

# THE CLASS

SPRING 2018

TIME'S UP



# CREDITS

## Welcome back to *Class Celtics*!

Since our first edition back in December, our team has been working tirelessly to write, edit, and design articles about what the students of St. David are passionate about, as well as what is important in our community.

This issue, we take more of a political stance - looking at prominent issues and movements in our region and across the world, such as the widespread concern of food insecurity in the Waterloo Region, and looking into the origins and continued importance of social movements like *Time's Up* and *#MeToo*.

As students, we are often expected to have a continuous knowledge of past events, while the importance of current events in the world around us often becomes overlooked. My hope is that by reading articles included in this magazine, you will be inspired to look further into the social movements happening in and around your community, and learn a little bit more about the importance of global knowledge and involvement.

As we near the end of the 2017/2018 school year and things begin to wind down, I look forward to the next school year and all of the opportunities it will bring. For this magazine, I am excited to see how it develops over the next year, and I hope that you will join us on that journey - as a reader or contributor.

Thanks again for your support Celtics, and I hope you enjoy all that this publication has to say!

Stay Class-y,

Olivia Ingle  
*Editor in Chief, Founder*

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# CONTENTS

**4** Acoustic Charity Concert  
*By Olivia Ingle*

**5** An Authentic French Experience  
*By Mme Rinaldi*

**6** Team DAVE Update  
*By Macy Sewell & Noah Betik*

**8** Dominican Encounter  
*By Emma Weber*

**9** Alumni Feature: Subo Ranatunga  
*By Isabella Maher*

**10** The Fundamentals of Filling our Bellies  
*By Ali Schultz*

**12** Is Now the Time for Time to be Up?  
*By Maia Coates*

**16** 70 Years: Understanding the UDHR  
*By Sara Wideman*

**17** Chinese New Year  
*By Iris Huang & Qian Du*

**18** Recipe: Traditional Austrian Foods  
*By Sophie Stimpfl-Abele*





St. David's

ACOUSTIC CHARITY CONCERT

Written by Olivia Ingle

During period 4 on March 7th, music could be heard throughout the halls of St. David.

The Acoustic Charity Concert is an annual event hosted by the Arts Department at St. David. Each year, a different local charity is chosen to receive the funds raised by students who attend the show.

This year's concert was in support of Haven House, a women's shelter in the Waterloo Region.

Run by the Women's Crisis Services of Waterloo Region, Haven House is a shelter in Cambridge for women escaping abusive relationships. It opened its doors in Fall 2016, offering enhanced security and outreach programming to women and children in need of support.

Thanks to the support of the Celtic community, Haven House will be receiving a donation of almost \$1000.

This year's concert featured 15 student performances, including a concluding performance by graduating arts students, which were all met by applause and cheers from the students and staff in the audience.

Events like these truly showcase the talent within our Celtic community, all while working towards a better future for the Waterloo Region.



An Authentic

French Experience

On December 6th 2017, the grade 11 students in Madame Rinaldi's French class took part in an immersion experience right here in Ontario!

Students traveled to Toronto to enjoy authentic French cuisine at Le Papillon on Front St. The experience began with a greeting from French speaking wait staff, a choice of authentic French menu options and plenty of opportunities for the students to practice their French speaking skills. After lunch, the group made their way to Le Théâtre Français on Berkley St.

The performance, titled Les Zinspirés was made up of 5 short plays written by French students from various schools through Ontario, directed and performed by professionals, en français. A brief question and answer period after the play provided an opportunity for authentic interaction in French directly with the actors. Students were able to discover the possibilities to use their French language skills within the arts, in front of and behind the scenes. The possibilities are truly endless!

This experience has provided the inspiration for some of our students to explore the possibility of writing and submitting plays of their own for the competition, Les Zinspirés 2018! Stay tuned...



Mme Rinaldi's Grade 11 French class traveled to downtown Toronto in December, enjoyed an authentic taste of French cuisine at Le Papillon Restaurant, and viewed performance piece 'Les Zinspirés'.

One project that Mme Rinaldi's Grade 11 French class was tasked with was to create inspirational messages, en français, to be shown around the school. Check out Maggie's work to the right, and Lauren's work in the table of contents (page 2).







