

# PUKAAR

CELEBRATING THE DIVERSITY OF LEICESTER

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17<sup>th</sup> Edition Jan - Mar 2016

## HAPPY BIRTHDAY PUKAAR MAGAZINE

*A look back at Leicester's five years with Pukaar Magazine*

## YOUNG FILM MAKER SUCCESS

*Meera Darji and her award winning film TransIndia*

## WRITER'S CORNER

*Leicester born father and daughter authors Freedom & Azeezah Zampaladus*



## Geoff Rowe

Geoff Rowe speaks about the birth and evolution of Dave's Leicester Comedy Festival and how the innocence of laughter has helped to educate so many individuals.

Pukaar Magazine ISSN 1753-8688



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Jan – Mar 2016

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Pukaar Magazine is a quarterly publication offering readers a mix of local human interest and serious community news as well as features on fashion, travel, sport and entertainment. Covering a range of diverse topics, the magazine is a true reflection of the multicultural city of Leicester.

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# WELCOME

Welcome to the first edition of 2016!

New Year, new me...I believe I've lost count of the amount of January 1 I enter and start the day by saying this exact statement.

The post Christmas bloat is definitely being felt after gorging on splendid festive food but back to the gym I go along with the influx of new members that join as a result of a new years resolution -but what resolutions will you be making this year?

We were spoilt in 2015 with ample festivities and jublations and 2016 is set to follow in good suit with the annual Dave's Leicester Comedy Festival, Holi, and St Patricks day being among the several opening occasions to the year.

2016 marks Pukaar Magazine's fifth anniversary, and what a marvellous handful of years we have had!

Within this edition we will look back at our fabulous five years whilst marking others' anniversaries of the year, recognising those that are influential among our community, and congratulating those that have achieved recent spectacle.

Our inspirational cover star is Chief Executive of Big Difference Company and co-founder of Dave's Leicester Comedy Festival Geoff Rowe, an incredibly ambitious and successful man that has developed a platform of awareness for social, health, and environmental issues through the use of comedy.

Also, we speak with Loughborough born Great Britain Bobsleigh star Adam Hames about his winter competition tour and how he transformed from a black belt karate kid to a monobob medallist.

With the brisk of winter descended upon us I look at how, with the help of John Lewis, you can warm up your home with cosy comforts whilst introducing bold fresh prints to welcome the early days of spring in March.

As the new editor of Pukaar Magazine I feel extremely honoured to be working to provide you as the readers with a publication to be proud of, and I hope you can join me in enjoying the work of those that have contributed within this fifth year anniversary edition.

I would like to take this opportunity to thank all our readers for their on going support and dedication to our magazine, and I hope that you enjoy reading this edition and many more to follow.

Happy New Year!

**Imogen Harry**  
Editor  
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# HAPPY 2016!

After all the excitement of Christmas festivities we have stepped into a new year, 2015 you have flown by and welcome 2016!

Last year was an event filled 12 months where we dug deep into our historical roots as a city and celebrated the phenomenal reinterment of King Richard III, and hosted the spectacular international teams of the Rugby World Cup. So what could 2016 bring to Leicester?

Dragons, fireworks, lanterns – are but few of the traditional components we associate with Chinese New Year celebrations but one animal you are likely to be surrounded with during February is the monkey – welcome the year of the monkey. 15 days of celebration will commence from February 8<sup>th</sup> with parades, dance

workshops and dinners, but be sure to be outside on February 15<sup>th</sup> to see a carpet of red Chinese lanterns blanketing the sky.

Dave's Leicester Comedy Festival, 18 days filled with giggles and chortles - sure to hit a funny bone within you over the span of 780 events. Performances will be held in 60 venues over Leicestershire with special appearances from Vic & Bob, Johnny Vegas, Romesh Ranganathan, and Ed Byrne. For the first time the festival will produce The BIG Weekends in both Loughborough and Melton, so grab your tickets so as not to miss out on this comical fortnight.

Holi, the Hindu festivals of colour, returns to Spinney Hill Park where we have been welcoming spring marking the end of winter at the park since 1985. In previous years people have travelled from all over the country to be involved in the celebrations, which involve the lighting of a vast bonfire and the throwing of powdered colour over one another.

Ah, St Patrick's Day, an occasion where there is never too much green in your day! Every year the city celebrates this iconic day with city centre parades, dancing, and music.

The one-day of the year where bars may be drank dry of Guinness and where wearing leprechaun ears is a necessity – we

recommend that you get involved and don a four-leafed clover.

Easter appears earlier this year at the end of March, therefore be aware to see chocolate eggs and Easter bunnies flooding the supermarket shelves, whilst the city centre lights up with colour to commemorate the religious associations with Easter celebrations.

## DATES FOR YOUR DIARY

3-21 February

**DAVE'S LEICESTER COMEDY FESTIVAL**

8 February

**CHINESE NEW YEAR**

9 February

**SHROVE TUESDAY**

14 February

**VALENTINE'S DAY**

9-12 March

**LEICESTER BEER FESTIVAL**

17 March

**ST PATRICK'S DAY**

23 March

**HOLI**

26 March

**KING RICHARD III REINTERMENT ANNIVERSARY**

27 March

**EASTER SUNDAY**



## AS PUKAAR MAGAZINE CELEBRATES ITS FIRST FIVE YEARS, CITY MAYOR PETER SOULSBY LOOKS BACK AT SOME OF THE KEY EVENTS IN LEICESTER IN THAT TIME...

WHEN Pukaar Magazine was born in 2011, a new self-confidence was beginning to emerge in the city.

The opening of Highcross in 2008 had been a huge boost, with visitors flocking to Leicester to enjoy its exciting new shops, bars, restaurants and cinema.

Curve – the stunning new theatre – had opened too, supported by significant funding from the city council to help drive the regeneration of the St George’s area.

And a new home for the Phoenix – Leicester’s independent arts centre – had also been created.

By the time Pukaar Magazine was launched, and I’d been elected as Mayor in May 2011, these new additions to shopping and leisure were helping the city bounce back from the worst recession since the war.

Confidence was boosted further, when the 2011 Census revealed that the population had risen to 329,900 – concrete proof of Leicester’s status as the biggest city in the East Midlands.

A growing population needs schools, but the change of government in 2010 had put a question mark over Leicester’s plans to rebuild its secondary schools. Happily, we got the

city’s £350million Building Schools for the Future programme back on track – and all 23 of our secondary and special schools have now been transformed.

In 2012, the Queen’s Diamond Jubilee was celebrated with a royal tour of the nation – and Leicester was proud to be chosen as the Queen’s first stop.

The royal visit provided an opportunity to unveil our plans for a new open space that would help link Leicester’s historic old town with its modern shopping areas.

Created on the site of a car park, Jubilee Square would be a key element in our wider Connecting Leicester programme – an ambitious project that would improve pedestrian and cycle routes around the city.

But as one car park made way for a new square, another car park was capturing the world’s attention.

In February 2013, the University of Leicester confirmed the skeleton they’d found beneath a council car park was that of the last Plantagenet King of England.

The discovery of King Richard III made global headlines – and triggered a row with York, who argued that the bones belonged to them. Leicester’s determination to keep the king in the

city where he’d lain for 500 years paid off, culminating in a spectacular, yet dignified, reinterment ceremony that was watched by millions around the world.

So what next for Leicester – and for Pukaar Magazine? I’m confident that the next five years will be a positive time for both.

Happy birthday, Pukaar Magazine!

**Peter Soulsby**  
City Mayor



# SEEN A CRIME?



## TELL US ABOUT IT WITHOUT REVEALING YOUR IDENTITY

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# EXCEPTIONAL EXHIBITION ON 17TH CENTURY DIARIST JOHN EVELYN

HISTORY

## PUKAAR MAGAZINE'S MEGAN HYDEN VISITED THE 17TH CENTURY DIARIST'S GREATEST WORKS.

Throughout his lifetime, John Evelyn witnessed turbulent times and momentous events in history. In his writing, Evelyn has documented such events including the last epidemic of the bubonic plague in the United Kingdom, the Great Fire of London, the English Civil Wars and the Restoration.

John Evelyn was a very highly regarded horticulturalist, a lover of books and an avid writer and scholar. Evelyn's Diary, which begins in 1641 was published in 1818 and is arguably the most historically informative and most extensive record of the significant period in history that he lived through.

Margaret Maclean who is a library assistant in Special Collections curated the exhibition at the University of Leicester and says that the works bring a great snippet of literature history to the city. "The exhibition aims to demonstrate the fascination of the diary and the appeal of the man - his commitment to the public service, his love of learning, his loyalty to his friends and, above all, his enthusiastic and inexhaustible spirit of enquiry," she said.

