

Scribbles

Bringing colour to your lives

Volume No. 4

May - June 2013

Issue No. 3

From the Editor's desk...

In today's context, is vacation really a bonding time for all the generations to get-together? Does the modern kid visit his/her grandparent's home and spend time with them? Does not the term 'vacation' mean different things to different ages?

Holiday Special

3 to 7 years



Ah! No studying. No tests. I am free at last...



Parents: 2 months at home. What do I do with them? Which summer class shall I enroll him in?

8 to 12 years



I have worked so hard all year. I just want to play, go to friends house or watch movies...



Mother (home maker): My work during vacation seems to be more than when she was in school. I am moving from dropping her off at a summer school or friends place or cooking for all the kids...



Can we go somewhere for a vacation. Else, I will go to my friend's house or have them come over...



Working parents: We will take a break. Not more than a week is possible this year. Else you go for some class. Don't waste the whole day doing nothing...

13 to 18 years



Why don't they leave me alone with my tab...? I have enough friends to chat with...



It is high time he starts preparing for IIT entrance. As such he is wasting enough time. Why can't he go for crash courses?

and so on...

The different perspectives to a holiday continue across ages. For a retired person, everyday should be a 'holiday', but many of them are busier than when they were working.

Whatever be the meaning of a 'vacation or holiday', there can be no two opinions that vacation is a time to de-stress, rejuvenate and get back with renewed vigour to work and life... be it young or old!

Best wishes,

Ananda Jagam

Guess Who? ! Given at the bottom of each page are the tips that will lead on to the photo of the person on the last page.

Performance Awards

It's recognition time at work

Sanmar believes in a performance culture. Performance appraisal is an established system at Sanmar. The measure of performance is how well a person achieved his/her set goals and targets in terms of self and overall organisational success.

Awards, by way of recognition at work, are given to those who have 'exceeded expectations'.

Scribbles congratulates the awardees and wishes them to outdo the best in the years to come.



Performance Awardees of Sanmar Corporate, HO.



Chemplast Sanmar, HO.



SETL - Products, Viralimalai.



Chemplast Sanmar, Mettur.



Chemplast Sanmar, Cuddalore.



Sanmar Speciality Chemicals, Berigai.



Chemplast Sanmar, Karaikal.



SETL, Delhi.



Chemplast Sanmar, Vedaranyam.



SETL, Kolkata.

Performance Awardees

(across locations)

Cabot, Mettur

- ◆ M Babusivaraman
- ◆ R Balamurugan
- ◆ P Gopi
- ◆ P Loganathan
- ◆ N Manikandan
- ◆ P Muthukkannan
- ◆ S Rajakumar
- ◆ T Saravanan

Chemplast, Cuddalore

- ◆ M Alagarsamy
- ◆ A Arivudai Nambi
- ◆ K Balasubramanian
- ◆ D Gopinath
- ◆ D Jayaprakash
- ◆ K Karthikeyan
- ◆ C S R Kamrudeen
- ◆ K Kumar
- ◆ K Ramesh
- ◆ R Rajendran
- ◆ B Ravichandran
- ◆ R Satheesh
- ◆ T Senthil
- ◆ S Srikandan
- ◆ L Thangaraj
- ◆ P Venkatesan
- ◆ Ch Venu Kishan
- ◆ B Vijayakumar
- ◆ S Visvanathan

Chemplast, HO

- ◆ A Dinakaran
- ◆ Then Panneerselvam
- ◆ N Ramachandran
- ◆ G V V Ramesh Babu
- ◆ E Sivakumar
- ◆ R Sugavanam

Chemplast, Karaikal

- ◆ S Anandababu
- ◆ S Ayyappan
- ◆ N Balasubramanian
- ◆ R Elanchezhian
- ◆ T Karunanithy
- ◆ K Murugaiyan
- ◆ P Ramkumar
- ◆ R Sangarane
- ◆ R Singaravel
- ◆ P Suresh
- ◆ S Suresh
- ◆ K Ukkirapandian
- ◆ C Veeramani
- ◆ N Vengadapathy
- ◆ C Venkatesan

Chemplast, Mettur

- ◆ G Baskar
- ◆ L Chirchabesan
- ◆ R Elanchezian

- ◆ K Karthikeyan
- ◆ S Manickam
- ◆ G M Mahendran
- ◆ M Muthukumar
- ◆ A Muthu Vijayan
- ◆ S Palanisamy
- ◆ G Raguram
- ◆ P Ramachandran
- ◆ J Ramasamy
- ◆ N Saravanan
- ◆ G Sarveswaran
- ◆ R Selvam
- ◆ S Sivagurunathan
- ◆ K Srinath
- ◆ K Sundar
- ◆ D Suresh Kumar
- ◆ S R Venkatesan
- ◆ C S Venkataramanan
- ◆ E Vijayakumar

Chemplast, Vedaranyam

- ◆ A Kanda Koumar
- ◆ A Sivalingam

Chemicals - Branches

- ◆ Dipankar Dey (Kolkata)
- ◆ Prosenjit Chaudhury (Delhi)
- ◆ T K Sujil (Cochin)

Sanmar Corporate

- ◆ Amit Kumar Tripathy
- ◆ R Anuradha
- ◆ P Chinnadurai
- ◆ S Jeyashankar
- ◆ K Kannan
- ◆ R Karthik
- ◆ B Raamesh
- ◆ V Rajagopalan
- ◆ N Rajarajan
- ◆ K Sangeetha
- ◆ Satya Narayan Nayak
- ◆ Saurabh Tripathi
- ◆ S Sekar
- ◆ Vanaja Srinivasagopalan
- ◆ M Vidhyadharan