Written by Macy Sewell & Noah Betik

# UPDATE

Beginning in 2011 and working their way up, Team DAVE is currently in their 8th season of competition. The team accepts all students from grade 7-12 within the Waterloo Catholic District School Board. In last year's season, Team Dave made it to the World Championships and took a huge leap as a team by winning the division and competing on the Einstein field where the six division-winning alliances compete in a final round robin. Last year the team placed in the top 5, breaking their team record!

The team is broken down into three main sectors: build, administration and strategy.

The build team is responsible for the design and creation of each year's robot. Each year, Team Dave design, build and program a robot meant to play the game as best it can. The process begins by determining how the team wants to play the game and discussing potential strategies before deciding the main robot features. After the ideas have been set, the design team sets off to work, creating a highly detailed 3D model of the robot - created in SolidWorks software. Meanwhile, the mechanical and electrical teams start prototyping mechanisms. The software team begins working on the code that will allow the driver to control the robot over WiFi with an Xbox controller, as well as "autonomous" routines where the robot moves on its own to accomplish a series of tasks during the first 15 seconds of each match. All of these subteams continue to progress through build season until a finished robot is completed.

6 For the past few years, Team Dave has built two identical robots - a practice robot and a compe-

titution robot. This allows the team to continue working on code and practice driving the bot, while the competition robot is sealed up and shipped off to competitions.

The administration side of Team Dave can be broken down into two main components: business and awards.

It is the business group's duty is to gain sponsors, as well as to keep track of the team budget. The business side also takes care of all marketing, social media and outreach events for the team. A big part of being a FIRST (For Inspiration and Recognition of Science and Technology) team is promoting STEAM (Science, Technology, Engineering, Arts, and Math) to the community. The team attends multiple outreach events such as the Communitech Tech Leadership Conference, Aviation day at the Waterloo Regional Airport, and hosts an annual Lego robotics tournament for elementary students.

The awards team is tasked with condensing all the outreach Team DAVE does within the community into an essay, a video, and a presentation. All three parts are judged at each district event, giving every team who completes a submission a chance to win the most prestigious award in FRC - the Chairman's award. This award is given to the team that best represents the goals and purpose of FIRST, focusing on bringing the goals of STEM to those around them.

Along with this, Team Dave also creates submissions for an Entrepreneurship Award and other minor awards.

Lastly, another important sector of Team Dave is the Strategy and Scouting team. Their work includes planning the best possible way for the robot to compete, plus deciding the game plan for each match. Throughout the competition, Team Dave's scouts watch matches while taking data on a wide variety of robot actions, qualitative information and go to other team's pits to find out more about robot specs. This data is collected giving us insights on which strategies to use in certain matches. Team Dave's success takes them to competitions across Ontario and the United States. This year, the team competed in Waterloo and Hamilton, as well as in Mississauga and Detroit, MI.

This year, Team Dave placed first at the Waterloo district event, with other FRC teams 4917 and 7058. The team also took home the Gracious Professionalism award, which outlines teams the demonstrate FIRST values on and off the field such as high-quality work, teams that emphasize the value of others, and respects individuals and the community. This award is determined by a vote of other teams, and Team Dave won the award with twice as many votes of as other teams. Lastly, Team Dave's own Noah Betik received the Dean's list award, granted to dedicated students in grade 10 and 11 who show exceptional leadership qualities. In doing this, the team brought home a first place FIRST Trophy, gold medals and the coveted first place blue banner.

## MEET THE ROBOT



Name: Copperfield

Weight: 110 lbs

Height: 55"

Max Height: 92"

High speed: 16 feet per second

Low speed: 6 feet per second



Grade 11 team member Noah Betik received the Dean's List award at the Waterloo district event.



Team DAVE members at their 'Bag & Tag' open house.



# Dominican Encounter

As North Americans, we tend to live in a self-concerned world, unaware of what is going on around us. There is the constant distraction of phones, worrying about computer screens and social media followers. We are consumed by a bubble of commercialism and sometimes forget to see the bigger picture. This November, I was given the opportunity to live with a family in the town of Consuelo, Dominican Republic, a place where I discovered the importance of human connection.

