



# WAHAB SHAH



( By Zonaira Chaudry )

Wahab Shah, a Pakistani born Australian dancer / choreographer, is breaking new grounds for salsa and hip- hop dance in Pakistan. He is a true patriot and is truly and subtly creating a revolution through his dance and choreography. Having performed with legends like A.R Rehman, Sonu Nigam and Nighat Chaudhary, and also having choreographed for Stereo Nation and the hit musical Bombay Dreams, this young and talented performer has already carved a niche for himself in Pakistan and abroad.

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**Q. How did you come into dance and choreography? Are you formally trained in it?**

A. My father is a classical singer. He is a great inspiration. Even when we were in Australia we always watched PTV. My father always made sure that we were in touch with our roots. I was always interested in dance and decided to pursue a degree in performing arts. In 2000, after my H.S.C, I went to TAFE to do my bachelors in performing arts in Sydney. I have been trained in Salsa, Hip-Hop, contemporary dance and Jazz.

**Q. How long have you been choreographing? Which musical sensations have you performed with?**

A. Well after graduating, I joined the Sydney Dance Center for some informal training in Hip Hop. After that in 2002, I joined the Mango Dance Studio by Farah Shah where I was one of the lead dancers. In 2003, stereo nation came to town. I was lucky to choreograph some of their pieces.

I did some fusion work with Nighat Chaudhary. I also choreographed a number of fashion shows here.

**Q. Did you ever consider in going into film choreography?**

A. As a matter a fact I did. I was supposed to choreograph a song for an upcoming film of a big film maker. That did not work out because of the difference in temperaments. Unfortunately, the attitude of the film industry is very unprofessional. People don't take dancing and choreographing seriously here. Commitment level is severely lacking. This is not just dancing. The slacker attitude is evident in all walks of life be it banking or the health sector.

**Q. What problems have u faced while working / performing in Pakistan?**

A. Again, it is the commitment level of the people. Abroad, if we had a rehearsal which was suppose to start at 8am. All the dancers were ready, stretched at 8 sharp. Unfortunately in Pakistan, 8 am means 9, 10 or even 11 for some people. Apart from that, all choreographers here have their own groups. I am ready to work with anyone who seriously wants to do

**Dancing is restricted to a certain circle. It is still a virgin market here. I wanted to promote dance and bring about a change in the performing scene.**

I took it as a career after that and in the same year I established a dance company with my dance partner Shabnam, by the name of Desi Flavaz . Desi Flavaz was the first Desi dance company registered in Australia focusing on Bollywood music and Hip-hop.

We performed with most of the crème of the Indian music industry like A.R. Rehman , Usha Utpal and Jazzy B. I was also in the official tour of Sonu Nigam which traveled all across Australia.

**Q. When and why did u decide to shift to Pakistan?**

A. I shifted to Pakistan in 2006. Pakistan was always alive at the back of my mind. I was offered to go to India but decided against it. Our country lacks in trained choreographers. Dancing is restricted to a certain circle. It is still a virgin market here. I wanted to promote dance and bring about a change in the performing scene.

**Q. Tell us about your performances/work in Pakistan?**

A. I have to say that Rafi Peer provided me with a platform and established me nationally and internationally. I did my first solo performance after coming from Australia in the Sufi festival. In 2006, I choreographed 5 pieces for Sarendeep events and did some plays with Shah Sharbeel like Bombay Dreams where I choreographed around 70 people who were not even professional dancers.

Sadly, people are just so closed minded and not willing to let go of their hang-ups and remain confined to their own groups. Another problem which I constantly face here is that there is no form of copy right to protect intellectual property. Private channels have approached me a number of times for different dance shows. I initiate an idea which gets approved, the pilot is shot but in the end they give the show to some other choreographer.

**Q. What are your latest ventures? Tell us about plans for the New Year?**

A. In January, I have a show coming from ATV called "Kacha Show" which is based on street dancing. It is a novel reality show. I am also performing with Nighat Chaudhary in Delhi. In the beginning of January, I am collaborating with Shah Sharabeel in a musical work shop with the aid of some Broadway Professionals to be conducted locally. Apart from that BBC recently shot a documentary on me as choreographer/dancer in Pakistan, which will be aired sometime next year.



# Junaid Khan – Call

***Call the band, has taken Pakistani pop / rock genre of music to new heights. The popularity of their music has reached beyond borders. A number of their tracks have been selected for different movie soundtracks in Bollywood. Junaid Khan the vocalist of Call and an architect by profession gives an exclusive insight to ink.***

**Q. Junaid – first of all, what are your thoughts on the current state of affairs of the music industry in Pakistan?**

A. The state of affairs of music has progressed in our country. Circumstances were bad when there were security issues and bomb blast threats. There were concert cancellations or no concerts at all. It was a huge loss for the music industry. Artists and Musicians generate major revenues from a concert. Things are now gradually becoming normal. After we won the world cup, the air of festivity revived again. Concerts and events started happening again. Hopefully things are going to get better. The biggest support that artists are getting these days is from the Telecom Industry. They sponsor shows and events and promote the musicians. The industry has and is evolving, no doubt about that. It is might be a slow process but we can't say it's not evolving.

**Q .What does music mean to you? Did you always want to be a musician or did this just happen by chance?**

A. Music is a form of expression. Like an artist expresses himself through his art. It is the same with me. I also self express through music. Theater was my first love. I used to perform in school and college. Music happened by chance. I used to play with a few friends and was introduced to few other people. One thing led to another and before I knew it just happened.

**Q. What are some of the projects you are working on at present and will be working on in future?**


A. Well, our long awaited album is going to be released soon after Eid. Also, Eid shows have been lined up all over Pakistan . We are also planning to shoot a video from the latest album which fans should watch out for!!

**Q. Which cities around the world have you performed in so far, and which was your favorite?**

A. We have performed in Dubai , Bombay , Doha and Houston. Every place has its own charm and can't be compared with one another. Speaking of the performance, when we perform locally, the crowd is more responsive. When we perform on international grounds, the crowd has a different energy. There aren't many Pakistani performances so people look forward and anxiously wait to listen to a band playing near them.

**Q. What do you do in your free time? Your favorite hang-out place?**

A. In my free time I usually go to the Gym. Being a pure Lahorie , I m a food lover. I find Lahore the best place to hang out as compared to Isloo and Karachi. I love going to Village, Arizona Grill, Espresso Lounge and CTC.



***Call is not making music just for music. Every song has a special meaning. Our songs are driven from various moods and feelings. It can be feelings of patriotism, love, sadness etc. We want our listeners to relate to our songs.***

**Q. Tell us about your upcoming album. What can fans expect to hear on it?**

**A.** The upcoming album is titled “ Dhoom”. The album is rock dominated but it is also on the mellow side. It will also give a flavor of “ Jila Watan”. Fans will love it. It has everything for everyone.

