

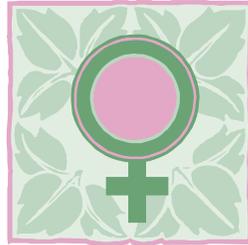
DBH Cultural Event Newsletter 2009

Assembled by: **Minette O'Bryan**

March is Irish American Heritage Month &



**National
Women's
History
Month**



<http://www.diversityresources.com/cal09sample/marmain.htm>
<http://www.interfaithcalendar.org/2009.htm>
<http://www.wheeloftheyear.com>
http://en.wikipedia.org/wiki/List_of_holidays_by_country
<http://www.dom.com/about/education/culture/index.jsp>
<http://www.brownielocks.com/b3bcalendar.html?200903>
<http://festivals.iloveindia.com/hindu-festivals.html>
http://www.pbs.org/wnet/religionandethics/calendar/month_march.html
<http://www.frommers.com/destinations/rome/0064030003.html>
<http://realtravel.com/italy-travel-guide-d1703-1.2270681.html>
http://goitaly.about.com/od/monthlyfestivalsinitaly/a/march_festivals.htm
http://bugbog.com/festivals/exotic_festivals.html
<http://www.gatheringofnations.com/powwows/>
<http://www.diversityresources.com>
<http://www.nwhp.org>
<http://www.ncadd.org/programs/awareness/calendar.html>
<http://www.mcgill.ca/student-records/dates/holidays/year2009/>
<http://www.gpschools.org/ci/ce/elem/holidays/drseuss.htm>
http://www.religionfacts.com/symbols/big_gallery_of_symbols.htm
http://www.vpcalendar.net/Holiday_Dates/2005_2010.html

International Women's Day (March 8th). UN declared this day to celebrate women & the accomplishments they have made to society. It is also designated as a national holiday in many countries. It is traditional on this holiday to present women with gifts and flowers to express appreciation for their work, love & devotion.

<http://www.un.org/ecosocdev/geninfo/women/womday97.htm>
http://en.wikipedia.org/wiki/International_Women's_Day

Brain Awareness Week (Mar 16th-22nd):

Brain Awareness Week (BAW) is a series of events held around the world to increase public awareness about the brain. **Contact Us:** Phone: (202) 962-4000 Fax: (202) 962-4941 E-mail: baw@sfn.org

<http://web.sfn.org/baw/>

<http://faculty.washington.edu/chudler/baw.html>

National Inhalants & Poisons Awareness Week (16th -23rd): An annual media-based, community-level program that takes place the 3rd week in March. NIPAW is designed to increase understanding about the use & risks of inhalant involvement.

<http://www.inhalants.org/>

Irish American Heritage Month. In 1995, Congress proclaimed March as a month to recognize the contributions of Irish Americans to the United States.

<http://www.iaci-usa.org/>

<http://www.irishcultureandcustoms.com/index.html>

Irish Writers

Ashbridge, Elizabeth (1713-1755)

Irish/American writer. Elizabeth Ashbridge was an indentured servant who immigrated from Ireland to America in 1732. She later returned to Ireland.

Bacon, Francis (1909-1992)

Irish writer. One of the pioneers of modern scientific thought, Bacon's writings fall into 3 categories: philosophical, purely literary, & professional.

Burke, Edmund (1729-1797)

Irish writer. One of the best-known aesthetic treatises of the century is *A Philosophical Enquiry into the Origin of our Ideas of the Sublime and the Beautiful* (1757).

Congreve, William (1670-1729)

British/Irish writer. Read more about this man of comedy, with his with finely crafted dialogue & satiric comment on the behavior of the upper classes, who influenced generations of writers after him.

Goldsmith, Oliver (1730-1774)

Irish writer. Oliver Goldsmith was a novelist, poet, essayist, & playwright. He's known for his play *She Stoops to Conquer*, & his novel *The Vicar of Wakefield*.

Joyce, James (1882-1941)

Irish writer. Find inner & outer life all streamed together & juxtaposed in the work of Joyce.

O'Connor, Frank (1903-1966)

Irish Writer. Pseudony for Michael O'Donovan. O'Connor cranked out 150 short stories, novels, plays, poetry, & 2 autobiographies before his death. At least 70 of O'Connor's short stories related to Irish family life & a majority of them related to his own life & experiences.

O'Keefe, John (1747-1833)

Irish writer. John O'Keefe is known for comedies which include: "The She-gallant," "The Son-in-law," & "Wild Oats," which is considered one of his best plays. A collection of poems & other works, titled "O'Keefe's Legacy to his Daughters" was published in 1834, a year after his death.

Shaw, George Bernard (1856-1950)

British/Irish writer. This Irish-born writer is considered the most significant British dramatist since Shakespeare. He was a playwright, essayist, political activist, lecturer, novelist, philosopher, revolutionary evolutionist, & most prolific letter writer in literary history.

Sheridan, Richard Brinsley (1751-1816)

Irish writer. Sheridan bears the label, not so much the poet; but, "British dramatist & politician." These pages provides brief biographical information about Sheridan's life & works.

Stoker, Bram (1845-1912)

Irish writer. Bram Stoker is famous as the author of "Dracula."



Yeats, William Butler (1865-1939)

Irish writer. William Butler Yeats was an Irish poet & dramatist. He was the leader of the Irish Renaissance.

A concise bio-bibliographical dictionary of Irish writers: <http://www.irishwriters-online.com>

Irish Trivia

- ♣ Ireland's largest church is St Patrick's Cathedral in Dublin.
- ♣ Ireland's smallest church is at Portbraden in Co. Antrim. Only 10 feet long by 6 feet wide, the structure is dedicated to St. Gobhnan - the patron saint of builders.
- ♣ The Popularity of Patrick as a Christian name in Ireland is due to the great 17th century general, Patrick Sarsfield, not their patron saint.
- ♣ St. Patrick was the 1st person in history to speak out against slavery & he is the Patron Saint of the Excluded. By the time of his death, or shortly thereafter, the Irish stopped slave trading & they never took it up again. He is also the patron saint of engineers.
- ♣ According to old custom, a piece of candle, a coin & a small quantity of wine or spirits should be placed next to someone who has died. The candle was to give the deceased light, the coin was to pay the fare over the river of death, & the liquor was to sustain them on their journey.
- ♣ Swallowing a live frog was an old Irish cure for a stomachache.
- ♣ Chieftains in medieval Ulster went out of their way to marry Scotswomen because their dowries consisted of axe-wielding galloglass mercenaries. When Turlough Luineach O'Neill married Lady Agnes MacDonald of Kintyre in 1568, she brought 10,000 troops with her.
- ♣ Until the 1920s, on St. Brigid's Day (February 1st) at Teltown, Co.Meath, couples could legally marry by simply walking toward each other. If the union didn't work out, they could 'divorce' by walking away from each other at the same place exactly a year & a day later.
- ♣ Irish women received the right to vote before American women.
- ♣ Murphy & Kelly are the most common Irish surnames.
- ♣ Only about 4% of Irish people have red hair.
- ♣ Billy the Kid, born Henry McCarty, was the son of Irish immigrants, Michael & Catherine McCarty.
- ♣ John Ford, father of Henry Ford, the founder of the Ford Corporation of America, emigrated to America after being evicted from a small holding in Ballinascarty Co. Cork in 1847.
- ♣ The Irish alphabet has only 18 letters. J, K, Q, V, W, X, Y & Z are not used.
- ♣ I love you in Irish is Tá cion agam ort. Pronunciation: **thaw kiuhn ag-gum urth.**
- ♣ 4 Irish writers have won the Nobel Prize for Literature: G. Shaw, W. B. Yeats, Samuel Beckett & Seamus Heaney.

♣ Dracula, written by Dubliner Bram Stoker, has never been out of print & has been translated into over 50 different languages

♣ The longest place name in Ireland is Muckanagherdauhaulia, Co. Galwa.

♣ The Devil's Bit Mountain near Thurles, County Tipperary, is so called because Satan, furious at finding no wicked souls in Ireland as he flew over it, supposedly bit a chunk out of the rock in his rage.

♣ Emmett Square in Birr, Co. Offaly, marks the centre of Ireland.

♣ Ireland is the world's 20th largest island. The area of the entire island of Ireland is 32,593 square miles & it is made up of 32 counties.

♣ It rains 2 out of 3 days in southwestern areas of Ireland, which gives an annual average of 270 rainy days.

♣ Blue is Ireland's official color.

♣ Each year, it's traditional for an Irish leader to visit the White House during March.

<http://www.irishcultureandcustoms.com/TriviaDidyouknow.html>

The Legend of the Claddagh Ring

<http://www.irishcultureandcustoms.com/AEmblem/CladdaghRing.html>

by Bridget Haggerty

According to 16th-century Irish folklore, a fishing boat from the village of Claddagh was captured by Algerian pirates & the crew was sold into slavery. One of the crew was a young man by the name of Richard Joyce, who was to be married the same week he was captured. Instead, Richard found himself far away from his love & his homeland.

He was sold to a wealthy Moorish goldsmith who taught him the trade &, eventually, he became skilled enough to design a ring of special significance: the hands were for friendship, the crown was for loyalty, & the heart was for love.

Years went by, but Richard never forgot his sweetheart. Somehow, he managed to escape & make his way home to Ireland. When he arrived back in Claddagh, he discovered that his girl had never married. They were wed immediately, & the ring he gave her was the one he had designed & made while he was a slave.

Over the years, the design became extremely popular as a betrothal or wedding ring & took on even more significance. Worn on the right hand with the heart pointing out means that the heart is uncommitted. Worn on the same hand with the heart pointing in means that the heart is taken. Worn on the left hand with the heart pointing in means "Let Love and Friendship reign forever, never to be separated."

In the old days, Claddagh rings were worn widely by women on the west coast & off-shore islands of Galway. Often representing the sole major investment of a fishing family, they were handed down from mother to daughter. Now, many couples, even those not of Irish descent, are



choosing the Claddagh symbol for their engagement & wedding rings. They are widely available, as are a wide range of other Claddagh accessories from earrings to cuff links. But one word of caution: it is said to be very bad luck for a person to purchase a Claddagh ring for themselves. It must be given or received as a gift.

Image & the Claddagh ring itself from Irish Shop

Illustration: Russ Haggerty



Irish God and Goddess of love

Oengus is the Irish God of love, beauty & youth. According to the old folklore, his kisses became birds. It is also said that he dreamed of a beautiful maiden, named Caer, for whom he searched all over Ireland. Eventually, he found her chained to 150 other maidens, destined to become swans at the time of Samhain. Legend has it that Oengus transformed himself into a swan & was united with his love.

Aine of Knockaine is the Irish Goddess of love. She is also known as the Fairy Queen of Munster & as a goddess of fertility because she has control & command over crops & animals, especially cattle. Another name by which she is known is Aillen. Photo Credit:

<http://www.irishcultureandcustoms.com/CultureCorner/CultureCorner.html>



Irish Music & Arts Resources on the Net

Irish Arts Foundation <http://www.irisharts.org.uk/>

Irish Music Net <http://www.irish-music.net/>

Ceolas <http://www.ceolas.org/>

Island-Ireland <http://islandireland.com/>

Ceol Up North www.ceolupnorth.co.uk

The Session – Irish Music Forum www.thesession.org

An Irish Blessing

<http://www.irishcultureandcustoms.com/Blessings/Bless.html>

**May a rainbow gladden your eyes
May soft winds freshen your spirit;
May sunshine brighten your heart;
May the burdens of the day rest
lightly upon you;
And may God enfold you
in the mantle of his love.**

National Women's History Month. Was established by presidential proclamation to draw attention to & rectify the limited focus on women in historical studies. Theme for 2009 is **Women Taking the Lead to Save our Planet.** For educational materials, contact the National Women's History Project: 3343 Industrial Drive, Suite #4; Santa Rosa, CA 95403.

