



☆The 16th Monthly International Culture Event Notice☆
Tea that is Good for the Body!

China is the birthplace of tea, and even now it produces more tea than anywhere else in the world. Tea also has a lot of health benefits! I will introduce teas that help against poor blood circulation and anemia, as well as explaining the special properties of some more well-known tea blends. Why don't you come by and enjoy a cup of tea while learning about its healing properties?



♪Date: Saturday, January 25th, 2014
♪Time: 10:30 – 11:30
♪Place: Asobook Community Room
♪Presentation: Luo Yuqing (China)

Entry is free of charge and everyone is welcome! We look forward to seeing you there!



★Special New Year's and January Customs in Switzerland★

I hope everyone had a good start to the New Year! ^-^ In Switzerland we usually spend New Year's with friends, eat, go to parties, and toast each other with champagne at midnight.

However, there is a special custom in a small region named Appenzell located in the north-east of Switzerland. On the 13th and 31st of January 'Silvester Klaus' parade through the towns singing and wishing everyone good luck for the new year. "Silvester" means the New Year, and the 13th of January used to be the New Year according to the old Julian calendar.

The custom of the 'Silvester Klaus' can be traced back to the 15th century but its origin is unclear. The 'Silvester Klaus' walk around in groups, and can be separated into three categories by their costumes.

First there are the 'beautiful' ones. Their costumes are intricate and based on traditional Swiss clothing. They wear beautiful masks and hats that depict scenes from everyday village life or village festivals. Over their costumes they also wear heavy bells to ring in the New Year. The second group is called 'beautiful-ugly' and their costumes are similar to the 'beautiful' ones. They also wear hats and masks but everything is made from natural materials like moss or fir tree branches. The last category is called



'Beautiful' Silvester Klaus

'ugly'. Their costumes are made from natural materials, but are more roughly made than the ones from the 'beautiful-ugly' group, and are quite scary. Although in all groups there are female and male costumes, the bells make them so heavy that only men dress up as 'Silvester Klaus'. Regardless of the type of costumes, all the groups walk through the villages together to wish everyone good luck for the new year.

There is also another custom celebrated in January by many European countries. January 6th is a Christian holiday called Epiphany which celebrates the three wise men, often called the three kings, visiting baby Jesus. In Switzerland we celebrate this day by eating a special sweet bread with raisins in it, called 'Three Kings Cake'. There is a small plastic figurine baked into the bread, and whoever gets the piece with the figurine will be king for a day. This is especially fun for children since they can wear a paper crown and have three wishes, which means they can decide the activity for the day or what they want to have for dinner. I always loved this holiday as a child, since I got to eat the 'Three Kings Cake' and be king for a day. ^^ (Romy)



News Corner

☆Let's celebrate the Chinese New Year 'Spring Festival' ~ Potluck Party☆

The theme for the 2nd Potluck Party this year is "Chinese New Year" or "Spring Festival". The Chinese New Year is officially celebrated in accordance with the lunar calendar and in 2014, it falls on the 31st of January. With the Chinese New Year so close, it is great opportunity for us to learn more about this festival and some of the many customs and traditions associated with it.

The Chinese Coordinator for International Relations will introduce the traditions of the Spring Festival and teach us how to write the Chinese character for 'Luck', a popular New Year's decoration, to invite 'Luck' into our lives!

There is no cost to attend this social event, but please bring something to eat or drink that can be shared with people attending the event. (Home cooked dishes are welcome!). Other Coordinators for International Relations will also bring home-cooked dishes from their respective countries (Korea, England, and Switzerland) to add to the enjoyment. We look forward to seeing you at the event!



- ♪ When: Saturday, February 1st 2014, 12:00-14:00
- ♪ Where: Chomin Center 1F, Small Hall
- ♪ What to bring: Food and Drinks (Home cooking if possible, but store-bought is also OK)
- ♪ Who: Everyone is invited to participate!
- ♪ Participation fee: This event is free!
- ♪ Application: Please apply by Tuesday, January 28th 2014 (Please let us know what kind of food you are going to bring)

♪ To apply please contact: Niseko Town International Exchange Council (Niseko Town Council, Planning & Environment Division) Romy, Maekawa, Phone: 0136-44-2121 Email: kikaku@town.niseko.lg.jp



If you have any inquiries, things you'd like to know more about, comments, or questions about the International Exchange Newsletter, please feel free to contact us anytime!

The Radio Show by Niseko's Coordinators for International Relations

「To the Ears of the World」

Every Friday from 15-15:50 o'clock

- ♪ January 10th: Eleanor Wyllie
"The Characteristics of Scotland, Northern Ireland, Wales and England"
- ♪ January 17th: Luo Yuqing
"The Chinese Gourmet Food Boom – Part II" 76.2 MHz
- ♪ January 24th: Kwon JooHyun
"The Latest from Korea"



Contact: Niseko Town International Exchange Council (Niseko Town Council Planning & Environment Division)
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