Each day we explored new challenges that the people of Dominican face every day and educated ourselves on the roots of a poverty-riddled country. Together, we visited the Bates - a place where sugar cane workers live - to witness the appalling working conditions and speak personally to those living in extreme poverty. To my surprise, these were the happiest and most cheerful people I have ever met. We spent hours playing with the local kids and hearing the stories of countless extraordinary people. I spoke to a man named Solyl who had retired from the fields after nearly 80 years of work with no pensions, savings or means of making money. Solyl had lost his vision completely but still welcomed the small group into his home and offered up his only seat. Listening to him tell his story will forever be a pivotal moment in my encounter and I will never forget the impact he made on me.

Through this journey, I learned a countless number of life-changing lessons and have begun living a much more positive life through taking steps to appreciate every small thing in my path. Our goal was not to build physical things but to build relationships and take in everything we experienced in order to spread the messages of those we met. If possible, I would send each and every teen on the encounter, as it was far from anything I had anticipated. We learned that more isn't always more and that genuine happiness has no ties to materialism; it is about the connections you make with those around you and focusing on what you have instead of what you don't.

Although it was an emotional time, the group shared an abundance of laughs, hugs, smiles, and tears that I wouldn't change for the world.

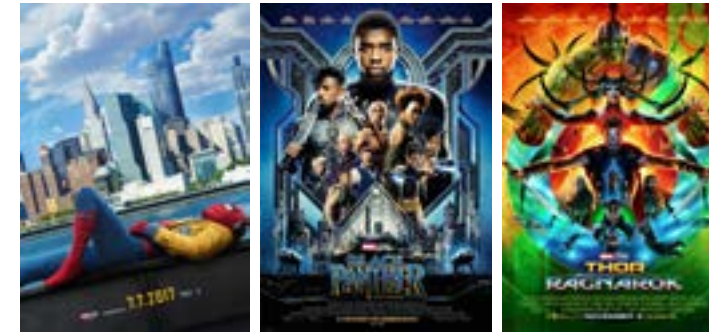


# FROM TECH CLASS TO THE BIG SCREEN

Alumni Subo Ranatunga shares his journey and experience in creating 3D films.

When watching a 3D movie, there is always a part where it looks like an object or person is coming off of the screen and into the theatre. Do you ever sit there wondering how this is possible?

The answer to this unspoken question can be told by former Celtic, Subo Ranatunga (or any other Stereoscopic Film Editor). His job is making movies in 3D. A few movies that he has edited and brought to the big screen are Spider-man: Homecoming, Thor: Ragnarok and Black Panther. St. David led the path to his future.



Subo has edited multiple of this year's biggest Marvel films, including Spiderman: Homecoming, Black Panther, and Thor: Ragnarok.

While at St. David, Subo Ranatunga first knew that he wanted to work in film when a Communication Tech class made a commercial for his grade 10 religion class and others in the school.

"I was absolutely captivated by the fact that these students made a commercial for a class that wasn't getting enough traction. This was basically what spearheaded my decision to work in film."

Other than hoping to work in film, Subo was unsure of what he wanted to specifically do. Originally, he wanted to become a film director, but then realized during co-op, editing was his true passion. Ranatunga made the decision to come back to St. David for the fifth year and decide what he wanted to do. The first step was to take co-op. He was placed with local company C to C Productions. This taught him the fundamentals of filming and editing a video.

"The co-op program gave me something few other courses did, a direction".

Co-op let him be assured of his path.

Subo, while at St. David had many fun experiences that made his time here more exciting including making and editing videos with friends, working on Comm Tech projects and "meeting my early bird friends for some Mario Kart battles on our Gameboys (Yes, I said Gameboys)." But one of the experiences that stood out for Subo as an amazing memory was getting a permission slip from the principal. The permission slip was to allow him and his friend, a bagpipe player who didn't get to perform at the assembly, to walk around the hall playing bagpipes all through the school. "Students that were on their spares marched behind us waving rulers and chanted along. It was a truly surreal experience".

"There was a quote from an old Final Fantasy game that went 'To be forgotten is worse than death'. In my youth, I took those words to heart and wanted to make my mark on the world in some tangible form".

Subo did make his mark on the world, specifically by having his name appear on the credits of the movies he has edited. Finding a future in doing something that you love takes work, clearly showing how hard Subo Ranatunga has worked to live up to the quote that means so much to him.

Teenagers can learn so much from Subo. He suggests that high school and life goes by so quickly, it shouldn't be spent worrying about the future. He knew the importance of friendship and cherishing the time one gets in life.

