

"I made mistakes in drama. I thought drama was when actors cried. But drama is when the audience cries."
FRANK CAPRA, director

Those familiar feel-good films...

December is the month to re-watch movies that engulf us in a warm cocoon of cozy comfort. Start with these, then move on to your personal favourites



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It's that time of the year when we go back to feel-good movies. No matter how many times we've watched them, December gets us into the

Ensemble cast definition
An ensemble is a group of musicians, actors, or dancers who regularly perform together. In a movie, it comprises celebrated stars coming together for one movie

mood of re-watching films that engulf us in a cocoon of familiar happiness.

Perhaps, this year, we have gone back to "that familiar feeling" with books and movies far more as everything else in and around our lives have been uncertain. But in December, when the North

wind blows, who doesn't like a cuppa under the blankets and watch a few movies that make us feel everything is going to be alright...

For this week, we'll talk about three films directed by Garry Marshall, with an ensemble cast, that are easy to re-watch and gets us all into the mood for some hygge (Nordic concept of cozy comfort), and makes us smile long after the film's over.

VALENTINE'S DAY (2010)

In a series of interconnected stories, various Los Angeles residents go through the highs and lows of love during a single day. As the holiday unfolds, they experience first dates, longtime commitments, youthful crushes and connections to old flames.

The ensemble cast: Julia Roberts, Bradley Cooper, Ashton Kutcher, Taylor Swift, Anne Hathaway, Jennifer Garner, Jessica Biel, Jamie Foxx, Emma Roberts, Shirley MaLaine, Patrick Dempsey, Kathy Bates, Eric Dane, Hector Elizondo...

NEW YEAR'S EVE (2011)

Intertwining stories promise love, hope, forgiveness, second chances and more for a number of New Yorkers on New Year's eve. A rock star and his ex-lover clash at an exclusive party; a singer becomes stranded with a killjoy on the way to a New Year's gig; a nurse stays with a dying patient as he tries to hang on long enough to see the ball drop in Times Square one last time. **The ensemble cast:** Michelle Pfeiffer, Robert de Niro, Halle Berry, Ashton Kutcher, Zack Efron, Sarah Jessica Parker, Jessica Biel, Hillary Swank, Katherine Heigl, Jon Bon Jovi, Seth Meyers, Abigail Breslin, Alyssa Milano, Hector Elizondo, Ludacris, Sofia Vergara, Carla Gugino...

MOTHER'S DAY (2016)

A stressed-out, single mom learns her ex-husband is marrying a younger woman. Her friend, Jesse, is a fitness freak who hasn't

HONORARY MENTION: LOVE ACTUALLY

This 2003 Christmas movie, directed by British filmmaker Richard Curtis, is a cult classic. More so around Christmas, 'Love Actually' too has an ensemble cast with nine intertwined stories, where people examine the complexities of love. **The ensemble cast:** Hugh

Grant, Liam Neeson, Martin Freeman, Keira Knightley, Laura Linney, Alan Rickman, Emma Thompson, Andrew Lincoln, Colin Firth, Bill Nighy, Rowan Atkinson, Thomas Brodie-Sangster, Chiwetel Ejiofor, Martine McCutcheon, Lucia Moniz, January Jones, Claudia Schiffer, Denise Richards...

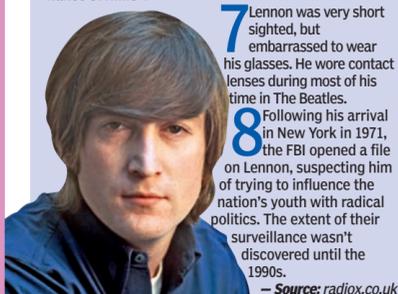


told her parents that she has a family. A widower is trying to raise two daughters on his own. And a TV celebrity is too busy with her career to worry about having children. When their respective problems start coming to a head, the Mother's Day holiday takes on a special meaning. **The ensemble cast:** Julia Roberts, Jennifer Aniston, Kate Hudson, Jason Sudeikis, Timothy Olyphant, Hector Elizondo, Shay Mitchell, Jennifer Garner...

