

Raising Children of the World



One of my Dad's favorite stories was about the time he brought a Nigerian friend home for dinner. This man was the first black person my youngest sister had ever laid eyes on, and she stared and stared for the longest time, while our parents held their breath in fear of what she was going to say. Finally, she startled them by declaring, "You have a *big nose*"; to which Dad responded: "You have a big mouth!"

Children are amazing teachers. While we are quick to judge a person by their outward appearance, kids are busy making friends with other little people regardless of their physical characteristics. If any aspect of a potential friend piques their curiosity, they have no qualms about coming out with it: "What is that mark on your face?"

Prejudice and discrimination against a certain group of people is most often the result of fear and misunderstanding. While some people welcome diversity in the people they associate with, others are hesitant due to various preconceptions or not understanding a different culture. Whether a child grows up to be tolerant, or to judge people merely because they are of a certain race or religion or nationality, is largely dependent on what is being modeled at home.

We live in an increasingly diverse society. The differences that come from people from all over the world enrich our culture. Success in today's world depends on being able to understand, appreciate, and work with others. The person who learns to be open to differences will have more opportunities in education, business, and many other aspects of life. -RDW



Upcoming Events

January 16- Martin Luther King Day- Class will meet Friday January 20 this week

January 23-February 6- Chinese New Year!

February 17-21- Rio Carnaval

Sunday February 19- Black History Month Family Day @ Memorial Art Gallery 12-5pm*

February 27-March 4- Peace Corp Week

Friday March 2, 6pm: Growing Places Simple Meal and Art Show

Saturday March 24, Persian New Year Family Day @ Memorial Art Gallery, 12-5pm*

Broadening Our Horizons

In this day and age, it is critical to think globally and to help our kids grow up with an awareness and appreciation of the world outside of our sheltered community. Given that many of us have grown up in a small town with little ethnic diversity, we must go to greater lengths to expose our children to the gorgeous patchwork of ethnicity that makes up our world.



* Become acquainted with another language. Foreign children's movies are available for rental on DVD, with subtitles, and dubbed in English and other languages. *GoogleTranslate* is an invaluable resource for teaching your children a few basic phrases (hello, good bye, please and thank you, excuse me, are you okay?) in various languages, the most common being French, Spanish, Swahili, Arabic, and Mandarin Chinese. For a more comprehensive experience, language learning software allows for home study of almost any language.

* Listen to world music: Putamayo has a magnificent series of CD's that are a good introduction and are widely available. Some of them are geared specifically for children, but they are all fun to listen to and even proclaim "guaranteed to make you feel good"!



* Try some kid friendly international recipes or go to ethnic restaurants: you will experience a new variety of flavors as well as unusual ways of eating.



* Make a calendar of international and religious celebrations and festivals, and participate through learning about the customs, relevant food preparation, listening to music from that religion or part of the world, reading stories...

* Keep your eyes and ears open for various exhibits and performances being held in area museums. For example, Memorial Art Gallery in Rochester has an interactive series of annual cultural celebrations, including Hispanic/Latino Heritage Month, Kwanzaa, Black History Month, and Asian Pacific American Family Day, offering international exhibits and demonstrations, family art activities, music and dance performances and storytelling.

* There are countless ethnic folk tales and stories about children in different parts of the world. *Dorling-Kindersly* has several books about what it is like growing up in other countries (*Children Just Like Me: Celebrations; A Life Like Mine; A School Like Mine*); and the *Williamson Little Hand Series* has some multicultural craft and cook books.

* Befriend someone of another culture living in your community. Arrange to share customs and stories about growing up in different countries and traditions. Sponsor a child through ChildFund International. This will provide an opportunity to develop a pen pal relationship with a child in another country.

There are many ways to expose children to the differences that exist among people, fostering an openness, respect and acceptance of people for who they are, while broadening our own experience.

- (RDW- 2010, revised 2012)



Simple Meal

Friday March 2 at 6pm

Please Join Us!

Over the next several weeks we will be learning about people and ways of life in different parts of the world. In culmination of these activities, we will be holding a family night to which parents, siblings and grandparents are invited. The children will be asked to prepare specific recipes for a "simple meal", and there will be a variety of displays.

Why a simple meal? As adults, we know that people around the world live different types of lives. They eat different foods, live in different types of housing, speak different languages. But have you ever thought about what life is like without all the conveniences we enjoy? What if you had to carry all the water you use in a day from a river to your home? What would it be like to make meals if you had no refrigerator, freezer, or canned food? What is it like to wash all your laundry by hand? How would you function without electricity?

When we share a simple meal, we have an opportunity to be thankful for the modern conveniences we have and to remember that most people in the world do not have access to such resources. We can think of ways to make our lives simpler, to unclutter our time and our living spaces. Most importantly, we can be together. We can enjoy each other's company and remember that people all over the world, for generations, have gathered to share meals together.