"The future is going to happen one way or another and you'll eventually find yourself where you need to be."



# THE FUNDAMENTALS OF FILLING OUR BELLIES

A reflection  
on food  
insecurity  
in KW

Written &  
Photographed  
by Ali Schultz



This past semester in my grade 12 Interdisciplinary Studies Student Leadership course, we were asked to create a final project regarding a local or global issue that we felt passionate towards and would like to change. I immediately thought about the number of people I've seen whilst volunteering, or just walking along the street, asking for food in the Kitchener Waterloo region. I decided on learning more about food insecurity in the KW area, and how I could create a personal solution.

To be food insecure means that you lack the quantity or variety of healthy food needed as an individual. According to the annual survey conducted by the Ontario Association of Food Banks in 2014, there was a 20% increase in people using the food bank in Ontario. This percentage has continued to grow since then.



*Students from the Student Leadership course created "Benefit Bowls" for those experiencing food insecurity.*

Imagine not only being unable to get a proper meal for yourself, but your children too. Not only is this a reality for families, but 46% of food bank users are single-individual households and 35% of users are children, making it a reality for all age groups and social status. The Ontario Association of Food Banks has 125 food banks and more than 1,100 hunger relief programs and agencies across the province. With those numbers in mind, the OAFB estimates 770,000 individuals use food banks in a year. In Waterloo Region itself, 36% of the 31,400 people needing food support are under 18. This means that multiple students are coming to school hungry and without having proper meals to fuel their learning. Due to inflation, many individuals are making the middle-class wage, but are still only just getting by to put good food on the table.

After paying the average amount of rent and buying healthy food, a single person on Ontario Works would not have money left to purchase other basic necessities such as utilities, clothing, and transportation. In fact, they would have a negative amount of \$236.57 left over for the month, according to the Waterloo Public Health Unit. This goes to show that it is not just people who are below the middle class or living in shelters that are needing to use the food banks. We are witnessing the effects of the increase of minimum



*Students took 10 meals to people in need on King Street.*

wage, one huge factor is an increase in food insecurity. Unfortunately, being food insecure causes individuals to skip over healthier options of food due to the price. Organic, non-GMO, and raw foods tend to be more expensive, therefore someone who already cannot spare much for a meal will skip over the healthy option. It is extremely important that individuals partake in a nutritious and well-balanced diet. If someone is not meeting their nutrition requirements, they can suffer from sickness, low energy, and lack of overall health.

To create a more personal solution, as well as a solution where students could see their first-hand impact, I decided to create a small initiative called 'Benefit Bowls' with my class. I purchased a variety of healthy, nutritious foods like rice, mixed greens, chicken, cheese, and corn, as well as containers. With these materials, we created 10 nutritious bowls to hand out along King Street. A few students came with me as well to hand out the bowls, which was great to see the interactions with individuals in need of a good meal. The faces of some of the people we gave the bowls to were priceless and something I know we will not forget.

I encourage anyone who can give a meal, a sandwich, or even just a conversation or smile to those in need, to do so, as we can bring our community together, making it even better.



# IS NOW THE **TIME** FOR TIME TO BE **UP**?

Since its creation on January 1st 2018, the Time's Up movement has been making headlines across the world, as people share their stories through #MeToo, and women make a unified call for change in their workplaces and lives.

On January 20th, 2017, real estate tycoon Donald Trump was inaugurated as the 45th President of the United States after narrowly beating out fellow presidential candidate, Hillary Clinton. Known for his hateful and inappropriate comments toward women, Trump's win prompted massive upset throughout the country and the world,

sparking a fire which would make the following year one of exposure for the struggles of women.

Immediately following the inauguration, the first annual Women's March took place, with women and girls of all ages showing their support for one another in "the largest single-day demonstration in recorded U.S. history" (Washington

Post). Signs shared messages of anger toward the past, frustration with the present, and hope for the future, all while showing pride for women.

Empowered by their protesting sisters, women in the media began sharing their stories of sexual abuse, most of which had been covered up for years by fear.

The trend of public movements, walks, and protests has continued around the world after the success of the Women's March following Donald Trump's inauguration in January 2017. While the Time's Up movement and Women's Marches may have their roots in the United States of America, these issues are international, and events have reached to countries across the globe. Pictured below is the International Women's Day March in Toronto this past spring. Thousands of people gathered in Nathan Phillips Square to continue the movement that started last year.