MUSIC QUIZ: JOHN LENNON

Forty years after his assassination, music legend and Beatles front man John Lennon's popularity has only grown exponentially. Let's get to know him a bit better

- 1 John Lennon was born on 9 October 1940, during an air raid on Liverpool. His parents gave him the middle name Winston as a patriotic move.
- 2 Lennon has also recorded under the name Dr Winston O'Boogie, the Reverend Fred Gurkin, Fred Zimmerman, Johnny Rhythm and Mel Tormont.
- 3 John first published his writing in a home made magazine called 'The Daily Howl'. Lennon wrote two books of poetry and stories: 'In His Own Write' and 'A Spaniard In The Works'.
- 4 His first band was The Quarrymen, who started life as a skiffle (influenced by Blues, jazz) group at Quarry Bank School in Liverpool. He's also been in The Silver Beetles, Johnny And The Moondogs, The Plastic Ono Band and The Dirty Mac (with Keith Richards).
- 5 Lennon didn't pass his driving test until he was 25. He didn't drive much even after that, most famously crashing his white Mini on a trip to Scotland in 1969.
- 6 John met Paul McCartney at a church fete in Woolton on 6 July 1957. Following the Beatles' split, he referred to Paul as "an old estranged fiancé of mine".



7 Lennon was very short sighted, but embarrassed to wear his glasses. He wore contact lenses during most of his time in The Beatles.

8 Following his arrival in New York in 1971, the FBI opened a file on Lennon, suspecting him of trying to influence the nation's youth with radical politics. The extent of their surveillance wasn't discovered until the 1990s.

— Source: radiiox.co.uk

Why everyone must watch 'IT'S A WONDERFUL LIFE'

This black and white Hollywood classic will always be a gem because of a simple message: We don't really understand the true meaning of hope unless we've seen despair, up, close and personal. Legendary film critic, the late Roger Ebert, had written about the film: "What is remarkable about 'It's a Wonderful Life' is how well it holds up over the years; it's one of those ageless movies... that improves with age. Some movies, even good ones, should only be seen once. When we know how they turn out, they've surrendered their mystery and appeal. Other movies can be viewed an indefinite number of times. Like great music, they improve with familiarity. 'It's a Wonderful Life' falls in the second category."

The story: Frank Capra's 1946 Christmas classic is the story of a man named George Bailey, who has so many problems that he is thinking about ending it all – and it's Christmas. As the angels discuss George, we see his life in flashback. As George is about to jump from a bridge, somehow, he ends up rescuing his guardian angel, Clarence. He then shows George what his town would have looked like if it hadn't been for all his good deeds over the years.



X-MAS TERMS YOU DIDN'T KNOW EXISTED

- HOGAMADOG:** A huge ball of snow built up by rolling a small ball of snow around a snowfield.
- BELLY-CHEER:** To indulge in belly-cheer; feast; revel.
- YULE-HOLE:** The loosest notch on your belt, reserved for Christmas feasting and belly-cheer.
- KEDGE-GUTTED:** Made to feel sick through overeating.
- MOBLE:** To wrap or muffle the head of (as in a hood)
- ICE-LEGS:** The ability to keep one's balance while walking or skating on ice
- OBOLATION:** A gift presented or offered to God.
- NINGUID:** Derived from Latin, it means a snow-covered landscape.
- YULESHARD:** If you've left a lot of work to be on Christmas night, you are a Yuleshard.
- XENIUM:** A gift given to the house-guest or host on Christmas.
- SCURRYFUNGE:** To hastily tidy a house before company arrives.
- LUCKY-BIRD:** The first person across the threshold of your home on New Year's morning is the lucky-bird.

THREE REASONS WE'LL MISS JOHN LE CARRÉ

John le Carré, who died aged 89, penned 25 novels over a literary career dating back to 1961, selling some 60 million copies worldwide. Here's why he was one of the world's most favourite authors

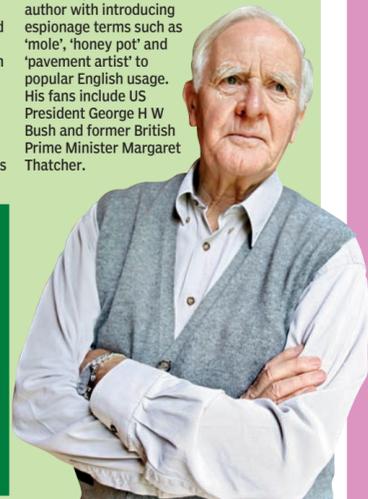


Still from 'The Spy Who Came in from the Cold'