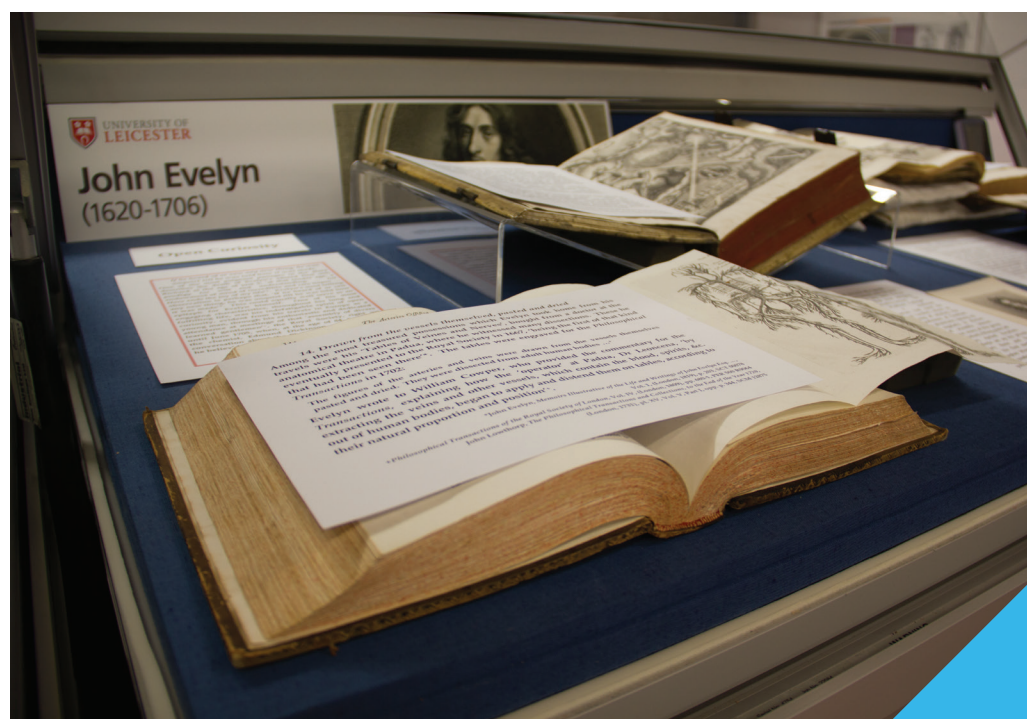
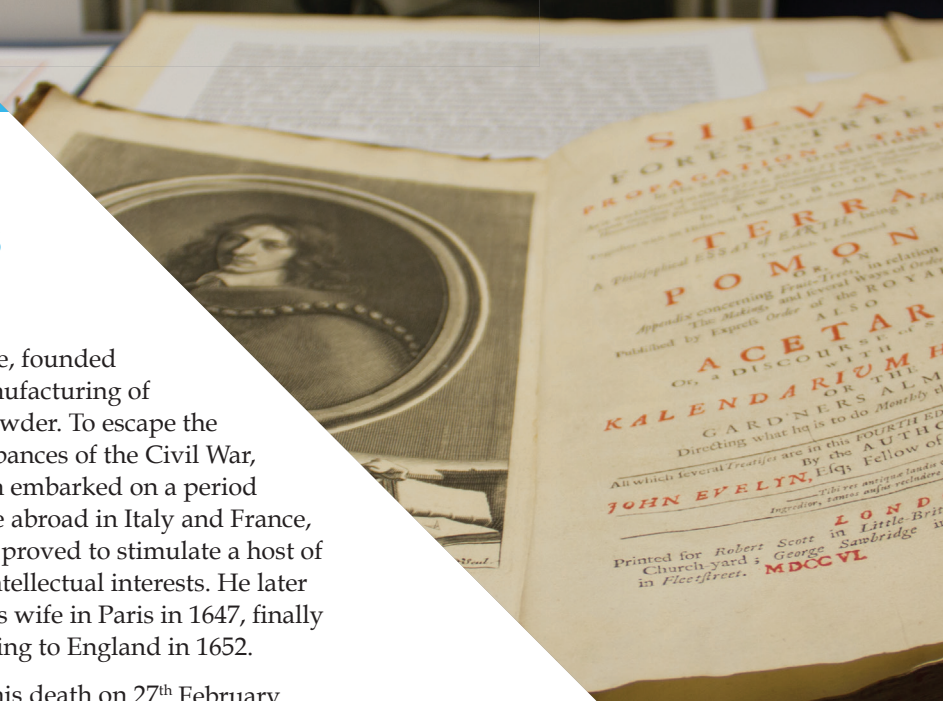
In his own time, Evelyn was famed as a gardener and expert on trees and his most successful book was Sylva, which had the distinction of being the first official publication of the Royal Society in 1664 and was among those displayed in the exhibition. Additionally, there were portraits of many of the people who were influential to Evelyn throughout his life, as well as an engraved portrait of himself.

Evelyn had a privileged background. He was born in Surrey in 1620, to a landowning family who held a large

fortune, founded in manufacturing of gunpowder. To escape the disturbances of the Civil War, Evelyn embarked on a period of time abroad in Italy and France, which proved to stimulate a host of new intellectual interests. He later met his wife in Paris in 1647, finally returning to England in 1652.

Until his death on 27<sup>th</sup> February 1706, Evelyn was a founder and committed member of the Royal Society, who was fond of engagement in public affairs. The last entries in the diary, in his own hand, are notes on the morning and afternoon sermons at Chapel on 3<sup>rd</sup> February.

The exhibition is held within the basement of the David Wilson Library and may be viewed free by the public during staffed opening hours which are available on the University's website.



# 'DO NOT LET ANYTHING STOP YOU'

**FREEDOM ZAMPALADUS HAS FACED CHALLENGING OBSTACLES THROUGHOUT HIS LIFE WHICH HE DOCUMENTS IN HIS DEBUT BOOK 'HOOD 2 HORSES' WITH DAUGHTER AZEEZAH FOLLOWING BRISKLY IN HIS FOOTSTEPS WITH 'GUESS WHAT?'**

An equestrian expert, father, husband, author, public speaker, and community activist; Freedom's life has been a bit of a rollercoaster but his passion for helping others and his love for horses motivated him to tackle each bump put on his road.

Leicester born Freedom's first book and autobiography 'Hood 2 Horses' starts when he was aged 14, moving from his home in Leicester to Wadadli, Antigua with this family. The book challenges the reader to step into a young boys life, one that is filled with constant culture clashes, forever

changing circumstances, and chillingly uncomfortable situations that are masked by the beauty and tranquillity of the boy's much loved animal, the horse.

When asked what inspired him to tell his tale Freedom said, "I have always wanted to tell my story and I believe that mine is quite unique; when you take the horses away from the story and read about my life over in the Caribbean you can establish that my life was extremely hard. I wanted the book to inspire young people, so that people can understand that no matter how hard it is there is always a way out, and to make the best out of any situation."

Freedom's work has gone beyond his literary and he has been a committed community activist and public speaker since he became involved in community projects at the age of 22.

Projects that he has been involved in are, Emancipation Day UK (celebrating the emancipation of slavery), Urban Equestrian, We Ride Too Academy, and Neetz Ride Too which are all equestrian

inspired projects giving young people guidance into education and careers. Since 2006 Freedom has been running business courses within the community that has focused on providing young people with greater entry to employment by developing individual life skills through working with horses but unfortunately the programmes have been put on hold since the recession but Freedom hopes for them to be back up and running soon. "My ambition is to have an equestrian centre, city based, which can reach out to an urban audience to encourage more people of our society to get involved with horses whilst educating them," he said.

A quote stayed with me from within the book that I believe encapsulates the raw vitality of Freedom's life, 'As dramatic, abusive and challenging as my life was between the ages of 14 and 19, there isn't one thing I regret.'

Freedom and his wife Virginia Amani Berkeley have built a 'beautiful family' with his step-children Atlanta Moore and Morgane-Renee Berkeley, and their daughter Azeezah and twin boys O'shae and Che' Zampaladus.

The little literary gem 'Guess What?' is written by daughter Azeezah, an inspirational eight-year-old girl that is surprisingly shy but beautifully inquisitive. This Leicester born girl has stepped into the record books, as she became the second youngest author in the United Kingdom

upon publication. Did your mouth just hit the floor when I said she was eight? - Yes mine did too, and your



jaw will remain open when you read this little girl's comically witty and so very warm-hearted book of tales. Her book is written like a diary as such, as she documents significant days within her life that she enriches with the help of her father. The simplicity of her book and relativity makes it an extremely easy read and of perfect audience to the young school reader.

Having produced her catch phrase 'Guess What?' Azeezah hopes to continue her writing and is looking at her next possible publication as Freedom is currently in the process of constructing his sequel 'Hood 2 Horses LE2'.

Since the launch of her book in October Azeezah has been reading her book to pupils at schools including Highfields primary, and Sparkenhoe primary of which is the primary that Freedom attended. The pair hopes to be visiting more schools within Leicestershire to inspire and encourage more young writers.

Freedom and Azeezah share a beautiful father and daughter relationship that is full of purity, Azeezah mentioned that it was her 'daddy' that gave her the inspiration to pick up her laptop (oh how times have changed) and begin typing. "I saw daddy writing a book and so I asked him if I could write a book and he said yes. I picked up my laptop and began typing, we went on holiday and I wrote about that as my first story because I can remember it being really horrible (she laughs)." In November at the AAA Awards, in memory of Antoin Akpom the young victim of knife crime in Leicester, both father and daughter were commended for their books and Freedom for his community work.

Speaking from experience, Freedom offers some emotive advice for those aspiring to write, "Embrace your fear, one of the key things that held me back from writing my book was this but by listening to another person's story and taking on board all of their advice I said to myself I can do this. You need to embrace your fear and pick up a blank piece of paper and just write...or a computer (they both laugh) everybody has a story to tell, so tell yours."

"I hope that my book allows people to understand that the equestrian world is open, that there is a cultural haven within the industry and that people should embrace it."

### Competition!

We have both 'Guess What?' and 'Hood 2 Horses' up for grabs to the lucky winner who answers the following question correctly.

Which primary school did Freedom attend?

- A) Highfields primary
- B) Sparkenhoe primary
- C) Mayflower primary

Send your answer along with your name and contact number to: [info@pukaarmagazine.com](mailto:info@pukaarmagazine.com) with "Freedom & Azeezah Competition" as the subject. Closing date 14th March 2016.



# HISTORY OF SIKHISM

**“WE ALL BELONG TO THE GREAT BIG FAMILY OF GOD CALLED THE “HUMAN” RACE. WE ARE ALL ONE REGARDLESS OF COLOUR OR RELIGION,” SAYS LEICESTER BUSINESSMAN VIC SETHI WHO EXPLORES THE LOST IDENTITY OF WHAT IT MEANS TO BE A SIKH.**



India is the largest and diverse democracy in the world. It is the home to well over 1 billion people with over 4500 castes and over 1500 languages in use. There are Hindu's, Muslims, Christians, Sikhs, Jews, Jains, and many more... It is a country where people of different faiths have been living for generations in harmony and love, a Nuclear power nation that has the capability of manufacturing their own products for most of the sectors such as defence, education, oil and gas, and more.

Sikhs are known as the “Army of the Lords” for justice to mankind. They are very peaceful, tolerant, humble, loyal and hard working. Sikhs make up 2% of the whole Indian population and have always played a very important role in the history of India. Sikhs belong to the State of Punjab which is also named as the Bird of Gold because of its rich and wealthy heritage history. Prior to the Independence of India, Sikh Kings who ruled from their palaces spread around Punjab with some of these palaces being given to the British as Governor houses when they took rule in 1849.

Sikh temples welcome people of every faith, where meals are offered free of

charge to everyone daily. Guru Nanak Dev Ji the founder of the Sikh faith started this tradition, which was seen as a way to make sure no one stays hungry. Wherever there is a Sikh temple in the World, meals will always be provided.

