THE KALIMPONG ASSOCIATION (UK)

NEWSLETTER

Winter 2007





"A Merry Christmas and a Happy New Year to all"



GOD'S GIFT

He did not use s silvery box
Or paper green and red
God laid his precious gift to men
Within a manger bed

No silken cord was used to bind
The gift sent from above.

'Twas wrapped in swaddling clothes and bound
In cords of tender love

There was no evergreen to which
His precious gift was tied.
Upon a bare tree on a hill
His gift was hung ... and died

'Twas taken down from the tree And laid beneath the sod But death itself could not destroy The precious gift of God

With mighty hand He lifted Him From out the stoney grave. Forevermore for every man A loving gift he gave.



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JUST A THOUGHT!

This year 2007 has gone by so fast and I receive letters from many people expressing the same words. December is the month when all of us are involved in so many of the year's programmes, which make December a very busy month, but at the same time giving us a tremendous opportunity to celebrate and remind people of the reason for Christmas.

For so many, Christmas just means gifts and good food, great excitement as to what gift one would receive! Christmas to my husband and myself means much more than that. It means "Peace on Earth, goodwill among men". That was what the angels sang on the first Christmas night. When we look at the things happening around us, what we see is the absence of peace and goodwill.

Over the past many years, we hear of wars, terrorist attacks, and from one day to the next we never know what the news will be. I do not know whether you read the newspapers every day, but if you do, you will know it is not always pleasant reading. There are so many horrifying headlines that sometimes one feels it is better not to read the newspapers. Isn't it wonderful to know that all nations in the world can genuinely have peace and harmonious living if Jesus Christ is Lord and King of the nation and the world? The challenge to us is that we, as Christians, must preach the message of peace and goodwill. If you look in the world God, we read that after Jesus was born there was bloodshed, as Herod ordered the killings of all male children less than 2 years of age. All promises of peace seem to have vanished. The Jews who had waited for political

freedom were disappointed as their hopes faded with every message that He preached. The peace and freedom that Jesus had to offer was unlike anything that people anticipated. While all Israel looked forward to temporal peace, Jesus was working towards providing peace that lasts, the everlasting peace. We need to ask ourselves. "Does the Christian message of peace and goodwill make sense in this tumultuous world?" For all who trust in the Lord Jesus, peace is naturally received, the peace of God that passeth all understanding. Jesus does a lasting work in us, providing this peace, and the promise is to all who trust Him that there can be peace on earth and goodwill among men. Let us pray that this will become a reality in our world. There are so many millions of people who have everything in life, but peace. We go into the streets, into the slums and see people living in poverty, but smiling in the midst of poverty. They have a joy that many people in the world know nothing about.

I, along with my husband and Committee Members pray that you will have a very peaceful and blessed Christmas, and my prayer is that all of us, as we enter the New Year 2008, rid ourselves of fear and distress, loneliness and pain, that we reflect to others the security and serenity of resting moment by moment in His everlasting love. May we all know God's blessing throughout this New Year.

Margaretta Purtill, President

SEPTEMBER 2007 UK RE-UNION

"This was the best Reunion we have ever had"; so said Eddie Lamb, one of our oldest members. And Eddie was right!

It was wonderful to see so many familiar faces and to meet a number of OGBs who had not attended for many years. Many came with their families, some of whom were third generation. It was also lovely to see so many overseas OGBs.



Reverend Clifford Taylor opened the meeting with a prayer. He gave a brief address on his visit to Kalimpong, when he accompanied Margaretta for the internment of Sister Cassidy's ashes. Both Reverend Taylor and Reverend Pereria, the Homes' Chaplain, conducted the service at the Homes' cemetery. Senior pupils and staff attended the ceremony.

Reverend Taylor circulated amongst the OGBs and was extremely impressed with the fact that so many school friends had kept in touch with each other and were present at the Reunion.

As usual, the 'buns and jelabies' tea was plentiful and very much enjoyed by all present. We did justice to the excellent spread, which included many homemade savories and a beautiful Birthday cake. The ladies in the kitchen worked their socks off!

There were many raffle prizes and we would like to say a big 'Thank you' to all who donated so generously. The Homes' old Rallying Song was sung with great gusto, followed by the new version sung mainly by the younger generation.

The Committee sincerely hopes that this happy occasion will be duplicated at future Reunions. Members receiving this Newsletter should encourage other OGBs to become members and join us at these sociable events.

NEWS FROM THE DGH COMMITTEE - SYDNEY, AUSTRALIA

For the last eighteen months the NSW Committee has been in a state of limbo. We are currently in a long running dialogue with the Board of Management (BOM) in Kolkata on the status of this Committee. The BOM has recognized the NSW Committee and its activities since its inception in the 1930s. They now question our eligibility to be a DGH Committee!!!

Just to bring everyone into the picture of our Committee - we have 6 active members on the Committee as follows:

PresidentTreasurerIvan HollandPeter Macey

Committee Members - Glenda Walters, Henry Chapman and Alan Carey

Secretary - Dawn Van Steensel (nee Holland)

The history of this Committee stems way back to the days of Dr. Graham himself.

The New South Wales and New Zealand Committees were the first two Overseas Committees founded by Dr. Graham, the other two Committees founded by him - Edinburgh and London - being considered 'Homes Committees'.

Initially, these were formed to receive Homes children being sent to the 'Colonies' for employment. Later the Committees were involved in recruiting missionary staff for the Homes and also raising funds mainly from Church groups. As a result of the International Conferences in the 70's and the Principal's tours, all Committees came to accept the 'Canadian system' of sponsorship as the most effective form of fund raising. Until that time, sponsorship in Australia was handled by the NSW Committee.

Continuing with the 'history' lesson the Victoria Committee was founded some forty years after NSW. In the early 1980s, it was decided the sensible thing to do was to channel all monies through one Committee and Victoria ("thank you" good people!) took on this responsibility. We function as a separate Committee finding sponsors and raising funds in other ways, but all monies are sent to Victoria and then to Kalimpong.

For all intent and purposes the NSW Committee is a thriving and resilient group of people; we encourage and motivate and never give up. Nothing has diminished our spirit during this challenging period and we have continued to work hard and raise funds to support the Homes. Two of our recent endeavours have been the Jumble Sale Stall and the OGBs Momo-Thukpa Lunch.

Jumble Sale Stall

The second day of winter ie 2 June 2007 saw the NSW Committee loading up the cars and vans and setting up a Jumble Sale Stall at our Local Council City Annual Street Fair. The troops marshalled out on to the street at 6.00 am on a cold dark morning. We had four cars and a vanload of donated goodies to sell. Most of the cartons of goodies had not even been opened until we were setting up shop and the merchandise for sale was as much a pleasant surprise to us as it was to the potential shoppers.

