

# ESL LEVEL 3-4 NEWSLETTER

March 2022

*March 1 marks National Pancake Day*

PENNSYLVANIA, USA — National Pancake Day or Shrove Tuesday was originally known as a traditional feasting day before the start of Lent on Ash Wednesday.

Why are pancakes associated with Shrove Tuesday?

It was the last chance for people to use up ingredients that weren't allowed to be eaten during the forty days of Lent, including eggs, fat, and milk, according to history

Shrove Tuesday is a Christian observance, where people prepare for Lent by eating pancakes and sweets and partaking in carnivals such as Mardi Gras.

By: SERGIO FLORES

The annual tradition of Shrove Tuesday falls on 1 March in 2022,



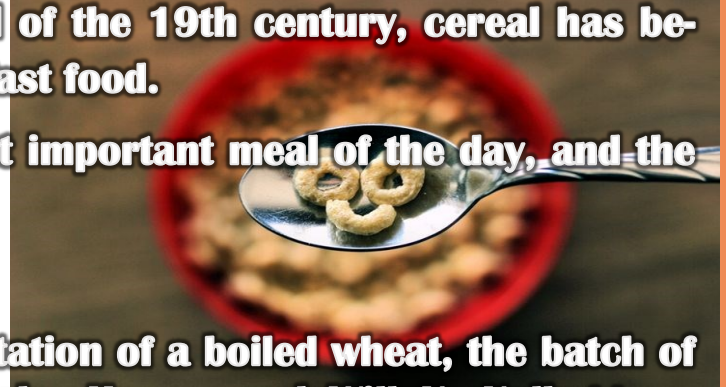
## March 7<sup>th</sup> National Cereal Day

March 7th encourages us to get our bowl spoon ready for the National Cereal Day each year! Since the end of the 19th century, cereal has become America's most popular breakfast food.

People say that breakfast is the most important meal of the day, and the cereal loves out there.

Cereal was invented by accident?

Yes, it was the result of a experimentation of a boiled wheat, the batch of wheat stayed out overnight when John Harvey and Will K. Kellogg returned to find it state they tried the same process with corn, and created what we know today as Kellogg's Corn.



Give Have a bowl for breakfast, lunch, and dinner.

Share it as a snack.

Create a delicious recipe from cereal and share your recipes.

Use #NationalCerealDay to post on social media



Mauricio Daniel Trejo Intermediate low 3 A.M.



# INTERNATIONAL WOMENS DAY ! CELEBRATE YOUR FEMINIST

The United Nations began celebrating International Women's Day in 1975, which had been proclaimed the International Women's Year. In 1977, the United Nations General Assembly invited member states to proclaim March 8 as an official UN holiday for women's rights and world peace

Edith Martinez ESL am





# Zero Discrimination Day

Is a celebration of a worldwide event that promotes diversity and aims to end discrimination.

*UN organization promotes this day by conducting various activities to celebrate people's right to indicate that everyone counts irrespective of their age, gender, nationality, ethnicity, skin color, or profession.*



**“Remove laws that harm,  
create laws that empower”**



Jaxier Romero  
Intermedia | low 3 (AM)

# 100 YEARS Celebration Gala

The logo for the Burbank Kiwanis 100 Years celebration. It features a large, stylized '100' in gold with a blue outline. The '0' is partially replaced by a circular emblem containing the Kiwanis International 'K' logo and the text 'KIWANIS CLUB OF BURBANK', '100 YEARS', and 'SERVING BURBANK 1922-2022'. Below the '100' is a gold banner with the word 'YEARS' in blue capital letters.

Burbank Kiwanis Turns 100 in 2022!

We invite you to join us for our annual Gala on March 11, 2022 at the lovely Castaway Restaurant as we celebrate **100 Years of service in Burbank!**

Through wars, pandemics, natural disasters and economic crises we have never stopped serving. It will be an evening of dancing, fine dining, camaraderie, exciting live and silent auctions, and fun.

We raise funds and support over **50 programs** IN Burbank such as:

**Key Clubs**– promoting Leadership skills

**Art, Music, and Drama** Departments

**Scouting**– in Burbank for over 90 years

**Middle School Speech Program**– for every 8<sup>th</sup> grader at John Muir Middle School.

**Burbank Singing Star**– thousands of dollars to elementary schools' music education

**Scholarship Programs**-for vocational schools for High School Students

**Family Fun Day and Golf Ball Drop** – Day of fun and supporting local Burbank charities.

**AND many hands-on projects**– delivering meals for Burbank Nutrition and many more.

Sandra Bacilio, ESL Intermediate low 3A.M.