Upon a Google Search of ‘sexual assault’, the first suggested search is ‘sexual assault Harvey Weinstein’. Ah yes, Harvey Weinstein. The name is the Pandora’s Box of 2017, one that lifted the lid on all women who had been silenced for years prior. His 84 accusers – yes, 84 – paved the way for over 60 more men to be accused, each with multiple allegations against them. Kevin Spacey. Roy Moore. Louis C.K. Countless names once associated with their booming careers have been tarnished, many forced to resign from their high-up positions.

# TIME’S UP

*This logo populated social media feeds on January 1st 2018 - the day that the Time's Up legal movement became public. The logo was accompanied by a letter entitled 'Dear Sisters' which outlined the purpose and reasoning behind this movement.*

The majority of these allegations centered on incidents that occurred years ago, some time frames as large as thirty years prior to the accusation. Some believe that it is all in the past; that the women are bringing it up now solely for the attention and that there may not be any truth to their statements. However, the pattern of men perpetrating sexual assault persists, even today, making the need for justice urgent.

Enter “Time’s Up” - an organization established by over 300 of Hollywood’s most powerful women to raise money toward legal defense for those who face sexual assault in the workplace. The movement began January 1st with the black and white logo flooding Instagram feeds all over the world, while others posted links to the site’s letter of solidarity, entitled “Dear Sisters”.

While the organization made a name for itself on social media, the message reached millions more on January 7th at the 75th Annual Golden Globe Awards. The red carpet was a sea of black, with all women in attendance opting for black dresses to show solidarity instead of the usual colourful fashion seen at events like these. Men sported the “Time’s Up” logo on their lapels to show their solidar-

ity with women in their line of work. Interviews with the stars on the carpet were focused on why they were wearing black rather than the usual “who are you wearing?”, using the show as a platform to share the message with a larger audience.

Oprah Winfrey, one of the women leading the charge, used her Cecil B. DeMille Award acceptance speech to speak to young girls watching, sharing her experiences and why the “Time’s Up” movement is so important. She spoke of the importance of being pioneers, of daughters growing up in a safe world and of emerging from this situation stronger than ever. She shared her hopes for a future free of sexual assault in the workplace and a “time when nobody ever has to say ‘Me too’ again”.

The reference is to Tarana Burke’s campaign of the same name, one which received quite a bit of attention this year with the beginning of “#MeToo”, a six-character status update for men and women to share that they too have been victims of sexual assault. The hashtag was used over 12 million times within 24 hours and continues to be a topic of discussion as it relates to the “Time’s Up” movement.

Following the awards show, the internet was buzzing with everyone liking and sharing and commenting on all the videos and messages from the previous night.



*Often referred to as the 'pioneers' of the Time's Up movement, activist Tarana Burke, actor Michelle Williams, actor America Ferrera, actor Jessica Chastain, actor Amy Poehler, actor Meryl Streep, actor Kerry Washington, actor Natalie Portman, activist Ai-jen Poo, and activist Saru Jayaraman all wore black at the 2018 Golden Globe Awards in solidarity with victims of sexual violence.*

Speeches spread like wildfire, with women all over the world expressing their pride and gratitude for those who spoke.

But why is this only coming out now? If women have been sexually abused for thousands of years, why has this year been so significant for sharing their stories?

President Trump’s inauguration brought the realization that men who treat women like objects are able to continue abusing their power, even when given the most powerful job in America. Difficulty and pain bring people together, acting as a “social glue” that fosters cohesion and solidarity within groups” (Association for Psychological Science). Fear for their futures forced women to start a movement against those who abuse their power in the workplace, supporting those who have gone through abuse and working to

prevent future cases. The horrors of their pasts allow them to look toward a brighter future, fostering the hope that their children will live in a safer world.

After years of these cases staying in the dark, the black dress movement has brought them into the light, acting as a wake-up call to those who ignored what was right under their noses. Actresses in Hollywood have made it clear that time is indeed up for sexual assault and now call on their fellow women to join the fight.

The question is... how will you fight?



