

The Phoenix Flyer

PHOENIX MONTESSORI ACADEMY/NOVEMBER/DECEMBER 2009



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CLASSES RESUME JANUARY 5, 2010

What is Chanukah?

Hanukkah (Chanukah) is an eight day Jewish holiday which means dedication or induction. It commemorates the victory of the Maccabees, a Jewish rebel army, over the Syrians in 165 B.C.E., as well as the subsequent rededication of the holy temple in Jerusalem. Hanukkah begins on the twenty-fifth day of the Jewish month of Kislev.

On each of the eight days of Hanukkah, the menorah, a nine-branched candelabra is lit after nightfall (aside for Friday afternoon, when the candles are lit shortly before sunset). On the first night one light plus the *shamash* (attendant candle) is lit, on the second night two lights plus the *shamash* is lit, and so on until the eighth night when all eight lights plus the *shamash* are lit. It is customary on Hanukkah to give money gifts to children, and to play *dreidel* (a four sided spinning top) games. It is also customary to give an increased amount of charity each day of Hanukkah.

There are also certain passages added to daily prayers and grace after meals.

During Hanukkah it is traditional to eat such oily foods as Latkes, or potato pancakes, matzah and apple dipped in honey.

A Favorite Holiday Recipe

Ms. Beverly's Heart-Stopping Macaroni & Cheese

1 8 oz box of elbow macaroni	1 1/2 cups of milk
1 stick butter/margarine	2 eggs, beaten
2 1/2 cups sharp cheddar cheese	1 large can evaporated milk
1 cup Swiss cheese	salt & pepper

Cook and drain macaroni
Put in crockpot
Add butter and 2 cups of cheddar cheese and the 1 cup of Swiss cheese and stir
Add milk, eggs, can of milk, salt and pepper
Pour in crockpot and stir
Top with 1/2 cup of cheddar cheese and cover
Cook 3 hours on low heat
Enjoy!



The Goldberg's Holiday Traditions

Interview Conducted with Michelle, mother of PMA's Gabby Goldberg and Sammy Ushe

Does your family have any special holiday traditions?

For Thanksgiving we have a traditional meal. The children and my husband are Jewish and celebrate Hanukkah. During the 8 days of Hanukkah at sun down we light the candle on the Menorah for that evening, say a prayer, and each member of the family receives a gift. A few years ago we started celebrating Christmas for the children. We put up a tree which is decorated with blue and white (Jewish colors) ornaments. The ornaments are Jewish related like the star of David and we put up stockings that are also blue and white. The kids bake cookies for Santa and we attend public celebrations.

Are there any special gifts given?

During the 8 nights of Hanukkah the gifts usually cost \$10 or less. We give such gifts as books.

Who is a part of your holiday celebration?

Other family members will give presents throughout Hanukkah. Since family doesn't live close we usually don't celebrate with family. When the children's grandparents lived across the street we would celebrate with them.

Do you play any special games?

We usually play the Dreidel game using chocolate coins that we make.

What do the children enjoy the most about the holidays?

The kids really enjoy baking cookies for Santa, going to public celebrations, and listening to music in Hebrew or Yiddish.



Christmas Traditions

The Anovick Family (MacKenna & Cooper)

Does your family have any special holiday traditions?

The Saturday after Thanksgiving we go the mountains to get our Christmas tree. While we're there we go hiking and to the caverns. The children enjoy drinking hot chocolate while decorating the tree. We also spend a couple of days baking lots of cookies. On Christmas Eve we hang stockings, read 'Twas the night before Christmas and everyone gets to open one gift. The children leave cookies and milk for Santa along with a thank you note, and carrots for the reindeer. We have made it a tradition to stay home for Christmas.

Do you eat any special food during the holiday?

For Thanksgiving and Christmas we eat Irish potatoes, a dish made of sour cream, cheddar cheese, and mashed potatoes that the family really likes along with turkey and ham.

What do the children enjoy the most about the holidays?

The children especially enjoy cutting out and decorating sugar cookies with sprinkles and icing.

The Reddick-Umoja Family (Journey & Jazz)

Does your family have any special holiday traditions?

Our family began developing holiday traditions when Journey was born 6 years ago. Prior to that holidays meant enjoying the company of family over a big meal but did not include decorating or gift giving. Two years ago we decided to have Thanksgiving and Christmas at home in NC instead of going to NJ (where we're from and family is). We have a big meal for both holidays including traditional foods. The weekend after Thanksgiving we decorate the outside of the house and put up a Christmas tree. On Christmas Eve we sit around the fireplace, drink hot chocolate, and eat s'mores while opening stockings. At the kids' request this year our family will be adding a new tradition, the celebration of Kwanzaa.

What do the children enjoy the most about the holidays?

They really enjoy making cookies and s'mores. They also enjoy decorating the outside of the house and Christmas tree.



Maya's Sweet Potato Casserole

3 c. mashed sweet potatoes (I get the canned yams)
1 c. sugar
1/2 tsp. salt
1/3 stick soft margarine (I used butter)
1/2 c. evaporated milk
1 tsp. butter flavoring
1 tsp. sherry flavoring (I have always had trouble finding this so I sometimes use Brandy flavoring)
2 eggs

Topping:
2 c. chopped walnuts
1 c. brown sugar
1/3 c. flour
1/3 stick margarine (again, I use butter)

Combine potatoes, sugar, salt, butter, evaporated milk, flavoring, and eggs and blend. Turn into greased baking dish. Sprinkle with blended topping. Bake for 35 minutes at 350 degrees. Contributed by Brandy Anovick

What is Kwanzaa?

Kwanzaa is an African American holiday developed in 1966 by Dr. Maulana Karenga and celebrated each year from December 26-January 1. It is a celebration of the first fruits of the harvest. There are seven principles known as the Nguzo Saba that make up Kwanzaa:

- Umoja- Unity
- Kujichagulia- self determination
- Ujima- collective work and responsibility
- Ujamaa- cooperative economics
- Kuumba-creativity
- Nia-purpose
- Imani-love



During each night of Kwanzaa, seven candles known as the Mishumaa Saba are lit on the kinara which is a seven candle holder symbolizing people of the continent of Africa. There is a black candle in the middle, symbolizing the people. The black candle represents the first principle Umoja (unity). Three red candles are placed on the left symbolizing the struggle of the people. The red candles represent the principles of Kujichagulia (self-determination), Ujamaa (cooperative economics) and Kuumba (creativity). The three green candles are placed on the right and symbolize the future and hope that comes from their struggle. The green candles represent the principles of Ujima (collective work and responsibility), Nia (purpose) and Imani (faith). On the first night of Kwanzaa the principle Umoja is discussed and the black candle is lit and the remaining candles are lit afterwards from left to right on the following days. Each night a gift is given to children. Gifts should be cultural or educational in nature such as books.

A typical Kwanzaa table would have a table cloth made of African fabric and on top would lay a mat called the Mkeka, fruit which symbolizes Mazao or the fruits of the harvest, an ear of corn which is called Muhindi symbolizing the children and the future, Mishumaa Saba (the seven candles), the kinara, and the Kikombe cha Umoja (The Unity Cup) which is symbolic of the practice of unity.

On the last night of Kwanzaa (usually Dec. 31st) there is a feast called the Karumu where friends and family gather to celebrate with cultural activities and eat traditional African and African American food.