the incident and reminded me about the atrocities 'they' had committed on 'us'. Obviously, 'they' meant Muslims and 'us' were Sikhs. He was referring to the persecution of the Sikhs by later Mughal

Almost all Sikhs in East Punjab are aware of Bhai Ghani Khan and his brother Nabi Khan and timely assistance to their tenth and last Guru. Bhai (literal meaning brother) is used as a mark of respect. The contemporary Sikh chronicles, Gurbilas Padshahi Dasvi, Mahima Prakash and Bansavalinama mentions these brothers.

In December 1705, Guru Gobind Singh had to leave Anandpur and lost all his four sons (& lot of other close Sikhs) to the Mughal & Hill Rajput army. Wazir Khan, the Governor of Sirhind ordered the execution of Guru's younger sons aged 6 and 8 years respectively by bricking them up alive within a wall. The Mughal army kept on chasing the Guru.

During this period, a few Muslim devotees took a grave risk and assisted Guru Gobind Singh. If they had been caught helping the Guru by the authorities, they would have certainly been given the death penalty.

Ghani Khan and Nabi Khan, the two Pathan brothers were horse dealers in Machhiwara (now in Ludhiana district, East Punjab) were great admirers of Guru Gobind Singh. They had been to Anandpur (where the Guru resided) and sold many horses to him. When the brothers learned that the Guru was travelling in a lonely state after the battle and the Guru had come to Machhiwara, they at once came to meet him and offered their services.

The Pathan brothers provided the Guru with a blue coloured dress and carried him out of Machhiwara in a palanquin disguised as a Muslim divine. They declared him to be Uch da Peer, the holy man of Uch, an old seat of Muslim Sufis (West Punjab). The Guru gave Ghani Khan and Nabi Khan his blessings and a Hukamnama meant to be a letter of commendation which is reverently preserved by their descendants.

The descendants migrated to Pakistan in 1947. Their house in Machhiwara is now a Gurdwara known as Gurdwara Ghani Khan & Nabi Khan. One of the descendants, Yahood Ahmed Khan came to East Punjab in 2005 with the original copy of the Hukamnama.

The Gurdwara Bhai Ghani Khan and Nabi Khan in Macchiwara honours the home of these two brave brothers. The graves of the siblings are in the Gurdwara premises but in a separate building. Sikhs do not forget the people who were close to their Gurus. We can interpret history in several ways, but one should not be a prisoner of the past. It is within our power to ignore certain and highlight other parts of history.

Note: The writer of this blog is the author of the book, Afghan Hindus & Sikhs - A History of Thousand Years. He grew and studied in Punjab but now lives in UK.

CULTURE WEARS WELL FOR FUSIONFEST FASHION WINNER

Fashion artist Londa Msanii literally embodied the spirit of FusionFest by being named the top designer at this year's second annual multicultural festival, held November 30 and December 1 in downtown Orlando. Msanii was awarded \$1,000 by the festival's panel of fashion judges for two original garments that brought together the apparel traditions of Africa and Japan in a bold new hybrid.

Msanii's first piece, modeled by Miss North Orlando Leyennshka Batista, was a mid-length sleeve kimono constructed from a cotton West African print. Colorful and expertly fitted, it was tied by an obi (or sash) of African garden hibiscus. The second outfit, as worn by Msanii herself, was based on a head-turning South African-style apron made from a Japanese brocade design and decorated in cowry shells, animal feathers and a Maasai beaded necklace representing Tanzania.

"I love the fact that, as contestants, we were allowed to select our own regions and express ourselves freely with our designs," Msanii says.

Paying tribute to African culture is important to Msanii, who learned its beauty and richness as a child growing up in Buffalo, New York. For her FusionFest entries, she was moved to incorporate Japanese stylings as well, in a tandem salute to what she calls "the warriors of human history that fought to preserve culture and protect the land."

Africa and Japan were among the more than 100 heritage cultures represented at the second annual FusionFest, which drew approximately 15,000 people to celebrate diversity through art, music, dance, food and other forms of creative expression.

"It was such a pleasure participating in FusionFest this year," Msanii says. "I was nervous but did not feel pressured at all. It

was a friendly environment and a pleasure meeting the other designers."

In addition to her work in fashion, Msanii is active in the area of thyroid cancer awareness and advocacy. "I was diagnosed with a rare form of the disease (MTC), and after three occurrences, I've decided it was time to bring my passion and purpose together," she says. She hosts an annual fashion show back home in Buffalo every September (which is Thyroid Cancer Awareness Month), and would like to bring the undertaking to Orlando in the future.