Sanmar Foundries - Viralimalai

- ◆ D Balaji
- ◆ S Balamani
- ◆ C Balamurugan
- ◆ K Chandra Prakash
- ◆ S Dharmaraj
- ◆ P Dhayalan
- ◆ K Dineshkumar
- ◆ R Ganapathy
- ◆ T James Ramesh
- ◆ P Karthik
- ◆ A Karunanidhi
- ◆ D Karthikeyan
- ◆ J Lakshmiipathi
- ◆ S Manikandan

- ◆ M Maheswaran
- ◆ V Mohankumar
- ◆ P Muthuselvam
- ◆ C Palanikumar
- ◆ S Palanivel
- ◆ P Pandi
- ◆ V Punniya Moorthy
- ◆ S Raja
- ◆ B Ravi
- ◆ S Sankar
- ◆ J Santhosh
- ◆ K Sankar Ganesh
- ◆ S Sathiamoorthy
- ◆ V Sasi Kumar
- ◆ M Senthil Kumar
- ◆ S Selvam
- ◆ K Selvakumar
- ◆ S Sridharan
- ◆ R Thiruvengadam
- ◆ T Veeraraghava Perumal
- ◆ J Yagoph
- ◆ G Yuvarajsharma

SETL - Baroda

- ◆ Nayan M Shah
- ◆ Rakesh H Gajjar
- ◆ Sankar Maharana
- ◆ Santosh Kumar Singh
- ◆ Viral Rameshchandra Shah

SETL - Delhi

- ◆ Akhil Narula
- ◆ Pawan Kumar
- ◆ Rajneesh Sharma
- ◆ Samir Arora
- ◆ P M Tripathi

SETL - HO

- ◆ V Balaji
- ◆ S Dinesh
- ◆ G D Janarthanan

SETL - Jamnagar

- ◆ Devendra C Trivedi
- ◆ Jatin Kumar Mahesh Bhai Mistry
- ◆ KV Suresh Kumar

SETL - Karapakkam

- ◆ R Dharmarajan
- ◆ N Dayakar Reddy
- ◆ R Dhayalan
- ◆ S Gunaseelan
- ◆ S Kalai Selvan
- ◆ H Karthik
- ◆ G Kumarasami Raja
- ◆ J Madhavan
- ◆ K Mageshwaran
- ◆ G Nanga Goundan
- ◆ G Prashanth Sekar
- ◆ M Rajesh Kumar
- ◆ N Ramamoorthy
- ◆ V Sathish Kumar
- ◆ A Senthilmurugan
- ◆ K Shanmugam
- ◆ V Srinivasan

- ◆ K Veeramanikandan
- ◆ K Vijayaragavan

SETL - Kolkata

- ◆ Anupam Maiti
- ◆ Amitava Bandyopadhyay
- ◆ Ayanendu Das
- ◆ Bhagyadhar Mondal
- ◆ Bhaskar Nandi
- ◆ S K Saha
- ◆ Syamal Chakrabarty
- ◆ Tuhin Bhadra

SETL - Mumbai

- ◆ Mohammad Sajid Abdul Khair
- ◆ Shreyas Satish Salway
- ◆ Sudarshan Kumar Saini

SETL - Other Branches

- ◆ P Janarthanam (Chennai)
- ◆ Parmar Brijeshkumar Dhulabhai (Bhatinda)
- ◆ M Rajaiah (Hyderabad)

SETL - Pune

- ◆ Aditya Milind Taware
- ◆ Nahush H Deshmukh
- ◆ Shinde Jaideep Prasannakumar

SETL - Viralimalai

- ◆ K Alagarsamy
- ◆ S Arut Jothi
- ◆ D Babuanandaraj
- ◆ G Elavarasan
- ◆ R Ganesh
- ◆ S S Harikaran
- ◆ G Hariprasath
- ◆ S Hari Krishnan
- ◆ D Karthik
- ◆ V Kasthurirangan
- ◆ N Kishore Kumar
- ◆ J Ramesh
- ◆ K Raja
- ◆ P Rajagopal
- ◆ J Saravanan
- ◆ P Sankara Kuthalam
- ◆ W Samuel Swaminathan
- ◆ K Sekar
- ◆ M Thyagarajan
- ◆ G Uma Chandran
- ◆ S Vinobaji

Speciality Chemicals, Berigai

- ◆ K Anil Kumar Raju
- ◆ M N Baskaraja
- ◆ G Chidhambaram
- ◆ O K Govindaraju
- ◆ R Jayakumar
- ◆ M Magalingam
- ◆ P Manikandan
- ◆ P Prabakaran
- ◆ K Soundararajan
- ◆ P Sudharsan

Summer Destinations in India

The summer vacation is a time to relax and unwind, to get away from your normal routine and indulge yourself. While many vacation goers move abroad to exotic locations for their leisure, one can explore the diverse domestic destinations in India where you and your family can hit this summer! The entire country provides some scenic locations to relax. From the snow-clad Himalayas, walking barefoot on meadows covered in wildflowers in Himachal Pradesh, and the scenic hill stations of Kashmir and Uttaranchal, to the green hills of Munnar and Ooty in South India. India offers several options for a relaxed summer vacation.

(The list compiled is not exhaustive. This is only a curtain raiser to several of the exotic destinations in this vast country of diversities).

