



# Friends of Sanon

Changing Lives, Building a Future for Myanmar Youth



## Mingalaba

Welcome to Sanon's January newsletter, we hope our news finds you and your loved ones well and safe.

Sanon training restaurant in Bagan Myanmar will remain closed for the foreseeable future. Our students training is suspended, but remains open to those students who wish to return to us when we can safely reopen to the public. Our chefs, trainer's manager, behind the scenes staff such as our accountants and English teacher remain to be supported by us and each receive as furlough pay during this time and have done since March 2020 via our charity.



OUR FACEBOOK

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OUR YOUTUBE

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OUR INSTAGRAM

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### Our Address:

Pyu Saw Hti Street,  
next to Nyaung U  
Thante, Bagan,  
Myanmar



### Contact Us:

Phone:  
+959451951950  
Email: [click here to email us](#)



### Help Us Help Them

Make a donation:  
[click here for more information](#)

We are asking you to support us in supporting our staff and students and their families during this time. Without our financial support they have none. We ALL wish to be able to come out of this unprecedented time and return to what we love to do creating lives and building futures for Myanmar youth via Sanon training restaurant. Can you help us to continue with that wish by donating to our cause? Thank you. **[To make a donation click here for more information.](#)**

## **Festival of the month. January celebrating - Past and Present**

Myanmar is the land of festivals since the day of Myanmar Kings. Every month there is a festival to be celebrated. Pyatho the 10<sup>th</sup> month of the Buddhist year and the cool season from mid-December to mid-January was designated for the Royal equestrian festival. A festival established as early as 674 organised by the King. It was held virtually for the whole month as competitions in horsemanship, bowman ship, Lancing and swordsmanship, shooting and martial arts. It was an occasion to select heroes for the Kings army for the defence of the nation.



Nowadays National Independence day, January 4<sup>th</sup> coincides with the Pyatho festival and it is one of the most auspicious months of the year. It is well documented that Myanmar sustained its independence for millennium but lost its sovereignty and national independence in no time. Recent history tells of the events that led to Myanmar regaining its independence from British rule and Independence Day is a day of national celebration all over the country. 2021 is the 73<sup>rd</sup> anniversary of Burmese independence. Celebrations are held across the country to celebrate the day.



Yangon is festooned in patriotic colours and men and women wear traditional dress of Burma the Longyi. Yangon is ablaze with illuminations the whole country is lit up. Therefore Pyatho is a time to remember for the past glory and the importance of national unity for the Burmese people.

## WATERCRESS AND ONION PAKORA

This month we will be showcasing watercress and onion pakora. It is traditional and very popular for Burmese to eat tempura at the time of the Ananda Temple festival in Bagan. Tempura stalls and sellers will pop up everywhere around this time to sell to visitors coming to pay their respects at the temple. It is a tasty and popular snack at Sanon too.

### RECIPE

60 gms watercress

30 gms red onion Finley sliced

50 gms beer batter

#### **Beer batter**

1 egg yolk

100 mls water

150 gms tempura flour

50mls beer.



Mix batter ingredients together until you get a smooth batter; add onion and water cress and deep fry in hot oil in small batches. Enjoy.

We hope you have enjoyed our January newsletter, let us know what you think on any of our social media sites and share with anyone you think may enjoy reading it too.

Thank you for all your continued support . All the team at Sanon