



# 十二月 Dec 2022

## BNOhub's Monthly Newsletter

### TRADITIONAL XMAS FOOD 傳統英式聖誕節食物

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|-------------------------|----------------------|
| 火雞 Turkey               | 餡料 Stuffing          |
| 肉汁 Gravy                | 紅莓醬 Cranberry sauce  |
| 焗薯 Roast potatoes       | 椰菜仔 Brussels sprouts |
| 紅蘿蔔 Carrots             | 歐洲防風草根 Parsnips      |
| 約克郡布甸 Yorkshire pudding |                      |
| 豬包毯 Pigs in blankets    |                      |



### ENGLISH CORNER 趣味英語

Mary is a tough cookie, she battled the breast cancer for 2 years.

#### "Tough Cookie"

A person who can endure physical or mental hardship; a hardened, strong-willed person.  
吃得苦，堅強的人

### SANTA CLAUS'S COMING TO TOWN 聖誕老人黎緊啦!

Liverpool Cathedral's set to bring some extra sparkles to the city's Christmas celebrations with an immersive experience, which will take visitors on an incredible journey through the Nativity story. 'The Light Before Christmas: The Angels Are Coming!' is a captivating indoor light show, inspired by the first Christmas, which will light up the interior of the Cathedral, as angels guide you through a magical display of twinkling lights, mesmerising projections, and beautiful music from Friday, December 2 to Friday, December 9.



### HELP HOMELESS IN THE COLD 送暖給無家者

Helping homeless people is an act of kindness and empathy resisting the tide of opprobrium hitting them every day.  
幫助無家者是一種善心和富同理心的行動，施比受更有福。

<https://www.whitechapelcentre.co.uk/volunteer-with-us.html>





# XMAS TRADITIONS IN THE UK

## 傳統英式聖誕習俗



### Get An Advent Calendar 買倒數日曆

Advent is a word derived from the Latin word 'adventus' (meaning 'coming') and relates to the four weeks immediately before Christmas.

When shopping in the many UK supermarkets, you'll see plenty of chocolate advent calendars that are always popular. If chocolate isn't your thing, there are a number of other types of advent calendars, too. From tea and coffee to socks and underwear, it's a great chance to get creative!

Advent 是一個源自拉丁語“adventus”（意思是“來臨”）的字，與聖誕節前的四個星期有關。在英國的超市購物時，你會看到很多很受歡迎的朱古力聖誕倒數日曆。如果你不喜歡朱古力，您還有許多其他類型的日曆選擇。從茶、咖啡，到襪子或內衣，總有一款岩你心意！

### Oh Xmas Tree 裝飾聖誕樹

Get a Christmas tree and decorate it with your kids! Do you know that you can even go to a farm and pick your own Christmas tree? Norway Spruce is the traditional Christmas tree which has been popular since Victoria times with short and thin, varying bright and deep green pointed needles.

買一棵聖誕樹，和你的孩子一起裝飾它！你知道你甚至可以去農場挑選自己的聖誕樹嗎？挪威雲杉是傳統的聖誕樹，自維多利亞時代以來一直流行，其針葉短而細，顏色深淺不一，呈深綠色尖針狀。



### Xmas Fair 聖誕市集

Visit your nearest festive market, sometimes called “fayres” using Old English. Large-scale markets are held for weeks during the run-up to Christmas in some of the UK's biggest cities. You'll find them in city squares and they often have stalls selling all sorts of gifts, food, drink, and more. There's also plenty of entertainment, from live music to fairground rides.

到訪離您家最近的聖誕市集，舊式英語稱為“fayres”。在聖誕節前夕，這些大型聖誕市集會舉行幾個星期。您通常會在城市廣場找到它們，它們經常設有攤位售賣各種禮物、食品、飲品等。還有很多娛樂活動，從現場音樂到露天遊樂設施等。



### Mulled Wine and Minced Pie 熱紅酒和餡餅

Mulled wine (called gluhwein) is a warming drink of red wine and various herbs and spices. It's delicious and the smell alone will make you think of Christmas! Although once stuffed with minced meat (hence the name), these days mince pies are little pastry parcels crammed with spicy dried fruit. The perfect complement for mulled wine!

熱紅酒（稱為 gluhwein）是一種由紅酒和各種香草和香料製成的熱酒精飲品。單單聞起來就會令你想起聖誕節！雖然曾經用碎肉做餡（因此得名），但現在肉餡派是甜品來的，裡面塞滿了不同的乾果，配搭熱紅酒一流！