# FIESTA NACIONAL DE LA VENDIMIA

## *“National Harvest Festival”*



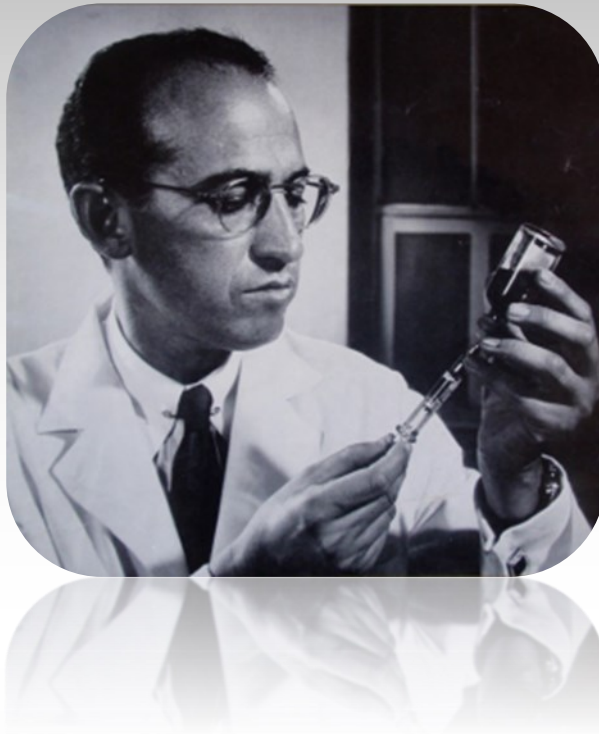
This traditional Argentine festival takes place every March in Mendoza, Argentina 's wine capital. People gather to celebrate the grapes transforming into exquisite wine, after a long harvest. This celebration started in 1936 and has grown to a large set of shows, concerts, and gatherings that take place throughout the week. More than 20,000 people arrive for the event's parades, fireworks, performances and freely flowing wine to taste.

By Camila Saligari



Dr. Jonas Salk

invents a vaccine to fight polio (1952)



Before the invention of the polio vaccine, polio would paralyze or kill over half a million people worldwide every year. Polio was caused by a virus that Jonas Salk invented a vaccine for on March 26th of 1952.

Sandra Portillo.

Intermediate low 3 A.M.





## MARCH 28TH RESPECT YOUR CAT DAY!

This day for honoring cats is believed to date back to March 28, 1384, when King Richard II of England officially outlawed the consumption of cats through the issuance of a formal edict.

Today, humane societies, veterinary clinics, and other animal organizations encourage loving cat owners to evaluate the care they already provide their pets and look for ways to show a bit more respect to their feline friends.

## ACTIVITIES YOU SHOW RESPECT YOUR CAT

### Feed Him High-quality diet

Ask your vet what type of food is best for your cat's life stage (kitten, adult, senior), and if your cat should eat a diet that helps control a pre-existing medical condition.

### Spend some quality time with your cat

Schedule some time with kitty. Go ahead, actually put it in your calendar.

### Learn new ways to make your cat happy

You knew that kitty likes a good scratch behind the ears, but did you know she also likes to play peekaboo with you behind the curtain? Find fun new games or places your kitty likes to be petted today, even if it takes a bit of experimentation. It's all in service of letting your cat know he or she is loved.





Lilit Poghosyan



## WOMEN'S DAY

International Women's Day-March 8

International Women's Day, on March 8th is an occasion marked by women's groups around the world. When women on all continents, divided by national boundaries and by ethnic, linguistic, cultural, economic and political differences, come together to celebrate their Day. They can look back to a tradition that represents at least nine decades of struggle for equality, justice, peace and development. International Women's Day is the story of ordinary women as makers of history. It is rooted in the century old struggle of women to participate in society.

The idea of an International Women's Day first was seen during the 20th century. Since those early years, International Women's Day has changed the global dimension for women in developed and developing countries alike. In my country Armenia, International Women's Day is an official holiday for working women in Armenia. Where they can enjoy their day as they see no reason to work at all. On this day, other members of the family help with the house chores and give the women of the house all the time to relax. Just for appreciation, the women are given flowers and gifts from family members and friends.

