



Milonee
Newsletter

January 31, 2004

মিলনী পত্রিকা

Editor: Milan Chatterjee

Welcome to Milonee's Saraswati

Saraswati Puja Activities

- 10:30 AM - Puja & Anjali
- 12:30 PM - Lunch
- 2:00 PM - Video Game Contest
(6-16 yrs)
- Coloring Activities
(10 yrs & under)
- 4:00 PM - Refreshments
- 4:30 PM - Cultural Program
& Raffle Drawing
- 6:30 PM - Dinner
- 8:00 PM - Clean up
- 9:00 PM - Close Church



2004 Executive Committee of Milonee

- Treasurer:
Suman Chatterjee
- Cultural Program:
Bani Chatterjee
- Communications:
Manajit Sengupta
- Editor & Youth Activities:
Milan Chatterjee
- Food Coordination:
Saroj Chatterjee
Nilanjana Sengupta
Saswati Haldar
Ruchira Ray Barman
- Logistics:
Arindam Haldar
Rajib Maitra
Arabinda Ray Barman
- President:
Nirmalya Chatterjee

Baisakhi Celebration

Saturday, May 15, 2004 3-8 p.m.
United Methodist Church, Arvada
We hope to see you there!

2003 Durga Puja Accounts:

Chanda	\$ 3,614	Food	\$ 3,804
Donation	174	Rent	450
Advertisement	<u>325</u>	Misc.	<u>804</u>
Total Revenue:	\$ 3,916	Total Expenses	\$3,804
		Cash on hand (1/1/04)	<u>\$ 2,477</u>



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News You Can Use....

Manick Sorcar Reaching "Beyond Boundaries" at the NABC 2004



Our own Manick Sorcar (with his troupe) has been formally invited by the NABC 2004 to perform three major items at the 24th Annual North American Bengali Conference to be held at Baltimore, MD, on July 2, 3 and 4, 2004.

His first item is "Beyond Boundaries: The Grand Opening Ceremony" on July 2, which will be an hour-long extravaganza of laser, animation, and live action creating an electrifying performance with 40 artists from the Denver and Baltimore areas. Under Manick's general direction and dance direction by his daughter Piya, the group will take Bengali culture from Bengal to "Beyond Boundaries" through a series of songs, dances, and acts in combination with state-of-the-art lighting in multimedia. Manick's next item is on July 3, where his Denver team of 10 artists will perform two successive new acts where live action will be in combination with life-size laser animation on stage.

His third item is to attend as the "Director-in-Person" for "Manick Sorcar Animation Festival", where all his award-winning animation classics will be shown on a large screen including his latest "Ekushe-Aine", which just bagged the Bronze Plaque at the 51st Columbus International Film Festival and will be shown in USA for the first time.

Readers will recall Manick was invited to perform in several past NABC conferences. This will be the second Grand Opening Ceremony he will direct. The first was in 1999, where he directed over 70 performers from the Bay Area along with former Miss Universe Sushmita Sen.

Sorcar was the designer and architect of the 5-stage performance arena and was presented a plaque for his "Untiring and Enthusiastic



To Promote the Bengali Culture in North America" by the Cultural Association of Bengal of New York and Bay Area Prabasi at San Francisco.

An estimated 7000 Bengalis from around the world are expected to attend the North American Bengali Conference this year at the Baltimore Convention Center. For more information please visit www.manicksorcar.com

North American Bengali Conference
National Capital Area
July 2-4, 2004
For Registration & Information
www.nabc2004.com

Editor's Note -

Greetings,

Thank you for attending today's auspicious event and best wishes for Saraswati Puja! I am really honored and excited to take the responsibility of the Milonee Potrika. There is a lot of talent throughout the Milonee community. One way you can share your talent is through the Milonee Potrika. Please forward any articles, essays, recipes, art, etc. that you are interested in getting published. Thank you very much.

Best regards,

Milan Chatterjee



Sunrise

Another day, another time
I'm feeling great, I'm feeling fine
You day is new, and so is mine
It's beautiful, that great sunrise
The birds are chirping, dim is light
It is majestic, it's a sight
The flaming sun is oh so bright
The day is young, the mood is right
Oh hear my sun, why are you sad?
Your golden tear blankets the land
You're hurt because no one would see
The beauty that you spread beneath
You work so hard with little rest
You are so great, your work is best
Your brother moon just sleeps and sleeps
But people thin he is so neat
Without you there would be no light
The plants won't grow, it won't be right
Without you nothing would be done
What was the point, there'd be no fun
Dear Sunrise, you have blessed the Earth
I'm sorry that you feel so hurt
Dear Sunrise, yes the day is new
Not just for me, but for you too.