Tawang, Arunachal Pradesh: Tawang is a canvas of unspoiled scenic beauty. Apart for spectacular sightseeing



of pristine lakes, rivers and mountains, one can visit various gompas and Buddhist monasteries. For adventure lovers, one can indulge in trekking and hiking activities. Tawang Monastery is said to be the biggest Buddhist monastery in the world outside of Lhasa, Tibet. Most of the travel from the plains is on a steep hill road journey, crossing Sela Pass.

Srinagar, Jammu & Kashmir: The city is well known for



its lush green gardens and the famous lake - the Dal Lake, noted for its households, where the tourists can enjoy a 'shikara' (house boat) ride. It is one of the several places that have been called the "Venice of the East" or the "Kashmiri Venice". Srinagar has the well-known Mughal gardens, forming a part of those laid by the Mughal emperors across

the Indian subcontinent. The Tulip Garden of the valley is another major attraction. The city is served by many highways. Srinagar has a railway station. Regular domestic flights operate from Srinagar Airport.

Ladakh, Jammu & Kashmir: Ladakh, popularly known as 'the Moon Land', 'Little Tibet', and 'the last Shangri La'



is one of the most popular tourist destinations in India. The region of Ladakh has Leh as its capital city. Ladakh is a hill station, with spectacular landscapes. Home to some of the most spectacular monasteries on earth, Buddhism is the way of life in Ladakh. One of the most popular festivals in the region is the Hemis Festival - which is a key tourist attraction. Its rugged terrains and gushing rivers and streams offers adrenaline rushing adventure options like white water rafting, jeep safari, mountaineering and most popular of them all trekking across its undulating terrains. Some of the places of interest are General Zorawar's Fort, Hall of Fame, Leh Palace, Maharana Pratap Sagar Dam in Uletokpo, Shanti Stupa, Stok Palace, Drang-Drung Glacier in Zaskar, Pangong Lake, Suru Valley in Kargil, Tso Kar Lake and Tso Moriri Lake. There is one airport in Leh from which there are flights to Delhi.

Kullu/Manali, Himachal Pradesh: The serene little town of Kullu is famous for its colourful Dussehra festival.



Some of the must-see places to be visited are Camping site Raison, Vaishno Devi temple, Raghunathji Temple, Bijli Mahadev temple, and the Great Himalayan National Park. Kullu has an airport at Bhuntar. Nearest convenient railheads are Kiratpur and Chandigarh. Kullu is also well connected by road.

Manali is a picturesque city situated in the Kullu valley. Some of the major attractions of this hill resort are Rohtang Pass, Rahala waterfalls and numerous Buddhist monasteries. Manali is also often referred to as the “Valley of the Gods”. The Old Manali village has an ancient temple dedicated to sage Manu. It is an excellent place for a holiday, a favorite resort for trekkers.

Ooty, Tamil Nadu: Ootacamund, also known as Ooty, is the Queen of hill stations. Lofty mountains, great lakes,



dense forests, sprawling grasslands, miles of tea gardens and eucalyptus trees greet the visitors en route to Ooty. Some of the places of interest are: Government Rose Garden - the largest rose garden in India, Ooty Botanical Gardens, Ooty Lake, Stone House - the first bungalow constructed in Ooty, Toda huts, Ooty Mountain Railway, St. Stephen’s Church, Wax World, Ooty Golf Course and Tribal Museum. Ooty is well connected by roads. The railway station for Ooty is Udhagamandalam. UNESCO has declared this as a World Heritage Site in 2005.

Kodaikanal, Tamil Nadu: Kodaikanal is referred to as the “Princess of Hill stations” and has a long history as a



retreat and popular tourist destination, located in the famous Palani Hills. The place is famous for the Kurinji Flowers, which blossoms only once in twelve years. Kodaikanal has several scenic natural attractions, including the Lake, Bryant Park, Coaker’s Walk, Bear Shola Falls, Green Valley View, Pine forests, Shembaganur Museum of Natural History, Kodaikanal Solar Observatory, Pillar Rocks, Guna caves, Silver Cascade, Dolphin’s Nose, Kurinji Andavar Murugan temple, and Berijam Lake. The nearest airport is Madurai.

The 2 to 3 hours drive to Kodai via the steep and winding ghat roads from Batlagundu or Palani is a memorable experience.

Gangtok, Sikkim: It is an incomparable hill resort of northeast regions of India and it is doubtlessly one of the most



frequently visited places in India. It is very esteemed for its scenic beauty and striking views of the mount Kanchenjunga, 3rd highest peak in the world. The main attractions are the Museum, which houses around 200 Buddhist icons, antique paintings, thangkhas, statues, shrines, tapestries, masks and other religious works of Tibetan Art, Rabdentse Ruins, Ban Jhakri Falls, Kanchenjunga, Tashi Viewpoint, Tsomgo Lake, Fambong La Wildlife Sanctuary, Do Drul Chorten, Ganesh Tok, Rumtek Monastery, Tashiding Monastery, Enchey Monastery. Gangtok is connected to the rest of India by an all-weather metalled highway. The nearest railhead connected to the rest of India is the station of New Jalpaiguri. The closest airport is Bagdogra.