The growing international women's movement, which has been strengthened by four global United Nations women's conferences, has helped make the remembrance. Women put lots of effort to demand women's rights and participation in the political and economic process. Increasingly, International Women's Day is a time to reflect on progress made, to call for change and to celebrate acts of courage and determination by ordinary women who have played an extraordinary role in the history of women's rights.

In recent years, the empowerment of women is recognized globally as a key element to achieve progress in all areas. In the last twenty- five years, there has been a global efforts with a strong support from the United Nations to understand the discrimination and restore the status of women. Women have largely remained backward in the advances of science and technology.

To conclude, International Women's Day is a time to reflect on progress made, to call for change and to celebrate acts of courage and determination by ordinary women who have played an extraordinary role in the history of women's rights.

# Different Cultures, Different Food

Living in a multicultural society, enjoying different types of meals, each of us tries to stay familiar with his own national food. Why? Because food is not only something to eat, but it is part of tradition; it's history; it's memory, it's your people.... In this article, you will get acquainted with some national traditional dishes of Mexican, Peruvian, Armenian and Hondurans people. Let's enjoy it.

## Ghapama

Armenian people have many traditions in their history as well as in their cuisine. Ghapama is one of the Armenian traditional dishes served during Holidays such as Christmas, Easter, Barekendan (Armenian Holiday), but most frequently it's served before New Year.

This is a stuffed pumpkin with boiled rice, nuts and dried fruits (dried apricots, prunes, raisins, and apples). Ghapama symbolizes hardship Armenian farmers endure for the whole year: the empty pumpkin is the barn which will be filled with the harvest if you work hard during the whole year. So, at the end of the year, if you have a Ghapama on your table, it means that you got the result of your hardship: the year was fruitful and prosperous. (by Marianna Abelyan)



## Ceviche



I come from Peru, which has one of the world's most important cuisines. It's an exemplar of fusion cuisine, made possible because the Peruvian Cuisine was influenced by Indigenous, Chinese, African, Arab, Italian and Japanese cooking. The most common dish is Ceviche.

In 2004 Ceviche was declared as a "Cultural Heritage of the Nation". It is based on a lemon marinade of fish, shellfish or both. All of these in citrus dressings. Among the citrus fruits that are mostly used are lemon, because its taste is so citrus, this is the principal ingredient after the meat. (by Maria Luz Sifuentes)



# Chifa

I believe most of the countries around the world have plenty of Chinese restaurants. In Perú where I come from it doesn't exist by that name, we just call it CHIFA instead. Why do we call it like this? Chifa comes from the words *CHI* meaning "to eat" and *FAN* which means "Rice."

In 1849 when the very first Chinese immigrants came to Perú, they started to work in farms and planted different kinds of vegetables, rice and raised animals like pigs and ducks. After work Chinese people used to cook their own food using Peruvian products too. That is when the Peruvian and Cantonese food was mixed and everybody started calling it CHIFA.



The most popular dish is called "Combinado" Which is spaghetti pasta with a variety of meat (chicken, duck, pork or beef), a lot of vegetables and "brown" rice on the side. The brown color is because it has soya sauce on it. Chifa food is considered an important part of the Peruvian gastronomy and all Peruvians love it! We eat it for lunch or dinner as much as we can. (by Lourdes Vargas Iberic)

# Elote



I come from Mexico. Maize is one of the most fundamental ingredients of Mexican cuisine. Corn is inextricably tied to the quotidian lives of the indigenous peoples of Mexico. As the basic grain, it shapes daily meals. The most Common dish is Grilled Mexican Corn: Elote. Elote is grilled Mexican corn with a mixture of mayonnaise or sour cream, topped with cheese, chili powder and lime. (by Ramona Gonzalez)

# EL SANCOCHO

I am from a region of Colombia called Valle del Cauca. The people of Valle del Cauca are called Vallunos and there is a dish, very special for us, called the Sancocho Valluno.

Sancocho is a kind of soup made with banana, potato, yucca and beef rib. These are the basic ingredients, but each region and each family have its own recipe inherited from their grandparents, that is why it is customary to say "tell me what your Sancocho is like and I will tell where you come from".



