

نوروزنامه

NOWRUZ

2023



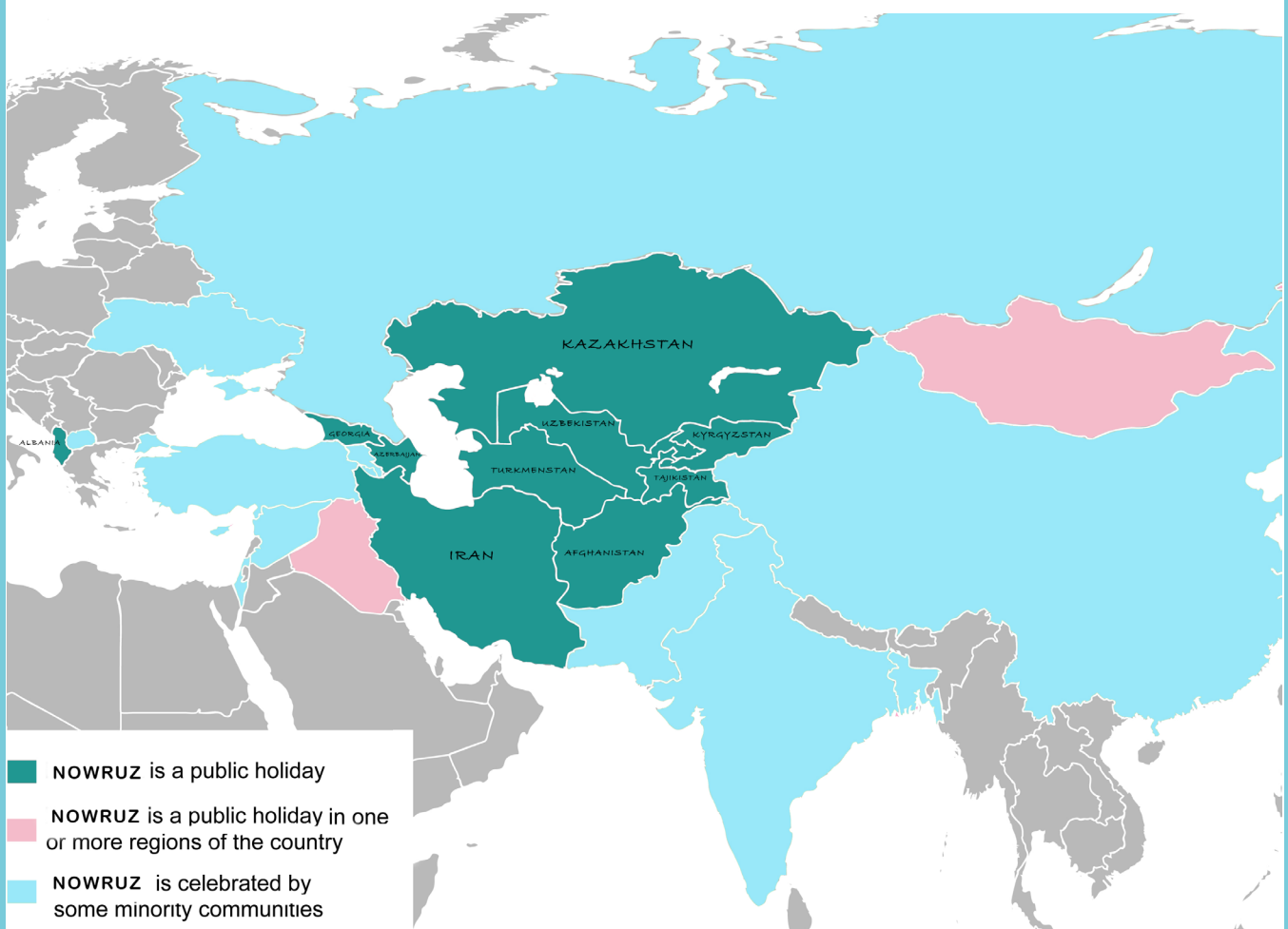
B A G C H E

For music language and art

Illustrated by Zeinab Chaichi

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The Celebration of Springtime

Nowruz (meaning New Day) begins at the moment of Vernal Equinox which occurs when the sun shines directly on the equator.

This holiday is celebrated across a vast geographical area, including, among others, Azerbaijan, Afghanistan, India, Iran, Kazakhstan, Kyrgyzstan, Uzbekistan, Pakistan, Tajikistan, Turkmenistan and Turkey.