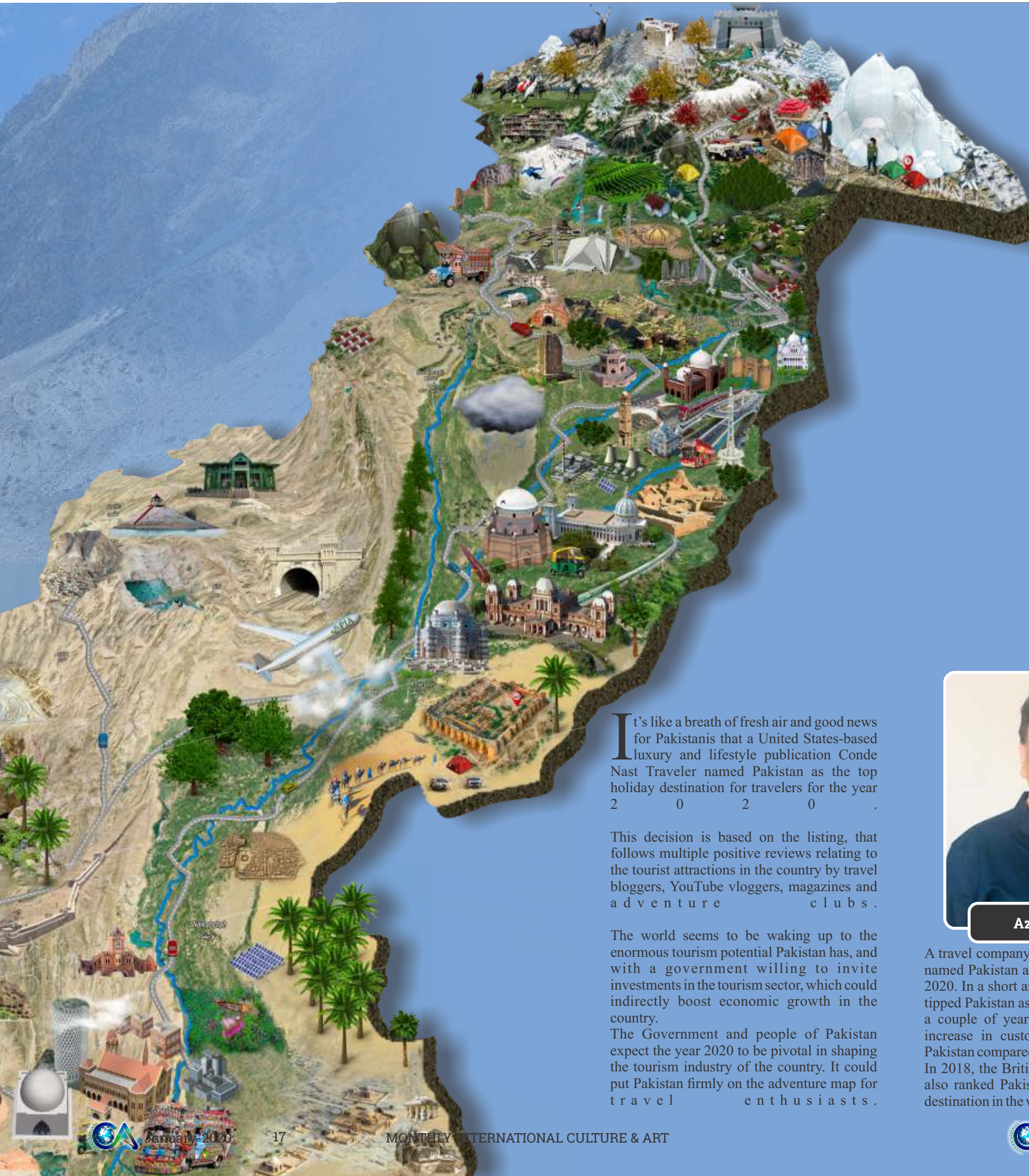
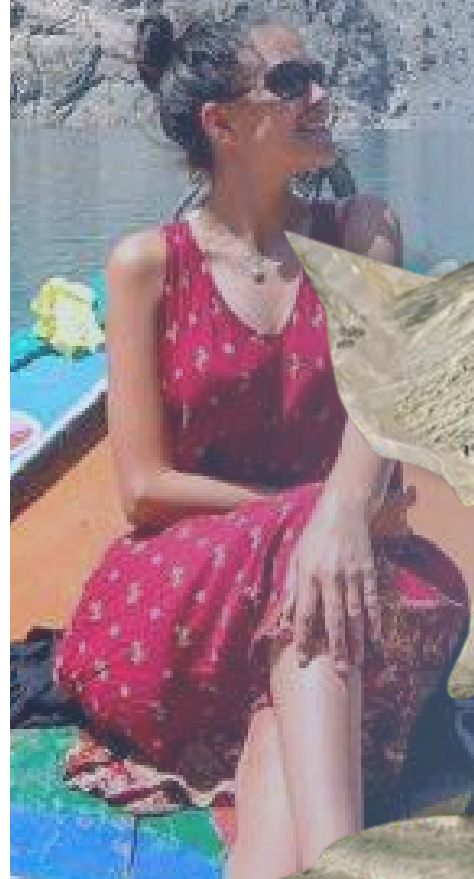
To see more of her work, visit londamsanii.com.

FusionFest will return to the Seneff Arts Plaza at the Dr. Phillips Center for the

Performing Arts and the Orlando City Hall Commons Plaza for its third annual edition, scheduled for November 28 and 29, 2020.

The festival is a project of the Downtown Arts District, with support from Orange County Government, the Orlando Downtown Development Board and the Dr. Phillips Center for the Performing Arts. In its inaugural edition, the event received the Award of Excellence in the Downtown Orlando Partnership's Golden Brick Awards, and took first place in the "Community Outreach Program" category of the Florida Festivals and Events Association's SunSational Awards.

PAKISTAN AS A TRAVEL DESTINATION



It's like a breath of fresh air and good news for Pakistanis that a United States-based luxury and lifestyle publication Conde Nast Traveler named Pakistan as the top holiday destination for travelers for the year 2020.

This decision is based on the listing, that follows multiple positive reviews relating to the tourist attractions in the country by travel bloggers, YouTube vloggers, magazines and adventure clubs.

The world seems to be waking up to the enormous tourism potential Pakistan has, and with a government willing to invite investments in the tourism sector, which could indirectly boost economic growth in the country.

The Government and people of Pakistan expect the year 2020 to be pivotal in shaping the tourism industry of the country. It could put Pakistan firmly on the adventure map for travel enthusiasts.



Azhar Pasha

A travel company, Wild Frontiers, last week, named Pakistan as the country to travel to in 2020. In a short announcement, the company tipped Pakistan as the next big destination for a couple of years, reporting a 20 per cent increase in customers willing to travel to Pakistan compared to 2018.

In 2018, the British Backpacker Society had also ranked Pakistan the number one travel destination in the world.

