



Tea tales and tips

- Tea was said to be discovered more than 5000 years ago by the Chinese emperor Sheng Nung.
- Tea arrived in Britain during the 17th century, when sailors with the East India Company Brought back packets of the leaf from China for their relatives and friends.
- By 1700 there were more than 500 coffee houses in London selling tea, and sales of alcohol declined.
- In early 1800s Anna, wife of 7th Duke of Bedford began the tradition of afternoon tea to ward off the hunger pangs between lunch and dinner. The concept was developed in the same era when the 4th Earl of Sandwich unwilling to leave the gaming table for a meal, put a filling between two slices of bread.
- Since tea was introduced into Britain, it has been credited with healing powers. This is reflected in a few current brand names--- P.G. is said to stand for pre-gestive and Typhoo is Chinese for doctor.
- Superstitions surrounding teas abound: tea leaves strewn on the door-step, for example are said to keep evil spirits and poverty at bay.
- Professional tea tasters smell, taste and some also listen to the leaves while rubbing them together, to determine how dry they are.
- A New York merchant Thomas Sullivan, inadvertently invented the first tea bag in 1904 when he sent out samples enclosed in silk.
- Drinking tea with or without milk is a question of taste. In Britain most people prefer to take black tea with milk for a less astringent taste. Milk poured in first blends more readily with tea; if milk is added, it precipitates the release of tannins, which stain the cup.
- Adding lemon to tea was a Russian habit, introduced by the eldest daughter of Queen Victoria, the Princess Royal, who was married to the Emperor of Prussia.

- Teapots should be made of glazed earthen ware, porcelain or glass, which should heat better than silver or stainless steel. Aluminum or cast iron pots taint the flavour.
- The pot should be warmed to ensure that the water poured on to the tea stays around boiling point for as long as possible.
- To remove stubborn tea stains from the pot, soak for an hour in a mixture of hot water and a table spoon of bicarbonate of soda, or wash the pot in a dish washer.
- Tea is an evergreen plant and a member of Camellia family. It has smooth glossy, oval leaves.
- India produces some 30% of the world's tea. The main tea growing area is Assam, which stretches fro Himalayas down towards the Bay of Bengal.
- Darjeeling, a light, delicate tea grown more than 2000m (7000ft) above sea level in the foothills of the Himalayas, is widely regarded as the 'champagne' of teas.
- Earl Grey is treated with oil of bergamot, which gives it its characteristic scented flavour.
- In Britain tea is the most popular beverage accounting for 43 % of everything they drink.
- As a nation, British drink a staggering 175 million cups of tea daily, which is equivalent to 3 1/2 cups for every man, woman and child over the age of ten.
- A cooling cocktail called Planter's Punch is made with iced tea, lemon juice, apple juice and brandy.



A Sun set in winter: by Adhishwar Bardhan Grade VIII



Editor's note

On the outset itself let me take the pleasure of wishing you all a fantastic New Year which will take you through peace, happiness and prosperity. 'PENS AND BRAINS' is an excellent medium for students to express. Let the poet, artist or writer in you grow and blossom. PENS AND BRAINS is the garden where you get initial nurturing. A thought for the NEWYEAR : Leaders, Orators, Business Gurus, Motivational Speakers etc speak on and off about 'Dreaming Big' and 'Thinking Big'. We all agree with them that it is important to dream and have hopes for a great future. However the result of a study conducted reveals that about 70% of the people who THOUGHT AND DREAMED BIG' remained small and underachieved. The reason was that pretty little was done for the fruition of their dreams. Dream and Hard work have to go hand in hand. At the end of the day no one will ask : 'How much have you



dreamed?' The question will be: 'How much have you achieved?' There is a deep and wide chasm between Dream and Success. The bridge over this chasm is 'DISCIPLINE' and whoever gets on to this bridge will reach the other end. In this new year at the end of every day let us all measure how much we have achieved towards the fruition of our dreams and not how much we have DREAMED or thought BIG.

J. Mathew

Quotes to Remember



If someone thinks that he is being mistreated by us, he won't tell five people; he will tell five thousand.
Jeffrey Bezos

It takes twenty years to make an overnight success.
Eddie Cantor

Dialogue is the Oxygen of Change.
Jin Maclachlin

Failure is the only opportunity to begin again more intelligently
Henry ford

Anyone who has never made a mistake has never tried anything new.
Albert Einstein

Nothing gives one person so much advantage over another as to remain always cool and unruffled under all circumstances.
Thomas Jefferson

People who feel good about themselves produce good results
Kenneth Blanchard



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IVWS-YESTERDAY, TODAY AND TOMORROW

Before the dawn of the New Year, 2011, IVWS took a number of steps to motivate the children to prepare themselves to face the challenges of tomorrow.



