April 2021

## EQUILIBRIUM SCHOOL

Issue #9

Bev Ferguson

## Why I Like Photography

Computer student

I have had a passion for photography since I was twelve. It all started at summer camp with my dad's Polaroid instant camera. I photographed horses, friends and mountain scenes.

I continue to enjoy photographing wild flowers, animals, mountain landscapes and especially my grandchildren.

I take photos to record memories of places I have been. I love to share my photography adventures with my family and friends.

My favorite place to take my photos is in the Windermere Valley.

I enjoy photographing the Hoodoos and the animals that inhabit them. The Hoodoos are located south of Fairmont Hot Springs in the Windermere Valley.

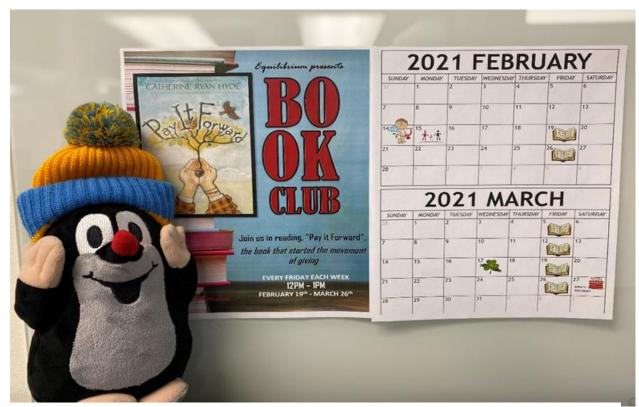
I use my Canon T6 Rebel with three different size lenses to give me better viewing.

A variety of lenses gives me the ability to photograph objects or landscapes from different distances and widths.

Unfortunately, due to COVID-19 travel restrictions I have not been able to enjoy my photography hobby. I look forward to returning to my favorite valley.



Picture caption: My favorite place to take my photos is in the Windermere Valley by Bev



Equilibrium Book Club - Our first book, Pay it Forward by Catherine Ryan Hyde.

Phillip's LINC Students-More on page 12.

## Haikus by our LINC students

LINC students

Ice turns into snow,

Then snow turns into water,

Giving life to spring (Phillip)

The Birds are chirping

The Animals are playing

Seasons are changing The sunflowers are blooming We can BBQ (Eti)

The growing tulips Loving the sun and the trees The sun is shining. (Fatemeh)

Animals eat food (Mazen)

#### What do I like about CANADA

By Hassan- One on One ESL student

In summer I like going for walks And going to a movie I like swimming.

Page 2.

#### **Free Time**

ESL Students Tina's PM Class

Page 4.

In my free time, I always have many different things to do. I like to go to the movies. I also like to go to the restaurant. The BOOK Club

Equilibrium students

LINC and ESL

Equilibrium Book club -Our first book, Pay it Forward By Catherine Ryan Hyde.

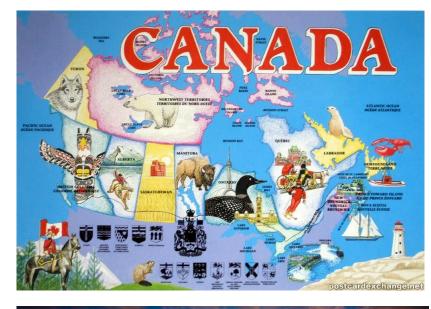
Page 8.

Pav it Forward like Dina would

## <sup>2</sup> Equilibrium Newsletter

## What Do I Like About Canada?

by Hassan - One on One Jean's ESL student
What do I like about Canada?
In summer I like going for walks
And going to a movie
I like swimming
And having a picnic with my wife.
What do I like about Canada?
I saw people in in the mall
I watched the birds
I heard the birds singing
I tasted a vanilla milkshake





#### What Do I Like About Canada?

#### What do I like about Canada?

In	_I like	 	,
And		 	
I like		 	
And		 	
What do I like abou	ıt Canada?		

I saw\_

I watched\_\_\_\_\_

I heard\_\_\_\_\_

I tasted\_\_\_\_\_

#### What do I like about Canada?



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## I Call My Motorcycle "THE WITCH"

#### Riding My Harley Davidson Motorcycle-By Michelle Gionet

One on One Davin's ESL student

#### Why do you call your motorcycle "THE WITCH"?

#### Color, Halloween

I call my motorcycle the "WITCH" because it's black and I love Halloween.

#### What model is it?

It is a Sportster XL 1200.

What do you call your motorcycle?

I call her the witch.

The name of my motorcycle is "The Witch".

What year is she?

She is a 2011 bike.

When did you buy the Sportster?

I bought my Sportster in 2016

What color is my bike?

My bike is black.

Where did you buy it?

I bought it in Edmonton.

How do you Ride?

I take a few drives around my street.

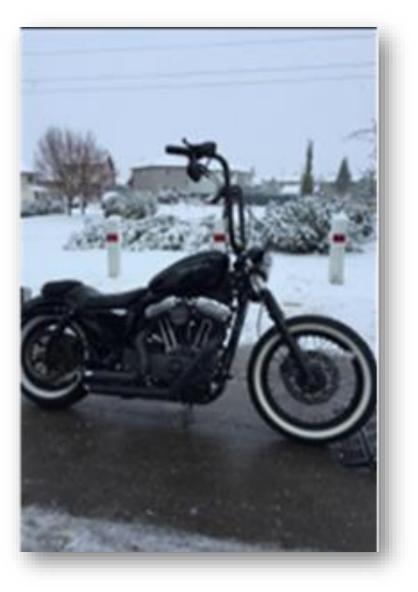
I ride with my husband.

I am the passenger.

Where do you go with your motorcycle?

I want to make more longer trips next spring.

Is your husband a good driver?





My husband is a good driver.

How long has your husband been driving a motorcycle?

He has been driving for 40 years.

What makes a motorcycle easy to drive?

I want to buy a three-wheel motorbike

A three-wheel motorbike makes it easy to drive.

Why do you like to ride?

I like to ride because I feel free.

Pay it Forward like Dina Would

## FREE TIME by Tina's PM ESL Class

#### Sewak

In my free time, I like to play sports. I also like to exercise. Another thing I enjoy is taking walks. However, I don't enjoy dancing. I enjoy listening to music, but I don't like to sing. I don't like to swim, but I like to watch. As you can see, I love sports.