Nowruz festivities last for 13 days. Nature Day marks the end of Nowruz holiday and a beginning to the remaining twelve months of the year.



HaftSeen

Haft-seen (meaning “Seven S’s”) is an arrangement of seven symbolic items whose names start with the letter “س” pronounced as “seen”. It is traditionally displayed at Nowruz. The items of Haft-seen typically include:



Sabzeh (سبزه): the symbol of rebirth and growth.



Samanu (سمنو): the symbol of power and strength.



Senjed (سنجد): the symbol of love.



Somāq (سماق): the symbol of sunrise.



Serkeh (سرکه): the symbol of patience.



Seeb (سیب): the symbol of beauty.



Seer (سیر): the symbol of health and medicine.

Other items that start with Persian letter “س” that are sometimes included:



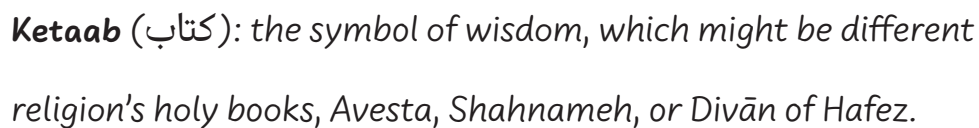
Sonbol (سنبل): the symbol of spring's arrival.



Sekkeh (سکه): the symbol of wealth and prosperity.



Saat (ساعت): the symbol of time.



Amu Nowruz and Nane Sarma



Amu Nowruz, also known as Baba Nowruz, is a legendary character originating in Iranian folklore. Nane Sarma also known as Bibi Barfi (Grandma snow) is a mythical character in Persian folklore.

The story starts when both fell in love at the first sight. As sad as it might sound, they never have time to spend with each other as Amu Nowruz has to go from city to city telling people that new year has come and cherish it with songs and Nane Saram has to wait for him every year.

During the winter, she starts cleaning up the house for the return of Amu Nowruz but when he arrives Nane Sarma falls asleep as she is so tired after all that work and preparing.

Some say that Nane Sarma is the sym-



bol of cold and winter, so that is why when Amu Nowruz, the symbol of spring and freshness comes, she goes to a long sleep the next year's winter.

Haji Firuz

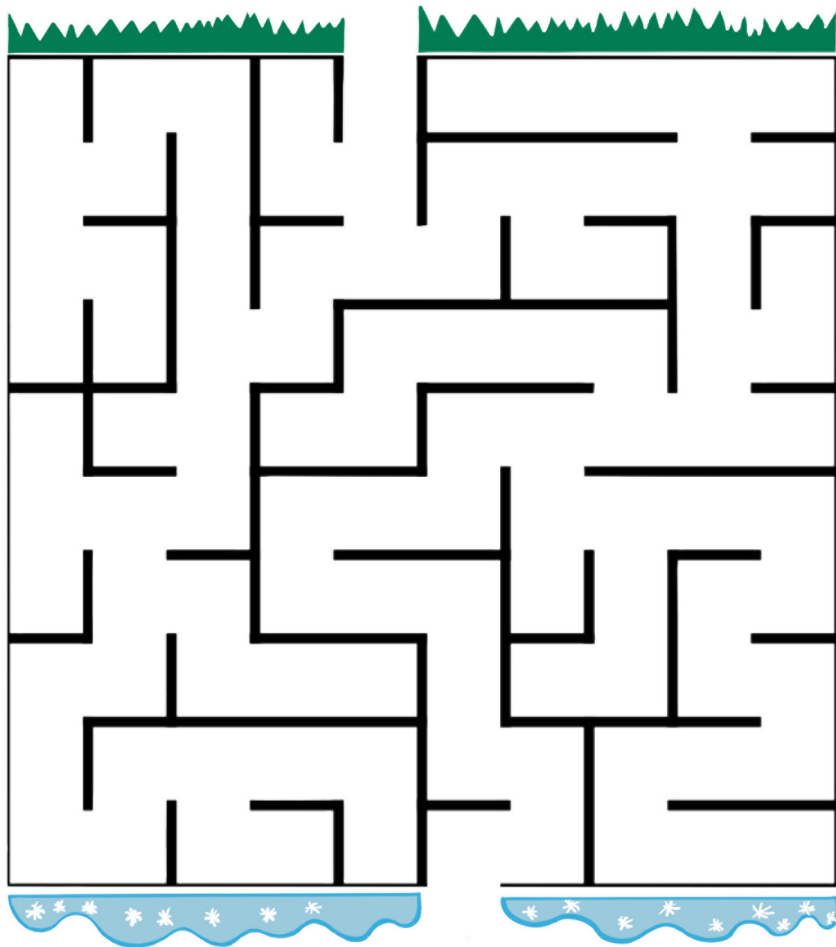
Haji Firuz is a traditional character in Persian folklore who appears on the streets in the days preceding Nowruz, singing songs and playing tambourine. He is known as a kind and jovial fictional character who brings good fortune and joy to people's lives.