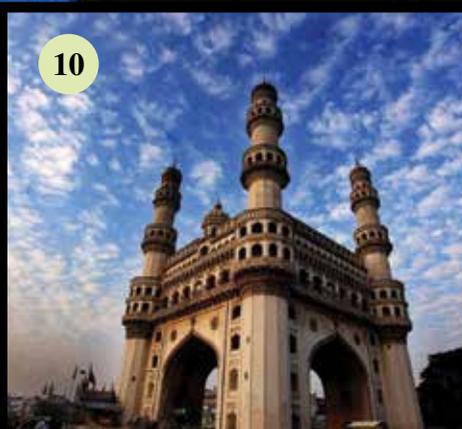
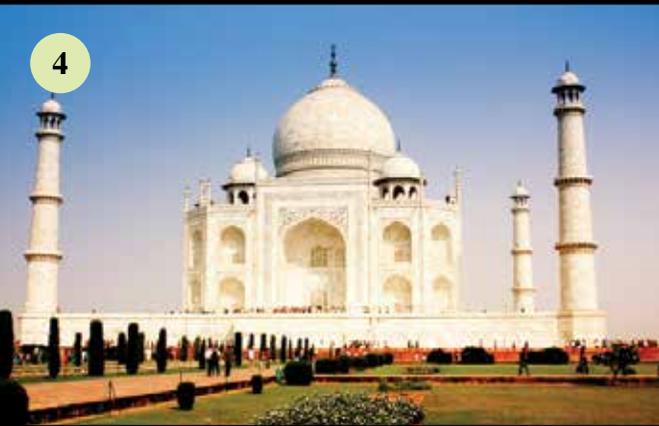
Andaman Islands: The Andaman is a perfect location for many adventurous activities like scuba diving, snorkeling,



camping and trekking. This is one of the rare tourist destinations in India in which one can enjoy the breathtaking views of praise worthy marine life. Some of the places worth visiting are Anthropological Museum, Cellular Jail, Chatham Saw Mill, Barren Island, Corbyn’s Cove, Cutbert Bay Beach, Elephant Beach, Limestone caves, Little Andaman and Long Island and Marina Park. Almost all major Indian flights fly to Port Blair. It is possible to take a ship from Kolkata, Chennai or Visakhapatnam, which takes almost 4 days to arrive in Port Blair.

Incredible India Contest!

There are 25 images displayed in the collage. Identify all of them and send in your entries to scribbles@sanmargroup.com on or before 15 May 2013. Prizes await the first 50 correct respondents. **Contest open only for employee's family members.**



15



16



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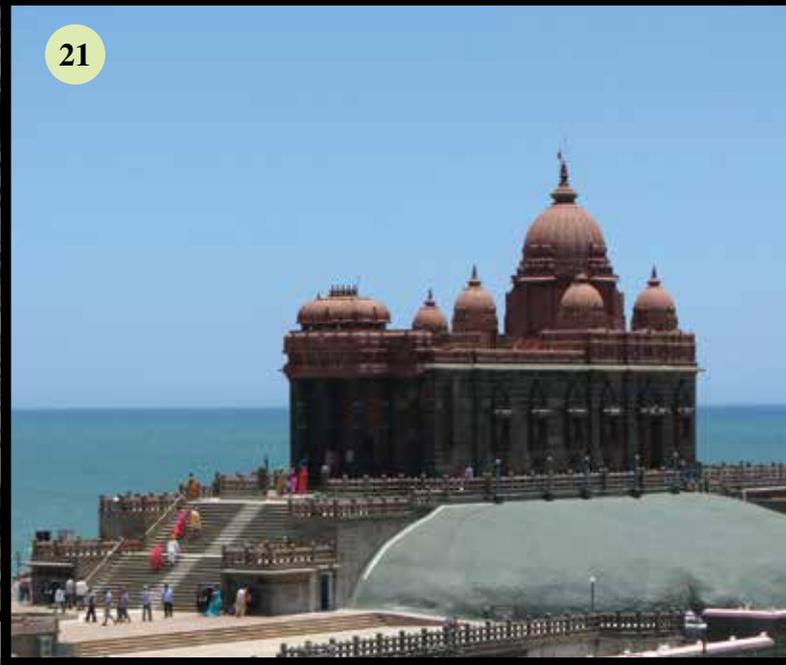
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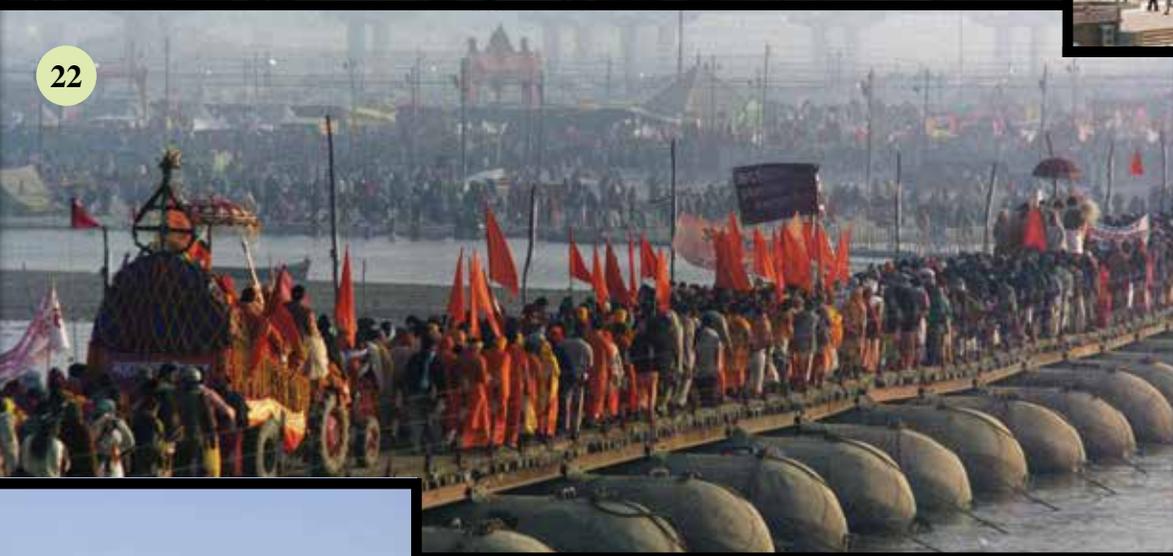
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Munnar, Kerala: Munnar, a range of mountains and a popular hill station is situated on the Western Ghats. It is



