

EQUILIBRIUM SCHOOL

Special Staff Edition

NEWSLETTER

My poor, long-suffering wife (3rd generation Canadian of Irish-English heritage) made the mistake, almost 40 years ago (September 11, 1982), of falling in love with, and marrying a Dutchman (actually, a first-generation Canadian-born son of Dutch parents). I can't believe she still loves me as much as I still love her! Anyways, the Dutch are known worldwide for their,... AHEM..., "frugality". Judy calls me "cheap", but I prefer the words



"thrifty" and "frugal". Regardless, we do agree that I am "tight-fisted" when it comes to finances; So tight, in fact, that *"The Queen on my money screams (blinded) when I open my wallet because she so rarely sees the light of day!"* For your reading pleasure (or not!), I've listed a few sayings and jokes I've heard over many (so many!) decades that the Dutch like to tell about themselves – here goes:

1. You can tell a Dutchman, but you can't tell him much!
2. *Question:* How was copper wire invented? *Answer:* Two Dutchmen fighting over a penny! (If you are too young to remember pennies or you're from a foreign country, ask any Canadian over the age of 40 what a penny is).

ALL OUR DOGS

Australian Labradoodle, French bulldog, **Beagle**, German Short Haired Pointer and Perro de Presa Mallorquin

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3. A recently married Dutchman and his bride were having an argument about finances. Exasperated with his wife, the Dutchman exclaimed *"How could God have made you so beautiful and yet so dumb?!"* His bride answered, *"Well, God made me beautiful so you would marry me, and He made me dumb so I would marry you!"* (For the first time in his life, the Dutchman had no response!)
4. *Question:* What's the difference between a Dutchman and a coconut? *Answer:* You can get a free drink out of a coconut!
5. *Question:* Why did the Dutchman cross the road? *Answer:* To get away from having to donate to the Salvation Army 'Copper Kettle' Christmas campaign.
6. A German, a Frenchman, and a Dutchman were all at a funeral for a mutual friend. Moved to tears before his deceased friend was to be lowered into the ground, the German tossed a \$100.00 bill into the casket with his best wishes that his friend would have a wonderful afterlife. Not to be outdone, the Frenchman threw a \$500.00 bill into the casket with the same farewell message. The Dutchman waited until the casket was just about to be closed, rushed to it, wrote a cheque for \$1,000 dollars, threw it in, and took both the \$100.00 and \$500.00 dollar bills as change!
7. The Dutch have a saying: *A Dutchman is the only person who can buy from a Jew, sell to a Scot, and still make a profit!* (sorry, this saying is somewhat racist, but it is what they were proud of saying!)
8. The Dutch are very proud of having reclaimed so much land from the sea (called "polders"). They say, *"God created the world, but the Dutch made Holland (the Netherlands)"*.
9. Finally, a slightly translated (and definitely "off-colour" Dutch joke: This is a Dutch joke where the dialog is spoken in English:
A Dutchman and an Englishman are sitting next to each other on an airplane. They start to make small talk and the Englishman asks the Dutchman what he does for a living. The Dutchman proudly says *"I fok horses!"* (Fok == breed). Shocked, the Englishman exclaims *"Pardon?!?"* The Dutchman smiles and replies, *"Yes! Paarden!"* (Paarden == horses).

Submitted by: George Van Bruggen (proud Dutch descendant and Equilibrium staff member).

Summer in Canada: Indigenous Peoples Day, June 21

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Border Crossings

By Fatima M.

Sometimes I feel great happiness and contentment that I have lived a life in which diversity, multiculturalism and exposure have been my teachers..... [Page 2](#)



Border Crossings

By Fatima M.



Home

My first memory is like a coming into consciousness, I remember exactly what I was feeling and how it felt and what that memory holds for me. I remember orange folding tables, and two of my brothers bickering among themselves while opening and refolding the tables, I remember my eldest brother sitting quietly in his seat, a bit removed, dignified, reading a magazine. It was an Urdu magazine for kids, the light was very bright, the sun was almost at level with the strangely shaped windows, the light made everything vivid, I also remember an impossibly blue sky somewhere in the windows. I was in the seat next to my mum, who looked a little nervous and annoyed. I was standing up in the seat looking over the back, at my brothers. She turned around and shushed at them in such a way that they settled down for a while and I sat down too, before she asked me to. I remember it clearly, like I was yanked out of a darkness and the light in that cabin was too bright for my eyes and I knew this was an important moment in my life.

The next thing I remember is a glass wall, not very tall and my father, he could've been a stranger, but I knew he was my father from the laughter in his eyes, he bent over the wall, which seemed so high to a two-year-old, picked me up and threw me in the air. I was ecstatic. I was home.

Looking back, I think it was probably a safer world then, that my father was able to reach over the barrier as my older and hence more responsible brothers helped my mom get the luggage off the conveyor belt, no one had objected or stopped him. The last time I travelled to a new country and landed on JFK in New York, I had to keep an eye on my children who clung on to their travel pillows and large bulky backpacks, holding on to a variety of hand luggage while my husband looked around for luggage carts, a couple of porters with concierge carts tried to convince him to hire them and as an added benefit they would arrange a car, taxi or limo for us. There was still a final security check we had to go through, and the lounge was large, but the windows were of opaque glass, I could not make out if someone was out there waiting for us and the whole enterprise held that unease of a confined space, full of vigilance. I also felt what my mother would have been feeling all those years ago, the nervousness, the



excitement, the hope, of another life, more opportunities, more languages, more fears, more emotions, and many more stages we still had to go through. I had children with

me too, I know now that my parents had thought of us when they made that move. That is the deciding factor when crossing borders. I know that packing up one's life is not a neat and orderly thing to do, it is hard and haphazard and there were many things we have to sacrifice for the hope that is in moving. I know that my parents, parents were at the back of their minds then, whom they were leaving behind, wondering when the next time will be, when they will be able to touch them.

Sometimes I feel great happiness and contentment that I have lived a life in which diversity, multiculturalism and exposure have been my teachers. Now my children are exposed to a whole new and better world too. A world of safety, the meaning of which we have learned the hard way. But sometimes, I mourn the roots we have lost, a culture as vast and deep as the river Indus, which we seem to lose every day, although we forever carry it in the henna obscured lines of our hands, in the musky roots of our hair, in the darkness of our eyes and in the very beating of our hearts. I know that my parents must have missed the monsoon rains in the dessert city they brought me up in, just like I missed the salty sea wind in the green hills where my children grew up and my children miss the smell of jasmine in sultry nights during the vast snowy winters, they now live in.

We belong nowhere, yet we belong everywhere. I feel a pang of longing when I wrap myself up in cashmere shawl and think, will my daughter know the simple pleasure of this act. But she probably will, and the best way to wrap up against the chill, dry wind of the Rockies too. Yes, she will sound like every other person around her when she speaks English, but she will also carry the inheritance of other languages. For we are strong people, we scatter with the winds, but we also grow roots, quickly and what more, we carry our roots with us. We carry our home across borders and continents, through snow and sand, through thunder and lightning, in different languages, in different cultures and in hardships and through ease and they grow and encompasses all that we learn. For we are, our home.

Summer in Canada: Indigenous Peoples Day, June 21

My name is Taylor B., I teach EAL Classes at Equilibrium and I am also proudly Anishinaabe. Due to my heritage, Indigenous Day is very important to me. I wanted to share some interesting information about Anishinaabe heritage to show you why I love celebrating Indigenous Day. Anishinaabe is also known as Ojibway, which is a First Nations group from Ontario. Music is very important to Anishinaabe people. Many songs will include hand drumming and the flute. Anishinaabe people also like to express themselves by dancing. Although there are many dances, Jingle Dances are among the most beautiful. Different Indigenous groups will celebrate Indigenous Peoples Day in different ways. Why June 21st? Summer solstice holds a lot of cultural significance for many Indigenous peoples.



Miigwetch! (It means thank you)



I had a busy summer. I'm the part of the Serbian Traditional Dance Group called *Frula*. We performed during the Serbian Fest (June 11 – June 12).

Visited Istanbul in June and enjoyed their baklava.

In July I spent a week in London with my family.

By Sonja K.



Here is something that is interesting for the use of "UP".

This comes from the Chicago Tribune: [BRUSHING UP ON USES OF THE WORD 'UP' – Chicago Tribune](#)

WHAT'S UP

"We've got a two-letter word we use constantly that may have more meanings than any other. The word is UP.

"It is easy to understand UP, meaning toward the sky or toward the top of a list. But when we waken, why do we wake UP? At a meeting, why does a topic come UP? And why are participants said to speak UP? Why are officers UP for election? And why is it UP to the secretary to write UP a report?

"The little word is really not needed, but we use it anyway. We brighten UP a room, light UP a cigar, polish UP the silver, lock UP the house and fix UP the old car.

"At other times, it has special meanings. People stir UP trouble, line UP for tickets, work UP an appetite, think UP excuses and get tied UP in traffic.

"To be dressed is one thing, but to be dressed UP is special. It may be confusing, but a drain must be opened UP because it is stopped UP.

"We open UP a store in the morning, and close it UP in the evening. We seem to be all mixed UP about UP.