*On Saturday March 3rd, thousands of people gathered in Toronto's Nathan Phillips Square for a march to celebrate International Women's Day. Marches like these are often also in support of movements like Time's Up and #MeToo.*



# 70 YEARS:

Written by Sara Wideman

## Understanding the Universal Declaration of Human Rights

This year marks the monumental 70th anniversary of the signing of the Universal Declaration of Human Rights. The Universal Declaration of Human Rights was proclaimed in the United Nations General Assembly on December 10, 1948, in Paris, France. This document is a standard outline of fundamental human rights as outlined by the United Nations to be upheld by all people and all nations.

The Universal Declaration of Human Rights was founded on the ruins of World War II. In an imperfect effort to reaffirm that the human rights violations that occurred during World War II will never happen again, the United Nations drafted this document. There are 195 countries as of 2018 that are recognized internationally. Out of these 195 countries, 193 are member states of the United Nations and two are observer states.

When the Universal Declaration of Human Rights was signed in 1948, only 48 countries opted to sign this document, less than one-third of the United Nations General Assembly. While a majority of countries agreed this document was a necessity, they struggled to define the key concepts that defined human rights.

The original conflict arose between the United States and the Soviet Union. The United States believed human rights consisted of political rights- the rights to vote, to speak freely, not to be arbitrarily detained, to practice one's religion, and so on. Contrarily, the Soviet Union believed that human rights consisted of social and economic rights- the right to work, healthcare and education. Due to the divide, the General Assembly was split. The debate was to support political rights, which in turn would be supporting liberal democracy or support economic rights, which supported the Soviet Union's view of socialism. The propositions provided by each side reflected the human rights laws that governed their countries. For example, the political rights proposed by the United States closely reflected rights laid out in the United States Constitution. The indecisive nature of the Declaration leads the majority of the General Assembly to abstain from signing the document.

As this document was not a legally binding contract and still lacks 145 signatures, human rights violations continued then and are still occurring today - 70 years after its initial declaration. Human rights violations continue to occur, not only abroad but in Canada as well, prompting an international conversation of action that needs to be taken in order for amendments to be made to this document.

Human rights violations are not easily preventable as they occur on a daily basis all around the world. As of 2018, 'human rights' has become an all-encompassing term, defined by Dictionary.com as "fundamental rights, especially those believed to belong to an individual and in whose exercise a government does not interfere, as the rights to speak, associate, work etc."

As society has progressed so far over the last century, it seems incomprehensible that so many human rights violations still occur today. As of 2015, there were 62 reported governments who locked up prisoners of conscience (Amnesty International, 2015). These people were wrongfully imprisoned because they were exercising their rights and freedoms. Internationally, 58% of countries conducted unfair trials (Amnesty International, 2015). These trials are the embodiment of injustice as no consideration was given to the victim of the crime, no punishment was given to the accused and there was no justice for the public. Approximately 27 million people are currently enslaved in the human trafficking trade around the world (Do Something, 2014). This is an ongoing international issue and is a concern to the local community as well.

These crimes are viewed internationally as human rights violations yet it seems impossible that they could happen locally. Without the proper education of human rights violations and the benefits of protecting all humans under a document such as the Universal Declaration of Human Rights, local crimes like these will continue to occur. With a majority of the countries in the world neglecting the Universal Declaration of Human Rights document, it leads to the suffering of world citizens and deteriorates communities with unmet basic needs.

# CHINESE

Written by Qian Du & Iris Huang

## NEW YEAR

The ancient Chinese myths and legends tell of an evil beast, Nian, also known as the year beast. According to legend, every year at midnight, the beast will attack the villages. All the villages occupied by the beasts have suffered cruel massacres, the horns on his head is a massacre of weapons. Later, people found the beast was afraid of the colour red, of loud noises, and of light. These were the three major weaknesses of Nian, so the people decided to set firecrackers, post gatepost couple on their doors, driving away the beast's attack. From then, on the first day of the New Year, people will have New Year's greeting, New Year's couplets, New Year pictures, window stickers, firecrackers, red envelopes, new clothes, hanging lanterns, kowtowing including a variety of other activities and customs. This is the origin of Chinese New Year.