International Cuisine

When teaching your children about peoples of the world, be sure to explain that their diet is based on what is most available, which largely depends on the climate and terrain of the region. For instance:



* Bananas and pineapples grow in places that have wet and dry seasons and stay warm year round. Apples need a cold winter in order to grow. Children who live where bananas grow may never have had an apple because it costs a lot of money to ship food so far away.



* People who live on islands or near the coast eat a lot of fish, seaweed, and other things from the ocean.



* People who live in the jungle may enjoy eating snake or lizard. In China, in crowded cities it is not unusual to find vendors selling rat on a spit. This is not gross or disgusting but a matter of what is available and what people are used to. In fact, many people in other parts of the world think that the way Americans eat is pretty strange.



* Rice grows in places where it rains so much the fields remain under water much of the time because there is so much rain. People who live in these places eat a lot of rice.

* Not everyone uses the kind of dishes and utensils that we do. It is not uncommon to find people using chopsticks, flat breads, certain kinds of leaves, or their fingers instead of silverware.



A Taste of Africa

Mandazi

A traditional Kenyan pastry, similar to a donut. Served with tea or for breakfast and often sold by vendors at bus stops.



- 1 egg beaten
- ½ cup sugar (can be reduced according to taste)
- ½ cup milk
- 2 Tbsp melted butter or vegetable oil
- 2 cups flour
- 2 tsp. Baking powder
- Vegetable oil for frying.

Mix all ingredients together, adding more flour if necessary. The dough should be soft, but not sticky. Roll the dough on a lightly floured board until it is about ¼ inch thick. Cut into triangles and fry in hot oil.

South African Biltong

In many parts of Africa there is no refrigeration. Meat must be dried and cured to preserve it. Traditional Biltong has a similar taste to beef jerky. We have combined it with dried fruit for a sweet and salty treat.

- 12 oz. Beef Jerky
- 3 oz. Dried fruit

Cut jerky and fruit into ½ inch pieces, Mix together and serve in 1 oz. Serving containers.



Chapatis

A traditional flat bread similar to a tortilla. Usually served with stew, small pieces of a chapati are torn off and used to scoop up meat and vegetables.

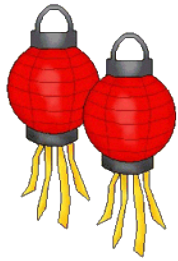
- 1 cup warm water
- ¼ to ½ tsp. Salt
- 2 cups flour (white, whole wheat, or a mixture)
- Vegetable oil or melted butter

Variations include adding sugar, or using milk instead of water (or a mixture of milk and water)

Using a medium sized mixing bowl, dissolve the salt in the warm water. Add 2 cups of flour and stir using a wooden spoon. Add flour a little at a time until the dough no longer sticks to the sides of the bowl. Turn the dough onto a lightly floured board and kneed, adding flour if necessary, until the dough is no longer sticky.

Divide the dough into eight pieces and place the pieces back in the mixing bowl; cover to keep the dough moist. On a lightly floured board, use a rolling pin to roll one of the pieces into a circle about 6 inches in diameter. Use extra flour to make sure the dough does not stick to the rolling pin or the board. Lightly brush the circle with melted butter or vegetable oil. Using your hands, roll the circle shape into a “snake,” jelly-roll style. With your hands, roll the “snake” into a “snail” and squeeze lightly to keep the dough in the round snail shape. Sprinkle a little more flour on the board and use the rolling pin to roll the snail back into a flat circle about 6 inches in diameter.

You can start cooking the first chapati while you roll the next one (a partner is nice at this point!). Or you can roll all the chapatis into “snail” shapes then do just the final roll while you are cooking. To cook, preheat a chapati pan or other frying pan. Spray with nonstick spray or lightly coat with vegetable oil. Cook the chapati until it is lightly browned on both sides. The chapatti should puff up slightly during cooking.



Celebrating the Chinese New Year



Day 1

Families gather together to honor ancestors and to welcome the gods of earth and of the heavens. People come from all over the world to reunite with their families, making this important Chinese holiday the cause of the largest annual human migration.

Day 2

Many Chinese will pray to ancestors and all the gods on this day. And because this day is also recognized as the birthday of all dogs, many will be especially kind and generous to the canines they encounter.

Day 3 & 4

On these days husbands are to escort their wives to her parent's home. Once there, the sons-in-law are to show special respect to their in-laws. It was once common for in-laws to present the couple with two lotus lanterns – one white and the other red. After returning home the couple would light and hang the lanterns by their bed. If the candle in the white lantern burned out first the couple would have a baby boy. If the candle in the red lantern burned first the couple would have a baby girl.

Day 5

Traditionally people stay home on this day, which is known as Po Woo and is set aside as a day to welcome in the God of Wealth. Visiting family and friends on this day is believed to bring bad luck.

Days 6 to 12

During this part of the two week holiday the Chinese will visit family and friends and many will pray at local temples. Red envelopes called lai see are given out regularly throughout the New Year's holiday. When arriving as a guest to the home of family or friends, it is common to bring a small gift for the host. This could be candy or even a bag of oranges or tangerines. A lai see filled with a new bill of "lucky money" should be placed inside the bag of citrus.

