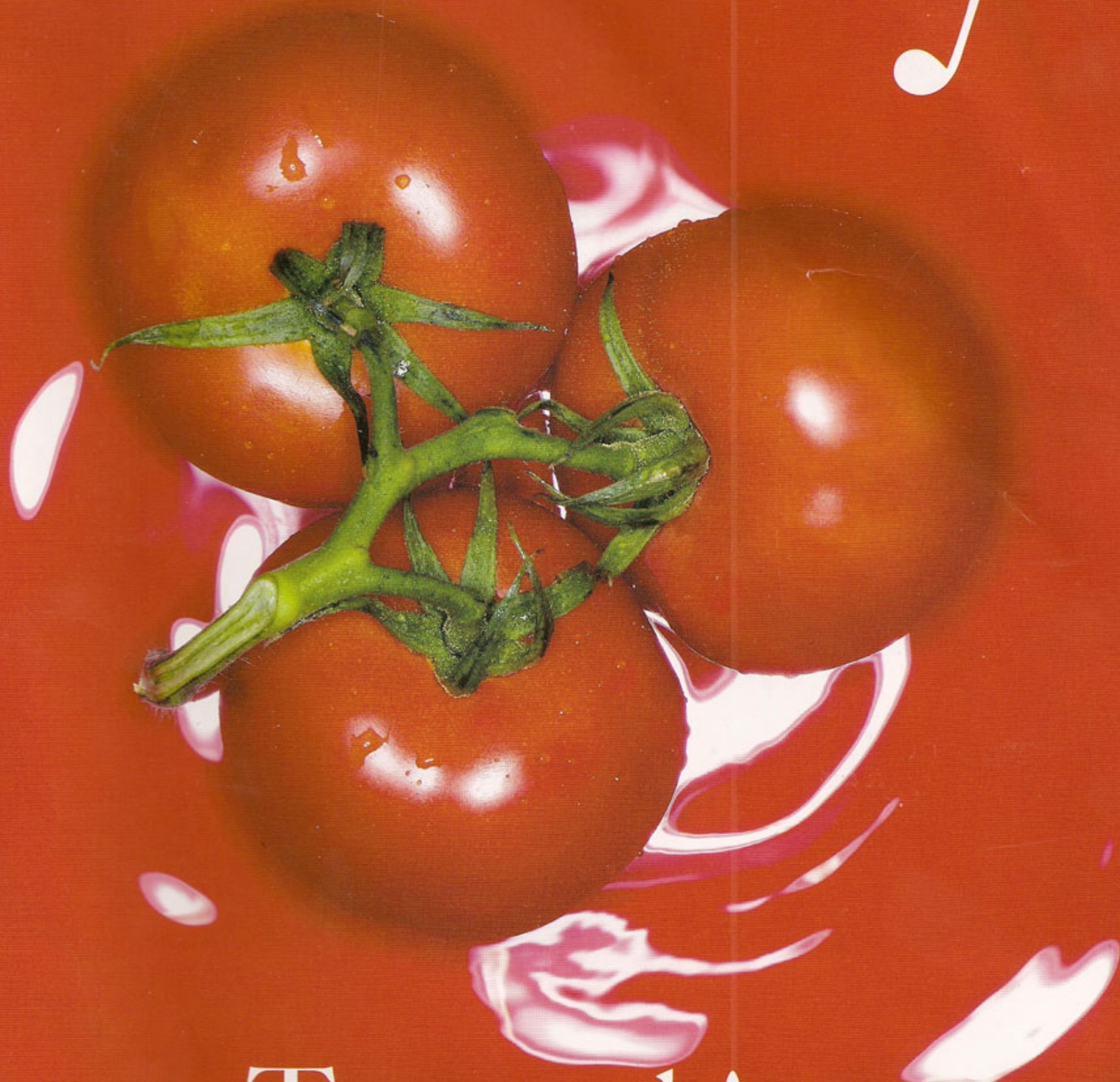




Friday

DECEMBER 12-18, 2008



Tomat-oh!

The delicious red basks in the winter
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■ CREATIVITY

How to make paper beads

Raina Pratap Chandra, fashion designer and owner of Rainassance eco-friendly jewellery based in Dubai, offers some tips on creativity for the festive season:

Easy steps to making your own paper beads:

What you need:

Coloured newspaper or magazines.
Glue.

A toothpick, nail or craft varnish.

1. Cut long strips of paper in the shape of a triangle measuring about 11 x 75cm. This size can be adjusted depending on the size of your bead.
2. Start by rolling the widest end on the toothpick.
3. Roll until you reach the narrow tip.
4. Apply glue to the tip and hold it fast for a few seconds.

5. Apply a layer of clear nail varnish to make it strong and then leave it to dry.
6. Make several of these and string them into a necklace.

Taking care of Paper beads

1. The beads I create are lightly coated with craft varnish which is not chemical free. But looking at the bigger picture, nothing we do is entirely eco-friendly. Even recycling paper consumes energy and uses resources. But the final impact of making paper beads is less harmful than creating new paper. These beads are also fun to make.