He changed the way Cold War thrillers were written: By showing treachery at the heart of MI6 Secret Intelligence Service, aka, British intelligence, Carré's spy novels highlighted the moral ambiguities that played a big part in the battle between the Soviet Union and the West. For example, his 1965 novel 'A Looking Glass War' was a hit because there were no heroes in the book. In another bestseller 'The Spy Who Came in from the Cold' a British spy was sacrificed for an ex-Nazi turned-Communist, who was a British mole.

He showed us that not all spies were Bond: Before Le Carré came along, the portrayal of the modern British spy in fiction was modelled after author Ian Fleming's James Bond – suave, urbane, devoted to country. But Le Carré's protagonists – most notably, George Smiley – were lonely, disillusioned men whose work is driven by budget troubles and bureaucratic power plays. Though brilliant, Carré's characters were plump, ill-dressed and unafraid to use cunning or manipulation get the work done.

A brilliant wordsmith: The 'Oxford English Dictionary' has credited the author with introducing espionage terms such as 'mole', 'honey pot' and 'pavement artist' to popular English usage. His fans include US President George H W Bush and former British Prime Minister Margaret Thatcher.



"Intelligence work has one moral law – it is justified by results."
— 'The Spy Who Came in from the Cold' (1963)

"The more identities a man has, the more they express the person they conceal."
— 'Tinker Tailor Soldier Spy' (1974)

"A desk is a dangerous place from which to watch the world."
— 'The Honourable Schoolboy' (1977)

I SPY WITH MY LITTLE EYE

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All bookworms are unique. While some prefer wands, wizards and magic schools, there are others who relate to spies, secret intelligence agencies, and solving real-world problems. Spy fiction is a genre that can easily appeal to the intriguing bookworm at your home.

WHY SPY FICTION?

According to the Wikipedia page on the genre, espionage is an "important context or plot device" in spy fiction. Having emerged in the early twentieth century, spy fiction was a natural consequence of the rivalries and intrigues between the major powers, and the establishment of modern intelligence agencies. As a result the genre is anchored in elements of adventure,

intriguing story lines and stellar sleuthing. Over the years the genre has evolved with authors penning sleuthing adventures for a younger audience. For example English author Robert Muchamore's 'CHERUB' series about a (fictional) division of the British Security Service that employs children as intelligence agents, was a huge hit.

ETHICAL EXPLORATION

Another reason spy fiction is a great genre is because it explores the grey areas of issues; packs a strong moral message and presents realistic dilemmas. For example, in Anthony Horowitz's 'Alex Rider' series, the protagonist Alex, would rather be a normal kid who does homework instead of being an exhausted teen super-spy tasked with saving the world. One of the books in the 'CHERUB' series explores the rights, wrongs and grey areas of violent environmental campaigners versus

capitalists. A good spy fiction work is not only about being cool or being a rule breaker... rather it forces the reader to ask "What would I do?" and to respond personally to questions with no right or wrong answers.

DID YOU KNOW?
Roald Dahl was a WW II spy and fighter pilot before becoming a beloved children's book author. Prior to writing 'James and the Giant Peach', 'Charlie and the Chocolate Factory', 'Matilda', and more, Dahl was a member of the air force and involved in a covert spy operation



IVE BOOKS TO GET YOU STARTED

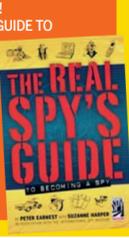
1 THE SPY SCHOOL SERIES by Stuart Gibbs is about Ben Ripley, who really wants to be a CIA agent, then finds out that his school is actually a secret CIA training academy.

2 THE DOUBLECROSS: AND OTHER SKILLS I LEARNED AS A SUPERSPY by Jackson Pearce: Born to super spy parents, 12-year-old Hale is having difficulty passing the physical portion of the test to become a secret agent as compared to his super agile sister. Together they find out that their agency may not as "good" as it pretends to be.

3 ALEX RIDER SERIES by Anthony Horowitz: A fantastic series featuring a teen James Bond type of spy. In the debut novel, 'Stormbreaker', Alex is recruited to find his uncle's killers, and the adventure begins.

