

ESL NEWSLETTER LEVEL 3 & 4



By Jasmen Babakhanlou

Saint Patrick's Day, or the Feast of Saint Patrick, is a cultural and religious celebration held on March 17th, the traditional death date of Saint Patrick, the foremost patron saint of Ireland. On St. Patrick's Day, which falls during the Christian season of Lent, Irish families would traditionally attend church in the morning and celebrate in the afternoon. Lenten prohibitions against the consumption of meat were waived and people would dance, drink and feast—on the traditional meal of Irish bacon and cabbage. Born in Roman Britain, he was kidnapped and brought to Ireland as a slave at the age of 16. He later escaped but returned to Ireland and was credited with bringing Christianity to its people.



The Story about the commemoration of International Women's Day, arises on March 8, 1908. Where 146 women workers burned to death in the Cotton textile factory in New York, in arson, after they went on strike and refuse to leave the place. They demanded their rights, protested the low salaries, as well as the poor working conditions they suffered and the working hours of more than 12 hours.

But it was until 1910, during an International Congress of Women, that the German Clara Zetkin proposed March 8 as International Women's Day, in homage to those first working women who raised their voices and fought against exploitation and discrimination labor. As of that date, year after year, thousands of women around the world come out to demand and defend their rights and fight against laws that discriminate against them, demanding equality of sex and opportunities.

By Karla Bonilla

/cma

The National
Cherry
Blossom
Festival



Haihong Zhang

The National Cherry Blossom Festival is an event held in Washington DC during the Spring season each year. Each year, the National Cherry Blossom Festival commemorates the 1912 gift of 3,000 cherry trees from Mayor Yukio Ozaki of Tokyo to the city of Washington, DC.

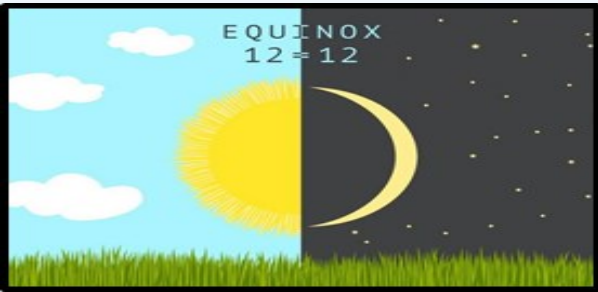
The gift and annual celebration honor the lasting friendship between the United States and Japan and the continued close relationship between the two countries. More than 700,000 people visit Washington each year to admire the blossoming cherry trees that herald the beginning of spring in the nation's capital. The National Cherry Blossom Festival happens on the last Saturday of March each year, lasting for two weeks.



March Equinox

Every year in March, the spring equinox is produced in the North Hemisphere that occurs between March 20th and 21st. It marks the moment that the sun is exactly above the Equator. The day and night are equal length, marking the end of winter and the start of spring. Some examples of how the world celebrates the spring equinox: In Mexico, connected with nature, the people travel to archaeological sites of the country like Teotihuacán to get the good energies of the place. In India, the children and adults throw powder of various colors onto the streets as well as sing and dance. In Japan, the people go to the fields to admire the cherry blossoms. In Warsaw, Poland, they celebrate with a parade with the sphinx of goddess Marazanna to celebrate the end of winter.

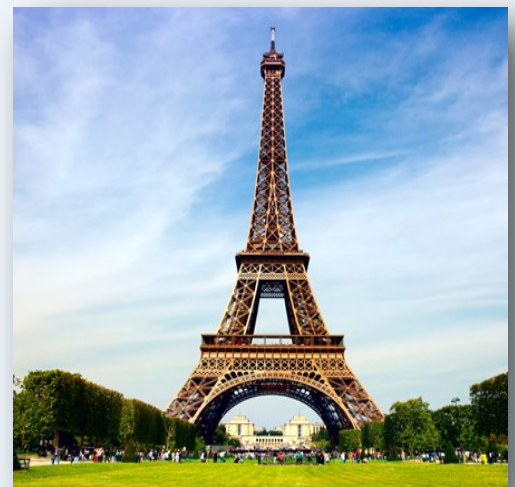
By Maria del Carmen Velazquez



The Eiffel Tower

The Eiffel Tower was dedicated in Paris On March 31, 1889, to honor of the centenary of the French Revolution, the French government planned an international exposition and announced a design competition for a monument to be built on the Champ-de-Mars in central Paris. Now one of the most recognizable structures on the planet, it welcomes more visitors than any other paid monument in the world—an estimated 7 million people per year.