<http://www.nwhp.org/>

A complete list of all the women who have been honored for National Women's History Week & National Women's History Month (in alphabetical order) can be found at:

<http://www.nwhp.org/resourcecenter/biographycenter.php>

Women's History Month Resources:

Women's History Month Features:

<http://www.infoplease.com/spot/womenshistory1.html>

Women at the Top: Executives & Entrepreneurs:

<http://womenshistory.about.com/index.htm>

Department of Defense observes National Women's History Month & salutes the many contributions of American Women to our country:

<http://www.defenselink.mil/specials/womenshistory/>

The Educational CyberPlayGround (founded by a woman) provides many wonderful resources to help you discover the important contributions, discoveries, & achievements made by women throughout our history:

<http://www.edu-cyberpg.com/Teachers/womenmonth.html>

Resources for Women:

<http://www.ibiblio.org/cheryb/women/wresources.html>

<http://www.resourcehelp.com/qserwomen.htm>

National Women's History Museum:

<http://www.nwhm.org/>

The National Women's Hall of Fame

<http://www.infoplease.com/ipa/A0001541.html>

Famous Firsts by American Women

<http://www.infoplease.com/spot/womensfirsts1.html>

http://www.history.com/minisite.do?content_type=Minisite_Generic&content_type_id=919&display_order=4&mini_id=1286

The History of Women's Suffrage

http://www.history.com/minisite.do?content_type=Minisite_Generic&content_type_id=932&display_order=1&mini_id=1286

Firsts in Women's Achievements

<http://www.history.com/minisites/womenhist>

Time for Kids: Women's History Month

<http://www.timeforkids.com/TFK/specials/articles/0,670,9,101044,00.html>



Some of The 2009 National Women's History Month Honorees

<http://www.nwhp.org/whm/honorees.php>



Wendy Abrams - b. 1965 Founder and President of Cool Globes. Illinois USA

Wendy Abrams founded Cool Globes, a non-profit

organization established to raise awareness of global warming, and to inspire individuals and community leaders to embrace solutions. She also demonstrates her commitment to a healthy environment a member of the National Council of Environmental Defense, the National Board of the Union of Concerned Scientists and the National Resources Defense Council C4 Action Fund.

<http://www.coolglobes.com/>
<http://news.medill.northwestern.edu/chicago/news.aspx?id=36351>

Rebecca Bell - b.1953 Environmental Education Specialist Maryland

Rebecca Bell has provided outstanding leadership in embedding environmental issues into the Maryland State curriculum for all public schools. Honored as the Maryland Middle School Science Teacher of the Year, Ms. Bell was selected in 2008 to participate in the National Oceanic and Atmospheric Administration (NOAA) Teacher at Sea program to help scientists monitor changing ecosystem. Rebecca also serves on the Governor's Climate Change Commission.

<http://www.marylandpublicschools.org/MSDE/programs/environment>



Arlene Blum - b.1945 Bio-Physical Chemist, Mountaineer, Environmental Activist - International

Arlene Blum is best known for leading the first American, all-women's ascent of Annapurna. Blum's research was instrumental

in banning Tris and Fyrol, two cancer-causing chemicals used as flame retardants on children's sleepwear, and the pesticide DBCP. Today, Blum is fighting the use of flame retardants in every-day products such as upholstered furniture. She is the author of *Breaking Trail: A Climbing Life*.

<http://www.arleneblum.com/>,
<http://greensciencepolicy.org/>,
<http://marketplace.publicradio.org/shows/2007/06/27/AM200706273.html>

Helen Caldicott - b.1938

Physician, Author, Speaker- International

Helen Caldicott, physician, pacifist, and anti-nuclear activist, has worked for over 35 years to educate the international community on the medical and environmental hazards of the nuclear age. As "the single most articulate and passionate advocate of citizen action to remedy the nuclear and environmental crises," Dr. Caldicott was named by The Smithsonian Institute as one of the most influential women of the 20th Century.

www.helencaldicott.com



Lynne Cherry - b.1952 Author, Environmental Appreciation and Education Books - Maryland

Lynne Cherry is the author/illustrator of *The Great Kapok Tree* and thirty+ other award-winning children's books that teach respect for the earth. *Flute's Journey: the Life of a Wood Thrush* focused national media attention on conservation efforts to save the 60 acre Belt Woods in Md. when Lynne and students were featured on *Sunday Morning News With Charles Osgood*.

www.lynnecherry.com.

Sister Claretta Easter 1901-1998

Science and Ecology Teacher - Wisconsin

Sister Claretta taught at various Catholic elementary and high schools. She was instrumental in the formation of the Department of Outdoor Education in Grant County, Wisconsin. The mapping out of nature trails and their naming and signing were evidence of her interest in education. A registered certified tree farmer, she planned and first planted a tree farm in 1971. Contact Susan Scott at oneillmuseum@aol.com for additional information about Sister Claretta Easter.



Madie Collins - b.1950s Founder of P.A.W. Animal Sanctuary- Belize

In 2003, Madi gave up her corporate job in New York to return to her native community of Caye Caulker, Belize in 2003.

Beginning with caring for one, sickly, abandoned cat, Ms. Collins became determined to help all the island's cats. Facing mountains of obstacles, lack of funds, and opposition from people, she was able to accomplish her dream of establishing a cat sanctuary.

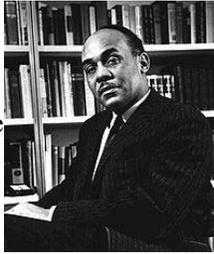
www.pawanimalsanctuarybelize.com

March 1

 **Blanche K. Bruce (1841–1898): African American.** Legislator. Born into slavery, Bruce represented Mississippi in the U. S. Senate from 1875 to 1881. The only African American to serve a full term in the Senate during Reconstruction, Bruce opposed the exclusion of Chinese from the U.S. & fought for citizenship rights for American Indians.

 **Ralph Ellison (1914–1994): African American.**

Writer. Introduced to literature by his mother, who worked as a domestic, he attended Tuskegee Institute on a music scholarship. However, in 1936 he moved to New York City, where he began to write short stories while supporting himself as a freelance photographer & audio engineer. He served in the merchant marines during World War II. After 7 years of effort, he published *Invisible Man* in 1952, which won the National Book Award. Since then, the book has become a classic of African American literature & has been translated into 17 languages. He taught & lectured widely, was appointed to the American Academy of Arts & Letters, served on the National Council on the Arts & Humanities & the Carnegie Commission on public television, & was a trustee of the John F. Kennedy Center for the Performing Arts. He died this day at home in NY City.



 Today in 1987, a **Congressional resolution naming Women's History Month is passed.**

 Today in 1978, Women's History Week is 1st observed in Sonoma, California.

 **Independence Movement Day: South Korea.**

Known also as Three-One Day, or Sam'il-Jol, this day commemorates the March 1, 1919 movement of massive demonstrations against Japanese rule. Japan, which had annexed Korea in 1910, suppressed the movement, and it was not until the end of World War II that Korea became independent, and then only as the two separate states of North and South Korea, divided at the 38th parallel..

 **Martenitza: Bulgaria.** Bulgarians celebrate spring by exchanging red & white yarn designs called martenitza to symbolize health.

 **Baba Marta (Grandmother March Day): Bulgaria.**

 **Chalanda Marz: Switzerland.** A very old Engadin tradition, the Engadin schoolchildren drive away winter with bells & songs.

<http://www.sacred-texts.com/etc/fwe/fwe14.htm>

 **Women of Color Day March 1st.** The International Association for Women of Color Day was established to promote the commemoration of Women of Color, annually & world wide, on March 1st.

<http://www.womenofcolorday.com>

http://research.umbc.edu/~korenman/wmst/links_wc.html

<http://www.coloredgirls.org/>

 **St. David's Day: Welsh.** Patron saint of the Welsh.

His feast day, is celebrated as a patriotic & cultural festival by the Welsh in Wales & around the world.

<http://www.davidmorgan.com/stdavid.html>

March 2

 **Theodor Seuss Geisel (1904–1991): American.** Was a famous writer & cartoonist best known for his classic children's books under the pen name Dr. Seuss, including *The Cat in the Hat*, *Green Eggs and Ham*, and *How the Grinch Stole Christmas*. His books have become staples for many children & their parents. Seuss' trademark was his rhyming text & outlandish creatures. He also wrote under the pseudonym Theo. LeSieg. He wrote & illustrated 48 children's books.

<http://www.seussville.com/>

http://en.wikipedia.org/wiki/Dr._Seuss

 **Granting of citizenship to Puerto Ricans (1917): United States.** On this date the U. S. Congress passed the Jones Act, which conferred U.S. citizenship on Puerto Ricans & gave them the right to elect representatives to both houses of the territorial legislature. The act was opposed by some of the most prominent Puerto Rican leaders because they felt it was a poor substitute for full independence.

 Today in 1973, women begin pilot training for the US Navy.

 **Taungthu lèthama nei (Peasants Day): Myanmar.**

 **Beginning of Great Lent: Eastern Orthodox**

Christian. Also known as Clean Monday in Greece & Green Monday in Cyprus, this begins the Lenten season based on the Julian calendar followed by Eastern Orthodox Christians. Eastern Orthodox Lent, known as Great Lent, includes Sundays & officially ends on Lazarus Saturday, the day before Palm Sunday, although fasting continues during Holy Week. While many people no longer fast for forty days, most people observe the fast strictly for the 2 weeks preceding Easter. In Greece, a carnival season called *apokria* precedes the start of Lent. Apokria begins with a feast of roast kid or lamb, followed by 2 weeks of festivities including parades of masked figures. The 3rd week begins with *Tyrini*—Cheese Sunday—when cheese, a food forbidden during Lent, is eaten in pies. The following day is Clean Monday, & is a national holiday when many children appear in their Carnival costumes. The pastime of the day is flying special hexagonal kites decorated with geometric designs. Traditionally, all animal foods including fish are forbidden during Lent & some people also eschew oil. Vegetables & legumes are therefore the main Lenten foods of Greece, with a little shellfish—permitted because, unlike fin fish, it lacks blood. This day is a national holiday in Greece & Cyprus.

Recognizing the Festival/Holiday: Before inviting someone to lunch or hosting a meal, check to see whether invitee is observing a special diet for this period.

March 3

 **Jackie Joyner-Kersey (1962-): African American.**

Considered the world's greatest female athlete; most decorated woman in U.S. Olympic track & field history with 6 Olympic Games medals.

http://en.wikipedia.org/wiki/Jackie_Joyner-Kersey

Alexander Crummell (1819–1898): African American. Minister, missionary, & writer. After his ordination as an Episcopal minister, Crummell traveled to England to raise funds to support his work among African Americans. He decided instead to enroll at Cambridge University, where he took a degree. From 1853 to 1873 he worked as a missionary & teacher of theology in Monrovia, Liberia. He then returned to the U.S. & served as rector of a church in Washington, D.C. Crummell's published works include collections of sermons & essays on contemporary topics of concern to African Americans.

http://en.wikipedia.org/wiki/Alexander_Crummell

Read Across America Day. The National Education Association celebrates as Read Across America Day on or around March 2nd, Dr. Seuss's birthday, it is an annual reading motivation & awareness program that calls for every child in every community to celebrate reading.

<http://www.nea.org/readacross>

Doll Festival (Hina Matsuri): Japan. This is one of the major social festivals in traditional Japan. There is much visiting among family members & friends, & visitors bring gifts of dolls. It is combined with the Spring Festival. Ceremonial dolls are displayed to honor the daughters in the family.

FOOD: Foods served include sekihan, rice flavored with red beans, & rice dumplings wrapped in cherry leaves & a special sweet cake. Sekihan is made for many Japanese holidays because it is red, the color of happiness. It is made by precooking red beans, sasage mame, to release their liquid, then tinting the rice by soaking it overnight in this liquid. Finally, the precooked beans & the prepared rice are mixed together & steamed.



<http://farstrider.net/Japan/Festivals/HinaMatsuri/index.htm>

Indian Appropriations Act (1871): United States. This act declared that no American Indian tribe was to be recognized as a nation empowered to make treaties with the U.S. government. It asserted the right of the federal government to manage American Indian affairs without tribal consent.

National Day: Morocco. This day celebrates Morocco's independence from France and Spain in 1915. Moroccans celebrate with parades and feasting. The king is also especially honored on this day.

FOOD

The celebratory feast includes Moroccan national dishes such as mechoui, whole lamb roasted between 2 charcoal fires until very tender & eaten sprinkled with salt & cumin, & *bisteeya* (sometimes spelled pastilla), a large flat pie made of ouarka, layers of thin pastry similar to filo. The pie is filled with pigeon or chicken, almonds, eggs, & vegetables & spiced with cinnamon, ginger, & saffron. For serving, it's dusted with confectioners' sugar & decorated with criss-cross rows of cinnamon.

<http://www.mfa.gov.ng/consular.html>

<http://www.infoplease.com/ipa/A0107800.html>

Den na osvobozhdenieto (Liberation Day): Bulgaria.