#### Tony

In my free time, I like to go for a drive in my old car, but only if it's a beautiful sunny day. Otherwise, I enjoy spending a lot of time in my garage either working on my car or practicing target shooting or throwing knives.

#### Laszlo

In my free time, I like to relax in the following ways. I walk in nature and hike in the mountains. Another thing I enjoy is hunting during the fall and seeing the beautiful fall colours. I don't enjoy not being able to relax in nature. I like to travel across Canada, and I take a lot of pictures so I can look back at them and feel happy again. Whenever I can, I enjoy taking care of my garden, but I don't always have enough time to do so. I don't like to pull the weeds, but I have to take care of my garden. As you can see, these are the ways I enjoy life.



#### Syeda

There are several things that keep me busy in my free time. I like cooking, and Pakistani cooking is my specialty. I also like baking, but I'm not good in baking. Another thing which I really enjoy is watching suspense movies. I also like reading different kind of books because reading is a very useful source in increasing knowledge. In conclusion, in my free time I prefer spending time in cooking and reading.

#### Josephine

In my free time, I like to cook. I also like to read and draw, but I am not an artist. Another thing I enjoy doing is going shopping. Even though I don't have money I still go window shopping. I like to do some chores around my house, and I enjoy doing laundry too. Listening to songs and music is what I enjoy in my free time, but I prefer not to listen to hip hop music. I don't enjoy going swimming, but I like sauna. Sometimes I choose to stay home in a quiet place relaxing and meditating on what I have read from the Bible or reflect on what I have done. In conclusion, everything I mentioned above are the things I enjoy doing in my free time, but sometimes it depends on my circumstance.

#### Cynthia

In my free time, I like to cook. I look into my fridge for what I will cook for dinner, or I call up my husband to see what he wants me to cook for dinner. I cooked Filipino recipe my husband can't move over. In conclusion, I am enjoying cooking for my husband and I'm happy seeing my husband is satisfied with my cooking.

#### Catherine

In my free time, I always have many different things to do. I like to go to the movies. I also like to go to the restaurant. Another thing I enjoy is gardening. I can't stand going to the beach, even though I am a good swimmer. I like to work out, and I take a walk every day. I am crazy about cooking, but I hate spending all day in the kitchen. Singing a song is not my favorite, but I prefer to listen to the music especially at nighttime. And I love reading a novel. As you can see, I never feel bored during my free time.

#### Worke

In my free time I have several hobbies that I do. love to read and

sometimes I read story books and English books to improve my language. My other hobbies are running, exercise and taking walks. Those things give me relaxation and for a few hours my pain is relieved.

My favorite hobby is listening to religious songs. It gives me help and happiness. I like to watch movies about life. I don't



I





enjoy speaking too much.

Naturally I like photography because when I see those pictures, they remind me

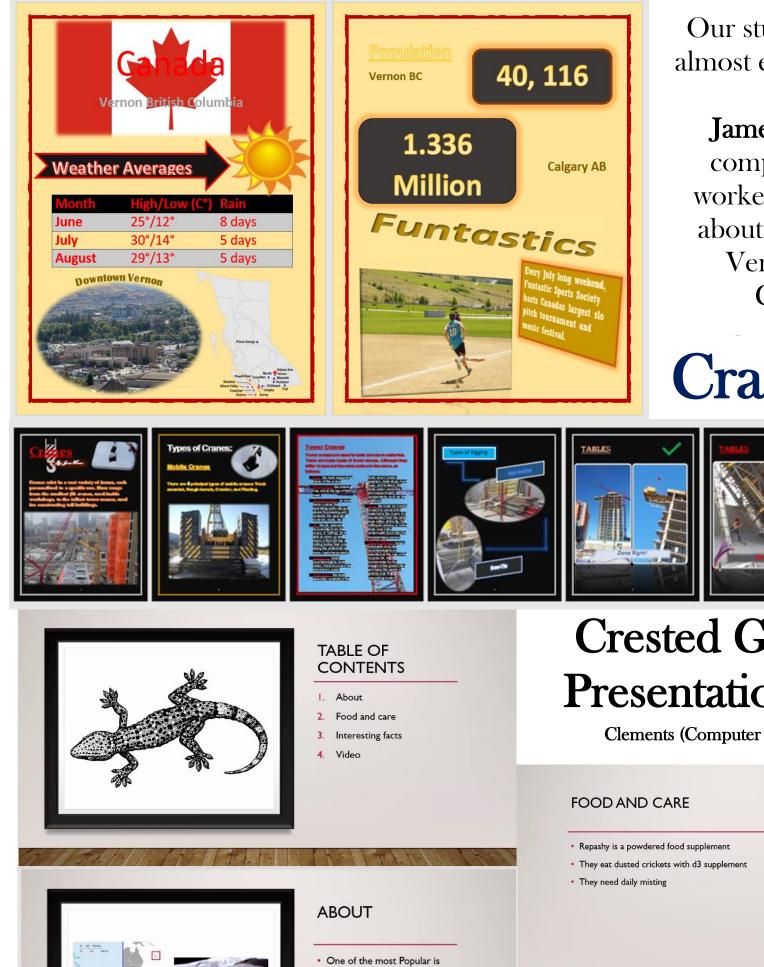
about the past life or things. I especially liked playing cards with my clients when I worked as a Health Care Aide. Another thing is I love to go shopping even if I don't need to buy. I love to go window shopping. I also like to cook whatever I like. I often have a hard time, but then the day passes to the next day.

In conclusion, my life would be those things that give me success.

In my free time, I do some hobbies that keep me busy in my free time. I like to read, and I often read historical or philosophy books. Another one of my hobbies is watching movies. I like to watch action movies. My favorite hobby is playing chess. I usually play it with my friend. I also like to travel and take pictures. All in all, if you have some hobbies, you won't have bored time.