In the valley it is customary to organize family walks (walking pot) to the river or the mountains and the sancocho is the main meal. The sancocho is not only the special guest for walk outs but also at weddings, religious rituals, in strikes and protests (common pot). If you ever go to Colombia, you will surely be invited to any activity that will be accompanied by a good sancocho. By Didier Penaranda

## POZOLE



Pozole is made in Mexico and is a traditional hot food. Pozole is in two colors: green and red. We eat it on Independence Day, Christmas, parties, new year. We prepared it with corn and chili pepper. In the red we only put a red chili and in the green, we put two different chilies and tomatillos, chicken, pork. We put pieces of chicken for the green Pozole and the red Pozole we put pieces of pork. For more flavor we put a lemon lettuce and onion. Toast and special ingredients in my family are our favorite foods. We also eat on Saturdays or Sundays. This is one of the most popular foods in Mexico. By Miriam A. Salazar



## Nachtmaal

Foods and dishes are passed onto our families from many generations ago. Traditional food represents our culture, it helps people connect to their ethnic heritage. These foods are a way of preserving our culture. Nicaraguan food is found in every corner of the country. There are many different dishes for example, Vigoron is a popular street food in Nicaragua. It is very simple to make. It can be eaten with your hands or with a fork and knife. It is made up of curtido (cabbage salad), yuca, and chicharron (fried pork belly), it is then wrapped in banana leaves. Nachtmaal is the Nicaraguan version of tamales. A Nachtmaal is made up of seasoned masa (corn dough) that is stuffed with various foods such as pork, rice, potatoes, tomatoes, and olives. Once the masa has been prepared, individual portions are placed in banana leaves and spread by hand. The filling is placed on top and it is wrapped up in the leaves. IT is then tied together with string and boiled or steamed for several hours. They are usually served during dinner, special events, celebrations, and holidays. By: Rosa Blanco







I am Ghada Hajjar from Syria. Family is the heart of Syrian social life. Importance is placed on religion, education, and self discipline and respect.

Traditional food of my country mainly consists of stuffed vegetables, meat and rice dishes, and flavored desserts.

Some of the most popular dishes in the country are Mahshi, kibbeh bil sanieh, Yabrak, Mansaf, Kabab.

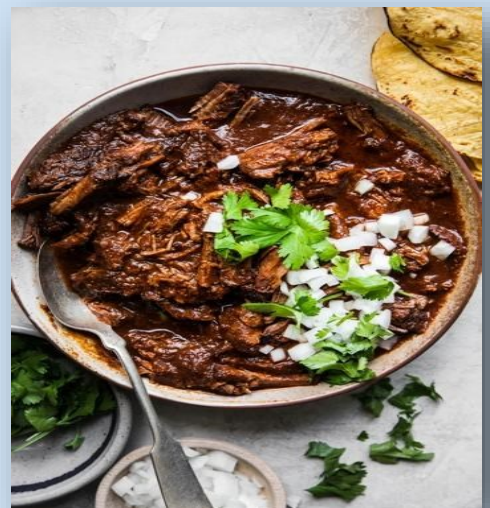
Some of the most popular desserts are Ballorieh, Kunafah, Halawet-el-jeben. Some of the most popular salads are Tabouli, Fattoush, and Syrian's salad.

Because I like Tabouli, I'll give the ingredients: bulgur, fresh parsley, fresh mint and green onion, cucumber and tomato, olive oil, lemon juice, and salt.

By Ghada Hajjar

## Mexican Birria

This is a typical dish of Mexico and better known in the state of Jalisco. People used to eat it on special occasions such as weddings, quinceañera, birthdays, and anniversaries. It is a dish of caribe served with rice and beans. The birria is made with soft beef and its preparation has to be a day before for greater flavor and concentrate of a red sauce which is made with tree chili, tomatoes, garlic, salt and pepper. I highly recommend this dish since it is rich and typical of México. By Vanesa Siciliano



# How immigration Changed My Life

As long as I remember, I have dreamed of getting to know distant countries, different cultures, colors, habits, traditions and incredible stories of peoples. "Immigration has been a lifestyle for me", I often say so jokingly. Immigration is difficult, but everyone knows that. I want to speak in a positive way, to represent the difficulty in a pleasant way.



Immigrating, I have learned to really listen, observe and understand. I have learned to get rid of prejudices, of the useless weights that we carry on our backs, I have learned to appreciate the essentials. I have got to know myself more by looking through the eyes of others.

It is as if you spray many different, vibrant and contrasting colors all on a wooden palette, then you stick your hands in and start mixing. That unique pattern is what your solid color becomes after immigration.

Immigration has taught me to see each person as a perfect gem in their own way of being, loving, and to accept him/her as a color in the wonderful mix of colors.

(By Meline.M.)