Various Co-curricular activities, events, celebrations, competitions etc held in the school have definitely helped the students in their personality development and maturity.

All the children received opportunity to train themselves in elocution and participate in the competition that followed.

Children were also trained in speech and debate. Finally an inter-house debate competition was organized. This helped a number of students to gain confidence.

Some of the other competitions held were: Inter-house chess tournament, painting and fancy dress competition etc.



The Literary club of the school got a golden opportunity to edit and bring out a particular day's The Times of India News Paper (school edition). They did a fantastic job. A copy of the News Paper might have reached you as well.

On 19th September 2010, IVWS celebrated the Director's and Grandparents' Day. Children worked hard to express their love for their grandparents and entertain them. On that day the Annual Prize distribution was also held.

29th September, 2010 is an Unforgettable Day for IVWS. The Education Department of West Bengal Government formally issued the No Objection certificate to IVWS. Thus a major hurdle was cleared towards obtaining CBSE affiliation.

The month of November was a month of preparation, events and activities. It is in this month that the Torch Bearer's Club of IVWS visited an Old Age Home and spent some time with the inmates. It was a great, unforgettable experience for all.

On 26th November, students of Grade II to VIII went for a picnic and they had a wonderful time the whole long day.

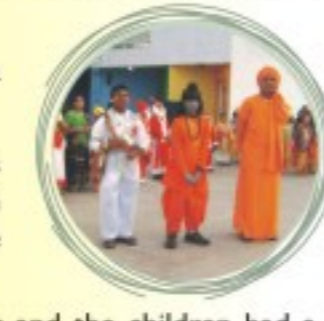
3rd December 2010, is yet another very important day for IVWS. The school was inspected by the Central Board of Secondary Education on this day. The inspection was a huge success and we all wait eagerly for the day when our school will be affiliated and That Day is not too far off.



The 3rd assessment was completed on 22nd December and the children had a wonderful X'mas Tree Celebration. A number of students participated in competitions like Fancy Dress, fashion Show and other lovely events. Everyone had a scintillating time. Thus IVWS ended the year 2010 on a bright note.

The school was reopened on 5th January, 2011 after the X'Mas vacation. Children have returned to school with new hopes, dreams and expectations.

Now preparations are on in full swing to celebrate the annual function on 27.01.11, which will be held in the Science City Auditorium. With everyone's support and collaboration we can make this event a memorable one for all.



1. Rajiv's father has three sons. Manglu and Raghu are the first two. Who is the third one?
2. Which two questions can you never answer honestly with 'YES'?
3. What would happen if you threw a black stone into the Red Sea?
4. What does a pencil tell a pen at all times?
5. What always ends everybody?
6. I don't work the whole day, yet I earn a good living. Who am I?
7. What is the similarity between a tree and a dog?
8. What are 'sleeping beans' called?
9. What is the name given to an Arab milkman?
10. What is the easiest and the cheapest thing one can give and yet the most difficult thing to take?

Answers.

10. A piece of advice
9. Milk Sheik
8. Soyabeans
7. Bark
6. A night watchman
5. The letter 'Y'
4. Nothing. The pencil cannot talk!
3. It will sink
2. Are you asleep? Are you dead?
1. Rajiv

Vatsal Midha GRADE VIII

- 1 $\times 8 + 1 = 9$
- 12 $\times 8 + 2 = 98$
- 123 $\times 8 + 3 = 987$
- 1234 $\times 8 + 4 = 9876$
- 12345 $\times 8 + 5 = 98765$
- 123456 $\times 8 + 6 = 987654$
- 1234567 $\times 8 + 7 = 9876543$
- 12345678 $\times 8 + 8 = 98765432$
- 123456789 $\times 8 + 9 = 987654321$



It makes a difference



As the old man walked the beach at dawn, he noticed a young man ahead of him picking up star fish of the beach and flinging them into the sea. Finally catching up with the youth, the old man asked him why he was doing this. The answer was that the stranded starfish would die if left until the morning sun.



The first 5 students of IVWS who give correct answers to the following in complete order will win prizes. Can you name the author of each of these children's classics?