Magha Puja Day: Buddhist This important holy day, always celebrated on the 3rd of March, celebrates the occasion when 1250 of the Lord Buddha's disciples spontaneously gathered to hear him preach. Ceremonies take place during the day at temples throughout the country, while at night, triple candlelight processions are staged around monastery chapels.

<http://www.dhammadaya.or.th/events/480223.php>

March 4

Garrett Morgan (1877–1963): African American. Inventor. Morgan patented 2 widely known inventions, the gas mask (1914) & the 3-light traffic signal system (1923). <http://www.blackinventor.com/pages/garrettmorgan.html>

Kazimierz (Casimir) Pulaski (1748–1779): Polish. Soldier. An aristocrat & patriot, Pulaski left Poland after participating in a failed uprising protesting the increasing dominance of foreign powers in Polish affairs. He then offered his services to the American Revolution. He fought in a number of engagements before being mortally wounded at the siege of Savannah, Georgia.

On this date in 1887 **Francis Barretto Spinola** began serving in the U.S. Congress, the 1st Italian-American to do so.

Today in 1917, **Jeannette Rankin** from Montana became the 1st woman elected to U.S. Congress.

March 5

Geraldyn (Jerrie) Cobb (1931-): American. Record-setting aviator, 1st woman to pass qualifying exams for astronaut training, 1959 but rejected as military did not allow female jet pilots at the time.

http://en.wikipedia.org/wiki/Jerrie_Cobb

<http://www.ctie.monash.edu.au/hargrave/cobb.html>

Michelangelo (1475-1564): Italian. Renaissance painter, sculptor, architect, & poet.

<http://www.ibiblio.org/wm/paint/auth/michelangelo/>

<http://www.michelangelo.com/buonarroti.html>

March 6

Elizabeth Barrett Browning (1806-1861): English. Poet [*Sonnets from the Portuguese*].

<http://www.poets.org/poet.php/prmPID/152>

Independence Day: Ghana. On this date in 1957, the British territories of the Gold Coast & Togoland became the independent nation of Ghana.

Today in 1934, Eleanor Roosevelt becomes the 1st First lady to travel by air to a foreign country.

World Day of Prayer. <http://wdpusa.org/>

March 7

Janet Guthrie (1938-): American. Pioneering woman auto racer; 1st woman to compete in Indianapolis 500 (1977) & Daytona 500 (1977); only woman to place in top 10 finish at Indy 500 (1978).

<http://www.janetguthrie.com/>

🇺🇸 **Michael A. Healy**, on this date in 1865, became the 1st African-American member of the Coast Guard (called the Revenue Cutter Service at the time). He advanced up the ranks to become commanding officer of the *Bear* from 1886 to 1895.

March 8

🌙 **Maulid an-Nabi begins at sundown: Islamic.**

🌍 **International Women's Day.** The movement to create an International Women's Day began as part of the socialist movement for greater women's rights, particularly the right to vote. 1st designated as the last Sunday in February by the Conference of Socialist Women in Copenhagen, Denmark, in 1910, it was later changed to be uniformly celebrated on March 8 to honor women's role in the Russian Revolution. With the resurgence of feminism in the late 1960s, International Women's Day gained renewed interest as a day to celebrate women's lives & work. Also a day to mourn victims of gender-based oppression & misogyny (past & present), make peace, & celebrate women's empowerment. Increasingly, International Women's Day is a time to reflect on progress made, to call for change & to celebrate acts of courage & determination by ordinary women who have played an extraordinary role in the history of women's rights.

<http://www.un.org/ecosocdev/geninfo/women/womday97.htm>

<http://www.isis.aust.com/iwd/stevens/>

<http://womenshistory.about.com/cs/intlwomensday>

🌞 **Daylight Savings Time Begins @ 2am: US.**

<http://www.webexhibits.org/daylightsaving/b2.html>

March 9

🇲🇽 **Graciela Olivarez (1928-1987): Mexican-American.** Chicana activist; 1st woman & Latina law graduate from Notre Dame Law School; 1st woman chair of Mexican American Legal Defense & Education Fund (MALDEF).

<http://www.feministsforlife.org/history/herstory/golivare.htm>

🇵🇷 **Raul Julia (1940–1994): Puerto Rican.**

Actor. One of the most versatile & successful actors of his generation, Julia won acclaim in dramatic & musical roles in the New York theater & for a variety of performances in films & television. His stage roles ranged from Shakespeare's *Othello* & *Prospero* to Mack the Knife in *The Threepenny Opera* & Don Quixote in *Man of La Mancha*. His best known film roles include that of Gomez, the comically macabre father in *The Addams Family*, & Valentin, the courageous political prisoner in the drama *Kiss of the Spider Woman*.

http://www.novelguide.com/a/discover/chb_03/chb_03_00048.html

🇮🇹 **Amerigo Vespucci (1454-1512): Italian.** Seaman, explorer, 1st to realize he was exploring a new continent, not just a new route to the orient. The New World was named for him by German mapmaker, Martin Waldseemüller.

<http://www.virtualology.com/virtualmuseumofhistory/hallofexplorers/AMERIGOVESPUCCI.ORG/>

🇷🇺 **Yuri Alexseyevich Gagarin**, Russian pilot, cosmonaut, 1st man to travel in space, April 12, 1961.

🇨🇦 **Commonwealth Day: Canada, Australia, North Ireland, Great Britain.** <http://www.rcsint.org/day/>

🇦🇺 **Canberra Day: Australia.**

http://en.wikipedia.org/wiki/Canberra_Day

🌙 **Maulid an-Nabi (Prophet Muhammad's Birthday) : Islamic.** This occurs on the 12th day of the Muslim month of Rabi ul-Awwal and marks the birth of Muhammad, the prophet of Islam, in 570 A.C.E.

🌙 **Purim begins at sundown: Jewish.**

March 10

🇮🇹 **Lorenzo da Ponte (1749–1838): Italian American.** Librettist, businessman, & teacher. Da Ponte immigrated to the U.S. at the age of 57, having won fame in Europe as the librettist for Mozart's operas *Le nozze di Figaro*, *Don Giovanni*, & *Così fan tutte*. After arriving in the U.S., da Ponte worked as a grocer, impresario, & teacher of Italian at Columbia University. As one of the prime movers in the establishment of the Italian Opera House in New York in 1832, da Ponte helped to promote the appreciation of Italian culture in the U.S.

🇺🇸 **Harriet Tubman (1820?–1913): African American.** Tubman became the "conductor" on the Underground Railroad, a clandestine system for helping slaves escape to freedom in the North. An escaped slave, she earned the name "Moses" for her heroic work in leading some 400 slaves to freedom. She died on this date.

🇨🇳 **Gerald Tsai Jr. (1929–2008): Chinese American.** Financier. Born in Shanghai, Tsai was a pioneer in the creation of performance mutual funds and the first Chinese American to head a Dow Jones industrials company. Tsai came to the United States when he was 18 years old and attended Wesleyan University before transferring to Boston University, where he graduated with a bachelor's and master's degree in economics. He joined Fidelity Investments as a stock analyst and in 1958 started Fidelity's first aggressive growth fund. In 1965 Tsai left Fidelity to establish the Manhattan Fund, a mutual fund that grew to have the biggest share offering in investment company history at the time. Tsai's investment acumen led him to sell the Manhattan Fund to CNA Financial Corporation in 1968 just as the market was starting to wane. Tsai transformed the American Can Company into the financial services giant, Primerica Corporation, and became chief executive of Primerica in 1987, making Tsai the first Chinese American to head a Dow Jones industrials company. Following the stock market crash in October of 1987 Tsai sold Primerica to Commercial Credit Group, a company headed by Sanford I. Weill, in a \$1.65 billion deal in which Tsai remained the largest shareholder. Commercial Credit Group, which included brokerage firm Smith Barney, was one of the groups that eventually became the New York City-based financial services company, Citigroup Inc.

🌙 **Purim (poor-îm) (Feast of Lots): Jewish.** The event commemorated by Purim is one of victory over oppressors of the Jewish people. This festive holiday celebrates the rescue of the ancient Persian Jews, living in

what is now Iran, from a plot to destroy them by Haman. The heroine is Esther, a beautiful Jewish woman who married the king of Persia, King Ahasuerus, after winning a beauty contest. The king loved Esther more than any of his other women & made her his Queen. He was not aware that Esther was a Jew, for her guardian Mordecai, a great Jewish leader, had advised her to not to reveal her true identity. This festive holiday celebrates the rescue of the ancient Persian Jews from a plot to destroy them. The king's advisor, Haman, cast lots to choose the day for carrying out his plan. Esther, the Jewish queen, persuaded her husband to spare the Jews. Fasting on the day before Purim commemorates Esther's fasting before seeing the king to plead for the Jewish people. The "Megillah," the story of Purim, is read in the synagogue. Children twirl *gragers* (noisemakers) to drown out Haman's name each time it is mentioned. *Homentashen*, special pastries in the form of Haman's hat, are eaten. Gifts are distributed to the poor as well as exchanged among family & friends.

Food: The Purim treat best known in America is homentashen—3-cornered pastries, shaped like Haman's hat, with fillings such as poppyseeds, raisins, prunes, dates, figs, & apricot preserves; is available at most bakeries. The Sephardic Jewish tradition has a different pastry—Hojuelos de Haman, Haman's ears, made from thin pastry, cut in crescents & twisted so the ends stick up like ears. Gifts are distributed to the poor as well as exchanged among family & friends.

<http://www.religionfacts.com/judaism/holidays/purim.htm>
<http://www.torah tots.com/holidays/purim/purim1.htm>
<http://www.holidays.net/purim/goodies.html>

March 11

Restoration of Statehood Day: Lithuania. Public holiday.

Holi (hah-lee) (3/11–3/12):

Hindu. Holi, the festival of colors, celebrates the coming of spring throughout India & the new harvest of the winter crop & celebrates the triumph of good over evil. It is celebrated over 2 days, Holi & Dhuleti, also known as *chhoti holi* & *badi holi*. Celebrations begin on the full moon night of the Hindu month of Phalgun, when large bonfires are lit to cleanse the air of evil spirits & to symbolize the destruction of Holika, for whom the festival is named, a demon who perished in the fire in which she had planned to burn a devotee of Lord Vishnu. Newly harvested grains, coconuts, & sweets are thrown into the fire as offerings, followed by singing & dancing around the bonfire. When the fire dies down, water is splashed on the embers, & everyone applies the ash to their forehead. Some of the ash is kept in the home to apply to children's foreheads to protect them against evil throughout the year. The following day is the festival of colors, a riotous & exuberant celebration of throwing colored powder, or *gulal*, on friends & spraying them with colored water, playing games, folk dancing, singing,



feasting, & general merrymaking. The rambunctious festivities take place outdoors, so by the end of the day people are exhausted. They return home to recover by eating barfi, a fudge-like candy, or drinking beverages made with bhaang, a form of marijuana.

<http://www.holifestival.org/>
<http://festivals.tajonline.com/holi.php>
<http://www.theholidayspot.com/holi/>
<http://deezden.blogspot.com/2008/08/holi.html>

Hola Muhalla: Sikh.

March 12

Andrew Young (1932-): African-American. An American civil rights activist, former U.S. congressman & mayor of Atlanta, Georgia, & was the United States' first African-American ambassador to the United Nations. http://en.wikipedia.org/wiki/Andrew_Young

Maha Ghosananda (full title Samdech Preah Maha Ghosananda) (1929–2007): Cambodian. Buddhist monk & peace activist. A highly revered Buddhist monk in the Theravada tradition & a devoted advocate for peace, Maha Ghosananda, whose monastic name means “great joyful proclaimer,” helped restore Buddhism in his native Cambodia after the fall of the Khmer Rouge. Maha Ghosananda's philosophy of nonviolent direct action began to take root during his years in India, where he studied with Nichidatsu Fujii, founder of the Nipponzan Myohoji Buddhist order & a protégé of Mahatma Gandhi. Maha Ghosananda lived in exile from 1975 to 1979 during the Khmer Rouge's genocidal reign of terror under Communist dictator Pol Pot, who denounced Buddhism, executing Buddhist monks & destroying Buddhist temples. When Pol Pot's regime was toppled by the Vietnamese in 1979, Maha Ghosananda was one of the 1st monks to return to Cambodia & train new Buddhist leaders, & in 1988 the monks elected him Supreme Patriarch of Cambodian Buddhism. In the late 1980s, he moved to the town of Leverett in western Massachusetts at the invitation of the Nipponzan Myohoji Buddhist order, which had recently finished building a Peace Pagoda. Cambodian Buddhist refugees in the United States often traveled to the Peace Pagoda to meet with him. Maha Ghosananda returned to Cambodia in 1991 to lead a cross-country pilgrimage for peace, in the 1st of what would become known as the Dhammayietra Walks for Peace & Reconciliation. Called “the Cambodian Gandhi” because of his commitment to nonviolence & peaceful activism, Maha Ghosananda had a profound influence upon peace movements around the world, & was nominated 6 times for the Nobel Peace Prize. This is the day of his death.