4 HARRIET THE SPY by Louise Fitzhugh: This classic spy novel is about a girl who goes on a mission when she finds out her journal is stolen and her peers learn the unflattering things she wrote about them!

5 THE REAL SPY'S GUIDE TO BECOMING A SPY by Peter Earnest and Suzanne Harper: This manual was written by a real life former CIA operative and is full of goodies for aspiring spies.



BULL'S EYE

From Hawkeye to Katniss Everdeen to Green Arrow, archery has landed in the bull's-eye of pop culture. Though it may seem easy, archery requires precision, control, focus and determination. If you are curious about this exciting sport, keep reading

HISTORY

Archery is an ancient sport that has evolved a number of variations in format. It was first included in the Olympic Games in 1900. It was also featured on the programme in 1904, 1908 and 1920, before a hiatus until 1972 when it returned. It has remained on the Olympic Programme ever since, with competition in men's and women's individual and team recurve archery.

Target archery

Target archery is the most popular and recognisable modern archery discipline thanks to its inclusion in the Olympic Games. It takes place both indoors and outdoors, at distances of up to 90 metres, using the well-known gold, red, blue, black and white target faces. The sport of target archery combines skills of strength, precision. Target archery is practised in clubs in over 150 countries around the world and is a fast growing sport.

RECURVE BOWS

Recurve bows are the only kind of bow allowed in the Olympics. The recurve bow is the modern evolution of traditional bows that have been used around the world for thousands of years. The limbs curve away from the archer at the top, giving the "recurve" its name. Recurve bows consist of a riser and two limbs that curve back away from the archer, linked by a bowstring that is drawn with the fingers.

There have been pushes to allow **compound bows** in the Olympics, but none have been successful. The compound bow is probably archery's greatest technological advancements. It wasn't until the 1960s that the compound bow was born. A compound bow uses a levering system — usually of cables and pulleys — to bend the limbs.

TARGET

The object of archery is simple: to shoot arrows as close to the centre of a target as possible. Olympic archery targets are 122cm in diameter with a series of ten concentric scoring rings, separated into five colours. The inner colour, the gold, scores ten or nine points. (The 'ten' measures just 12.2cm in diameter — about the size of an apple). Archers shoot at the target from a distance of 70m — which is the wingspan of two medium-range planes sat side-by-side. The highest score for a single arrow is 10 for hitting the inner gold ring, while the least (for hitting the outer white ring) is one point.

ARCHERY - EQUIPMENT

The basic equipment required for archery in Olympic Games are as follows -

Armguard: A guard for protecting the arm from bowstring when the arrow is being released.

Arrow: Arrows have maximum diameter of 9.3mm, although most arrows around 5.5mm were used for a faster flight and a lower wind drift.

Bow: The draw weight of the bow for men should be around 22kg. For women, it's around 17kg.

Bowstring: It is used for the bow. Mostly, the string is made of high-tech polythene which is generally stronger than steel.

Chest guard: Plastic or leather is preferred, to put clothes away from the bowstring while releasing it.

Shooting glove or finger tab: Leather cloth for protecting finger while releasing the arrow.

Fletching: To fly straight, a feather type material is put at the end of each arrow.

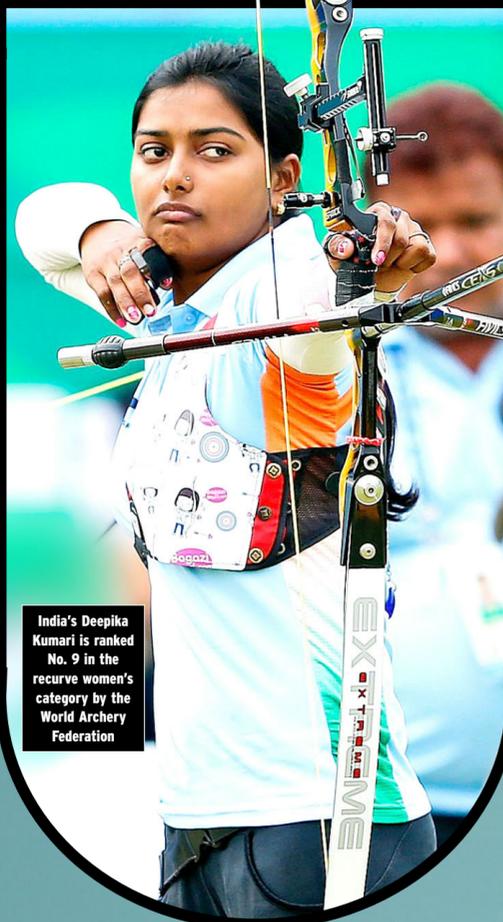
Handle or hand grip: The bow handle.

