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Chinese American Council of Sacramento and CACS Foundation

Present

A Calendar that

*Celebrates Food and Tradition*





# Chinese New Year 中國新年

*It's the first day of the traditional Chinese calendar.  
In 2024, Chinese New Year is on February 10.*

Chinese New Year (CNY) is the first day of the Chinese calendar year. In general, celebrations of CNY last for 16 days, from CNY Eve to the Lantern Festival which is the 15th day of the 1st lunar month. Celebrating CNY involves the practice of many traditions:

- Housecleaning and Decorating

Families conduct a thorough cleaning of the house a week prior to the new year with the idea to welcome the New Year at its best, and then decorate the house with red lanterns. Red symbolizes luck and good charm while the light that radiates from the lantern symbolizes bright future.

- Red Envelopes

The seniors of the family prepare red envelopes with money inside for the younger generations. The money brings joy and luck to the recipient, and is believed to dispel evil spirits from the children.

- Firecrackers

The government provides firecrackers and fireworks when the sun sets to cheer up the atmosphere. This is usually celebrated on CNY eve and the new year day. Legend conveys the idea fireworks scare away evil and bad mood of the past year and welcome good vibes emerging from the new year.

- Visiting Relatives and Friends

Chinese New Year is the most important time for family to reunite. Children away from parents will travel long distances to go home. People express good wishes to relatives and friends by visiting,



# Nian Gao 年糕

bringing gifts or food with auspicious meaning. With large families and many relatives, this activity will last for several days.

- Folk Shows, Temple Worship, Dragon/Lion Dance

To brighten up the new year spirit, there are folk shows and fairs. People visit temples to pray for luck and good fortune in the new year. The Dragon Dance or the Lion Dance are fun-filled street dance in the hope of expelling evil spirits out of the stores, streets, houses, and break the impasse of bad luck from the past year.

- Family Dinner on New Year's Eve

The whole family reunites at the dinner table symbolic of "unity". Food is the most important part of CNY, such as whole fish, roasted pig, dumplings (jiaozi), and fresh vegetables and fruits. Nian Gao is a must-have for CNY celebration.

Nian (年) means "year", Gao (糕) means "cake", put together, Nian Gao (年糕) means cake of the new year. The "Gao" is a homonym which phonetically means 'tall' or 'high'. Eating the cake encourages the idea one will grow taller and one can rise to new height, a better year than the last. Nian Gao can look slightly different in various parts of China.

Visit [www.CACSweb.org/recipes](http://www.CACSweb.org/recipes) for more information.



# FEB RUARY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1 廿二 22nd Day	2 廿三 23rd Day  Groundhog Day	3 廿四 24th Day
4 立春 (lì chūn) Start of Spring	5 廿六 26th Day	6 廿七 27th Day	7 廿八 28th Day	8 廿九 29th Day	9 除夕 (chú xī) Chinese New Year's Eve	10 中國新年 Chinese New Year'  Chinese New Year
11 初二 2nd Day	12 初三 3rd Day	13 初四 4th Day	14 初五 5th Day  Valentine's Day Ash Wednesday	15 初六 6th Day	16 初七 7th Day	17 初八 8th Day
18 初九 9th Day	19 雨水 (yǔ shuǐ) Rain Water  Presidents' Day	20 十一 11th Day	21 十二 12th Day	22 十三 13th Day	23 十四 14th Day	24 元宵節 (yuán xiao jié)  Lantern Festival
25 十六 16th Day	26 十七 17th Day	27 十八 18th Day	28 十九 19th Day	29 二十 20th Day	1	2

January 2024

Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

March 2024

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



# Chong Yang 重陽節

(Double Ninth Festival)

*It's on the 9th day of the 9th lunar month.  
In 2024, it falls on October 11.*

The Double Ninth Festival, observed on the ninth day of the ninth lunar month, was first mentioned in writings before the Eastern Han period (before AD 25).

According to the I Ching (the Book of Change), nine is a yang number; the ninth day of the ninth month in the Chinese calendar (or double nine) has extra yang energy and is thus an auspicious date. Hence, the day is called "Double Yang Festival" (重陽節) in Chinese. It is customary to climb a mountain, drink chrysanthemum liquor, and wear the zhuyu (茱萸) plant (*Cornus officinalis*). Both chrysanthemum and zhuyu are considered to have cleansing qualities and can be used to air out houses and cure ailments.

According to ancient legend, the traditions of hiking and drinking chrysanthemum wine on this day began with the Han dynasty Taoist master Fei Changfang (費長房) and his disciple Huan Jing (桓景). One year, Fei advised Huan to bring chrysanthemum wine and food and climb a mountain with his family on the ninth day of the ninth month to avoid a disaster descending to his village. Huan followed his master's instructions. When he returned home, he found that his livestock had all died. Huan was grateful that he and his family were spared.



# Layered Rice Cake 重陽糕

Food of the Festival

Double Ninth may have originated as a day to keep away danger, but like many other festivals, over time, it became a day of celebration.

Nine (9) is the highest single digit number, and it's pronounced "jiu", the same as another character 久, which means forever or long-lasting. Because of this double meaning, Double Ninth Festival became a holiday for people to wish for long and healthy life. It developed a tradition to celebrate and appreciate the elders. On this holiday, some Chinese may pay respect to their ancestors by visiting their gravesites.

In contemporary times it is an occasion for hiking and chrysanthemum appreciation. Other activities include flying kites, making 9-layered cakes, and welcoming married daughters and grandchildren back home for a visit.

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# OCT OBE R 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1 廿九 29th Day	2 三十 30th Day	3 九月初一 9th Month, First Day	4 初二 2nd Day	5 初三 3rd Day
6 初四 4th Day	7 初五 5th Day	8 寒露 (hán lù) Cold Dew	9 初七 7th Day	10 初八 8th Day	11 重陽節 (chóng yáng jié) Double Ninth Festival	12 初十 10th Day
13 十一 11th Day	14 十二 12th Day  Columbus Day	15 十三 13th Day	16 十四 14th Day	17 十五 15th Day	18 十六 16th Day	19 十七 17th Day
20 十八 18th Day	21 十九 19th Day	22 二十 20th Day	23 霜降 (shuāng jiàng) Frost Descent	24 廿二 22nd Day	25 廿三 23rd Day	26 廿四 24th Day
27 廿五 25th Day	28 廿六 26th Day	29 廿七 27th Day	30 廿八 28th Day	31 廿九 29th Day  Halloween	1	2

## September 2024

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

## November 2024

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30