"In order to be UP on the proper use of UP, look UP the word in the dictionary. In one desk-sized dictionary, UP takes UP half a column; and the listed definitions add UP to about 40.

"If you are UP to it, you might try building UP a list of the many ways in which UP is used. It may take UP a lot of your time, but if you don't give UP, you may wind UP with a thousand."

What's UP



Judith V.

WHAT'S UP

What's UP

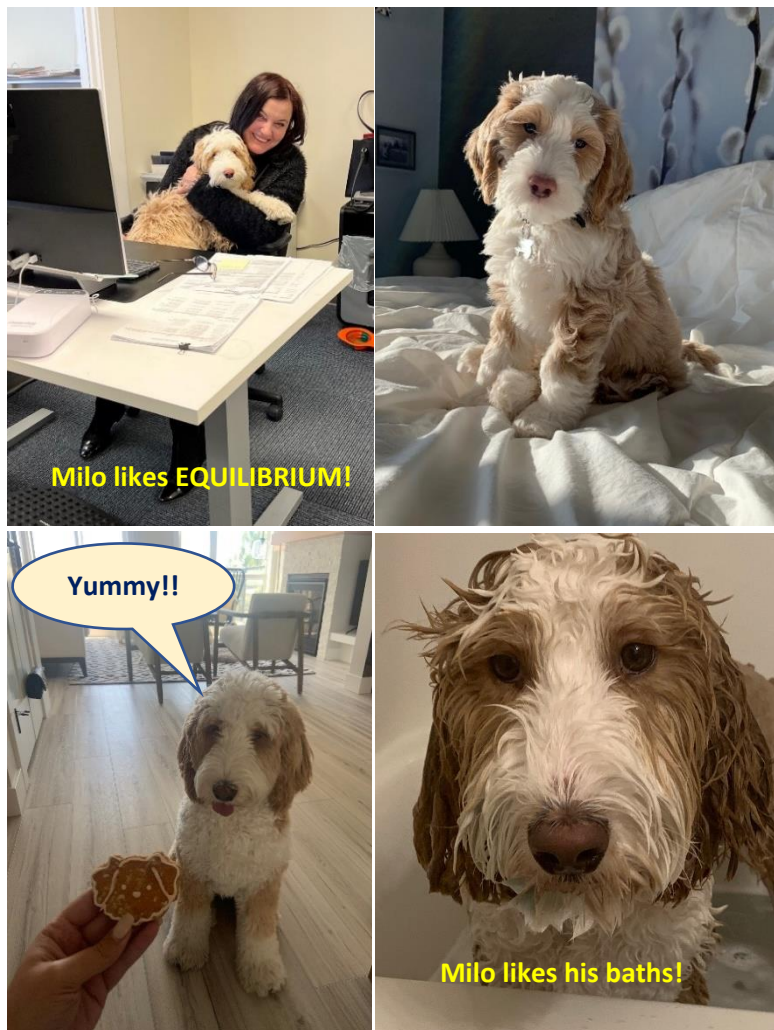
WHAT'S UP

ALL OUR DOGS

Australian Labradoodle

MEET MILO- Slavica's dog

Milo was born on October 23, 2021.



Mix of Labrador, Poodle, English Cocker Spaniel, and American Cocker Spaniel.

Originally bred to be guide dogs for the visually impaired. This breed was bred in the 1980's in hopes a guide dog with low-shedding hair and the helpful nature of a Labrador would be created.

Australian Labradoodles are very intelligent so training them is not a difficult thing. These dogs are very friendly and gentle and so they are usually considered a great family dog.

Although one might think the Australian Labradoodle consists of Australian breeds in its mix, it does not. The word "Australian" is in the name of the breed because of where the dog originated from and was originally bred.

Australian Labradoodles need to be pampered: must go to the grooming salon every 5-6 weeks due to their thick, wavy, low-shedding coat.

This breed hates being alone and will sometimes suffer from separation anxiety. They are very friendly and love humans, so they desire companionship with their owner.

French Bulldogs

MEET MINI AND TRUFA – Martha's dogs

Roots of this breed trace back to England. English lace makers would use the smaller version of these dogs as lap warmers while they would work. Once the lace industry moved to France, so did the workers and their dogs. The dogs were then bred with terriers and hence, the modern-day French Bulldog was born.

Due to their anatomy (short stature and large heads) French bulldogs are not able to swim. Not only this, but their short snouts prevent them from being able to fly with ease due to breathing problems.

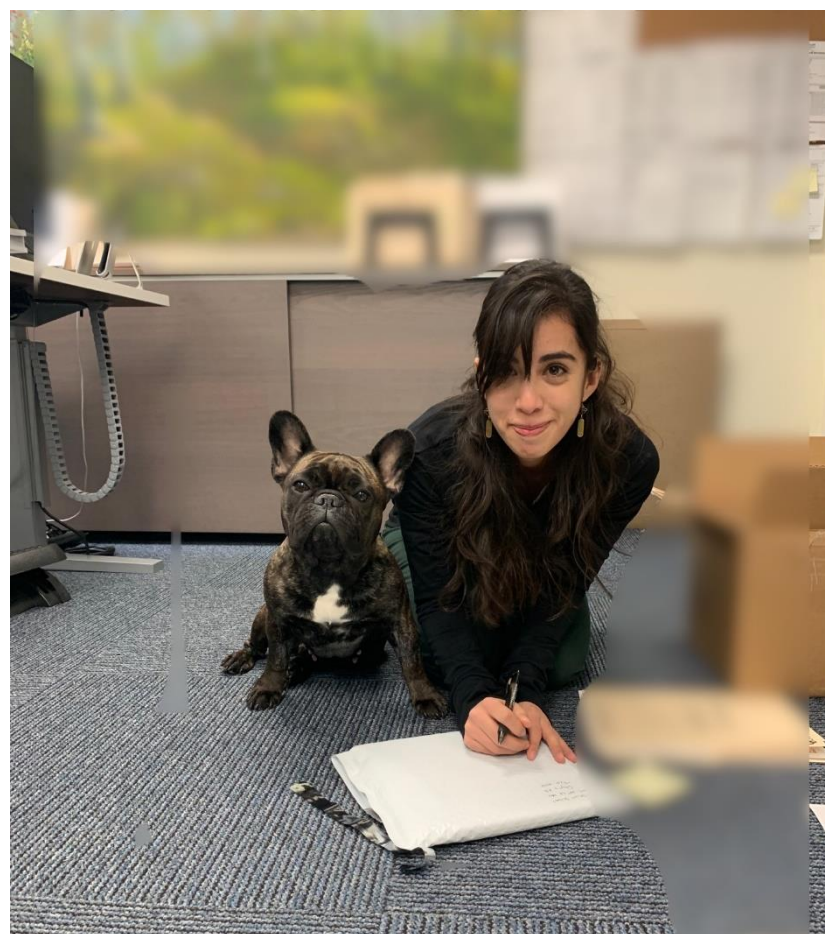
These dogs are sensitive creatures and respond better to positive reinforcement rather than being scolded. A scolded French bulldog will likely sulk and mope around the house.

French bulldogs will typically only have three puppies in one litter, having five or seven is especially rare for this breed.

Adult French bulldogs will sleep for ten to thirteen hours a day and as they age will require more. Not only this, but this breed is not a fan of too much exercise.

They love humans and crave companionship which can sometimes lead to separation anxiety.

French bulldogs have coined the nickname "frog dogs" due to their roundish faces and the way they spread out their hind legs while they sit.



Mini also likes EQUILIBRIUM!



ALL OUR DOGS

Beagle – Chester- Kasia's dog

Beagles were bred for hunting hares, rabbits, and ducks. Along with their large floppy ears that catch scent particles and their tremendous sense of smell, a small creature will have trouble hiding from a Beagle.

Beagles can make three different sounds; a bark, a howl, and a yodel-like noise called a bay (heard typically during hunting).

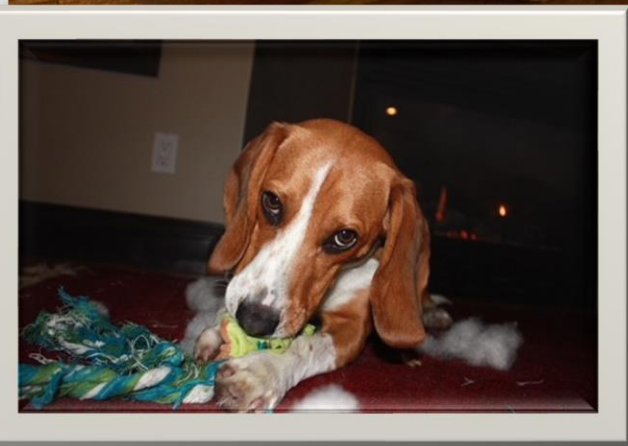
Beagles are working dogs and have plenty of jobs. They can work as bedbug detectors but more importantly, Beagles are used in airports to sniff out food and other unpermitted smuggled goods. These groups of Beagles used in airports are known as The Beagle Brigade.

The famous cartoon dog Snoopy is a Beagle.

The white tip on a Beagle's tail helps hunters easily see where they are while hunting in thick undergrowth and tall grass.