Once the sun came up around 8.00 am and we had shed our winter woollies, the shopping crowd started to arrive. We were all hands on deck and busy until 4.30 pm when the Council Rangers finally moved our shoppers away and got us to shut down!!!!

It was a long hard day but along the way we had encouraging feedback from the shoppers and we were able to raise some well-needed funds for no outlay - except our spirit and effort.

Momo-Thukpa Lunch

The Jumble Sale Stall was closely followed by a Momo-Thukpa lunch held at the Van Steensel's home in August. Over 50 OGBs and friends paid a small fee to come and have a good feed and took the opportunity to meet and greet other OGBs. The day was a perfect winter day, sunshine and warmth with no wind, to sit in the backyard and eat hot momos with red-hot chilli chutney. The Committee rolled out nearly 700 momos and at the end of the day; we even sold packs of momos as takeaway!!

Carl and Linda Chater made "katti-rolls" (anyone from Calcutta will know what these are!!) and sold them to the invited guests and generously donated the proceeds to the Committee. This was another happy, successful day.

The NSW Committee in Sydney is fortunate to be strongly supported by a wide range of OGBs and well-wishers and we will continue to work for and strive for the benefit of Dr. Graham's Homes.

Dawn Van Steensel, Secretary, DGH NSW Committee, Sydney, Australia

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NEWS FROM THE DGH OGBs - NEW ZEALAND

There are not many OGB's in New Zealand and I try my best to keep them informed about the school through periodical newsletters etc. We are scattered all over New Zealand, therefore it's difficult to arrange get together at all, however in Auckland where I live, we always meet at my house nearest to the 24th September and an invitation is sent out to all OGB's and for the last 35 years we have met at our house. We only missed two. Year 2000 when I was at the Homes for the Centenary celebration and 2005 when I was again in the Homes for OGB's 5 years gathering which was decided in 2000. I suppose the next Homes gathering will be missed in 2010, when once again we meet in the Homes.

This year we met on 23rd September and those who came were Lionel Landale, Charles Jordon, John Langham and his wife, Nancy Haliday, Rima and Ashima Lama and their family, Tashi Hishay and his wife. It was very nice of Charles Jordon's neighbour to drive him up from his place, which is about three hours drive from Auckland, and then take him back. Charlie was very appreciative to his friend, as he can no longer drive with old age catching up.

Everyone brought something for dinner and there was so much food left over we had to ask them to take some home with them. The evening was enjoyed by us all talking about the old school and I showed them the DVD that Margaretta had send me about the Homes Choir tour of the UK. Everyone was very impressed with the quality of singing by the children. Thank you Margaretta. I am in touch with Horace Webber who lives at a retirement village in Auckland. I get an email every now

and then from George Borthwick who lives in Wellington, and Ashley Hogg who lives in Cambridge. Once in a blue moon a telephone call from Paddy Mackie who lives in Auckland. I try and keep in touch with most of the OGB's and always make them feel that we are all part of the large Homes family and my house is always open to them all.

For me this year has been a great year as we have been planning for the visit of His Holiness, the Dalai Lama, for a few years and in June this year, His Holiness came to New Zealand and it was a privilege for me to accompany him every where he went. All his public talk and teachings were well attended and his message of Love and Kindness hit a cord with New Zealanders. The tour was very successful.

I would like to take this opportunity to wish all of you a Merry Christmas and A Happy New Year. I am happy to hear from any OGB's especially from those of my own era 1955-1962. Best wishes and Tashi Delek.

Thuten Kesang, New Zealand

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Congratulations to all the **New York OGBs** who managed to get together to celebrate the Homes' Birthday. Please visit the website dghalumni@gmail.com for further details as well as photographs of the occasion.

OGB's NEWS

Jean and Florence Harrop

During the early 60s the Homes selected Jean and Florence Harrop to be sent to the Dooars to spend their school holidays with an English tea planter Bill Milne, his wife Susan ('Aunt Susan and Uncle Bill') and their two young boys, Alistair and Graham. This became an absolute blessing as the wonderful couple treated them like their own children and the two sisters spent many a carefree holiday with the family. Later, in the late 60s, the family returned to Essex, England before immigrating some three years later to New Zealand. However, prior to their emigration, Jean was able to live with them in Essex when she first immigrated to this country. The sisters have continued to keep in touch with the couple ever since.

Jean and her family decided to visit Florence, who now lives in the Punjab, in October 2005. Florence is married to a Punjabi boy and, as is the custom, her name has been changed to Poonam. The previous November Jean had phoned Susan and told her of her intention to visit Florence. On hearing this Susan said she would also love to see India and Florence again. Jean thought no more of this and she and her family eventually went on their holiday to Ludhiana, Punjab, via Kalimpong (2005 reunion) and Calcutta.



One evening, as the Harrop sisters and their families were relaxing at home, there was a phone call - from the Ludhiana Police! They said they had with them a "foreign lady" who was enquiring the address of "a Florence" but they had never heard of a person with that name. They then asked if Poonam knew this "Florence" to which Florence immediately responded she didn't. However, on overhearing Florence's response, Jean and her husband, Gundlach promptly interjected "You are Florence"! Florence had clearly forgotten her previous name at that moment. The police then swiftly escorted Susan to Florence, extremely pleased with themselves that they had 'solved a mystery' within two hours. How, one might ask, had Susan found herself in this predicament?

Once Aunt Susan had settled in she then related her story. Determined to visit Florence, incredibly she had arrived in Delhi without Florence's knowledge, without an address and without a telephone number. All she knew was that Florence lived in Ludhiana, Punjab, and that she worked with sick animals and children with disabilities! In Delhi she had hired a cab for the 9 to 10 hour drive to Ludhiana at extortionate cost. On arriving in Ludhiana she thought, if anyone could help, it would be the local police. As the police had little idea who Florence was, they took Susan to a local 5 star hotel, with the intention of investigating Florence's whereabouts the following day; after all Ludhiana has a population of some 3 million people!

At the hotel reception, a local councilor and her husband overheard the police. They therefore asked if they could help, as they knew a Poonam Kalra who also worked with sick animals and children and, if anyone should know this Florence, Poonam should. They had no idea that Poonam and Florence were one and the same person! The rest, as they say, is history. There followed a wonderful happy reunion, nearly 40 years after those carefree holidays in the Dooars. Sad to report that Susan lost Uncle Bill some 15 years ago. He was a gentle and kind man.