surrounded by the country's highest tea gardens. Layers and layers of tea estates, mountain mist, waterfalls and wildlife sanctuaries make Munnar almost surrealistically beautiful. Munnar is also famous for the wild orchids locally called Neelakurinchi which blooms once in 12 years. Here you can also have a glimpse of gaur, langur, liontailed macaque, elephants and Nilgiri Tahr that roam the stretch of grasslands. The nearest major railway station is Ernakulam and the nearest airport is Cochin.

Alleppey, Kerala: Alappuzha, also known as Alleppey is often called as "Venice of East" because of its numerous



waterways. Alleppey is well known for its Boat Houses and Coir carpet industries. It is the access point for the annual Nehru Trophy Boat Race. Cochin is the closest airport. Alappuzha railway station is linked to several cities. The presence of a lot of backwaters and canals makes water transport a popular means of commuting.

Goa: The historic city of Margao still exhibits the cultural influence of the Portuguese, who first landed in the early 16th century. Goa is also famous for its wide range of religious



places which form an integral part of its historic and religious tourist spots. Many of the places of worship are known for its exquisite architecture. The Basilica of Bom Jesus in old Goa is one such monument which attracts thousands of people from all faiths and makes it one of the most revered and visited Christian pilgrimage sites in Asia. However, Goa is also known and recognised for its vast stretches of beautiful sandy beaches, clear blue waters, verdant green mountain ranges and its idyllic lifestyle which embraces any tourist into its fold. Goa has two rail lines — one run by the South Western Railway and the other by the Konkan Railway. Goa's sole airport is the Dabolim Airport.

Darjeeling, West Bengal: A tremendous view of the mountains coupled with breathtaking tea estates add to



the scenic wonder of this part of northern Bengal. This heavenly retreat is bathed in hues of every shade. Flaming red rhododendrons, sparkling white magnolias, miles of undulating hillsides covered with emerald green tea bushes, the exotic forests of silver fir, all under the blanket of a brilliant azure sky dappled with specks of clouds, compellingly confounds Darjeeling as the Queen of hill stations. The crest of Kanchenjunga shining in the first dawn light truly supports the title. The traveller, whether a tourist or a trekker, an ornithologist or a photographer, a botanist or an artist will find in Darjeeling an experience which will remain etched in the memory forever. The Darjeeling Himalayan Railway connects the town with the plains. The major access to Darjeeling by road is via Siliguri, which is connected to all the major cities.

Shimla, Himachal Pradesh: Shimla is a very popular holiday-retreat during the summer months. Well-known



for its Victorian architecture, the city has a large number of temples and palaces. Shimla is also well noted for its buildings styled in Tudorbethan and neo-Gothic architecture dating from the colonial era. Owing to its heavenly terrain-

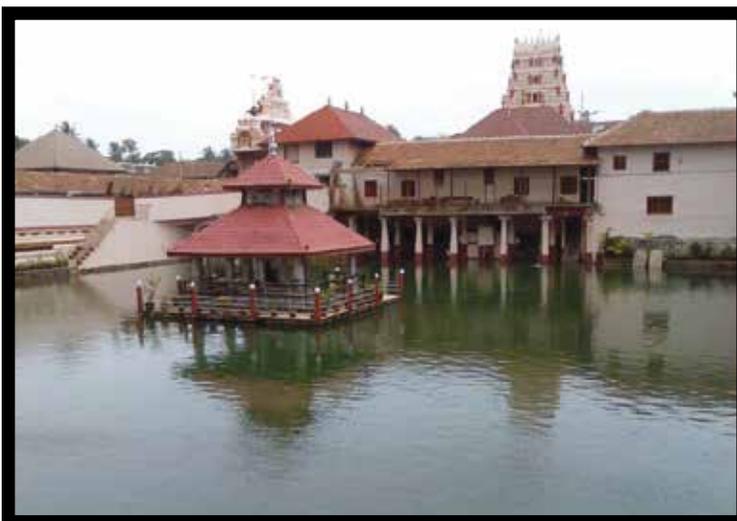
Shimla is home to the legendary Mountain Biking race. Some of the places to see while visiting this enchanting city are Kamna Devi Temple, Chadwick Falls, Summer hill, Prospect hill, Arki Fort and Palace, Diwan-i-Khas, Gaiety Heritage Cultural Complex, Himachal State Museum and Nalagarh Palace. Shimla has its own airport that offers connections for Delhi and Kullu. Reaching Shimla by rail is also convenient as Kalka is the nearest major railhead.