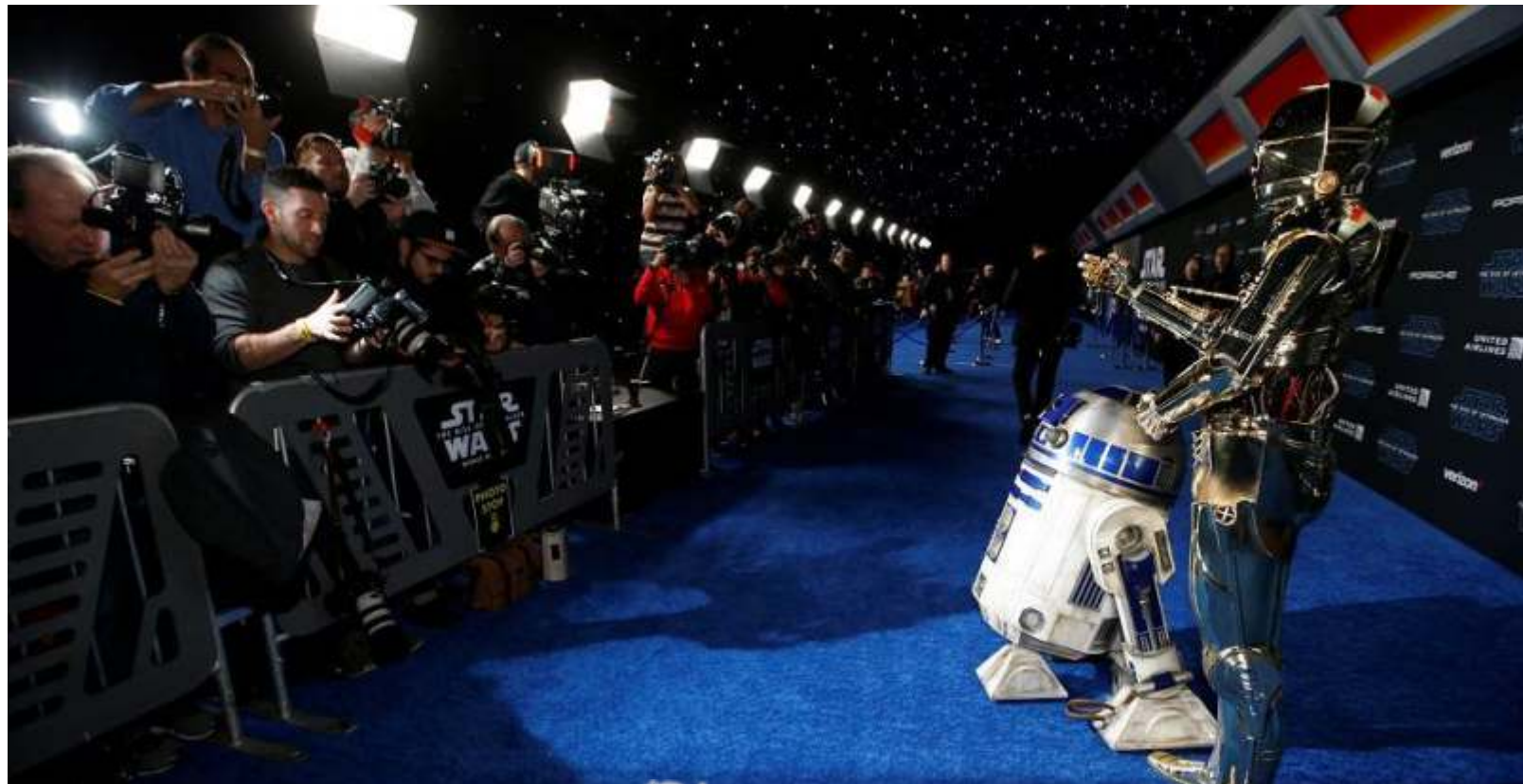


By: Ken Gruberman

42 years ago I, along with my friends Marty Safir and David Leisure, attended the first-ever showing of "Star Wars" at Hollywood's world-famous Chinese Theater. (David Leisure achieved fame as "Joe Isuzu" in an iconic US ad campaign in the 70s and then starred in the acclaimed motion picture comedy "Airplane" and later the TV series "Empty Nest.")

For that 10 am premiere performance of "Star Wars" — it was simply called "Star Wars" then; not "Episode IV" which was added later — the theater was about 2/3 full, as virtually no one knew anything about this movie. The reason we were there was due to me insisting this would be THE movie of the year, nerd that I was ... and still am.

For almost two years, I'd been following the production process via a fan magazine called Starlog that



was published for only a few years. The magazine had spent the better part of 1977 documenting what this guy George Lucas was going through because the 20th Century Fox 'suits' (another word for executives) didn't 'get it.' They repeatedly threatened to withdraw funding for continued production over-runs during the course of the film's development, and had nothing but disdain for it and Lucas as well.

That was the only kind of news that the movie got beforehand. Remember, kids, there was no Internet then! (You kids today!) The studio was convinced the movie would be a spectacular failure and be out of theaters after its first week, so there were no billboards promoting the film, there were no ads on TV or in magazines, there were no talk show appearances ... nothing. As another slap in the face of George Lucas, 20th Century Fox spent virtually no money at all for promotion, something unheard of today.

So there we were, seated in the theater and ready to see ... something. We didn't really know what. The film started and within the first MINUTE I and Marty and David are losing our minds repeatedly! In something I remember to this day, David leaned over to me after the first stunning scene of the huge starship destroyer chasing down the smaller ship and said: "I've been waiting my whole life for something like this!" I think everyone in the audience felt that way.

By the next morning, solely via people calling their friends as soon as they got out of the theater, there were double lines around the block. And those lines continued for WEEKS afterward.

Now, 42 years later my Star Wars journey is complete, as I returned again to the Chinese Theater — now actually owned by the Chinese! — on December 20th at 10 am and saw the first laser-projected IMAX showing of "Star Wars Episode IX: Rise of Skywalker." And you know what? I liked it! Critics and whiny fanboys alike are again criticizing everything they can. I thought it did what it set out to do, was entertaining, and told a great story. My wife Ellen thought so, too.

I laughed, shed some tears, gasped a couple of times and overall enjoyed the heck out of myself! Plus kudos to JOHN WILLIAMS and the all-star LA studio musicians who went above and beyond to deliver a sparkling, rousing, moving score ... the last John Williams "Star Wars" film score we will most likely ever hear. If that doesn't make you tear up, I don't know what will.

Fun fact: the only two people in all 9 "Star Wars" films? Anthony Daniels as C3PO and ... John Williams. It just wouldn't be the same without him.

NOTE: If you go to the Chinese to see the film, be warned: the sound, while being very clean and detailed, is also VERY LOUD. My ears are still ringing a bit!



HONORING AND REMEMBERING

IQBAL BANO

By : Col. Azam Qadri



“One grew up as a child listening to the melodies of great singer Iqbal Bano, who was truly a music icon, not only in Pakistan and India but globally.

Iqbal Bano was born in the older part of Delhi, India, where she learnt music when she was very young. An opportunity was offered through fate, when one of her young friend's father suggested to her father, that Iqbal Bano sings very well and he should try and get her to make a career in singing.

She was later tutored by Ustad Sabri Khan of the Delhi Gharana, who was an expert in all kinds of music, who tutored her in classical and light classical music within the framework of classical forms of thumri and dadra. She was duly initiated Ganda-bandh shagird (formally initiated disciple; Ganda-bandh is a traditional knot-tying-ceremony which cements the relationship between guru and student) of her Ustad (teacher). Another renowned musician Ustaad Chaan Khan introduced her to all India Radio, from where her career really took off and there was no looking back.

In 1952, when she reached the age of 17, she got married to a landlord from Multan and

soon after moved there. Her husband a kindly person, permitted her to continue singing and she eventually became a singing legend. She was amongst the few leading female singers, who dominated the Pakistani music scenario from the 50s right down till her passing away.

