

St Fa Ledger

The first and only newspaper of Ste Famille

Christmas is almost there...

As you surely have noticed just by wandering in shopping centres or in shops, Christmas holiday is almost there and it brings its share of joy and merriment. It goes without saying that Christmas is not just about buying presents and spending money. It's more about being surrounded by your beloved ones or thinking about those who can't be by your side during the festivities. The celebrations of Christmas and New Year Eve are the good opportunity to do good deeds for the others. It's the good time to open your hearts to those around you and why not follow the Random Act of Christmas Kindness. It consists in a good deed per day. Let's see who manages to go until the end of it! So, we hope that this special Christmas edition will please you!

Random ACTS OF Christmas Kindness 2017						
"No act of kindness, no matter how small is ever wasted." -Aesop						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Join the kindness conversation! #24RACKs on twitter and instagram					1 Make a card for a soldier	2 Make cookies for a neighbor
3 Donate toys to your favorite charity	4 Tell silly jokes to make someone laugh	5 Make a hug coupon for someone	6 Donate food to your local food pantry	7 Let someone go ahead of you in line	8 Thank your teacher	9 Candy cane bomb a parking lot
10 Tape change to a vending machine	11 Call a faraway friend or relative to say hello	12 Take supplies to the animal shelter	13 Do a chore for someone in your family	14 Give a compliment to a friend	15 Take treats to the fire or police station	16 Leave a popcorn surprise on a DVD rental machine
17 Feed the birds	18 Pay for a stranger's coffee	19 Leave a happy note for someone to find	20 Pass out stickers to kids in line	21 Give treats to the mail carrier	22 Smile at everyone you see today	23 Pick up litter
24 Do a secret act of kindness for someone	25 Merry Christmas!	26	27	28	29	30

Guide for the perfect Christmas

1

A BAKING PARTY

Set aside a morning with family and enjoy the pleasures of baking together!

2

LIGHT CANDLES

The glow of candlelight creates magic and warmth.

3

BRING NATURE INSIDE.

Cut branches and holly berries to put on your mantle or in an arrangement.

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GAA

The GAA stands for Gaelic Athletic Association.

The GAA is the largest sporting organisation in Ireland. It plays an influential role in the Irish society that extends far beyond the basic aim of promoting Gaelic Games.

The GAA was founded in 1877 by Michael Cusack when he came to Dublin to create his academy preparing Irish students for the Civil Service examination.

In the early 1880, Cusack turned his attentions to indigenous Irish sports. In 1882 he attended the first meeting of Dublin Hurling Club, formed « for the purpose of taking steps to re-establish the national game of hurling ».

The weekly games of hurling, in the Phoenix Park, became so popular that, in 1883, Cusack had sufficient numbers to found « Cusack's Academy Hurling Club » which, in turn, led to the establishment of the Metropolitan Hurling Club.

On Easter Monday in 1884, the Metropolitans played Killiomor, in Galway. The game had to be stopped on numerous occasions as the two teams were playing to different rules.

It was this clash of styles that convinced Cusack that not only did the rules of the games need to be standardized but that a body must be established to govern Irish sports.

Cusack was also a journalist and he used the nationalist press of the day to further his



cause for the creation of a body to organise and govern athletics in Ireland.

**« Ye know it's GAA
season again when
there's lads going
around the night club
on crutches »**

If you're interested in the GAA, have a look at this link and you'll see that GAA are made for those who have a strong physical resistance to shocks....

<https://www.youtube.com/watch?v=DlxYeGWJK7A>

<http://www.gaa.ie/the-gaa/about-the-gaa/>





CHRISTMAS ISLAND



🦀 *Where is the best place to celebrate the Christmas Eve dinner? As many people says, it's not a big city like London or New York but of course The Christmas Island ! But I don't think that you would still go there after having discovered it* 🦀

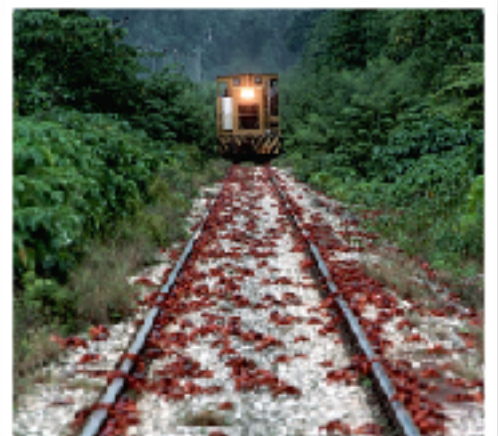
The Christmas Island is an Australian external territory placed in the Indian Ocean. Its capital is Flying Fish Cove. Everywhere 2100 people live on : Chinese inhabit predominantly the island. The official language is English and Malay. The most spread religion is Buddhism.