Beagles have a very large appetite and are food obsessed. They are known to steal food off tables and counters.

This breed is very intelligent and thus needs to be mentally stimulated. Providing toys, puzzles, or jobs for them to accomplish will keep their minds happy, but if they get bored, they will find their own way to entertain themselves.

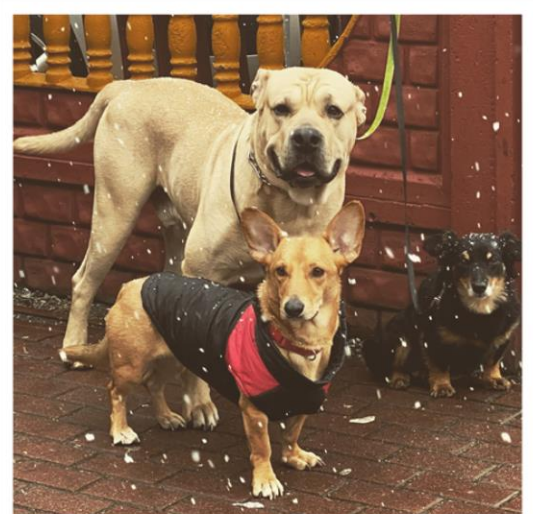


MARIKA's Dog

*I would like to introduce my dog, Sammy. Sammy is a 3 years old boy of a proud breed **Perro de Presa Mallorquin** also known as **Ca de Bou**.*

He is very cheerful and friendly. He loves to be hugged and kissed. He also loves other dogs – he has 2 close friends Lulka and Tosia.

However, his biggest love is people - he would not miss any opportunity to be pet by any person. Sammy is sending big hugs to all of you!



German Short Haired Pointer - MILA- Anna's dog

This breed makes for very good swimmers due to their webbed feet and slender build.

German short haired pointers have endless energy, so they need to run, swim, go on long walks, or play to calm them down. However, most German Pointers could run all day and still have energy left over.

German short haired pointers were bred to be hunting dogs. Their long muzzles enable the dog to carry game for long periods of time.

This breed matures quite later compared to other breeds so a German short haired pointer's puppy phase can be challenging to deal with for some.

Pointer dogs can be traced all the way back to Egypt; however, this specific breed originates from Germany.

This breed gets its name from their famous stance. They will lower their heads and lift a paw as if they are "pointing" to their prey. This instinct is so engrained in the breed that even small German Pointer puppies will exhibit this behaviour.

These dogs are very enthusiastic energetic and intelligent.

My Summer “Staycation”

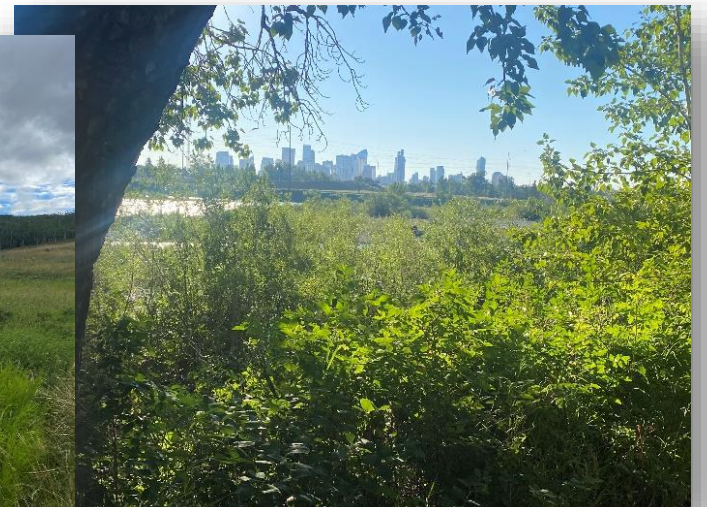
I had a little time off this summer, so I spent some time doing things I enjoy more than anything else.

I watched many baseball games on TV, and I even got to go to one in person. Go Dodgers! Go Dawgs!

I went for many early morning walks to get some exercise before it got too hot. We have many great parks in the city, including Nose Hill Park, Fish Creek Park, and the river pathway system. No matter your mobility, you can get out for some fresh air and enjoy some green in the city. In Nose Hill, you can almost feel how it did before a city grew up around it. Of course, it’s a hill, so it turns into a bit of a hike. Along the river, you can walk a very flat path and see different views of downtown, as well as the occasional train going down the tracks. The best part of these city walks/hikes is the price—absolutely free! By Darren P.



Rich and I at the Dawgs game.

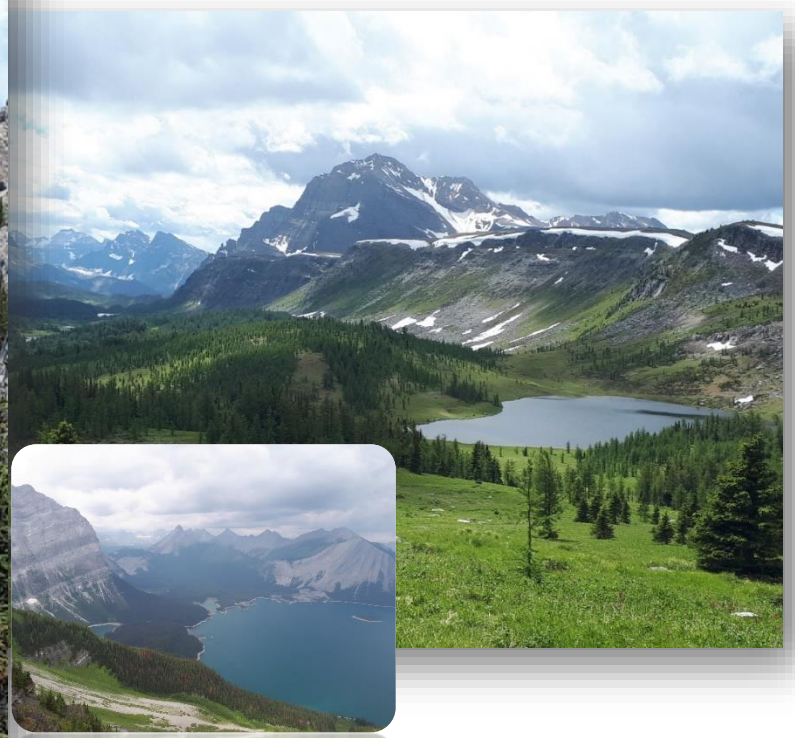
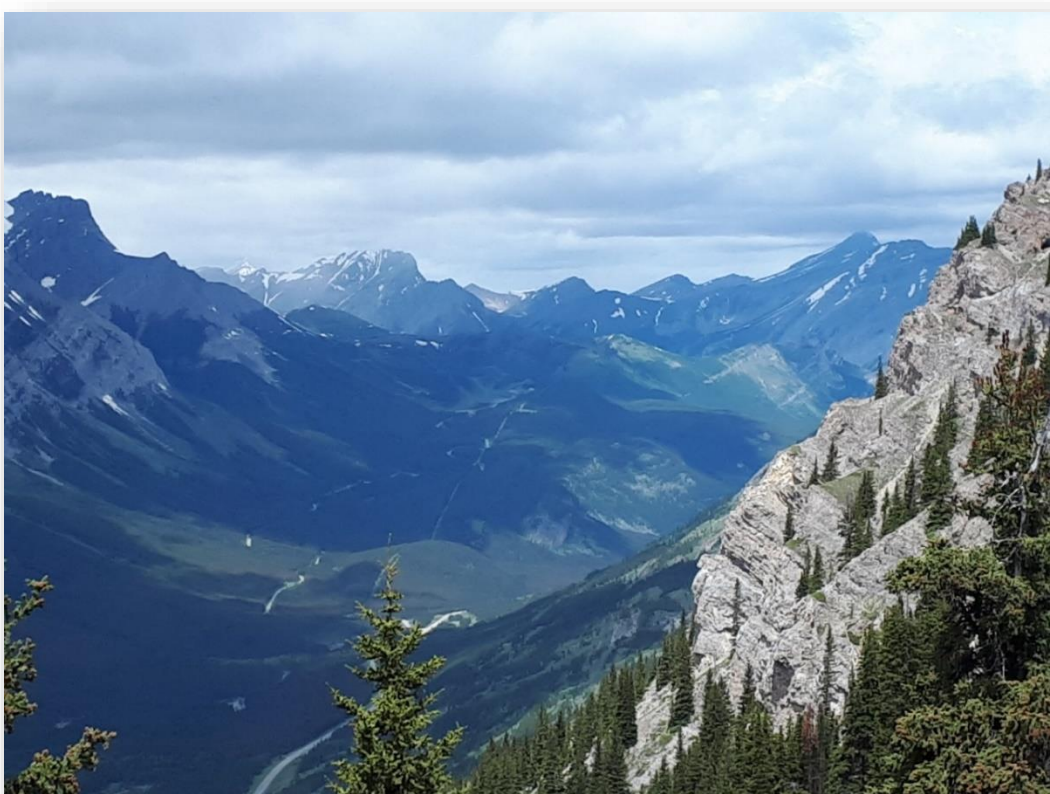


Hello! My name is **Nelson.**

I have been at Equilibrium since April 2022, and I would love to share some pictures of my hiking experiences.