## VERNON, British Columbia

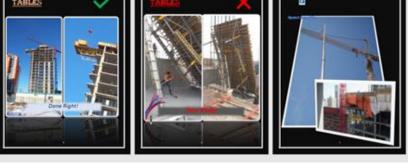


Crested geckos

• They are located by Australia

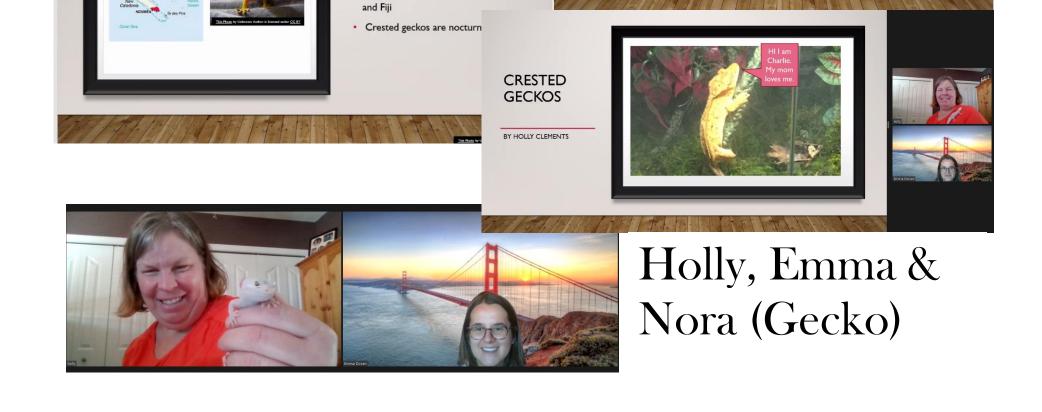
Our students are from almost every province in Canada. James Hanes, our computer student, worked on his poster about his hometown Vernon, British Columbia.





## **Crested Geckos Presentation** by Holly Clements (Computer Student)





## Enchant Municipal Park-By Debra (Computer student)



Located on the southside of the Hamlet of Enchant on highway526, Enchant Park offers 150 sights and 4 group areas, baseball diamond, free firewood,4 playgrounds, beach with swimming, fishing, golfing, a museum, ice cream parlor, wildlife, and family reunion building.

Enchant park is our favorite place to get away on a weekend in the summertime. My grandson and I love to take the short drive, and go camping together. We enjoy the many things this park has to offer.

The weather is usually very warm and so the beach is his favorite place to go. playing in the sand and warm lake water is the highlight. There are lots of variety of playgrounds, so we try to go to each of them daily. Then it's off to the Antique museum where they serve ice cream and you can explore the old CPR train car.

Our days usually start out with my grandson waking up early, we eat our pancakes and then go to a park to play and explore the campground. After our lunch it's off to the beach, with buckets and shovels and a few water toys in tow. My grandson loves to make sand castles with small rivers around them that flow back to the lake and playing with the other beach loving children. He enjoys it so much. We then wrap up the afternoon by leaving the beach and taking a short walk to the museum for his favorite bubble gum ice-cream and he climbs on the train and pretends to be an engineer. We wind the day with a barbeque and a campfire to roast marshmallows. When the day is done, we read books by flashlight and cuddle ourselves to sleep to wake up early the next morning to have more adventures.





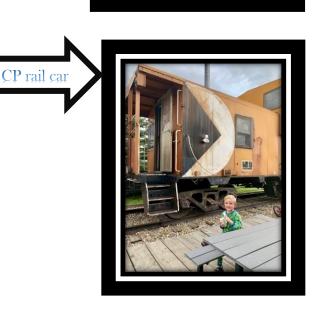


## Summer fun in the sun









Pay it forward like Dina Would

## KINDNESS by Susan's ESL Class

#### <u>Kindness</u>

There are some ways you can indicate your kindness to God's creatures whether it is human, animals or environment. For instance, if you can afford to help someone financially, you show them that you care about them as a human being regardless of their faith, nationality and so on. If you can't help them financially, this is not a problem, because you can help them become mentally stronger. In fact, there are people who don't have financial problems, but they need someone to understand them and not judge them. There you can show your kindness to assist them with strengthening their confidence and to believe in themselves. Next, kindness can be presented through a smile which expresses positivity as well. It doesn't necessarily need to be something big as very small actions can bring a huge change to someone's life. Similarly, you can be kind to animals by not killing them and understanding the fact that they have feelings like humans do. Furthermore. You can show your kindness to your surroundings by implementing strategies that scientists constantly mention about how to reduce our climate change footprint. The great thing about kindness is that it doesn't cost anything, and anyone can afford it.

By Seyyed

#### **Kindness**

A few years ago we were shopping at the store. We were in line at the checkout. The old man in front of us couldn't pay for his groceries. He was very confused and sad that he didn't have enough money to pay.

The manager took him to customer service to deal with him. We made a decision to secretly pay for his groceries. When we left the store, we felt so good, and it was a few days before Christmas. By Elena

#### **Kindness**

When we are kind, we feel connected and more willing to cooperate with others. Kindness is caring about others and doing things to help make people's lives better.

#### By Berhe

#### **Kindness**

I was hitchhiking and lots of people were giving me rides. I was nice to these people and I liked it when they were nice.

I like to invite my friends over for dinner. I check on the lady next door because she is older.

#### **Intermediate ESL Class**

### **History**

Once I was surprised when I lost my wallet.

I had been paid my salary that day and was 1 using public transportation because I didn't have a car.

When I got home, I looked for my wallet because I kept my check in there.

Surprise! The wallet was not there. I had lost it.

There was a knock at my door and there was a couple, an older man and woman.

They asked for me. I didn't know them, but I said it was me. *They told me they found this wallet* the on C-train and saw my address.

OMG I could not believe the great kindness of these people! By Carmen.