“Punjab”, means the land of five rivers, which flow from the Himalayas and pass via Punjab into the rest of India. Punjab is the homeland and majority of the food is grown here for India and exports, which includes rice, maize, wheat, sugar, etc. Guru Gobind Singh Ji is the tenth prophet of the Sikhs and he anticipated the foundation of the Red Cross Organisation at Anandpur In 1704AD. A Sikh volunteer Bhai Kanhiya Ji was brought into the palace by the Sikh soldiers asking the Guru to punish him for offering water to the wounded enemy during battles. The Guru got up from his throne and walked towards the volunteer and asked him if it was true. The volunteer replied that he was just following the teachings of the Sikhi and the Guru, which said that ‘God exists everywhere and in every Human.’ He said when the wounded cried for water all he could see was God, so he offered them water. The Guru hugged him with a smile and said that this volunteer was a true Sikh. The Guru asked him to look after the wounded and once they have fully recovered he was to let them go back to their people with dignity and respect. A lot of the recovered decided not to leave, but instead join the Sikh army.

Sikhs have always protected and stood by the weak. The ninth Guru of Guru Tegh Bahadur Ji gave his head for the Brahmin Pandit's of Kashmir who were forced to either convert from their faith or would face death. The only option they were given was that if the ninth Guru of the Sikhs sacrificed his life for them, they would be spared. They went to the Guru and asked for his support. The Guru accepted and sacrificed his life for them and was beheaded in Delhi. A Sikh temple has been built under the name of “SISGANJ SAHIB” and the ninth Guru was named by the Hindus as “HIND DI CHADDAR”.



During the independence of India in 1947, the Sikhs were offered a Sikh State with full rights, but the Sikh leaders decided to stay united with the people of India and support one another. When the first constitution was written the Sikh leaders disagreed to sign them as all the rights they were promised were not written in the constitution. The whole of India got recognised but not Punjab itself. For this reason in 1960 the Punjabi Subha was created where 100,000 Sikhs were imprisoned.

In 1984 something happened in India that has never happened anywhere in the history of the world; where a country's own army was ordered to attack its own people. Operation Blue Star took place in Amritsar the Holy City of the Sikhs. Golden Temple and Akaal Takht Sahib the head quarters of the Sikhs were struck by tanks, military helicopters, commandos and men on foot just to capture one saint. The place was destroyed with thousands of innocent men, women and children visiting the temple dead.

After the assassination of the PM by two men, the government declared war on Sikhs where 27,000 Sikhs were murdered by mobs in front of police for three days. Before the massacre Sikh homes were marked and targeted, trains were stopped in stations and Sikhs

were taken off and brutally murdered in front of women and children.

The Sikh leaders called the Home Minister asking for help, but the minister's reply was that all the forces were busy for three days preparing for the funeral of the PM's funeral so there was nothing he could do.

My wife's grandfather was killed in Delhi during the riots and her mother's brother was brutally hit, then wrapped in a saree and set alight, but luckily he got saved by a Hindu passerby who took his turban off and made his way to the hospital. We teach our children that like a hurricane comes and takes away everything, the riots are similar where the mobs are the bad winds who have no faith or religion, they actually come to kill and loot.

The Last King of Punjab Maharaja Ranjit Singh had given the Kohinoor diamond to his son Maharaja Duleep Singh who was the last Prince of Punjab. Maharaja Duleep Singh who lived in Elveden Hall in Norfolk gifted the diamond to HM Queen Victoria during a dinner at the palace. The Kohinoor diamond was cut down and a part of it sits in the Crown of HM The Queen of England and stored in the Tower of London as part of the Crown Jewels collections.

The Maharaja of Patiala loved cars and planes. He always wanted to buy

a Rolls Royce but was refused by the company, so through a friend he ordered 50 Rolls Royce cars and on delivery got the cars converted to garbage trucks, collecting garbage from house to house in the city. He was the first Indian/Asian to own his own personal aeroplane and always used to travel in a motorcade of 20 Rolls Royce's.

The Sikhs have played a major role in World War I and World War II. Approximately 135,000 Sikhs took part during the World War I and as many as 300,000 Sikhs served in the army during the World War II and almost all combatant arms. A lot of the Sikh loyalty stories during the time of HM Queen Victoria were told to me and my wife Dimple by HRH Prince Charles during a dinner at the Palace.

India's PM Narendra Modi has visited London recently and was welcomed by all communities. During his speech at the Wembley Stadium he spoke highly about the people of different faiths, which covered Hindus, Muslims, Sikhs and others. He met separately with leaders of Sikhs and Muslims communities and listened to them and gave them assurance that he was and would look into the matters on his return back and would give more attention to resolve the issues.



# JANUARY FITNESS RESOLUTIONS - DÉJÀ VU

HERE WE GO AGAIN, IT'S JANUARY AND IT'S TIME TO GET BACK ON THE WAGON. HAVEN'T WE BEEN HERE BEFORE? JANUARY FITNESS RESOLUTIONS HAVE A HINT OF DÉJÀ VU ABOUT THEM AND THEY ALWAYS SEEM TO END THE SAME WAY.

You start off well, you diet and you get on the gym membership. You show up and you wade through the crowds to get your workout done, and you look for progress. The post-Christmas bulge starts to reduce a bit but nowhere near as much as you had hoped.

Then spring comes, and the pressure starts to build. Summer is only round the corner and you still have a long way to go to your original goal.

The year passes by and you plateau feeling guilty, powerless and a failure.

This may sound a bit doom and gloom, but I bet a lot of people reading this can identify with this cycle. If you can't then that's great, but for now I'm talking to the people for whom this is all but too familiar.

Why do you think this happens? Is it a lack of motivation? I don't think so. If that was the case, then you wouldn't have started in the first place. I think that for the vast majority

of people it is the lack of education around fitness and health. You can put all the effort in the world in, but if you're doing the wrong thing then your effort will never show.

What you need is to identify your limiting factor, the one thing (or combination of things) that is slowing your progress. There are a number of areas that can hold someone back from making a change, but luckily for you they are all here.

We at U Fit Studio can identify your limiting factor by asking you a series of questions to find out what's holding you back. It could be any one (or even all) of these things.

- Physical limitation
- Stress
- Nutritional knowledge
- Exercise knowledge
- Readiness to change
- Social support

When lacking, these 5 key areas are what we have identified as being the reason that people don't make the change.


## 1. PHYSICAL LIMITATION

It is always recommended that you should see a functional medicine doctor before starting a weightloss programme to see if there is an underlying condition that could be preventing losing weight. Conditions such as diabetes, thyroid dysfunction, deficiencies or intolerances can negatively affect any weightloss. We can refer Doctors to you if your own won't see you. In addition, we can run additional lifestyle tests that may be hindering your progress.

## 2. STRESS

Stress is more of a problem now than ever before, and the worst thing is that people think that being stressed is normal. It's not!





**WHY IS THIS YEAR GOING TO BE DIFFERENT? THE TRUTH IS, IT WON'T BE UNLESS YOU MAKE IT SO.**

Severe stress makes fat loss almost impossible, even if the diet and exercise plan is perfect. One client that we had can lose 4lbs in one fortnight and gain 2lbs in the next, just because of how they're feeling!

We work on fixing stress at the source; we also help by improving our clients' ability to deal with stressful situations and working with them to get their body better at coping too.

### **3. NUTRITIONAL KNOWLEDGE**

Everyone knows what healthy food is and how to prepare it to make it interesting, right?

Wrong, most people, particularly those who need to lose weight know nothing about food. Following a cookie cutter plan will not help you in 20years, what is needed is a programme educating people on how to cook and prepare healthy food themselves.

### **4. EXERCISE KNOWLEDGE**

You just need to get active and you'll lose weight, right?

Well sort of.

Something is always better than nothing, but there are some methods of exercise which are vastly better than others for consistent long term fat loss. Learning how to train your body rather than working out is critical for long term success.

### **5. READINESS FOR CHANGE**

This is the most overlooked factor, if you want a different body you are going to have to be ready to change who you are now. This may not mean upheaving you're entire life, but you are going to have to change something.

Many people give up before they've even started because they aren't prepared to make the necessary changes to their lives.

Our job is to make the most effective changes with the least effect on your life. That's the skill in coaching. So if you want to change but the necessary interventions seem to daunting then it's time to come to us.

### **6. SOCIAL SUPPORT**

Social support is exactly what it sounds like, and people don't make

life changing decisions without getting their close circle on board.

Our test will let you know if this is a weak point for you, and if you need to make extra effort to get support where you need it.

Go online to [www.ufitpukaar.co.uk](http://www.ufitpukaar.co.uk) to take our free lifestyle test and find out your limiting factor. Then you need to make it your mission to work on your flaws and invest in your progress.

99% of the population is dissatisfied with the results they get from their current diet, personal trainer or gym. These same people often feel that they have no choice but carry on doing the things they're doing though, even when they don't see any results.

Why is this year going to be different? The truth is, it won't be unless you make it so.

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## INTERVIEW

# 'BEING EXTREMELY CRITICAL OF MY WORK WAS DIFFICULT BUT UNBELIEVABLY REWARDING...'

**PUKAAR MAGAZINE MET WITH MEERA DARJI TO GET TO KNOW THE YOUNG ARTIST BEHIND HER AWARD WINNING FILM TRANSINDIA.**

Meera Darji, 21, was commended the Student Award for Factual Film at the Royal Television Society Midlands Centre Awards in November for her gripping short film documentary TransIndia.

Speaking soon after the awards evening, the Leicester lass expressed her jittery excitement at her film's success, "I was so nervous entering the RTS Awards and I was extremely shocked to have won; it still and probably won't sink in."

The young filmmaker graduated from Coventry University in September 2015 with a first class honours in Media Production. TransIndia was her final year project; an extremely moving documentary that explores the Indian Hijra transgender community in a personal capacity through the disciples and gurus' eyes and word in interview and day-to-day following of their lives. When asking Meera where the

film's inspiration came from she replied stating, "attitudes of sex and sexism in different countries and religion fascinated me and therefore I immediately wanted to go back to India and explore their culture classing controversies. I started looking at sub cultures, the homosexual act that was still going on, and then the Hijra community and was immediately encapsulated." Gaining access to the Hijra community was an obstacle that Meera had to face, "I was shocked by how India had become such a prudish culture, talking about sex out there is tabooed and this made it a challenge, but a challenge that reaped so many rewards," she said. "There are so many shocking misconceptions associated with the Hijra community that made me so eager to find the truth about their culture and how they live within India."