By Joseling Lara



Enterprising Women Who Changed the World

Maya Angelou

by Lidia Martinez, Maria Cedeno, Pettry Hurtado
Arkansas, U.S.A. (1928-2014)

She is one of the most influential women in American history and was a poet, memorist, and civil rights activist. She has been one of the loudest voices in the civil rights movement.



Queen Elizabeth 1

by Frank Garcia, Richard Tellez Campos, Rocio Fierro
England, (1533-1603)

Under her rule, England became a major European power in politics, commerce and arts which made her one of the most successful monarchs in British history. She has become one of the greatest female leaders known for her intelligence, cunning and hot-temper.



Malala

by Assel Sapasheva, Georgina Telles, Mirna Wood

***Malala** was born in Pakistan on July 12, 1997. She spoke in public about **women's rights to education** and she became the **youngest ever recipient of the Nobel Peace Prize**.*



Edith Cowan

by Blanca Ramirez, Jorge Adame, Karla Montenegro, Lourdes Mier
Australia, (1861-1932)

Edith worked for the rights of women and children, she was the first woman in the Australian parliament. She pushed to make laws to help the women have the same access to education as men and equal responsibilities between fathers and mothers.



MUSIC & ART BY WOMEN

When we talk about the history of art, women have been great protagonists due to their role as muse and artistic object, however when we try to talk about female artists during the first centuries of art, they are hardly mentioned because their works were attributed to their parents or husbands, because when it was verified that the author was a woman, the economic and symbolic value decreased significantly, a situation that prevails until today since the works of the most valued artists continue to have a value up to ten times less than the of the men.

History has left us numerous proofs of the great value that many women showed as artists and musicians, they continue to do so today with much more force. These are some few examples that we hope you



BARBRA STREISAND

She is a singer, actress and filmmaker. She has one of the few entertainers who has been awarded 77th birthday by reflecting on the movie person In 2015. She was further honored with an ac-



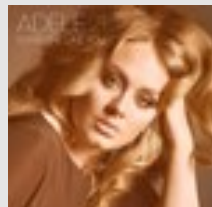
achieved success in multiple fields of entertainment and is ed an Emmy Grammy. Barbra Streisand celebrates her moments in your life that have helped to shape her legacy. ceptance of the president Medal of Freedom.

ADELE

Adele's success stemmed from the social media platform My Space which her school friend used to

In 2015, she branded herself 'a feminist', and regardless of gender, race or sexuality.

With her album 21 she is the first lead woman



said that she believes in equality for everybody, re- to ever have three simultaneous singles in the Bill-

FRIDA KAHLO

Magdalena Carmen Frieda Kahlo de Rivera, originally she was born on July 6, 1907, Coyoacan, Mexico She was a Mexican painter.

One the most important painting was "The Two sions of Kahlo seated together. One is wearing a wearing a traditional Tehuana dress. The painting City.



nal name Magdalena Carmen Frieda Kahlo y Calderon and she died on July 13, 1954 in Coyoacan, Mexico.

"Fridas" it is a double self-portrait, depicting two ver- white European Style Victotian dress while the other is is housed at the Museo de Arte Moderno in Mexico

MARINA DEBRIS

Her artist name is a play on words. Debris means er abbreviation.

Her works focus on reusing trash to raise aware- She is really active participating in a panel on



"trash or remains" she made it look French with clever- ness of ocean and beach pollution. how artists can contribute to environmental public



Irish Corned Beef and Cabbage

Ingredients

3 pounds corned beef brisket with spice packet

10 small red potatoes

5 carrots, peeled and cut into 3-inch pieces

1 large head cabbage, cut into small wedges

Instructions

Place corned beef in a large pot or Dutch oven, and cover with water.