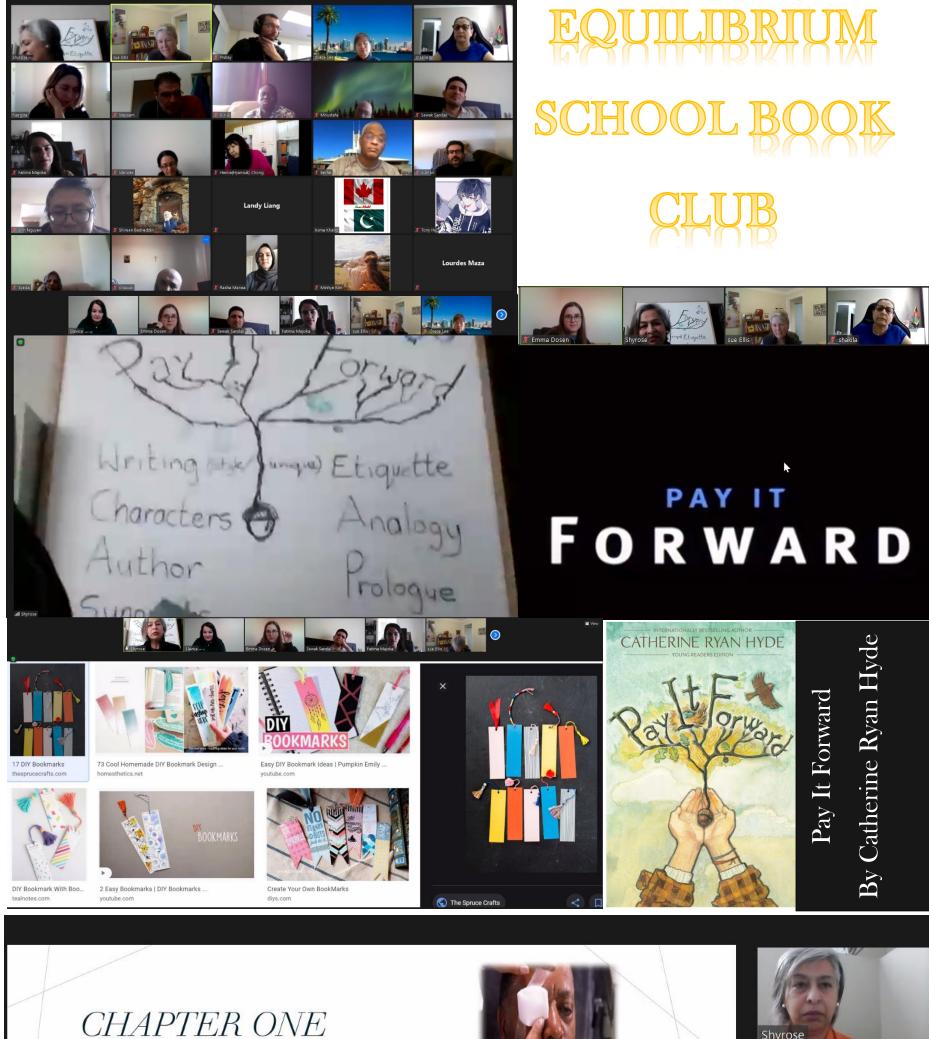
#### **About Kindness**

I've seen Gloria Kim on You Tube. She represents kindness. She has been called the "kindness Mama" in LA for 20 years. She is 62 years old. When she was young, she was a nurse in the USA. She wakes up at 2:00AM every morning to prepare hot vegetable soup for 200-300 people. She also invites homeless people who want to have a bath into her home. This Korean mama has raised the issue of homelessness. which she feels the United States has turned away from.

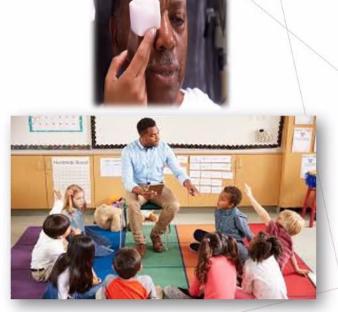
She feels joy and peace in her heart while she is helping. Many homeless people are impressed by her pay it forward and it has inspired them to

#### **By Gilles**





· We are introduced to Mr. St Clair the new teacher





- · He has been badly injured in the Vietnam and has been through a lot of surgeries and therapy, but people still get intimidated by him because of his appearance
- · He knows the effect he has on people, but he also knows that most kids learn to look past his face very quickly
- Mr. St Clair meets Trevor who is attracted to him because his own father had been in Vietnam.