**Q. Which international music artist would you most like to work with, if given the chance? Why?**

**A.** I would love to work with U2 and Linkin Park. They are the best entertainers in the west.

**Q. What are most Call songs about? Are there any specific messages you try to deliver to listeners through your tracks?**

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**Q. What message would you like to give to your fans and readers of Ink?**

**A.** I would just like to say that listen to our new album. You will notice how we have progressed and have improved with time. Our fans will definitely enjoy the new album. Through ink I would like to pass this bit of request that media in Pakistan is giving a bad vibe to the outside world. News is sensationalized which creates a general air of depression among masses. News channels are not taking their job as a social responsibility but as a business. I would just like to say that please try to highlight the good in Pakistan as well.



# A Master Narrator

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**W**henever you think of making a house, furniture selection is on the top of your list. A home is incomplete without these basic building blocks of interior design. They highlight the soul of your place. Designing furniture looks easy on the surface but making it an “objet d’art” is not all that easy. Saira Ahsan is one such individual who has mastered this art and taken it to a new level.

**In a candid chat with Valuemag, Saira gives us a preview of what it took to get to this point in her career, “determination and sheer hard work,” she says. Being one of the pioneers in custom made furniture, Saira started 13 years ago with designing wrought iron furniture which was very much in vogue in those days.**

After a year she shifted to designing and building wood furnishings as timber was back in style. Saira began by making small accessories like for instance candle stands, trolleys, lamps and bookends and now she creates glorious and grand bed sets, dressing tables, chandeliers, cushioned arm chairs and whatever that could be a feature of any habitat. Initially she had two laborers working but now has over a hundred toiling hard in her workshop. Saira is not only a furniture designer but does interiors as well including walls, ceilings, curtains and much more. She has designed a few offices and a couple of salons in Karachi and Islamabad.

Initially, having no personal outlet, she exhibited her work in one room shows at her home. Her fame spread through word of mouth. For nine years she worked from home and then decided to open her own outlet (situated in Gulberg) under her name two years back.

Saira has her own philosophy on life and work, “creativity is not fundamental to design. It’s the will to do something. The dedication and the eagerness to learn and improve is what creates a triumph. Deep down if you know that this is something that you have to do, strength of mind is all that you need to get up every single day, work to perfection and at the end of the day be gratified.”

A mother of three grown up children, Saira is a devoted career woman. Designing was not her passion but a means to earn a living. Times have been difficult for Saira. “There was a time when I was teaching at three schools, giving home tuitions and making furniture just to make both ends meet. If a client purchased some article and inquired from where a gate could be made, I would immediately offer to make them one. I would look up designs from different catalogs and places and make a gate through trial and error. In the end I would come up with an ideal piece instantly pleasing the client. That’s how I started. If you are a begum, and want to do this for fun then regrettably success will be hard to come by,” she declares.



# “European is far more intricate and elaborate. It’s as if you are in a medieval castle

Saira’s creative process starts from the very basics of a room, which may be harmonizing the walls with the fabrics used in the curtains or the sitting area. Then a theme is decided according to the client’s choice or desire. This could be anything from Victorian, modern to desi. The nature of lighting is decided. The rest of the room is furnished according to the chosen theme. Each room takes about four to five days to accessorize, by following the customer’s demand. Saira loves doing interiors and if you purchase your bedroom furniture from her the interior is complimentary. Saira loves coordinating dark colors and earthy tones with pastels. She adores working with fabrics like silks, cottons and velvets.

Her personal favorite is the European theme which has the French and Italian feel. “European is far more intricate and elaborate. It’s as if you are in a medieval castle. The look is more dramatic. There is a lot happening on the walls with engravings and classic wood work. Colors are extensively used to bring out the character of a particular space”.

Saira believes that aesthetics depend on income levels. “It heavily depends on the income bracket. Only the elite can afford such a luxury,” she says.

**Spotlight**

**Furniture & interior design**

**A MASTER NARRATOR**

**Saira Ahsan makes style statements with her designs**

Whenever you think of making a house, furniture selection is on the top of your list. A home is incomplete without these basic building blocks of interior design. They highlight the soul of your place

Designing furniture looks easy on the surface but making it an "object d'art" is not at all easy. Saira Ahsan is one such individual who has mastered this art and taken it to a new level. In a candid chat with *Edgeline*, Saira gives us a preview of what it took to get to this point in her career, "interior design and their hard work," she says.

Being one of the pioneers in custom made furniture, Saira started 13 years ago with designing wrought-iron furniture which was very much in vogue in those days. After a year she shifted to designing and building wood furnishings as timber was back in style. Saira began by making small accessories like for instance candle stands, trays, lamps and bookends and now she creates splendid and grand bed sets, dressing tables, chandeliers, cushioned arm chairs and whatever that could be a feature of any habitat. Initially she had two salons working but now has over a hundred talking hand in her workshop. Saira is not only a furniture designer but does interiors as well including walls, ceilings, curtains and much more. She has designed a few offices and a couple of salons in Karachi and Islamabad.

Initially having no personal outlet, she exhibited her work in the weekend home and then decided to open her own outlet situated in Gullberg under her name two years back.

Saira has her own philosophy on life and work. "Perseverance is not fundamental to success, it's the will to do something. The dedication and the eagerness to learn and improve is what creates a triumph. Deep down if you know that this is something that you have to do, strength of mind is all that

**"Every piece of furniture has a story; the story needs to be completed"**

Saira Ahsan outlet at Mall of Arabia

You need to get up every single day, work to perfection and at the end of the day be grateful.

A mother of three grown up children, Saira is a devoted career woman. Designing was not her passion but a means to earn a living. Taxes have been difficult for Saira. There was a time when I was teaching at three schools, giving home salons and making furniture just to make both ends meet. If a client purchased some article and inquired from where a gate could be made, I would immediately offer to make them one. I would look up designs from different catalogs and pieces and make a gate through trial and error. In the end I would come up with an ideal piece instantly pleasing the client. That's how I started. If you are a beginner and want to do this for fun then regrettably success will be hard to come by," she declares.

Saira has carved a niche clientele mostly from Karachi and Faisalabad as there aren't many exclusive designers there. Targeting only the limited, Saira only takes two to three projects in 6 months. "Use polishes in furniture as they are in fashion this season," she recommends. "Pick up any space by accessorizing it with attractive pieces of glass and crystal. Fabrics should be used in lower and softer tones."



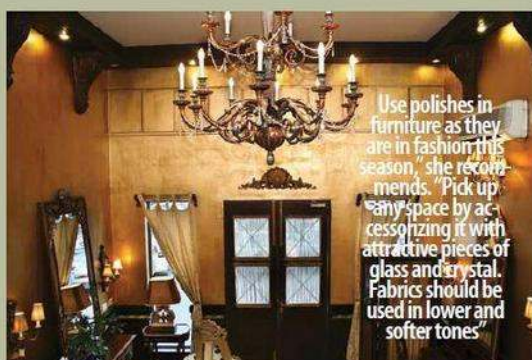


**Elegantly medieval**

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so you have to be meticulous when deciding the color schemes. Some bright fabrics look pleasant when seen as samples but they look tacky and shoddy when used on complete sofas, but if that same fabric is used as a cushion on a chair with a white couch adjacent to it; the fabric could complement that chair and the white couch along with the room. So you see it's not only the exquisiteness and beauty of the fabric that is essential but also how that fabric is used to bring out the narrative of the room."