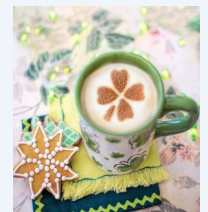
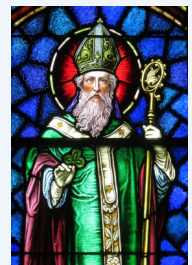
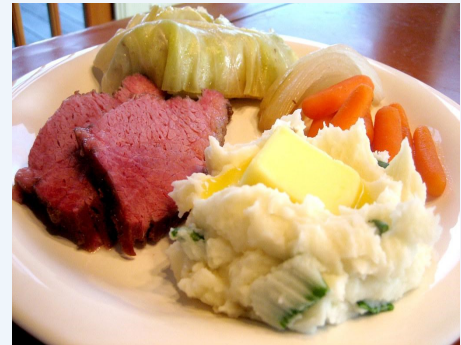
Step 1: Add the spice packet that came with the corned beef. Cover pot and bring to a boil, then reduce to a simmer. Simmer approximately 50 minutes per pound or until tender.

Step 2: Add whole potatoes and carrots, and cook until the vegetables are almost tender. Add cabbage and cook for 15 more minutes. Remove meat and let rest for 15 minutes.

Step 3: Place vegetables in a bowl and cover. Add as much broth (cooking liquid reserved in the Dutch oven or large pot) as you want. Slice meat across the grain.

On March 17th of each year, St. Patrick's Day, also known as St. Paddy's, is celebrated throughout the United States and various parts of the world. In the U.S., two of the largest celebrations are New York, which hosts a five-hour parade, and Chicago where city officials dye the river green. Events such as parades and concerts are held. People wear typical green suits and green top hats to avoid the "pellisks" of the goblins, without missing the symbol of the three-leaf clover and visiting the St. Patrick's Cathedral.

On this celebration of St. Patrick's Day, people gather to enjoy the dishes of the Irish American Gastronomy such as: shepherd's pie, apple cake, soda bread, and shortbread cookies among others. However, the dish of excellence is **corned beef and cabbage** served with a popular green beer.



By: Lidia Martinez, Georgina Telles & Maria Cedeño.





Diet and Exercise.

Eat a healthy diet and exercise frequently.

A balanced diet helps develop an abdomen.

Against obesity, exercise is more important than diet.



Energy Balance.

It is the perfect combination to do a healthy diet and exercise.

The best routine for a healthy life - love your body.

Walking uphill, jogging, or running.

Intense calisthenic exercises (lizard abdominal push-ups, scissor jumps).

High-impact aerobic dance.

Jumping the rope.

Aerobic activity raises your heart rate and keeps it elevated for a while.

This increases the amount of oxygen that is sent to the heart and muscles.

Over time, this type of activity is beneficial to your heart, muscles, mood, and self-esteem, and increases the amount of energy you have. It can reduce blood pressure, cholesterol, blood sugar, body fat, anxiety, and depression, as well as fatigue.



Healthy Diet.

Drink water. Eat more proteins, vegetables, fruits.

Distance yourself from craving.

Plan your meals.

Avoid getting extremely hungry.

Eat proper meals.

Healthy meal tips:

Eggs are very filling and nutritious.

Leafy greens are an excellent addition to your weight loss.

Salmon is high in both protein and omega-3.

Vegetables are low in calories but high in fiber.

Boiled potatoes are among the most filling foods.

Tuna is an excellent lean source of high protein.

Beans and legumes are a good addition to your weight loss diet.

Eating lean dairy products such as cottage cheese is one of the best ways to get more protein.

Avocados are a good example of a healthy fat source you can include in your diet.



Remember a healthy diet is always going to increase a longer life.

What people do not know about my culture



I was born in Kyrgyzstan, a mountainous country of Central Asia. Kyrgyz is the most ancient nation in CA, and has a huge number of traditions and customs since the Kyrgyz led a nomadic lifestyle. The Yurt is a symbol of Kyrgyz home. It is a portable house, which is easy to construct. The major materials used to make a yurt are wood, reeds, and sheep wool. Nomads lived in the yurts their whole life. As a rule, they were constructed on the mountains, where they can feed the cattle and see the whole world. Yurts have been improved for centuries – all the components can be easily taken apart. When nomads moved to a new place all parts of a yurt were hanged on camels, horses or yaks. Even nowadays Kyrgyz people use yurts on holidays, weddings or funerals. The Yurt is not just a house of the nomads, it also a great tradition.

