



JAUNPIEBALGA

NEWBALGA

"One for all,
all for one"

A success or a
repeated
disappointment??

King for king, brain
for brain!

Would you
like to try it?

What is this wonderful
little round b

Crunch, crunch, crunch!

What does it mean
to be active?

Read about our history!



The most important events in the history of our country

"Latvia has a rich history of important events. Here are some key moments in Latvia's history that have influenced the country's development and identity:

- Latvia was not formed as a country until 1918. The first recorded information dates back to Viking times. Latvia's territory was inhabited by Baltic tribes. The Chronicles mention the warrior Curonians (Kurši- a medieval Baltic tribe living on the shores of the Baltic Sea). Latgalian people with their own kingdoms (Tālava, Turaida, Cērtene) are also mentioned.
- In the 12th and 13th centuries, German knights (such as the Livonian Sword-Brothers) arrived and gained control of the region, leading to the Christianisation of the local population.
- Swedish and Polish control: in the 17th century, the territory of Latvia was influenced by Swedish and Polish rule. Under Swedish rule, Riga became an important trading centre.
- Revolution of 1905, when many people were shot by punishing expeditions on the territory of Latvia
- Although World War I took place in the country (1914-1918), there was a great disaster, but patriotism did its work. Latvia declared its independence (1.) from Russia on **November 18, 1918.**
- Lāčplēsis Day is celebrated in Latvia to honour the victory of the independent Latvian Army over the West Russian Volunteer Army, or Bermont's Army, on **November 11, 1919.**
- World War II and Soviet occupation: during World War II (1939-1945), Latvia was occupied by both the Soviet Union and Nazi Germany. After the war, Latvia was incorporated into the Soviet Union in 1944.

• After the Soviet occupation in 1940, the **deportation** of Latvians to Siberia took place in several stages. The two main deportation periods were:

1. 14 June of 1941: on this date, the first major wave of Latvian deportations to Siberia and other remote areas of the USSR took place. Thousands of Latvians were deported in this operation, including families, politicians, intellectuals and others who were considered a potential threat to Soviet power. (2.,3.)

1.2. 25 March of 1949: the second major wave of deportations to Siberia took place. This time 42 000 people were deported, including peasants and their families, who were considered to be "kulaki" ("bad people") or opponents of the Soviet regime.

These waves of deportations were a tragic period in Latvia's history, which had a significant impact on the demography and culture of the Latvian people.



1. Latvians in November 18 of 1918



2., 3. Latvian people in deportation



- The First **Latvian National Awakening** (19th century) included the activities of the Young Latvians (Jaunlatvieši).

The rise of national culture began. The first schools opened. In 1973- the First Latvia's singing festival in Dikļi (5.). The first Latvian novel "The Times of the Surveyors" ("Mērnieku laiki") (6.) is written by Brothers Kaudzītes and they come from Piebalga.

- In 1986, "Helsinki 86" (4.) was founded. The Singing Revolution or Third Awakening (1986-1991). The Popular Front was founded in 1988. **23 August 1989 - Baltic Way**- Approximately two million people joined their hands to form a human chain spanning 690 kilometres across the three Baltic states of Estonia, Latvia and Lithuania. (8., 9.)

- Time of the Barricades- people travelled from all over Latvia to the capital Riga to put up their cars and other belongings as barriers to the attackers. Everyone stayed together for days, burning bonfires and eating canned food. Several people also died - the cameraman Gvido Zvaigzne filmed the exact moment when he was shot. It's a horrifying video where you can hear what was happening at the time. (7.)



4.



6.



5.



8., 9.



7.

- 4 May 1990 - restoration independence of the Republic of Latvia
- August 21, 1991- regained its independence from the Soviet Union
- Marija Naumova wins in the Eurovision Song Contest in 2002. (1.)
- 29 March 2004 - Latvia joins NATO.
- 1 May 2004 - Latvia joins the European Union.
- 1 January 2014 - Latvian money switches from Lats to Euros
- 2023- Bronze in hockey at the World Championships (2.,3.) and 5th place in basketball, for which Latvia was overjoyed for days.