These are pictures that you can’t really take by the side of the road. They require a concerted effort, but are ultimately well worth the pain and suffering! If you recognize some of the views, good for you. If you want to know how to get there, just ask... and if you want more, there is plenty!



RECIPE SECTION

This recipe is a family favourite:

Oriental Wings

by **Jean W.** love this recipe because it is quick and easy to make.

2 pounds of chicken wings
1/8 teaspoon ground ginger
1 teaspoon dry mustard
2 tablespoons vinegar
2 tablespoons oil
6
tablespoons soya sauce (I like to use reduced sodium soya sauce)
Combine all the ingredients and pour over the wings. If time, marinate 2 hours.
Pour wings and sauce on a cookie sheet lined with parchment paper.
Cook at 425 degrees for 40-45 minutes.



Baked Beans - By Dale T. Latham, BSc. GED Instructor

What are summer BBQs without topping them off with a good batch of homemade baked beans? They're not homemade unless you baked them yourself. Here's a tried-and-true recipe that will be a crowd pleaser and a great addition to any outdoor party.

OLD FASHIONED BAKED BEANS ***Serve up the beans with your favorite BBQ'D burgers or hot dogs and enjoy.

Ingredients

2 cups navy/white beans (500 gr.)
1 lb. bacon, chopped ½ in. pieces
1 small onion (chopped small)
1/4 cup brown sugar
2 tbsp. fancy molasses
1 tbsp. dry mustard
½ tsp. salt
¼ tsp. pepper



Method:

1. Wash the beans, and place them in a 5-liter pot. Cover them with water and soak overnight with the lid on.
2. The next day, drain beans and rinse well.
3. Put the beans back in the pot, covering with fresh water, and boil slowly until the skin on the beans burst and flake. Then, drain and reserve the liquid for use later.
4. Layer ½ half of the chopped bacon and onions on the bottom of the pot and ½ of the beans on top of them. Add the other half of the bacon and onions, and cover them with the rest of the beans
5. Mix and pour all the other ingredients over the top layer of beans. Keep them just covered with the reserved liquid while cooking.
6. With the lid on the pot, bake the beans at 225 degrees (f) for 6 to 8 hours, stirring occasionally, until al dente.

And for Dessert?

How about some Rocky Road Peanut Butter Clusters?

Rocky Road Peanut Clusters

Ingredients

- 1 cup semi-sweet or milk chocolate chips
- 1 cup butterscotch chips
- 1 tsp. vegetable oil
- 1½ cups roasted, lightly salted peanuts
- 1½ cups miniature marshmallows

Instructions

1. Line a large baking sheet with waxed paper.
2. Melt chocolate chips, butterscotch chips and vegetable oil together in a small sauce pan.
3. Heat on low while stirring with a wooden spoon until chips are just melted and smooth.
4. Quickly stir in the peanuts and marshmallows.
5. Drop spoonfuls of the mixture onto the waxed paper. You can make them as large or as small as you like.
6. Let set up in the refrigerator for 15 minutes before packing. Store leftovers (ha!) in an airtight container.
***TIP: Put your baking sheet in the freezer while you are melting your chocolate. Your spoonfuls of mixture will solidify faster.
Enjoy, eh!



R E C I P E S E C T I O N



Hi there!

To support Ukrainians and to spread more information about Ukrainian culture I would like to share our family recipe of Ukrainian borsch that I got from my grandmother. Try it once and you will love it forever!

Ingredients:

- 2 litres of beef broth
- 2 medium beets
- 2-3 medium potatoes
- 1 small onion
- ¼ of small cabbage
- Boiled meat (as much as you like)



- Ingredients for Zazharka:
- 1 small onion
- 1 tablespoon of olive oil
- 1 cup of tomato juice (peeled tomatoes)

Cooking instructions:

1. Peel and grate beets, add 1 tablespoon of salt, mix and let it stay like that for few minutes
2. Cut one onion into small cubes
3. Bring the broth to boil
4. Rinse the beet with water and add it to the broth together with onion, let it boil for 20 minutes, use low heat
5. Cut potatoes into cubes and add it to the pot, let it boil for 15 minutes
6. Meanwhile, make Zazharka:
 - Cut 1 onion into small cubes
 - Add 1 tablespoon of olive oil to the frying pan
 - Add onions, passivate for few minutes
 - Add 1 cup of tomato juice, mix and let it stew for 10 minutes (mixing periodically)
7. Cut the cabbage into small slices
8. Add zazharka, cabbage, boiled meat to the pot, let it boil for 1 minute
9. Add salt and let it boil for 6-7 minutes

When Borsch is ready, serve it with a spoon of sour cream and garlic bread

Enjoy! Glory to Ukraine!

With Love, Polina

Flourless chocolate muffins

Ingredients:

½ cup nut butter of your choice (hazelnut and cashew work great in this recipe)

2 whole eggs (room temperature)

3 tablespoons honey

2 tablespoons cocoa powder

1 teaspoon coconut oil

1/4 teaspoon baking soda

A splash of vanilla extract

A pinch of salt

A pinch of cardamom

½ cup chocolate chips (optional)



Instructions:

1. Preheat your oven to 330°F and prepare a muffin tray with 6 muffin liners.
2. In a medium bowl, combine all the ingredients and mix until smooth. Fold in the chocolate chips (if using).
3. Divide the batter among the 6 muffin cups.
4. Bake for approx. 20 minutes. Allow to cool before serving.

My niece has many food allergies, so I test a lot of gluten-free recipes. These are (by far) my favourite gluten-free muffins.

By Joanna



ADAM'S TOP SECRET

TOP SECRET

Adam's Top Secret Go-To Potluck Recipe (Easy Cheesy Puff Pastry Balls)

Ingredients:

- Pillsbury Crescents (2 x 235g)
- Boursin Cheese (150g)

Directions:

- 1) Preheat oven to 375°F
- 2) Cover two cookie sheets with parchment paper
- 3) Unroll the crescents onto a cutting board and cut into small triangles (approx. 4cm wide)
- 4) Use a teaspoon to put a small amount of cheese on each triangular piece
- 5) Wrap the triangles around the cheese and roll into balls
- 6) Place the balls on the cookie sheets and bake for 11 to 13 minutes or until golden brown
- 7) Serve and enjoy!
- 8) Don't give this recipe to anyone 😊



go-to: something that is regularly or repeatedly chosen or employed for reliably good results
potluck: a communal meal to which people bring food to share

When Adam isn't baking, he teaches GED Math & Science with Equilibrium!



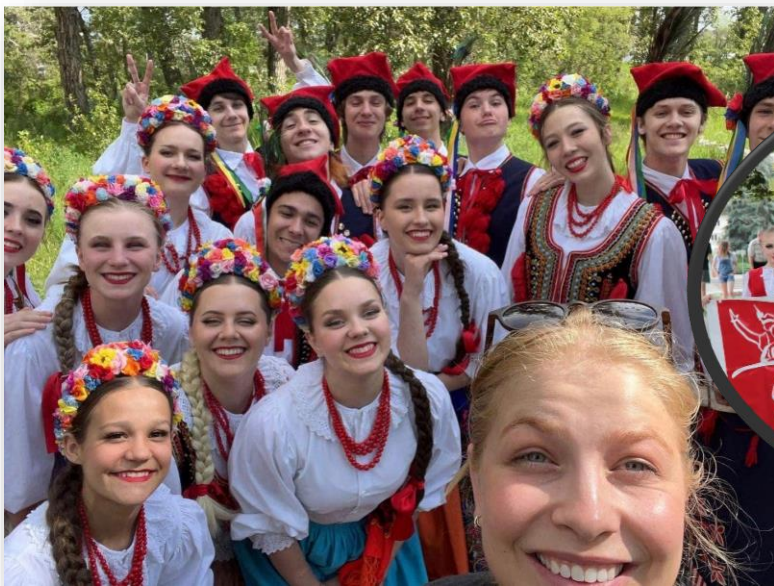
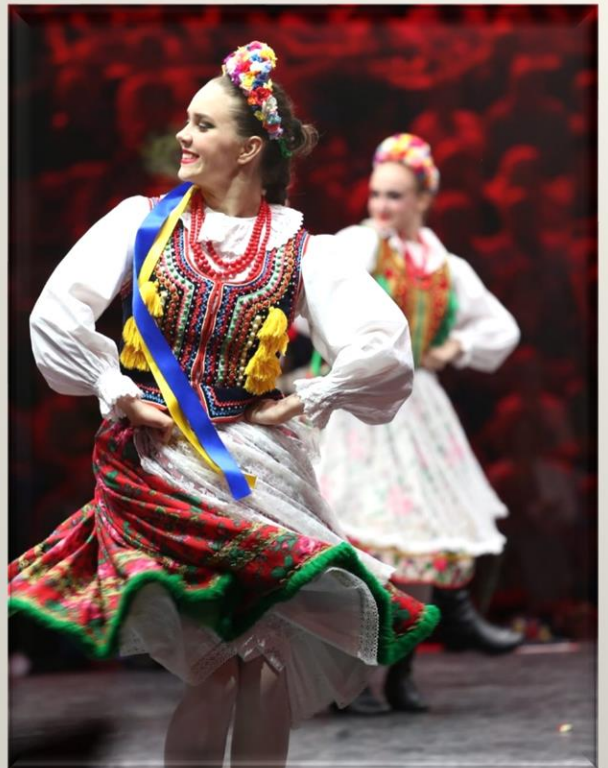
Hello everyone! My name is Aleksandra and I am a new teacher here at Equilibrium! I am a student at the University of Calgary, where I am learning Linguistics. My favourite (and most

important!) hobby is **Polish dance**!