Saira personally oversees her craftsman and does not compromise on quality under any circumstances. To make that one piece superlative, there are more than ten pieces made at Saira Ahsan's to ensure absolute perfection. She doesn't repeat her designs. Every month about twenty or thirty new designs come out which include everything from wall lights, chandeliers to dressing tables and cabinets. All these creations are handmade.

Her greatest motivation is herself. Her inspiration comes from anything to everything. She modestly defines herself as a hard worker rather than an artist. Anyone with an eye can see that it takes more than hard work to create such striking pieces; she is a true creator of individual 'style statements'. She is a heart-felt story teller as her firm belief is "every piece of furniture has a story; the story needs to be completed."

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# Victorian Fantasy

**I**n Pakistan, beauty is a big business. Traditionally the salons were customary hangouts for women, intent on grooming and personal care. These places were typically noisy with an earsplitting mix of blow dryers, music and conversation in the background; making it difficult for you to think let alone make conversation with your stylist. Mirrors were another typical feature. Usually there were racks filled with beauty and hair care products.

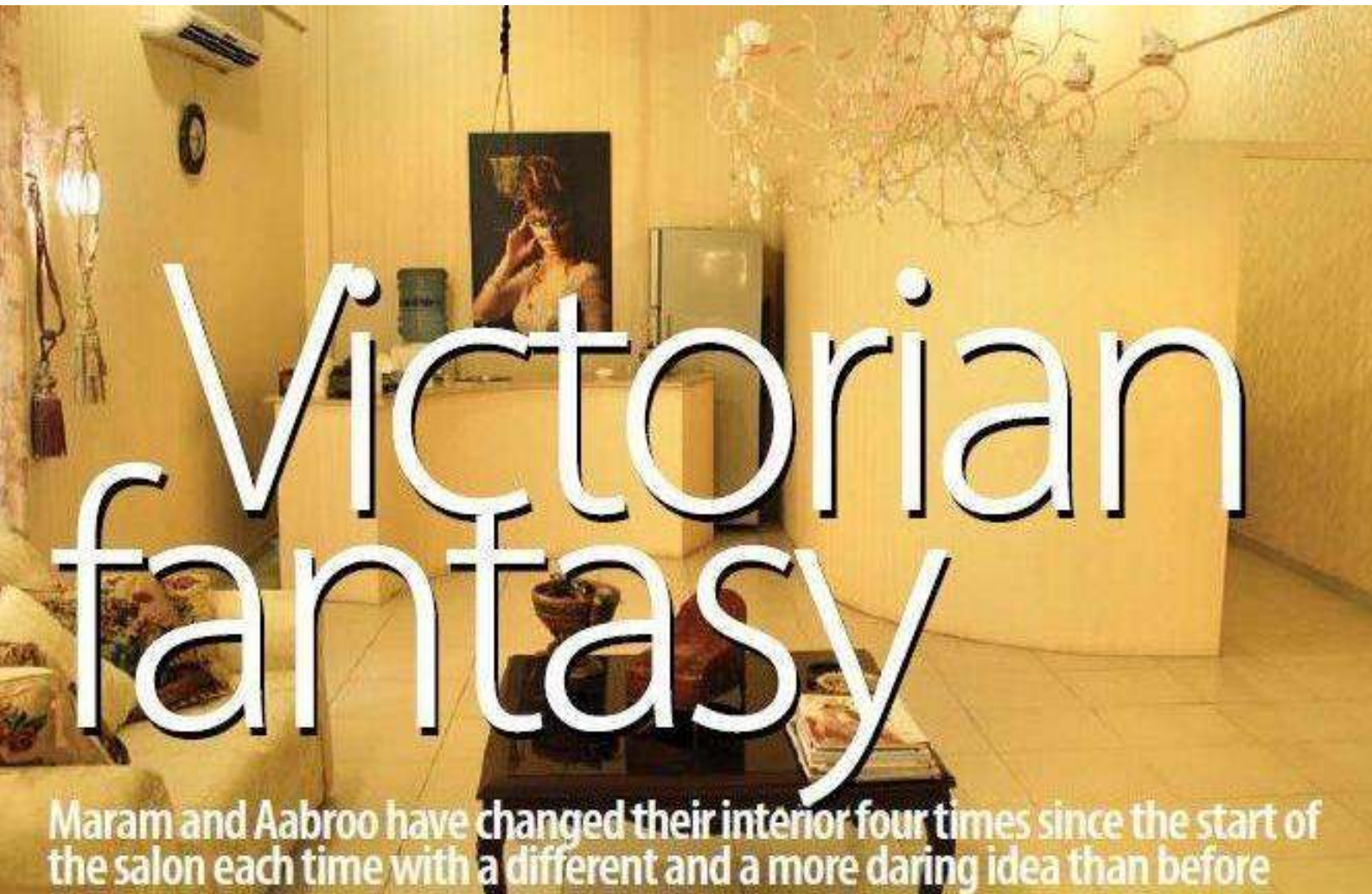
*Maaram and Aabroo have changed their interior four times since the start of the salon each time with different and more daring idea then before!*

This was what beauty parlors were usually about; mirrors, products and repulsive sounds. Thematically speaking, space age metallic and silver décor was the “in” thing in those days. Today, modern has become old and old has become modern. The beauty salons have become more than just a place where you can get a haircut or a manicure, for regulars these salons have become havens of peace, relaxation and rejuvenation. These are the hip new hangouts for women of all ages. One such secret hideaway is the place called Maram Aabroo. Maram Aabroo opened in 2005 and is co-owned by two friends Maram and Aabroo who are basically fashion photographers but also specialize in make-up and interior designing. “Maram Aabroo” is not only a beauty salon; it is a fashion photography and bridal studio too.

The interior is personally done by the two. For a moment anyone stepping in for the first time may perhaps feel as if they are a part of another world. The décor shows Maram and Aabroo’s inventiveness, creativity and wild imagination. The interior is one of a kind, simply outstanding. Each room gives a different feel and mood. The salon is basically two rooms joined together by a small passageway. At the entrance, there is a waiting area for the clients with typically unusual mango walls adorned with different paintings. One wall documents their work, creatively hanging on wooden frames, instantly catching your attention. The room gives the impression as if you are being frozen in time in a decaying burnt room. The theme of the rest of the salon is Victorian. As soon as you enter into the main salon through the corridor you will feel a radical and pleasurable transformation. The passageway has a low candle chandelier giving an instant focus to the room. The walls are papered with gold and Victorian paintings giving a very opulent effect.

My favorite is the main room of the salon. The room has a single parlor chair with a round mirror lighted, and only is reserved for one person at a time. The walls are done by a set of two wall papers one with stripes and lines and on the other side it has the same wall paper with similar background but with a floral pattern. Even though they are similar in color but the visual impact they give is different. There is larger low chandelier in the middle which is the main attraction of the room.