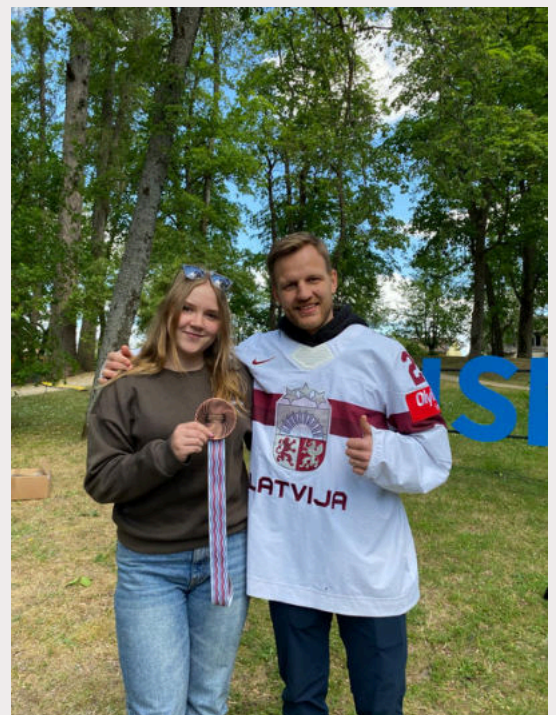


1. Marija Naumova after her performance at Eurovision



2. People waiting for our hockey team to return home

Latvia has changed because of all these events. But... there is a saying that history repeats itself. What can we expect next?"



3. Me with a hockey player Ralfs Freibergs, holding his medal



Traditional food in our country with recipes



" Latvia is located in the Baltic States and is proud of its rich culinary heritage, which reflects the country's agricultural wealth. Latvia has many traditional dishes, but here are some popular Latvian dishes along with recipes to help you bring a taste of Latvia into your kitchen.

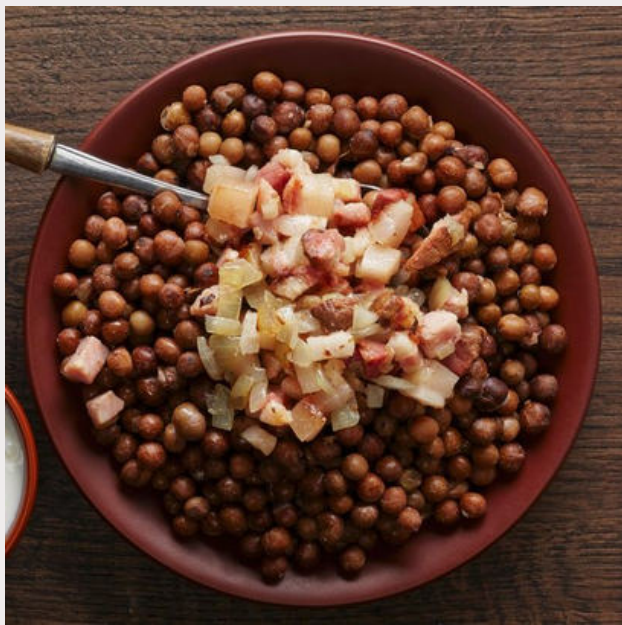
Grey Peas with Bacon (Pelēkie zirņi ar speķi):

Ingredients:

1 cup dry grey peas
200g smoked bacon, diced
1 large onion, chopped
Salt and pepper to taste

Instructions:

Soak the peas overnight. Drain and rinse them.
Boil the peas in water until tender, about 1-2 hours.
In a pan, cook the bacon until crispy. Remove the bacon, leaving the fat in the pan.
Sauté the onion in the bacon fat until translucent.
Add the bacon and cooked peas to the pan and cook for a few more minutes.
Season with salt and pepper. Serve hot.