Filming began in February 2015 and lasted a month with her UK and Indian relations forming the crew. Following the filming Meera had less than a month to edit, "editing the film was the hardest and most important part of the project and I found it extremely challenging. I had to be selective; being extremely critical of my work was difficult but unbelievably rewarding with the final product."

Since completing TransIndia Meera has entered a few film festivals and is waiting to see if her documentary has been as successful as it was at the Royal Television Society Awards. Meera is currently continuing her studies at Coventry University with a Masters in 21st Century Media Practice and looks to further explore the deep roots of India within future projects.



# ADAM HAMES SET TO SHINE

**ADAM HAMES, A 16-YEAR-OLD LOUGHBOROUGH BOY WITH A DREAM, IS SET TO HAVE IT MADE AS HE TRAVELS THE ICE THIS WINTER TO COMPETE AND QUALIFY FOR THE MONO-BOB COMPETITION AT THE YOUTH WINTER OLYMPIC GAMES**

His selection within the GB Bobsleigh team was confirmed in the final weeks of October 2015 when he returned from an intense training week in Lillehammer. In order for Adam to progress and qualify to compete within the Youth Olympic Games he has to finish within the top 14 in the world at the end of this season's competitions, but Adam isn't too worried about that as after finishing sixth in the world rankings at the end of last year's season it put him in great stead leading into Calgary, Canada in November. When asked about his thoughts as he steps into the

competitive winter Adam said, "I'm proud of my recent improvements physically, I have put on 6kg within the space of three months and when I first joined I was racing 4.10 for 30m and now I'm clocking 3.88, I'm feeling very strong and am extremely excited."

Qualifying began in Canada where Adam placed ninth overall, which was then duplicated in Igls Austria the following month. Next was Lillehammer in December where Adam came fourth, so heading home for Christmas he was in a comfortable fifth place in the world rankings ahead of St Moritz. Adam

along with fellow team mates Ed Himbury, George Johnston, Ben Lynch, Annabel Chaffey, Aimee Davey and Kelsea Purchall have all had to endure months of intense competition in order to be selected and this continues right up until the Games in order for them to gain a place within the most prestigious youth bobsleigh event of the year. After a successful few qualifying races the team are looking in strong suit.

Born and raised in Loughborough, the 16 year-old has been a sports enthusiast from a young age. Bobsleigh crept into Adam's life rather unexpectedly and it was whilst the Hames' were tuning in to family friend and singer Sally Barker on the radio back in 2014 that Adam heard trials were being held for team GB at Loughborough University. "A friend and I went along and we looked very out of place, I was in baggy shorts, a baggy top, and old trainers whilst everyone else was in lycra. However, this didn't seem to affect me as I progressed rather rapidly through the phases. It all took off very quickly and after I trialled towards the end of that summer it got confirmed in September that I was in the GB team - crazy!"

Since starting his bobsleigh journey in September 2014, Adam immediately rocketed into the top 10 in the world for his age group and within his first race alone took the biggest win of his career to date. "My first race brought with it my first medal in Bobsleigh and I couldn't have been happier and more shocked that I finished



second, who would have thought!"

Bobsleigh was not the only medal winning sport for Adam that winter as he became European Wado-Kai Karate Champion for his age group. Adam began Martial Arts at the age of four and since has been awarded 12 British titles alongside his European Champion belt. It was not until after the winter season of 2014/15 that the talented fighter had to hang up his competing belts to make way for his bounding bobsleigh career, a decision that was hard for the young athlete but one that he felt had to be made. "I do miss competing in Karate, and of course I was extremely disappointed that I could not defend my European title in Hungary in November but it was just too risky to face an opportunity to get injured. I'm still training however and I will continue to do so as the high intensity plyometrics accentuates my bobsleigh training and I still get to hold on to a sport that I love "

Adam is currently studying his A-levels at Rawlins Academy in Quorn. He says that the Academy have been extremely supportive of his sporting commitments especially with taking these next few months out of his education for the sport. One way in which he says he will aim to keep on top of his studies is by skypeing his teachers whilst he is away - that is 21st century education right there!

Away from the intensity of his training and competitive lifestyle, Adam enjoys fuelling his passion for music whilst embracing the benefits of living in a successful sporting society, "I like hard core punk music, I go to a lot of gigs in Leicester and I also play the drums!" - a boy of many talents it seems. "I'm always proud to say I'm from Leicester due to its creditable sporting successes that come out of the county, I've grown up surrounded by these inspirational people."

Alongside his admiration for local sporting idols, Adam's bobsleigh inspirational figure is pilot John Jackson. "Since beginning my descent into bobsleigh 'Jacko' has been an idol of mine. He has been in the sport for so many years, but one moment in his career I will always remember him for was when he ruptured his achilles

tendon seven months prior to the Sochi Olympics and yet still managed to get back fit and compete, that takes guts!"

Behind every successful athlete is a supportive structure, and Adam certainly has that! He said, "I am extremely grateful for everything big and small that both my mum and dad do for me. I also have to recognise the help of others to get me where I am today. Firstly I would like to thank Joe Humphries Memorial Trust for my inspire award which has helped me greatly financially to enable me to complete my training, secondly to Sports Aid who have helped fund the team throughout the whole youth programme, thirdly to Dave Hall School of Driving, and last but not least Blazewear who have provided me with top of the range heated clothing for this season."

**"I'M ALWAYS PROUD TO SAY I'M FROM LEICESTER DUE TO ITS CREDITABLE SPORTING SUCCESSES THAT COME OUT OF THE COUNTY, I'VE GROWN UP SURROUNDED BY THESE INSPIRATIONAL PEOPLE."**



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# ACTING: A TOUGH LOVE INDUSTRY

PUKAAR MAGAZINE'S IMOGEN HARRY DISCUSSES THE HARDSHIPS OF BREAKING INTO THE MOULD OF THE ACTING INDUSTRY WITH ACTOR MARK WILLIAMS.

More greatly known for his doting father role as Arthur Weasley in the Harry Potter series, the Birmingham born actor has had an extensive and successful acting career that began in his school years. When Mark moved away from the midlands to attend the University of Oxford he threw himself into acting and began within the touring theatre company Micron. Since, Mark has starred in theatre, in blockbuster films, and in TV dramas with arguably his most famous cinema roles within the much loved *Harry Potter* series, *101 Dalmations*, his TV appearances in *Red Dwarf*, *The Fast Show*, and most recently for his lead role in BBC drama series *Father Brown*.

Mark is currently filming for the famous book turned film *Heidi* in which he plays brothers in a bit of a Tom Hardy style performance as the village post man and police man

adding to his extensive list of cinema roles.

The acting industry has changed drastically over the years, evolving with the development of technology and its many abstract pathways into the profession. Mark tells us how he made his first big steps into the job, "The first thing I had to do was get an equity card which was in 1983 as back then you could not have an acting job without one and you couldn't get an equity card without an acting job (laughs) however certain companies could give you one and I got mine from Micron and that's where it began."

Holding a very respectable charter of roles and years of experience of highs and lows in the profession Mark held one very distinctive piece of advice for those who believe they have what it takes, "If you want to be an actor you want to take one very very clear look in

the mirror as that is who people are going to see. You need to be very certain that you want to do it, and I don't mean 'pretty sure', you need to be certain."

Mark advises that people should be prepared to suffer a lot of knock backs when attempting to make it in the 'tough love' industry, "People always think it is about big breaks but it's not, it is a slog and if anyone wants to be an actor that is one of the things you must know. Another is that you have to come to terms with being unemployed because you won't be working all the time."

When asked what he believed to be a highlight of his career Mark replied saying, "I wouldn't call it a career, it is a bunch of jobs stitched together by hope and fear. It's all been exciting, I mean proper exciting."

## ENTER 2016 A STYLE SENSATION

PUKAAR MAGAZINE'S  
**MEGAN HYDEN** BRINGS YOU  
THE LATEST ESSENTIAL  
WINTER FASHION TRENDS

### DAYTIME



Wallis, £55



White Stuff, £69.95



F&F at Tesco, £6



Topshop, £40



Debenhams, £18

Brilliant basics and current classics are perfectly on trend as we enter 2016. You won't have to look far for some plain t-shirts, which is just as well as these basics are a must have in your wardrobe as the season starts to turn from winter to spring. You can't go wrong with a pair of turn-up mom or boyfriend jeans over these next few months – a classic item, but a sure way to present a relaxed and fun style.

Liven up your contemporary and classic casual look with some stand out signature fashion accessories. Add a flare of sophistication with a skinny style fashion scarf. A bold pattern such as animal print will be sure to add a touch of class to your cool, casual look team with a comfortable and casual trench coat for warmth. If you opt for a natural, camel or brown toned coat, match it with a pair of brown leather brogues.

Knee high boots are high in the fashion stakes this season. Sued, leather or any other material that excites the fashion guru in you – you'll be sure to make

an impression at the start of the year in this choice of footwear that can be teamed with a turtle neck. These are still a key fashion statement at this time of year. Pick a high-neck dress for a stylish and simple but suave evening outfit. Evergreen tones are very fitting as the season changes to spring.

Look outstanding on all occasions with a touch of fur to your evening outfit. A gilet is an elegant addition to any winter outfit, with the waterfall style a very popular choice.

No outfit is complete without those finishing touch accessories. Be bold and brave with some patterned tights to accompany your simpler dresses or skirts. Get ahead of the fashion game with a gorgeous half-moon shaped bag – an upcoming trend as we move into the early month of spring.

Whether you stay simple and sophisticated, or go bold and brave, with these fashion trends you will be sure to start this New Year being a style sensation.

### EVENING



Very, £59



Topshop, £20

Topshop, £10



Monsoon, £89

BHS, £20



# MEN'S

Stay warm whilst displaying a cool neo-seventies rebel and rock look with a collared leather jacket. This current fashion trend is fitting for a casual day time outfit. Alternatively, it can be teamed with some smart chino trousers for a more formal evening look.

You will be pleased to be informed that you can still feel comfortable whilst looking smart and sophisticated this winter. If you wish, you can choose to put aside the skinny fit trousers and opt for more loosely fitting, baggier chinos and trousers.

Burgundy, a warm winter tone, is a key colour choice on the red carpet this year. Pair a warm coloured shirt with a long chequered scarf to ensure you are hitting all the right colour and pattern trends in your smart outfit attire.

