



# CULTURALLY SPEAKING

The monthly newsletter of the Earth Cultures Project of Educational Communications

January 2013

MESSAGE FROM NANCY PEARLMAN, Executive Director of Educational Communications



## SWITZERLAND

There are so many exciting and beautiful places to visit in this country and throughout the world.

Each country and area offers so many cultural and natural history opportunities, outdoor adventures, and unique experiences. In this and future editorials, I will continue to share some of the places in which I have fallen in love.

Even though Switzerland is a small country, each region is so diverse and has so many gorgeous mountain peaks, alps (mountain valleys), lakes, towns, and villages. As throughout the country, travel by Swiss rail pass is the way to get about especially since the pass is also good on buses and many cable cars. The rail lines often go directly to the airports to make transfers easy.

Here are some fascinating tidbits from the Geneva Region, Region du Leman, and Matterhorn/Valais region ([www.matterhornregion.ch](http://www.matterhornregion.ch); [www.lake-geneva-region.ch](http://www.lake-geneva-region.ch); and [www.geneve-tourisme.ch](http://www.geneve-tourisme.ch)). The Matterhorn is the most photographed mountain in the world. The UNESCO World Heritage Committee declared in 2001 the area surrounding the Jungfrau and the Great Aletsch Glacier the first Natural Heritage Site in the Alps. The biggest underground lake in Europe is 300 meters long and can be visited in Saint-Leonard. The Valais is a great ski training area. The Glacier 3000 offers a dramatic tram ride in Les Diablerets on the Glacier 3000 at an altitude of 9,800 feet. The Jet d'Eau, Geneva's landmark, shoots water 460 feet into the sky.

If you like fine food, the Gault Millau in

2012 gave three awards including "Chef of the Year" for Benoit Violier, Chef at Hotel de ville in Crissier. Bonvillars, near Yverdon, holds a yearly truffle market every October. Geneva hosts 200 international organizations and is the gastronomic capital of Switzerland. The Lavaux vineyard is a UNESCO World Heritage Site with ancient terraced vineyards.

History abounds. Lausanne is the Olympic Capital and home of the International Olympic Committee and has a superb Olympic museum. Leukerbad is surrounded by high mountain peaks and offers the widest range of alpine thermal baths in Europe, summer and winter alike. In 2009, the 500th anniversary of the birth of Jean Calvin, who brought about the Protestant reform was celebrated. Around Lake Geneva there are over 100 castles, many open to the public.



The alpine horn can often be heard in the forests as musicians practice on their instruments. There is even a yearly festival featuring over 150 people playing this large horn with the lovely sound being heard across great distances. Traditional Swiss dress can be seen at the various village festivals that feature the great

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## COCINA OAXAQUEÑA (Oaxacan Cuisine)

by Preston Ashbourne



I love Mexican food. When we go out for Mexican food, we generally expect Sonoran-style dishes from Northern Mexico. But Mexico is a big country, about 2 million square kilometers. We are starting to see restaurants opening with cuisine from the southern end, the state of Oaxaca. It's pronounced wah-HAH-kah (the adjective form is wah-hah-KEH-nyah). This is exciting news, food-wise. While the basics of this cuisine are corn, black beans, and chiles, the extra ingredients are many and varied! There are many spices, fruits, chiles, meats, cheese and most important of all, chocolate! The chocolate is not only for drinking in hot drinks, but is a cooking ingredient in the sauces called Mole (MOH-leh). (Mole is from "molli" the Nahuatl/Aztec word for salsa/sauce.)

### Moles:

There are about seven kinds of mole in Oaxaca, not all of them with chocolate. Moles are so important in Mexican cuisine that "ir a un mole" (go to a mole) means to go to a wedding! My first wedding's dinner was "Gallina en Mole" or, as I called it, "Chocolate Chicken"!