Rye Bread Soup (Rupjmaizes zupa):

Ingredients:

3 cups rye bread, cubed
8 cups water
1/2 cup sugar
2 tbsp cinnamon
1/2 cup raisins
1 lemon, juiced
Sour cream for serving

Instructions:

Boil the water and add the rye bread cubes.
Simmer until the bread softens.
Strain the bread mixture, pressing to extract the liquid.
Return the liquid to the pot and add sugar, cinnamon, and raisins.
Simmer for 10 minutes, then add lemon juice.
Let the soup cool and serve chilled with a spoon of sour cream.





Cold soup (Aukstā zupa, many recipes)

Ingredients:

3 medium beets (cooked and grated)
1 cucumber (diced)
6 hard-boiled eggs (peeled and chopped)
1 bunch green onions (sliced)
1 bunch dill (chopped)
1 bunch parsley (chopped)
4 cups kefir
1 cup sour cream
Salt and pepper (to taste)
Lemon juice (optional)
Ice cubes (optional, for chilling the soup further)
Boiled potatoes (for serving)

Instructions:

Cook the Beets:

Wash the beets and remove the tops and roots.

Boil the beets in a pot of water until tender, about 30-45 minutes depending on the size.

Allow the beets to cool, then peel and grate them.

Chop all vegetables

Boil the eggs in a pot of water for about 8-10 minutes until hard-boiled.

Let the eggs cool, then peel and chop them.

Combine Ingredients:

In a large bowl, combine the grated beets, diced cucumber, chopped eggs, sliced green onions, and chopped herbs.

Add the kefir and sour cream to the bowl. Mix well.

Season the Soup:

Season the soup with salt and pepper to taste.

Add a squeeze of lemon juice for extra tang, if desired.

Chill the Soup:

Chill the soup in the refrigerator for at least 1-2 hours before serving.

Serve the cold soup in bowls.

Add ice cubes if you prefer a colder soup.

Garnish with fresh herbs, and serve with boiled potatoes on the side!

Latvian Cottage Cheese Pancakes (Biezpiena plācenīši):



Ingredients:

200g cottage cheese
1/2 cup flour
1 egg
2 tbsp sugar
Pinch of salt
Oil for frying

Instructions:

In a bowl, mix the cottage cheese, flour, egg, sugar, and salt until well combined.

Heat oil in a frying pan.

Form small pancakes from the mixture and fry until golden brown on both sides.

Serve with sour cream or jam.



Latvian food is a traditional and loving celebration of flavours. I think that at least one of these dishes (especially the cold soup - my favourite!) should be enjoyed by every tourist in Latvia. Enjoy these recipes as you discover Latvia's culinary delights!"

Bon Appetit!

Sightseeing and tourism in my town

"Driving along the Vidzeme highway and turning towards Piebalga, the mother of nature begins to surprise the driver's eyes with her beautiful landscapes. The Vecpiebalga and Jaunpiebalga road, which runs along the Ķeņča railway tracks (passing each property along its border), is so twisty that it feels like a roller-coaster ride. If you drive at twilight, you may see four-legged forest animals on the road.

Halfway from Vecpiebalga to Jaunpiebalga is the museum of the famous composer Emīls Dārziņš, which is also called "Jāņaskola".

The longest river in Latvia, Gauja, flows through Jaunpiebalga. It is very twisty and tricky.

The mansion from Sheremetyev's time has not lasted, but you can see one of the longest taverns in Latvia. The manor buildings include a barn (now a Cultural Centre), a smithy and a stable. All the buildings have been restored and are now used for other functions, such as the "parish house". The hospital, built in 1857, has been transformed into a music and art school with its own ghost girl. The school park shows the beautiful works of the students.

Jaunpiebalga High School (7.) is the first school in the rural area - opened in 1946, it is still open today. Around the school there is a beautiful park with 4 ponds, where you can see the gifts of the graduates to the school- lilacs, willows, birches and various other trees and bushes. There is also the Jaunpiebalga Local History Museum, which is the responsibility of Vēsma Johansone, the librarian of Jaunpiebalga High School, a guide and even a book author.