Jane Delano (1962-1919): American. Director of Army Nurse Corps.

<http://www.arlingtoncemetery.net/jadelano.htm>

Janet Reno took the oath of office today in 1993 to serve as Attorney General for the U.S., becoming the 1st woman to hold this office.

Sun Yat-sen's Death (1866–1925): People's Republic of China. Revolutionary leader. Sun Yat-sen

was the leader of China's 1911 revolution, which overthrew the Ch'ing Dynasty that had ruled China since 1644, & founder of the Republic of China. He is remembered on the anniversary of his death in 1925 in the People's Republic of China. The Republic of China (Taiwan) celebrates the anniversary of his birth on November 12.

March 13

Helen "Callaghan" Candaele St. Aubin (1923-1992): Canadian. Left-handed female baseball outfielder for the All-American Girls Professional Baseball League, Led the league in 1945 with a .2999 average. Her son's documentary on woman's baseball inspired the film, *A League of Their Own*.

http://www.baseball-reference.com/bullpen/Helen_Callaghan

Rafael Tufiño (born Rafael Tufiño Figueroa) (1922–2008): Puerto Rican. Painter. Known as the "Painter of the People," Tufiño was a painter and printmaker whose colorful canvases and posters portray images of daily life in Puerto Rico. In the early 1950s he was a member of the *Generación de los Cincuentas* ("Generation of the Fifties"), a group of artists intent on creating an aesthetic identity for the island. Much of Tufiño's work reflects an urban social conscience, depicting the harsh reality of life for the people of San Juan. Tufiño attended art school in Mexico and received a Guggenheim fellowship to study art in New York City. He inspired a new generation of Puerto Rican artists, serving as a bridge between Puerto Rican artists in New York and those on the island. Tufiño was a founding member of the art collective, Taller Boricua, and was instrumental in establishing El Museo del Barrio in East Harlem. This is the date of his death.

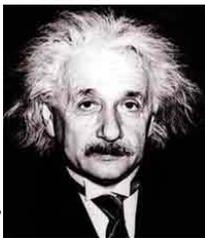
1st Deaf University President was selected for Gallaudet University as a result of the Deaf President Now movement on this date in 1988.

March 14

Lucy Hobbs Taylor (1833-1910): American. Women's rights advocate, she was the 1st female dentist in America in 1866.

<http://home.comcast.net/~thorsdag/LucyHobbsTaylor.html>

Albert Einstein (1879–1955): Jewish German American. Physicist. The leading theoretical physicist of the 20th century, Einstein received the Nobel Prize for physics in 1921. When the Nazi government confiscated his property & deprived him of his German citizenship in 1933, Einstein immigrated to the U.S., where he became a naturalized citizen & took a post at the Institute for Advanced Study in Princeton, New Jersey.



New Year: Sikh. This begins the new year 541 of the Nanakshahi Era for the Sikhs, one of the largest religious groups in India. The first year of the Nanakshahi Era is 1469, the year of birth of the founder of Sikhism, Guru Nanak.

Dita e Verës (The Summer Day): Albania.

March 15

Eusebio Francisco Kino (1645–1711): Italian. Jesuit missionary & explorer. Kino is noted for his success in making converts among the Pima Indians while respecting their customs, & for the historical value of his letters, journals, & maps. From 1687 to the end of his life he worked in Pimeria Alta (now southern Arizona & northern Sonora in Mexico), where he founded a number of missions & introduced the Indians to cattle & to new crops. This day is the anniversary of his death.

Carol Elizabeth Heiss won her 1st National women's figure skating title today in 1957, then went to win every year for 3 more years, becoming the only 4 time title holder in U.S. history.

National Day: Hungary. Public holiday.

March 16

Ruth Bader Ginsburg (1933-): American. Supreme Court Justice.

http://en.wikipedia.org/wiki/Ruth_Bader_Ginsburg

1st publication of Freedom's Journal (1827):

African American. On this date Samuel E. Cornish & John B. Russwurm began publication of the 1st African American newspaper. The 1st edition of *Freedom's Journal* was devoted entirely to issues of slavery & discrimination.

Freedom of Information Day. Is an annual event on or near March 16, the birthday of James Madison, who is widely regarded as the Father of the Constitution and as the foremost advocate for openness in government.

<http://www.ala.org/ala/aboutala/offices/wo/washevents/freedomofinfo/freedominformation.cfm>

Natalicio de Benito Juárez (Benito Pablo Juárez's Birthday): Mexico. Observed the 3rd Monday of March, regardless of the date. This public holiday honors one of Mexico's national heroes, Benito Pablo Juárez (1806–1872), who served his country as minister of justice, vice president, & president during the turbulent period from 1855 until his death.

March 17

Nat "King" Cole (1919-1965): African-American. Musician/singer, 1st of his race to host a national television show. <http://www.nat-king-cole.org/>

Bayard Rustin (1912–1987): African American. Civil rights activist and pacifist. Rustin worked from 1941 to 1953 for the Fellowship of Reconciliation, a group seeking peaceful solutions to world problems; served as executive director of the War Resisters League from 1953 to 1955; & worked for the next 5 years with Dr. Martin Luther King Jr. One of the chief organizers of the 1963 March on Washington for civil rights, Rustin also traveled to Africa, Europe, & Asia to support local protest movements for social justice.

<http://www.aflcio.org/aboutus/history/history/rustin.cfm>

St. Patrick's Day: Ireland. Tradition holds that Ireland's patron saint died on this date in A.D. 493 at the age of 106. The anniversary of his death is celebrated in

Ireland as a national holiday, with green, the color of the day, signifying undying gratitude to the memory of St. Patrick, who brought Christianity to Ireland. The shamrock is worn to commemorate its use by the saint as a symbol of the Trinity. St. Patrick's Day is celebrated by people of Irish descent all over the world as an expression of pride in their heritage. In Ireland & in the Catholic community of Ulster, where the saint is buried, it is celebrated as a religious day of obligation.

FOOD AND DRINK

Traditionally, festivities in Ireland are limited to a meal of ham with parsley sauce & potatoes, carrots, cabbage, & other winter vegetables. Among the Irish community in America, & increasingly in Ireland itself, St. Patrick's Day has a less religious tone. Parades & parties are its hallmark. In this country, Irish immigrants adopted the Eastern European Jewish dish of corned beef for their holiday. Another Irish food served at every festive occasion is soda bread, & drinks include tea, Guinness stout, Irish whiskey, & cream drinks such as Bailey's Irish Cream. Today Irish cooks often use these drinks in recipes, some of which have become popular. Guinness, for example, is used in a traditional fruit cake called Porter Cake & in Guinness Beef Stew. Whiskey, Irish Mist, or Bailey's is often used to flavor cakes & desserts (see recipe for *Irish Cream White Chocolate Mousse & Irish Cream Cheesecake*). Another Irish food served at every festive occasion is *Soda Bread*. Another contemporary favorite at Irish holidays is smoked salmon, generally served as a 1st course or on sandwiches. *Corned beef & cabbage* is also a popular dish.



<http://www.tartanplace.com/stpat.html>

<http://www.marvelicious.com/stpatrick.html>

<http://www.theholidayspot.com/patrick/>

<http://www.historychannel.com/exhibits/stpatrick/day/main.html>

<http://www.wilstar.com/holidays/patrick.htm>

http://en.wikipedia.org/wiki/Saint_Patrick's_Day

Today in 1910, Camp Fire Girls is established as the 1st American interracial, non-sectarian organization for girls.

March 18

Bonnie Blair (1964): American. Speed skater; most decorated U.S. woman in winter Olympic history & 5 time gold medallist.

<http://www.answers.com/topic/bonnie-blair>

William H. Johnson (1901-1970): African-American. Expressionist painter.

http://americanart.si.edu/search/artist_bio.cfm?ID=2486

Day the 1st woman served as imam, leading a public, mixed-gender, Muslim congregation in Jum'ah prayer, & delivering the sermon (2005). Dr. Amina Wadud is an Islamic scholar, feminist, & professor at Virginia Commonwealth University. Dr. Wadud is the author of "Qur'an & Women: Rereading the Sacred Text from a Woman's Perspective," the 1st interpretive reading of the Qur'an by a woman. Dr. Wadud says that the Prophet Muhammad approved the practice of women leading

mixed-gender prayer. Since 3/18/2005, other women have served as imams for mixed-gender congregations.

March 19

Edith Nourse Rogers (1881-1960): American. U.S. Congresswoman, legislator, sponsored Women's Army Auxiliary Corps.

<http://www.factmonster.com/ipka/A0878995.html>

San Jose Day: Colombia, Venezuela. Public holiday.

San José (Father's Day): Spain.

<http://www.gomadrid.com/practic/public-holidays.html>

Feast of St. Joseph: Roman Catholic. This feast day honors St. Joseph, the husband of Mary. The celebration is especially important in Italy, because during the Middle Ages when Sicily was plagued with a horrible drought, St. Joseph (San Giuseppe) answered the people's prayers to him by ending the drought. A giant feast was held to honor San Giuseppe, a tradition that continues to this day. On the eve of March 19, bonfires are lit in the streets. The next day, an elderly carpenter is chosen to act the part of San Giuseppe, while a poor girl is chosen to play the part of Mary, & a young orphan boy plays the infant Jesus. A midday mass is held, followed by an outdoor banquet where *crespoli di riso* (rice made into sausages & fried in honey) & *sfinci* (cream-puff fritters with ricotta filling) are eaten. After the banquet, the Holy Family mounts richly adorned mules & leads a procession while being showered with gifts. The feast became widespread in the 14th & 15th centuries, & in 1621 Pope Gregory XV made the Feast of St. Joseph a holy day of obligation.

Ostara begins at sundown: Pagan & Wiccan.

March 20

Luis Pales Matos (1898-1959): Puerto Rican. Poet credited with creating the poetry genre known as Afro-Antillano. <http://www.poets.org/poet.php/prmPID/639>

Harriet Beecher Stowe's novel, "Uncle Tom's Cabin", is published & becomes America's 1st book to sell over 1 million copies in 1852.

Independence Day: Tunisia. This holiday commemorates the treaty of March 20, 1956, by which France recognized Tunisia as a sovereign nation.

Now Rouz (now-rooz) (New Year): Afghanistan and Iran. This holiday is important in Iran & also in Afghanistan, where it is called Nauroz. It is celebrated as both the 1st day of spring & the 1st day of the new year. This holiday predates Islam, going back to the Zoroastrian solar calendar, & begins when the sun reaches the sign of Aries in the zodiac. This is the traditional new year in Iran, coming at the time of the spring equinox & marking year 1387. The 2 days before Now Rouz are celebrated as holidays, as are the 13th days following Now Rouz.

FOOD

In Iran, families gather around a table set with 7 symbolic foods—sprouted seeds, hyacinth, sweet wheat pudding, vinegar, sumac, apples, & olives. (The names for all these begin with sen, the Iranian letter “s”.)

Similarly, Afghans celebrate with special dishes, including kulcha naurozee, a cookie made of rice flour, & miwa naurozee, a compote made of 7 fruits, each name containing the Iranian “s”.

<http://en.wikipedia.org/wiki/Norouz>

Vernal Equinox Day (Shumbun No Hi): Japan.

This holiday of the vernal equinox celebrates the beginning of spring. It's a national holiday in Japan. During the time of the spring equinox, Buddhists meditate on the harmony in the universe

FOOD

The Japanese celebrate the start of spring with "nightingale cake," made from pounded sticky rice filled with a sweet paste made from white beans. Other springtime foods include raw squid & a special fresh-water fish, ayu, grilled & eaten with green vegetables. Seaweed is especially popular in spring because it is tender & sweet.

Chichen Itza Festival: Mexico. This festival is celebrated on the vernal and autumnal equinoxes at the ancient Mayan Pyramid of Kukulcan. When the mid-afternoon sunlight hits the stairway on these days, it creates shadows that look like the body of a serpent creeping downward until it joins the serpent's head carved in stone at the bottom.

<http://www.yucatanadventure.com.mx/>

Ostara (Vernal Equinox): Pagan and Wiccan.