1. Mole Negro (black )
2. Mole Amarillo (yellow)
3. Mole Coloradito (colored)
4. Mole Manchamanteles (stainer of tablecloths, made of chicken and fruit)
5. Mole Chichilo (dark chiles)
6. Mole Rojo (red)
7. Mole Verde (green)

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## NEW YEAR'S EVE IN MADRID

by Gladys Nagy

The most boisterous, flamboyant New Year's Eve I've ever experienced was in Madrid, Spain in 1971. This was Franco's Spain and people were under the dictator's thumb, so wild abandon was not something we were anticipating when we left that evening for dinner with another American couple.

We had enjoyed a leisurely, sumptuous, festive, dinner in an exquisite restaurant. None of us knew much about Spain and its customs and, after the serenity of our surroundings, we were totally unprepared for the street scene we found when we stepped outside. It was bedlam - joyous, friendly, crazy, noisy bedlam. The streets were clogged with people, shouting, singing, laughing and drinking. Opened bottles of wine were passed to friends and total strangers alike with everyone wishing everyone Feliz Año Nuevo! Horns honked, bottles crashed, confetti swirled, people danced. It was magical.

I have since read that it is typical for Spaniards to celebrate the New Year in this way and that there is also a tradition of "twelve grapes." The grapes are eaten as the clock begins to strike midnight and, if the last grape is eaten on the stroke of midnight, the celebrant will have a happy and prosperous new year. Maybe it's time to return to Spain and both eat and drink the grapes!

## SWITZERLAND

by Nancy Pearlman

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Swiss cheese and traditional games such as throwing rocks (I don't remember the name of this sport). Zermatt has a summer of folklore music while in the winter Chateau-d'Oex has an international hot-air ballooning week. If you like fine Swiss technology, the watches still keep excellent time and there is a special tour to visit the manufacturing facilities. CERN, the European Organization for Nuclear Research, is in the area as well with exhibitions about the "Universe of Particles" and other issues in physics. Modern art and architecture, including solar huts and green, sustainable accommodations in the high alpine meadows, blend well with traditional Swiss homes and buildings. There are hundreds of miles of trails and paths to walk and hike on and they are clearly marked and are for both the beginner and experienced hiker and tourist.

Switzerland is a beautiful European country. There are four official languages and even though French and German and Italian are the main ones, English is common. Do consider visiting this friendly place.

## COCINA OXAQUEÑA

by Preston Ashbourne

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You may find moles on the Oaxacan version of the taco, called Tlayuda. A Tlayuda (tlah-YOO-dah) is a large baked tortilla (called a "blanda") that is crisp, and has at least mole and cheese. It may also have many other toppings, like a pizza! Things like lettuce, frijoles refritos (refried beans), avocado, and various meats.

### Meats

The meats, whether on tlayudas or as entrees, include beef, pork, chicken, goat, seafood, iguana, and chapulines. Chapulines are grasshoppers. Really. I think I'll pass on that!

See page three of this newsletter for a review of Mexican restaurant "El Nopal," which specializes in Oaxacan cuisine.

## THANK YOU WIKIPEDIA

### THE HISTORY OF JANUARY

January (in Latin, Ianuarius) is named after Janus, the god of the doorway; the name has its beginnings in Roman mythology, coming from the Latin word for door (ianua) since January is the door to the year.

Traditionally, the original Roman calendar consisted of 10 months, totalling 304 days, winter being considered a monthless period. Around 713 BC, the semi-mythical successor of Romulus, King Numa Pompilius, is supposed to have added the months of January and February, allowing the calendar to equal a standard lunar year (354 days). Although March was originally the first month in the old Roman Calendar, January became the first month of the calendar year under either Numa or the Decemvirs about 450 BC (Roman writers differ). In contrast, specific years pertaining to dates were identified by naming two consuls, who entered office on May 1 and March 15 until 153 BC, when they began to enter office on January 1.

Various Christian feast dates were used for the New Year in Europe during the Middle Ages, including March 25 and December 25. However, medieval calendars were still displayed in the Roman fashion of twelve columns from January to December. Beginning in the 16th century, European countries began officially making January 1 the start of the New Year once again—sometimes called Circumcision Style because this was the date of the Feast of the Circumcision, being the seventh day after December 25.