You will certainly experience it, when you first visit Kyrgyz Republic. (Aisana)



Supatnich was born in the **Kingdom of Thailand**. Traditionally, in Thailand, twice a day on TV and radio broadcast a hymn in honor of the current king, during which you need to get up, freeze or stop any action. That is why, on the flag of Thailand, you see three ribbons: blue (the symbol of the king), white (religion) and red (all the people). Thais greet with a tilt to the waist, or just their heads, joining the palms of their right and left hands in front of them. This gesture is called "Wai" and it also has one detail that many people forget. The Thais believe that the higher the status of a person and your respect for him, the higher you need to raise your joined hands and the longer you have to keep

bowing. (Supatnich)



I'm **Mexican** and people often ask me what a real cacao ceremony is. Natural Cacao is disappearing leaving space to industrial Cacao. Cacao prepared with Ancestral Mayan Recipe is a Medicine for us. Medicinal Cacao is useful for many things but first of all to avoid Depression and Sadness - when you drink Kakao you will be happy and thankful for Life. Mexican Shamans (Medicine Women/Men of Wisdom) cure mental, emotional and physical illnesses during ceremonies that last all night long, up to 15 hours; they use different medicine plants, songs and music during the process in order to cure their patients. The ceremony is accompanied by ancestral prehispanic instruments (all made of Natural Elements, we play them without electricity and live) and medicine Songs (these songs talk about the 4 Elements in Nature and the Raising of Consciousness and will activate more the Effect of Cacao: you will feel happy and relaxed). (Carlos)



I would like to tell you about the national **Kazakh** costume. **Women's national costume.** When sewing a woman's suit, the main emphasis was on convenience and simplicity, since Kazakh women also roamed on horseback, like men. In the cold season, women wore a robe made of wool or a fur coat. The image was complemented by a high headdress, Women, like men, necessarily generously decorated themselves with jewelry. **Men's costume.** The classic men's suit was a set consisting of several items. Most often, it included trousers-trousers, a loose shirt, a robe, a headdress and shoes. **Wedding Women's Costume.** Wedding women's attire is a unique standard of luxury and elegance. Only the best and most expensive fabrics, decorative elements, and jewelry were used to make the bride's dress. (Svetlana)



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I was born in **Ecuador**. Many people are not familiar with my country. One of the traditions from my culture that people don't know about is how we celebrate the Day of the Dead (Dia de los Muertos). We celebrate the Dia de los Muertos on November 2nd. People go to the cemetery to visit their dead family. After that they gather at the house and prepare Colada Morada and Guaguas de Pan. Colada morada is prepared with corn starch, berries, naranjilla, and herbs. It is a delicious purple thick colada. Guaguas de pan are sweet bread with different fillings. They are decorated in the shape of a child or baby. The families make this together and share a good time.

(Martha)





DIFFERENT CULTURES, DIFFERENT FOOD



In this article, we will tell you about the culinary recipes of Russia and Guatemala. Two so different and dissimilar countries. Different history, cultural traditions, mentality and of course cuisine. But nothing brings people together like a meal at one table.



COOLER

Almost no festive Russian feast is complete without this dish, especially in winter. The ancestor of jellied meat was a rich broth. This dish first took a cold form among the peoples of the North. Now we make it almost the same way: cook a steep broth from meat and vegetables for several hours, filter it, cut the meat into pieces. The meat is laid out in molds, poured with broth and condemned in the refrigerator. When serving, the jellied meat is turned over onto dishes and served to the table.

CHUCHITOS

Traditional Guatemalan style tamales that are usually made for holiday celebrations and festivals. Chuchitos means small dog or puppy in English. These are warm corn masa dough stuffed with meat like pork or chicken and a mild tomato or Chile sauce. This is wrapped in a dried corn husk and steamed until the dough is cooked or they can be grilled on a fire after they are steamed. Grilling them gives them a smoky flavour. Guatemalans eat chuchitos for breakfast and dinner and street vendors sell them everywhere.



SELEDKA UNDER A FUR COAT



Is she cold? Of course not, just in Russia, this salad is associated with New Year's feasts and gatherings. Russians love "Herring under a fur coat" in the following performance: Norwegian herring, which was peeled, cut into pieces and put on a platter. Put the onion cut into rings on top, then cover with layers of grated boiled potatoes, carrots, beets. If desired, add more pickles and grated apple. All layers are smeared with mayonnaise. Top with a grated boiled egg.

