

Please join the Parramatta City Provost and the Traditional Chinese Medicine Student Society for a (virtual) morning-tea at 10am on Tuesday 1st February to celebrate Chinese & Lunar New Year.

The Parramatta City Provost Committee at Western Sydney University acknowledge the traditional custodians of the lands in which we meet, work, learn and socialise. We pay respect to the peoples of the Darug, Tharawal, Eora and Wiradjuri nations. We acknowledge that the teaching, learning and research undertaken across our campuses continues the teaching, learning and research that has occurred on these lands for tens of thousands of years. We acknowledge and pay our respect to the Elders past, present and emerging.

Virtual Tea-Making Workshop

The Traditional Chinese Medicine Student Society will host a virtual tea-making workshop. For centuries, China and other Asian countries have embraced Chinese herbal medicine and now the West is catching on to the timelessness of this ancient medicine and has started to incorporate Chinese herbs in the treatment of a wide range of health concerns.

To join in at home you will need a few simple pantry-ingredients:

- Ginger (fresh or paste)
- Honey
- Maple syrup
- Cinnamon (either sticks or powdered)
- Turmeric (fresh or powdered)
- Mint (dried or fresh)
- Green tea
- Lipton red tea

Don't worry if you don't have all of the ingredients – you'll be able to use whatever you have on hand but ginger or turmeric and some tea (bags or leaf) are the key ingredient here! Or, just join in and watch the demonstration and learn some tips & tricks for your next pot of healing herbal tea.

Quiz

To finish our event we will hold a Chinese & Lunar New Year **quiz** and the top four competitors will each win a **\$75 UberEats voucher**.

Join via Zoom

Register to attend the event via the WesternLife portal: <https://au.cglink.me/2ih/r38260>. You will have access to the zoom link after you register.

This happy time of red envelopes, dancing lions and special foods is a wonderful opportunity to celebrate. May prosperity dwell in your home all year! We hope you can join us at 10am on 1st February.

This event is in collaboration with the Traditional Chinese Medicine Society of Western Sydney University. For more information on this amazing club go to:

https://life.westernsydney.edu.au/feeds?type=club&type_id=546&tab=home