This archipelago is absolutely a paradise, it has 80 kilometers of beach, unfortunately, many of them are hard to get on and the climate's tropical from 24°C to 32°C. Before belonging to Australians, it was overrun by the Japanese during Word War II.

Up to there, this island looks like every other but not its name. Don't be so sure, it's mainly well-known for its flora and fauna. This isle wasn't habited before the 19th century by virtue of the weird species living there.

I don't speak about scary spider but crabs. Yeah, crabs !

Those crabs walk everywhere, sometimes the roads are closed but constantly cars drive on or crabs may be crushed by trains (like the picture beneath). Moreover, they can become really really big, it's horrifying.



Zimbabwe

The African continent is one that has the most numerous countries. As a consequence, you may wonder where Zimbabwe is. Here is the answer!

We're going to deal with this particular country as it's an English speaking-country.



Orientation : Zimbabwe is in central Southern Africa. Because of the impact of its colonial history on the nation's political, economic, and sociocultural life, it's more generally identified with southern Africa than with central Africa. A land-locked country of 242,700 square miles 390,580 square kilometers between the Zambezi River to the North and the Limpopo River to the South, it is bordered by Mozambique, South Africa, Botswana, Namibia, and Zambia. The capitale city, Harare, is located in Mashonaland, which covers the Eastern two-thirds of the country and is the area where most of the Shona-speaking people live. The second city, Bulawayo, is in Matabeleland in the West, where most of the Ndebele-speaking people live.

Religion : In this country, there are 50% syncretic, 25% Christians, 24% local beliefs, 1% Muslims and others. The local beliefs have been practiced for a longer time in Zimbabwe and they are older than any other religious belief in the country. Some of the traditional African beliefs include the Shona and Ndebele regions. Both of them consider God as the creator of the world. God is also believed to be involved in the day-to-day lives of the people.



Marriage : Through marriage, a family ensures its survival and continuation into the next generation. Shona, Ndebele, Shangaan, and Venda are patrilineal societies in which descent is through the male line and after marriage a woman moves into her husband's home.

The Tonga people are matrilineal, and the husband moves to the home of his wife. Patrilocal or virilocal residence rarely applies in urban areas, but most urban families have a smallholding that is the rural home of the husband and wife.

Origin and history : Formerly a British colony, Zimbabwe has changed its name several times since its independence from the United Kingdom, which occurred on November 11th, 1965: first called Southern Rhodesia as a colony, it became Rhodesia and then Zimbabwe - Rhodesia before adopting its definitive name on April 17, 1980.

The adoption of the name "Zimbabwe" and citizens' identity as Zimbabweans, functioned as a symbol of continuity with the past. The common struggle of all groups was instrumental in forming a sense of national identity. Political tensions between the Ndebele and the Shona, which culminated when the army suppressed dissidence in 1983 and 1984 in the Matabeleland Massacres, have been contained by the state.



If you have a look the picture above, you see an island. However, do you know that some islands bear the name of some food?! Let's have a look at all of them. You're going to be hungry after having read this article!

The first island we're going to focus on is the Bounty Island. Have a look: it's beautiful!



Bounty islands is an archipelago situated in the Pacific Ocean. Those islands are not habited. However, lots of penguins and albatrosses live in those islands. They were discovered by the captain William Bligh in 1788. They are located in the South-East of New-Zealand. Over there, the climate is a temperate climate because the temperature isn't very hot and very cold. All of those islands have a surface area of 1,3 km².

Then let's move on to the Mc Donalds Island! No, no you didn't misread!

McDonald islands is an archipelago situated in the Indian Ocean. They were discovered by the captain William McDonald in 1854. In 1947, those islands came back to Australia and in 1997, they have been inscribed on the list of the mondial holdings of UNESCO. The archipelago includes two islands which have merged after a volcanic eruption between November 2000 and November 2001. Before this eruption, there are 2 islands different isles : McDonald Island and the Meyer rock. The archipel is called « Heard and McDonald Islands ». Those islands are not habited.



Let's move on the final island: South Sandwich Islands.