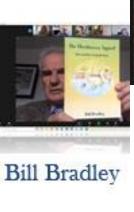
Pay it Forward like Dina Would

## Online Visit from England- Autor Bill Bradley





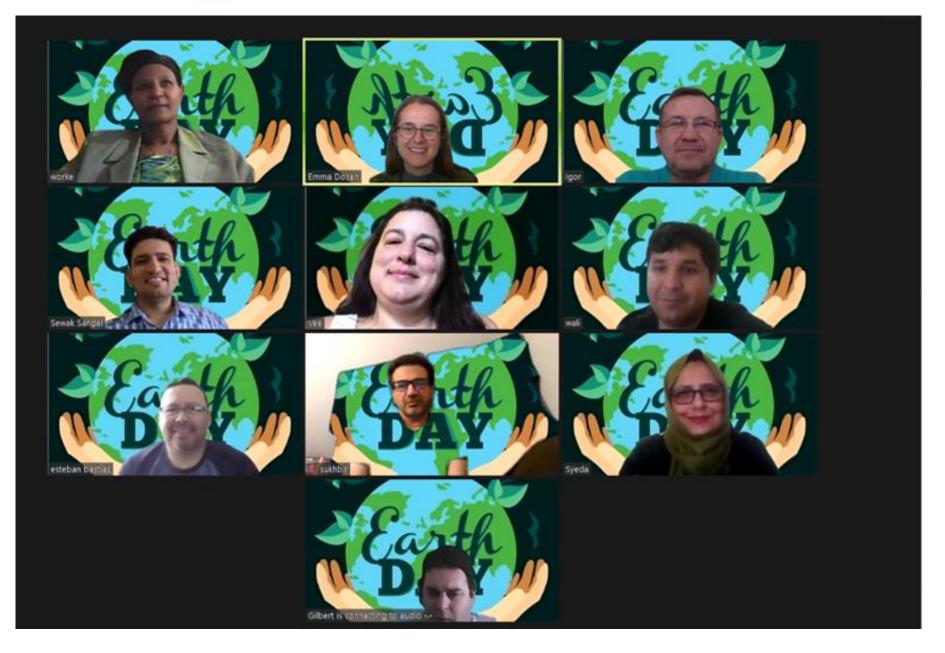
Pay it Forward like Dina Would



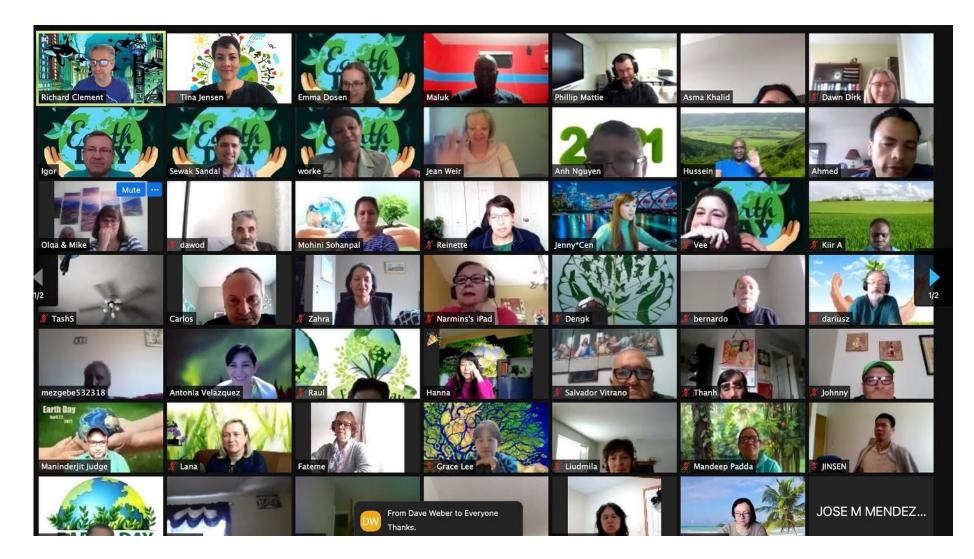
It only took a week to get our new ESL readers all the way from England. Thank you, Bill & Christopher, for sending us your books. We cannot wait to start using them in our ESL classes.

## <sup>10</sup> Equilibrium Newsletter

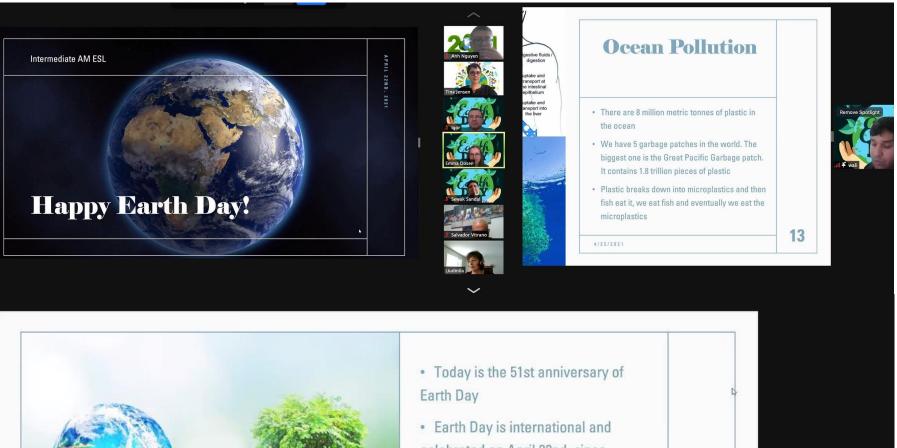
# Earth Day Presentation - Emma's ESL Students



Emma's ESL class had a chance to present a very informative presentation about The Earth Day to the whole school. Great job!



# Earth Day Presentation - Emma's ESL Students





### What is Earth Day?

- celebrated on April 22nd, since 1970
- It is a day for us to remember the environment in our busy lives
- A clean environment is essential for healthy living
- This year's theme: **Restore our Earth** : It focuses on how we can restore our Earth's ecosystem's.





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4/22/2021



- First reuse, second reduce and thirdly recycle!
- Reusing means to use more than once





- Reusing is better than recycling because it saves energy that comes from taking apart the products
- Buy second-hand clothing or furniture!
- · Reducing means to use less
- Instead of using plastic wraps to cover your containers at home, use re-usable containers

4/22/2021







Pay it Forward like Dina Would

## Haikus by our LINC students

#### LINC students

Nabiha is mute, No camera, can't see her face, Phillip is angry. (Nabiha)

The farmers are growing Maryam is fashionable Mazen is fishing (Maryam)







The changing weather, The snow has stopped coming down, The grass is growing. (Hoyam)

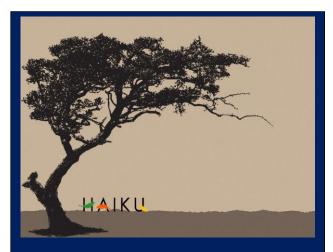
Snow on the ground melts, The snow becomes the water, Let's hope it stays cold (Martha)

The queen rose of May, Always a beautiful rose, Dance with butterflies. (Hanna)

Seeds grow in April, The spring season sunglasses, Rose blossom in June. (Yuliia)

Snowflakes melt in spring, Puddles all over the land, People, happy, spring. (Tatiana)

The spring weather warm 5 The flowers budding, growing, The sun always shines. (Manal)



俳句

# haiku





The sun is shining,

Birds song becomes beautiful

Flowers are blooming. (Shireen)

## The spring is happy,

The spring time is beautiful,

In May, flowers bud. (Maki)

## <sup>13</sup> Equilibrium Newsletter

## My Hobby

#### by David Jeffery -Jean's GED Student

I like to work with wood. I work with wood in my job as a carpenter, building houses from conventional materials. In my free time I also like to work with wood, but the wood I use is different from conventional building materials like 2X4's or plywood. I like to use "green" wood because there are unique things you can make with green wood, and it gets me outdoors. Most importantly, green wood working is inexpensive.

For my hobby I enjoy working with green wood, that is wood that has been freshly cut down from a living tree and has not had time to season or dry out. This makes it different from regular lumber, because the moisture content makes it much softer and easier to carve or turn on a lathe. There are things you can make from green wood that are not possible with seasoned wood.