Footnote: The above story was reported in the Ludhiana press. Readers may also be interested to learn that Florence devotes much of her time doing charity work. Some years ago she set up a charity called 'Hope' for sick animals and is also heavily involved in another charity for children suffering with cerebral palsy. The local press has featured her charity work on a number of occasions so she has become fairly well known in Ludhiana, but it seems only when she uses her Punjabi name.

Sarah and Bernard Roxburgh

My brother, Bernard Roxburgh, and I visited the Homes especially for the Birthday celebrations. We stayed at Ahava, where we felt very much at home. The Sunday Church Service brought back memories and the choir was just so beautiful. The buns and jelabies - a little different but equally as tasty and plentiful!!!

Much credit goes to the 82 batch of OGBs for their hard work in organizing some very entertaining and fun events. It was good to be back and a pleasure to meet Mr Bernard Brooks (still a "cool dude") and other OGBs, Freddy Menzies, Don Oakley, John Nuttall, Ganesh Mani Pradhan, Rajendra Chowdry, Richard Shelverton and Peter Sargent. Our only regret was that the weather was not permitting so we did not see the Himalayan mountain range.

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Gerry and Pat Arnold

We would like to offer our congratulations to our Auditor, Mr Gerry Arnold and his wife, Pat, on the occasion of their 50th Wedding Anniversary. Gerry and Pat were married in Calcutta; they have a daughter and three sons. The family and close fiends celebrated this happy event with a special Mass to renew their wedding vows, followed by a delicious lunch in Stony Stratford, Buckinghamshire.

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Florence Guest

Since she left school in the early 1950s Florence has lived and worked in The Good Shepherd Agricultural Mission in Tanakpur. Recently, we have been asked by the Superintendent, Mr Rick Shipway, to pray for Florence as she has been diagnosed as having Alzheimer's disease. Her contribution to life on the compound has been immeasurable.

A Visit Remembered

February 2007 seems a long time away as I recollect my thoughts on what happened while we were in **Kalimpong**, **Shillong**, **Assam and Sikkim**.

We flew from our home in Goa to Delhi and then on to Bagdogra and made the road trip to Kalimpong to drop Ayaan off as the new term had began in Dr Graham's Homes. Our hosts in Kalimpong were our good friends Sakshi and Praman Pradhan who own the Mayuri Lodge Guest House in Ongden Road, Kalimpong. Mayuri Lodge is just a few yards away from the main bus stand, the Mela Ground and is in the heart of KPG Town. Sakshi is an Old Girl (batch of 1988) and Praman is ex St Augustine they have two boys who are DGH students. So when we are around we quite often gang up on Praman - just for some good ribbing. The hospitality yet again is what only DGH people know how best to provide and we enjoyed several days and nights of good Nepalese food including 'momos and thukpa'.

In February with clear blue skies and clean fresh cool air, Kalimpong is the place to be in. The School buildings and some cottages looked fresh and clean with coats of paint and new steel roofs. Children had just returned from their winter vacations and there was a keen sense of anticipation in the eyes of the students as they met up with their cottage and class mates.

While we were in DGH we once again met up with our good friend and OGB, Christine Guest (nee Harris), ex-Elliott cottage who informed us that a Remembrance Service with the laying of a memorial plaque at the SMH and the internment of Sister Cassidy's ashes in the cemetery was to take place. We quickly rescheduled our plans to visit Shillong and Assam to make sure we could be back in DGH. As we did not want to miss the privilege of paying our final respects to such a wonderful and dedicated person who had given many years of her life to ensure the good health and welfare of so many hundreds of children, including myself.

So off we go to Guwahati on the famous 'Rajdhani' train - en-route to Shillong where we are guests of Robert Street. For those who have not had the privilege of Robert's hospitality - it's better than a '7 Star Hotel'. You arrive in a gated complex, with grounds that can quite easily absorb a football pitch and a couple of tennis courts and are welcomed by the barks of six huge German Sheppard dogs. A few friendly strokes and pats later the dogs become your best friends; my previous fear of dogs was soon lost as I began to play 'fetch' with 'Wolfy' the eldest one.

In the past, whenever I called Robert over the phone from the UK, I would ask him what he was doing and his reply most often was that he was relaxing in the sunshine in his front garden with a glass of red wine. I was able to experience and enjoy that very response which brought a chuckle to Robert when I said 'So this is where you relax in the sunshine with your glass of red wine'!! The view from the front porch en-capsule the huge manicured lawns and well kept gardens.

On entering Robert's palatial home we were shown to a doubled size bedroom, which became ours for the three days we spent in Shillong.

Robert introduced us to a familiar face, George Prike, a great guy who spent a lot of his precious time taking us around Shillong. We visited Shillong Viewpoint, Wards Lake, Elephant Waterfalls and the Police & Bara Bazaars.

We were invited one evening to Elmie (nee Francis) and Jim Elkins' home where we met Prof. David Reid. After several rounds of drinks and canapés we were treated to a most sumptuous dinner. It was nice to hear that the Shillong OGB's Association was being regenerated with a healthy new membership. It was unfortunate that I could not meet Gregory (Elmie's brother) who was a good friend and fellow Assam Cottage boy who I have not seen since 1969. However, I did meet Mickey Palmer and Loki Mitchell.

On our final day in Shillong, Robert took us to his school, St John's, which currently accommodates 200 boarders and 500 day scholars. The school building is known as 'Whitehall' and lives up to its name with its huge column pillars and snow white painted walls.

The children were getting ready for their breakfast and were very happy considering some renovation was taking place. The class rooms were bright and airy with quality desks (Robert has his own sawmills and most of the furniture is built in-house). There is a well furnished reception area where parents of students are able to meet the School Management Team to discuss any issues that they or their children have. The children's bathrooms and toilets were extremely clean which should be as this is the base from which healthy children grow.

We said our goodbyes and left Shillong for Guwahati where we boarded the Rajdhani Express and headed to Tinsukia. We spent a further three days in the Tea Gardens of Talap near Doom Doom Ma. This was a very tranquil and peaceful place with fields and fields of tea bushes. I stayed with Mary Duckworth, my new Sister-In-Law, who is the widow of George Duckworth, OGB. George was well known in this Tea Estate for his honesty and methodology in managing the Stores Department. I was fascinated with the many stories I heard about George's endeavours in trying to speak Assamese (Acomie). The whole community were very friendly and nothing was too much for anyone to do for us. However, due to the 'free Assam movement' and recent upheaval we had to have an armed escort when ever we visited the Tea Garden Managers and on our way back to the railway station.

We returned to Guwahati to catch up with many of Flora's friends who were unable to attend our Wedding in Goa and it was our pleasure to hold a small reception for them.