Activity 1



Help Amu Nowruz
to visit Nane Sarma
this Nowruz.



Activity 2

Color the Haftseen.



HAFTSEEN

Activity 3

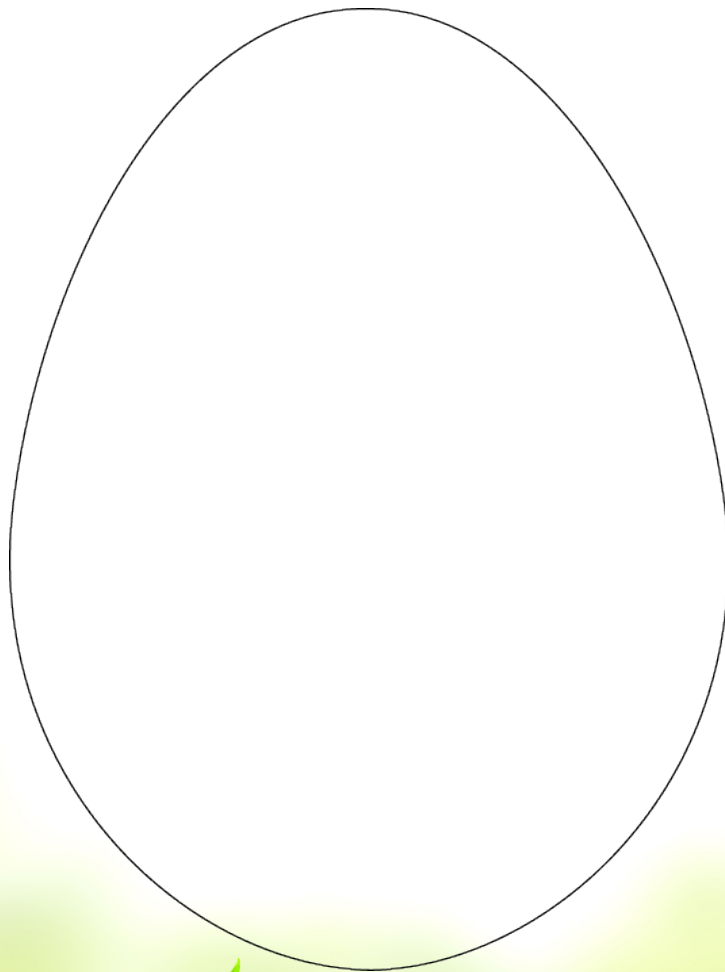
Find Seven differences of these two Haftseens.