Windsor chairs are traditionally made from green wood. Small workshops amongst the trees produce the chair pieces on foot powered machines called pole lathes. This practice is called Bodging, and those doing it are called Bodgers. Working outdoors in quiet woodland with no power tools or electricity is very relaxing and I enjoy it immensely.

Another reason I like green wood working is the cost. It really is very inexpensive because the materials are cheap (often free), and the tools are simple and few. There is no need for a special workshop either. You work outdoors in the fresh air of your own back yard.

To sum up, although I work with wood for my job, I also like to work with wood for my hobby; only a different kind of wood – green wood. I enjoy it because it is relaxing and peaceful, and it also gets me out in the fresh air. Most of all, I like it because of the low cost to work with green wood.





## The Best Job I Ever Had

#### by David Jeffery-Jean's GED Student

For nearly 30 years, I have worked. Whether it be on the family farm as a young man or as instructor at a trade school, I have had many jobs over many years, but the best job I ever had was working as a woodcutter in the forests of Castle **Howard in Yorkshire, England.** Not only was working in the woods interesting, but I also got to work inside the "Big House." In addition, it was fun seeing life behind the scenes.

In the spring 1996, I needed to find a work experience placement. There was one that was fairly close to my home, it was at an old stately home ca lled Castle Howard. I applied and got the job. It was remarkably interesting work. I got to see how ancient forests had been managed for hundreds of years and I also assisted in chopping down the tallest elm tree in England.

Another aspect that was particularly memorable was working in the "Big House" (the castle). I had the opportunity to help out at one of the big charity banquets the Castle occasionally had. I helped set up the tables and chairs, and I also delivered wine to the Flunkies.

It was a neat experience to see behind the scenes of the life at a castle. It was like living in the television series "Downton Abbey." Possibly the best part of my job at the castle was being up on the roof-top during the firework display, to make sure an errant rocket didn't burn a hole in the lead roof.

The best job I ever had was working at Castle Howard. It was a great experience for a young man to have. It was interesting working in an ancient forest and working in the Big House. Life behind the scenes was a unique experience.



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## Reinette's ESL Class "Shopping"

## Shopping

I personally love shopping, but I found out that shopping has many negative and minimal positive effects on me. However, I still go shopping despite the pandemic.

To begin, the negative effects shopping has on me is that I became addicted and prone to over shopping. For

my list. Furthermore, I feel more satisfied when shopping

example, I go shopping even though it is unnecessary. If I do not go, I feel as if I am missing something that is important to me. Secondly, I spend more

important to me. Secondly, I spend more money buying things I really do not need. For instance, if I see sales going on in the store, I buy it though it is not on

compared to staying home and being bored. I would rather go shopping regardless of the guilt or emotional pain.

Some positive effects that shopping has on me is that it relieves my stress. For example, when I go shopping, I get the chance to talk to different people. At times when I feel

> restless and hopeless, I go shopping and I gain my sense of control. Whenever I go shopping, I regain my energy back and feel more active to return to my tasks at home. Shopping was not my thing, but as a result of Covid 19, it became one of my bucket list items.

In conclusion, shopping became part of my life despite the effects it has on me. It brings me joy and contentment.

- Josephine -







### Shopping

Shopping can affect on me in different ways. It depends what I want or have to buy. For example, I hate to do grocery shopping, but I love to buy shoes for all my family including my husband.

When I consider buying shoes, I feel excited and looking forward to getting them. In my head I create my outfit with a new pair of shows and try to find new possibilities for my clothes. Shopping for shoes is a very interesting activity for me. I don't exactly like to go to a real shop. I like to sit with a coffee in my armchair and start searching online. It is my relaxation time. I don't do it very often so therefore it gives me great pleasure.

In conclusion, some people go shopping to improve their humor or award themselves for something. Very often it is an exciting activity for many people, especially women. Each of us has his or her favourite thing to buy which makes him or her happy. As said, I also sometimes spoil myself by buying shoes. – *Margaret* -

## Shopping

Shopping has some effects on many people around the world. Here are some examples: people can be compulsive buyers that can create problems. First, compulsive buying is one of the effects that has an impact on many people. It occurs when people buy stuff at any circumstances or at any time. They buy things whether they need it or not, just because they want to feel the satisfaction that they buy it. Second, shopping also brings financial problems. It happens when people start buying stuff that maybe they need or not. Using their credit cards even if they know they do not have money to buy it. That is the reason people start having financial problems. Overall, shopping can bring many problems to people like emotional harms and family problems. If people do not start to take control of themselves to buy things, they will be in serious trouble.



- Johan -

## <sup>15</sup> Equilibrium Newsletter

## What made My Dog failed Professional Training?

Professional dog training is more effective with puppies and young dogs. Good communication and a strong relationship between the trainer and the dog are very important too.

In his young age, my dog used to be very receptive and always wanted to play outside. Even when he wanted to go outside, he stood in front of the outside door waiting for my response. Every day he reminded me when it was time for a walk.



Today in his old age, I cannot expect him to pass professional dog training. My dog failed professional training because he is getting old and is not very active anymore. - Jay-Jay - ESL Student

## If I Win the Lottery



If I won the lottery, I could pay off all my debts and start working on what is my dream. I will start a foster home in Colombia to help many kids who are in a vulnerable condition. There are many needs in my country. I was working really close with kids with disabilities and health problems, as well as with families who were economical broken down.

Sometimes we just need to look ahead and work hard to find reasons to stay in this world. For me a big dream is to help others like I always did in my country. There I found a lot of issues, but I was working hard for my community. I can maybe take some ideas from Canada, like a Food Bank, and help families to solve their primary needs. "God does not give you the ability to dream without giving you the possibility to make your dreams come true."

- Nadia - ESL Student



Being very excited to become a mom for the first time, I prepared myself very well. Before going to hospital, I bought everything for me and my first-born child. Because I participated in all courses and trainings, I knew how to be relaxed when the time came. I was prepared. Upon arriving at the hospital, the doctors and nurses were very nice

#### and gentle. Being very educated, I wasn't nervous.

- Jelena - ESL Student

#### <u>Maria</u>

This is an anecdote of my friend Maria. Having finished her studies, Maria decided to plan a trip to Japan. She realized that she had to make a check list of everything she needs. After having done the check list, she called her mom to see if she can take care of her dog. Butt when she was calling her mom, the dog escaped from the house and she went out to find it. After finding the dog, she took it straight to her mom's house. Upon arriving at her mom's house, Maria realized that she was almost too late to go to the airport. She left the dog and ran out in a hurry. Maria went to her apartment, took her luggage, and went to the airport. After taking a plane, she called her mom to say thanks.