I am from El Salvador and have been here in the United States for seven years. It is very painful to leave the land that gave birth to our friends and even more so our family. Immigration is a brave decision motivated by achieving a dream or goals. It usually begins with a nightmare and then you have to get used to everything again. A nostalgia that ends up trapping you between the walls of a house, tormenting you with memories and continually taking you back to the past, on many occasions preventing you from seeing the present but with big hopes of reaching the future that you have in your mind together with your family: the dreams and goals.

All of us who have emigrated have made a discovery of strengths and weaknesses that we never imagined we had. (By Edith Romero)



I am April. I am from China. I immigrated from China to America 5 years ago. The immigration changed my life in three ways. First, my children receive a good education. They get rich educational resources in school. They also get a lot of educational resources in the library. My children are very happy at school. Second, I had the opportunity to learn English. I need to speak English to communicate with others, for example at the market, gas station and school.... Third, I learned about different cultures. My family celebrates Christmas Day, Thanksgiving Day, Halloween and Easter.... We never celebrated these holidays in China. But now we celebrate these holidays in America.

My name is Samar Barakat. I have been here in the USA for two years. I came from Syria. Immigration taught me that life isn't as easy as I thought, here I need to depend on myself far from my family and friends . Immigration taught me how important it is to have supportive people surrounding me and the importance of family in my life. Immigration made me stronger, also it gave me the opportunity to know different cultures.

I came here because my husband was living here in the USA and was a citizen. After I came here, I saw that the US is a country for young people who want to build their life, those who want to achieve their dreams.

I do not regret leaving my country because I love this experience and it is easier to achieve my goals here than in my country.

Anyway, we are here. We have to be strong, and we have to believe in ourselves. Our dreams will come true.



Immigration Reform and Control Act was signed by President Ronald Reagan in November of 1986. This law helped 3 million undocumented immigrants to reside in the United States.

This act changed my life in so many aspects. To apply for this was simple for me. At the time, the government mainly requested documents proving my identity. I was fortunate enough to get my residency card in October 1989. As I was waiting for my citizenship, I began working in 1991, for the city of Santa Monica as a bus driver. By 1995, I got my citizenship and was a citizen of the United States of America. I continued working for the city of Santa Monica for 24 years. But then I decided to retire in 2015. Since then I have been doing numerous things to improve my life as a whole. (By Justo Sisimit )

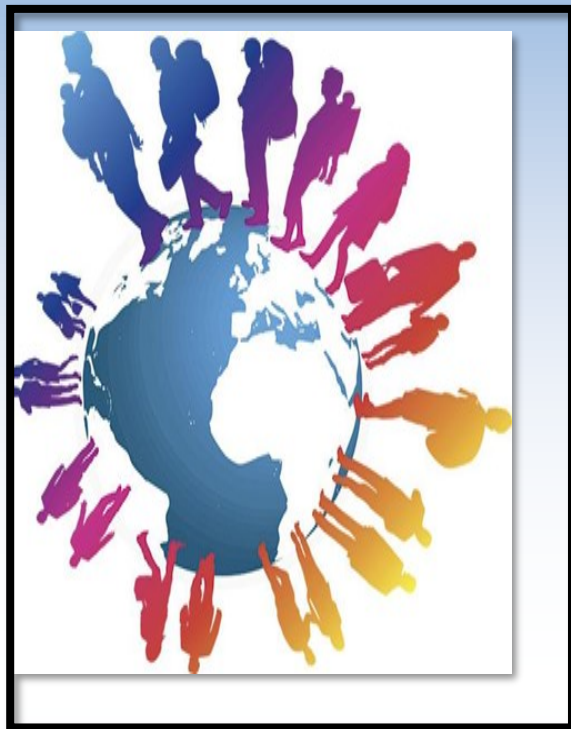
I am Tania Rios. I arrived in the USA in November 2015. The USA is the country of opportunities, so I decided to emigrate from Mexico to the USA. Here, I found my husband and we began to form a family. In the USA I was able to see the diversity of cultures, religions and languages that exist in the country.





Hello, I am Ivette from Mexico. I immigrated to the United States for my family's sake, and it was very difficult for me to leave everything including my mother behind, and come to a country where there are many cultures and different languages I had never known about. I know that there are many people who immigrate to achieve the so-called "American dream", others come due to the poor economic conditions in their country and many others have to leave due to wars and/or inequality issues in their country. I'd like to think mine has been that of an American dream, but the truth is that it isn't, or at least not yet.