FIAMBRE

Fiambre is a traditional food from Guatemala eaten on November 1 and 2, when Guatemala, like many other catholic countries, celebrates the day of the dead, (dia de los muertos) and the all saints day (dia de los santos). It is a chilled salad that may be made from over 50 ingredients.



SCHI



Schi is the main liquid hot dish on the Russian table. In the most complete version, they consist of six main components - cabbage, meat, root vegetables, spicy dressing (onion, celery, garlic, dill, pepper, bay leaf) and sour dressing (sour cream, apples, cabbage pickle). May serve with sour cream and herbs.

PEPIAN DE POLLO

This velvety chicken stew, considered the national dish of Guatemala, has tender chicken pieces in a spiced tomato, toasted pumpkin seed, onions, sesames, peanuts and chile sauce. This is a stew with a lot of flavour that comes from the Mayan people. It is a favorite dish for family celebrations.



KASHA

"Schi and Kasha are our food", - has long been said in Russia. Every Russian house has cereals: buckwheat, semolina, pearl barley, millet and others. Previously, porridge was cooked in large cast iron - with milk, pumpkin, sugar; in Russian ovens they were often not just cooked, but baked until crisp. Kasha was liquid and steep; not only kasha is prepared from cereals, but also side dishes.

RELLENITOS



For those with a sweet tooth, make sure you try some rellenitos. Essentially, Guatemalan donuts, rellenitos, are made up of cooked plantains mashed with refried bean paste, sugar and cinnamon, and then they are deep-fried. When mixed with sugar, both the beans' taste and texture are similar to chocolate and the consistency of the rellenitos is incredibly moreish.



Performed by Yvette Keshishi class, ESL Level 4

Vladimir Mironenko, Elena Kolganova, Nina Andrianova

Carlos Alberto Hernandez Ramirez, Mario Catinac

Spring Celebration Around the World

There are different spring celebrations all over the world. I'd like to talk about Holi, an Indian colorful festival that came from Hindu mythology. The delightful festival signifies the victory of good over evil. It also marks the end of the winter season and welcomes the spring. People eat and talk with friends in front of a bonfire the day before Holi. The main day of Holi is when people chase each other and play with wet and dry colors, made by synthetic and natural color. Water is a big part of Holi as many people use water balloons and have water fights with friends and family. The festival of color is popular for saying "BURA NA MANO, HOLI HAI"! which means "DO NOT MIND, ITS HOLI"!.
-By Rutika Vibhakar.



My country, Nicaragua, has only two seasons (summer and winter), and is a religious country. Therefore, we start our summer when the Holy Week starts: a combination of aboriginal practices and religious traditions that commemorate the death of Jesus and celebrate his resurrection. All the communities get together in the traditions from the youngest to the most elderly, decorating some streets with rugs made with leaves, sawdust, rice and corn. We start the week with Domingo de Ramos (Palm Sunday). A donkey walks through the city with a man, kid or doll dressed like Jesus and people carry palms; some have a cross that represents the arrival of Jesus to Jerusalem. The last day is Resurrection Sunday, the beginning of Easter.



-By Alexa Jarquin.

I'm not from Japan, but I admire and love the culture and traditions in that beautiful country. I'd like to talk about an interesting Spring festival in Japan called Hanami Matsuri (matsuri means festival, and Hanami is the practice of viewing cherry blossoms). It is celebrated because the Emperor Saga used to welcome this flower viewing with feast and parties. These days people are holding picnics underneath sakura trees.



-By Gustavo Jarquin.

In Russia we celebrate several holidays in the spring, but I want to tell you about **Maslenitsa**.

The date of Maslenitsa changes every year depending on the date of the Easter celebration, and is celebrated during the week. Actually this came from paganism but was adopted and adapted by Christian Church as part of christian celebration. In the pre-Christian era it was timed to the vernal equinox, and it was the beginning of the new year. During the celebration, people usually cook and eat thin pancakes, and on the last day they burn a scarecrow, which symbolizes goodbye to winter.



-By Nikolai Vostokov.

Made by ESL4 Yvette Keshishi morning class.