Quiver: A container worn around the waist for holding the arrows.

Nock: The rear end of an arrow is attached with a plastic holder that keeps the bowstring in its position.

Sight: A machine placed on the bow that aids the archer's aim. Other name is bow sight.

Stabiliser: Weight on the bow mounted to stabilise it during and after the shot.



India's Deepika Kumari is ranked No. 9 in the recurve women's category by the World Archery Federation

PARTICIPATING COUNTRIES

South Korea's archers have won 39 Olympic medals, 23 of which are gold, and they've won every women's (recurve) event since women's archery joined the Olympics in 1988 at Seoul. The countries having at least one Olympics medal in archery are: South Korea, United States, Belgium, France, Great Britain, Italy, China, former Soviet Union, Finland, Ukraine, Australia, Netherlands, Spain, Japan, Sweden, Chinese Taipei, Germany, Mexico, Poland, Indonesia and Russia.

TOP RANKED PLAYERS- WOMEN

1. Kang Chae-young (South Korea)
2. Tan Ya-ting (Chinese Taipei)
3. Zheng Yichai (China)
4. Sugimoto Tomomi (Japan)
5. An San (South Korea)

TOP RANKED PLAYERS- MEN

1. Brady Ellison (USA)
2. Lee Woo Seok (South Korea)
3. Kim Woojin (South Korea)
4. Mauro Nespoli (Italy)
5. Mete Gazoz (Turkey)

Source: World Archery Federation



Brady Ellison

INDIVIDUAL COMPETITION

▶ Athletes shoot 72 arrows, in ends of six, in a ranking round. The athletes' total scores are used to rank the athletes from one to 64 and give each a seeding for the knock-out brackets.

▶ Individual elimination matches see two athletes shoot against one another. The loser leaves the competition and the winner advances to the next phase. The phases progress until two athletes remain to contest the gold medal final. The two semifinal losers compete for the bronze medal.

▶ Individual matches are decided using the set system. Each set consists of three arrows. The athlete with the highest score in the set — the total of their three arrows — receives two set points. If the athletes are tied, each receives one set point.

▶ The first athlete to six set points wins the match.

TEAM COMPETITION

▶ Each team consists of three athletes of the same gender and from the same nation.

▶ The combined ranking round score of the three athletes in a team is used to rank the teams from one to 12 and give a seeding for the knock-out brackets, which progress like the individual competition.

▶ Team matches are also decided using the set system, but each set consists of six arrows, rather than three. The team with the highest score in the set — the total of the six arrows — receives two set points. If the teams are tied, each receives one set point.

▶ The first team to five set points wins the match.

ARCHERY TERMS

End- A round of arrows shot during an archery event before the competition round. Competitors are not allowed to shoot more than six arrows.

Anchor point: A stable spot of the bowstring arm (on jaw/cheek) while taking aim.

Home: An arrow is said to be home when it is completely drawn and all set to be shot.

Holding: To maintain the bow and arrow in a constant position after the arrow has been drawn fully, just before releasing it.

Nocking: The procedure of setting up the arrow on bowstrings while preparing to shoot.

Nocking Point: A point on the bowstring where the arrows are

constantly nocked.

Release: To shoot the arrow from the bow at full draw.

Drawing: To pull the cord that is fastened to the bow.

Drawing fingers: The fingers that are used while dragging a bow. Most typically, the first three fingers.

Draw length: The distance between the front of riser and the bowstring in the shooter's fingers while at full draw.

Hand shock: The tremor that is felt in the drawing hand while releasing an arrow from the bow.

Bull's eye: The nucleus of the target or the point which carries the highest score points.



Kang Chae-young

Source: worldarchery.org, agencies