In the basement of the House of Culture there is an art exhibition hall "Velves", where new exhibitions are created every now and then for people to go and see. There are some paintings by Egils Johansons - the husband of Vēsma and famous painter of Jaunpiebalga - on display all the time.

A few years ago, everyone was amazed to see round houses being built on the way to Jaunpiebalga through the forest. Now they are called Cupola Houses, which you can drive around and see. There you can also visit the ceramics workshop "Owls"!

I guess the people of Jaunpiebalga are famous for bragging, so Jaunpiebalga has the longest graveyard wall in Latvia.

There is an viewing tower (2.) on the hill of Viņķi. Climbing it, you can enjoy a panoramic view over the beautiful landscapes of Piebalga and feel the childhood trails of the great Latvian artist Kārlis Miesnieks.

The market square "Under the hat of Ķeņča" (Zem Ķeņča cepures)(1.) hosts markets and events every season.





You can also see the Pastoral House, which is now inhabited by people. Nearby is the "Velnapurvs", which has a mythical story.

And of course our beautiful church (3.) in the centre of Jaunpiebalga with the monument by Kārlis Zāle and the grove of oak trees planted for every fallen soul for the freedom of Latvia.

At the old railway station there is a memorial to the people deported to Siberia.

In winter, there are active outdoor activities in Vanagkalns- skiing and more- with the charming and attractive Raimonds Dombrovskis (5.), who himself has been on many adventures outside Latvia.

In winter there is also a rally on the track in Jaunpiebalga.

As long as there is no ice and the weather is warm, you can safely boat on the river Gauja.

Last but not least - the "Izvēlies Piebalgu"(6.) ("Choose Piebalga") Festival. It takes place every year in August - starting with a market, cake tasting in the House of Culture, dancing and singing groups, folklore, then a theater performance or concert in the evening and then a ball.

Jaunpiebalga is a perfect place for a peaceful holiday in the countryside. Beautiful landscapes, relaxing by the Gauja River or a simple walk - Jaunpiebalga offers a very charming experience."



7. Our school



Beautiful Gauja

Sports activities in our school



"Sport is very important in our school life. After school, in their free time, students like to be active by going to the gym, playing basketball, football, volleyball, folk dancing or joining "Jaunsargi". A few years ago, I also had the opportunity to play rugby or take part in athletics, but that is no longer the option for this school year.

The gym is filled with new equipment and offers many different activities. Students can participate in weight training, cardio workouts, and flexibility exercises. These activities improve overall fitness levels and help with students achievements in other sports. Training takes place on Mondays,

Wednesdays and Fridays, but in the evenings from 17:00 to 20:00 other people from Jaunpiebalga come to exercise there as well. The coach Ieviņa Ligere is nearby and looks after everyone, helps everyone with exercises and trains herself at the same time. She has achieved a lot - she has broken several Latvian records, won many medals and trophies both in her weight category and in the absolute rankings among women. It's good to know that we're safe in the hands of an experienced coach!

Several students, including myself, are taking part in competitions. Usually we all do quite well, getting places and breaking both our personal bests and national records. I, Evelīna Brikmane, improved my bench press record by 5 kilograms in my weight category, both among juniors and among young girls. Competitions and achievements are very motivating and help you not to give up, they make you train even harder. Hopefully the gym will be open to students in a few years' time, so that even now young children can improve there in the future.



(Photos are from my archive, they are all related to our gym or gym's competition we have had)





Our sports hall was renovated in 2005. It is very big and spacious. The gym was added in 2019.

Football training takes place on Tuesdays and Thursdays. The coach is Gatis Samučonuks, who drives from Smiltene, a neighboring town. There used to be a girls' football team at our school, it played very well, even beat many boys' teams, but it fell apart. Now, it's more the younger children who attend - from 1st to 3rd grade and from 4th to 7th grade

Basketball is another favourite sport among our students. Our team has participated in competitions between other schools, at national level and in summer 3x3 basketball. Practices are taking place on Mondays, Wednesdays and Fridays with coach Aivars Stankēvičs. Both kids from 5th grade and older kids go to the training - everyone trains together.