Mala Chatterjee



Science Corner

HOW MUCH IS ENOUGH?

Recently, we have noticed that some *Bengali* women in Denver are not carrying a lot of weight any more. Well, readers should not get too excited – they certainly still carry a lot of weight as to what their husbands should wear, eat, see, do, feel, say, think, dream... etc. (the usual). But it is just that Denver has suddenly become a diet Mecca. Atkins (though not all will own up to it), Weight Watchers, Protein Power, Jenny Craig and Dean Ornish are all flourishing nicely—with great results! Now some of them are also poised to contribute multiple new *Milonee* members very soon. So *Milonee* commissioned this reporter to investigate how many calories it takes to see healthy, moderately active women, through an average day.

We found that a recent study by scientists at the United States Department of Agriculture (USDA) did set out to determine the actual energy requirements of: (1) healthy underweight, (2) normal-weight and (3) overweight women of reproductive age. The study's ultimate objective was to define the precise energy requirements of pregnant and lactating women, to best ensure good health for mothers and infants. Researchers used what is called the *doubly labeled water* method to measure total energy expenditure (TEE) in 116 women living in urban areas. This method is a way to measure energy expenditure

and energy requirements of free-living individuals. Doubly labeled water, or heavy water, is a safe, non-radioactive form of water enriched with heavier forms of hydrogen and oxygen that are used to track end-products of metabolism, water and carbon dioxide.

The volunteers followed their usual diet and activity regimens. The group was characterized as follows: 13 of them had low body mass index (BMI)+, 70 had normal ones, and 33 had high BMIs. The BMI is the ratio of weight to height squared in metric measures and is used to gauge body fat in adults*. A multi-component model was used to measure body fat. Researchers measured the volunteers' 24-hour basal metabolic rate (BMR) and energy expenditure in a special room called a respiration calorimeter. They calculated physical activity levels by dividing volunteers' total energy expenditure, or TEE value, by their BMR values.

The study showed that current suggested daily caloric intakes for healthy women of childbearing age living in industrialized societies need to be revised, based on women's BMIs. Low-, normal- and high-BMI groups used varying amounts of energy, ranging from about 2,100 to 2,700 calories—8.9 to 11.5 mega joules—per day. A joule is a measure of work or energy. The findings were published in the *American Journal of Clinical Nutrition*.

Source:

American Journal of Clinical Nutrition, Vol. 77, No. 3, 630-638, March 2003: *Energy requirements of women of reproductive age* Nancy F Butte, Margarita S Treuth, Nitesh R Mehta, William W Wong, Judy M Hopkinson and E O'Brian Smith

Amitabha Rakshit

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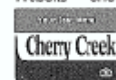
Making Sure!

"Hello? Is this the state mental hospital?"
"Yes, it is."
"Can I speak to Mr. Russell in room twenty-seven?"
"One moment and I'll connect you...*(pause)* I'm sorry, Mr. Russell is not answering."
"Good. That means I must have really escaped."

Arun Budhiraja

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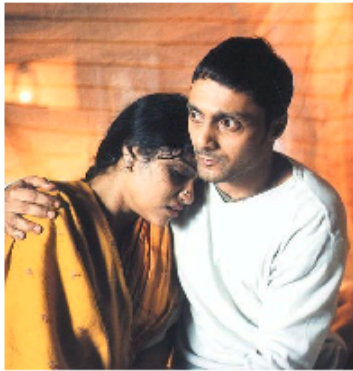


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A Film review

Mr. & Mrs. Iyer



I had an opportunity to see this highly acclaimed film by Apama Sen recently through a rental DVD video from a local Indian grocery store. To tell you the truth, I could not resist the temptation of seeing this remarkable film several times before I could return the video.