Over the years, I've learned that being an immigrant is nothing like many people think. I've learned many things in this country, for example the fact that the laws are being respected or we do not have to bribe the police to seek justice, which you'll find pretty rare in my country. I know now that my country isn't the only one that goes through bad experiences, and see that there are other people from different parts of the world who are also the same, if not worse. I also know that each person who immigrated to this country feels secure on an emotional level, even if they do not know English. This is priceless.



I've been here for two years, fighting through some tough experiences, but arriving and having your children well received in schools even though they don't know much English is something that made us happy as immigrants. I arrived here with fear and insecurities, but I've learned to stay strong and to move ahead, and I owe all that to the great system that helps immigrants who seek refuge. For me, it has never been easy and there have been a lot of difficulties I have gone through, but one of the biggest advantages is that I am in a country where there are people from many parts of the world with different cultures. A country where skin color doesn't matter because we are all equal. a country where you can feel free and protected. My heart may remain in Mexico, but my home is here now. A home is where I am happy and safe, where I feel free and acquainted; Mexico might be where I come from, but that is not my home. It doesn't matter where I come from, I have been received with open arms, and they have given me all the support.

Being an immigrant can have pros and cons, but I think the pros outrun the cons in this country. This country adopted me...or rather I adapted myself to living here.

## Spring celebration around the world

- Armenia: I'm from Armenia. We have many amazing and beautiful spring celebrations in my country. I would like to tell you about a spring holiday celebrated on April 7th in Armenia. It is motherhood, beauty and love day. Armenians greatly respect, love and appreciate mothers. They love and cherish girls: future mothers,

On that day mothers are honored. Men give them flowers and other gifts. Large celebrations and concerts are held.

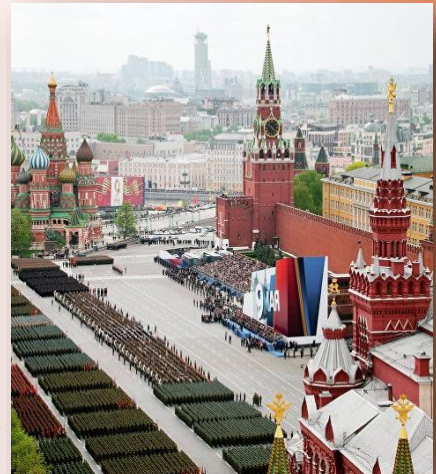
By Karine Atanyan



- Russia: I moved from Russia to U.S., and it is interesting for me write about one of the biggest spring celebrations, which called Victory Day. We celebrate this holiday as the victory of The Soviet people over Nazi Germany. Victory Day is holiday that marks the end of a murderous war that claimed the lives of millions of soldiers and civilians. On May 9th, there is big and beautiful parade, children with their parents, old people and young

people go into street with balloons and photographs of their relatives participating in The Great Patriotic War. We all are proud of this great victory.

By Mariam Petrosian



- Mexico: I'm from Mexico. The Passion Play of Iztapalapa. "el cerro de la estrella" is one of the most popular and biggest most important religious celebrations in Mexico City and in the world, includes hundreds of actors somebody men called "Nazarenos" who carry their crucifixion is reenacted (only residents of certain communities may participate) up to 5,000 people participating religious event include a dramatic reenactment of

the capture, the trial and the crucifixion of Jesus and resurrection, takes place every year since 1843 includes.

By Teresa Morales







- The Netherlands (Bloemencorso bollenstreek) : the flower parade through the bulb-flower region. Is a huge annual flower spectacle and the largest spring festival in the Netherlands. It is celebrated for a week at the end of April. This year will take place between April 20th and 24th. The highlight of this celebration is the flower parade between the cities of Noordwyk and Harlem. Dozens of colorful creatively designed floats filled with tulip, narcissi, hyacinths and other flowers represents a different theme each year. The floats are going to drive 26 miles route through several villages and blooming tulip fields accompanied by music and entertainment. By Almudena Soto

- China: Chinese New Year, also known as Spring Festival or Lunar New Year, is the grandest festival in China, with a 7-day long holiday. As the most colorful annual event, the traditional CNY celebration last longer, up to two weeks, and the climax arrives around the Lunar New Year's Eve. China during this period is dominated by iconic red lanterns, loud fireworks, massive banquets and parades, and the festival even triggers exuberant celebrations across the globe. Like Christmas in western countries, Chinese New Year is a time to be home with family chatting, drinking, cooking, and enjoying a hearty meal together. The festival date is in January or February, around the Chinese solar term the 'Beginning of Spring', so it is also named the 'Spring Festival'.



- By Johanna Viscarra