In addition, our school offers folk dance classes, which give students the opportunity to express themselves creatively. Dancing is a fun way to stay active while improving balance and rhythm.

“Jaunsargi” is an organisation of children and young people in Latvia that offers military and civic education programmes. The purpose of the organisation is to encourage the patriotic education of young people, as well as their physical and mental development. Members of the Jaunsargi learn military disciplines, use of weapons, participate in sports events, hikes and camps. The organisation is closely linked to the Latvian National Armed Forces and its programmes are focused on preparing young people for civic participation and defense. They take place on Fridays. Alvis Rogozin is a great teacher, having worked in the profession for many years himself and achieved many successes in both Latvian and Baltic competitions.

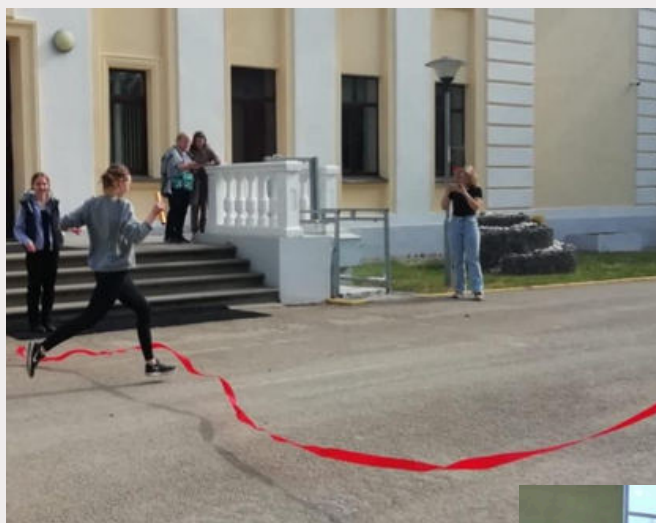




Sometimes in spring or autumn our school also organises a cross. Students are in several groups, girls and boys run separately. The boys run a bit more than the girls.

There are also sports days in our school from time to time. They usually take place at the end of the school term. Last year, each class had to run a relay race through Jaunpiebalga and then play football. This year, a volleyball tournament was held before the winter break. There have also been other interesting class activities - basketball, floorball, folk ball, etc.

Our school has lots of sporting activities, and the students get involved! Hopefully, in the future, nothing will change and more students will participate in all kinds of sports. "





Rugby: power, speed, tactics and teamwork. Friendship on and off the field

"Rugby is a team sport that originated in England in the early 19th century and has since gained popularity all over the world. The game of rugby is usually divided into two types: rugby with 15 players (rugby 15), which is a very high contact and tackling game, and rugby with 7 players (rugby 7), which is a smaller and faster type of game. Both games involve strength, power and teamwork.

Teams are formed from U8 (7 year olds and up) to U20 and men's teams. Girls are allowed to play with boys in Latvia until the age of 14. Usually U-18 and U-20 teams from Latvia form a national team that travels to play abroad. The first Rugby 15's match for the Latvian men's national team this year took place on 20 April at Jelgava Stadium against the Danish national team. Latvia won 29-25 in a tough match.

The main idea of rugby is to land the oval ball on the opponent's side of the field behind the goal post and hit it into the goal, which is shaped like the letter H.

Rugby is a quite traumatic sport, as it is allowed to knock down opponents, push them, tackle them, etc. But of course there are also a lot of rules to prevent fatal incidents. Tackles must not be taken in the neck area. People should not be lifted up and then thrown to the ground. Passes must only be made backwards. There are 2 periods. (In big rugby there is also a "3rd period" between the teams where everyone sits down at a big table and eats, drinks and hangs out together after the game).