The film is based on a simple story of 'race relations' in India, namely, between Hindus and Muslims. Both the story and the screenplay (in English) have been written by Apama Sen. Meenakshi Iyer, a young and attractive south Indian Brahmin woman, played by Apama Sen's daughter Konkona Sensharma, is returning to her husband in Calcutta from her trip to her parents at a hill station, presumably in Darjeeling, along with her one year old child-Santhanam. She is introduced to a bright, young Bengali photographer named Raja Chowdhary, played by Rahul Bose, by a common friend of her parents at the bus station. Raja is very helpful to Meenakshi during the trip in taking care of the child. Along the way, a communal riot erupts in the area between the Hindus and Muslims. Meenakshi is shocked to learn from Raja that his name is Jehangir Chowdhary and he is a Bengali Muslim. Coming from an orthodox Hindu family, she regrets having to share the same water bottle with Raja. This bus is raided by a mob looking for Muslims to kill. Meenakshi identifies the couple to the mob as Mr. & Mrs. Iyer. This is where the story begins. I will save the rest of the story for you to see for yourself.

Apama Sen does a superb job in unfolding the human drama with a great deal of sensitivity, style and suspense. It is hard not to feel the influence of both Satyajit Ray and Mrinal Sen on her work. The film is truly "Indian" portrayed in a brilliant tapestry of the diverse culture and ethnicity of India. Magnificent acting by both Konkona Sensharma and Rahul Bose. A very powerful dimension to the film is its haunting score by Ustad Zakir Hussain with his own singing as well as of Ustad Sultan Khan. A brilliant film that should be on your must see list.

Nirmalya Chatterjee

For future publication in Milonee Potrika

Please write to:

Milan Chatterjee
Chatcl@msn.com

Crayons!



Miss Francis, I ain't got no crayons.
Young man, you mean, I don't have any
crayons. You don't have any crayons.
We don't have any crayons. They don't
have any crayons. Do you see what I'm
getting at?

I think so. What happened to all the
crayons?


SPICES

by Manick Sorcar



"AH! I FINALLY FOUND SOMETHING
ABSOLUTELY AMERICAN!"

Fairy Dust



You helped Sleeping Beauty dream and wake
 You helped Cinderella find escape
 You helped Snow White out of the woods
 You helped Bell save Beast and yes she could
 Take me away oh fairy dust
 To a magic land
 Where I can dream all of my dreams
 Oh silver sparkling sand
 You told Repunzel to help the price
 You told Ariel to loose the jinx
 You told Hansel to use the bread
 You make all stories come to an end
 Fairy dust, listen please
 Will you help write my story
 Just like other ones
 I want my life to be fun
 But I don't want to loose my shoe
 I don't want to clean all day for you
 I don't want to be locked up
 In a tower high above
 I don't want to have some fins
 I don't want to loose my voice for him
 Those stories aren't for me
 I am original, let me be
 My story is mine you see
 It is fate, it's meant to be

Mala Chatterjee

Lawyer's Bill!



A lawyer sent a note to a client:

"Dear Jim: Thought I saw you on the street the other day. Crossed over to say hello, but it wasn't you, so I went back. One-tenth of an hour: \$25."

Debt Repayment!



Two accountants are in a bank when armed robbers burst in. While several of the robbers take the money from the tellers, others line up the customers, including the accountants, and proceed to take their wallets, watches, etc. While this is going on, the first accountant jams something into the second accountant's hand. Without looking down, the second accountant whispers, "What is this?" To which the first accountant replies, "It's that \$50 I owe you".

Saraswati Puja Catering By



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Saraswati Puja 2004 *Cultural Program & Raffle Drawings*

MC – Bani Chatterjee

- Rabindrasangeet
Ranjan Chakravarty
- Dance with Nazrulgeeti
Julia Chowdhury, Ramisa Azam & Roushni Faruque
- Recitation from Sukumar Ray's "Abol Tabol"
Niharika Maity
- Dance with Nazrulgeeti
Purna Sengupta & Nandika Chatterjee
- Violin Recital
Shayer Chowdhury
- Dance with Rabindrasangeet
Mala Chatterjee
- Dance with Nazrulgeeti
Julia Chowdhury, Ramisha Azam & Roushni Faruque

Trophy Distribution

- "Kabi Smarane" – Written by Amitabha Rakshit
Participants: Kakoli Chakraborty, Ruchira Ray Barman, Nirmalya Chatterjee & Amitabha Rakshit
- Songs
Nirmalya Chatterjee with Milan Chatterjee on tabla
- Dance with Rabindrasangeet
Kakoli Chakraborty
- "Adhunik Roopkatha" – A drama by Manjushree Mitra
Participants: Ghoshok – Mita Mukherjee
Shreedam Kashuri – Puspa Das
Jolodebi – Ruchira Ray Barman
Padmo Rani – Manjushree Mitra
Shundari Mohila – Sharbari Banerjee

Painting by Arjun