Brogues are a constant sensible and sophisticated choice of footwear for your smart evening outfit; but don't be afraid to wear a pair of utility ankle boots for your casual daytime look. Ankle boots

have become increasingly popular for men in recent fashion seasons and this is yet to change in the coming year.

Display true style wearing a casual t-shirt with an oversized pocket – a common addition on many items of clothing this year's opening months. Don't be shy to try out the patchwork pattern fashion trend that is cropping up in many high street stores.

Even though we are heading in the direction of spring, turtleneck jumpers should still hold a prominent place in your 2016 wardrobe. If this style of knitwear is not keeping you adequately warm at the beginning of the year investing in an oversized three-quarter length coat will be sure to add that extra layer of cushioning warmth.

Coats and jackets with fur, or those that sport natural tones such as brown and beige, are bang on trend this winter. Don't feel like you are shying away by wearing grey either, as the more neutral and adaptable

colour is proving to be a popular, sophisticated, and stylish colour choice.

Jeans – a never ending wardrobe must have. A pair of mid-wash jeans with rolled up ankles will be sure to cooperate perfectly with your casual winter warming knitwear and turtle neck clothing.

## EVENING

*New Look, £12.99*



## DAYTIME

*NEXT, £28*



*White Stuff, £75*



*River Island, £150*



*TU at Sainsbury's, £30*



*House of Fraser, £100*



*Primark, £35*



*White Stuff, £27.50*

*Debenhams, £22.50*



*NEXT, £32*



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# £754,000 NEW HOME FOR LEICESTER PRINT WORKSHOP

PUKAAR MAGAZINE EXPLORES THE NEW DIGS FOR ITS 30<sup>TH</sup> ANNIVERSARY.

Leicester Print Workshop opened its new foundations to the public in November as it showcased its three main functions: to be a studio for artists, to provide education, and to exhibit.

Located on St George Street, this Arts Council England gem of a workshop is a spectacle of architecture that provides the fresh faced look that the workshop team had been waiting for since 'Our Big Move' project launched back in April 2012.

As I explored the building alongside Director of Leicester Print Workshop, Lucy Philips, I was marveled by the simplicity of the interior, the large open space, and the unique flair that each artist had put into making the studio their own.

"We are so lucky that we have the open layout which provides such a welcoming feel to the working area and we hope this will welcome more artists to the workshop.

"I have been living and breathing the whole breadth of the project and I get real energy when someone comes in and says 'it's amazing' it's extremely rewarding."

The facility launched its education programme this month which will comprise of evening, week-day, and weekend classes focusing upon a variety of skill practice including etching, letter press, book lining, and screen printing.

The individuality and uniqueness about this Leicester based workshop is that it remains in the richness of printing's authenticity as they use antique machinery to produce the crisp, handmade prints.

Since the success of their launch weekend, Lucy is looking to hold a few more of these open days throughout the year so that recognition can be given to the extensive list of registered artists of Leicestershire.

"There aren't many of these places in the country and we are hoping that it is going to put us and Leicester as a print maker on the map."


2016 is the workshop's 30<sup>th</sup> anniversary and they are set to celebrate 30 terrific years with the return of one of their largest exhibition programmes: Smallprint.

Smallprint showcases a selection of 150 pieces of international artists' work that will be displayed within the new Attenborough Arts Centre before touring the country and returning to the Workshop.

Leicester Print Workshop is a charity and therefore relies upon the generosity of public funding and artist memberships. The studio welcomes new members so if you have a passion for print why not pop over to St George Street and view the spectacle for yourself.





A man with short grey hair and glasses, wearing a grey suit jacket over a blue shirt, is shown in profile from the chest up. He is holding a rolled-up poster with both hands. The poster has a teal and white design with the text 'non ys...' and 'THE BACK P... A WEEKEND OF MUSICAL TALENT'. The background is dark and out of focus.

GEOFF ROWE,  
A SELF-MADE  
BUSINESSMAN,  
COMMUNITY  
ACTIVIST AND  
LEICESTER'S  
FIGURE OF  
COMEDY



**PUKAAR  
MAGAZINE  
CAUGHT UP  
WITH THE MAN  
HIMSELF TO  
HEAR HOW HE  
MADE LAUGHTER  
THE FUEL TO  
BUILDING  
ENGLAND'S  
LARGEST  
COMEDY  
FESTIVAL.**

*'It was all a bit of an accident!  
We never expected it to  
go on for this long, but  
it is incredibly fun  
and I thoroughly  
enjoy it!'*

Although Geoff may be steering clear of a stage performance any time soon, he surely is the man behind the man behind the microphone as the co founder of Dave's Leicester Comedy Festival. Born in 1993 the festival enters it's 23rd year in 2016 bigger and better than ever stretching it's reach to 65 venues with 780 events and near to 700 comedians attending and performing. To think that this festival began as an idea among eight university course friends who had to create a practical piece for the final year project is baffling. Picturing the eight individuals at De Montfort University's students union discussing the concept over a pint is an amusing image in itself and it is what makes the festival incredibly rich in its nature and what sets it aside from any other - it's passionate.

When I asked Geoff how it all began he was incredibly humble as he told its progressive tale, "It was when we saw within magazine NME the saying 'comedy is the new rock n roll' that somebody within the eight of us, and no it wasn't me, suggested that we put on a comedy festival, and in a classic student manner we just all shrugged and went 'alright'."

It was Geoff however that jeopardised his summer holidays between second and third year to stay in Leicester and build the foundations for the festival. The student visited potential venues, spoke to local radio stations and began addressing possible patrons that he says resulted in a rather unexpected breakthrough, "I was out one day and I got a call at my student home, my house mate took a message for me and then rang me straight away saying 'I

think Tony Slattery just rang asking for you mate' - that was weirdly wonderful."

The idea became a reality with their first festival debut in February 2013 and it's success carried on after the eight students graduated that same year. It grew with each year and the partnership and support of TV channel Dave allowed the now Dave's Leicester Comedy Festival to expand beyond anything the Buckinghamshire born boy imagined. Geoff said that the following 22 years were completely unintended, "It was all a bit of an accident! --

It was out of the success of Dave's Leicester Comedy Festival that Geoff formed the charity company Big Difference Company. This Leicester based organisation runs and manages a handful of projects all over the country that focus on improving a community's awareness of health, wellbeing and development of life skills all through the use of comedy. It is through the innocence of humour that the company tackles harrowing subjects through life changing schemes.

Comedy is very much a popular culture within Great Britain and with so many events held across the country we asked Geoff what he felt made the festival stand out from so many others, "There are lots of comedy festivals all over the UK and Europe, we are the best obviously (laughs) but I am hugely biased of course. I think what makes us stand out is the scale of our festival and there is a kind of vibe that you don't necessarily get at a smaller festival."

The festival has seen performances from thousands of fantastically

talented comedians big and small, has been hosted in venues covering Leicestershire, and has witnessed hundreds of thousands of giggles, chuckles and snorts. But what makes this Leicester based comedy festival so unique and timeless? We asked Geoff this exact question, "I made a decision very early on that I wanted the festival to be festive. I wanted to make our events special; we do stupid ideas in silly venues that may or may not work, we have launches, we have parties, and this all makes an atmosphere of which is needed. Festivals need to be celebratory and exciting, dull festivals are dreadful so I am pleased that we have managed to sustain a buzz over such a long period of time. If I ever feel like the festival is becoming repetitive, or god forbid very boring, then I would stop."

The directing team at Dave's w Festival have been lucky to have always attracted famous comedians along with the developing of newer acts, and those who have come from the festival and are now established artists: for example Sarah Milligan and Jonny Vegas who began doing tiny gigs to tiny audiences - now look at how they have grown! Although Geoff may not be a comedian himself he certainly appreciates the marvellous adaptive nature of its genre. A man who you may believe would brush away competition welcomes it with open arms, "The more the merrier. The more people that want to go and see live comedy the better for us all!"

The 18 days of comedy places Leicester within the spotlight and it is during these times of stardom that Geoff believes truly reflects Leicester's potential, "I think Leicester is a great festival town and I don't think we exploit this as much as we could. The festival brings over £3million to the community each year, that's nothing to do with ticket sales, it is an accumulation of profits from bars, hotels, taxis - all the extra expenditure made by individuals. People tell me that it is part of the fabric of Leicester. Take into consideration that people who were ten years old when we began back in 1993 will now be 33; they have grown up with the festival in Leicester every February and so it is now somewhat part of the DNA of Leicester as such, I am proud to have been a part of that."



# SUCCESSIVE SUCCESS FOR SAMEENA

**OUR COVER STAR OF  
2013 SAMEENA ALI-  
KHAN IS RECOGNISED  
FOR HER DEDICATION  
TO BROADCASTING.**

She is one of the most recognisable faces on our TV screens and has again been crowned the industry's biggest personality. Broadcaster Sameena Ali-Khan achieved a remarkable first by winning the hotly contested Best On Screen Personality category of the Royal Television Society Midlands Awards for the second successive year. Sameena was hosting the prestigious ceremony attended by hundreds of TV industry peers and she was clearly both surprised and delighted with the honour presented on stage by Pukaar Magazine founder and owner Romail Gulzar. When asked how she felt when she received the award Sameena was in jubilation, "I'm delighted to win this award, and honoured to be given this title again! I can't stop smiling!"

Welcomed into homes across the Midlands each weekday night as one of the main anchors of the regional programme ITV News Central, it is Sameena's on-screen presence as a friendly, warm, trusted and authoritative presenter that has won over viewers and awards judges.

She began her career in 1990 in commercial radio then moved to BBC local radio as a reporter and presenter. She's worked for the BBC, ITN, Radio 5, Asian Network and since 2005 she has been the main anchor for ITV News Central in the Midlands. She has interviewed an extensive list of people from the Duke of Edinburgh to Hugh Grant and has presented many outside broadcasts including the Royal



Wedding, The Special Olympics and the Riots of Birmingham.

Her hard work, professionalism and dedication to broadcasting, has previously been recognised with several awards including Media Professional of the Year. She is an ambassador for Breast Cancer Research and the Princes Trust, and this year Sameena became a patron for charities campaigning against domestic abuse. An activist within our community, Sameena regularly visits schools and

colleges to inspire and encourage the next generation of broadcasters.