She became a 'singing star' in the fifties and lent her voice for movie soundtracks. Her songs were hits in movies like Gumnaam (1954), Qatil (1955), Inteqaam (1955), Sarfarosh (1956), Ishq-e-Laila (1957) and Nagin (1959).

Iqbal Bano later got invited by Radio Pakistan for classical performances, making her public debut through a concert in 1957, at the Lahore Arts Council. She was considered a specialist in singing the ghazals of Faiz Ahmad Faiz.

In 1985, Bano became an icon when she enthralled a crowd of 50,000 people in Lahore by singing Faiz's passionate Urdu anthem, Hum Dekhange (We Will See),



despite the poet's works being banned by General

Zia ul Haq's military regime due to his close ties with Zulfikar Ali Bhutto.

Very soon, she generated more and more public appeal and became a specialist in singing the kalam (poetry) of Faiz Ahmad Faiz, violating the government ban on singing Faiz's poems, showing the moral courage. Her inciting ghazals were seen as an act of defiance and resistance.

She also sang the ghazals of Nasir Kazmi. She also sang in Persian language, which became popular in Iran and Afghanistan. In pre-1979 Afghanistan, she was often invited to the annual cultural fair, the Jashn-e-Kabul. In light classical singing, her presentation of Thumris in Raag Khamaj (Kaahe Sataye Mohey), Tilak Kamod (Sautan Ghar Na Ja), Des (Nahin Pare Mohe Chain), Pilu (Gori Tore Naina Kajar Bin Kaare) and others such renderings which have become ever-green classics.

Those who understood music especially classical music, compared Iqbal Bano with Begum Akhtar, especially their marked resemblances in their styles of singing. Bano's recitals stuck to a classical regimen, which lays more stress on the raag purity.

She was awarded the Pride of Performance by the Pakistani Government in 1974 for her outstanding achievements in classical music.

At the age of 74, Iqbal Bano died in Lahore on 21 April 2009, after a short illness.

Google Doodle honoured her Google has shared an illustration paying tribute to the renowned Pakistani singer on her 81st birth anniversary.

The legendary singer was known for her semi-classical Urdu ghazals, songs and classical thumris. She also sang easy-listening numbers in 1950s films.





Muhammad Javed is a renowned painter, who is also a curator and writer. Since his graduation in Fine Art from National College of Arts, Lahore in 1962, he is exhibiting his paintings in various group exhibitions and has nine solo shows at his credit held in the country and abroad. He has been an MIT scholar and is winner of First Annual Distinguished Artist Award from MIT, USA in 1989. His artwork has historic relevance, which is representative of realities of life developed through process of creating interesting forms, building strong composition by dividing space, delineating objects and manipulating the canvas with great skill. Due to his thought-provoking work and individual style he was selected and included with other thirty-eight western artists in a book published in German language.

Mr. Javed is a well-travelled artist and has also painted his vision during his trips to different countries. He is a member of the Executive Committee of Punjab Artist Association and recipient of its Award conferred in 2019 at the occasion of 33rd Exhibition of AAP and 16th National Exhibition of Paintings.

In 2013, a book “A Man of the Arts – Muhammad Javed” edited by Dr. Shaukat Mahmood was published comprising views and reviews of various prominent art critics and writers covering about five decades of his career as painter. Another book on his work and life “Muhammad Javed - A Versatile Artist” is under publication containing M Phil thesis done in 2017 by Shabnam Abbasi a research Scholar from University of the Punjab, Lahore.

Brief views of Art Critics and Writers

Quddus Mirza

Muhammad Javed belongs to the first generation of graduates in Fine Arts from the National College of Arts, but from his earlier works to latest canvases, Javed has been working as a translator. He converts the life in his surroundings into patches of paint that are arranged in compositions, which have a strong effect on the viewer due to their colour palette. Shades of blue, range of greens, introduction of pale hues, and areas of subtle and vivid tones mark his work different from his peers.

Muhammad Javed’s canvases reflect his love for his city, surroundings, people and places, as he transforms them into visions that present pleasure, poise and preciousness for life. About activities around us, which take place around us, but we are not aware of them. It is the task of a sensitive painter like him, to make us see what we look at every day, without noticing, observing and enjoying it.



Marjorie Hussain

When Javed was at Karachi he became one of the vanguards of young artists discovering new methods and ideas. He experimented with cubism, creating paintings of gradient subdued hues or in alternate moods, painted brilliant images of bright colours.

Mian Ijaz ul Hassan

Muhammad Javed is a painter and a writer, who has also played a valuable role in promoting art and literature, and in identifying young painters of talent.

The present paintings reveal his multiple moods and concerns and are well studied and built; crowded with mundane, everyday movement and multiple activities. There are a number of paintings where Javed shuns crisp definitions; objects are defused by palette knife strokes, seemingly as though scratched on the surface. In these works, shapes, forms and colours coalesce, creating an interesting textural hue on the surface plane.

I find his works intriguing and stimulating.

Dr. Khalid Mahmud

Javed has painted a number of paintings and each one represents different subject matter and themes of different varieties, whereas the approach retains his own individuality which makes him stand distinct as an artist among this community.

Dr. Shaukat Mahmood (Maxim)

His oil paintings provide us yet another technique. I, both as a student and as a teacher, has had observed dry-brush technique in brush and ink sketches. A master painter in this technique was one of my teacher Miss Naseem Hafiz Qazi. Javed sahib has gone a step further in this technique. He spreads the paint with the help of palette knife and creates interesting texture. The result is alluring at once because of effective space division, strong composition and simplification of forms.

Dr. Ajaz Anwar

Javed has an eye for dividing his picture areas into varying rectangles so as to emphasize and subdue certain elements and make the composition, the subject and his expressions strong enough.

Iftikhar Ahmad Adani

Javed’s work is different. He does not invest his ingenuity in producing design, nor in evolving patterns.... He is primarily engaged in portraying visions and projecting ideas, ideas which haunt him.

S. Amjid Ali

He uses purely abstract forms created with

fine sense of design incorporating the alphabets of the name. The transformation of the letters has been brought about in an artistic and pleasing manner. What is important is the painterly quality of handling of colours.