The room is also decked up by striking embellishments in paintings, unusual yet attractive boxes, stools and a couch from that period in time. There is a snack counter in one corner and in the other corner you can see a rounded walled space which has a massage bed for beauty purposes.

A room beyond in lime green comes in view but you can't guess its purpose, this is the wash area which seemed much more than that, yet again triggering my imagination. The colors used in the entire décor are those which we would not normally dare use in our homes but when juxtaposed they look lovely and give the space a unique character. Maram and Aabroo have changed their interior four times since the start of the salon each time with a different and a more daring idea than before. They believe that change in the environment is necessary to work more efficiently and competently. It's also pleasant for the client.

Even though they may not be formally trained in interior design but research, observation, interest and the artistic eye are the ingredients that make up their interiors unique. "Our salon has a very exclusive clientele. While designing, we kept in mind the functionality of the space, the maintenance factors, tried to use out of the ordinary color schemes to enhance the uniqueness. We wanted to make our clients feel as if they have walked into luxury. As clients enter they should feel relaxed. To give full value for money they spend here is our top priority." I would define Maram Aabroo, as a fusion of Victorian with a French sensuality and a hint of mysticism just to keep you thinking of what lies beyond the next door.

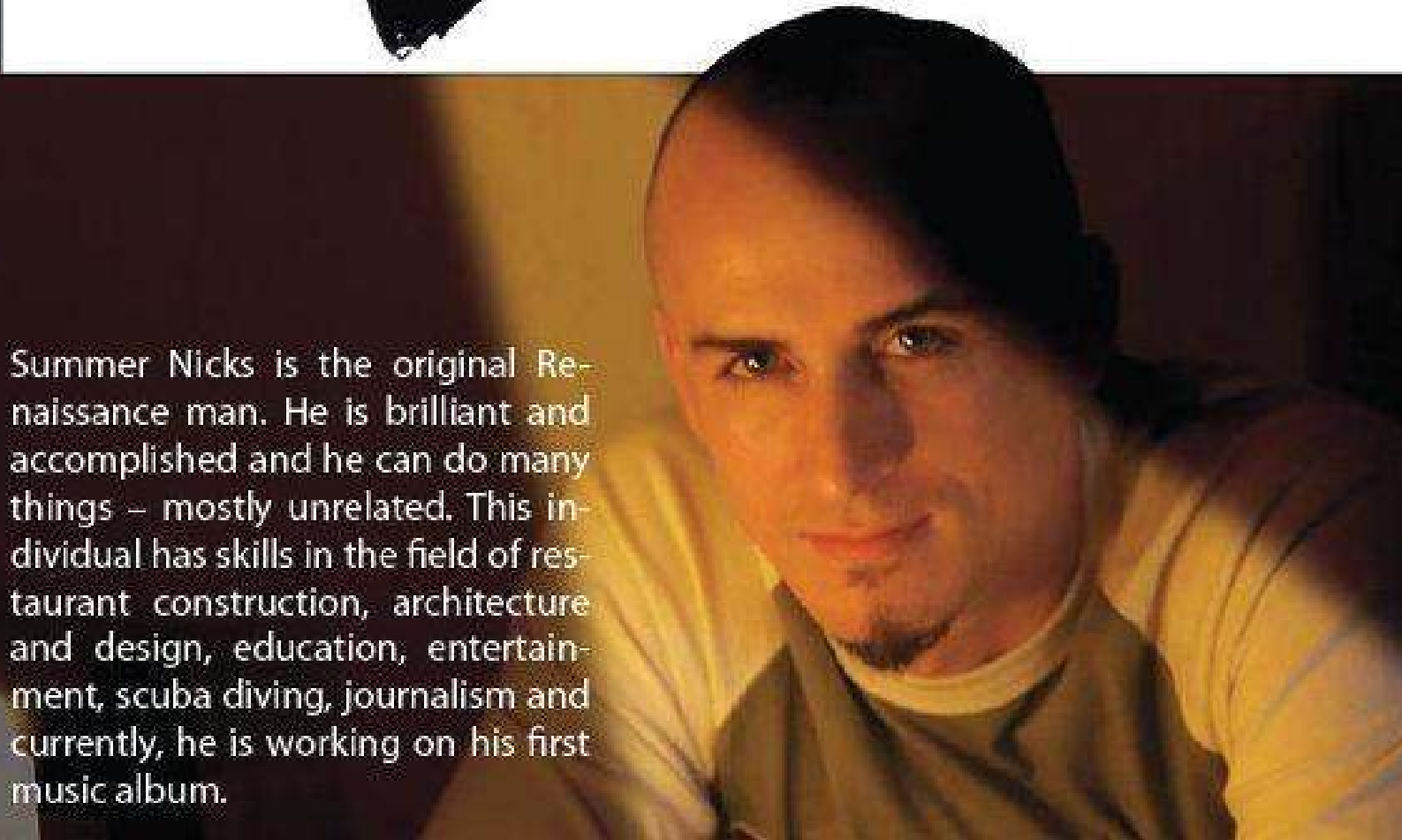
If you want to be treated like a princess for a day, Maram Aabroo is just the place. Who could deny a day full of pampering and supreme extravagance? It's something we all deserve and crave. Being treated like a princess for a day is every woman's childhood dream. Dreams can at times come true. ■



Summer Nicks

# Keeping it real

By Zonaira Chaudry



Summer Nicks is the original Renaissance man. He is brilliant and accomplished and he can do many things – mostly unrelated. This individual has skills in the field of restaurant construction, architecture and design, education, entertainment, scuba diving, journalism and currently, he is working on his first music album.

*Hailing from the land down under, this Australian loves Pakistan and has been residing in his new home for the past three years. Tkfr takes an insightful journey into this individual's creative past as he shares his design philosophies and his experiences in the dining world. Summer has practically grown up in the restaurant business as his family owns a number of restaurants and clubs in Brisbane and Gold Coast. He himself is a proud owner and designer of "Light Works" a café in Byron Bay, which is a prime tourist resort in Australia. The secret to a creative decision according to him "lies in the eyes."*



Summer lived in Northern India as a monk for two years under the authority of the Dalai Lama. There he had three 'children' under his care. For their financial support, he designed and managed his first restaurant named Zoola Soul Food, a Bedouin word which implies the customary way of floor sitting and eating. The restaurant proved to be a success and also became a town attraction. It started from hosting six people and went up to 60. Even the Dalai Lama was a guest at Zoola.

Summer's next restaurant was "Veggies" in England in 1999. He also served as a food critic for the international magazine "Life Style and Travel." He started taking Hotel construction and décor seriously when he was in Thailand.

"Due to my extensive travels, I picked up ideas, architectural designs, themes which helped me with my new obsession." He never looked back. Summer has designed six restaurants altogether around the world: his other restaurants are in France (La Vendou), Thailand (Soul Food) and Now in Pakistan (Carte` Diem now known as Masoom's Little Italy). Summer takes a keen interest in his ventures. From laying the bricks himself to constructing arches and doors, Summer personally oversees every tiniest detail.

Colors are striking and can breathe new life in any room. They should always be experimented with: mismatched, contrasted or similar.

