

A newsletter by the HELIOS Integration Learning Centers (ILCs) in Thessaly



IN THIS NEWSLETTER

- Friendship Day: July 30
- Quiz - Crossword puzzle
- Africa's Greatest Freedom Symbol
- Guide for valid application for KDAP
- Homemade ice-cream
- Eid al-Adha

FRIENDSHIP DAY: JULY 30

The concept of a national friendship day was created back in 1930 by Joyce Hall, the founder of Hallmark Cards, Inc. The Greeting Card National Association had initially tried to promote the idea of Friendship Day back in the 1920s, but customers were not buying it, saying it was too obvious a gimmick.

The holiday is a bigger hit in Asia, India, and parts of South America than it ever was in the United States, making "Friendship Day" far more of an "International Friendship Day" than a "National Friendship Day."

Those who celebrate Friendship Day like to do so by exchanging small trinkets as gifts, like wristbands, flowers, or cards.

QUIZ - CROSSWORD PUZZLE

Questions :

- 1) It's sweet and cold and we eat it in summer. What is it?
- 2) What's Africa's Greatest Freedom Symbol?
- 3) Which month do we celebrate the National Friendship Day?

AFRICA'S GREATEST FREEDOM SYMBOL

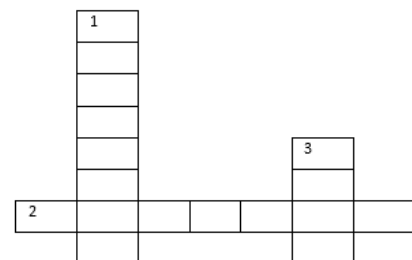
Son of a chief, Nelson Mandela studied law and became one of South Africa's first black lawyers. Early in the 1950s he was elected leader of the youth wing of the ANC (African National Congress) liberation movement. When the country's white minority government prohibited the ANC in 1960, Mandela became convinced that armed struggle was inevitable. Inspired by the guerrilla wars in Algeria and Cuba, he organized a military underground movement that engaged in sabotage. In 1962 he was arrested and sentenced to life imprisonment for high treason and conspiracy against the state.

From 1964 to 1982 he was confined to the notorious prison island Robben Island, together with several other resistance leaders. He was then moved to prison on the mainland until his release in 1990. During his imprisonment, Mandela became a rallying point for South Africa's oppressed, and the world's most famous political prisoner.

Nelson Mandela shared the Peace Prize with the man who had released him, President Frederik Willem de Klerk, because they had agreed on a peaceful transition to majority rule.

Nobel Prizes and laureates

Physics, Chemistry, Medicine, Literature, Peace, Economic & Sciences



KDAP-spaces are specially designed and certified spaces by the State with the object of creative exploitation of children's leisure time at the ages between 5-12 years old.

KDAP support working or unemployed families and children by engaging them after school hours to creative activities. Music, theatre, dance, painting, clay, constructions, computers, lessons of the next day of school are implemented daily by renowned staff.

A basic criterion for participation in the process is that each applicant maintains personal codes on taxisnet. You will need documents relating to your A. family, B. financial and C. employment status. All supporting documents can be submitted ONLY electronically, and any other shipment is rejected. Submission of applications for registrations in KDAP - KDAP MEA are going to start in the middle of July. In the process, the beneficiary parents are granted a voucher that covers the cost of the creative employment activities of KDAP. Applications for participation are made electronically on the website of E.E.T.A.A. (www.eetaa.gr) where interested parents fill in their details on the special platform. After the examination of the applications, the voucher is granted to the eligible parents.

The ILC staff is close to you at every step, and you can contact us for more detailed information and for the timely submission of your supporting documents.



HOMEMADE ICE-CREAM

Step One:

Let the bananas ripe before peeling. If they're green or yellow to start with, leave them out until the bananas at least begin to turn brown. Not-overripe bananas will have something of an earthy taste, as opposed to the more sweet, caramelized flavour they develop as they turn brown. Once ripe, peel the bananas, cut into pieces, and freeze them.

Step Two:

When the bananas are fully frozen, toss them into a food processor or high-quality blender and blend until you achieve a consistency that resembles soft serve. If your blender is having trouble processing, you can add up to 1/4 cup milk of choice or another liquid. Once the soft-serve texture is reached, you can eat it immediately or scoop it into a container and freeze an additional 30 minutes or so, then scoop out with an ice cream scoop. This will give you a firmer banana ice cream texture.



EID AL-ADHA

In all Muslim countries, Eid al-Adha is a time of familial and religious devotion. Bearing in mind that Eid means "the official festival", it is not surprising that Eid al-Adha has a clear religious imprint, in the morning prayer in the mosque, listening to a sermon that talks about the importance of sacrifice, wearing new clothes, and animal sacrifice (called Qurban).

Eid al-Adha lasts for four consecutive days, starting from the tenth day of the Islamic month of Dhul-Hijjah. We also note that the exact date was not set from the beginning until it was officially announced by a government committee when the moon was sighted.

Eid al-Adha is a Qur'anic celebration of Abraham because he did not hesitate to offer Ishmael as an offering of obedience to God on Mount Moriah. God then sends an angel to stop the sacrifice and allow Ishmael to live, assuring Abraham that his sacrifices "have already been accepted".

Muslims, who can perform the Hajj, go to Mecca at this time of the year to participate in a symbolic remembrance of Abraham's sacrifice. As for those who cannot participate, they slaughter the sacrifice in their homeland, usually sheep, camels, goats or rams.

For those who cannot purchase the sacrifice themselves, it is common practice to make a family or group purchase. The meat of the sacrifice is traditionally divided into three parts. One third is for the family, one third for relatives and friends, and one third is donated to the poor.