I am part of Polanie Polish Song & Dance Association, where I am able to be in touch with my heritage while having fun. We perform all over Calgary, but we also travel to different countries to

perform! The group was created 45 years ago, so of course they have travelled all over Canada and the world before I joined almost 5 years ago! Our most recent performance was during Canada Day celebrations at St. Patrick's Island here in Calgary. We look forward to a much more performance-filled year as it is 45th anniversary of the group! Busy, busy!

Attached picture descriptions so there is no confusion: the one with the yellow dress (that's me) + group selfie are from the Canada Day performance. The one on stage with the twirling red skirt and me looking to the side is from a big Polonia diaspora festival in Rzeszów, Poland. The two pictures with the red & white costumes are our "Canadian" costumes which we also wore at that same festival.

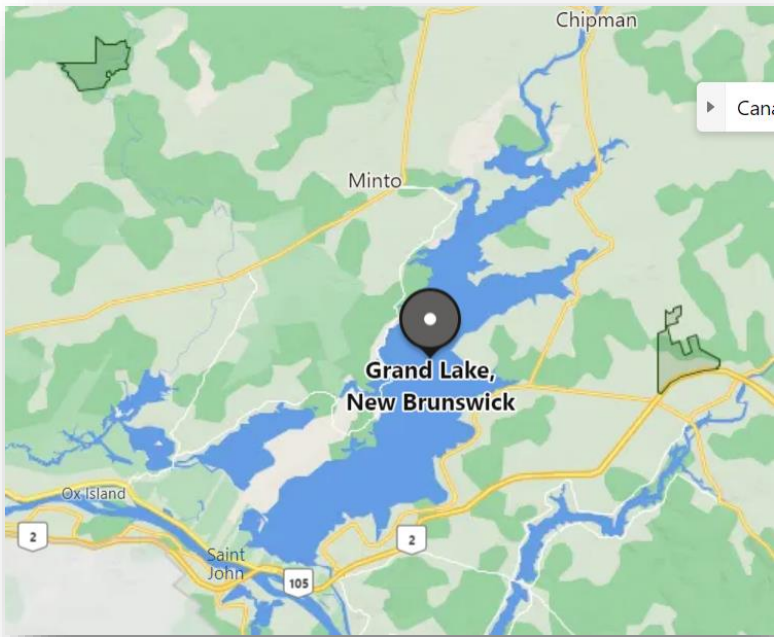


My Summer 2022

By Linda

This summer, since May, I began to go for a morning walk at St. Patrick's Island every Friday for 1 hour before my work starts at 8am. Yes, I am not a morning person, especially at 6am, even my dog is still asleep! But the beautiful view and the fresh air at the St. Patrick's Island always motivates me to get out of my bed. I love the morning breeze at the Island! There are not too many people at the island in such early morning, so it is good for me to pace myself and walk around the island to enjoy the view. The sound of the river, birds, winds, and trees are euphonious, as if I am at a concert! I have seen many beautiful flowers, as well as how goslings from May grew into goose in July! These Friday morning walks is my favourite summer routine; it is so nice to be so close to the nature and it is indeed a great way to destress! If you have time, definitely go visit St. Patrick Island, it won't disappoint you!

My view around 7:30 am, enjoy!



PATTY JO jet skiing on **Grand Lake**, New Brunswick. I'm sitting on the back and my cousin is driving.

Grand Lake is a lake located in central New Brunswick, Canada. It is approximately 40 kilometres east of Fredericton; and the province's largest open body of water being a total of 20 kilometers long and 5 kilometres wide. The lake drains through the Jemseg River and the Grand Lake Meadows into the Saint John River. Wikipedia

I, Patty Jo GED instructor, have been visiting my favorite place this summer. My family has had cottages at Grand Lake for three generations. My great grandparents, grandparents, and my mother have all summered there for many years. My mother has five siblings, and I have 37 cousins. We enjoy getting together, playing pickleball, jet skiing, water skiing, game nights and family time together. I hope you are all enjoying your summer as well.

I have some **inspirational quotes** I would like to share. I think they are easy enough for our ESL students to understand. By Roxanna.

The 3 C's in life:
Choice, Chance,
Change.
You must make the
Choice, to take the
Chance, if you want
anything in life to
Change.
via curiano.com

Never regret
a day in your life.
Good days give you
happiness, bad days
give you **experience**,
worst days give you
lessons, and best days
give you **memories**.
fb/LifeLearnedFeelings

Mistakes
are proof
that you
are trying.



Cara’s family trip to Toronto



this past July.

While we were there we went to our first professional baseball game to see Canada’s only professional baseball team the Toronto Bluejays. It was located in Roger’s Centre,

formerly known as “The Sky dome” and we were lucky to have the dome open that evening. Apparently, it takes an hour and a half for it to open. From inside you have a fantastic view of the Toronto tower. Attached are some photos from our trip.

Victoria island trip

By Maryam H.



The Butchart Gardens is a group of floral display gardens in Brentwood Bay, British Columbia, Canada, located near Victoria on Vancouver Island. The gardens receive over a million visitors each year. The gardens have been designated a National Historic Site of Canada.

Tina's recent "**staycation**" with her cousin!

Her name is Maja, and her yr. old son is Ewan. They visited from BC. The other man is my other cousin (Maja's brother) Nick. He lives in Banff. We went to Lake Minnewanka, Banff, the Banff Gondola and Drumheller.



Hello, I'm Andrew and I recently joined Equilibrium School as a GED instructor. I was born in China but moved to Canada when I was 5 years old. I studied Engineering in University initially, however, I eventually found my passion and interest in teaching and helping others. Outside of work and studying, I love doing activities with my friends and family. These include going hiking, hanging out somewhere, and playing games such as tabletop and video games. I also enjoy reading, although it's mostly just been the news and short articles on the Internet in recent times. If you get to know me, you'll find that I'm a casual and easygoing person. I'm looking forward to meeting all the different teachers and students at Equilibrium School. See you all around!

By Andrew H.

I'd like to share my photos from **Stampede**



2022.

I was so lucky and won the tickets for me and my family from **CBC Calgary**. We had a fantastic day at Calgary Stampede 2022! It was the greatest show we have ever seen!

It was our first experience at Stampede, and it made a huge impression on us!

The park is really big with many attractions, food locations and play zones.

First, we visited the Agricultural Exhibition, saw many domestic animals and learned a lot about farming in Canada. We were very impressed with the horses that participated in the Exhibition.

Then we went on the rides with my family. We tried different rides, but we especially liked the Niagara Fall ride 😊

The ice cream in the Midway is really tasty!

After that, we went to the Elbow River Camp and got an interesting tour around the camp. We got to know the culture of Indigenous people and tried their special bread Bannock. Yummy 😊

At the end of our stay in the park we visited the evening show! The show was amazing! Especially the combination of fireworks, cool music and absolutely fantastic performance!

It was truly unforgettable! **By Olena**



Calgary Stampede 2022

What' is a hobby? "a pursuit outside one's regular occupation engaged in especially for relaxation". Not only hobbies bring relaxation, but also joy to my life.

I have been painting on porcelain for a few years. This year I painted an egg-shaped jewellery box that won third place in the Functional



Handmade Art section at The Calgary Stampede Creative Arts and Crafts competition. I also painted a frog in a tiny porcelain oval and then set it on a silver leaf that I custom made for that porcelain piece. That way, I "married" two of my hobbies. The little frog won third on the Wearable Handmade Art.

By Antonia V.



Here's the link to the 2022 booklet for the contest

https://assets.ctfassets.net/gk8hs8lmghf8/2UDu5BcQRUo3s6FXhc2zrr/068d846d3cff67bdd70ed1b4dd115690/2022_CAC_Booklet_FINAL_web_005.pdf

And the link to the website

<https://www.calgarystampede.com/stampede/actions/western-oasis/art-show>

Keep an eye for next year competition and maybe you would like to submit an entry in 2023. Yee-haw!!!!

Teacher Donna: I spend time as much time as I can with my dogs. They like to go with me **everywhere**

- shopping, school, on holidays, the p-a-r-k.



A Return to In-Person Classes

By Richard C.

I was one of the first teachers to make a return to the classroom at Equilibrium School. It was a little strange to be returning to in-person classes but strange in a good way. The students were really happy to be back in the classroom because they get the opportunity to be more hands on in class. They get to ask more questions and connect better with their classmates and teachers. Every student feels heard and respected.