A few days later we returned to Kalimpong and paid our final respects to Sister Cassidy. An article on this subject was printed in a previous News Letter so I'll not repeat the events that took place.

Whilst, in Kalimpong we held a small reception at 'Cloud 9' for our friends, OGB's and Ex Teachers. We were privileged to have Mr Brooks, Mr & Mrs Lowon Lama, our good friends, Sakshi and Praman Pradhan, Christine Harris, Robert Street, Loki Mitchell, George Prike, Mickey Palmer, Lawrence and Dalen Pereira, Shane Saviel, Miku Foning, Sonam Gampo, Capt. Prakash Pradhan, Anglo Alva and family, Te, Margretta, Norma-Jean Peck, Sam Tsering and several others whose names I can't quite remember.

The next day and after Sister Cassidy's memorial service a sumptuous lunch, which included the famous Gompu's 'pork momos', was afforded to us at the Gumpo's Restaurant by the Kalimpong OGB's. Speeches and votes of thanks were exchanged and it was soon time to leave Kalimpong.

A group of us, including Mr Bernard Brooks, Margaretta Purtill, Norma Jean Peck, Te, Flora and I, were invited to Sikkim by the Sikkim OGB's. What was in store for us was an exceptional measure of hospitalty.

A quick re-shuffle of our baggage had to be made after receiving even more wedding gifts from fellow OGB's. By 3 O'clock that afternoon our group in two vehicles set of for Gangtok. Our hosts and companions for the two hour trip to Gangtok were Karma Bhutia, Sonam Tsering and Dr and Mrs Shiva Kumar Rai.

Flora and I had no idea of what was in store for us as we took in the beautiful scenery as the 'Mahindra Bolero', India's equivalent to a Range Rover, cruised on the very good roads to Gangtok. These roads are up kept by the Indian Army and lead to the 'Na Thula Pass', which is less than 55 kilo metres away from Gangtok. This road is now open to trade between India and China. A brief stop was made at Rangpo for the formal Passport checks and we then continued to Gangtok. Memories of the 2000 Sponsored Walk from DGH to Rangpo soon came to mind as it was here that the 36 Kilometre walk ended. A few kilometres from Rangpo - we passed the beautiful residence of Guru Ladakhi and his charming wife, Priya, whom we were to visit later on in the week.

On arrival at Gangtok Mr Brooks, Margareta, Norma Jean and Te were dropped off at the Mountain Tree Hotel and Flora and I continued to the residence of our host, Karma Bhutia. We were met by his wife, Gaki Chowden, Sister-in-Law, Deki Chowden, his nephew and niece. Karma has a splendid home which is on four floors and contains an enchanting Buddhist prayer and meditation room with unique wood carvings and Sikkimese and Tibetan religious artefacts. A calm and serene atmosphere surrounded us as Karma explained the significance of this prayer room where he finds solace.

For the next seven days we were treated to hospitality that one only dreams of. Transportation, Sight Seeing Tours, Lunches, Dinners, arrangements to meet OGB's were all carried out with precision. We visited Monasteries, drove past Tea Estates, came extremely close to the Himalayas and were able to get some good photos of the mountains. I was even treated to a thorough medical examination by our good friends, Dr Kumar Bhandari and Dr Shiva Kumar Rai and his team of experts.

Our hosts Karma, Gaki and Deki were so good to us; we even had lessons in 'momo' making. I still have not mastered the neat and delicate tucks with the thumb and index finger, to make the intricate design, but I'm sure I'll get there one day as it is Flora's dream to open a Momo Restaurant in Goa.

We were privileged to meet Yonten Pratt's (nee Doma) mum, Alma, and her sister, Yangchen, and we spent a pleasant afternoon at the New Castle Hotel & Restaurant.

Te - in between our singing during our travels spent a lot of time on photography and videoing and we can't wait to see the finished product. I'm sure this trip will be fondly remembered by the six of us and I take this opportunity on behalf of Mr Brooks, Margareta, Norma-Jean, Te, Flora and myself to say a great **BIG THANK YOU** to all the OGB's in Shillong, Kalimpong and Sikkim. In doing this I sincerely hope that no one will be left out. However, it would not be right if we did not say our special thanks to:

- Robert Street for your kind and generous hospitality, which made our stay in beautiful Shillong even more beautiful.
- George Prike for being our guide and taking us around Shillong, we could easily get used to the 'bodyguard' treatment and we are still enjoying your pickled limes and Robert's home farmed honey.
- Elmie (Nee Francis) and Jim Elkins for a wonderful evening of reminiscing bygone days, good wine and great food.
- Sakshi & Praman for the excellent hospitality and generosity including your beautiful home brewed wine and we mean wine not 'murwa'.
- Christine Guest (nee Harris) for making our stay in DGH so pleasurable and keeping us on track and on time for the various functions.
- Sonam Gompu and the Kalimpong OGB's Association for the sumptuous lunch and especially Sonam for organising our little 'do' at Cloud 9.
- Karma, Gaki and Deki for your generous hospitality, feeding us so well and also for the 'Momo' making lessons. Karma your historical knowledge is commendable, we learnt a lot.
- **Guru** and **Priya** for allowing us the run of your beautiful home, swimming pool, not forgetting the wonderful wine and lunch. **We will be back** soon to taste India's first Scotch collaboration whisky, but please come to Goa first.
- **Dr Shiva** and **Kavita** for you precise planning and attention to detail, ensuring that our stay in Gangtok was utilised to the uttermost. Flora could not and will never be able to keep up with your 'quick steps'. She still has the neck brace. Please extend our sincere thanks to your Assistants who spent so much time on the sight seeing trips and for making sure that we were seen by the various Consultants.
- **Dr Kumar Bhandari** for your expert diagnosis and speedy action in reducing my BP, you'll be pleased to know that it's averaging 135/85 (77). I remember what you told me: "I'm sorry to spoil your honeymoon 'Des' no more alcohol and stay off the canapés and starters just have the main course". I'm sure those reading this article would heed your good advice.
- **Jayshree** and **P.K** for opening your beautiful home to us and for the dinner and after dinner guitar playing by **Prasant**, which even got Mr Brooks' singing. I'm still trying hard to perfect 'Buffalo Solider' for our next visit.
- **Sonam** for arranging the use of the 'Mahindra Bolero 8 seater Go anywhere vehicle'. Sorry we did not have the opportunity to formally thank you and hope your trip to Delhi was fruitful.