Vernal Equinox.

First Day of Spring.

March 21

Benito Pablo Juárez (1806–1872): Mexico. Political leader. One of the national heroes of Mexico, Juárez served his country as minister of justice, vice president, & president during the turbulent period from 1855 until his death. Among Juárez's achievements are both the successful military resistance to the French emperor's attempt to impose a puppet ruler, the archduke Maximilian of Austria, as emperor of Mexico, & the institution of a number of civil reforms.



<http://www.zermeno.com/Benito%20Juarez.html>

Johann Sebastian Bach (1685-1750): German. One of the most influential composers of music in western civilization. <http://www.jsbach.org/>

Today in 1986, Debi Thomas becomes 1st African American woman to win gold medal in a world skating competition.

Youth Day: Tunisia. Public holiday.

Human Rights Day: South Africa. This day commemorates those Blacks who were killed at Sharpeville in 1960 & those who lost their lives in the struggle against apartheid.

March on Montgomery, a 5-day protest march of an interracial crowd of thousands from Selma to the state capital of Montgomery, Alabama, in response to efforts to block registration of black voters in Alabama, began on this date in 1965.

Mother's Day: Egypt.

Naw Ruz (New Year): Baha'i. The Baha'i year consists of 19 months with 19 days in each month. The new year is preceded by a 19-day period of fasting beginning on March 2 & ending on March 20, during which Baha'is set time aside for prayer & meditation. Children under 15, the ill, & pregnant women & nursing mothers are exempt from the fast. Baha'i days begin at sunset, so the new year starts at sundown on March 20.

Naw Ruz (New Year): Zoroastrian. Celebrated at the time of the vernal equinox, this is the beginning of the Zoroastrian new year according to the Fasli seasonal calendar. The most elaborate of the *Gahambars*, or feasts of obligation, observed during the Zoroastrian year, Naw Ruz celebrates *Ahura Mazda*, the Lord of Wisdom, & the holy fire symbolic of His divine light. The 6th day of Naw Ruz, called the Great Naw Ruz, is the most important day of celebration, since it is believed to be the birthday of the Zoroastrian prophet Zarathushtra. Patterned after the Gregorian calendar, the *Fasli* calendar keeps in harmony with the seasons by intercalating one day every 4 years, with the date of Naw Ruz being fixed on March 21. According to the *Shenshai*, or *Shahanshahi*, calendar followed by Parsi Zoroastrians, Naw Ruz is observed on a different date.

International Day for the Elimination of Racial Discrimination: United Nations.

March 22

Haing Ngor (1940–1996): Cambodian American. Physician, actor. Haing Ngor arrived in the United States in 1980 after escaping imprisonment, starvation, and torture by the Khmer Rouge following their 1975 takeover of Cambodia. In 1984, he won the Academy Award for best supporting actor for his portrayal of Dith Pran in the movie *The Killing Fields*.

Arab League Day: Lebanon. Public holiday.

Emancipation Day: Puerto Rico. On this day in 1873 the Spanish colonial government of Puerto Rico abolished slavery, fulfilling the commitment made after the Lares uprising of 1868.

Mothering Sunday: United Kingdom, Canada.

March 23

Fannie Farmer (1857-1915): American. Authored famous cookbook, "The Boston Cooking-School Cookbook", including accurate & specific ingredient measurements for the 1st time that would become standardized cooking measurements.

http://en.wikipedia.org/wiki/Fannie_Farmer

Bette Nesmith Graham (1924-1980): American. Invented Liquid Paper in her kitchen; sold her company to Gillette Corp. for \$47.5 million & created 2 foundations to help women find new ways to make a living. http://en.wikipedia.org/wiki/Bette_Nesmith_Graham

Republic Day: Pakistan. In its movement for independence from Great Britain, India had an internal conflict as well between its Hindu & Muslim populations, each wanting a separate area over which they could rule. On this day in 1940, the All India

Muslim League adopted a resolution calling for a separate Muslim homeland. In 1947, under the provisions of the Indian Independence Act from Great Britain, 2 states, a predominately Hindu India & a predominately Muslim Pakistan, were established. On this day in 1956, Pakistan declared itself a republic.

🕒 **Sol B. Friedman** was ordained as an orthodox Rabbi today in 1919, the 1st American born Jew to do so.

March 24

🕒 **Matilda Joslyn Gage (1826-1898): American.** Suffragist, women's rights activist Native American activist, an abolitionist & a prolific author. <http://www.matildajoslyngage.org/woman.htm>
http://en.wikipedia.org/wiki/Matilda_Joslyn_Gage



🕒 **Dorothy Height (1912-): African American.** An educator & social activist, served over 40 years as President, National Council of Negro Women & was a 2002 NWHF Women's History Month honoree. http://en.wikipedia.org/wiki/Dorothy_Height

🕒 **Harry Houdini (1874-1926): Jewish Hungarian.** Magician & escape artist. <http://www.magictricks.com/houdini/bio.htm>
<http://www.pbs.org/wgbh/amex/houdini/peopleevents/pande04.html>
<http://www.houdintribute.com/>

🕒 **Día de la Memoria (Memorial Day): Argentina.** Anniversary of the coup d'état that started the dictatorial rule of the *Proceso* in 1976.

March 25

🕒 **Arturo Toscanini (1867–1957): Italian American.** Orchestra conductor. Toscanini, one of the great virtuoso conductors of the early 20th century, 1st came to prominence as a conductor of operas. After serving as musical director of La Scala, the opera house of Milan in his native Italy, & then of the Metropolitan Opera in New York, he became conductor of the New York Philharmonic Orchestra, & finally of the NBC Symphony, sponsored by the radio network, which broadcast his performances to millions of homes across the nation. He was legendary for his phenomenal memory, his attention to detail, & his powers of interpretation, particularly in his performances of Verdi, Beethoven, & Wagner. <http://www.toscaninonline.com/>

🕒 **Aretha Franklin (1942-): African-American.** Singer. Is the undisputed “Queen of Soul” & the 1st woman inducted into the Rock & Roll Hall of Fame. <http://www.rockhall.com/hof/inductee.asp?id=106>

🕒 **Gloria Steinem (1934-): American.** Women's rights activist & journalist; founding editor of Ms. Magazine; helped found National Women's Political Caucus, the Women's Action Alliance, & the Coalition of Labor Union Women. http://en.wikipedia.org/wiki/Gloria_Steinem
<http://www.greatwomen.org/women.php?action=viewone&id=150>
<http://www.motherjones.com/news/qa/1995/11/gorney.html>

🕒 **Independence Day: Greece, Cyprus.** During the early 19th century, Greeks throughout the world joined a secret society, the Philikê Hetairia (Friendly Association), whose purpose was to collect money & arms for a revolution to free Greece from Turkish rule. In

March of 1821 the head of the organization, Alexander Ypsilanti, entered Turkish territory with a group of armed followers & declared the independence of Greece. Although his uprising was crushed, it is remembered as the 1st event in Greece's struggle for independence, which led to independence in 1829. Today the nearest Monday to March 25 is observed as a holiday.

Businesses and towns fly the blue and white Greek flag and there are often patriotic parades and speeches. Since the date falls in Lent, the Orthodox churches relax the Lenten fasting rules for the day and fish is eaten.

🕒 **Evangelismou: Greece.** The Greeks combined the national Independence Day with the Annunciation & what was earlier believed to be the spring equinox. Greeks wear traditional clothes & celebrate with speeches & folk dancing.

🕒 **The Annunciation: Christian.** Based on the gospel in Luke 1:26–56, this holy day celebrates the Angel Gabriel's announcement to Mary of Galilee that she would become the mother of Jesus.

March 26

🕒 **Sandra Day O'Connor (1930-): American.** 1st woman appointed to the U.S. Supreme Court (1981). http://en.wikipedia.org/wiki/Sandra_Day_O'Connor

🕒 **Henry O. Flipper (1856–1940): African American.** Military officer. Henry Flipper was the 1st Black West Point graduate. Although the 5th Black accepted to West Point, he was the 1st to graduate and in 1877 became the 1st Black commissioned officer in the United States Army. Flipper described his successful struggle against ostracism & prejudice in *The Colored Cadet at West Point* (1878). He joined the 10th Cavalry, one of 2 all-Black army units. At Fort Sill in the Oklahoma territory, he perfected a system for draining mosquito-infested stagnant water that caused outbreaks of malaria at the fort. In 1881, he was court-martialed on charges of embezzlement. A review of the trial record at the time concluded that the charges were dubious, but President Chester Arthur refused to set the verdict aside. In 1976, the United States Army lifted Flipper's dishonorable discharge, recognizing that the conviction was racially motivated. On February 19, 1999, President Clinton granted a posthumous pardon to Flipper. Flipper has also been honored at West Point with an annual award given in his name to an outstanding cadet, & with a section of the library named after him.

🕒 **Prince Kuhio Day: Hawaii.** A state holiday, it celebrates Prince Kuhio's birthday. He is remembered for actively promoting Hawaiian culture & getting Congress to pass the 1829 Hawaiian Homes Act, providing homesteads for native Hawaiians. http://en.wikipedia.org/wiki/Prince_Kuhio_Day

🕒 **National Day: Bangladesh.** Formerly the eastern part of Pakistan, Bangladesh is the world's 139th independent nation, having emerged as a sovereign, independent state on December 16, 1971. March 26, 1971 marks the day the newly formed Bangladesh government declared independence from Pakistan.

🌐 Birthday of Prophet Zarathushtra (Khordad Sal) : Zoroastrian. This holiday, known as the Great Naw Ruz, celebrates the birth of the Persian prophet Zarathushtra, who founded Zoroastrianism. Known in Greece as Zoroaster, Zarathushtra is believed by scholars to have lived sometime between 1400 & 1000 B.C., although the Zoroastrian tradition teaches that he lived between the early 600s & the mid-500s B.C. Zoroastrianism originated in the Russian Steppes of Central Asia, along the northern border of the Persian Empire near the Aral Sea.

In a vision he received as a young man, Zarathushtra was called upon by God to proclaim His *Manthra*, or thought-provoking message, to humanity. Zarathushtra became the *Manthran*, or great thinker, the harbinger of God's message to mankind. After the revelation, Zarathushtra composed the *Gathas*, hymns that were collected into a sacred book known as the *Avesta*. Zarathushtra propounded that the universe emanated through Global Wisdom & that the cosmos continues to be governed by the Supreme Divine Intellect of God, or *Ahura Mazda*.

Zoroastrianism is a monotheistic religion believing in one God who was the creator of all things & the source of all that is good. Zoroastrians believe that life is a constant struggle between the spirit of good, *Spenta Mainyu*, & the spirit of evil, *Angra Mainyu*. People must renounce evil & practice good thoughts, good words, & good deeds, for at their death *Ahura Mazda* will pass judgment upon them before they can enter the kingdom of everlasting joy. A Zoroastrian progresses toward God by choosing to do good—all mortals are equal before God, differing only in their degree of righteousness, & each individual is responsible for his or her own fate. Zoroastrianism is based on the ethical values of truth & justice, & the universal message of the equality of all people. Modern Zoroastrians read from the *Avesta*, practice traditional purification habits, & attend rituals at fire temples. They are required to pray 5 times during the day, saying a special prayer for each part of the day. The prayers must be said in front of a fire or a symbolic replica of a fire, as fire represents the divine light & is a symbol for *Ahura Mazda*. Many concepts in the Judeo-Christian & Islamic religious traditions are rooted in Zoroastrianism. After King Nebuchadnezzar exiled the Jews to Babylon in the 6th century B.C., Babylon was conquered by Cyrus the Great, Emperor of Persia, who was a Zoroastrian. Thus Judaism came under the influence of Zoroastrianism & adopted many of its doctrines, doctrines that would pass from Judaism into Christianity & Islam. These include the beliefs in Monotheism, Heaven & Hell, Satan, the Resurrection, the coming of the Messiah, & the Last Judgment, & the practice of 5 daily prayers, which is one of the Five Pillars of Islam.

The Muslim conquest of Persia in the mid A.D. 600s led to a decline in the practice of Zoroastrianism. However, several groups carried the faith into Iran & other countries. Some Zoroastrian refugees fleeing Muhammadan persecution in the 7th century settled in

the Bombay area of India. Their descendants are called Parsis, to denote the region from where they had come—Pars, or Persia.

March 27

🌐 **Sarah Vaughan (1924-1990): African-American.** World renowned jazz singer & pianist, known as the "Divine One". Her voice had a range of 3 octaves.