Historical names for January include its original Roman designation, Ianuarius, the Saxon term Wulf-monath (meaning wolf month) and Charlemagne's designation Wintarmanoth (winter / cold month). In Slovene, it is traditionally called prosinec. The name, associated with millet bread and the act of asking for something, was first written in 1466 in the Škofja Loka manuscript.[1]

Read more at:

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





## "LET'S GO THERE!"

### ***EL NOPAL MEXICAN RESTAURANT***

*Restaurant Review by Preston Ashbourne*

If you are around the Palms-Culver City area at mealtime, try El Nopal. If, like many of us, you have been there a thousand times, try for 1001! The new owner, Ivan Vasquez, has reconceptualized the menu to be mainly Oaxacan cuisine! Yay! He does recognize neighborhood tradition in keeping the famous "Pregnant Burrito" on the menu, since it's a local icon. But wow, check out the new menu! There are Tlayudas, Molotes, Champurrado, Barbacoa de Chivo, 5 different Moles and on and on! Don't know what they are? A whole new cuisine, yet still Mexican. Just Southern instead of Northern Mexico. Mr. Vasquez, lately of Baja Fresh, believes in limiting salt and oil in his cuisine, and uses fresh ingredients like fresh tomatoes rather than canned. I've had the Chicken Enchiladas in Mole Negro with white rice and black beans and the Tlayuda in Mole Negro and loved them. The portions are ample. I sampled the Molotes which are an appetizer consisting of breaded chorizo and potato with guacamole (you can't fail with guacamole!) and also the noodle soup which was surprisingly good, considering it's just noodle soup!

I've been eating there for 30 years, and for the first time to my knowledge, El Nopal has dishes on the menu made with nopales (pricklypear cactus). It's about time!

#### **El Nopal Mexican Restaurant**

10426 National Blvd  
Los Angeles CA 90034  
310-559-4732



## CLICK & COOK

*Websites  
With Tasty Recipes*

### **In General**

[www.everylastrecipe.com](http://www.everylastrecipe.com)

### **World Holidays Recipes**

[www.tasteofhome.com/Recipes/Holiday---Celebration-Recipes](http://www.tasteofhome.com/Recipes/Holiday---Celebration-Recipes)

[www.whats4eats.com/holidays/](http://www.whats4eats.com/holidays/)

### **Recipes from Around the World**

[allrecipes.com/recipes/world-cuisine/](http://allrecipes.com/recipes/world-cuisine/)

[www.bbcgoodfood.com/content/recipes/cuisines/](http://www.bbcgoodfood.com/content/recipes/cuisines/)

### **Recipes from Around the World - Vegetarian & Vegan**

[www.ivu.org/recipes/](http://www.ivu.org/recipes/)

[www.vegetarianrecipesandcooking.com/](http://www.vegetarianrecipesandcooking.com/)

**As always,  
please don't forget the hungry.**

**[www.freerice.com](http://www.freerice.com)**

**Play a free game and rice will be donated  
to those who need it!**

*FreeRice is a non-profit website run by the  
United Nations World Food Programme.*

*Have a good (or bad) food memory,  
recipe or restaurant? Write to us at:  
[culturallyspeaking@earthculturesproject.org](mailto:culturallyspeaking@earthculturesproject.org)  
and you may see it published.*



## UPCOMING EVENTS IN SOUTHERN CALIFORNIA



### JOHN BILEZIKJIAN

John Bilezikjian is "America's Oud Virtuoso." Mr. Bilezikjian may be the most prominent Oudist of his generation. He is a master Oudist who has elevated this instrument to the concert stage as well as continues to perform as a folk musician. He has performed for some 51 years on this ancient eleven stringed Persian fretless instrument dating back some 2,000 years. The Oud is performed with an eagle's quill.

**Thursday, January 17, 2013**

Shayla's Dance Academy

Presents

A Commencement Ceremony & Variety Show at Tango Del Rey

**3567 Del Rey St., San Diego 92109**  
**Phone 858-581-1114**

Doors open at 7:30 p.m.  
Show starts at 8:00 p.m.

**Featuring John Bilezikjian  
& Frank Lazzaro**

Special night of Belly Dancing with Live Music.