2. Paper beads are protected by a light water-resistant sealant and can withstand light moisture such as sweat. However, they are not water-proof so they shouldn't be

- worn in the shower or while swimming.
3. In case of accidental exposure to water, just leave them to dry. If they are really wet, dab lightly with a soft tissue. Do not rub.
 4. Just as with pearls, paper jewellery is best worn after you have applied your make up and perfume.
 5. Wear them as often as you like.

—Preethi Janice D'Sa



Fun and games

The festive season is a time to have fun and what better way to bring out your inner child than playing good old-fashioned games. These games will not only have your children roaring with laughter but older

family members and friends as well.

Santa Says

■ **How to play**
This game is played exactly the same as Simon Says. The player who is Santa has to say "Santa says jump up and down." The children have to jump up and down. If Santa gives a command without saying "Santa" first and only gives a verbal command, "hop on one leg" the children who are caught out have to sit out for the rest of the

game until there is only one winner left.

Lung power

■ **Materials needed:**
Festive shapes cut out of tissue paper – star, bell, trees, snowmen, etc.
One straw per child.

■ **How to play**
Divide children into teams. Each team has to pass a tissue cut-out, teammate to teammate by inhaling or exhaling on the straw depending on whether you want to hold or release the tissue paper shape.

Remember – no hands!
—Donna Burfield



Got a personal story or advice that you would like to share? Something quirky, funny, sad, mad, profound, poignant or a combination of a few or all of these? Then send your ORIGINAL ideas and perspectives to Friday's 'Collage' by e-mailing friday@gulfnews.com.

■ SHAWARMA FOR THE SOUL

Crafts go green

As Dubai slowly but surely eases itself into the green and eco-friendly era, individuals are taking baby steps towards reducing one's carbon footprint. Raina Pratap Chandra is one such individual who came up with her bit. It just also happens that it is also a very artistic and bright idea. The spark was lit long ago, buried under the voluminous fabric and paper scraps overcrowding her closet. It was in that major manic chaos that Rainassance, her eco-friendly jewellery line, was born.

Chandra, a fashion design graduate from Hyderabad's National Institute of Fashion Technology (NIFT) in India, and currently based in Dubai, says: "Rainassance was born in 2005 when I was faced with the guilt of having to throw away piles of paper. I decided to do something about this dilemma and started to create fashion accessories such as bags from my bounty of junk. It was then that I considered paper as a material for creating interesting paper bead necklaces."

Why did she choose to call her line of jewellery Rainassance?

Rainassance has always a part of my desire as a first name. Also it means 'to be born again'. This is in keeping



with the concept of re-use.

"From what was a small attempt to live in an eco-friendly way, Rainassance has become my passion today. I started off by making and stringing simple paper beads together, but in time and through creative exploration, my collection has grown to include several techniques, some of which have evolved into these pieces of jewellery."

Chandra is the ultimate environmentalist's ally. "My jewellery is made of paper of every kind that has already served its primary purpose. I make each bead manually. This makes each one unique. Each design is a limited edition!"

Why make paper beads, which is a cumbersome process, when one can use readymade beads?

"Rainassance is structured around a concept and it is not simply about making jewellery. The focus is on

resource conservation by rescuing existing waste (in this case, paper) before it makes its way into the trash can. It is a way of spreading environmental awareness.

"The way I see it, my handmade paper beads are a greener option to mass-produced imported plastic beads. Of course it is more time-consuming, but it is equally satisfying when people recognise what my concept is all about. It also makes my products exclusive."

What is it that drives her to be as eco-friendly as possible with Rainassance, considering the time-consuming technique she uses in making her beads? "I believe that as a designer, I have the power to make a positive difference. I have the option to choose what materials I use and what methods I employ in my design. I can help raise environmental awareness through my product."

Chandra admits she was initially and primarily concerned with environmental responsibility, believing ecological issues to be the sole responsibility of social groups.

"I thought that only expensive and elaborate alternatives could help reduce the human carbon footprint. Now that I am aware of how I can be a part of the solution, I have tried to alter my lifestyle to use fewer resources and re-use whatever I can."

Chandra believes that the future of Rainassance could be applied to home accessories as well. "I love working with fabric and I am sure that I will eventually get round to designing products consistent with the concept of Rainassance. I am currently researching greener alternatives to what I use and will be eager to incorporate these."

It looks like Rainassance is set to make other designers of handcrafted jewellery in Dubai sit up and take notice. Chandra's collection will hopefully inspire others with other unique ideas to work at greener alternatives. ■

To contact Chandra, you can email her on rainassance@gmail.com.

—Preethi Janice D'Sa

Now that I am aware of how I can be part of the solution, I have tried to alter my lifestyle to use fewer resources and re-use whatever I can.



Chandra's crafts are eco-friendly and carry the message of eco-responsibility for every individual.