One student that really stands out is John. John is a Canadian who needed to return to school for reading and writing. He was very accepting of his new classmates, and they were very accepting of him. One day I received a phone call from John's wife. She told me he had a heart attack, but he was ok and had to have some tests done. Those tests turned into a triple bypass operation! About a week after his operation, he called me and sounded great! He didn't sound weak or frail. He told me he wanted to do 2 things, go fishing and return to class.

I was happily surprised by this because most people would use this as an excuse to goof-off and never go back to school or work ever again. When I asked John why he wanted to return to class he said he missed his classmates and he missed me. He said that I don't talk down to him like teachers have done in the past. I showed him respect and he respected me in return.

John gave us another surprise, 4 weeks later he came to school just to say hi. Climbed the stairs and showed me his scar which is healing very well. We gave him a surprise as well; the student wrote get well cards and raised money for John to buy fishing equipment or just to spend on himself. It was really inspiring to see the students wanting



to show empathy and caring for another student. Nearly \$200 was raised by the class. It was great to see John and hear the stories of his experience and what symptoms to look out for with your heart.

A return to in-person classes is a return to caring and sharing. I'm glad to be a part of it!

HOW TO BECOME A GOOD LISTENER

By Phillip M.

Are you bad with names? Do you forget dates and times when you don't write them down? Or maybe, on a larger scale, you can't pick out details in larger seminars, remember information, or adequately summarize what was said. Often, people chalk these problems up to a "bad memory." I will tell you right now, there is no such thing as a bad memory; there is only an underdeveloped memory, one that has been neglected due to poor listening habits. That's right. If you can't remember basic information such as names, dates, or any other information that is verbally communicated, you are a bad listener.

Why you are a bad listener

The simple answer: You are a passive listener. You are not engaged in any mental or emotional way. You let the information pass through you rather than reach out and grab it. Maybe you believe that you're simply not interested, or that the information being discussed or presented is beneath you, and so you distance yourself from it. In stead, consider this the next time you feel disengaged: There is always the possibility that the person you are listening to knows something you don't. Therefore, everyone has the potential to teach you something you don't know.

Another reason your listening skills are sub-par is because you are too self conscious. When you meet someone for the first time, perhaps at a job interview, for example, and you shake that person's hand, the stress of that situation can cause you to lose focus. "Was my hand too sweaty? How's my hair? Is my tie straight?" These thoughts aren't helpful. However, that nervousness, that stress that you feel when you are self conscious is the good kind of stress, the good kind of nervousness. It activates your brain, forces you into a state of readiness and mental awareness. You should focus that energy OUT in stead of IN. So, embrace



that feeling and push it outwards. "This

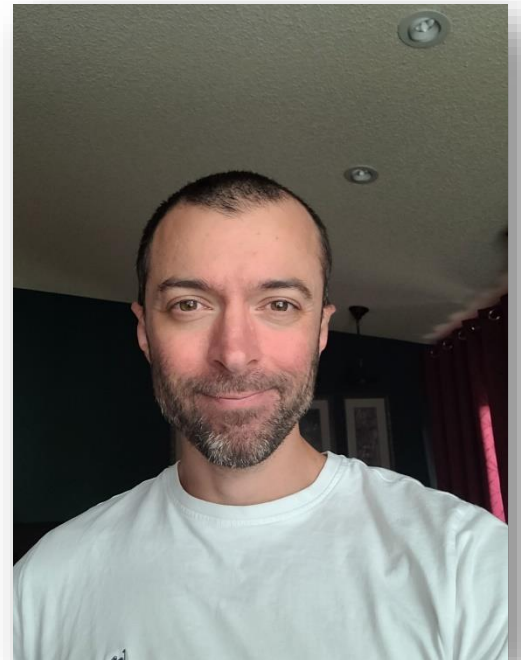
person has very good fashion and an excellent haircut. He has a clean office. There is a picture of his family. This is a person I would like to work for." These thoughts are much better, and you will be a better participant in any conversation you have.

Another issue people have is this idea that they need to focus on themselves: "What do I need to say, do, think, emote...?" Your mind will lead you down a rabbit hole of self-consciousness, and this way of thinking really damages your listening ability. You are so focused on the firm handshake, the timbre of your voice when you say your name, the eye contact you need to maintain, the rotation of your shoulders as you face this new person, everything. But, if you simply listen—and I mean *really* listen—to what they say, then everything that you are so self conscious about is performed naturally. When you *really* listen and focus on what is being said to you, then eye contact is made easily and naturally, you are square to the person, the handshake is natural, and what is more, you remember what they say.

What you can do to improve your listening skills

First, take notes. This action is so simple, so obvious that it should go without saying, but it's too important to not have it on this list. Now, there are some key tactics that you need to implement when taking notes. The first is this: Don't write everything down. Every seminar, every speech is going to have a main idea or thesis statement, and it'll be near the beginning of the presentation. Listen for it and write it down in your own words, which will help you carve the thought into your brain. After you know what the main idea is, listen for topic sentences—differentiate between topic sentences and details—here's how: on a presentation that uses an overhead, the topics are on the slideshow whereas the supporting details and statistics are verbalized, unless extremely important. In a speech, listen for conjunctive adverbs. These adverbs are words like Firstly, Secondly, Therefore, etc. These words will tell you when the speaker is moving from topic to detail, topic to topic, topic to conclusion, and are extremely important to the format and progression of speeches.

Second, ask questions. Or better yet, write questions down so that when the opportunity arises, you may ask politely rather than interrupt a presentation or seminar. It is considered extremely rude



to give counter arguments as a presentation is being done. Save it for the end; there is always a question-and-answer period afterwards. And, if you write your questions down and the presenter answers it during his or her presentation, then you saved yourself the trouble of asking and the presenter the trouble of stopping the presentation.

Finally, be an active listener. Remember, before, you were a passive listener, letting the information pass through you. Active listening is all about grabbing onto that information and wrangling it for all its worth. There are other, even simpler things besides taking notes and asking questions that you can do to become an active listener, which include nodding, mouthing the words of the presenter, making eye contact, leaning forward rather than backward, among others. My uncle liked to have a small scrap of paper in his hand that he'd roll, unroll, and roll again. One of my favourites is rephrasing the information being given to me into my own words and associating that information with a personal experience.

Remember. That's the key, here: Remembering. The best, easiest way to do so is to listen, and listen well. Don't be self-conscious, don't worry about your nerves, just listen carefully and everything will fall into place. Take notes about the main idea and topics of a presentation, ask questions, nod, mouth the words of your presenter, lean forward, make eye contact. Don't let your mind draw you out of the conversation. Subject matter is no excuse. For homework, remember the name of the next person you meet. Remember the date of your next meeting. Remember what your husband or wife said at the dinner table. And you can do that by actively listening.

FOUR F-WORDS WE NEED TO BE AWARE OF

1 Fatigue

Beware of boredom.

The cause of fatigue is not necessarily physical. Nothing makes you feel more weary than having nothing to look forward to. Join a dancing group; volunteer in a local hospital or library; learn to play a game. Turn off the TV, get out of the house, and find activities to enjoy with other people.



Fight fatigue with exercise

Physical activity may tire you, but even in the short run it makes you feel better and removes mental fatigue. If you drive everywhere you go, and watch TV more than two hours a day, you are probably not getting enough exercise. Regular aerobic workouts are ideal, but even a 20-minute walk three times a week can do wonders.



Working too hard?

Schedule some quiet time into your work week. Take a hot bath or a nap, listen to music, get a rubdown, go fishing, read a book, see a movie, turn off the telephone. People who have regular breaks in their lives tire less easily.

2 Fats

Remember the rule

Most unsaturated fats, the healthier kind, are liquid at room temperature. Saturated fats, the more dangerous type, are solid. Exceptions include palm, coconut, and palm kernel oils, which are liquid but are saturated fats!

Fat free cooking

You can fry, stir-fry, or sauté foods without fat if you use non-stick cookware or non-stick sprays.



Fat but not fatal

Avocados are high in fat, but the fat is mostly unsaturated, the healthier kind. And like all vegetables, avocados contain no cholesterol. Remember: Florida avocados have less fat than those from California!

To reduce animal fat

To reduce animal fat in your diet, choose "choice" cuts of beef instead of "prime", which is marbled and fattier as well as more expensive. Trim off visible fat on all meat and poultry before cooking and remove the skin from chicken and turkey.



3 Fears and phobias

Learn relaxation techniques



Fears and phobias can make our life miserable. Learn relaxation techniques such as those involving deep breathing and biofeedback. Practice these techniques when you are imagining frightening situations or encountering the real thing.



Find a support group

Many organizations, such as churches and mental health clinics, sponsor groups that help people overcome their fears.

Consult a therapist

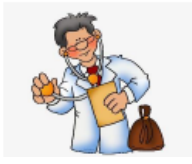
If you think your problem is not responding to self-treatment, consult a therapist. They may employ a variety of approaches, from traditional psychotherapy to meditation.



4 Fitness for adults

Get a physical first

If you are over 40, it is prudent to see a doctor before beginning a new exercise regimen, to make sure you have no condition that would rule out exercise.