1. The Wind in the Willows
2. Peter Pan
3. Alice in Wonderland
4. The Jungle Book
5. Black Beauty
6. Tom Brown's Schooldays
7. Treasure Island

The above are not given in the chronological order. Can you select the correct date for each of them from the following?

1857, 1865, 1877, 1883, 1894, 1904, 1908

"But the beach goes on for miles and there are millions of star fish," countered the old man. "How can your sole effort make any difference?" The young man looked at the starfish in his hand and then threw it to safety in the waves.

"It makes difference to this one," he smiled.



Vegetable of the month

Pumpkin

Widely used in Europe, the USA, Australia, Africa and the Caribbean, but less valued in Britain, pumpkins and other winter squash are a good source of beta carotene, which the body converts into vitamin A.

Pumpkins and the many varieties of winter squash, such as acorn and butternut, can play a particularly important role in a vegetarian diet where animal products are not available to provide vitamin A. Beta carotene is also an **ANTIOXIDANT**, helping to prevent free-radical damage that might lead to certain types of cancer. Another antioxidant found in useful amounts in pumpkins is vitamin E.

Pumpkins are easily digested, and rarely cause allergies, which makes them an excellent weaning food. Their **SEEDS** should also be saved as they are an excellent source of iron and phosphorus, and are rich in potassium, magnesium and zinc.



In natural medicine, pumpkin seeds are prescribed as a treatment for intestinal **WORMS**, when they must be taken in conjunction with a purgative such as castor oil. They can also be used for prostate and urinary problems.

The Day - Dreamer



I was a vegetable seller. I was badly annoyed by the king of our country and others too. He always used to order lots of potatoes from me. He used to tell me he would give me two gold coins for the potatoes I took for him. But if one potato would be damaged or rotten potatoes to his palace, I wondered what I would do if I could be the king of India....

I would help people in many ways. I would go to the villages and get them cleaned. I would provide food to the people who are below poverty line. I would arrange for clean drinking water and much more!

All of a sudden, while day dreaming all the potatoes tumbled down from my basket and were damaged. Once again I missed the chance of getting two gold coins. From that day onwards people started calling me a day-dreamer. Gold coins never came to me whenever I dreamed but whenever I delivered good potatoes.

Dhruvika Midha Grade V B



▲ Artist of the issue: Megha Das, IV ▲

THE GREEN LIVING GUIDE Living Green

Simple steps for a greener and better life.

1. At Home

- Electronic devices draw power even when switched off, so unplug anything not in use. Power strips make this easy for devices used together (like computer, modem, speakers, etc)
- Service all electronic devices regularly. Consider changing anything that's more than ten years old; you will save a lot on electricity bills!
- When buying new devices, opt for ones with better energy performance rating (like BEE stars).
- Choose HFC-free refrigerators. HFCs are greenhouse gases and big factor in causing climate change.
- Upgrading you desktop? Choose a laptop; they consume much less electricity. Avoid toxic substances like PVC and BFRs in products. Look for brands that take back and recycle products safely.
- Switch to Compact Fluorescent Lamps (CFLs) and see your electricity bill go down! Light Emitting Diodes (LED) arrays are even better.
- To prolong the life of you cell phone battery charger it when it is completely discharged.
- Always load your washing machine to full capacity. Let sunlight and air dry your clothes for free!
- Don't keep your refrigerator too cold. 3-5° C for food section and around -15° C for freezer are ideal temperatures. Defrost your fridge regularly.
- Switch off light and fans when you are not in room.
- Buy locally and originally produced fresh foods as far as possible.
- Aim to remove harmful synthetic chemicals from your house. Try soapnuts, cooking soda, vinegar, etc. to clean- they are safe and effective. Replace your paper napkins and towels with cloth.



2. At Work

- Print only when necessary, use both sides, reuse / recycle waste paper. Email More!
- Disposable cups and waste raw material just end up in landfills. Why not get personalized porcelain or steel mugs for each employee?
- Convince your company to go green in its practices. Simple things like organized carpools and telecommuting go a long way.
- Choose video conferencing over flying for meetings.



3. Water

- fix leaks and drips. Monitor your water bill for unusually high use.
- Don't leave the tap on while you brush your teeth or shave, use a cup instead.

- Did you know that installing aerators in taps and showers helps to reduce water consumption by 10 litres per minute?

- Switch to low flow toilets if you can, or put a couple of plastic bottles full of water in your flush tank.

- Use water in a tub or sink to do laundry /dishes instead of running water.