And our special thanks to:

• Mr Bernard Brooks, Margaretta, Te and Norma-Jean for your companionship and for keeping us in tune with the many songs we tried singing as we travelled through the beautiful hills of Sikkim.

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"Tashi Delek"

Flora & Des Meyers

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LOST AND FOUND

Would any reader who may know Helen Mowatt, who was in Birissa Cottage period 1948 - 1959 please contact Louis Mowatt, her brother, at 155 Gloucester Road, South Kensington, London SW7 4TH. Telephone number is 02073734781. Louis would be very pleased to hear from you. Helen may now be known as Helen Gill and would be approximately 67 1/2 years of age. Helen apparently worked as a care nurse in Lucia King, Kalimpong. Louis would appreciate any information on Helen, please. Thank you.

KPG News

The celebrations are over, and yes we did remember Mr Banerjee very much as he made us all laugh with his anecdotes when reading out the greetings.

Thank you for your greetings too which arrived in time to be read out at the gathering. Mr. Simon Wilson, British Deputy High Commissioner in Kolkata, was the Chief Guest for the occasion, and he and Kunzang Wangdi of the Batch of 82 cut the cake. Fortunately for us the weather held out and the children were able to enjoy their buns and Jelabies on the school field.

Tina and Caroline who were here were also able to witness the celebration.

At the Singing Competition Woodburn was adjudged the best, with Elliott taking the 2nd place, while on the boys side, Hart came 1st and Heathland 2nd. Amongst the two hostels, Fraser had the edge over Willingdon. We were thankful that all the events went off well.

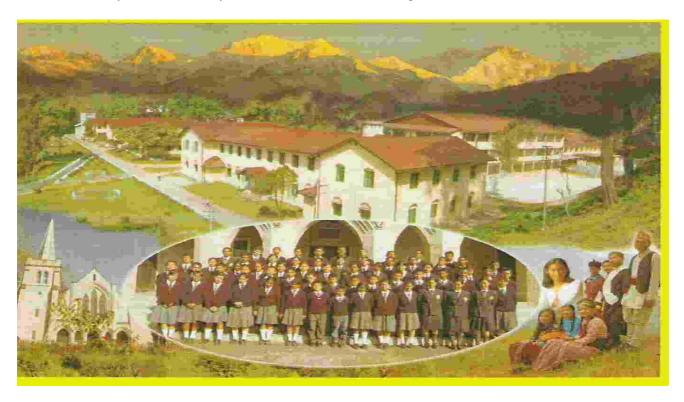
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SCHOOL CHOIR

Excerpts from a speech made by Mrs N Gurung at the Morning Assembly on 21 May 2007-11-08

The Choir was invited to perform by the UK Committee, to generate awareness about the Homes and for fund raising. We were able to achieve both with a remarkable degree of success.

Twelve performances took place throughout the UK and the children representing DGH conducted themselves admirably throughout the trip, with aplomb and a smile on their lips. Everybody worked extremely hard and deserved the good fun moments in between. The children made their School proud and the long-term benefits of their work abroad, will, I hope, continue to be felt for years to come. In concert after concert OGBs who attended, people who had no connection with the Homes, and the many relatives of Daddy Graham, cried as the children sang.



People from all over India and countries around the world, send you their love and ask that you learn to value what you have in School and most of all learn to value yourselves.

What stands out in my memory was our visit to the Primary Schools at Stockbridge and Barassie. These two schools fundraise for the Homes, primarily through weekly donations. At Barassie High School the children collect pennies they have saved from their pocket money. They have supported the Homes in this way for over 25 years.

What the children have achieved for the Homes, the UK tour photographs and the press coverage of the performances are displayed on our Museum Bulletin Board. It is important that the Choir children now settle down to their school schedule. They must put behind them this dream trip to the UK, satisfied that they have done their job well. They must always remember the hundreds of loyal friends and supporters of the Homes, whose lives they have touched. All you students must

never forget the gift of love and support each one of you receives and learn to give back to the Homes what you receive here, in the best possible way you can.

Congratulations to Barassie High School for their dedication and generosity over the past 25 years.

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Just a reminder ...

Many DVDs of the school choir are still available at £10 each.

The full set includes the Home's Tour - the Opening concert at St. Paul's Church, London, St. Andrew's Church, Oxford, and the final concert at St. Columba's Church, Pont Street, London.

They will make a wonderful Christmas Present for any DGH friends who weren't able to attend any of the Concerts.

Please send your cheque to Donald Edwards, 16 Stowe Crescent, Ruislip, Middlesex, HA4 7SS Phone 01895 634015

OBITUARIES

Mr Monomy Banerjee, 1936-2007

Managing Member and Secretary to The Board of Management Dr Graham's Homes

Monomy Banerjee, who died in hospital in Kolkata on 21 August, was born in his family village of Somta, near Kolkata, in 1936. In recent years he had coped with heart trouble but in spite of expert medical care he passed on peacefully with his son, Raja, at his bedside and Rina, his wife, near at hand.

Mono and I both began work in Dr Graham's Homes in 1964 and we remained firm friends ever since. Apart from a period as Principal in Daulatram Nopany Vidalaye school in Kilkata he served Dr Graham's Homes all his working life. Appointed as teacher of Bengali and History he was in turn Cottage Parent, Boys' Cottage Superintendent, Senior Master and, finally, Headmaster. As a member of the Board of Management, Mono returned to The Homes, a few years ago, in a supervisory and advisory capacity. He died, as he has wished, still in that post.

Monomy was in love with all that Dr Graham's Homes stood for. He was both knowledgeable about, and understanding of, its history, its ethos and its raison d'etre. It was a miracle, surely of God, that he fitted in to Dr Graham's Homes. He was born in the plains, a villager, a Bengali and (Hindu) Brahmin. He came to the hills, with their Nepalese tradition, to an Anglo Indian Christian residential school. Everything was in total contrast to his upbringing and background. He even had to cope with a Scottish family as his immediate neighbours!

Yet very soon Mono became an integral part of the Homes' family. He realized that Dr Graham's Homes stood for the total (complete), education of the whole child in a Christian environment of Love. Here children from depressed and underprivileged backgrounds were given security, the sense of being wanted and were thus enabled and encouraged to achieve to the maximum of their ability. He entered fully into this concept. Monomy was a Brahmin by birth but not by nature. He exhibited love in action and knew the dignity of service. Status and privilege was unknown to him.

Mono was a regular visitor to Bell House, our home in Kalimpong. We invariably heard his salutation before was saw him! In Bell House, over tea or coffee, we shared much about the Homes and planned debates, sponsored walks and "Quest" activities. We laughed, we talked and we prayed. I was privileged to be invited to his wedding to Tina and it was a job to welcome her to the compound and, years later, to our home in the Island of Arran.