Coorg, Karnataka: The most affluent hill station in Karnataka is Coorg. With its natural splendor and exotic



scenic environment, Coorg has a special place among the hill stations in India. Nestled among the greeneries of the Western Ghats, Coorg offers unequal luxurious vacation period to its guests. Coorg is praised as the 'Scotland of India' and also renowned as 'Kashmir of the South' due to the majestic beauty and cool ambience of the hill station. Some of the places to visit are Nalknad Palace, Igguthappa Temple, Rock Climbing, Elephant Training Camp, Rafting, Iruppu Waterfalls, Pushpagiri Wildlife Sanctuary, Gaddige Raja's Tomb, Madikeri Fort, Abbey Falls, Omkareshwara Temple, Talacauvery, Nagarhole National Park and Raja's Seat. The nearest railway stations are Thalassery and Mangalore.

Mangalore, Karnataka: A historic town, known as one of most well known ports of south India as early as 6th



century AD onwards, Mangalore is a coastal city and a busy commercial centre. The name Mangalore is derived out of its patron deity, Goddess Mangala Devi. The scenic land is dominated by the distinctive coconut palms in the backdrop of rolling hills and majestic streams that flow towards the Arabian sea. The picturesque place is spotted with ancient tiled-roof buildings, with the renowned Mangalore tiles of red colour clay dug from local places. The major tourist attractions are the Seemanthini Bai Bejai Museum, the hillock

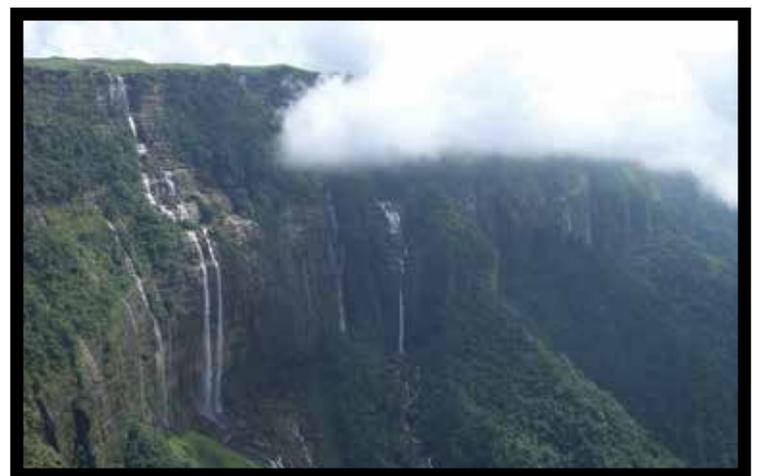
of Light house, number of temples including Mangaladevi temples, churches and mosques. The coastline of the city is blessed with number of beaches like Someshwara beach, Mukka beach, KREC beach, Panambur beach and beautiful silky Tannirbavi beach. Karnataka State Road Transport Corporation (KSRTC) operates long distance bus services from Mangalore to other parts of the state. Mangalore was also the starting point of India's longest rail route.

Dehradun, Uttarakhand: This is a sprawling city, which is speckled with picturesque places, allures scores



of picnickers. These places encompass rambling gardens, parks, well-regarded temples and verdant landscapes. With enormous places for paragliding, skiing, angling and river rafting, Dehradun fascinates the adventure buffs. Dehradun has a railway station with services to major cities. Dehradun is linked to all parts of the country by road. There are flights from Delhi to Dehradun's Jolly Grant Airport, 25 km from the valley of Dehradun.

Shillong, Meghalaya: Born in the lap of nature, Shillong is rightly called the 'Scotland of the East'. There are many



tourist attractions in and around Shillong like museums, lakes and waterfalls. Some of the places of interest are Botanical Gardens, Elephant Falls, Lady Hydari Park, Wards Lake, Shillong Golf Course (Shillong has one of the largest golf courses in Asia. It enjoys the rare distinction of being one of the few natural golf courses in Asia. Shillong Golf Course is considered to be the "Glen Eagle of the East"). Travelling around the city of Shillong is very easy, as there are many modes of public transport available. Although well connected by road, Shillong has no rail connection or a proper air connection.

Leisure activities for cool kids (& not only kids!)

COOKING

Fruit Freeze

Ingredients:

Any fruit juice
Paper cups
Fruit, cut in pieces (optional)

Directions: Pour fruit juice into paper cups, add fruit if desired. Place in freezer until frozen solid. To eat, rip back paper at top of cup while holding fruit, freeze at the bottom. By the time you get to the bottom, it should be slushy enough to drink.



Chocolate chip cookies



Ingredients:

1 cup butter, 1 cup brown sugar, ½ cup white sugar, 2 eggs, 1 teaspoon vanilla, 2 ¼ cups bleached flour, ½ teaspoon baking soda, 1 cup chocolate chips.

Directions:

Preheat oven to 350° F (180° C). Cream butter, sugars, egg and vanilla until fluffy. Mix in flour, salt and baking soda. Add chocolate chips. Drop by tablespoons onto a greased foil. Bake for 12 to 15 minutes.

Shakes

Ingredients:

Milkshake: 2 cups low-fat milk, 3 scoops vanilla ice cream, 2 teaspoons natural jam, carob powder or chocolate sauce.

Yogurt shake: 1 cup nonfat fruit flavored yogurt, 1 cup favourite fruit juice, 1 cup ice cubes.

Directions: Put milkshake or yogurt shake ingredients into a blender and blend on medium-high speed for 2 to 3 minutes until smooth.



Soda Fizz

Ingredients:

4 cups water, 1 tablespoon yeast, 3 tablespoons ginger, cheesecloth or coffee filter, ½ lime, funnel, 2 ½ cups sugar or honey, gallon jug with a cap or cork, 3 tablespoons cream of tartar, large pot with lid.