<http://dantzrecords.com>

### ANITA AND THE YANKS



Anita and the Yanks broke into the Celtic rock music scene in 2008 and have built an impressive fan base in and around the Los Angeles area. Lead singer, guitarist Anita Mansfield and Bryan Dobbs mandolin player started out as a duo and they picked up Ryan Dean (drums) Damon Stout (bass) and Pat D'Arcy (uilleann pipes) along the way, featuring special guests Rachel Grace and Chris Loken on violin.

[www.anitaandtheyanks.com](http://www.anitaandtheyanks.com)

### THE FOLK MUSIC CENTER Museum and Store

Concerts, Classes, Workshops,  
Vintage Instruments, Repairs

220 Yale Ave, Claremont, Ca.

Call (909) 624-2928  
for tickets and info.

Or email at [concerts@folkmusiccenter.com](mailto:concerts@folkmusiccenter.com).

<http://folkmusiccenter.com>

### SKIRBALL CULTURAL CENTER

Daily Events & Exhibits  
go to: [www.skirball.org](http://www.skirball.org)  
and click on Calendar

Skirball Cultural Center  
2701 N. Sepulveda Blvd.  
Los Angeles, CA 90049

### BOWERS MUSEUM

ongoing exhibit:  
**Spirits and Headhunters: Art of the Pacific Islands**

[www.bowers.org](http://www.bowers.org)

Bowers Museum  
2002 N. Main Street  
Santa Ana, Ca 92706

### PACIFIC ASIA MUSEUM

Classes, Exhibits, Special Events

[www.pacificasiamuseum.org](http://www.pacificasiamuseum.org)

Pacific Asia Museum  
46 North Los Robles Avenue,  
Pasadena, California 91101  
(626) 449-2742



### GYPSY FOLK ENSEMBLE

The Gypsy Folk Ensemble is a world dance performing company based in Los Angeles, California which was formed in 1978 to preserve, perform and teach traditional folk dances from countries around the world. See website for workshops and assemblies available.

[www.gypsyfolkensemble.com](http://www.gypsyfolkensemble.com)

### MUSEUM OF MAKING MUSIC

**THE SOUND OF SAX**  
**How the Saxophone won**  
**America's Soul (through Jan.2013)**

[www.museumofmakingmusic.org](http://www.museumofmakingmusic.org)

Museum of Making Music  
5790 Armada Dr, Carlsbad, CA 92008

*Always check with venues to confirm dates, times, and locations.*

## MORE UPCOMING EVENTS SOUTHERN CALIFORNIA

### GOOD ENOUGH TO EAT: THE FUSION OF FOOD AND CRAFT

#### *An Exhibition in Three Servings*

The Craft in America Study Center at **8415 West Third Street** proudly inaugurates a three-part series of exhibitions focusing on the intersection of contemporary craft and food.

**Food as impetus for craft: November 17, 2012- January 19, 2013**

**Food as subject for craft: February 2, 2013 - April 6, 2013**

**Food as medium for craft: April 20, 2013 - June 22, 2013**

Food was a motivational font for craft from its earliest origins. Objects have facilitated and elevated the act of cooking and consumption throughout history, from woven baskets to clay storage jars, blown glass vessels and metal utensils. A lecture and workshop schedule is forthcoming: Laura Wood, "Love-Hunger," Katherine Gray, "Decanter Tower," Kristin duCharme, "Figure" in chocolate

Craft in America is a Los Angeles-based non-profit organization dedicated to promoting and advancing original handcrafted work, through educational programs in all media, accessible to all.

The Study Center is open Thursday - Saturday from 12:00 - 6:00 pm. For more information: [info@craftinamerica.org](mailto:info@craftinamerica.org) or (323) 951-0610. Contact: Emily Zaidenm (323) 951-0610m [emilyzaiden@craftinamerica.org](mailto:emilyzaiden@craftinamerica.org)