Day 13

Due to all the feasting of rich foods, many Chinese will eat a simple meal of rice congee and mustard greens (choi sum) which are known to cleanse the body.

Day 14

This day is used to prepare for the Lantern Festival which takes place the next evening.

Day 15

One of the most well-known traditions and customs of the Chinese New Year is the New Year's Parade which features the Lantern Festival and the much anticipated Dragon Dance.



<http://chinesenewyear2012.net/chinese-new-year-celebration>

International Greetings

English	French	Spanish	German	Italian	Swahili
Hello	Bonjour	Hola	Guten Tag Guten Abend	ciao! buon giorno!	habari
Good-bye	au revoir	adiós hasta luego hasta la vista	Auf Wiederse hen!	arrivederci! addio!	kwa heri
Please	<i>s'il vous plait</i>	por favor	Bitte	por favor	tafadhali
Thank you	Merci	Gracias	Danke	grazio	asante
You're welcome	De rien	De nada	Sie sind willkommen	Siete i benvenuti	



We All Sing With the Same Voice

Words and Music by J. Philip Miller and Sheppard M. Greene, 1982, as seen on Sesame Street

**We all sing with the same voice, the same song, the same voice.
We all sing with the same voice, and we sing in harmony.**

My hair is black and red. My hair is yellow. My eyes are brown and green and blue. My name is Jack and Fred.
My name's Amanda Sue. I'm called Kareem Abdu. My name is you.
I live in southern France. I'm from a Texas Ranch. I come from Mecca and Peru. I live across the street, in the mountains, on the beach. I come from everywhere and my name is you.

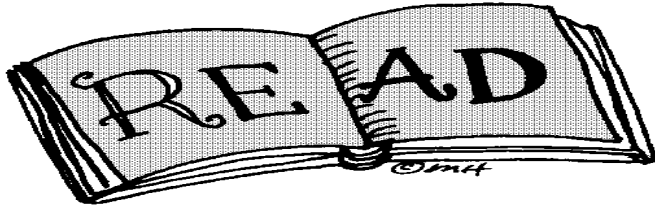
**We all sing with the same voice, the same song, the same voice.
We all sing with the same voice, and we sing in harmony.**

Sometimes I get mad and mean. Sometimes I feel happy. And when I want to cry, I do. When I'm by myself at night, I hold my teddy tight, until the morning light. My name is you.
I have sisters 1, 2, 3. In my family there's just me. I have one daddy, I have two. Grandpa helps me cross the street. My cat walks on furry feet. I love my parakeet. My name is you.

We all sing with the same voice, the same song, the same voice. We all sing with the same voice, and we sing in harmony.

I like to run and climb. I like to sit and read. I like to watch "Love you" said.
My name is you.





These books celebrate the differences between children everywhere, while encouraging them to realize that no matter what people may be like on the outside, or what their cultural differences may be, inside we are very much like them.

- Children Around the World**, Donata Montanari
Children Just Like Me, Barnabas and Anabel Kindersley
If the World Were a Village: A Book About the World's People, David J. Smith
For Every Child, UNICEF
Houses and Homes, Carol Bowyer
Kids' Multicultural Cookbook, Deanna F. Cook
World Farming, Martyn Bramwell
Morning Meals Around the World, Maryellen Gregoire
Midday Meals Around the World, Michele Zurakowski
Snack Time Around the World, Michele Zurakowski
Evening Meals Around the World, Michele Zurakowski
Bread, Bread, Bread, Ann Morris
Usborne Round The World Cookbook
Ramidan, Karen Katz
Moja Means One: Swahili Counting Book, Muriel Feelings
Jambo Means Hello Swahili Alphabet Book, Muriel Feelings



Let's Talk About Race, Julius Lester

Two Eyes a Nose and a Mouth,
Roberta Grobel Intrater

Am I a Color Too?, Heidi Cole and Nancy Vogl

All the Colors of the Earth, Sheila Hamanaka

The Color of Us, Karen Katz

Whoever You Are, Mem Fox

To Be a Kid, May Ajmera and John D. Ivanko

A Million Visions of Peace, J. Garrison and A. Tubesing

Peace Begins with You, Katherine Scholes

Can You Say Peace?, Karen Katz

The Most Important Gift of All, David Conway

One Smile, Cindy McKinley

We Share One World, Jane Hoffelt

We All Sing with the Same Voice,
J. P. Miller and S.M. Greene



At the Crossroads, Rachel Isadora

Over the Green Hills, Rachel Isadora

Shaka: King of the Zulus,
Diane Stanley & Peter Vennema

Abuela's Weave, Omar S. Castaneda

A Pen Pal for Max, Gloria Rand

Running the Road to ABC, Denize Lauture

Beatrice's Goat, Page McBrier

My Little Island, Frane Lessac

Mama Do You Love Me, Barbara M. Joose

A Ride on Mother's Back, Emery & Durga Bernhard