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Liliya and Sasha

WORDSEARCH



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Find the following words in the grid at left:

FATIGUE, DANCING, WORKOUT, FEAR, AEROBIC, EXERCISE, FAT, FITNESS, MENTAL, BEEF, RELAX, PHOBIA, WONDER, CAUSE, HEART

Prepared by *Oleksandr Chebotaryov*,

based on *Hints and Tips to Make Life Easier*, Reader's Digest, 1997



The
significance
of the circle.



The most beautiful setting
where wild horses roam freely.

Rennet's previous workplace.

SWEET MEMORIES

Students paid a penalty for not speaking English in class. The rule was implemented because a large number of students conversed in their native language during group discussions. The money collected paid for a pizza party. The whole class benefited from the penalties. One student paid many fines and her contributions sponsored a large amount of the pizza party. It was a given she would sponsor the next pizza party. Speaking her native language was too tempting.

One day during reading time, we worked on a very interesting, but difficult text. While busy explaining some challenging concepts with the book in my hand, I suddenly got interrupted by a student with, "Ma'am, you are looking like a butterfly." Needless to say, the students lost concentration and we all started laughing. The specific textbook became *The Butterfly Book*.

By Reinette V.

Montreal

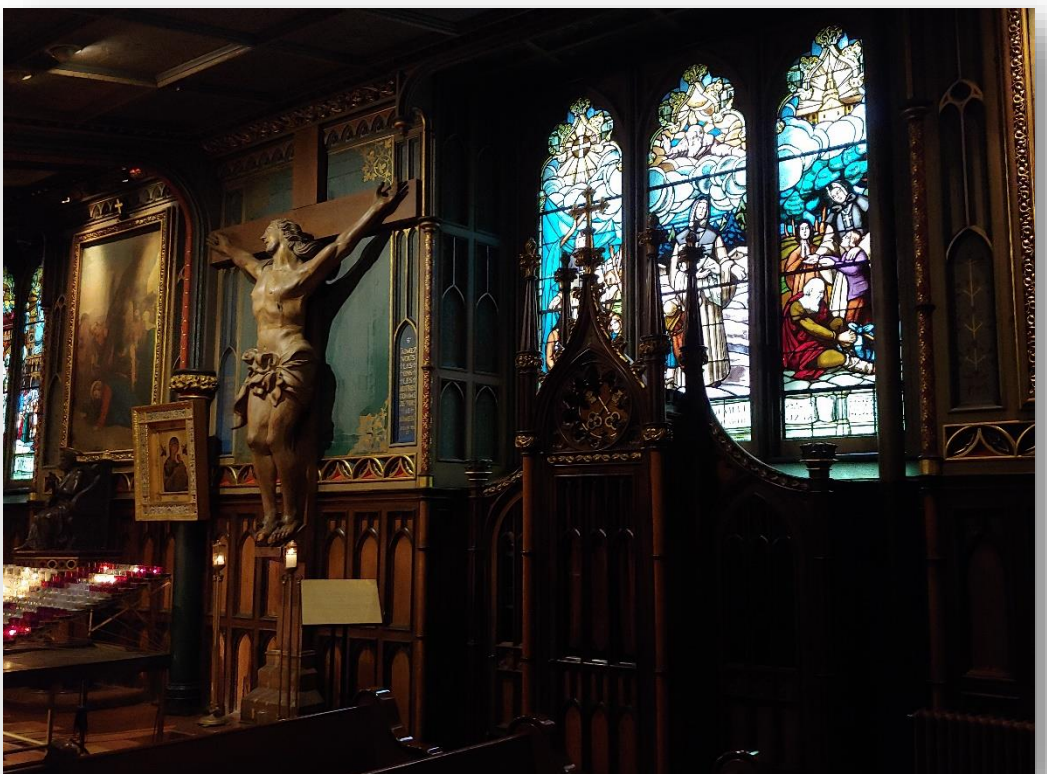
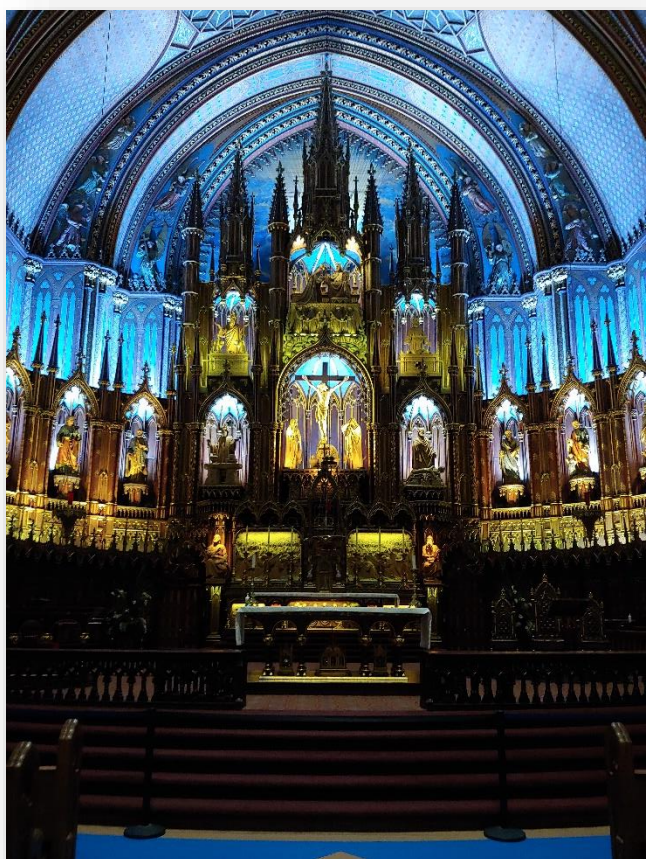
can't leave you

without emotions, and they can be different,

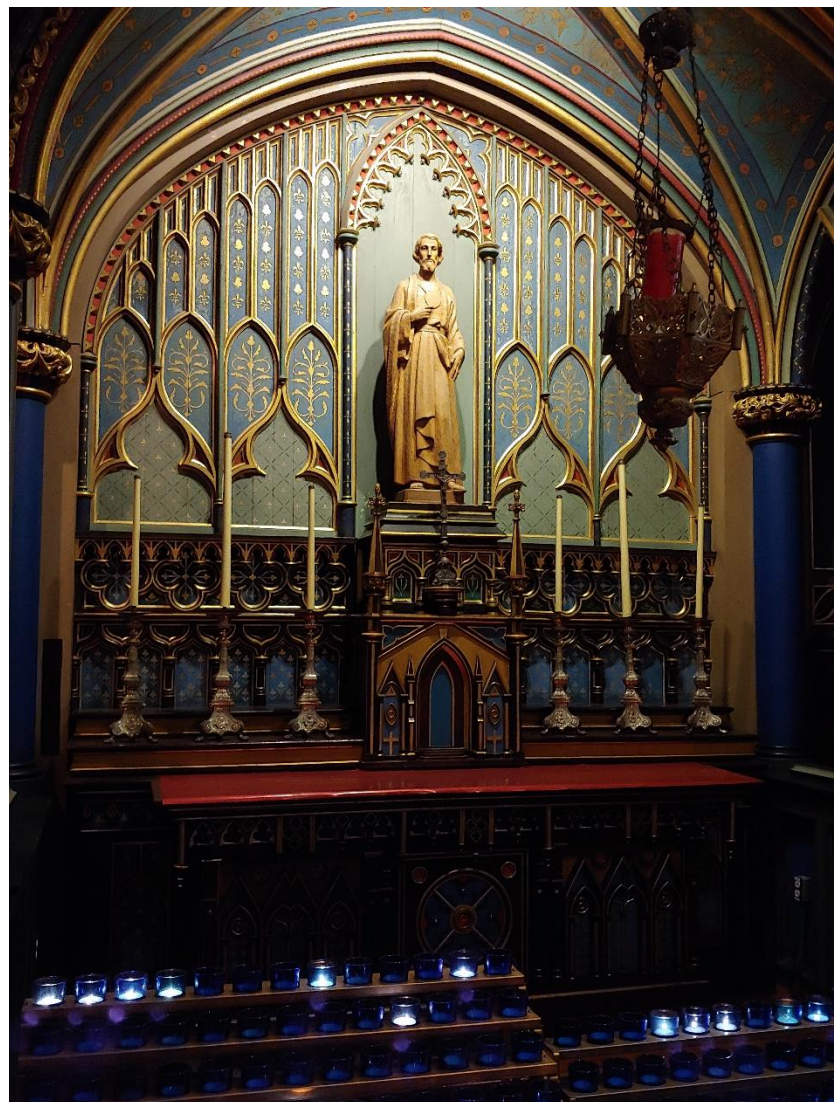


depending on where you find yourself at the moment.

If you are seeking excitement from watching architectural masterpieces, you should definitely visit Notre-Dame Basilica. This gorgeous cathedral is situated in the heart of Montreal. The [church of Notre-Dame](#) was built on the site in 1672, but the primary construction of the Basilica took place at the beginning of the 19th century. It is huge, and it can hold about 4000 people.



When you enter the cathedral, you are immediately



impressed with its striking interior decoration, sculptures, colorful stained-glass windows that tell the story of Montreal, and of course, the majestic sound of the organ. We were lucky to be there when the organ was playing. It has 7000 thousand individual pipes!