<http://www.wntb.com/blackachievers/SarahVaughn/>

🌐 **Chetra Navratras: India.** This festival honoring Great Goddess Mha Devi as Gauri — life, growth, & fruition, honored by keeping a fast.

<http://www.webindia123.com/festival/asp/calendar.asp>

🌐 **Bikarami Samvat (Lunar New Year): Hindu.** This celebrates the beginning of the lunar new year 2066.

🌐 **Ugadi: Hindu.**

March 28

🌐 **Edmund Muskie (1914-1996): Polish American.** Governor, senator, presidential candidate, secretary of state. Edmund Muskie was a long-time leader of the Democratic Party, holding many high offices in both state & federal government. Born in the mill town of Rumford, Maine, 1 of 6 children of a Polish immigrant tailor, he became the Governor of Maine & later its senator for 21 years. He ran as the Democratic Party's vice presidential candidate with Hubert Humphrey in 1968. Under the Carter administration, he became secretary of state.

March 29

🌐 **Summer Time Begins (EU).**

March 30

🌐 **Sean O'Casey (1880-1964): Irish.** Playwright. O'Casey is best known for his tragicomic dramas set in the poor neighborhoods of Dublin during the Irish uprising against the British & the subsequent civil war. http://www.irish-society.org/Hedgemaster%20Archives/sean_o'casey.htm



🌐 **Francisco de Goya (1746-1828): Spanish.** Painter & etcher, created over 1,800 works.

http://en.wikipedia.org/wiki/Francisco_Goya

🌐 Today in 1888, **The National Council of Women of the US is organized** by Susan B. Anthony, Clara Barton, Lucy Stone, Julia Ward Howe, & Elizabeth Cady Stanton.

🌐 Today in 1871, Boston University School of Theology became **the 1st theological school to admit women.**

March 31

🌐 **Muriel Wright (1889-1975): Choctaw Indian.** Teacher, historian, & editor. Fought for recompense for First Americans.

<http://digital.library.okstate.edu/encyclopedia/entries/W/WR005.html>

🌐 **César Chávez (1927-1993): Mexican American.** Labor leader & activist. A migrant farm worker who became a nationally respected voice for social justice,

Chávez spent his life combating the poverty & discrimination suffered by Mexicans and Mexican Americans, particularly agricultural laborers. In 1962 he began organizing farm workers into a union that 3 years later joined with a Filipino union in a strike against California grape growers for better wages & more humane working conditions. (The 2 groups later merged as the United Farm Workers.) Table grape producers held out for 5 years while Chávez focused national attention on the plight of farm workers. A national consumer boycott helped bring the strike to a successful conclusion in 1970.

🌍 Jack Johnson (1878–1946): African American.

Prizefighter. He was the world's 1st Black heavyweight champion, holding the title from 1908 to 1915.

<http://www.pbs.org/unforgivableblackness/about/>

🌍 Octavio Paz (1931–1998): Mexican. Writer. Octavio Paz was Mexico's leading poet & essayist & one of the world's leading figures in literature. He was awarded the Pulitzer Prize in Literature in 1990 & praised for "impassioned writing with wide horizons, characterized by sensuous intelligence & humanistic integrity." He was widely known for his essay "The Labyrinth of Solitude" & his epic poem "Sunstone." In addition to his writing, Octavio Paz had a distinguished diplomatic career, serving as Mexico's consul & ambassador to such countries as France, Japan, & India.

🌍 Respect for Ancestors Day (Thanh Minh):

Vietnam. This is similar to the holiday in all other Asian cultures for paying respects to one's ancestors by visiting and decorating their graves.

~~MOVIES~~

The Women (2008) An all-female cast. Veteran producer/director Diane English (The Lathe of Heaven, Murphy Brown) helms this contemporized remake of George Cukor's beloved proto-feminist comedy drama *The Women* (1939), an adaptation of Clare Boothe Luce's play. The updated version follows a group of female friends when the one they envied most discovers her husband's cheating on her.

<http://thewomen.warnerbros.com/index.html>

Whale Rider (2003) Based on the novel of the same name by Maori writer Witi Ihimaera. On the eastern coast of New Zealand, the Whangara people believe their ancestor Paikea was saved from drowning by riding home on the back of a whale. The tribal group has since granted leadership positions to the first-born males, believing them to be descendants of Paikea. This tradition is challenged when a young mother dies in childbirth along with her newborn male son. His twin sister, Pai, manages to survive. Koro, the chief of their tribe, is disappointed because Pai's twin brother was supposed to be the next leader. Trying to find the proper successor, he attempts to organize a leadership group amongst the local boys while Pai enlists the help of her has-been uncle Rawiri to teach herself the art of chiefdom. <http://www.whaleridderthemovie.com/>

Real Women Have Curves (2002) In this independent drama, Ana (America Ferrera) is a bright and ambitious 18-year-old Latina who has just graduated from high school in East Los Angeles. Ana wants to

broaden her horizons and go on to college, but her mother Carmen (Lupe Ontiveros) has other ideas; Ana's older sister Estela (Ingrid Oliu) oversees the family business, a dress factory, and Carmen has decided that Ana should put higher education on hold and go to work as a seamstress. <http://www.hbo.com/films/realwomen/>

Spanglish (2004) A Hispanic woman & her young daughter are thrown into the middle of a well-to-do but remarkably dysfunctional family in this comedy drama. Flor (Paz Vega) is a single mother who has struggled to support her daughter Cristina (Shelbie Bruce) working as a domestic in Mexico. Hoping to give her daughter greater financial security, Flor packs up their belongings & moves the family to California, but Flor refuses to surrender her Latino identity & opts not to learn English; meanwhile, Cristina quickly learns to speak the language fluently. <http://www.sonypictures.com/homevideo/spanglish/>

Beautiful Daughters (2006) Delve into the lives of four transgender women with this fascinating documentary from MTV's Logo network. Eve Ensler's theater piece *The Vagina Monologues* has become an international phenomenon and a source of empowerment for women of all walks of life. However, in 2005 Ensler became involved in a special production of *The Vagina Monologues* for a group of women whose story was not dealt with in the play -- women who used to be men. *Beautiful Daughters* was also screened as part of New York City's 2006 NewFest Film Festival.

www.netflix.com/Movie/Beautiful_Daughters/70094826

Gender Rebel (2006) Director Elaine Epstein's captivating documentary explores the lives of three biological females who reject the conventional concepts of gender & see themselves not as female or male, but something in between. The camera follows these individuals as they encounter challenges at every turn -- from the strain on their relationships to confrontations from communities intolerant of their way of life -- and find a way to cope with social alienation.

http://www.netflix.com/WiMovie/Gender_Rebel/70094823?trkid=438403

Outsourced (2007) *Outsourced* is a modern day comedy of cross-cultural conflict & romance. Todd Anderson (Josh Hamilton) spends his days managing a customer call center in Seattle until his job, along with those of the entire office, are outsourced to India. Adding insult to injury, Todd must travel to India to train his new replacement. As he navigates through the chaos of Bombay & an office paralyzed by constant cultural misunderstandings, Todd yearns to return to the comforts of home. Todd realizes that he too has a lot to learn - not only about India & America, but about himself.

<http://www.outsourcedthemovie.com/>

The Meaning of Food (2005) For humans, eating food is more than a mere biological necessity; it's a sociological experience that reflects a person's cultural identity. *THE MEANING OF FOOD* takes a survey of the relationship between food & culture by focusing on American eating patterns and traditions. World-renowned chef Marcus Samuelsson travels across America to meet with individuals from a variety of ethnic backgrounds to gauge their culinary attitudes and practices.

<http://www.pbs.org/opb/meaningoffood/about/>



RECIPES

Feta Pie with Leeks

Greeks make many sorts of cheese pies, especially in the weeks before Lent when it is traditional to use up rich foods. This pie is easy because it forms its own crust as it cooks. Serves 6.

- 5 medium leeks
- 3 tablespoons olive oil
- ¾ cup whole wheat flour
- 1 teaspoon salt
- pepper to taste
- 4 eggs, beaten
- 1 cup milk
- ¾ pound feta cheese, crumbled



Preheat the oven to 375°F. Strip all the coarse outer leaves & the tops from the leeks. Wash them, then slice the white and tender green parts into ½-inch discs. In a frying pan, heat the oil over a medium burner & sauté the leeks in it for 5–6 minutes or until they are slightly tender. Do not let them take more than a little color. In a mixing bowl, combine the flour, salt, & pepper & make a well in the center into which you pour the beaten eggs & milk. Whisk until smooth—about 1 minute—then stir in the crumbled feta & leeks. Grease a 9-inch quiche dish or pie pan with olive oil, then pour in the mixture. Bake for 45–50 minutes or until a knife blade inserted in center comes out clean. Can be served warm or cold. If serving warm let it rest for 5–10 minutes before cutting it.

Bisteeya

This pie, a classic of Moroccan cooking, is traditionally made of either pigeon or chicken, & a pastry called *ouarka*. Filo pastry works well as a substitute, & squab, if obtainable, makes an excellent filling. If using chicken, it's best to choose the dark parts such as thighs as they have more flavor. In Morocco, chickens are generally smaller & tastier; the whole bird would be used—cut in pieces, but not boned. The following recipe uses boned meat because it's easier to eat. It makes 6–8 servings of *bisteeya*—a rather small amount by Moroccan standards, where pies are made large enough to feed a crowd.

- 3 squab or 6 meaty chicken thighs
- 1 teaspoon ginger
- 2½–3 teaspoons cinnamon
- salt & pepper to taste
- 5–6 tablespoons light olive oil or sunflower oil
- 2 large onions, finely chopped
- ¾ cup slivered almonds
- 1 dozen whole almonds
- ½ cup chopped fresh cilantro
- ½ cup chopped fresh parsley
- 6 eggs
- 8–10 sheets filo
- 2–3 teaspoons confectioners' sugar

Rub the squab or chicken thighs with the ginger & 1/2 teaspoon of the cinnamon. Season with salt & pepper. In

a large pan, heat 2 Tbls of the oil, & stir in the onions. Add the squab or chicken to the pan along with 2–3 Tbls of water. Cover the pan & cook over low heat until tender, turning the meat once or twice. This takes about 30–40 minutes. Remove the meat from the pan & let cool until tender. Pour the liquid & other ingredients from the pan into a bowl & let sit in a cool place.

While the meat is cooking, turn the oven to 300°F. Put the slivered & whole almonds into a metal pie pan with a teaspoon of oil. Stir them around; then place them in the oven & toast them until golden brown—about 10 minutes. Put them aside.

When the meat is cool enough to handle, remove the flesh from the bones. Discard both bones & skin. Cut the flesh into bite-sized pieces. Set it aside.

Skim the fat from the top of the liquid & other ingredients you reserved. Return the defatted mixture to the pan & add the chopped cilantro & parsley. Cook over fairly brisk heat until the sauce has reduced to a thick mass. Beat the eggs in a bowl; then, over low heat, add them to the sauce. Season with salt & pepper & stir the mixture around until the eggs are scrambled. Remove from heat. To assemble the pie, take an 11- or 12-inch loose-bottomed tart pan & brush it with oil. Spread a sheet of filo on it, letting the edges flop over the sides of the pan. Take another sheet of filo & place it over the 1st but at a slightly different angle. Brush with oil. Continue this way until you have layered 4 sheets of filo in the pan. Arrange the pieces of meat on this. Season lightly with salt & pepper. Cover this with the egg mixture.

Now add a sheet of filo on top. Fold it over so that the meat is completely covered by a double thickness. Brush with oil; then add another sheet of filo, similarly folded to cover the meat. Sprinkle the slivered almonds on this. Reserve the whole almonds for garnish. Sprinkle with a tsp of confectioners' sugar & a tsp of cinnamon. Now fold the filo that has been hanging over the edges into the pan to cover the almonds. To complete the pie, place the remaining sheets of filo on top, brushing each sheet with oil before adding the next. Cut them off at the edge of the pan so they are smooth & unwrinkled. Lightly brush the top sheet with oil. Place the pie in the center of a preheated 350°F oven. Bake for 45–55 minutes or until the top is crisp & golden brown.

Remove from the oven & serve either hot or lukewarm. Before serving, dust the top with the remaining confectioners' sugar. Make a crisscross pattern by sprinkling the cinnamon in lines across the surface. Serves 6.