A lot depends also on the placement of the color, how you use a particular shade in a room. My favorites which I try to use in my designs are subtle, earthy tones. There is nothing called a color disaster. Keep on changing and coordinating till you come up with something that makes you fall in love with it." Summer describes his dream home as "a Greek isle villa with archways, white washed, old wooden doors, candles burning everywhere, an old Moroccan table and chair and an old Egyptian rug, very basic and very Zen." He loves the old city architecture of Lahore and Karachi. While designing a food place, Summer keeps in mind his own taste. "I try to visualize a place where I would love to eat or hang out. Eating to me is a festival. It's a celebration of life itself. I have been to places where I was sitting with total strangers in a small room with chipped off paint but the food tasted great and that chipped paint just added beauty to the room. Anything, anywhere can work, it just depends on how you use it."

*Colors are striking and can breathe new life in any room. They should always be experimented with: mismatched, contrasted or similar.*

"Most people have a vague or absolutely no idea of what they want. Usually they get impressed by seeing something in a movie or a television screen and want to build the exact same replica. Initially I act more as a consultant rather than a designer. My efforts start from having talks with the owners, deciding on the theme, modify the basic idea, or throwing some of my own ideas on the table. The other factors which I keep in mind are the budget, the time frame, the work ethics which are different everywhere and the local conditions (climate, construction materials etc.) and it all ends of course with a personal touch." And that's just the beginning; he also takes charge of staff training, deciding the menu, designing the menu cards and also designs the exclusive cutlery to be used. Summer tries to make sure everything goes with nature. He looks at the direction of the sun, which way the wind blows and how he can make the best use of them. "Color coordination depends on personal choices. In old Europe, colors which were used for décor were utterly mismatched but they looked magnificent. West is color-coded too, which at a point becomes boring and senile.

Although Summer loves living in Pakistan but working here has its ups and downs. "Language is one hurdle I have to face; work ethics is another thing hard to get by. It's not easy getting people to work. Laborers are lazy. They like to take longer breaks. Instead of relying on them I like the "Do it myself" strategy. This could include anything from mere construction to painting the walls," he says. "There are some materials which I prefer using for construction but are not readily available for building in Pakistan for instance Plaster of Paris; in such a case I try to indigenize and improvise," he says.

"Don't compromise on your passion, keep an open mind, try to break out of your shell and don't lose your vision otherwise you will die; be adaptable," he advises wisely. Summer Nicks plans to leave his mark on the world.

Look out Lahore because this Aussie is here to stay!





Kinnaird is one of the oldest and most prestigious institutions of the country. It has a huge campus with a number of academic blocks, hostels, and wonderful lush green fields and flower gardens. This spring, Kinnaird was recognized by the Horticulture Society for its beautiful landscapes and flower gardens, adding yet another trophy to its already impressive list of honors: 'best gardens' among all the Educational Institutions.

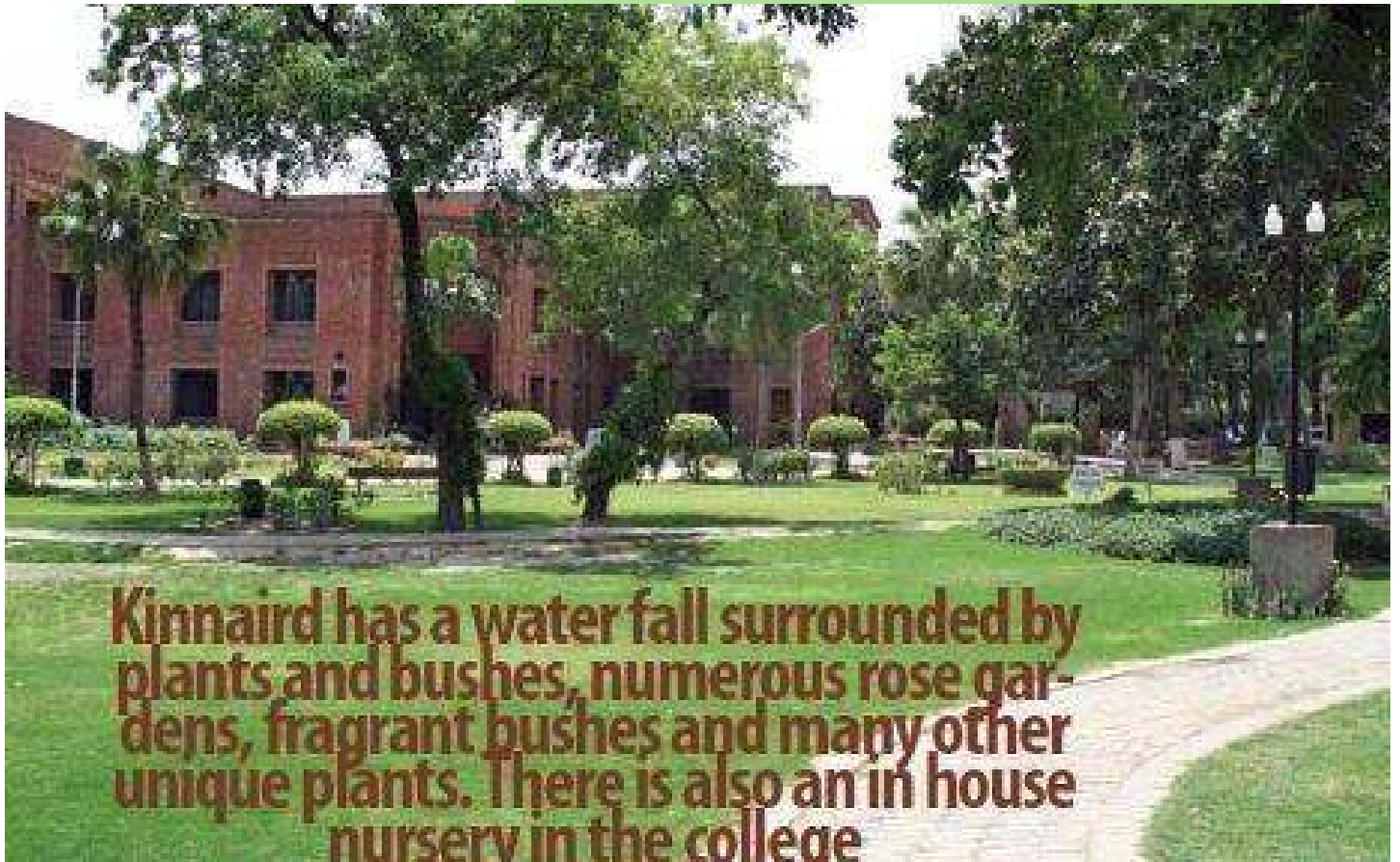
## Beauty, Brains, and Botanical Gardens