The mother of two juggles a full-time career with regular event hosting and a busy family life as mother to a 17 and 7 year old. Alongside her career she has a passion for cycling, baking and shopping! On top of all of this Sameena has even managed to write a romance novel for Mills and Boon. When asked just how she manages to fit it all in she said, "My family keep me going, they make the hard work worth it!"

# SKIING IN JAPAN



MORE GREATLY KNOWN FOR ITS FUTURISTIC SPECTACLE CITIES AND FLAMBOYANT HERITAGE OF TEMPLES AND GARDENS, JAPAN HAS RECENTLY STEPPED INTO THE WINTER SPORTS LIMELIGHT AS THE NEW CUTTING EDGE COUNTRY TO VISIT FOR SNOW AND SLOPES.





Four months of snow falls here every year, lying as a thick cushioning blanket upon the central and northern highlands of Japan. The high snowfall is thanks to the benefit of Siberian weather fronts passing over the Japanese mountains. Over 70% of Japan's land is mountainous, which has proven to be a secret escape for city workers during the winter frosts, that has recently come to the fore front of the modern day picturesque winter holiday hunters.

In addition to skiing, winter holidays to Japan offer a cultural experience that skiers may not necessarily get in Europe. Aside from the slopes a number of resorts offer the chance to delve within their hot springs and spas, the visiting of a collective of sacred temples, and the close proximity of the vibrant city richness of the country. Although you may be going to experience a cold mountain based holiday you should take advantage of being within this culturally centered country and visit Tokyo for the day. Wander the city streets and visit the Imperial Palace, the Tsukiji fish market, and shop a little in the hustle and bustle.

Japan hosted their first Winter Olympics in 1972, which was the first to be held outside Europe and North America, and it shone a new light upon the image of skiing in Asia. The country and its islands are covered in over 500 ski resorts, scattered over Japan comprised of large-scale facilities holding dozens of runs to small one-life slopes that have a select handful of courses. Here I shall name but a few that are becoming fully booked out holiday destinations.

The island of Hokkaido, the country's second largest island, is hosting its 67th Sapporo Snow Festival in February, an annual event that welcomes the snow lovers amongst us to congregate together and celebrate the country's winter wonderland. The festival is one of the largest winter events and attracts around two million people each year. The worldwide visitors come to glimpse the array of splendid sculptures that cover Susukino with the international snow sculpture contest held at the Odori Park during the seven-day festival. Sapporo is the largest city within the northern island and one of the nation's youngest, which means this central hot spot is far from the traditional 'Japanese-esque' but is composed of tree-filled boulevards and open space that so happily accompanies the heavy snowfall of winter. The snow season on the island runs from the start of December to the end of March with the best snowfall between January and February. Only a two-hour flight from the airport in Tokyo it is easily accessible and the resorts of Niseko, Rusutsu and Furano are within a short





## GETTING TO JAPAN FROM THE UK COULDN'T BE EASIER.

Festival is to be held on February 6, which is profoundly known for its remarkable fire and fireworks display. The 'ice monsters' of Zao are a famous spectacle of the northeastern area of Japan and is one of the natural wonders of the resort. The creatures come to life in the coldest months, usually between New Year and March, by the outstanding combination of ice and snow falling and forming unusual shapes that are fully appreciated during the night illuminations at the top of the mountain.

Getting to Japan from the UK couldn't be easier, there are plenty of direct flights from London to Tokyo, but if you want to travel from closer to home Birmingham International Airport has regular one stop flights that if you book in advance can come at great discount.

If you are a powder hound then skiing in Japan deserves a rightful place within your bucket list.

Crosscountry events in the 1998 Winter Olympics. Hakuba is a village within Nagano where the surrounding valley has an annual snowfall of over 11 metres and is seen as the central hub of 10 ski resorts composed of more than 200 runs. This resort caters for all levels of skiers and snowboarders with 50% of their slopes of intermediate level. Due to the vastness of the resort it holds an abundance of activities that all the family can enjoy. Another resort within Nagano is Yokoteyama-Shibutoge which is Japan's highest ski resort scaling up to 2,307metres bringing with it the highest slope and ski lift in the country. A four-hour drive stands between you at Tokyo Airport and reaching Nagano, but many prefer to travel in the iconic Shinkansen bullet train, which gets you to the resort in super speedy pace.

Lastly, Zao, located in the Yamagata prefectural, a mountain haven that once snow falls, turns into a mecca for winter sports. A five-hour train journey from Tokyo, this resort has 15 different slopes and offers a wide range of courses for all levels of riders. The area has so much to offer and for the family visitors there is a large snow park, which attracts thousands of visitors each year. The Juhyo

transfer ride. It is an island that embraces its rural richness surrounded by national parks and thriving wildlife making it a large contrast to Japan's vast cities. The impressive dormant volcano, Mount Yotei, is the greatest view from Niseko resort and is a landscape that has to be explored. Another beautiful resort of Sapporo is Kokusai, a comprehensive resort located near the tranquil Jozankei Hot Springs. The hot springs can be accessed everyday by a short bus journey from Sapporo station for people to soak and escape the busy city or relax their muscles after a long day of skiing. During the famous snow festival the hot springs is hosting a handful of events and it will be open free to the public.

An area that has become internationally renowned for its scale of winter skiing and mountain terrain, the Nagano prefecture holds numerous beautiful ski resorts. Situated on mainland Japan within the Japanese Alps this large area held the Alpine, Ski Jump, and



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PROMOTIONAL

# WIPERS

FRI 8 APR -  
SAT 23 APR  
STUDIO

October 1914, Ypres, Belgium. The British forces, bolstered by huge numbers of volunteer soldiers from across the Empire have suffered huge casualties in one of the first bloody battles of The Great War.

As a sole survivor on the battlefield holds off the advancing enemy troops, a group of South Asian and British soldiers seek refuge in an abandoned barn. Over the course of a single night, this group of men must confront their fears and find a way to come together if they are to survive.

So starts Curve's latest commissioned work *Wipers*, written by acclaimed playwright Ishy Din and inspired by the real life story of Khuddadad Khan, the first South Asian soldier to be awarded a Victoria Cross for his extraordinary bravery at the First Battle of Ypres.

"This was the almost the first time in World War 1 where South Asian troops were involved in any sort of action and all of a sudden at Ypres the full force of the German Army was unleashed against this line at that they were defending" remarks Ishy as he takes a break from developing the play in one of Curve's rehearsal rooms.

"One by one these soldiers started dying but Khuddadad Khan kept on fighting, he got injured but he kept on fighting whilst everybody around him was dying. He kept on firing his gun and kept the Germans at bay for ten hours; he was literally the only soldier left defending that line. The ten hours he fought meant that French reinforcements could arrive and stem the German advancement. Without him the Germans could potentially have had a free run all the way to the channel and the war would have been over."

The play follows this extraordinary battle from a barn a few miles away with our three soldiers, ordered to fall back as Khuddadad Khan fights on. But why were they told to abandon their fellow fighters? Who told them to flee and what are the consequences of their actions for all of them?

All becomes clear in this explosive new play honours the contribution of the million South Asian soldiers who fought alongside their British brothers during the First World War; and is directed by Curve Associate Director Suba Das.

## PERFORMANCE TIMES

Mon - Sat 7.45pm

Thu & Sat 2.30pm

## TICKETS

£16\* - £12\*

Previews (8 - 13 Apr) All tickets £10\*

## DISCOUNTED TICKETS

£10\* Under 16s

£12\* 16 - 26 years

£2.50 off for over 60s and registered unemployed

£10 under 18s  
school groups

£10 Groups 10+

15% off for Members

## SIGNED PERFORMANCE

Wed 20 Apr 7.45pm

## AUDIO DESCRIBED PERFORMANCE

Thu 21 Apr, 2.30pm

## CAPTIONED PERFORMANCE

Sat 23 Apr, 2.30pm

# HIGH SHERIFF OF LEICESTERSHIRE

## PUKAAR MAGAZINE'S IMOGEN HARRY DISCUSSES THE OFFICE AND ITS ROLES WITH GORDON ARTHUR.

High Sheriff Gordon Arthur was born in the Sudan before moving to his mother's roots in Essex in 1954. Having studied law at Cambridge University and qualified as a solicitor, Gordon lived in London where he met and married his wife Janet before they moved to Leicestershire in 1981. He became a partner in Leicester firm, Harvey Ingram (now part of Shakespeare Martineau).

After retiring as a solicitor in 2013, Gordon went back into education and studied for a postgraduate diploma in Inter Religious Relations at the St Philips Centre, accredited by De Montfort University. On April 7<sup>th</sup> 2015 he took up his one-year appointment as High Sheriff of Leicestershire. He was nominated five years ago by a previous High Sheriff, his name was then considered by a scrutiny panel and finally he was appointed by the Queen back in March.

The office of High Sheriff is the oldest secular office under the Crown, over 1000 years old, and the post has seen a great deal of change over the centuries. In the early years the Sheriff was responsible for maintaining law and order and governing the county on behalf of the king, but from the 13<sup>th</sup> Century onwards different offices have been created that have taken over nearly all of the tasks originally performed by the Sheriff. Now more of a ceremonial role, the one-year office has three distinct remaining duties, one: to welcome and entertain a High Court Judge when he or she comes to Leicester, two: to act as returning officer in a county constituency, and

three: to proclaim the successor when the monarch dies (although of course this has not happened since 1952). In recent years the office has been largely reinvented so that the Sheriff is now mainly occupied in visiting charities and organisations to learn about and recognise their work.

One of Gordon's aims is to try and increase engagement between city and county. "The old division of rural county and industrial town is still there but that has been supplemented by the new populations in Leicestershire that represent different ethnic and cultural backgrounds. I have a particular

interest in trying to help bridge these divides whilst learning more about the diverse society we all live in."

"There is only so much you can do in 12 months but I hope at least to have raised the profile of the office, particularly in the city, so that more people have heard of the High Sheriff and hopefully know a little bit about what the Sheriff actually does to help develop community cohesion," he said.

"Although it's a traditional and formal role it is also a personal one and therefore each Sheriff has their own particular emphasis. One of my initiatives was to set up a High Sheriff



of Leicestershire website. This was by agreement with my two successors and they will be able to develop it further as a tool for increasing awareness of the office of High Sheriff."