Both Mono's parents died before he was 12 and perhaps the blessing in that tragedy was his ability to care for and to understand those equally less fortunate. Monomy was an intensely religious person. His day was rooted in private prayer and grounded in the morning worship of Dr Graham's Homes Chapel. He read both the Hindu and Christian Scriptures on a daily basis and in the strength of, and sustained by scripture reading, prayer and worship he pursued his daily tasks. Mono led by example and, today, Dr Graham's Homes run the risk of forgetting this example at their peril.

Monomy Banerjee was a part of two families – the one composed of Rina and Raja, the other of the staff and children of Dr Graham's Homes. He was part, too, surely of that greater family, the family of which God is Father and it is into that family we allow him to pass. Surely for Mono the Trumpets have sounded on the other side and he has heard His Master's words "Well done good and faithful servant, enter into the job of your Lord".

John Webster had the privilege of attend the Memorial Service held for Mr Monomy Banerjee in Dr Graham's Homes Chapel on Monday, 3 September 2007, and the Internment of Ashes afterwards in The Homes' Garden of Remembrance. The Service was attended by staff and pupils, many of the Homes' Nepali employees, and a considerable numbers from the town of Kalimpong. Conducted by the Chaplain and enriched by the singing of the Choir along with several tributes, the Service made a very fitting tribute to one who had given much to Dr Graham's Homes.

John Webster

A Tribute - Terence Ernest Monteiro



My long association with Dr. Graham's Homes, started on the 27 July 1963. I arrived on the compound on a very wet and misty afternoon. The fog was so dense that visibility was very poor. Being my first visit to the hills, I was a bit disillusioned as to whether I had made the correct decision in coming to work up here.

I was met at the Main Office by then Cottage Superintendent, Miss Daisy Fowles, who handed me over to a young, impeccably dressed, Bernard Brooks, who immediately put me at ease with his friendly approach. One question kept bothering me as to what sort of a person the Principal was. I put this question to my escort and was surprised and much relieved to know that he was indeed the Acting Principal, as Dr. Minto (the Mr JR Minto), was away in Scotland on furlough. I was taken to Wiston Cottage and introduced to Mr and Mrs Roberts, the houseparent, with whom I would be staying. Thirty curious pairs of eyes gave me a ware welcome.

That first evening I had tea at Graham House with Mr Brooks. I was briefed about the school and the backgrounds from which many of our less fortunate children came. I was also told in no uncertain terms that I was never to humiliate a child and never to refer to a child's background. If ever I was found wanting this, I should be prepared to leave in twenty-four hours. Having been given the eleventh and twelfth commandment I braced myself to face the challenge before me.

The following day was bright and clear and as I made my way along the winding paths to the School buildings and some of the cottages I was truly amazed at the scenic beauty, which began to unfold before my very eyes. This setting amidst the majestic grandeur of the Himalayas, has to be seen to be believed. Kalimpong had been and will continue to be "A little bit of heaven". I have no regrets in coming here.

There are so many fond memories of this place that it is difficult to pinpoint a few. The homely atmosphere has to be experienced to be believed. The rapport between the staff and the students is such at the students never hesitate to confide in or to seek guidance and counseling where necessary.

The cottage system, I found to be a real 'home away from home'. Children of all castes and creeds coming from different background live in perfect harmony with each other and no distinction has ever been made between those who have and those who do not.

My work was mainly in the Junior School and I worked under the headships of Mrs Brooks, Mrs Minto and Mr Cleophas, till I eventually took over the department in 1976. I also taught English Language and Literature in class VIII for about twelve years. On a number of occasions I have also officiated as Headmaster and have had a wonderful working relationship with all the staff. Yet, it is with the Jr. School staff and students that I have been most comfortable.

The early years were turbulent ones as we had just got over the Chinese incursion of 1962. Many staff had left and the School had to be evacuated to Gopalpur on Sea for a while. In 1965 there was the Pakistani threat of war from Northwest. Schoolwork was frequently disrupted and plans for evacuation were always in progress during those troubled times. Then came the disaster of 1968, which I have covered at length in an article in Simon Mainwaring's book, 'A Century of Children'. The natural calamity caused immense suffering and it took a very long time for normality to return.

The war for the liberation of Bangladesh, greatly inconvenienced staff and students alike. The army was on red alert and we spent many a sleepless night in pitch darkness as blackouts had to be strictly adhered to. In the midst of all this we carried on with classes (whenever we could), co-curricular activities, music and drama which are very part of life on the compound. The staff's plays were a real scream in those days and still are. The townsfolk made it a point to stay back after an exhausting day at the May Fair to witness the plays. My main interest has been in direction and I have enjoyed directing plays with the staff and senior students for the last twenty years.

In my long association with the Homes, I have naturally worked under several Principals, Headmaster and with numerous colleagues. It has been a wonderful experience and I have cherished every moment. I have found immense satisfaction in working among the underprivileged and less fortunate children and I know that the Homes will grow from strength to strength.

A century of Caring for Children will go on for Centuries to come. Long live the Homes!!!

Late TE Monteiro, Head of Jr. School - excerpt from Thorough magazine 2000.

"Pip" Graham

Dear Council Members and Overseas Committee members, please be advised that Arifin's father, affectionately known as "Pip" Graham, passed away this weekend. He was a lovely man, very interesting life. He was a grandson of Dr. Graham. I had the fortune of meeting him in 2005 when I was in Victoria. He had been in a nursing home for some time now.

I shall be sending Arifin and Wiluya a sympathy card on behalf of the Council. For anyone else who wishes to send their condolences you can email Arifin at arifin@alarisdesign.com or mail a card to Arifin Graham, Box 77, Cook Street R.O., Victoria, BC V8V 4Z8 Donations will be accepted on behalf of Dr. Graham's Homes. Tessa, Arifin's sister, was kind enough to phone me today with the news.

Jacqui Hibbert

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Denzil Van Haeften

It is with great sadness that we heard of the passing of Denzil. His daughter, Gloria, teaches in the Homes. We would like to send our sincere condolences to his family and friends.

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Ashley Peters, 1946 - 2007

Ashley passed away suddenly in Shillong on the 9 November, following a heart attack.

He was a Heathland boy and after he left school, he worked briefly in the Kalimpong Homes' Bakery in Kolkata. Then, aged 20, he joined the Indian Air Force, where he was a Medical Assistant for the next 23 years.

In his retirement, Ashley and his wife, Rani, cared for their 3 children and 5 grandchildren in Shillong. He was much loved and respected in his home environment. He was known as the Medicine Man locally, as he used to dispense medicines to those who were ill and unable to afford to buy them. He will be greatly missed by his family and large circle of friends.