South Sandwich Islands is an archipelago situated in Atlantic Ocean. In 1775, 8 isles were discovered by captain James Cook and in 1819, 3 others isles were discovered by captain Fabian Gottlieb von Bellingshausen. This archipelago is composed of 11 islands which aren't populated and that are spread on 390 km and those islands have volcanic origins. They were shaped by the subduction of the South-America tectonic plaque who go under the South-Africa plaque.



The Guinness Museum



The Guinness Museum is an Irish Museum located in the center of Dublin (Ireland's capitale city) The museum is composed of seven floors. The ground floor is the shop, the others (1-6) are the expositions about how the Guinness beer is made, and the 7th (the best one) is here for the degustation, it's a bar where you can drink beer and sodas for children (-18).

The floors about the beer deal with what's in the beer, how it is made, with what, how much time does it take...

The beer is mainly composed of water (90%)(the water is used to extract the taste of the components).

The second ingredient is the malt (the malt is a germinate cereal of barley (orge)).

And the last one is Houblon that is a plant that gives bitterness and flavors to the beer.

The Price of the tickets to go to the Guinness Museum is about 50 euros to have an access without going into the queues and about 25 euros for a normal ticket.

(every tickets include a free drink at the top of the museum)

The museum is cool because the explications are clear, because it's nice and this is the occasion to learn things about Irish traditions, the price isn't too expensive.

Another interesting museum to mention is that of Confluences in Lyon, France.



The confluences Museum is a French Museum located at the confluence of the Rhône and the Saône, two french rivers. The Confluences Museum is famous all over the world. Basically the Confluences Museum was the Guimet Museum of Lyon but in 2014 it moved to a new building (a futuristic building) at the confluence so they renamed it.

The Confluences Museum is famous for his particular structure, it's supposed to look like a cloud.

The Confluences museum is composed of old things that were in the Guimet Museum and also of stuff that other museums and some institutions can give them.

In this museum, there are many subjects that are exposed like arts, culture, history, etc. This is a historical museum for France and its history. The subject are split by floors and different rooms. There are 3 floors and 24 rooms.

My favorite thing in the museum was « the bush of the living » or « le buisson du vivant » in French. This bush is looking like trees glued one with the others at the base and forming a sphere. The tip of each branch represents a living species all of over the world. This is impressive because its height is about 3 meters and because when you understand that every humans are just ONE tip from the 2 millions represented on it.

If you want to visit the Confluences Museum you'll have to pay 9€ to go from 9am to 7pm and 5.4€ to go from 7pm to 9am.

Christmas tradition and games



When it comes to a Christmas tradition, we can't help but think of the well-renowned Christmas pudding!



Ingredients :