SEKIHAN/Doll Festival (Hina Matsuri)

(Japanese red beans & rice)

1/2 cups azuki (small red beans)

about 3 1/2 cups water

3 cups sweet glutinous rice (mochi gome) **Regular rice isn't sticky enough** well rinsed, soaked for 1/2-1 hour, drained

3 1/2 cups water

1 tablespoon black dry-roasted sesame seeds

Shiso or watercress leaf for garnish, if desired

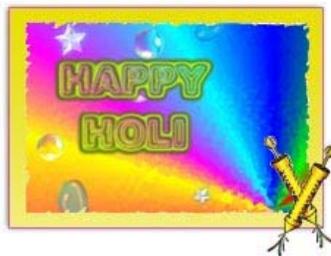
In a medium saucepan, combine beans & water; bring to a boil. Reduce heat to low; simmer 45 minutes to 1 hour or until beans are soft but not completely cooked. Cool to room temperature. Drain beans, reserving the liquid. Mix the beans, drained rice & water with 3 tablespoons of the bean's cooking liquid. Cook in rice steamer in the usual manner. Spread the cooked beans & rice into a decorative shallow dish or laquer tray. Sprinkle with the sesame seeds, garnish & serve.

If you don't have a rice cooker, you can cook this in a pot on the stove as you would regular rice. Just use the proportion of water to rice given here, not the usual Western 2 parts water to one part rice. The rice has already been soaked, so it needs less water to cook. (6-8 SERVINGS)

Thandai (Holi)

Ingredients:

1 1/2 litres water
1 1/2 cups sugar
1 cup milk
1 tbsp. almonds
1 tbsp. kharbooj/tarbooj seeds
skinned (commercially available)
(these are skinned dried seeds of watermelon & cantaloupes)
1/2 tbsp. khuskhus (poppy seeds)
1/2 tbsp. saunf (aniseed)
1/2 tsp. cardamom powder or 15 whole pods
1/2 tsp. rose water (optional)
1 tsp. peppercorns whole
1/4 cup dried or fresh rose petals (gulband variety)



Method:

Soak sugar in 1/2 litre of the water used. Keep aside.
Wash clean all other dry ingredients, except cardamom if using powder.
Soak in 2 cups of remaining water. Keep aside.
Allow all soaked items to stand for at least 2 hours.
Grind all soaked ingredients to a very fine paste. (not sugar)
Use a stone grinder (manual or electric) if possible.
When the paste is very fine, mix remaining water.
Place a strong muslin strainer over a large deep vessel.
Press through muslin w/back of palms, extracting the liquid into vessel.
Add remaining water, a little at a time to extract more.
Pour back some of the extract and press, repress.
Repeat this process till the residue becomes dry & husk like.
Add milk, sugar & rosewater to the extracted liquid.
If using cardamom powder mix it in with the milk.
Mix well. Chill for a hour or 2 before serving.
Making time: 45 mins. Makes: 8 glasses (approx.)
Shelf life: Refrigerated 35-40 hours

Hamantaschen/Homentashen (Purim)

Prepare ONE Filling per Batch of Dough.

Prune Filling Ingredients:

1 pound pitted prunes
1 cup raisins
1/2 cup honey
1 cup finely chopped nuts
1 tablespoon grated orange zest



Prune Filling Directions:

Pour boiling water over prunes & raisins to soften. Cool & drain. Chop in food processor until fine. Add honey, nuts & orange rind & mix well.

Poppy Seed Filling Ingredients:

1 pound poppy seeds
1/2 cup nuts, finely chopped
1 cup raisins, finely chopped
1 cup honey
1 egg

Poppy Seed Filling Directions:

Combine all ingredients & mix well.

Dried Apricot Filling Ingredients:

1 pound dried apricots
1/2 cup honey
1 cup raisins
1/2 cup nuts

Dried Apricot Filling Directions:

Pour boiling water over apricots & raisins. Cool & drain. Chop very fine in food processor. Add honey and nuts. Mix well.

Dough Ingredients:

4 eggs
1 cup oil
1 1/4 cups sugar
2 teaspoons vanilla
3 teaspoons baking powder
1/2 teaspoon salt
4 1/2 cups flour

Directions:

Beat eggs. Beat in oil, sugar, vanilla, baking powder, & salt.
Add flour gradually; mix thoroughly.
Knead dough until smooth enough to roll out on floured board w/floured rolling pin.
Roll dough out in portions about 1/4 inch thick. Cut into 3 or 4 inch rounds with glass edge or cookie cutter.
Place desired filling by teaspoonfuls in each round. Pinch together sides of lower half of circle to form triangle, covering filling.
Bake at 375°. about 20-25 minutes, until nicely browned

Blarney Soup

Ingredients:

2 tablespoons butter or margarine
1/4 cup chopped green onions
2 medium potatoes, peeled and diced
5 cups chicken broth or bouillon
1/2 pound Chinese pea pods
1/2 cup plain low-fat yogurt, stirred
1 (8-oz.) can sliced water chestnuts, drained
1/2 teaspoon salt
1/8 teaspoon pepper
1/4 teaspoon ground ginger
1/8 teaspoon dry mustard
Sliced green onions

Method:

Into a 2-quart saucepan, melt butter or margarine. Add chopped green onions, saute until soft. Add potatoes & broth or bouillon.

Cover, simmer 20 minutes or until potatoes are tender. Puree one-half at a time in a blender or food processor. Remove stems from pea pods; cut each pod into 4 or 5 pieces, set aside. Stir 2 tablespoons puree into the yogurt, then add yogurt to remaining potatoes. Stir in pea pods, water chestnuts, salt, pepper, ginger, & dry mustard. Over medium heat, bring to a boil.

{Complete now or make ahead.} To complete now: Pour into individual bowls, garnish with sliced green onions. To make ahead: Cover & refrigerate for up to 24 hours. Reheat & serve as directed above.

Dubliner Cheese Tart

Ingredients:

Pastry

3/4 cup all-purpose flour, sifted
Pinch of salt
5 tablespoons butter, cut into small pieces
3 tablespoons cold water

Filling

1 tablespoon butter
1 small onion, chopped
1 clove garlic, minced
3 slices Irish traditional bacon, cut into strips
8 button mushrooms, sliced
10 cherry tomatoes, halved
6 ounces cheddar cheese, grated
1 cup skim milk
3 eggs, beaten
1 tablespoon Italian seasoning
1 teaspoon wholegrain mustard
Salt and freshly ground black pepper

Method

Preheat oven to 400° F.

Combine the flour & salt in a bowl, then with a pastry cutter, 2 forks, or your fingers, work in the butter until the mixture resembles coarse bread crumbs. Add the

water & form into a ball.

Roll out the pastry until large enough to line a 9-inch quiche pan. Place a piece of aluminum foil over the pastry to cover the base & sides & weigh down with oven-proof dish (8-inch pie plate would work well; the idea is not to allow the pastry to puff up) Bake for 10 minutes, then remove foil & bake 5 minutes more. Remove from oven & cool.

Reduce oven temperature to 375° F.

In a large skillet over medium heat, melt the butter. Cook the onions until soft, but not browned, about 3 minutes, then add the garlic, bacon, & mushrooms & cook for 5 minutes. Spoon the mixture into the pastry base, add the tomato halves, & sprinkle the cheese over the top.

In a small bowl combine the milk, eggs, herbs, mustard, salt and pepper, and pour over the base. Bake until the filling is set and firm to the touch, about 30 minutes.

Soda Bread

Soda bread is the national bread of Ireland, often preferred to yeast-raised breads. Irish recipes for soda bread generally tell you to mix it with your hands because this enables you to sense how much liquid to use.



3 1/4 cups Irish flour (or substitute all-purpose)
1/2 teaspoon of sugar
1/2 teaspoon of salt
1 teaspoon of sieved baking soda
1 1/2 - 2 cups sour milk or buttermilk

Heat oven to 450° F. Sift the flour, sugar, salt, & baking soda into a large bowl. Mix thoroughly; then make a well in the center & pour in about 1 1/4 cups milk all at once. Using one hand, mix the flour from sides into the center, mixing quickly but gently until the mixture forms into a dough. Add the remaining milk, a tablespoon or 2 at a time, only if necessary to make a soft dough. It should not be wet or sticky. As soon as everything is mixed, place the dough on a floured board & gently knead it once or twice to shape it into a disc about 1 1/2 to 2 inches thick. Score a cross on top. Bake 15 minutes at 450° F. Reduce the temperature to 400° F, & bake for another 20–25 minutes. To test for doneness, tap the bottom. It should sound hollow. You can also test by inserting a wooden skewer into the center. It should emerge dry. Makes 1 loaf.

For an American variation, you can add 3/4 cup dried cranberries & 3/4 cup chopped pecans or walnuts as soon as the mixture forms a dough.

Corned Beef and Cabbage

Corned beef & cabbage is an Irish-American institution on St Patrick's Day, but it's not what the Irish back in Ireland eat. There the meal of the day is ham served with parsley sauce & green vegetables, usually cabbage or Brussels sprouts, followed by a fancy dessert such as a

trifle or cheesecake or cream-filled layer cake. But when Irish immigrants arrived in New England in the 19th century, they adopted was the traditional New England boiled dinner to their purposes. The exact amount of vegetables & their type depends on what you like. Some people serve beets on the side.

- 4 pounds corned beef brisket
- 1 teaspoon peppercorns
- 2 bay leaves
- 2-3 pounds potatoes, peeled & cut into large chunks
- 6 medium to large carrots, scraped & cut in half
- 1 medium rutabaga, peeled & cut in large chunks
- 1 pounds cabbage, peeled & cut into large chunks

Put the corned beef in a large pan that has enough room for the vegetables that will go in later. Cover the meat completely with water. Add the peppercorns & bay leaf. Cover the pan & simmer for 2 –2 1/2 hours. Remove 2 cups of broth from the beef pan & put it into the pan you will use for cooking the cabbage. Add the potatoes, carrots & rutabaga to the beef & continue cooking for 30-40 minutes. 20 minutes before you plan to serve the beef, heat the reserved broth & drop the cabbage in it. (Alternately, you can cook the cabbage right in the big pan along with the beef & other vegetables.) When the cabbage & vegetables are tender, remove the pans from the heat. Put the beef, either in one piece or sliced, on a large serving platter, & surround it with the drained vegetables, including the cabbage & the beets.

Irish Cream White Chocolate Mousse

This chocolate mousse is a modern rather than a traditional recipe, but such desserts are popular on St Patrick's Day & other special occasions in Ireland.

- 16 ounces white chocolate, finely chopped
- 1 quart heavy cream
- 3 ounces Irish Cream liqueur (such as Bailey's or Carolan's)
- seasonal fruit
- dark chocolate shavings

In a 2 quart saucepan, bring the heavy cream to a simmer. Add the chocolate & stir until melted. Allow the mixture to cool, then add the Irish Cream. Refrigerate overnight. With a hand or stand mixer, whip the mixture until hard peak stage. Garnish with seasonal berries & chocolate shavings. Serves 8.

Irish Cream Cheesecake

- 6 ounces (about 10) chocolate-covered graham crackers
- 6 tablespoons butter, melted
- 1 envelope (1/4 ounce) gelatin
- 1/2 cup heavy cream
- 3 eggs, separated
- 1 pound (2 8-ounce packages) Neufchatel or cream cheese

- 2/3 cup sugar
- 1 teaspoon vanilla extract
- 1/4 cup (1 50ml nip) Bailey's Irish Cream or similar Irish liqueur, plus extra for serving
- 1/4 cup grated chocolate or toasted sliced almonds for garnish

Preheat oven to 325°F. Crush the graham crackers & mix them with the melted butter. Press firmly into the bottom of a 9-inch springform pan or loose-bottomed tart or cake pan. Bake for 8 minutes, then let cool.

In a small bowl, stir the gelatin thoroughly with one-quarter cup warm water. Stand this bowl in a larger bowl of hot water while you proceed. Whip the cream & set aside. Whip the egg whites until stiff & set aside. Cream the cheese with the sugar until smooth. Beat in the egg yolks, vanilla, & the Irish Cream. Check that the gelatin has dissolved: it should be liquid without any granules. If necessary, stir it over gentle heat to dissolve granules. Mix it thoroughly into the cheese mixture. Fold in 1st the whipped cream, then finally the egg whites. Pour into the prepared cake pan. Chill overnight or for several hours. Sprinkle with grated chocolate or toasted almonds. Drizzle each serving with a little extra Bailey's if you like. Serves 8–10.