We offer our sincere condolences to Ashley's family in Shillong and to his sisters, Evelynne and Mavis, in England.

FUND RAISING EVENTS

Anglo-Indian New Year's Eve Ball

The Brent Town Hall, Forty Lane, Wembley - 7.30pm to 1am

Live Band "Magic Moments" and "Disco" - Please bring your own food and drink NO Licensed Bar.

Tickets £20 - before 15th December - thereafter £25

No Children under the age of 12yrs.

RAFFLE 1st PRIZE - 2 WEEKS ACCOMODATION IN OUR FLORIDA VILLA

Website address: www.allandenise.com

2008 'Fun Raisers' - Run, Walk, Cycle Scotland in 4 Days - 7 to 12 May 2008

Although numbers were far below those hoped for "Run Scotland" in May 2007 raised over £5000 for "Homes Funds"! This made the very considerable preparation and planning worthwhile and has encouraged us to attempt a repeat!

Once again, next year, we would want to enlist those prepared to participate in the entire trip but those able to join the group of even part of one day and do a 10 mile stint in their own locality would be very welcome. You can run/walk or cycle your own section.

Sections are as follows: Day one (8 May) Mull of Galloway to Abington

Day two Abington to Kenmore
Day three Kenmore to Inverness
Day four Inverness to Duncansby Head

Monday, 12 May Return home.

This is great fund for ALL ages. You pay your own expenses and enlist "sponsorship". Come and join us. **Phone John Webster on 01770 700 747.**

November Tour 2008

This year 27 of us go to Kolkata, Bhutan and Kalimpong. Next year's tour will run between Saturday, 1 November and Tuesday, 18 November 2008, and will go to either Bhutan or back to Nepal. Interest as soon as possible to **John Webster on 01770 700 747.**

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Bengal Bike Ride - 8 to 19 February 2008. An invitation to cycle 665 Kms (412) miles) from Kolkata to Kalimpong to raise funds for Dr Graham's Homes

Full details and an application form is now available from Rev. John G Webster, Planetree, King's Cross, Isle of Aran, KA27 8RG, telephone 01770 700 747, and the Committee Secretary, Miss VW Cassie. Positively last call!

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Tyndale Baptist Church

Thank you to the Treasurer and Members of the Tyndale Baptist Church for their generous donations over the years. Mr John Elliott, Church Treasurer writes, "Thursday Lunches have supported the Kalimpong Association for many years, and we hope to continue our support in the future."

Vincent Purtill

Update on CALCUTTA TILJALLAH RELIEF, INC, article appeared in the Summer 2007 Newsletter

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Let me review the highlights of this year, our seventh, in helping Anglo-Indian in India. First, if you have not seen our website, please do so. Bookmark it. Apart from having an enormous amount on information on our activities, it is an artistic delight - thank you Terry.

"Voices on the Verandah - An Anthology of Anglo-Indian Prose and Poetry," continues to attract readers and we are in the process of selecting submission of our next publication - "The Way We Were" - which promises to be our singular publication (due in 2006). The entire proceeds of all sales go to CTR.

We have a new branch in Perth, WA, with Jenny Busby as the coordinator. They have already had a dance and a quiz and raised funds to augment the fundraisers of Melbourne and Sydney. With representation in the UK and in Toronto, Canada, we are truly international.

Our support to the underprivileged continues to grow. In Kolkata we have over 150 seniors on pensions, 36 children as day scholars and 34 girls as "Entally" boarders. In Chennai we have opened up another project "Smile Cares" and have 15 seniors on pension in addition to another 65 seniors with "Anglo-Indian Concern", we also have 15 boarders and 15 day scholars. In Bangalore/KGF we have 20 seniors on pension and finally in Hyderabad we have 10 children as day scholars. Check out the disbursement of fund on our website, where we indicate how much, when and to whom. We continue to run a transparent organization. One of my very good friends suggested that, in order to attract sponsors, I look out for success stories and publish them in the newsletter. We are trying to get specific success stores, BUT the operation and growth of CTR is, in itself, a success story!

Thank you to so many donors, in so many countries for keeping the faith with us. We operate as a volunteer organization, without a single person getting paid, either in cash or in kind, in India or abroad. Our expenses are less that $1/10^{th}$ of 1%, and we are very proud of this record. We are equally proud of our integrity, which had remained without blemish. I thought I ought to share with you, as a gentle reminder, what your money buys in India:

\$5.00 covers the expenses of a day scholar for a month \$7.50 feeds a senior for a month

\$15.00 pays the board, lodge and tuition of a boarder for a month

It takes so little to make such a huge difference - to make a life. **Bookmark** on our website at: http://www.blairw.org/index.php "Help us help others". Ellen and I wish you and your family a wonderful holiday season.

Blair W	mams
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INTERESTING ASPECTS OF LIFE - FOOD FOR THOUGHT!

There was a one-hour interview on CNBC with Warren Buffet, the second richest man who has donated \$31 billion to charity. Here are some very interesting aspects of his life:

- He bought his first share at age 11 and he now regrets that he started so late!
- He bought a small farm at age 14 with savings from delivering newspapers.
- He still lives in the same small 3-bedroom house in mid-town Omaha, which he bought after he got married 50 years ago. He says that he has everything he needs in that house. His house does not have a wall or a fence.
- He drives his own car everywhere and does not have a driver or security people around him.
- He never travels by private jet, although he owns the world's largest private jet company.
- His company, Berkshire Hathaway, owns 63 companies. He writes only one letter each year to the CEOs of these companies, giving them goals for the year. He never holds meetings or calls them on a regular basis.

He has given his CEO's only two rules:

Rule No. 1: Do not lose any of your shareholder's money and Rule No. 2: Do not forget Rule No. 1.

- He does not socialize with the high society crowd. His past time after he gets home is to make himself some pop corn and watch Television.
- Bill Gates, the world's richest man met him for the first time only 5 years ago. Bill Gates did not think he had anything in common with Warren Buffet. So he had scheduled his meeting only for half hour. But when Gates met him, the meeting lasted for ten hours and Bill Gates became a devotee of Warren Buffet.
- Warren Buffet does not carry a cell phone, nor has a computer on his desk. His advice to young people: "Stay away from credit cards and invest in yourself and remember:
- a) Money doesn't create man but it is man who creates money.
- b) Live your life as simple as you are.
- c) Don't do what others say, just listen to them, but do what you feel is right.
- d) Don't go for brand names just wear those things in which you feel comfortable.
- e) Don't waste your money on unnecessary things just spend on what you really need.
- f) After all it's your life why should you allow others to rule your life."