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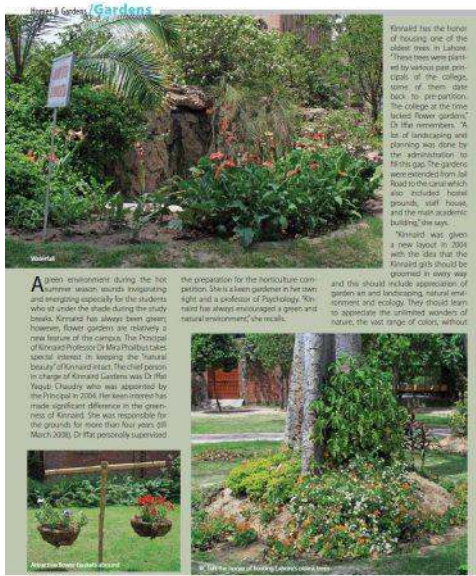
A green environment during the hot summer season sounds invigorating and energizing especially for the students who sit under the shade during the study breaks. Kinnaird has always been green; however, flower gardens are relatively a new feature of the campus. The Principal of Kinnaird Professor Dr Mira Phailbus takes special interest in keeping the "natural beauty" of Kinnaird intact. The chief person in charge of Kinnaird Gardens was Dr Iffat Yaqub Chaudry who was appointed by the Principal in 2004. Her keen interest has made significant difference in the greenness of Kinnaird. She was responsible for the grounds for more than four years (till March 2008). Dr Iffat personally supervised the preparation for the horticulture competition. She is a keen gardener in her own right and a professor of Psychology.

"Kinnaird has always encouraged a green and natural environment," she recalls. Kinnaird has the honor of housing one of the oldest trees in Lahore. "These trees were planted by various past principals of the college, some of them date back to pre-partition. The college at the time lacked flower gardens," Dr Iffat remembers. "A lot of landscaping and planning was done by the administration to fill this gap. The gardens were extended from Jail Road to the canal which also included hostel grounds, staff house, and the main academic building," she says.

"Kinnaird was given a new layout in 2004 with the idea that the Kinnaird girls should be groomed in every way and this should include appreciation of garden art and landscaping, natural environment and ecology. They should learn to appreciate the unlimited wonders of nature, the vast range of colors, without harming them. Large number of flower beds were made in all sections of the college and the girls were encouraged to sit and enjoy them; introducing them to a panorama of greenness," she explains. Special trips are periodically arranged by the college administration to places like Pathoki and Kasur along with the gardeners to find diverse plants and flowers for the gardens. For maintenance, special equipment and machinery is used. Seeds are saved from flowers to be used in the next season.



**Kinnaird has a water fall surrounded by plants and bushes, numerous rose gardens, fragrant bushes and many other unique plants. There is also an in house nursery in the college**



There are 28 gardeners to take care of the grounds. Kinnaird has a water fall surrounded by plants and bushes, numerous rose gardens, fragrant bushes and many other unique plants. There is also an in house nursery in the college. "I personally took great interest in planting a large number of seasonal flowers," Dr Yaquab explains.

She can actually be seen planting with the gardener in college premises. Most of the flowers and flower beds that Kinnaird has are due to her enthusiastic and dedicated efforts. "There is unlimited beauty in nature and one must keep on counting one's blessings," she says smilingly.



# Lasting Landmark of BRITISH RAJ

**GOR straddles the two cities of Lahore – the modern and the historic giving the best of both worlds**

Zonaira Chaudry

Lahore has become an alluring city with a rich flavor of history and present. Urban landscape has taken innovative turns but it hasn't entirely done away with the old residential landmarks. GOR seems to be one of the oldest living areas of this historic city.

GOR (Gazetted Officers Residence) is an exclusive area for Government employees. Residents of GOR include teachers, professors and section officers. GOR is located in different localities around Lahore.

During my teen years, whenever I heard the word GOR, it always made me think it must contain really special state of the art villas fit for royalty. Finally visiting GOR was a bit of an anti-climax – it was a pleasant let down though. GOR is one of the oldest residential spaces of Lahore – designed by the British Raj to house the British officers; it takes you back at least a hundred years. It still has a spirit of history among its lanes.

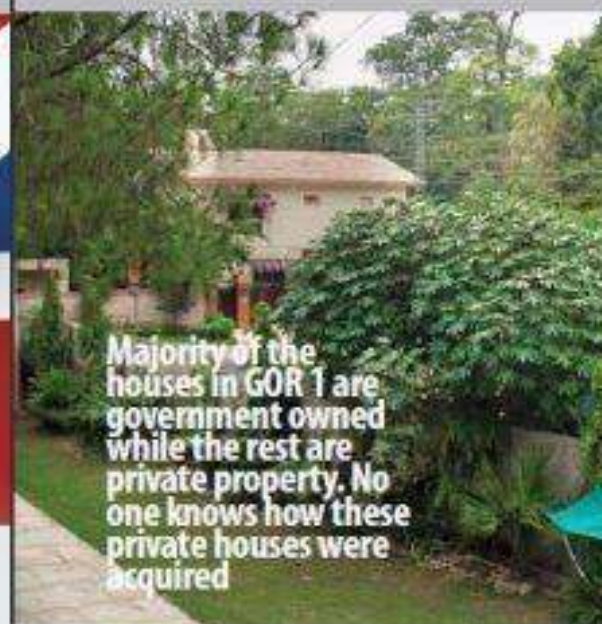
Nadia Mushtaq, English Lit. Professor of Islamia College lives in GOR 3 situated near



GOR (Gazetted Officers Residence) is an exclusive area for Government employees. Residents of GOR include teachers, professors and section officers. GOR is located in different localities around Lahore.

Shadman. Her husband is away in Kosovo with the Peace Corps and she is living with her in-laws. "I came to GOR 12 years ago and have been living here since then. It is

a peaceful sheltered place with plantation everywhere in sight." When living in Pakistan, safety and security are two prime features of any desirable



Majority of the houses in GOR 1 are government owned while the rest are private property. No one knows how these private houses were acquired



Modern GOR place in GOR

*GOR straddles the two cities of Lahore – the modern and the historic giving the best of both worlds. Lahore has become an alluring city with a rich flavor of history and present. Urban landscape has taken innovative turns but it hasn't entirely done away with the old residential landmarks.*





GOR is one of the oldest residential spaces of Lahore — designed by the British Raj to house the British officers; it takes you back at least a hundred years. It still has a spirit of history among its lanes.



Communing between courts and offices is trouble-free. Being situated in the middle of the city, GOR gives a flavor of both the inner city and the outer suburbs.

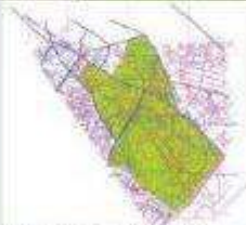
ideal place to live," she asserts.

"GOR has always given me a warm nostalgic feeling," says Maheen Gul-Malik, a human rights lawyer and activist. "This was my first home after getting married. Though I have just started living here but it always reminds me of my childhood."

Taking a trip down memory lane, Maheen recalls, "At that time there were bigger houses which stretched in Kanals. As land has become more expensive, smaller houses are being built to accommodate the increasing number of residents." GOR was lush and green then but still its greenery and cleanliness is visually pleasing.

Maheen and her husband Taimur, both are practicing lawyers. Commuting between courts and offices is trouble-free. Being situated in the middle of the city, GOR gives a flavor of both the inner city and the outer suburbs.