- Choose a front loading washing machine if buying a new one; they generally use less water than top-loading ones.

- Water you plants at night, less water will evaporate.



6. Green Buildings

- Green Buildings are environmentally responsible and resource - efficient throughout the buildings life-cycle. They cost more at first but give you big savings for life!



4. Waste

- Reduce: buy only what you need, and choose durable products.

- Reuse: repair, don't replace. Switch disposable to reusable products.

- Recycle: paper, glass, some types of plastics, metal objects, etc. can all be recycled. Use organic waste like vegetable peels to manure your plants.

- Keep separate bins for different types of garbage.

- Always follow manufacturer's instructions for disposal of hazardous waste like batteries. Never throw them out with regular waste.

5. Transport

- Take the bus! Using public transport as far as possible is an easy way to go green.

- Carpooling is easier on the environment and your pocket.

- Cycling and walking helps you shrink your footprint and keep fit at the same time!

- If you must buy a car, choose one that minimizes the use of fossil fuels- consider electric and hybrids. And remember, greater mileage means better efficiency.

The sourpuss

The twins, Rony and Bony were strolling home from school with their friend Rahul, when suddenly Bony said, "It's no good being twins". "What do you mean?" asked Rony. "We do not look alike, if we did; we'd be more adventurous like the identical twins do in Bikram Dev's mystery book". As they were moving they saw someone moving into Bougain Villa. Bougain Villa is a large bungalow beside the twin's house.

Rahul said, "Hope it's someone nice". Rony said, "Yes, someone who would let us pluck guavas, return our ball if it goes into the garden and some one who would call us in for a chocolate shake and..." Rahul interrupted him, "I can see someone coming and she doesn't look as though she would make chocolate milk shake." Yes indeed the lady who was scowling at them looked far from friendly. The boys disliked her. Then Rony said, "Whew! She's a real sourpuss! Looks like she hates boys!" "Sourpuss! That's a good name for her" said Rahul.

Next day a rude shock awaited them in the school. The principal was in their class with 'sourpuss'. He began, "Children, this is Miss Deshpande. She has very kindly agreed to teach you English while your regular teacher is on leave." Rahul whispered to Bony "She has seen us and she is staring". Bony said, "She must be thinking of some awful Chinese torture for us." When the principal left Miss Deshpande shouted at Rahul and Bony, "You there! I saw you whispering while the principal was speaking. You may leave the class". "Why is she hounding us? I hate her". Growled Rahul. On Monday Miss Deshpande asked Rony to accompany her. She took him to the staff room and said to him to take their exercise books to class. Just then the peon came and said that the principal was calling her. As she left Rony sighted a letter. He thought, "I bet she's

writing secret message to some enemy nation. Let me take a peep." He was shocked when he read it.

It read, "I am desperately in need of Rs. 1000." Rony raced back to the class and told his classmates everything. The majority voted that they should collect Rs 1000. So for the next four days everyone was busy. Finally they collected it and gave it to 'sourpuss'. Friday was her last day at school. She went off without saying goodbye. Next morning principal gave an exciting news that Bikram Dev would be visiting the school. So the thrilled boys were busy decorating. Then, on Thursday, the day he was supposed to come, 'sourpuss' entered! The principal said, "Miss Deshpande is well-known to all of you. But she writes books under the pseudonym, Bikram Dev." Rahul muttered, "Pinch me somebody. This is a nightmare". Sourpuss had a fabulous smile on her face and said, "I owe you an apology for playing a trick on you. I came here to write a book 'The Bad Tempered Woman'. So I decided the role myself to study the genuine reaction of the children." Soon the views about her changed. She said "I would like to give a parcel to three special boys- Rony, Bony and Rahul". The parcel had a collection of books of Bikram Dev and a letter. It read: "Thank you for giving me such lovely ideas for my new book."

With love
Sourpuss

Dibosh Roy Grade VI B

The Joyful lays

With tired feet but with a lively heart,
I wander around places afar but great,
With lute in hand, but feet all dusty
I play and sing aloud in joy!

My heart sings about some joyous times,
My lays are only some glow in dark
My listeners, I see smiles on their faces,
And it fills my heart with joy and grace!

Through the groves I wander and by streams,
Singing the songs of my glorious dreams.

My voice is for the world that is sad,
I play my lute and sing aloud to make it glad!

As I retire to a corner of the dark grove,
Sleep does not embrace me
For I dream of the weary faces
And the words of my lays to sing on the morrow!

Pragati Adak Grade VII