The 2018 Chinese New Year will officially begin on the 23rd day of the 12th lunar month of the Chinese calendar, which is equivalent to February 16th. Each year is represented by a zodiac animal of the 12 zodiac animal, the rat, the ox, the tiger, the rabbit, the dragon, the snake, the horse, the sheep, the monkey, the rooster, the dog and the pig. 2018 is the year of the Dog. The 2018 Chinese New Year will be celebrated widely in 14 countries: China, Taiwan, Hong Kong, Macau, Singapore, Indonesia, Malaysia, Thailand, Vietnam, Cambodia, Mauritius, Australia, and the Philippines.

For several thousand years Chinese New Year has been a traditional celebration that brings people happiness, hope, and peace. It is a time for family members to gather, to relax and enjoy the festival. Chinese New Year is a beautiful cultural celebration that has been maintained from generations to generations.

中国古代的神话传说讲述了一只邪恶的野兽“年”，它也被称为年兽。据说，每年年末的午夜，年兽都会袭击村庄。所有被野兽占领的村庄都遭受了残酷的大屠杀，它头上的角是屠杀人们的武器。后来，人们发现年兽有三大弱点：它害怕红色、巨大的声响和火光。所以人们就放鞭炮，贴对联，去驱走年兽的袭击。从那时起，在新年的第一天（大年初一），人们就会有拜年，贴对联，挂年画，放鞭炮，给压岁钱、穿新衣服，吃饺子，磕头等各种各样的活动和习俗。

2018年的春节是农历12月23日，公历的2月16日。中国每年会以十二种不同的动物，老鼠，牛，老虎，兔子，龙，蛇，马，羊，猴，鸡，狗和猪作为生肖动物为代表。2018年是狗年。现在，中国、新加坡、印度尼西亚、马来西亚、泰国、越南、柬埔寨、澳大利亚和菲律宾等多个国家也广泛庆祝中国春节。

几千年来，春节在中国一直是传统的庆祝活动，【中国人过春节已有4000多年的历史了】它带给人们快乐，希望和平安。这是家庭成员聚集，放松和享受音乐节的时候。中国春节是一个多代人都保持着的美丽的文化庆典。



Pictured above are traditional 'Lucky Money', a common part of Chinese New Year celebrations.



# RECIPE: Traditional Austrian Foods

Written by Sophie Stimpfl-Abele

## Gugelhupf Marble Cake

The Austrian Gugelhupf is a traditional cake, best known to be served with an afternoon tea or coffee or with a decadent Sunday breakfast because of its light texture and simple process to make.

Ingredients	Instructions
<ul style="list-style-type: none"><li>- 200g butter</li><li>- 8 eggs</li><li>- 25g cocoa powder</li><li>- 200g Icing sugar</li><li>- 230g flour</li><li>- 200g granulated sugar</li><li>- Extra icing sugar to garnish</li></ul>	<p>Preheat oven to 325° F.</p> <p>Separate eggs into yolks and whites. Beat the butter, egg yolks and icing sugar until very frothy. Whisk egg whites with granulated sugar until stiff, then fold into butter mixture. Add the flour and stir until combined.</p> <p>Separate one-third of the batter and mix in cocoa powder.</p> <p>Butter and flour a cake pan, and fill layer by layer (white, chocolate, white).</p> <p>Bake in oven at 325° F for approximately 75 minutes.</p> <p>Once removed from the oven, turn over the cake in the pan and allow to cool. Once cooled, remove the tin. Serve dusted with icing sugar.</p>

## Wiener Schnitzel

A famous meal in Austria and much of Europe, wiener schnitzel is a traditional main course of a meal, served with salad and potatoes.

Ingredients	Instructions
<ul style="list-style-type: none"><li>- 4 veal cutlets (or turkey, chicken or pork)</li><li>- Salt</li><li>- Flour</li><li>- 2 eggs</li><li>- Oil</li><li>- 1 tablespoon milk</li><li>- Breadcrumbs</li><li>- Lard (or oil)</li></ul>	<p>Place each cutlet between 2 sheets of plastic wrap and pound with the flat side of a meat mallet until around 6 mm thick.</p> <p>Prepare the ingredients to bake on three dishes: the flour on one plate, whisk the eggs with a dash of oil and milk with a fork in a low bowl or plate, and spread the breadcrumbs on a third plate.</p> <p>First dip both sides of the cutlet into the flour, then dip into the egg mixture and then in the breadcrumbs on both sides.</p> <p>Heat up lard or oil in a deep frying pan and fry on both sides until golden brown and cooked through.</p>