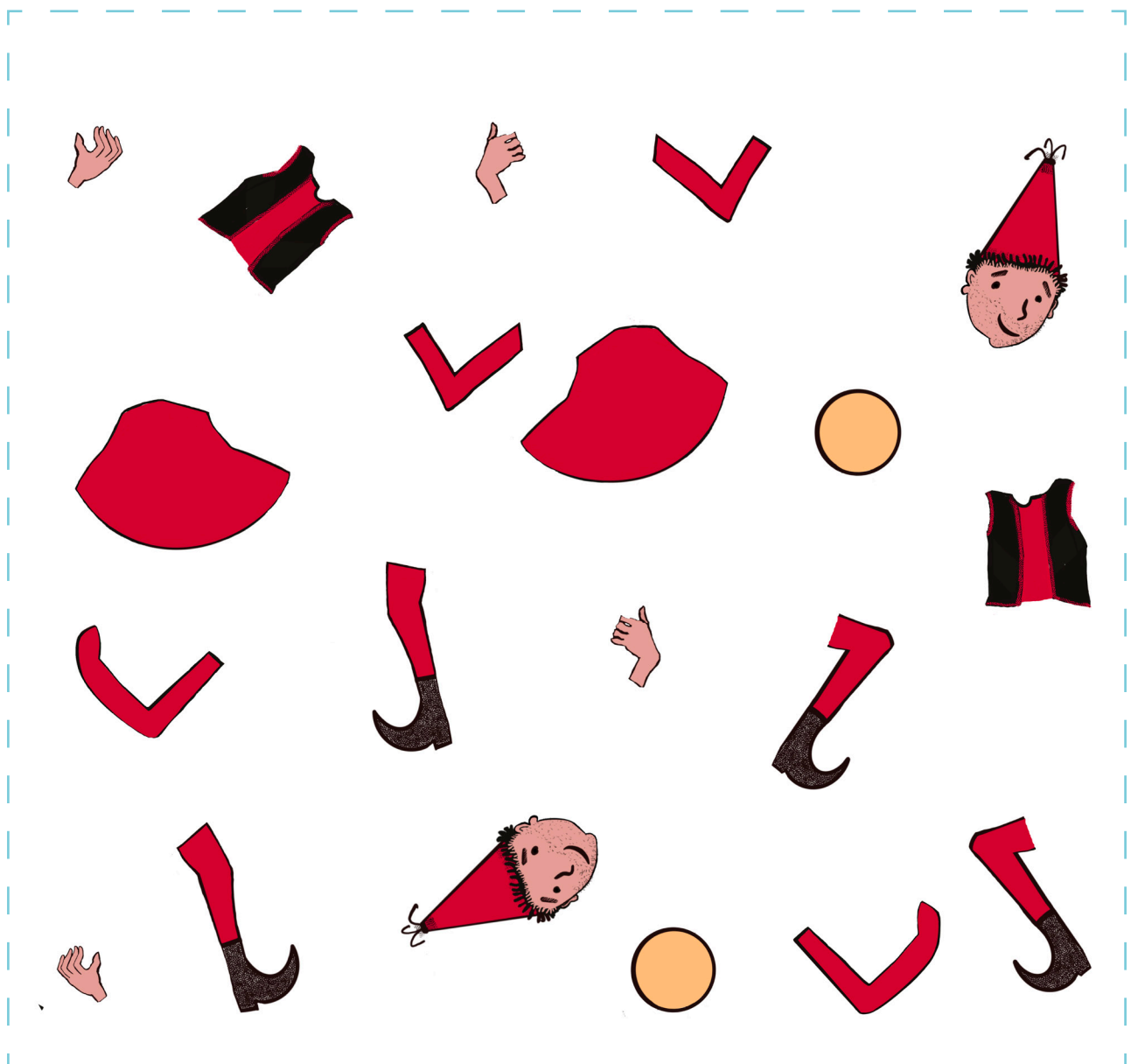
Activity 4

Decorate and color the egg for your haftseen.



Activity 5

Cut and make your own Hajifiruz in different ways.



NOWRUZ
Piruz!



Who we are?

The name “Bagche” means “a small garden” in Farsi. Gardens are celebrated in Persian literature and culture as places to cultivate and reconnect with nature and one’s roots. The name “Bagche” was chosen for that reason and also to honor the legacy of a family that contributed immensely to children’s education, music and art: the “Baghtcheban family.” Today, we still listen to and marvel at the operatic creations of Samin and Evelyn Baghtcheban in our classes and wonder what we, as a community, can do—over forty years later—to reinvigorate and build upon the splendor of their ambitious work.

Our goal is to provide a space for children to reconnect with the culture of their parents. In doing so, we celebrate the most revered aspects of the Iranian cultural heritage: the Persian language, poetry, philosophy and art; our festivals; our history of cultural tolerance and inclusion; and our respect for civil and ethical conduct among other things. We draw on these common grounds to find strength and promote cultural awareness and diversity within our community. We hope that Bagche would provide a prism through which children can understand and make informed conclusions about their heritage, identity, ethics and worldview.

What do we do?

What we do is two-fold: on one hand, we offer Farsi language classes for children and youth, and on the other hand, we hire and support the artistic endeavors of local Iranian artists and educators.

In order to provide an effective, fun and well-rounded educational experience, we incorporate music, movement, art, and visual aids in every class.

For more information visit our website www.Bagche.org

Follow us on Instagram [@Bagche_Farsi](https://www.instagram.com/Bagche_Farsi)

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