Nine Golden Rules

- * Before you speak, listen
- * Before you write, think
- * Before you spend, earn
- * Before you invest, investigate
- * Before you criticize, wait
- * Before you pray, forgive
- * Before you quit, try
- * Before you retire, save
- * Before you die, live

* * * * *

QUIZ CORNER

- 1) How long did the Hundred Years' War last?
- 2) Which country makes Panama hats?
- 3) From which animal do we get catgut?
- 4) In which month do Russians celebrate the October Revolution?
- 5) What is a camel's hair brush made of?
- 6) The Canary Islands in the Pacific are named after what animal?
- 7) What was King George VI's first name?
- 8) What color is a purple finch?
- 9) Where are Chinese Gooseberries from?
- 10) What is the color of the black box in a commercial airplane?

ANSWERS TO THE QUIZ - Passing requires 4 correct answers

116 years 1) 6) Dogs 2) Ecuado Albert 7) 3) Sheep and Horses 8) Crimson 4) New Zealand November 9) 5) 10) Squirrel fur Orange, of course.

What do you mean, you failed? Me, too. (And if you try to tell me you passed, you lie!) Pass this on to some brilliant friends, so they can feel rotten, too.

* * * * *

AN ITEM OF INTEREST

My daughter, Barbara, who was a teenager when the "Beatles" became famous, was reading a book published is year by Pattie Boyd, and was surprised to note that a doctor, who once worked at Dr. Graham's Homes, was mentioned in her story!

Pattie Boyd was a high-profile fashion model in England in the 1960s. Her book "Wonderful Tonight" is a candid story of her life. She was married to George Harrison (one of the Beatles) for a while. She later married Eric Clapton, and describes both men as musical geniuses. Her marriage to Eric Clapton ran into trouble when he became addicted to drugs. An influential friend "persuaded him to seek treatment from Dr. Meg Patterson, who specialized in heroin addiction and practiced what she called neuro-electric therapy, which involved sticking things like acupuncture needles into the earlobe and passing an electric current through them. She came to Hurtwood Edge, Eric's magnificent mansion, initially, then he stayed with her and her family at their house in Harley Street while the treatment lasted."

She mentioned that after the treatment, Eric Clapton "went straight from heroin to alcohol". Pattie Boyd wrote, "I had met Meg Patterson soon after Eric finished his treatment, and she warned me that this might happen."

Those OGBs who were in Kalimpong in the 1950s will remember Dr. Margaret Patterson. She was one of the best doctors who worked in DGH. Her husband, George Patterson, worked as a missionary in China before he met Margaret. While they lived in Kalimpong, he wrote a book about his experiences in China, and his escape from there via Tibet. I remember attending a lavish Chinese dinner at their home, on the other side of Kalimpong town, to celebrate the publication of his book.

Some years later, in the 1970s, Margaret and George Patterson spent some time in California where she was using her methods of treatment on drug addicts. We invited them over to our home for dinner one evening, and they met Betty Lucas, former Kalimpong teacher, and her Australian friend, who were staying with us that week. They later returned to England, where Margaret set up her own private practice. My daughter and I were interested to note that she was mentioned in Pattie Boyd's book.

Pattie Boyd is now an acclaimed photographer and lives in West Sussex, England. She also mentioned being in a boarding school in East Grinstead, W. Sussex, when she was a child. This, too, interested us, as I spent my first year in England teaching in a private boarding school, "Horncastle", just 4 miles from East Grinstead.

In her book, she mentioned connections to India; her great-grandfather was born near Lucknow, India. "He fought in the Indian Mutiny and the British government rewarded him for his bravery with indigo and sugar plantations, which made him wealthy." He was educated in England, as was the custom in that era. Her mother and uncle were also born in India, but got their education in boarding schools in England.

I hope you will find the above article interesting. I have used quotation marks for excerpts from Pattie Boyd's book.

As we are approaching Christmas, I wish all OGBs and their families a joyous Christmas, and hope that the New Year will bring peace to our world.

Mrs Cynthia Ross

Forthcoming Events	Dates	Venues
AGM The Kalimpong Association (UK) The Kalimpong Association (UK) Charitable Trust	Saturday, 21 June 2008 Doors open at 2.00 pm Meeting commences at 3.00pm	Methodist Church Hinde Street, London W1 Tube: Bond Street
BIRTHDAY CELEBRATION Donations of items for the Raffle would be most welcome	Saturday, Doors open at 2.00 pm	Methodist Church Hinde Street, London W1 Tube: Bond Street
KPG DINNER DANCE	DATE AND VENUE TO BE CONFIRMED	WATCH THIS SPACE

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A FEW TIPS TO HELP YOU COPE WITH THE BUSY DAYS AHEAD AND CHRISTMAS JUST AROUND THE CORNER!!!

Tension Buster

Raise your shoulders up to your ears and hold for a count of four. Press your shoulders down towards the floor, and release. Repeat as necessary.

Stressed? ... Just Breath

Breathing is something that we take for granted and yet by becoming aware of your breathing and practicing deep breathing exercises you can bring about health changes in the body.

When we are stressed our breathing becomes rapid and shallow. By breathing deeply we relax the body and calm the mind.

Dia-kath Breathing

- 1 Sit comfortably with your back straight.
- Imagine your kath point, which is located 4 finger widths below you belly button. As you inhale feel your belly expand from the kath point and your lungs fill up from the bottom to the top.
- 3 As you exhale, relax you belly and diaphragm, allowing air to leave your lungs from the top to the bottom.

Aches and Pains?

Try a hot bath and with a mug full of Epsom salts in it. This helps the muscles to release toxins and relaxes them.

Add a few drops of essential oils to the bath, such as lavender or frankincense to make it even more relaxing and fill the bathroom with a wonderful aroma.

Afterwards wrap up warn and relax for fifteen minutes. HEAVEN!

Memory Booster

Treat your brain like a muscle that needs a daily workout to keep it functioning well. Do crosswords, sudoku and arithmetic. These mental tasks will help to keep the brain in peak condition. REMEMBER - Use it or lose it!

IT'S CHRISTMAS DAY, YOU'RE FEELING ULTRA FIT, HEALTHY AND HAVE REMEMBERED TO BUY ALL YOUR PRESENTS AND COOKED THE TURKEY, MINUS THE GIBLETS, SO WHY NOT SIT BACK AND TREAT YOURSELF TO A SECOND HELPING OF THAT DELICIOUS CHRISTMAS PUDDING!!!!!