Majority of the houses in GOR 1 are government owned while the rest are private property. No one knows how



GOR had a large green area wherein were located residential and recreational facilities for the top British administrators. This contrasted rather sharply with the colonial era city.

these private houses were acquired. There are barriers all over GOR 1 for security purposes. Even though these blockades provide protection, but as a human rights lawyer I believe all areas should be open to everyone," she says, spoken like a true civil advocate.

Taking a trip down memory lane, Maheen recalls, "At that time there were bigger houses which stretched in Kanals. As land has become more expensive, smaller houses are being built to accommodate the increasing number of residents." GOR was lush and green then but still its greenery and cleanliness is visually pleasing.

Maheen, however, does have a complaint about "GOR." After Punjab's 19th Assembly Government came into power, the area around the secretariat became more congested due to the rush. GOR used to have flowing routes and everything seemed connected in the past.

Most tenants agree the centrality of the location is another added delight in living here. GOR seems to have it all. For a peaceful existence, it is quite a viable place.

It's never the big structures, the smart architectural design, the pretty buildings or flashy interiors that make a place comfortable. The comfort comes from a sense of belonging, the feeling of safety and a sense of community that makes a place desirable to live. Reassurance found in small and old dwellings may be hard to find in gigantic places. For residents living in GOR these feelings will be lasting and special. GOR to them will always be a residence to remember.



When Maheen Gul-Malik, Taimur and Maheen are two of the most famous of any GOR 1 residents who have the technical power of housing to add their own touch. "Having a peaceful family and two very good children is my priority," Maheen recalls.

GOR seems to be one of the oldest living areas of this historic city. GOR (Gazetted Officers Residence) is an exclusive area for Government employees. Residents of GOR include teachers, professors and section officers. GOR is located in different localities around Lahore. During my teen years, whenever I heard the word GOR, it always made me think it must contain really special state of the art villas fit for royalty. Finally visiting GOR was a bit of an anti-climax — it was a pleasant let down though. GOR is one of the oldest residential spaces of Lahore — designed by the British Raj to house the British officers; it takes you back at least a hundred years. It still has a spirit of history among its lanes.

GOR 3 comprises of three kinds of lodgings A, B and C types. The difference between them is their building style and area. Another interesting aspect of this living locality is that there are two separate kinds of flats namely BOF (Bachelor Officer Flats) and MOF (Married Officers Flat). BOF's were built in 1985 for bachelor officers. "GOR has always given me a warm nostalgic feeling" says Maheen Gul-Malik, a human rights lawyer and activist. "This was my first home after getting married. Though I have just started living here but it always reminds me of my childhood." Taking a trip down memory lane, Maheen recalls, "At that time there were bigger houses which stretched in Kanals. As land has become more expensive, smaller houses are being built to accommodate the increasing number of residents'.

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# Superlative Summer Stimulant

*Beat the heat with these refreshing lemonades.*

*By Zonaira Chaudry*

To make your life sweet and zesty, here are a few simple lemony concoctions which will make your desert summer revitalizing, energizing and more bearable.

## Mint Lemonade

Believed to be originated from Syria or Turkey, mint lemonade is a popular and utterly ubiquitous Middle Eastern drink. A blend of mint, ice and lemon juice, this can be made at home or enjoyed in any of the local juice bars (and most restaurants) in Sharqiya. Be on the watch for its slush or smoothie editions as well.

Locations: Gosaibi Village, Prince Turki St., Khobar / Othaim Mall, Dammam

 liwan\_cafe



DS Pick:  
Cafe Liwan

Buy a bottle of  
Rooh Afza at:  
Lulu  
Hypermarket  
or any local  
Indian or  
Pakistani  
grocery store.



## Rooh Afza Lemonade

Rooh Afza (literally “nourishing the soul”) is a century-old concentrated mix of herbs, fruits, flowers and even a few vegetables. This might not be your typical lemon-based beverage but if you squeeze the right amount of lemon in it, we guarantee you that it will invigorate your body and possibly even become your all-time favorite summer addiction. Just mix together some water, sugar, Rooh Afza and lemon juice, serve it at a pool party or enjoy it on a lazy afternoon.

DS Pick:  
Parker's



## Black Lemonade

In the list of fancy health drinks, black lemonade is creating waves these days. Infused with activated charcoal, this not-so-good-looking creation is described to be great as a detox and to give your metabolism a boost. Be a little adventurous and give it a try; this drink just might turn out to be your body's best friend.

Location: Prince Faisal bin Fahd Rd, Khobar

 [byparkers](#)

## Rose-Flavored Lemonade

Sounds amazing right? What's a better combination than summer, lemon and flowers? Rose-flavored lemonade is an easy spin on the traditional variety. All you need to do is add rose water according to your preference and you've got yourself a refreshing concoction. We recommend a quarter to one teaspoon of rose water to 2-3 glasses of the juice for an aromatic experience. Your guests will love it!



**DS Tip:**  
Garnish with some fresh rose petals for that perfect floral pitcher.



DS Pick:  
Big Chefs

## Elderflower Lemonade

This summer why not take your senses on a little adventure by trying the floral and fragrant stylings of elderflower lemonade. These small white starry flowers are believed to have medicinal characteristics and are widely used in beverages due to their unique flavoring properties. On a hot summer day, this sweet and tart blend is soothing.

Location: Prince Faisal bin Fahd Rd, Khobar

 [bigchefsksa](#)





To tackle the pressures of daily life, make these nutritious choices a regular part of your diet. Start eating smart from today for a fabulous, vibrant, vigorous life!

# IMPROVING WOMEN'S HEALTH

*One food item at a time.*

*By Zonaira Chaudry*

*Being a woman in this day and age can be demanding. While balancing family, work/school, and an active social life, women at times can't help but ignore their dietary needs. Maintaining the ideal weight is another added pressure imposed on women. Extreme diets also leave us hungry, tired, and cranky. Whether you need to look your best, trying to shed some extra pounds, or just to improve your health and mood, we are giving you a list of power foods to make you look and feel like the wonder woman you are:*

## **SALMON**

Salmon is full of health and beauty benefits as it is loaded with vitamin D and omega-3. Make it a weekly part of your meal for smooth glowing skin, uplifting your mood and shedding some pounds. Salmon is also a really helpful option in the prevention of heart disease. Enjoy it in a salad, grilled, or have it in a sandwich as a replacement of tuna.

*Get your salmon fix from major supermarkets such as Danube, Tamimi, and Al Osra.*



### GREEK YOGHURT

Yoghurt can be an easy, hassle free and quick meal guaranteed to fulfill your nutritional requirements. As Greek yoghurt is heavily strained, it has twice the protein (which most women over 40 don't get enough of), with half the carbs and sodium. So, opt for Greek yoghurt instead of regular yoghurt. Recently, local dairy manufacturers like Nada have introduced a range of Greek yoghurts worth trying in various sizes and flavors; a cheaper option than the imported ones.