About the Artist Muhammad Javed:

Muhammad Javed is a renowned painter, who is also a curator and writer. Since his graduation in Fine Art from National College of Arts, Lahore in 1962, he is exhibiting his paintings in various group exhibitions and has nine solo shows at his credit held in the country and abroad. He has been an MIT scholar and is a winner of First Annual Distinguished Artist Award from MIT, USA in 1989. Due to his thought-provoking work he was selected and included with other thirty-eight western artists in a book published in German language. In 2013, a book “A Man

of the Arts – Muhammad Javed” edited by Dr. Shaukat Mahmood was published comprising views and reviews of various prominent art critics and writers covering about five decades of his career as painter. Another book on his work and life “Muhammad Javed - A Versatile Artist” is under publication containing M Phil thesis done in 2017 by Shabnam Abbasi a research Scholar from University of the Punjab, Lahore. He is also a member of the Executive Committee of Punjab Artist Association and recipient of its Award conferred in 2019 at the occasion of 33rd Exhibition of AAP and 16th National Exhibition of Paintings.

By Tallat Ch.



MUSIC FESTIVAL

“WIRED is a electronic music festival that happens in Pakistan promoting underground house music. The platform promotes local artists as well as brings down foreign talent for the event. In the past artists from various countries have come and performed at the event.”



SPECTACLES: WOMEN SHOULD BE SEEN AND HEARD

By Ellen Snortland



Spectacles — human beings are apparently “wired” to adore or abhor them. And I don’t mean the eyeglasses kind of spectacles. English homonyms are often peculiar. The “spectacle” I’m talking about: kicking up a fuss, making a scene, creating big waves of people, horses, bands, floats, and ... the Statue of Liberty? Lady Liberty was a gift to U.S. citizens from the citizens of France in 1886, and American women weren’t even allowed to attend the dedication – nor were American women allowed to vote until 1920. French women finally won the vote in 1945; and Pakistani women in 1947.

Every year since 1890, there has been a Tournament of Roses Parade in Pasadena, California. True to custom, on January 1, 2020, the parade continues. The Statue of Liberty will represent all women globally who dream of freedom

and full participation in their civic lives. Look for Ms. Liberty in the Tournament of Roses Parade. You can’t miss her; she’s 30 feet tall, she’s wearing a “Votes for Women” sash, and her tablet has the 19th Amendment, the U.S. amendment that women fought hard to win in order to vote, like “real” citizens. (If you happen to get the international broadcast, the parade usually starts at 8:00 a.m. Pacific Time (UTC-8), and includes flower-covered floats, marching bands, and equestrian units.)

Women will be front and center in this parade: the City of South Pasadena also has a suffrage-themed float, and the Tournament of Roses organization itself is led by Laura Farber. She’s a dynamic leader — the 3rd woman and first Latina as its president.

The float’s name is “Years of Hope, Years

of Courage,” and the motto is “Upon their shoulders, we won the vote. Upon our shoulders, we protect the vote. We celebrate and build for the future.” For nearly a hundred years before 1920, women who knew they’d never live long enough to vote dedicated their lives to making sure their descendants could... whether they were women or people of color of both genders. Considering their sacrifice, voting in any election is imperative; in 2020, it is vital.

One of my favorite parts of visiting Pakistan was learning about Fatima Jinnah a dynamic and dedicated woman who I wish were better known here in the United States. She stood strong with her brother and made sure that women could see her strength publically. I aspire to be as brave as Miss Jinnah.

I will be in the parade, walking behind the Statue of Liberty float and will hold all women in my heart, including my friends in Pakistan. They call the women – and a few men – walking behind the float “Out-Walkers.”

The Out-Walkers are not only following the float but also a tradition started by Miss Alice Paul in 1913, one of the most important “foremothers” of the vote for women. Alice, along with Lucy Burns, organized the first march down the famous Washington D.C. thoroughfare, Pennsylvania Avenue, where the White House is, to draw attention to the fact that only one-half of U.S. citizens could vote: men. Before that, there had NEVER been a parade past the White House. Women were

expected to not be seen in public, let alone marching in a parade. Horrors! And voting? Poppycock — that was for men only.

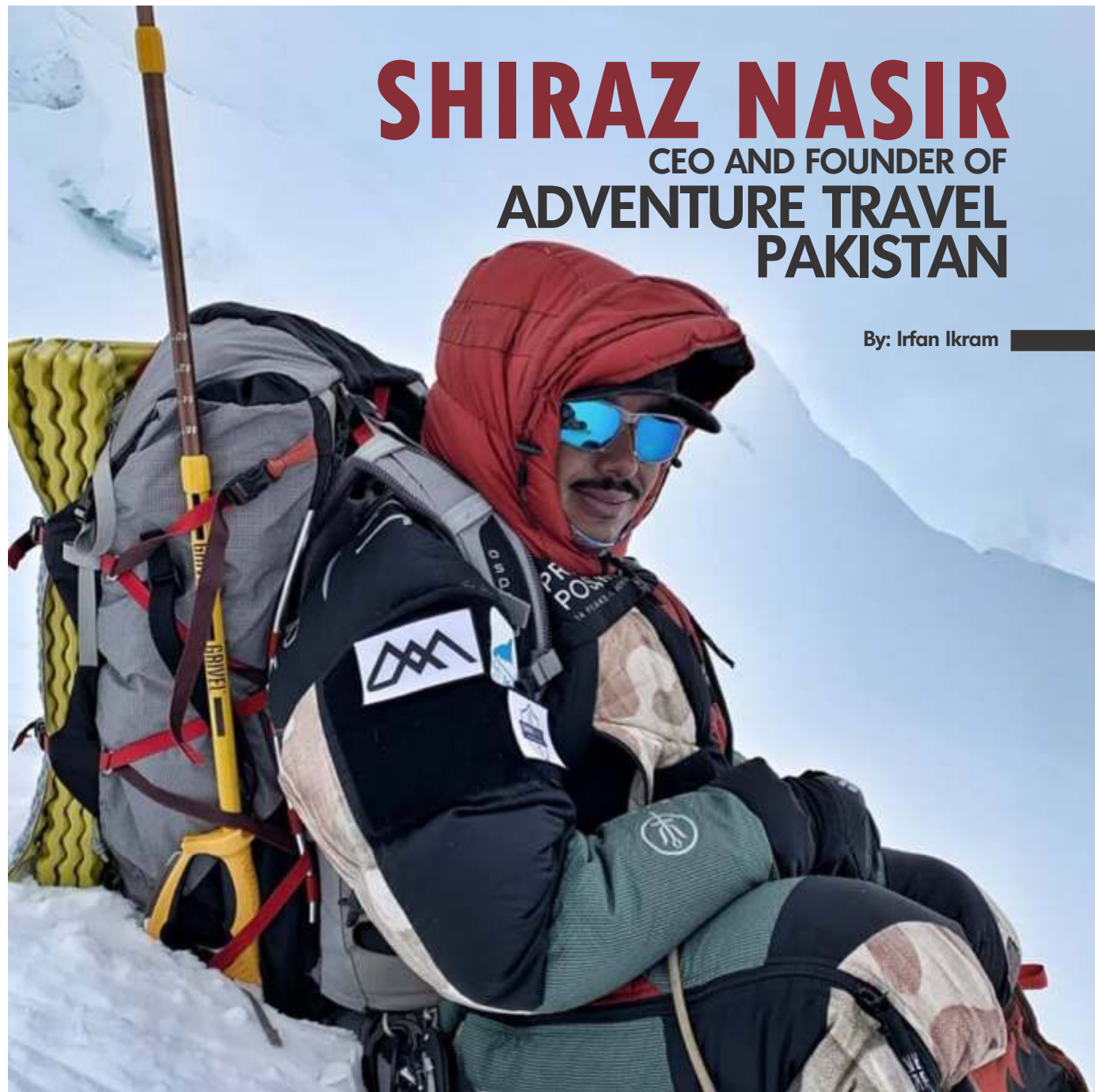
To win the vote for women, Ms. Paul exhorted girls and women to break the rules, make a ruckus, create a spectacle, escape their corsets, and the rigid custom of infantilizing females. We were treated like children, and like kids, we were expected to be seen and not heard. In my own life, I remember my mother — usually under her breath, to avoid making a scene — exhorting me to “not make a spectacle of myself.” Boy, did that admonition backfire!