- Raul - ESL Student



# Reinette's ESL Class: Describe a time when something made you incredibly happy.



Each of us has life events that make us incredibly happy. This time remains in our memory. There are three events in my life that made me incredibly happy: news that I will become an older sister, when my eldest son was born, and when my youngest son was born.

I was seven years old when I found out that my mother was pregnant. Nobody told me about it. My parents were embarrassed to tell me about it, but the whole secret became clear one day when I heard a conversation between my mother's friend and father that my mother was pregnant. I jumped to the ceiling from happiness. I didn't say anything to my parents, but I was just glad that I would be an older sister.

When my eldest son was born, I was so happy. I was twenty-five years old. I remember this time as if it happened *– Svitlana -* ESL Student

yesterday. He was born with black hair, he had big cheeks, and huge bright blue eyes. I have not met a calmer child in my life than him.

In 2007, my youngest son was born. He was born with white hair and blue eyes. He has different characteristics: more active, and more demanding. The surprising thing is that all my worries that I would not have enough love for two children shattered in an instant. It is such a happiness to have children.

Overall, all three events in my life that made me incredibly happy are related to children. I really like children. I remember this precious time for me with trepidation and love, and a smile appears on my face. It is a smile of happiness.





## Happiness

Last year, I got married in Calgary. My wedding day was so exciting. Honestly, I had never experienced such an amazing day.

First of all, the wedding party was well organized. For example, the room where the wedding ceremony took place had been booked six months before. The room was harmoniously decorated in three colours such as pink, white, and green, in order to reflect the grandeur of the event. The softness of the music was so peaceful and enjoyable. The meal was delicious as well. In a nut shell, everything was perfectly chosen. were mingling together. The ambience was pleasant and suited my honorable guests.

Finally, the nuptial ceremony was fabulous. All the stages were full of emotions. I was a wonderful bride with a white wedding dress, whereas my partner was a groom with a beautiful green traditional suit. My father escorted me into the church at about 3:00 pm. While we were walking, my little cousin had been throwing pink flowers in front of us. My cousin was only three years old. At the same time, my family members and friends were euphoric. They were clapping their hands and screaming. My partner had already been standing near the priest by the time I joined him. Right after, the priest had blessed us as we became husband and wife. Now that my lovely husband had put a ring on my finger, I bore his name. The moment was so precious that I couldn't stop my tears. As you can tell, I was one of the happiest women on the earth. It was a special day.

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In addition, my guests were impressive. For instance, the wedding party started at 6:00 pm, but most of my guests came on time. Just a few of them didn't show up earlier. That was so impressive! Then, my guests were not only elegant, but they also were generous. Each of them brought a present for me. While some people were dancing, others

- Catherine - ESL Student

## <sup>17</sup> Equilibrium Newsletter

# Reinette's ESL Conversation Class presentation: What does it mean to be part of a family?



#### <u>Family</u>

From my point of view, being part of the family has been extremely satisfying because my family supported me every step of my life. For example, since I started university I had planned to migrate to Canada. Everything became a reality thanks to the support of my parents. Upon arriving in Canada with no more than two pairs of luggage, my wife and I decided to start thinking about our family. Today, we have three children and a bunch of friends. In my perspective, I feel that everything is possible if you have your own motivation and if somebody is with you. No matter who that person is, we can call them family too. – **Raul** –



#### <u>Family</u>

Quote number 3 is my favourite because it reminds me of my friend in Lebanon named Talal. I feel like he is my brother and we have been through a lot together. We grew up on the same street and joined the army together. We used to sleep at each other's houses almost every day. In my view, his mom is like my mom. I feel that Talal is my brother even if we don't have the same blood. During the war we got separated from each other. He went to his village for 5 years because it was safe there, and I stayed in the city. For me, those 5 years were the hardest. I missed my brother so much because we could not even contact each other through phone. Finally, in 1989 we saw each other again. - Moustafa –



I see the family as a unit consisting of a man, woman, and children. I feel family is one cell or group taking care of each other. It isn't through blood only but it's one cell helping each other. Also, for me I enjoy being with my family. When we go to market together to buy and shop or when we celebrate together. I think children need more support before they think to separate from their families. However, when they make money, they are responsible for their own life and future. - Nader -



#### <u>Family</u>

Family

Family for me, represents the foundation of self and a unity of acceptance. Unconditional sacrifices, support, and love. In my opinion family isn't just a blood relationship or a biological relationship. It could be friends or a group of friends who can laugh and cry together. In my opinion, family means having someone to love you unconditionally in spite of your short comings. Most important factor is that family is LOVE. *– Cynthia –* 



#### <u>Family</u>

<u>Family</u>

Family, one of the God's master pieces. In my opinion, being part of a family means always having people to depend on and always having support. It also means being there for other members. When they are in need, I feel happy to be a part of this family. My family always supports me, because I am a single mom and I had face hard times. My family supports me and encourages me. In my opinion, the greatest gift I ever had came from GOD and I call her mom. – Asia -



To be part of a family is the most important reason for me to live. Although not everybody thinks like me, it should be the most important reason for all people. Otherwise, how will humanity continue growing. - Jorge/Rommel -

Pay it Forward like Dina Would

## <sup>18</sup> Equilibrium Newsletter

# Reinette's ESL Conversation Class presentation: What does it mean to be part of a family?



Family

Family

In my view, being part of a family means the way someone makes you feel and appreciates you for who you are, and except you with your pros and cons. My opinion to define HQME is simple. Home is where you feel most comfortable and safe, and I feel that there's no better place than to be at home with a great family.



Family is one of the integral parts of human beings. Every human is incomplete without a family. A family means to have a man, his wife, his kids, and his parents. All are living together. All the family members share equal parts while sharing the responsibilities within the family. In Malaysia, we give great importance to family.