*Always check with venues to confirm dates, times, and locations.*

## WORTH WATCHING ON YOUTUBE

### FLASH MOBS

#### **Amsterdam**

<http://www.youtube.com/watch?v=XAXAs03xsI8&feature=related>

#### **Madrid**

<http://www.youtube.com/watch?v=iop2b3oq100>

#### **Russia**

<http://www.youtube.com/watch?v=Gc4xbmFpDRA>

### HISTORY OF AMERICAN DANCE

#### **Frankie Manning - Ambassador of Lindy Hop - Tribute Video**

<http://www.youtube.com/watch?v=ZQIWFOU-bp4>

#### **Vernon & Irene Castle plus Fred Astaire & Ginger Rogers - Ballroom Styles**

<http://www.youtube.com/watch?v=j5TE74e9vAg>

#### **Appalachian Big Set Dance**

<http://www.youtube.com/watch?v=UbNqpFnSv8c>

#### **Nicholas Brothers - Tap Dance**

<http://www.youtube.com/watch?v=zBb9hTyLjfm>

## CLASSES OFFERED

### ANAITÉ ARNOLD



TwinkleTwos  
TipToeTots  
Wee Ballet  
Pre-Ballet & Ballet  
Kids Flamenco  
ages 2-10+

Certified Pilates Instructor 2004

ABT National Curriculum Teacher  
Training Certified-Primary-level 3  
2012 New York City

(310) 384-4921

Eleve Ballet Academy

[www.eleveballet.com/instructors.html](http://www.eleveballet.com/instructors.html)



### ASSIEH "LA MORA"

Born and raised in Iran, Assieh started her Flamenco dance training in LA and later in Madrid, Spain at Amor de Dios Flamenco Dance Academy with master teachers like La Tati, Ciro, Carmela Greco, La Truco, Manolete and in Sevilla at Manolo Marin Dance Academy. She has also studied under private training of Angelita Vargas and Pepa Montes. She teaches at Gypsy Camp in LA. Call for class schedule: (310) 558-0746.

### DANCE MOVEMENT WORKSHOP

with Olivia Regalado  
[olivia.regalado@rocketmail.com](mailto:olivia.regalado@rocketmail.com)

### METHODOLOGY GIRARD ACTING STUDIOS

Limited space. Call to register  
**310.699.3030** [wendygirard.com](http://wendygirard.com)  
[facebook.com/GirardStudio](https://facebook.com/GirardStudio)  
Hollywood & Palm Springs

**January is . . . National Hobby Month**

**so make the arts your hobby!**

## WEBSITES AND RESOURCES OF INTEREST

### MUSEUMS

**The Autry National Center**  
[www.theautry.org](http://www.theautry.org)

**Bowers Museum**  
[www.bowers.org](http://www.bowers.org)

**Craft & Folk Art Museum**  
[www.cafam.org](http://www.cafam.org)

**The Getty**  
[www.getty.edu](http://www.getty.edu)

**Metropolitan Museum of Art**  
*(search the database for works of art, costumes & more)*  
[www.metmuseum.org/works\\_of\\_art/](http://www.metmuseum.org/works_of_art/)

**Museum of Latin American Art**  
[www.molaa.org](http://www.molaa.org)

**Museum of Making Music**  
[www.museumofmakingmusic.org](http://www.museumofmakingmusic.org)

**Museum of Tolerance**  
[www.museumoftolerance.com](http://www.museumoftolerance.com)

**Pacific Asia Museum**  
[www.pacificasiamuseum.org](http://www.pacificasiamuseum.org)

### ONGOING ACTIVITIES IN THE LOS ANGELES AREA

**Current Cultural Happenings Around Los Angeles by Fran P.**  
[groups.yahoo.com/group/caltechfolkdance](http://groups.yahoo.com/group/caltechfolkdance)

**Olvera Street in Los Angeles**  
<http://olvera-street.com>

**Folkworks** (click on "calendar")  
[www.folkworks.org/](http://www.folkworks.org/)

### FOLK DANCE & FOLK MUSIC INFORMATION

**Dick Oakes' Folk Dance Pages**  
[www.phantomranch.net/folkdanc/folkdanc.htm](http://www.phantomranch.net/folkdanc/folkdanc.htm)