The 800<sup>th</sup> anniversary of the Magna Carta in 2015 blessed the High Sheriff with several opportunities to celebrate the document with the greatest influence upon his office. During May he was part of a group from Leicester visiting London to celebrate the 800<sup>th</sup> anniversary of the day when the City of London joined the rebel barons, being the pivotal moment which forced King John to negotiate. Gordon also represented Leicester at the official ceremony at Runnymede on the actual anniversary date of June 15<sup>th</sup>.

Besides attending many events, Gordon has also organised and hosted events of his own, including a teatime reception in July for a wide range of people from all over the city and county and other events to raise funds for charity. He was particularly pleased to use the Magna Carta anniversary as the theme for a major Justice Service attended

by over 500 people. All these events have been aimed at building bridges between local people. When asked why he held such events Gordon said, "I believe that one of the most worthwhile things I can do is to enable people from varying backgrounds and interests to meet one another."

Having three children that have all flown the nest, Gordon and his wife Janet, enjoy country life, walking their dogs and swimming before breakfast in their open-air pool. "With my office only lasting 12 months I am trying to pack as much as I can into each day and therefore I do not get a great deal of free time at the moment, but when I do Janet and I enjoy going to Curve as we are very lucky to have such a vast range of artistic talent in Leicestershire."

2015 has been an important year for Leicester and Leicestershire. With the reinterment of King Richard III and the three Rugby World Cup games, Leicester is now an international household name, and Gordon recognises the vast benefits that hosting such spectacles has brought to the county. "The events

of 2015 have brought many visitors to Leicestershire and have really put us on the map. Leicester as a city seems to have more confidence and its economy is clearly booming at the moment."

Along with the duties of office, Gordon is a trustee of the Leicestershire Victoria County History Trust and the St Philips Centre in both of which he invests a large amount of his time. A charity that all High Sheriffs of Leicestershire have supported for many years is Warning Zone. This is a learning hub for children to visit and learn about the risks and dangers associated with the world we live in whilst helping them make good judgments and decisions in response - the recent opening of the new E-Safety Zone has been an exciting new development.

On April 8<sup>th</sup> Gordon will hand over to Professor Surinder Sharma, former Leicester City Councillor and chair of the Housing Committee, and now chair of the Leicester Race Equality Council. The ceremony will be held in the Council Chamber at the Town Hall.

*"I believe that one of the most worthwhile things I can do is to enable people from varying backgrounds and interests to meet one another."*



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MODELS

# WHERE WALKERS FOUND ITS ROOTS

IT WAS WHEN A BUTCHER NAMED HENRY WALKER BOUGHT A LITTLE SHOP IN THE HIGH STREET OF LEICESTER THAT CIRCUMSTANCES WOULD LEAD HIM TO CREATING THE FAMOUS CRISP BRAND.

In 1948 in Leicester, Walkers was founded by Henry Walker, a company famously renowned for its crisps and potato snacks. Walker opened a butchery in Leicester in the 1880s, which led to success and the search for bigger premises in the early 1990s.

However, meat rationing and food shortages after the end of World War II led Walker to have to make a quick business decision. Due to the vast availability of the trustworthy potato, Henry Walker decided to start manually cutting, peeling and frying them to make crisps. Walker started selling crisps to his customers, which proved to be the start of a brilliant business. Consequently, in 1948 the Walkers brand was born.

The brand grew at a vast rate and soon the process of manually cutting potatoes had to be modified. The company now has crisp-producing factories all around the UK; however, Leicester is still home to what is thought to be the largest crisp manufacturing plant in the world. This enormous food-processing site is located at Beaumont Leys, producing the world famous Walkers crisps.

The history of the Walkers brand is extremely impressive; it had spread its popularity across the Midlands by the end of the 1970s, the brand then launched into Scotland in 1995, crossed the sea into Northern Ireland by 1997, and into the Republic of Ireland during the turn of the century in 2000.

In 1989 it was acquired by Froto-Lay, the owner of Lay's, a division of PepsiCo. The famous yellow logo with a red ribbon poses similarities with the Lay's crisp brand sold in Europe.

Nowadays, as Walkers produce crisps on such a large scale, during their potato harvest time it is

possible for potatoes to be turned into crisps in packets within only one hour.

Walkers still has a significant presence in Leicester today.

There is a lack of coincidence that since 1995, the Leicester born former footballer and current sports broadcaster, Gary Lineker, has been the face of the brand appearing frequently on advertisements promoting the potato snacks.

The Walkers brand, since its creation, has been a large employer for the citizens of Leicester. Due to the scale of production, at the beginning of 2015 the major snack-producing complex in Leicester was known to be employing over 2,000 people.

# LATE WINTER WARMERS

**1. Root 7 Citrus Zinger** £14.99

*Ah those famous New Year resolutions; to get fit and healthy, detoxing after the festivities of Christmas, and pumping our bodies full of antioxidants. Well these water infuser bottles are a key item to starting the year off in the right direction, and the fun of this colourful container is that there are no ends to what you can filter your water with, so experiment and enjoy!*



**2. Harlequin Katsura Throw** £195.00

*Woolly warmers and rich colours are what every home needs to feel cosy in the cold opening months to the year and the Harlequin Katsura throw is just the item you need to add colour and texture to your bedding. Snuggle up under this thick cotton throw as the chilly nights draw in.*

**3. Emma Bridgewater Water Lily Tea Jar** £35.00

*Prints, prints, prints – they never go out of fashion and when it comes to brightening up your home with the falling of winter the kitchen should never be deserted, and this beautifully hand painted Emma Bridgewater tea jar is exclusive to John Lewis so grab one while you can!*



**4. Mason Cash Baker Street Gingerbread Family Set** £20.00

*Baking and family activities aren't just for Christmas...so get the family together and create some mini ginger bread friends with this fun set.*







5

### 5. Lexington Check Lambswool Cushion £79.00

*Once heard someone say 'you can never have too many cushions', and this marvellous person must have seen the check patterned lambs wool cushions in for the winter. These timeless pieces will look great on the living room sofa or placed on a bed, versatile and comforting.*



6

### 6. David Domoney Daffodil double mix bulbs £6.99

*What welcomes spring better than a daffodil? – simply nothing. Buy your David Domoney bulbs this January to plant ready for the opening of spring, and brighten up your garden with a carpet of yellow blossoms.*



8

### 8. Roberts Revival Mini DAB/FM Digital Radio £139.95

*It's bold, it's bright and it's full of beats. This digital portable radio is a gem of an item that adds a splash of colour to the home and comes in six different shades. Quirky and vintage this box is candy to the eyes and ears.*



7

### 7. Molton Brown Black Peppercorn Aroma Reeds Diffuser £39.00

*When you walk into a room nothing is better than being hit with the fresh smell of cleanliness. Molton Brown's iconic black peppercorn aroma will bring a rich infusion mixed with essences of lemon and ginger to any room within the house and is a much needed all year round fragrance.*



9

### 9. Little Greene paint range tester pot £4 or 1 litre from £26.00

*Fresh year, fresh lick of paint? – Why not give your walls a new look and have some fun with these mini testers. Pink is the bold statement creeping into fashion within the spring months so be daring and embrace your feminine side.*



10

### 10. John Lewis Minna Cylinder Lampshade £30.00 - £40.00

*It's the little things that make a big difference when it comes to décor and this own brand John Lewis lampshade is a perfect buy to brighten up a space. Coming in two sizes and tones of blue, the nautical simplicity of the abstract dash screen pattern brings warmth and texture to the room.*

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And for those seeking a romantic getaway, the adult-only section will be just the place with its private beach and sushi bar.

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# RUGBY WORLD CUP 2015

THE FANZONE HAS LONG GONE, THE RUGBY POSTS HAVE BEEN PACKED AWAY, BUT THE MEMORIES OF RUGBY WORLD CUP 2015 IN LEICESTER REMAIN. PUKAAR LOOKS BACK AT THE WEEK WHEN LEICESTER WELCOMED THE WORLD...

THREE exciting matches, hundreds of free events and tens of thousands of visitors in one week – that’s what Leicester experienced as a Rugby World Cup 2015 host city.

In a carnival atmosphere that lasted all week, an estimated 72,000 people enjoyed a packed programme of cultural events, more than 86,000 fans filled the stadium on match day, and a total of 23,700 people watched the games on the big screen at the Victoria Park Fanzone.

Assistant city mayor Cllr Piara Singh Clair is proud of the way that Leicester hosted the tournament.

“It’s always a gamble, hosting a major outdoor event in the autumn, but the

weather was generally kind to us, helping to create a holiday atmosphere in the city,” he said.

“The midweek rain and England’s failure to qualify for the quarter-

finals clearly deterred some local fans from coming out, but nothing seemed to stop the fans who came to Leicester to support their teams from enjoying themselves.

“All three of the matches played in Leicester proved to be exciting – and it’s fair to say that the quality of the rugby was matched by the quality of the atmosphere in Leicester.”

The players of Argentina, Tonga, Canada, Romania and Namibia brought passion to the pitch – but their fans brought colour to the whole city, visiting shops, bars and local attractions in their teams’ colours and with their faces painted with their countries’ flags.

Their presence meant that city centre shops and businesses reported good trade during the tournament – and Leicester’s major hotels were also fully booked.

Arrangements for travelling fans worked well too, with more than 4,000 cars – and an estimated 10,400 people – using the special park and ride services from Oadby racecourse and Birstall, and all 340 spaces at the Saffron Lane athletics track pre-booked for each of the three matches.

“I’m very proud that we were able to create an environment that was so welcoming to our visitors from overseas,” said Cllr Clair.

“And that was thanks to the friendliness of local people, the enthusiasm of the volunteers, the quality of the entertainment on offer, and the family atmosphere at our Fanzone.

“I’m very grateful to all our staff, our partners, the performers and the volunteers, who worked so hard to make sure that everyone who came to Leicester had a good time.”



# 5

# HAPPY BIRTHDAY TO ME!

BUSINESS

## AS WE CELEBRATE PUKAAR MAGAZINE'S FIFTH YEAR ANNIVERSARY EMMA SMITH TAKES A LOOK BACK ON OUR FABULOUS FIVE YEARS

We can barely believe it ourselves – it's been five years! Our time has been spent editing, photographing, writing and then doing it all over again in an excitable frenzy. In our elation about the success and brilliant fun we have had in this time, we've decided to wrap up some of the fantastic people we have met, the brilliant team we have worked with, and the stories we have featured which have made Pukaar Magazine exactly what it is today.