Directions: Boil the water in the pot. Add ginger, juice from lime, sugar and cream of tartar and mix well. Let the mixture cool to lukewarm (not too hot or cold). If the water is too hot it kills the yeast. Add yeast and mix well. Cover pot and let the mixture set for 6 hours. Now bottle your soda. Strain it through the cheesecloth or coffee filter that sets into the top of a funnel. Leave an air space at the top of the bottle. Once the soda is in the bottle, cap it tightly and put it into the refrigerator. Wait for two days, then slowly unscrew the top of the jug.

Safe Cooking Tips

1. Never use a sharp knife or microwave oven without an adult in the kitchen.
2. Use only microwave-safe containers in the microwave and never put foil or metal in the microwave as it causes fire.

Family Newspaper

Materials:

Strong paper, glue, felt pens, photographs, pen

Directions: Produce a newspaper about your family and its activities. Look at a local newspaper to get an idea of how to lay out the writing and pictures. Look at what sections they have: headline stories, special events, sports, house and garden. Then add your own categories: holidays, family, friends, work, school, pets and neighbourhood news. Write your stories neatly in columns and use photographs or drawings. You may want to have an advertising or “help wanted” section. Be prepared to “interview” (that is, to ask people questions) to get information for your articles. Also, encourage others to write their own articles. Get the whole family to participate.



Time Capsule

Materials:

Airtight container

Directions: A time capsule is a container full of information about you, your family and the times you live in. It gets buried in the ground to be discovered maybe hundreds of years from now. Think about the things you want to put in it: a letter about your life, pictures from magazines, today’s paper, a cassette tape with music and sounds, Velcro, an old calculator or anything that people in the future might find interesting. Write the date you buried it somewhere. Bury the time capsule at least six inches underground and keep a record of where it is buried for yourself. You may want to put a rock on top of it and scratch in the words “time capsule” and the date.



Jigsaw Puzzle

Materials: Piece of cardboard, colourful picture or art supplies to paint your own, glue, scissors and clear acrylic.



Directions: Choose a colourful picture you like from a calendar, a magazine, or a poster. Draw your own if you like. Glue the picture onto the cardboard. When it is dry, cover the picture with clear acrylic as a protective coating. When the coating is dry, cut the cardboard into small pieces with scissor. The more pieces you make, the harder it will be to put it together, so think of the age of the person who will be “puzzling.”

Note: Try writing a letter, making puzzle out of it, then putting it in an envelope to send to a friend or relative!

Picture Mosaic



Materials: Coloured paper, black paper, glue, scissors.

Directions: Cut the coloured paper into small squares no larger than 1 inch by 1 inch. Glue the squares onto the black paper creating

a pattern or picture. Try to cover the entire black paper with tiny squares.

Note: Many floors in old churches had mosaic patterns made of cut glass and stone.

Pressed Flower Card

Materials:

Heavy paper, pressed flowers, glue, felt tips, tweezers and ruler.

Directions: Collect flowers. Make sure you only collect few and never take a flower if there is only one in the ground. Flowers that are small and delicate work best because they press flat. Once you collect your flowers, press them between heavy books

(save old phone books for this) then give the flowers a few days to press and dry out. Design your card (you may want to make a few at a time). Look at poetry books to get ideas of what to write



inside. When you are ready to glue the flowers to the card, use the tweezers to take one flower at a time out of the books. Put glue on the card where the flower will go. Place the flower on the card using tweezers. Then put a clean cloth over the top and delicately press the flower down. Continue adding the flowers until you like the design.

Note: You can also glue pressed flowers to candles and glass vases and coat a clear acrylic.

Papier Mache

Materials: Newspaper, masking tape, wallpaper paste, paint and brushes, balloon, large bottle or chocolate tin.



Directions: Papier Mache is made by building up layers of paper and paste over

some sort of mold. When the paste dries, the paper will be firm enough to be painted and varnished. First, cover the mold with oil or vaseline so you can pull the papier mache object off easily when it is finished. You will need to layer at least six pieces of glued paper to make a firm shape. To layer, tear paper into long strips and spread paste on each strip as you work. Repeat this until you have four layers, then paste these over your mold. Let the papier mache dry thoroughly for two to three days before taking it off the mold. Glue overlapping strips of paper around the edges or trim edges with scissors. You can add handles or shapes to the basic mold by taping strips of card to it, then papier mache over the top. Paint when completely dry, then varnish.

“All About Me” Poster

Materials:

Large piece poster board, glitter, photographs, scissors, magazines and glue stick.

Directions: Look through photographs or magazines for things you like or that describe you. Cut them out and arrange them on the poster board, overlapping and placing the pictures at. Make any design you like. Put pictures on that make you feel good, that express what you like and who you are. Hang on your wall with pride! Do one every six months and you will be amazed to how much you will have changed.



Letter Door Sign

Materials:

White and black paper, coloured pen, metallic pen (optional) and white chalk.

Directions: You are going to make a sign to hang on your door using the first letter of your name or your entire



name. Be as creative as you can designing your letter shapes. You may want to look at a calligraphy book for ideas. Draw your large letter on the white paper. Once you like the way your letter looks, cut it out and glue it onto the black paper. Using the coloured pens, colour the letter in. Use the metallic pen or a light colour to outline the letter. Take the white chalk and make a decorative design on the black paper. If you really like the sign, glue it to a piece of ply wood and paint over it with clear acrylic.

Invisible Ink

Materials: Lemon, bowl, pen tip that is out of ink, paper and iron.