Irish Pork Pie

Contributed by Hartson Dowd

<http://www.irishcultureandcustoms.com/2Kitch/rPork.html#IrishPorkPie>



If you're lucky enough to live in Ireland, the real thing - the pie, that is - is available at Tesco's. However, a home-made version isn't that difficult to make - & it's a dish that goes sublimely well with the black stuff. (A few slices of sharp Irish cheddar & some pickled onions on the side are also nice accompaniments.)

Ingredients for pastry:

- 3 cup all-purpose flour
- 1 large egg yolk
- 1/2 cup water
- 4 oz butter
- 1/2 tsp salt
- beaten egg for glaze

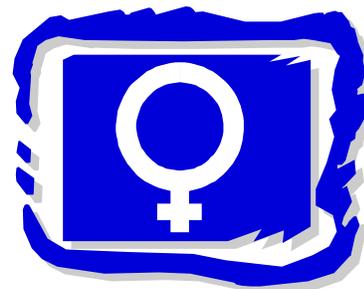
Ingredients for filling:

- 1 lb ground pork
- 1/4 cup cracker crumbs
- 1/4 cup water
- 1 tsp salt
- 1 tsp sage
- 1/2 tsp thyme
- 1/2 tsp oregano
- 1/2 tsp parsley
- 1/4 tsp fresh ground pepper
- pinch crushed cloves

NOTE: For a more authentic pie, instead of using ground pork, use your food-processor to finely chop 1lb pork shoulder & a few rashers of uncooked Irish bacon.

Method:

1. To make pastry, slowly heat water & butter in a saucepan. Once the butter is melted, simmer for 2 minutes. Put flour in a bowl & make a well in the center. Add the seasoning & egg yolk into the well, cover with some flour & quickly pour in the contents of the saucepan, stirring continuously. Once cooled, kneed into a dough then leave covered for 30 minutes in a warm place. Separate about 2/3s of the dough into 5 balls, each about the size of a billiard ball. The other 3rd of the dough will be used later for the lids. Make each pie casing by molding a ball around the outside of the bottom of a pint glass. Stretch the dough up the glass for about 1 1/2 inches so that the pastry is reasonably thin (The pastry is easier to remove if the glass is coated in flour 1st).
 2. Mix all the filling ingredients together. Fill the pastry casings with the mixture. Roll out the remainder of the pastry. Cut out lids using the top of a pint glass as a pastry cutter. Place lids on pies, sealing around the edges with some water. Using the point of a knife, make a hole in the center of each lid to allow steam to escape.
 3. Cook at 350F in the center of the oven for about 1 hour, glazing with the beaten egg yolk from time to time. When the pies are nicely browned, remove from oven & leave to cool on baking racks.
 4. For extra authenticity, after the pies are completely cooled, pour a small amount of warmed, reduced stock into the holes & then store in the refrigerator to allow the stock to set into a jelly. To make the stock, boil some pork bones with pepper corns, cloves & a bouquet garni of celery, bay leaf, thyme & parsley for a few hours until most of the water evaporates. After cooling, a jelly should form on the surface, which can be scooped off & warmed to reliquefy before pouring into the pies.
- NOTE:** Irish pork pie is served cool - not hot.



April 2009

Alcohol Awareness Month For more info contact: NCADD (212)206-6770. Alcohol-Free Weekend takes place the 1st weekend of April, 3-5, 2009.

<http://www.ncadd.org/programs/awareness/aamk2006new.html>

National Child Abuse Prevention Month For more info contact: Prevent Child Abuse America (312) 663-3520. E-mail: mailbox@preventchildabuse.org April has been designated as Child Abuse Prevention Month by presidential proclamation since 1983.

<http://www.cyfernet.org/hottopic/childabuse.html>

<http://www.preventchildabuse.org/>

<http://cbexpress.acf.hhs.gov/index.cfm?event=website.vi>

[ewSection&issueID=93&subsectionID=9](http://www.mentalhealth.samhsa.gov/highlights/April2003/abuse/links.asp)
<http://www.mentalhealth.samhsa.gov/highlights/April2003/abuse/links.asp>

<http://www.healthsystem.virginia.edu/internet/news/Archives01/child-abuse.cfm>

Multicultural Communications Month

Multicultural communications may seem difficult at 1st -- differences in languages, backgrounds, customs & the like all seem a challenge. By learning more about our different cultures, it becomes easier to interact. This month has been dedicated to further this cause.

April 7th World Health Day: Marks the founding of the World Health Organization (WHO). It is an occasion to raise awareness of key global health issues.

<http://www.who.int/world-health-day/en/>

April 23-25, 2009: Gathering of Nations.

University of New Mexico Arena ("The Pit"). Avenida Cesar Chavez Blvd. SE (Hwy. 25, exit #223)

Albuquerque, New Mexico, USA

<http://www.gatheringofnations.com/powwows/>



Looking for ways to support and honor U.S. military service members & veterans, go to the Military.com

Support our Troops web page at:

http://www.military.com/Content/MoreContent1/?file=support_troops to learn more.



SUPPORT OUR TROOPS!



Any Soldier, Any Marine, Any Sailor, Any Airman, Any Coast Guardsman: Send mail & care packages to soldiers who don't receive mail.

<http://www.anysoldier.com/index.cfm>,
<http://anymarine.com/>, <http://anysailor.com/>,
<http://anyairman.com/>, <http://anycoastguard.com/>

Let's Say Thanks to the Troops: The Xerox Corporation is helping people across the nation express their gratitude to our troops overseas with **FREE** postcards created at their Let's Say Thanks website which are printed out & included in care packages sent to the troops by www.Give2TheTroops.org.
<http://www.letssaythanks.com/Home.html>

Quilts of Valor Foundation: Quilting Honor & Comfort for Our Wounded Soldiers. The mission of the QOV Foundation is to cover ALL combat wounded & injured service members from the War on Terror whether physical or psychological wounds with wartime quilts called Quilts of Valor (QOVs). <http://www.qovf.org/>
Contact Info: Barbara Winkler 562-925-7673

Veterans and Families: Sacramento, California-based organization is building support services for returning veterans. <http://www.veteransandfamilies.org/home.html>

Wounded Warriors: Donates everything from phone cards to TVs to wounded soldiers.
<http://www.woundedwarriorhospitalfund.org/>

Cell Phones for Soldiers: The program was started in April 2004 by 13-year-old Brittany Bergquist & her 12-year-old brother Robbie of Norwell, Massachusetts. Their goal is to help our soldiers serving overseas call home. They hope to provide as many soldiers as possible with prepaid calling cards. Through generous donations & the recycling of used cell phones, They have already distributed thousands of calling cards to soldiers around the globe. **Featured Sponsor** - AT&T has donated more than \$500,000 worth of prepaid phone cards to Cell Phones for Soldiers & is now offering all 1,800 company-owned wireless store locations across the country as drop-off sites to help recycle used cell phones for the program, through July 2008!

<http://www.cellphonesforsoldiers.com/>

Soldiers' Angels: Send care to deployed soldiers & their loved ones at home. <http://www.soldiersangels.org/>

America Supports You: A nationwide program launched by the Department of Defense, recognizes citizens' support for our military men & women & communicates that support to members of our Armed Forces at home & abroad.

<http://www.americasupportsyou.mil/AmericaSupportsYou/index.aspx>

Operation Uplink: Is a *Veterans of Foreign Wars of the United States* program that keeps military personnel & hospitalized veterans in touch with their families & loved ones by providing with a free phone card.

<http://www.operationuplink.org/>

Give 2 The Troops: This organization sends letters and care packages for free to our troops overseas. <http://give2thetroops.org/>

LOCAL EVENTS

♣ **MARCH 7-8, 2009 10am-6pm. The Los Angeles County Irish Fair and Music Festival** at the Fairplex at the Pomona Fairgrounds: 1101 West Mc Kinley Avenue, Pomona, CA 91766.

www.la-irishfair.com

The event includes performances by local Irish dance groups, community dance lessons, clan gatherings, sheep herding demonstrations, highland-style athletic games, food, products and of course lots of music from celtic harp to Irish dance bands on multiple stages.

🌀 **March 7-8- 39th Annual CSULB PowWow**

Location: 1250 Bellflower Blvd. - Long Beach, California. **Contact:** 562-985-8528, website: www.csulb.edu/powwow, email: powwow@csulb.edu.

🌀 **March 7-8- Wings of Night Sky, Wings of Morning Light Powwow**

Location: 1250 Bellflower Blvd. - Long Beach, California. **Contact:** 323-667-2000 ext. 354.

"I don't want to get to the end of my life and find that I lived just the length of it. I want to have lived the width of it as well."

[Diane Ackerman](#) (1948-present)
Quoted in *Newsweek*, September 22, 1986

"An actress can only play a woman. I'm an actor, I can play anything."

[Whoopi Goldberg](#) (1955-present)
quoted on the *Today* show, 13 January 1986

"By and large, mothers and housewives are the only workers who do not have regular time off. They are the great vacationless class."

[Anne Morrow Lindbergh](#) (1906-2001)
Gift from the Sea (1955)

"You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, "I lived through this horror. I can take the next thing that comes along." . . . You must do the thing you think you cannot do."

[Eleanor Roosevelt](#) (1884-1962)
You Learn by Living (1960)

"We hold these truths to be self-evident, that all men and women are created equal."

[Elizabeth Cady Stanton](#) (1815-1902)
Declaration of Sentiments, First Women's Rights Convention, Seneca Falls, New York , July 19-20, 1848

"I myself have never been able to find out precisely what feminism is. I only know that people call me a feminist whenever I express sentiments that differentiate me from a doormat or a prostitute."

[Rebecca West](#) (1892-1983)
"Mr. Chesterton in hysterics," *The Clarion*, November 14, 1913



Top row (l-r): Valentina Tereshkova,
Rosa Parks, Elizabeth Cady Stanton

Bottom row (l-r): Nellie Bly, Amelia
Earhart, Mother Teresa

History of National Women's History Month <http://www.nwhp.org/whm/history.php>



The Beginning

As recently as the 1970's, women's history was virtually an unknown topic in the K-12 curriculum or in general public consciousness. To address this situation, the Education Task Force of the Sonoma County (California) Commission on the Status of Women initiated a "Women's History Week" celebration for 1978. We chose the week of March 8 to make International Women's Day the focal point of the observance. The activities that were held met with enthusiastic response, and within a few years dozens of schools planned special programs for Women's History Week, over one-hundred community women participated in the Community Resource Women Project, an annual "Real Woman" Essay Contest drew hundreds of entries, and we were staging a marvelous annual parade and program in downtown Santa Rosa, California.

Local Celebrations

In 1979, a member of our groups was invited to participate in Women's History Institutes at Sarah Lawrence College, attended by the national leaders of organizations for women and girls. When they learned about our county-wide Women's History Week celebration, they decided to initiate similar celebrations within their own organizations and school districts. They also agreed to support our efforts to secure a Congressional Resolution declaring a "National Women's History Week." Together we succeeded! In 1981, Sen. Orrin Hatch (R-UT) and Rep. Barbara Mikulski (D-MD) co-sponsored the first Joint Congressional Resolution.

Overwhelming Response

As word spread rapidly across the nation, state departments of education encouraged celebrations of National Women's History Week as an effective means to achieving equity goals within classrooms. Maryland, Pennsylvania, New York, Oregon, Alaska, and other states developed and distributed curriculum materials all of their public schools. Organizations sponsored essay contests and other special programs in their local areas. Within a few years, thousands of schools and communities were celebrating National Women's History Week, supported and encouraged by resolutions from governors, city councils, school boards, and the U.S. Congress.

The Entire Month of March

In 1987, the National Women's History Project petitioned Congress to expand the national celebration to the entire month of March. Since then, the National Women's History Month Resolution has been approved with bipartisan support in both the House and Senate. Each year, programs and activities in schools, workplaces, and communities have become more extensive as information and program ideas have been developed and shared.

Growing Interest in Women's History

The popularity of women's history celebrations has sparked a new interest in uncovering women's forgotten heritage. A President's Commission on the Celebration of Women in History in America recently sponsored hearings in many sections of the country. It took reports about effective activities and institutions that are promoting women's history awareness and heard recommendations for programs still needed. The Women's Progress Commission will soon begin hearings to ascertain appropriate methods for identifying and then preserving sites of importance to American women's history. In many areas, state historical societies, women's organizations, and groups such as the Girl Scout of the USA have worked together to develop joint programs. Under the guidance of the National Women's History Project, educators, workplace program planners, parents and community organizations in thousands of American communities have turned National Women's History Month into a major focal celebration, and a springboard for celebrating women's history all year 'round.