**Folkways** (ethnic music)  
[www.folkways.si.edu/index.aspx](http://www.folkways.si.edu/index.aspx)

**ARC Music** (ethnic music CDs)  
[www.arcmusic.co.uk](http://www.arcmusic.co.uk)

### FOREIGN LANGUAGES

**BYKI**  
 Free language software downloads  
[www.byki.com/](http://www.byki.com/)

**FREELANG**  
 Free bilingual dictionary downloads  
[www.freelang.net/](http://www.freelang.net/)

### ARTS AND CULTURES

**Smithsonian Magazine Arts & Cultures**  
[www.smithsonianmag.com/arts-culture](http://www.smithsonianmag.com/arts-culture)

**Smithsonian Center for Folklife and Cultural Heritage**  
[www.folklife.si.edu/](http://www.folklife.si.edu/)

**BBC - Holidays Around the World and so much more!**  
[www.bbc.co.uk/naturehumanplanetexplorer/events\\_and\\_festivals](http://www.bbc.co.uk/naturehumanplanetexplorer/events_and_festivals)

**Pulse of the Planet**  
[www.pulseplanet.com](http://www.pulseplanet.com)

### SOME CULTURAL CENTERS

**Acadian Cultural Center**  
[www.nps.gov/jela/new-acadian-cultural-center.htm](http://www.nps.gov/jela/new-acadian-cultural-center.htm)

**Croatian Cultural Center**  
[www.croatianamericanweb.org/index.php](http://www.croatianamericanweb.org/index.php)

**Hibulb Cultural Center**  
<http://www.hibulbculturalcenter.org/>

**Ilanka Cultural Center**  
[www.ilankacenter.org/](http://www.ilankacenter.org/)

**Indian Pueblo Cultural Center**  
[www.indianpueblo.org/](http://www.indianpueblo.org/)

**Levantine Cultural Center**  
[www.levantinecenter.org](http://www.levantinecenter.org)

**Polynesian Cultural Center**  
<http://www.polynesia.com/>

**Skirball Cultural Center**  
<http://www.skirball.org/>

**West Virginia Division of Culture and History**  
[www.wvculture.org/](http://www.wvculture.org/)

### FOR KIDS

**Yahoo's site for kids to learn about the world's countries**  
[www.kids.yahoo.com/reference/world-factbook](http://www.kids.yahoo.com/reference/world-factbook)

### CHILDREN'S BOOKS BY DK PUBLISHING

[www.us.dk.com](http://www.us.dk.com)

*Complete Flags of the World*  
*My World, My Story:*  
*Life Stories from Teens from Around the World*  
*Homes Around the World*  
*Children Just Like Me*  
*A Life Like Mine*

### CHILDREN'S MUSEUMS

<http://kidspacemuseum.org>  
<http://www.bowers.org/kidseum.php/>



**Support the Arts & Education!**

### DONATION & VOLUNTEER OPPORTUNITIES



Your donation will help bring the arts back to education under the Earth Cultures Project, or help fund other projects of Educational Communications. Volunteers are always needed in the office. If you are interested in volunteering please call (310) 559-9160. See [www.earthculturesproject.org/fundraising.html](http://www.earthculturesproject.org/fundraising.html) for painless ways to donate.

*This is Culturally Speaking, the monthly electronic newsletter of the Earth Cultures Project, one of Educational Communications' many projects which focuses on cultures of our planet and "Education through the Arts." Educational Communications is a 501(c)3 non-profit organization founded in 1958, dedicated to improving the quality of life on this planet.. Volunteers and donations are always appreciated.*

### EARTH CULTURES PROJECT

[www.earthculturesproject.org](http://www.earthculturesproject.org)  
 (310) 559-9160

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[info@earthculturesproject.org](mailto:info@earthculturesproject.org)

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Los Angeles, CA 90035-9119

Email regarding this newsletter or requests to be put on our mailing list for a free email subscription:  
[culturallyspeaking@earthculturesproject.org](mailto:culturallyspeaking@earthculturesproject.org)

Email regarding design or content, please write to designer/editor:  
[nickieh@earthculturesproject.org](mailto:nickieh@earthculturesproject.org)

*(All links listed in this newsletter are for reference only and are not necessarily endorsed by Educational Communications)*