Of course the first person whom we must mention and of who we are greatly thankful for supporting and driving us is Romail Gulzar, publisher and sales executive of Pukaar Magazine. On discussion with Romail he expressed how proud he is of the magazine and it's



progression, "We have had enormous amounts of help captivating this with our editors throughout it's time, who we must thank for everything they have done, especially the first editor Kelly Pipes who supported me throughout the initial production. Praise should also be given to all 50 writers who have previously done work experience with us and have contributed massively."

"What makes me proud is how much we have helped young people gain the skills they need to get into the industry. We offer work to local aspiring journalists as well as 12-month internships to individuals hoping to get into editing careers, which can be extremely difficult to get into. During the years we have seen many faces come and

go with the magazine that have all left their individual marks."

Pukaar's business moral focuses on providing editorial experience to individuals hoping to crack into the industry, and this is the reason that we offer these 12-month internships. Our first editor was Kelly Pipes who although was sceptical about developing a magazine during a time in which print media was starting to fade; acknowledged Romail's optimism and journalistic desire to root out real issues of which brought the magazine to life. The combination of each editor's dedication and Romail's undefined passion has led Pukaar Magazine to thrive. Since Kelly, we have seen a handful of extremely talented editors pass through the magazine,





middle-eastern star Dr. Halla Diyab, a writer of popular television dramas and a TV personality. From here we continued our legacy of featuring inspirational and motivational individuals with empowering stories with a further 17 cover stars. Anne Davies, Drew Sullivan, Sameena Ali-Khan, Rendall Munroe and Sam Bailey are to name but a few and all have held a strong connection with Leicestershire and its people.

We have been extremely lucky during our years and have had the opportunity to cover some incredible stories. Ofcourse one story that truly encaptured the heart of the city was King Richard III. Within our spring edition of 2015 we produced a wide range of coverage on the

each adding their own flair to the publication, it's design, and angle of content. We owe great thanks of course to our current editor, Imogen Harry, who has worked tirelessly hard work in putting together this five-year landmark edition.

We created the magazine back in 2011 as we felt that there was a gap in Leicester for the celebration of diversity, which is the main objective of the publication.

As well as the fantastic staff at Pukaar, something we can truly take pride in is our diverse range of cover stars that feature on the wall of our office, each and every one of them having an amazing and successful story to tell. Our first issue way back in spring 2012 featured



take pride in recognising those that are an inspiration to others such as classic Indian and contemporary dancer Aakash Odedra and actress Terri Dwyer. All of our articles have aimed to contribute positively to Leicester's community, as well as providing a truthful, colourful representation of our society.

Throughout our half-decade we have developed and grown as a brand thanks to peoples continuous support. Aiming to never keep each issue the same; we have worked closely with amazing design teams to produce a fresh look with each edition without shying away from aspects that have been loved by others.

Overall, it's been a fantastic five years for us here at Pukaar. We have grown with our goals, our stories, and we have hopefully contributed something new, diverse, and rich into print media that Leicester was missing before. At the young age of five we have already had such a crazy journey, and all we can say now is here's to another fantastic five years, and thank you to our audiences for sticking by us as your local source for all things Leicestershire.

We would like to give special thanks to the companies who have helped Pukaar over the years: Curve Theatre, the University of Leicester, John Lewis, Crime Stoppers and Anand International LTD to name but a few.



events, reinterment, and took a step back in to our city's history which was astonishingly insightful and a moment of last year that all of Leicestershire shall never forget. We tell stories of success: Annie Zaidi's story, the female Asian football coach who has been enlisted on the Independent's list as a person to watch in the fast lane. We also tell stories of sorrow: incredibly sensitive but important topics are essential to publish within media outlets and reporting on issues such as mental health has often been stigmatized in the media, therefore here at Pukaar we have aimed to combat that. However, we mainly give a voice to our community, and

A portrait of Gary Newby, a man with a beard and short brown hair, wearing a light blue button-down shirt. He is looking directly at the camera with a neutral expression. The background is an office setting with glass partitions and a door.

# BELFAST, A CITY WOUNDED BUT ENRICHED

ITV CENTRAL NEWS EDITOR GARY NEWBY TALKS OF THE PROFOUND BEAUTY OF THE IRISH CITY.

The availability of cheap flights and accommodation, and good dining and drinking in vibrant surroundings, provided the motivation and our only aim for the visit. However, on the second day of the trip we accepted the offer of the services of a guide for a tour of the history of the city during the Northern Ireland conflict. The tour was a revelation. It was fascinating, sometimes incredulous and deeply moving, I was left with a new respect for the city and its people.

There were also moments of uneasiness. Belfast, with a population size almost identical to that of Leicester, remains segregated by high walls, known as Peace Lines, and gates are still used to close the roads between Protestant and Catholic estates at night.

I was also reminded how within a generation Northern Ireland has emerged from its violent recent history we know as 'The Troubles' which began amid a campaign against discrimination of the Catholic minority in 1969. Involving Republican and Loyalist paramilitaries as well as British state security services, the conflict became the longest major campaign in the history of the British Army. Before it was brought to an uneasy end with the Good Friday Agreement, 3,500 people had been killed - 1,600 of them in Belfast.

Free from the intense violence of former years, Belfast has gained more political power and been boosted by investment and increasing numbers of tourists. Cultural quarters, including its own version of the Golden Mile have

been developed. The Titanic Quarter alone promises to create one of the largest waterfront developments in Europe, but it's Belfast's history that will always be its biggest story. As I stood at the gates of a paramilitary cemetery beside the Peace Lines, my surprise at the unexpected turn the trip had taken was insignificant compared to the experiences of the people who live and have lived here.

My guide, a Loyalist, once believed he'd never be able to step beyond his side of the city's divide. Whilst some tensions remain, it's exhilarating to hear the optimism he holds for the future of Belfast. Once unimaginable to him when the conflict, like so many others throughout history seemed too entrenched to ever end, he can now envisage a day when the walls of the Peace Lines finally fall.

# WHAT'S ON

COMMUNITY

## ATTENBOROUGH ARTS CENTRE

Attenborougharts.com  
0116 252 2455

**9 & 16 Jan**

Gallery Family Workshops

**16 Jan**

Colours of Melody presents  
Yaadein: A tribute concert to  
Ustaad Mehdi Hassan - Live  
music and Jazz

**23 Jan**

Knighton Chamber Orchestra  
presents Concert of Classical  
Music – Live music and Jazz

**24 Jan**

Quickshifts

**30 Jan**

Lucy + Jorge Orta exhibition  
opening

**31 Jan**

Chicas Locas Burlesque  
presents Showcase - Dance

**26 Feb**

Emily Saunders

**11 March**

Goat and Monkey presents The  
Devil Speaks True

**12 March**

Dance4: the estranged cousin

## CURVE

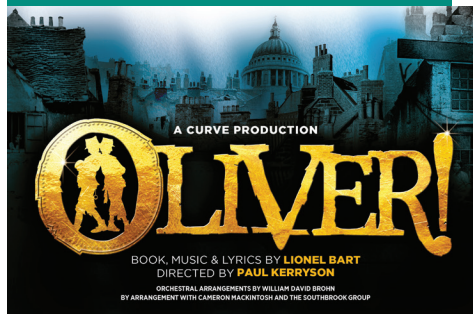
curveonline.co.uk  
0116 242 3595

**9 Dec – 10 Jan**

The Witches

**27 Nov – 16 Jan**

Oliver!



**9 Feb**

Romesh Ranganathan  
– Irrational

**14 Feb**

CAT (The Play!!!)

**17 Feb**

Ed Byrne: Outside, Looking In

**3 – 12 March**

Breakfast at Tiffany's

**5 Mar**

The Gospel Variety Showcase

**14 – 15 Mar**

Into the Hoods: Remixed

**19 – 26 Mar**

American Idiot

**28 Mar – 2 Apr**

The Cat in the Hat

## DE MONTFORT HALL

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0116 233 3111

**16 Jan, 10 Feb & 12 Mar**

Philharmonia  
Orchestra

**24 Jan**

Rebecca  
Ferguson

**13 Feb**

Comedy Club  
4 Kids

**21 Feb**

Leicester Symphony Orchestra

**26 Feb**

Sleeping Beauty

**29 Feb**

Peter Andre

**2 Mar**

Jason Donovan

**16 – 26 Mar**

The Bodyguard



**29 – 31 Mar**

River dance



# EVENTS GALLERY

## CRIMESTOPPERS FUNDRAISING EVENT





# LEICESTER PRINT WORKSHOP OPENING



# NEW YEAR PUMPKIN & KING PRAWN CURRY

RECIPE

SHAF ISLAM, OWNER OF CHUTNEY IVY RESTAURANT AND BAR SITUATED IN THE HEART OF THE CULTURAL QUARTER IN LEICESTER CITY CENTRE SHARES HIS RECIPE FOR A NEW YEARS WARMING CURRY!

## INGREDIENTS:

100g peeled king prawns (leave tail on)	1 tbsp tomato puree or paste
300g butternut pumpkin	2 tsp roasted curry powder
1 onion sliced	1 tsp chilli powder
2 cloves garlic, grated or pound to a paste	1 tsp of roasted cumin seeds
1" piece ginger grated	250 ml coconut milk
1 sprig curry leaf	½ teaspoon mustard seeds
	2 tbsp ghee or vegetable oil

## Method:

1. Clean pumpkin, cut into large 1-inch cubes. Set aside.
2. Add chilli powder, roasted cumin seeds and roasted curry powder into the coconut milk. Set a side.
3. Heat ghee /oil in a large cooking pot or saucepan, add onion slices and cook till soft and translucent.
4. Add curry leaves, mustard seeds, ginger and garlic in to the onions and stir for 1-2 minutes.
5. Add the prawns and stir until prawns redden in colour. Lower heat, add tomato puree, and stir to coat the onion mixture with the tomato paste.
6. Add pumpkin and, stir to coat with the mixture.
7. Add the coconut milk mixture and give it a stir. Add salt. Cover and cook till the pumpkin is tender. Stir occasionally to prevent burning. Pumpkin doesn't take too long to cook it takes about 5 minutes.
8. After 5 minutes, remove lid, add a little water if you want more gravy.  
Switch off heat and serve with steamed white rice.



# ARE YOU A BORN PERFORMER?



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