For the pudding

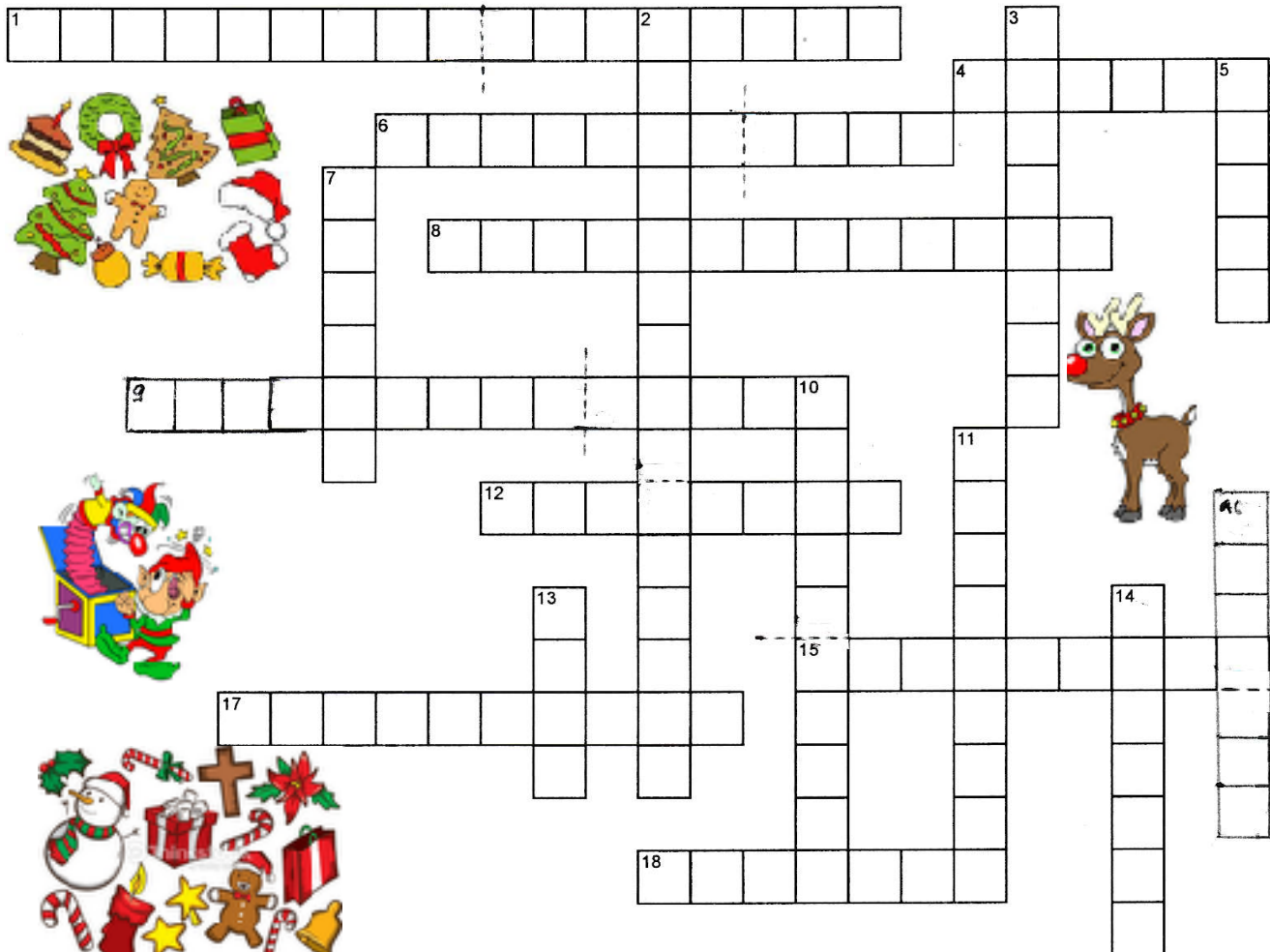
- [?] 450g/1lb dried mixed fruit (use a mixture of sultanas, raisins, and snipped apricots)
- [?] 1 small cooking apple, peeled, cored and roughly chopped
- [?] 1 orange, finely grated rind and juice
- [?] 3 tbsp brandy, sherry, or rum, plus extra for flaming
- [?] 75g/3oz butter, softened, plus extra for greasing
- [?] 100g/3½oz light muscovado sugar
- [?] 2 free-range eggs
- [?] 100g/4oz self-raising flour
- [?] 1 tsp mixed spice
- [?] 40g/1½oz fresh white breadcrumbs
- [?] 40g/1½oz whole shelled almonds, roughly chopped

For the brandy butter

- [?] 100g/3½oz unsalted butter, softened
- [?] 225g/8oz icing sugar, sieved
- [?] 3 tbsp brandy, rum or cognac

The making is pretty easy: basically, you put everything in a bowl, you blend! You put in the oven and it's ready!

CHRISTMAS CROSSWORD



DOWN

- 2 a place where we can buy Christmas decoration, hear Christmas carol...
- 3 Things that we receive at Christmas
- 5 a famous plant with green thorny leaves and red balls
- 7 poultry we eat at Christmas eve dinner
- 10 the man who brings our presents, if we well-behaved
- 11 animals which pull the sledge
- 13 the object at the top of the Christmas tree, we can also see it in the sky
- 14 spheres decorating the tree
- 16 the traditional desert of Christmas

ACROSS

- 1. A sock hanging on the fireplace
- 4. Something that we hang on our front door
- 6. A type of cake flavored with ginger and molasses
- 8. A tree that we decorate for Saint Nicolas
- 9. Cards sent to express the best wishes
- 12. Little men who help Santa Claus building the toys
- 15. A sweet with red and white stripped in the shape of stick
- 17. A preparation of the seeds of cacao
- 18. Long things decorating the tree

And finally, to conclude this Lorie Spano has an amazing talent!! She can draw a dog just with the word dog!! Here is how she does!

Step 1:



Step 5:



Step 2:



Here is your dog. Congratulation!

Step 3:



Step 4:



To conclude this edition, let us present you our best wishes for the year to come! May all your dreams come true. Be happy in you life as well as in your student life!