I am honored to march for my descendants, especially my grandmothers Aline and Edna, who were both married with children by the time they could vote. I’m also marching for South Dakota, my home state, one of the 36th original ratifiers of the 19th Amendment. I’ll be joined by 35 other Out-Walkers representing their states. We are overjoyed to make “spectacles” of ourselves! And remember what author Laurel Thatcher Ulrich said: “Well-behaved women seldom make history.”

I’ve been misbehaving – with love – my entire life!!!



By Ellen Snortland



Pakistan came to a halt, Shiraz relentlessly promoted Domestic Tourism, and for the first time Pakistani tourists were introduced to valleys such as Chitral, Hunza and Skardu at a large scale.

Shiraz represented Pakistan at UNESCO headquarters, Paris promoting tourism in Pakistan in February this year.

Shiraz's efforts and contributions in the Pakistan tourism industry through his hard work and persistence resulted in a significant rise in Local Tourism that we see today.

He actively participated in tour operating conferences around the world, encouraging not only his countrymen to explore Pakistan but also attracting foreign tourists to venture into the North and see for themselves that Pakistan is truly a very special place. Through his company Shiraz used to bring scores of tourists to Chitral/Kalash valleys and other northern areas of Pakistan for adventurous activities.

There is hardly any adventure activity in Pakistan in which Shiraz's name is not in the founders.



Shiraz Nasir was one of the first persons in Pakistan to introduce the idea of taking groups of people on mountainous expeditions towards the North.

He was a pioneer in the tour operating industry of Pakistan and was the founder and CEO of Adventure Travel Pakistan (ATP), which is one of the most successful tour operating companies in the country. After 9/11 when foreign tourism in



Muhammad Ali Sadpara BECOMES FIRST PAKISTANI TO CLIMB MONT BLANC

By: Jahanzeb Khan

Mountain climber Muhammad Ali Sadpara became the first Pakistani ever to summit Mont Blanc on Saturday. His latest achievement came when he successfully climbed the 4,808m peak with French and Nepali mountaineers.

The 43-year-old holds various climbing records and has made his place in the national history books as well as internationally for his remarkable achievements.

Born in a village on the outskirts of Skardu, Muhammad Ali started his mountaineering as a porter and later fulfilled his dream of becoming a climber of substance.

It is worth mentioning that Mont Blanc is the highest mountain in the Graian Alps in Europe, which was first summited by Jacques Balmat and Micheal Paccard in 1786.

Sadpara has previously climbed eight peaks, of which three are in Pakistan while the rest are located in Nepal.

Last year, Muhammad Ali was enlisted in a 5-year program called "Beyond Mount Everest" by Marc Batard. Under the program, the Pakistani climber vowed to summit Nanga Parbat, K2 and Mount Everest in 2019, 2021 and 2022 respectively.



By Louise Petty

17 WAYS TO REDUCE FOOD WASTE IN YOUR RESTAURANT



According to WRAP (the Waste and Resources Action Programme), the food sector produces 400,000 tonnes of avoidable food waste each year.

If your restaurant can learn to reduce food waste, not only will you help the environment, but you'll also save your business money in the long run.



Tips for Food Waste Management in Restaurants

1. Avoid over-buying stock

Ensure that you only purchase the ingredients that you know your business will use. It can be tempting to 'stock up' or buy in bulk if your supplier has a good deal on, but doing so can leave you with more food than you need. And this food will only go to waste if it's left to spoil in storage.

2. Store food correctly



Make sure that your fridges and freezers are running at the right temperatures, ensure that low risk foods are always stored on higher shelves than high risk foods and keep food storage areas clean and tidy. Storing foods under the correct conditions is vital for preserving their quality and preventing pathogenic bacterial growth – both of which can quickly lead to food waste.

3. Practice stock rotation regularly

Use the 'FIFO' rule – First In, First Out – when storing food and displaying food for sale. This ensures that newer stock is routinely placed behind older stock, and the older stock will always be used up first before it has chance to go to waste.

4. Temperature control

Good temperature control is essential for food safety as it prevents the growth of harmful pathogenic bacteria. It also means that food waste is less likely as the food is unable to spoil. This includes cooling hot food quickly, reheating food to the correct core temperature (at least 70°C for 2 minutes), storing high risk food in fridges (1-4°C) and freezers (below -18°C), plus hot/cold holding at safe temperatures (above 63°C and below 8°C, respectively).

5. Label food correctly

If foods are decanted into different containers for storage then make sure they are clearly labelled with allergens, date information and a product description. Keeping stock organised makes it much easier to keep track of what you have and what needs using, preventing unlabelled containers from being thrown away in error or because you don't know what's in them.

