

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



IN THIS NEWSLETTER

May Day

May Day is a public holiday usually celebrated on May 1st or the first Monday of May. It is an ancient festival of spring and a current traditional spring holiday in many European cultures. Dancing, singing, and cooking cakes are usually part of the festivities.

In 1889, May Day was the chosen date for International Workers' Day by the Socialists and Communists of the Second International to commemorate the Haymarket affair in Chicago. International Workers' Day is also called "May Day", but it is a different celebration from the traditional May Day.

The 1st of May is a national public holiday in many countries across the world, in most cases as "International Workers' Day" or a similar name.

World Laughter Day around the world in 2022

World Laughter Day is celebrated every year on the first Sunday of May to spread happiness around the world. This year, World Laughter Day was celebrated on May 1, 2022. This celebration is a positive manifestation of world peace and aims to build a global consciousness of brotherhood and friendship through laughter.

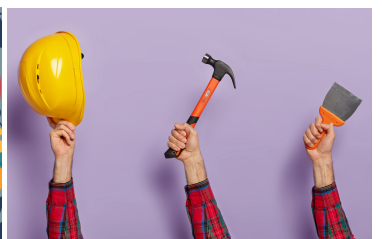
World Laughter Day Quote



“A day without laughter is a day wasted”
Charlie Chaplin



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Thessaly Quiz

Answer the questions and find out what you know about Larissa, Karditsa, or Trikala cities!

In which of the three cities, also known as the City of Coffee, are there more than 1600 cafes?

In Larissa, there are 1674 cafes, according to a 2014 survey. This means that the 10% of the business in Larissa is about coffee.

Which of the three cities is considered the capital of cycling in Greece?

Karditsa city was awarded the “Cycle-friendly Employer” certificate by the European Cycling Federation and the first prize for the 2020 European Mobility Week.

Which one is considered a ‘Smart City’?

Trikala is considered a model city in Greece. Local authorities have introduced many technology innovations in the city, such as photocell sensors in disabled parking spots, which automatically inform the principles in case of parking violations and the mobile app through which the citizens send their requests to the municipality.

HAPPY MOTHER'S DAY

Mother's Day is a modern day celebration dedicated to motherhood. The feast of the mother is related to the feast of Kyveli, mother of gods and people in ancient Greece.

In fact, the current Mother's Day celebration began in the United States in the early 20th century. The inspirer of the celebration is said to be Anna Marie Jarvis who tried to establish Mother's Day to honor of her mother after she died in 1905.

The date varies from country to country but it is mostly celebrated in May with the exception of countries in the southern hemisphere where celebration takes place during winter months. In Greece, Mother's Day is celebrated on the second Sunday of May.

DIY for children

To celebrate Mother's Day, help the children create a paper flower bouquet for mum. You will need:

- Green paper or cardboard (bouquet & colourful flowers)
- Glue & Pair of scissors

How to make it:

1. First we take our cardboard, fold it without folding it in half, glue the two ends together and cut into strips.
2. Then grab one end and fold the paper in a circular motion to form a small bouquet.
3. Then we open the leaves that have been created a little, so that our bouquet becomes denser.
4. Now we should make our own flowers, cut them and finally stick them on the greenery. The number of flowers we will stick, depends on how rich we want our bouquet.



Our bouquet is ready!

You can also give mum a card to wish her a "HAPPY MOTHER'S DAY".



WORLD BEE DAY

Bees contribute greatly to the world and our survival. They pollinate nearly three quarters of the plants which produce 90% of the world's food. A third of the world's food production depends solely on bees, i.e. every third spoonful of food depends on pollination.

Simply put, what bees do when they pollinate our plants, is carrying pollen between plants of different sexes to fertilise them, or between different parts of the same plant if that is the way it is reproduced. Bees also help plants survive by preventing inbreeding. According to José Graziano da Silva, a Brazilian agronomist, "bees are a sign of well-functioning ecosystems."

Are you into cooking? Find the recipe of Honeyed nut and pomegranate pots [Here!](#)

AGRICULTURAL WORK IN MAY

May is the best time to plant many plants and vegetables as the temperature rises, and they can grow rapidly. Cotton, corn, watermelon, melon, potatoes, tomatoes, peppers, eggplants, cucumbers, zucchini and some of the plants growing during in May. This is also the time to collect dried seeds from winter vegetables and store them.

Thessaly Cotton

Cotton cultivation is known since antiquity. According to the Hellenic Cotton Organization, cotton from Thessaly is considered the best in the world.

Climate-Soil

Cotton is a spring plant that needs warm climate and humidity to grow.

Sowing method

Cotton is sown in spring because the weather is warmer. When the weather is still cold, cotton cannot germinate.

Picking up

Flowering occurs 25-35 days after sowing, and maturation occurs 55-70 days from flowering. Flowering does not occur simultaneously in all parts of the plant and picking up of the cotton is done in 4 stages.