The acoustics inside the cathedral are phenomenal. Notre-Dame Basilica was one of Luciano Pavarotti's favorite places to sing.

In 1984 Pope John Paul II visited the cathedral and raised its status to Basilica. Later it was also named the National Historic Site of Canada.

By Liliya G.



These are from **Columbia Icefield**, on our Jasper vacation this past weekend.

These are from Columbia Icefield, on our Jasper vacation this past weekend.

Have an amazing day! BY DEBBIE B.



I would like to briefly tell you how my adventures with my new hobby began. You all know our wonderful teacher, Monika. She gave me her chest of drawers while changing her interior design and this is when my adventure started. This lovely dresser did not quite match my décor, so I decided to change it. I had an idea however, I have never refurbished any furniture, so it took me a long time to finish it. Ultimately, the product was created and liked by several people, which encourage me to continue working on more projects. I also started to create handles for the chests of drawers to give them a different character.

Thanks to that one chest of drawers from Monika I have found a hobby that gives me great pleasure.

By Margaret.





By Shyrose J.

Spice of Life!

Having grown up eating spices all my life such as cinnamon, turmeric, cardamom, black pepper to name just a few, it is only recently that I have come to admire their history and appreciate their abundant applications besides food! I discover that it is not just a flavor and aroma enhancer but it has so many medicinal benefits, natural home cleaning products and vibrant paints for decor, which are natural, and more cost efficient.

A more interesting find is that many spices are commonly shared by other cultures and cuisines around the globe, stretching from all the continents and countries as far away as the Middle East, India, China, Africa, Australia, as well as enjoyed close to home in Canada, America and anywhere in between!



World map made from spices

Check out this adventurous and exciting spicy red hot ice-cream using Franks hot sauce that makes 6 servings and takes only 5 minutes!

INGREDIENTS

- 2 cups (500 milliliters) heavy cream (35%)
- 1 cup (250 milliliters) sweetened condensed milk
- 1/4 cup (60 milliliters) corn syrup
- 1/4 cup (60 milliliters) honey
- 1/4 cup plus tablespoon (60mL plus 15mL) **FRANK'S RedHot® Original Cayenne Pepper Sauce**
- 1/4 cup (60 milliliters) whole milk
- 3 tablespoon (45 milliliters) Club House® Pure Vanilla Extract
- 2 tablespoons (30 milliliters) sugar
- 1/2 teaspoon (2 milliliters) Club House® Apple Pie Spice
- 1/8 teaspoon (1/2 milliliter) salt
- 20 drops Club House® Red Food Colour



DIRECTIONS

1. PLACE cream in blender container; cover. Blend on high until stiff peaks form, about 35 to 45 seconds. Mix remaining ingredients, except food colour, in medium bowl. Add to blender container with cream; cover. Blend on high speed until well blended and slightly thickened, scraping down sides as needed. Transfer 1/4 cup of the mixture to small bowl; add food colour, stirring to mix well.
2. POUR half of the remaining un-tinted ice cream mixture into a freezer-safe container. Drop small spoonfuls of the red mixture over top, using only about half. Run a knife through the ice cream mixture to swirl colors. Repeat with remaining ice cream mixtures, swirling red on top layer. Cover with plastic wrap, pressing down to cover surface of ice cream mixture. Freeze at least 6 hours or until firm.

Hi everyone! I am a new teacher here, instructing lessons in EAL, Computers, GED, and Customer Service classes. I'm very excited to be working here, and I hope to form great friendships with many of you. Along with my passion



for **teaching**, I work as a **mixed-media artist**. I love creating **large paintings, murals, and book illustrations**. I enjoy spending my free time **baking desserts** and watching **old movies**. When I'm not at home; I go out **hiking** in the mountains with friends and family.

So far, I have met very welcoming teachers, clients, and staff. I look forward to all the great experiences I will have here at Equilibrium. By **Aleksa Z.**



Swedish Summer



Cold Water





Hello everyone!

I'm not a father myself, but my brother and I have had a great time trying to crack one another with **"dad jokes."** Dad jokes are hard to explain, but they're generally lame puns that make you laugh because, ironically, they are so unfunny. So, the challenge is to drop a dad joke at just the right time to make someone laugh.

While my brother and I didn't think of all these jokes, here are some highlights from the past couple of weeks as we've tried to make each other laugh:

- What did Michael Jackson call his denim store? Billie Jeans.
- What does a dinosaur use to pay bills? Tyrannosaurus Checks.
- When does a sandwich cook? When it's bakin' lettuce and tomato.
- What's orange and sounds like a parrot? A carrot.
- What do you call it when two chips fall in love? A relation-dip.
- How does Harry Potter get down the hill? Running. JK... Rowling
- What is the quietest insect? A mumble bee.
- What would you call Steven Segal if he eliminated all animal products from his diet? Vegan Segal.

By Matt O.



Hi everyone in the Equilibrium family.

My name is Ron, and if you have not met me yet, let me introduce myself. I am a new EAL instructor at the school and have been on the job for about a month now. I am originally from

Canada (Lethbridge and Calgary) but have spent the last 30 years overseas; mostly in Asia.

For the past 18 years I have been working as an English lecturer and the head of a college English department in Hong Kong. I loved my life in Hong Kong, but due to the worsening political and social situations, I decided to move back to the Great White North.

It has been a huge change returning to Canada after so many years away, but so far so good. The team at Equilibrium have made me feel very welcome and the clients in my classes are great people. I am definitely not looking forward to the winter, but I do look forward to my continued time with all of you.

Ron R.

How teaching English made me a better person

When we think of teaching, we often imagine information and benefits of the process flowing only one way, towards the student. However, a degree of introspection has led me to believe that I, as a teacher also benefitted greatly from the process. Here I would like to list some points that I believe teaching has taught me.

Perhaps the most important of these is empathy – the ability to put one's self in another person's shoes and view the problem through their eyes. Early on in my teaching career I learnt the importance of empathy and of cultivating it, as every student was different and learnt differently. And the only way to teach them effectively was to try and see the problems they faced from their point-of-view and help them resolve it. Not only did this help me develop greater empathy and expanded my horizons, it also directly led to the next skill I acquired in the process. The second benefit of working on my empathy was that it made me a precise communicator, a skill that comes in handy in all areas of life. This entailed being precise in my speech and in my thoughts and being able to convey precise and exact information.

Thus am I grateful to my students for having helped me become a better person and a better teacher.

By Hashir M.

JOKES - SHORT STORIES

JULIA

A man went to a shoe-shop to buy shoes. He put many pairs on his feet. Finally, he was satisfied.

"At last," he said, "I have found a pair of shoes that fit me."

"I am not surprised," replied the weary salesman, "They are your own shoes."

A foreign tourist watched a bullfight in Spain. Afterwards, he said to a local,

"How amazing that bulls react like that when they see a red cape."

"O no sir," the man replied. "Bulls don't move a muscle. It's cows that react to a red cape, sir."

"Then why did the bulls react so violently today?" insisted the foreigner.

"They were annoyed at the man who thought they were cows."

A mother mouse and a baby mouse are walking along, when all of a sudden, a cat attacks them. The mother mouse goes, "Bark!" and the cat runs away. "See?" says the mother mouse to her baby. "Now do you see why it's important to learn a foreign language?"

One day, I asked my English teacher, "Why do we ignore some letters in pronunciation, like the letter ‘h’ in Hour?"

My English teacher said, "We are not ignoring them; they're considered silent."

During the lunch break, my teacher gave me her packed lunch and asked me to heat it in the cafeteria.

I ate all the food and returned her the empty container.

My English teacher asked me “What happened?? I told you to go and HEAT my food, you are returning me an empty container!”

I replied, "Sir, I thought 'H' was silent.”

JOKES - TWO LINERS

What does an English teacher eat for breakfast?

Synonym rolls.

English is weird.

It can be understood through tough thorough thought, though.

There's only one word in the English language that begins with U and ends in E.

Unbelievable, right?!

Why do witches and wizards do well in English class?

They're really good at spelling

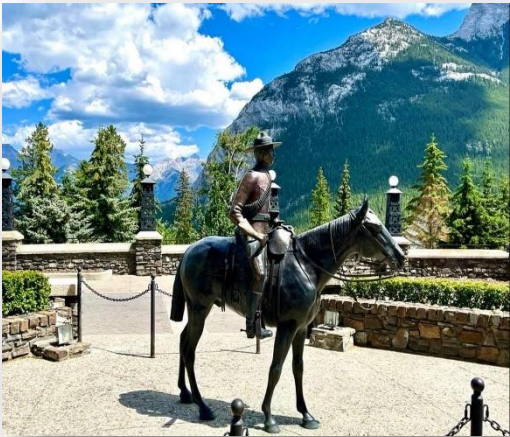
I told my cat that I'm going to teach him to speak English.

He looked at me and said, "Me, how?"

BEAUTIFUL CANADA - FAIRMONT, BANFF, AND WATERTON THIS SUMMER- Julia and Monika



MONIKA AND JULIA's SUMMER



FAIRMONT



BANFF

WATERTON



EQUILIBRIUM SCHOOL