### PEANUT BUTTER

Peanut Butter is a heart-friendly, fat burning spread, a must-have food item in your pantry. It is not only an inexpensive way to start your day but also a natural immune booster and a rich source of wide range of minerals and vitamins. Try Crunchy peanut butter as it has more fiber than the smooth version and will make you feel full for hours. *Stay tuned for 1<sup>st</sup> 13 Nut Butters, home to the finest peanut butter in town.*

 onethirteenutbutters

### NUTS

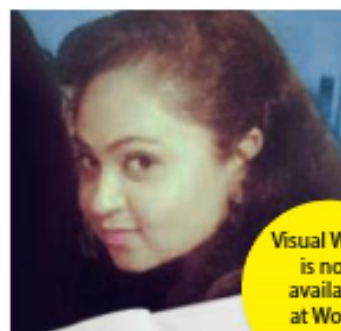
This favorite Middle Eastern snack is a vital constituent in your quest for being healthy. A fist full of mixed nuts can help you combat heart disease, diabetes, and lower blood pressure and cholesterol. Eat them with moderation as they are high in calories. Sprinkle them on cereals, salads or yoghurt, or have them as a snack in between meals. *Check Abazeer for a wide selection of nuts and seeds.*

Location: Prince Faisal Bin Fahd Rd,  
Al Hiram Al Akhdar, Khobar

# WHEN ART AND WORDS COLLIDE

*Artist Saman Sohail helps us visualize "Visual Words".*

By Zonaira Chaudry



Visual Words  
is now  
available  
at Words  
Bookstore.



The Words Bookstore Café in Bahrain recently launched "Visual Words", an illustrated dictionary that features poetry by Anushka Gupta paired with artwork by Saman Sohail. The collaboration between diverse artists highlights and represents the wonderful coming together of art media, and the people behind them.

In an exclusive interview, Sohail shares her insight on this creative collaboration.

## ***What is the inspiration behind "Visual Words"?***

As designers, travelers and observers of the world, telling stories through our work has always been significant. Each word we chose represents an expression of dreams, hopes, loves, heartbreaks, courage and discovery which all of

us have experienced at some point in our lives. The alphabet offers endless opportunities to select words that describe those emotions. The book carves a story of its own because each person who explores it becomes a part of its journey.

## ***Tell us about the creative process.***

I was sharing a series of abstract watercolor circles "The #PaintedCircleSeries" on Instagram which were inspired by various quotes and poems. Anushka sent me a message of appreciation when I painted a few verses she had written and we ended up talking about a collaborative project.

We narrowed down 38 words from the English language that resonated with us and that

embraced various emotions within them. Anushka would choose a word, then string more of them together to lend beautiful meaning to them in poetry. I would then take the poetry and paint my abstract interpretation of her words in watercolor. The book took about a year and a half to complete.

## ***What does "Visual Words" mean to you?***

"Visual Words" came to us at a challenging time in both of our lives. It helped us to deal with, express and even resolve certain emotions and ideas. We've woven pieces of our souls into each letter and every streak of color.

Location: Palm Square, Budaiya Highway

COURTESY PHOTO



## Local Lap of Luxury

*Grand getaways without actually getting away.*

By Zonaira Chaudry

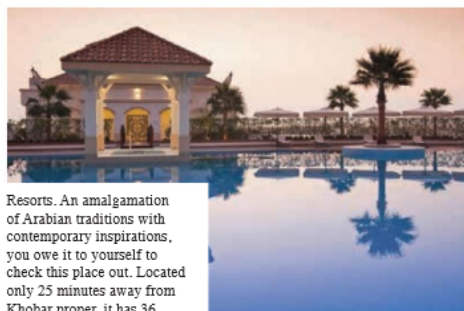
Summer is synonymous with travel, but if you can't get out this year, why not plan a little stay-cation right here in Sharqiya? We've got a number of beautiful beach resorts for the perfect seashore escape.

Capture the true essence of summer with our go-to guide for the best beach resorts of the region.

### SHARQIYA

#### Movenpick Beach Resort Al Khobar

Make the most of the summer by taking a day off from your daily life and booking a quiet retreat at Movenpick Beach



Resorts. An amalgamation of Arabian traditions with contemporary inspirations, you owe it to yourself to check this place out. Located only 25 minutes away from Khobar proper, it has 36 spacious villas housed with basic amenities. Spend a day at the private lagoon beach or at the outdoor swimming pool and dine at one of the onsite restaurants. This resort is exclusive to families only.

Tel: +966-13-8892999



#### Holiday Inn Resort Half Moon Bay

Located in the Azizyah district right at Half Moon Bay, this place is comparable to any international beach resort. Stay in one of their spacious villas or guest room and enjoy a swim in one of the three

family-friendly swimming pools while enjoying the lovely view of the bay. Also, if you are looking for that perfect place to mix business with pleasure, the staff here will be more than willing to help you plan business dinners, seminars and training days.

Tel: +966-13-8963333



#### Dana Beach Resorts

Planning an outdoor escape? Dana Beach Resorts is packed with exciting activities like Equestrian sports with professional trainers, private and family pools and a dive club. This beach front hotel has 111 villas, 20 have private infinity pools or Jacuzzis and 32 are situated amidst green gardens. Ladies can rejuvenate at the spa while men can enjoy the marina. It's an unforgettable outing for the whole family!

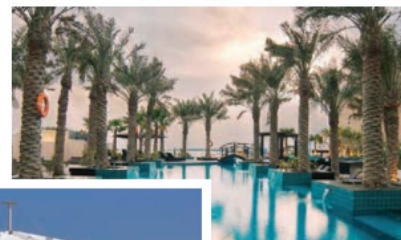
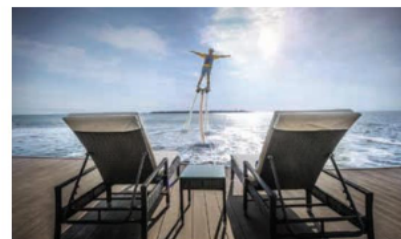
Web: drc.sa

### BAHRAIN

#### Lagoona Beach Resorts

Bahrain still counts as a staycation, right? Shh, yes it does. Especially Lagoona Beach Resorts which is just five minutes off the causeway. Boasting some of the biggest rooms around, this resort will make you feel right at home. You can choose from a wide range of exciting activities such as fishing, dolphin watching, jet skiing, scuba diving, water skiing, wake boarding, ringo riding and parasailing. Be it for business or just a weekend getaway, this place is the perfect paradise to indulge in.

Web: lagoona-beach.bahrain.com



#### Ritz-Carlton Beach Resorts

Elegance is the keyword to best describe this city resort. Experience luxury at its best and plan your next holiday at the Ritz-Carlton Beach Resorts. It offers all the perfect ingredients for a memorable vacation: great location, great food and a great environment. Located close enough to the charming city of Manama, there's still plenty to do in the resort, including a revitalizing spa, a refreshing beach area and don't forget dining at any of the hotel's eleven restaurants and lounges. From Arabian and Mediterranean fare to Indian and Mexican delights, there's a heavenly treat for whatever your taste buds desire.

Web: ritzcarlton.com/bahrain