Directions: Here is your chance to write secret messages to friends! Cut the lemon in half and squeeze both halves into a bowl. Dip the pen tip into the lemon juice and then write a message on a piece of paper. The message will show up when the paper is pressed with hot iron (a job to be done by someone who knows how to use the iron).



Tie-Dye T-Shirts



Materials:

Fabric dyes in assorted colours, plain white T-shirts in several sizes, large plastic tubs, strong rubber bands, wooden spoons.

Directions:

Mix the dyes according to the directions on the packets.

Use a separate tub for each colour and stir with a wooden spoon. Tie knots in the T-shirt or twist sections and secure with rubber bands. Dip the tied T-shirt into a dye tub and swirl around until covered. Leave for the time indicated on the dye packet. Remove and rinse with water until the water runs clear. Allow to dry. Untie the knots and remove the rubber bands. Iron flat or tumble in a clothes dryer to remove creases. Experiment with more than one colour with imaginative typing designs.

House of Cards

Materials: 1 or 2 packs of playing cards.

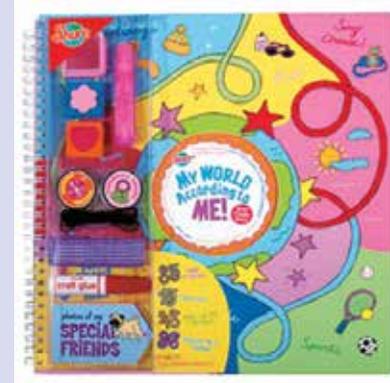
Directions: You will need a flat surface that no one will disturb. The idea is to build a house of cards, which uses up all the cards in the packs. You cannot bend, staple, roll or mutilate the cards in any way. Start with a simple structure of 4 cards in a box shape and add a roof. Keep working outwards and upwards, adding more cards and more creativity. With patience and care you will soon have built a mansion or perhaps the Great Wall of China! Take a photo of your structure if you are particularly proud of it.



My "Me" Scrapbook

Materials: Scrapbook, magazines, scissors, paste or glue, photos.

Directions: The purpose of this activity is to start and maintain a personal scrapbook. It is ongoing, but does not have to be kept up daily. Start on the first blank page of your scrapbook and write your name, date of birth, address and any other personal details. Thereafter, fill each page with pictures, photos, drawings, writings and items, that reflect who you want to be. Remember to include the date each time you find something you want to paste in. You can even include mementos such as tickets and postcards if they have personal significance. In the years to come, you will treasure this "me" book that you have made.



Sand Painting

Materials: Coloured sand from a stationery shop, foil, paintbrush, glue, pencil, book on Indian designs and sandpaper.

Directions: Draw a design on the sandpaper with a pencil. Put the coloured sand in separate dishes. Put one-tablespoon glue and one tablespoon water into a bowl. Put the sandpaper on the foil. Start with the lightest colour of sand and decide all the places you want that colour on the painting, then brush the glue onto those places. Now use a spoon to sprinkle the lightest colour of sand onto the glued sections. Turn the sandpaper over and the loose sand will fall back onto the cookie sheet. Let dry for ten minutes. Pour the left over sand back into its original dish. Do the same for each colour of sand. Let dry thoroughly.



Last Sentence

Directions: This is a group storytelling. Someone think of a last sentence like “Mrs. Sheila danced all night”, or “It was the first time he smiled” or “No one would have thought he would do something like that”. Start the story, then each person add only one word. Keep the story going as long as you can until it seems right for the last sentence to be said. Think of another last sentence and play the game again.



Contest Night

Directions: It’s fun to play together as a family. Plan a family contest night full of fun competitions that everyone can participate in. Here are some ideas:



• **Balance contest:** You need two tin cans and a length of string. Set the cans two-feet apart, each person stand with one foot on the can, holding one end of the string

in their hand. At the count of three, each challenger tries to unbalance their opponent by pulling the string.



• **The longest apple peel:** You need an apple and a vegetable peeler. Each person peel an apple, then measure who has the longest unbroken peel.

• **Coin spinning:** See whose coin spins the longest. Make sure to give everyone a few practice spins.



• **Blink test:** Stare at each other and see who blinks first.

• **Laugh-a-thon:** Try to make opponents laugh by cracking jokes and making faces.

• **House of card:** Who can build the biggest house of cards.
• **Jump rope:** Who can skip the longest.

Note: Younger kids should get a point advantage so it is fair for everybody.

Walk-a-thon

Materials: Comfortable walking shoes.

Directions: There are usually year-round opportunities to participate in “Walk-a-thons”. Most are held to help raise funds for worthwhile causes. Check your local newspaper to find out where and when community activities happen. Meanwhile, start training! Begin by walking everywhere you can-do errands on foot, walk to school, leave your bike at home and walk to the store. During the weekends, take a longer walk (it helps to take a friend with you). Plan a 3 mile or 5 km route near your home and keep track of the time it takes you to complete it. Before you know it, you will be in fine shape for the next “Walk-a-thon” and many more after that.



World Hellos

Directions: Learning a foreign language is fun. Here is how to say “hello” around the world.

- Bonjour- French
- Ola – Spanish
- Yassoo – Greek
- Halloj – Danish
- Zdravuytya – Russia
- Shalom – Hebrew
- Marhabah assalamu aleikum – Arabic
- Ohayo gozaimasu – Japanese
- G'day – Australia
- Haere-mai – Maori (New Zealand)



Content & layout by **Jyotsna Jagan, D/o Sarada Jagan, HR, Corporate Division, HO.**

Sourced from “365 Afterschool Activities” by Sheila Ellson & Judith Gray