Of course, the little ones are also interested in the sport, but it's too brutal for them. Instead, children are taught Tag rugby and strip rugby. Tag rugby is the same as rugby, but you don't do tackles, you have to give the ball back to your opponent if you touch him with your hands. Tape rugby is a bit different - it also doesn't have tackles, but each person has their own belt and there is 1 tape on each side. The ribbons have to be pulled off by the person who has the ball. If someone tears off a ribbon while you are running with the ball, the game stops and so on until the ball comes back to your opponents.



Rugby gates





Rugby is also a very popular sport in Latvia. There are teams from both cities and the countryside. There are many clubs, such as Livonia, Miesnieki, Mītava, Fēnikss, etc.

Latvia participates in the European and World Championships, as well as holding championships and matches in Latvia.



Moments from games



The rugby team is like one big and friendly family. "One for all, all for one".

This was proven at Livonia Rugby Club. One night in March 2024, one of the rugby players, Roberts Miksons, disappeared without a trace. Family, friends, teammates and the police helped to search for him for 2 days, but unfortunately he was found drowned in the river Daugava. It was a devastating loss for everyone as Robert was a wonderful husband, son and dad to 2 children. He was only 32 years old. Everyone remembers him as a joyful, dedicated man with a good sense of humor and a warm heart. Also at the Latvian game against Denmark, there was a moment of remembrance for Robert. I think almost everyone had tears in their eyes, including me, because it was a very emotional moment to see his family and everyone thinking and remembering Robert, and to see his last shirt being given to his son. The nicest thing was that just for the memorial moment, the sun started to shine very brightly in the stadium and it stayed hot - many people thought that it was Robert who brought the sun while he said goodbye. May he rest in peace...



Roberts Miksons



Latvia's Rugby Federation logo



LMT REGBIJA KLUBS

Most popular Latvian Rugby clubs logos

Interesting fact!

The New Zealand team always does their traditional ritual -Haka dance before a match. **Why?** Traditionally, the Maori people of New Zealand perform the Haka to show their tribal pride, strength and unity. The haka is commonly known as a war dance used to fire up soldiers on the battlefield, but it is also a common way to celebrate, entertain, welcome and challenge visiting families.

Although rugby seems to be a very brutal sport, it's really all about strategy and teamwork. You can put all your emotions out on the field during the game, but you also have to remember to respect your opponents!"

I chose to write about rugby, because I have played it for 6 years and my siblings, cousin plays it too. It's like a tradition for our family.

Evelina Brikmane



Me in my first rugby competition in 2015



Uldis Ozoliņš- the man, who brought rugby in Jaunpiebalga. He was the first coach to all of us in Jaunpiebalga.

The game is not over yet, if the kings are still alive!



"**Chess**- one of the world's oldest and most strategic board games - is a game played by 2 people. It originated in India around the 6th century, called Chaturanga, and later developed as it spread to Persia and then around the world. Today, chess is played and celebrated around the world as a symbol of intellectual skill and competition. The object of the game is to "checkmate" the other player. Each piece has its own type of move and a rank of values. Nowadays there are quick games- you lose when time runs out (times may vary). Popular 3+2, that is 3 minutes time and for each move made + 2 seconds. Invented by Bobby Fischer. There is also Fischer chess, where the player has no idea how his dice are arranged (the pawns are usually in place) before sitting down at the board.

The first world chess champion was crowned in 1886 by Wilhelm Steinitz.

He held the title until two world champions emerged in the 1990s- Anatoly Karpov and Garry Kasparov (due to the chess federation changing the rules).

From 2013 Magnus Carlsen was World Champion, but in 2023 he withdrew and the new World Champion was Ding Liren of China.

The eighth champion from Latvia is Mikhail Tal, who won his title in 1960-61.

During the match, the players observe silence, and even a flying fly makes noise.

Chess, like all other things, has gone digital. Where once you could play in real life with just a board and dice, now all you need is an app or a web link and an account to play either online against other players or against a computer.





Funny moments...