6. Keep a stock inventory.



To prevent waste, you should always know exactly which foods you have in stock at all times. This means keeping a detailed list of the foods in all of your storage areas, including their use-by/best-before dates, that you can easily refer to. This avoids foods getting forgotten and going to waste.

7. Pay attention to use-by dates

WRAP estimates that 21% of restaurant food waste is due to food spoilage. It's essential that you have a reliable stock management and stock rotation system (FIFO) in place so that food doesn't spoil or go out of date before it can be used. Use-by dates should be checked on a daily basis.

8. Inspect all deliveries against the order specification

When a food delivery arrives at your restaurant, it's important that you only accept the items that you ordered to prevent excess, wasted food. You should also reject anything with visible spoilage or damage, or anything that's delivered at the incorrect storage temperature, as these foods will only spoil further and be thrown away later in the day.

9. Keep a close eye on portion control

Be wary of oversized food portions and jumbo side dishes – quality is definitely much more preferable to quantity. A 2012 study actually found that over a quarter of people leave food at the end of their meal, with chips/French fries stated as the food that is most likely to be left. The reason for this food wastage is often because customers consider fries, vegetables and salads as an extra part of their main meal that they didn't ask for.

10. Donate leftovers to a local charity



Set up a link with a local charity and donate any leftover meals and ingredients to people who desperately need them. You could also set up a link with a local food bank. This ensures that your leftover food goes to a good home, rather than to waste.

11. Anticipate the demand with care

Think carefully about how much food your restaurant needs to prepare in advance – can any of this be made to order instead? Large batch cooking means that food may not get used before it goes out of date. Whilst batch cooking may save time, it can be a waste of both money and food.

12. Give customers more menu options

For example, do all your main meals need to come with chips or salad? Give customers more choice over what to include or leave out of their meal to stop any food going to waste. Perhaps people would prefer to be given a choice between fries, vegetables or salad, or maybe these items are best left on the 'side dishes' part of the menu for customers to purchase if they really want them.

13. Incorporate leftovers and use food efficiently

Try not to be so quick to throw away leftover food, as you might be able to make use of it somewhere else. For example, vegetable peelings and bones can be used to make stocks and soups, while day-old bread can be made into croutons or breadcrumbs.

14. Compost food waste

Rather than sending it to landfill, choose to put any waste food into a compost bin so that it can be put to good use. This includes fruit and vegetable peelings, old bread products, grains, coffee ground and tea bags – pretty much any food except for meat, fish and dairy products.

15. Ask if customers want to take leftovers home



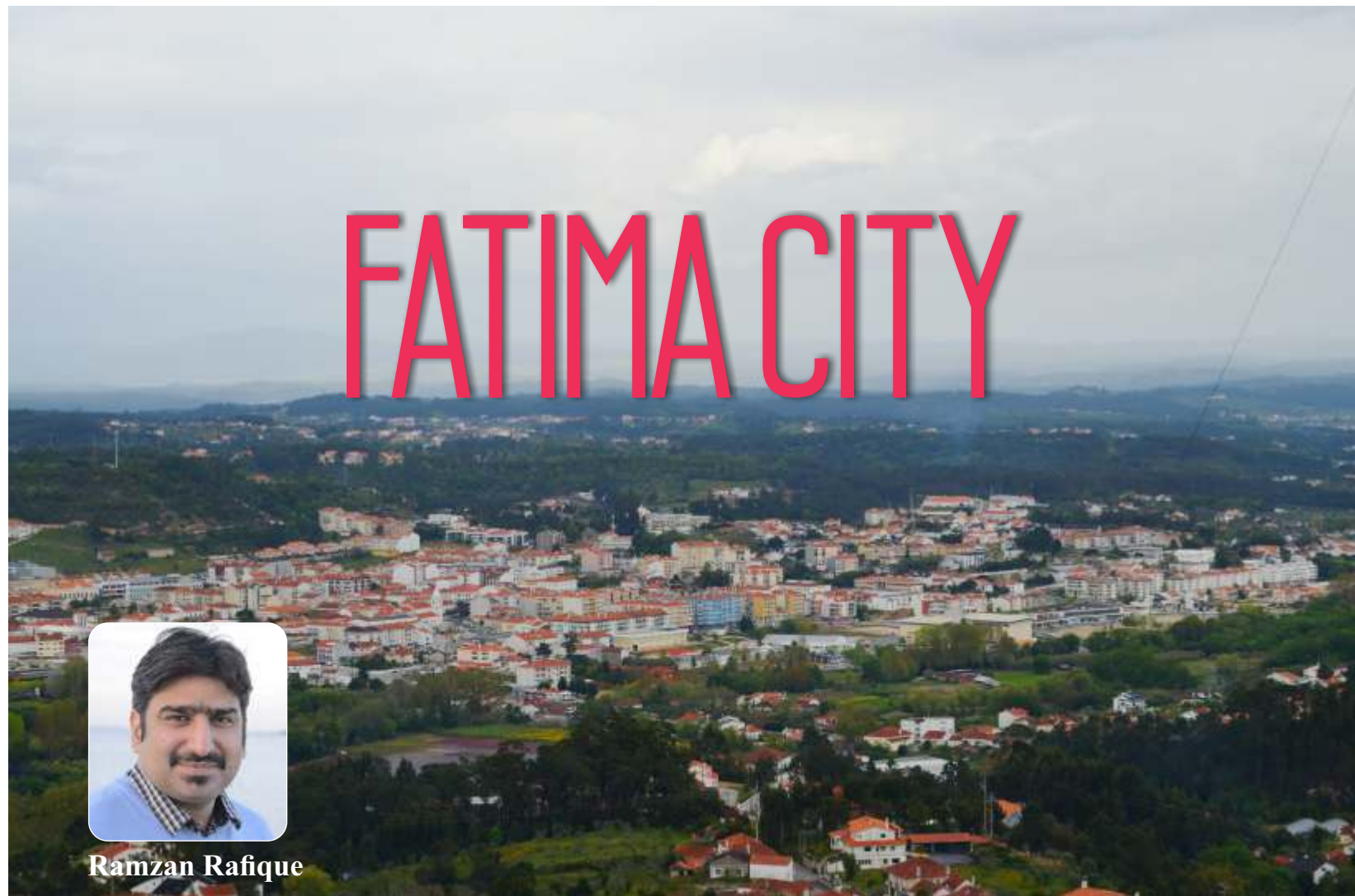
WRAP states that 34% of waste is food left on customers' plates, so why not offer your customers the option of a 'doggy bag' to take their leftover food home with them? Of course, not every food can be packaged up for eating later, but slices of pizza can easily be put into a take-away box for example.