Of course, there are some funny moments. A Latvian player used a chess programme in the Rausin competition. He was caught and disqualified. He then moved to Bangladesh and continued to participate in tournaments there, where he was recognised again after a while.

Facts!

- Chess is a very complex game. It is almost impossible to play 2 games the same way, as there are 10^{10} (120x) potential variations of how the game can end.
- It is played in almost every country in the world, is recognised as a sport by the International Olympic Committee and is governed by the World Chess Federation (FIDE).
- Chess improves all kinds of abilities, such as memory, problem solving and critical thinking. Chess is also associated with reducing anxiety and improving concentration.
- 20 hours and 15 minutes- the longest chess game
- The king is the most important piece in chess, but the most powerful piece is the queen, which can move in any direction.
- 64 squares on the board
- In 1997, IBM's Deep Blue became the first computer to beat the reigning world champion Garry Kasparov.
- The game of chess is often seen as a metaphor for life, war and politics. The different pieces - king, queen, bishop, knight, lion and pawn - represent different roles and powers, highlighting the importance of strategy and foresight.

In 2022, the world was shocked to learn that a 19-year-old American chess grandmaster, Hans Niemann, could be involved in the biggest cheating scandal the sport has ever seen. The guy's ratings had soared in 2 years. When he had to play against the champion Magnus Carlsen, the guy won. After that, Carlsen unexpectedly withdrew from the competition. Then conspiracies started that the young guy had cheated. He admitted to cheating in online games at the age of 12 and 16, so he was also accused of other cheats. People figured that the boy might have used an adult toy - "bottom" balls - to send signals by a computer to know what move to make next. People, of course, believed that this could be the case. Niemann himself denied everything. Nothing has so far been confirmed that the guy was cheating.

Chess continues to fascinate and inspire players of all ages and skill levels. Whether played competitively or casually, chess offers a rich and rewarding experience that challenges mind and inspires creativity.

I wanted to write an article about chess because it is very interesting. My dad has been playing chess since he was a child and I have been with him to competitions, but unfortunately I do not know how to play chess myself."



Dons - Latvia's new hope

"The Eurovision Song Contest will take place for the 68th time in May 2024. It will take place in Malmö, Sweden. Latvia will be represented for the 24th time. Latvia has only won Eurovision once - in 2002, when Marija Naumova won with her song "I wanna". In 2015, singer Aminata reached the final with "Love Injected" and came 6th. Then in 2016, under Aminata's guidance, Justs with "Heartbeat" also made it to the final, stayed in last place, but for the next 7 years Latvia has not even made it to the final.



Dons (real name Artūrs Šingirejs) is a popular Latvian singer and songwriter, known for his powerful voice and talent in music. He has received great recognition in the Latvian music industry and has participated in various musical projects and competitions.

This year, Dons will represent Latvia with the song "Hollow". The song is an intense and emotional ballad that explores topics of the inner world, emotions and reflections. It is distinguished by Dons characteristic vocal performance.



Dons has already completed his first Eurovision Song Contest rehearsal in Malmö.

The video for the song focuses on the man himself - it features many bald men in blue suits.



"The rehearsal went well, everything felt great, the voice sounds good, the stage is impressive, but we still have quite a few things we'd like to polish before the big show. Now it's time to watch the performance a few times and see what changes are needed, because next Thursday (9 May) everything has to be perfect," said the singer himself.

We all in Latvia are really hoping for a Eurovision success, because there hasn't been one for several years.

Let's all keep our fingers crossed and cheer for Don, hopefully he will get into the hearts of other countries with his song and his story as well."





May is almost here, it means- HOCKEY!

That's why this **top 5** will be countries, that have won the most World Championships in hockey.



(1920-2023)

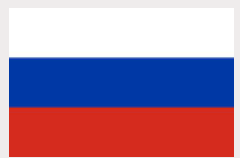
 **Canada- 28**

 **Russia- 27**

 **Czechia- 12**

4. Sweden- 11

5. Finland- 5



Who will be the champion of 2024?!