16. If you have a buffet or self-service counter, don't provide trays

Food waste can often be attributed to people being overly-zealous at self-service counters. If people are only given plates, they're less likely to pile on excess food or pick up side dishes that they can't carry and aren't actually able to eat.

17. Train employees in how to reduce waste

By law, all food handlers must be trained in food safety, but this should also extend to being taught how to reduce waste. WRAP found that poor food preparation contributes to 45% of food waste, and is the biggest contributing factor. Therefore, it's crucial for staff to learn how to store food correctly, cook food correctly, keep the premises clean, and avoid cross contamination is crucial.



Ramzan Rafique

My recent visit of Lisbon, Portugal, gave me an opportunity to see few indelible places; one amongst them is city of Fatima. My host and guide Aslam Bhai and his friend took me to this city which is at about one and half hour drive from Lisbon. I was told this city is one of the most revered places among Christians; and pilgrims from far-flung areas visit religious sites of this Fatima and seek blessings. However, my concern was why this city has Islamic name? And despite Islamic name, why this city is amongst the holy Christian sites?

Fatima is part of municipality of Ourem, and is sanctimonious for Catholic Christians. A guide of city's museum told that name of this city has a lot to do with Islamic influences on Portugal. He said most of the lands of this city were owned by Princess Fatima, who was from North Africa. However, this city gained fame and sanctity among Christians in 1917, when three young shepherds claimed they had apparitions of virgin Mary repeatedly at differently intervals during span of six months. Among those young shepherds, two died at younger age; however, shepherd girl Lucia had long life.



According to traditions young shepherds were entrusted with three secrets; one was about concept of hell; second about end of First World War; and third was prophecy of rise and fall Communism and victory of Church. Third secret was kept sealed and was disclosed in June 2000. As per tradition, Lucia had seen many priests and religious personalities dying in the theophany of virgin Mary. According to

stories, when young shepherds told about their meeting with virgin Mary, nobody believed them. However, in last visit of virgin Mary, people observed miracle of sun, it seemed to them as if sun is out of its corona, and swaying. 30 to one hundred thousand persons observed miracle on that day which included correspondents of newspapers.



Apparently, Fatima is a small town, but hospitable enough to accommodate any stranger with open arms. A sense of belonging and closeness can be felt around. We easily got a free parking site in a street. Overall weather was pleasant; our first destination was chapel of Fatima. When we entered in the first street in our way, we found host of showpiece shops around. These showpiece or gift shops were similar to gift or artificial jewelry shops of Anarkali Bazar, Lahore. Most prominent stuff of sale at those shops were statues of Hazrat Maryam, rosaries, souvenirs, table showpieces and candles of various shapes and sizes. Various annual religious celebrations are held in this city, wherein pilgrims from different countries participate. Most of hotels, shops and restaurants of this city are dedicated to name of Fatima.

Sanctuary of Fatima: Near the Sanctuary, an elderly woman was fixing some pad-like stuff on her knees. Then she started heading toward sanctuary on her knees. Later, I saw three more individuals doing the same practice. Few circled around building on the knees. We were told that circling on knees is a way to please God and evade hardships. Next step was lightening candles, for which a space is specified in sanctuary, and people were expressing their veneration by lighting thick and long candles. For the first time in life, I saw five feet long candles. An arrangement for digital candles was also made a specified space; it means if you have problem in lighting a candle, worry not, just put a coin of one Euro and you can light digital candles. In another section, people were placing wax statues of body limbs or complete human body



and praying. I was told this is done to cure different ailments.

Home of Lucia and Museum:

Lucia was one of three shepherds who had lived long life. Her home, a typical middle class residence comprising of 4 to five rooms, has been declared Museum. Efforts have made to preserve original looks of her home that is why it still seems construction of 1917. Entry fee of Lucia Museum is on Euro. With the help of statues and stuffed bodies, an effort has been made to paint picture of that era. Dining, guest and bed rooms as well as space of worship, all are decorated with Sadiron, Sewing machine, utensils used at that time, and it seems as if family members have just left home.

Picture of Lucia and her family hanging on wall depicted that use of veil-like stuff was common at that time, especially in religious families. There was an information



center for tourists near the residence, wherein tourists could seek information about city in various languages.

Olive orchard and advent of an Angle:

According to another tale, Lucia and two other kids were in olive orchard busy with their rosaries when they had apparition of virgin Mary. A number of religious-minded people in specific dressings could be seen in olive orchard occupied in their rosaries, silently roaming around, a color of veneration and reverence was everywhere. A group of around 40 pilgrims was also in the orchard; they would stop at different sites and in Portuguese language, a priest guide would recite something and group would repeat his description in loud voice. Same as our Imams do during congregations.

At another location, we saw white marble sculptures of children of Fatima which were erected to paint the event of virgin Mary visit. At that place children of Fatima were visited and entrusted with three secrets. At this corner of Europe, one can see devoted Christians, committed with religious traditions and bound by unrevealed strings, looking for eternal truth.

Shops and stalls of Fatima made me recall fair of my village in which makeshift shops were always packed with toys. Shops of Fatima



were similarly packed but streets were not crowded which might be overcrowded during annual festivals. Atmosphere of this city is entirely different from rest of Europe. One reason could be its town-like size, but ultra conservative Christianity with fragrance of peace and sense belonging is that feature which makes this city unique. It seems like a refuge from hectic and turbulent life of rest of Europe. Belongings of Lucia, her simple life, her imaginative crown, books about her in different languages, rosaries, sanctuary and its circling on knees were things giving mysterious looks to city of Fatima.

Castle of Ourem:

City of Fatima is part of Ourem Municipality; one of the worth-seeing monuments of this city is 15th century Castle of Ourem, which is about 15 to 20 kilometers away from main city. This castle is part of National heritage of Portugal, and its ruins tell us story of pomp and grandeur this castle once enjoyed. When we reached castle, there started drizzling but did not last long. One can view Ourem city from this castle, Pine forests around make this view more fascinating. Among lush green surroundings, a castle carved with stones can spellbound any visitor. Fountains, tunnels, lanes of castle were telling a lot about stories of past. If you ever have chance to visit Fatima, never forget to visit Ourem castle, and you too will feel spellbound in its splendor and fascination.





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Shuttle



Free
Parking



Family
Rooms



Non-Smoking
Rooms



24-Hour
Front Desk



Rating for
Two-Person Trip