Also, the family educates the relationships and the qualities of children and kids. Malaysian morals and values are established in the joint family framework. A house will turn into a home with a family, and a family is never done with two individuals. It also includes grandparents, kids, aunties, guardians, and uncles. In my culture we never send parents to nursing home or old age home. *Example* = *Kannan* =



#### Family

There is a proverb "The blood is thicker than the water" in Korea. This is talking about traditional family. In my opinion, the traditional family should share blood. To verify that people share blood, they check out each other's last name and its origin. These days people say, "We are *neighbor cousins*." This means a good neighbor is better than relatives or family who live far away. I feel the meaning of family today is narrower than the traditional one. Before, first and second cousins were almost real brothers. I think the range of family changes during the years.

- Scott -



Family

Family

What is the meaning of the following quotation for me? "A person sometimes needs to separate himself from family and friends and go to new places in order to change." Sometimes, separating from the bigger family unit, I feel that I am able to provide better financial support to my family. In my opinion, it is very important to keep in touch with your family and friends, *Maninderzit =* 



"Family is not an important thing. It's everything ". (Michael J. Fox)

The most important and valuable thing in life is family. First, the one in which you are born, and then the one that you create yourself. You may have good days, there may be disgusting ones, but every day someone will be waiting for you at home. In my opinion, family is what it is worth waking up for every day, breathing every second, and praying to God every moment to protect them. Remember, family is not about members it is about love. = Svitlana =

## <sup>19</sup> Equilibrium Newsletter

# Reinette's ESL Conversation Class presentation: What does it mean to be part of a family?

#### Family

Family isn't always blood. It's the people in your life who want you in theirs, the ones who accept you for who you are. The ones who would do anything to see you smile and who love you no matter what. So be thankful for what you have.



Family can be close friends too. It is about the people who come into your life and make big changes. People who teach you about love, responsibility, honesty, and support for our love ones.

It is to understand we are humans and make mistakes. Family is not only defined by names or blood; family is also defined by commitment and the big part family is about love.

My family is a big mix of friends, brothers, sisters, mom and adopted moms. These are the people in my life who give security and love. *– Nadia -*

#### Family

In my view, family is a combination of different ages of people from young to old each with a unique characteristic. Families are beautiful and a gift from God. Down the road, they can be apart due to their circumstances. For that reason, some family can be with you emotionally, mentally, materially, but not

- Josephine -



physically. However, the one who is always there for you at your best and worst times, physically, emotionally, and mentally is your family. As far as I know family doesn't have to be in your blood. As it is said, "Where there is a strong bond there is strong family."



Family

In my opinion, being part of a family is first to have a strong common bond with others. No matter where your family members come from or who they are. The bottom line is, the unconditional love you can receive from them and you can give it back.

Also, I think that to be part of a family mean to be supportive. For example, after giving home to the loved ones, you enable them to feel happier and safer. By spending quality time with your family, you are more likely to connect with them.

- Catherine -



Finally, for me, being part of family to be engaged and accept your responsibilities. For instance, you are supposed not only to be reliable to your family, but also involve to help at any circumstances. When making a decision, you must be an active participant.

To conclude, I believe that because of being constantly there when required, demonstrating respect, care and love, you belong to your family. No doubt!

## <sup>20</sup> Equilibrium Newsletter

#### FAMILY

A poem by Josephine ESL STUDENT

Family is permanent pain, that you can't wash away because they are in your blood.

Sometimes families are unique, and beautiful like a bouquet. When they come, and stand together they bring their beautiful qualities, and work as one.

Family can shine like a colourful rainbow.

They can also be like fermented flour without them your life can be sure.

When there are too many of them, they can cause terrible behind, and a few of them could become a gravel bland.

Family is a gift. Without them, no one can be left.

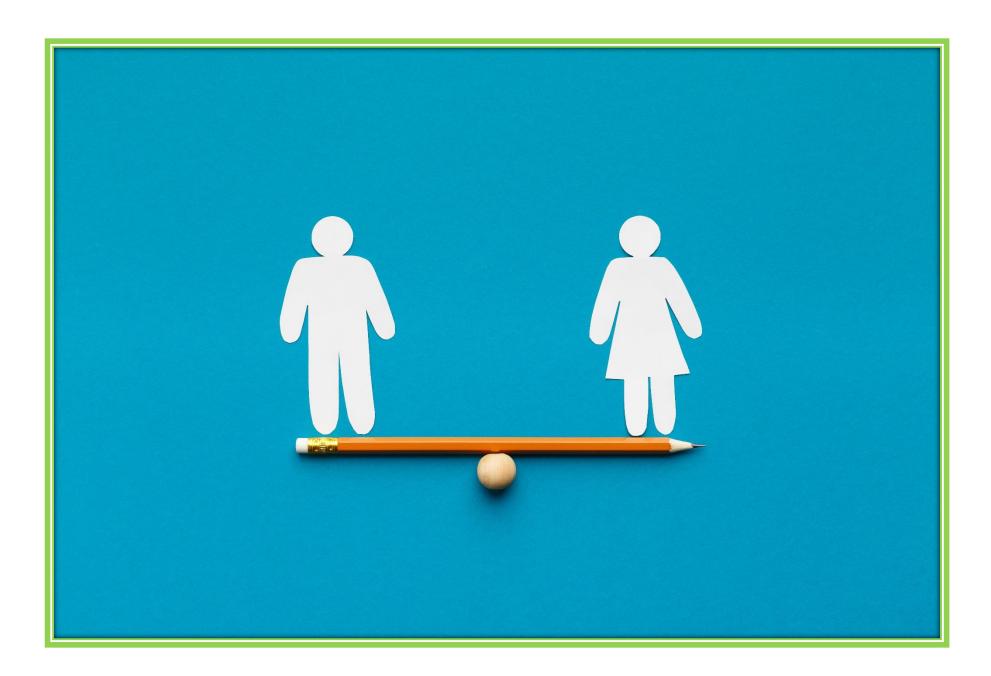
But families have differences and preferences.

When that comes alone, families can separate and split apart.

For me, families are beautiful, and strong together.

But in the end, a family is the one who can be trusted, understand you, love, and care for who you are, and always loyal to you.

I feel that is the one I call family!



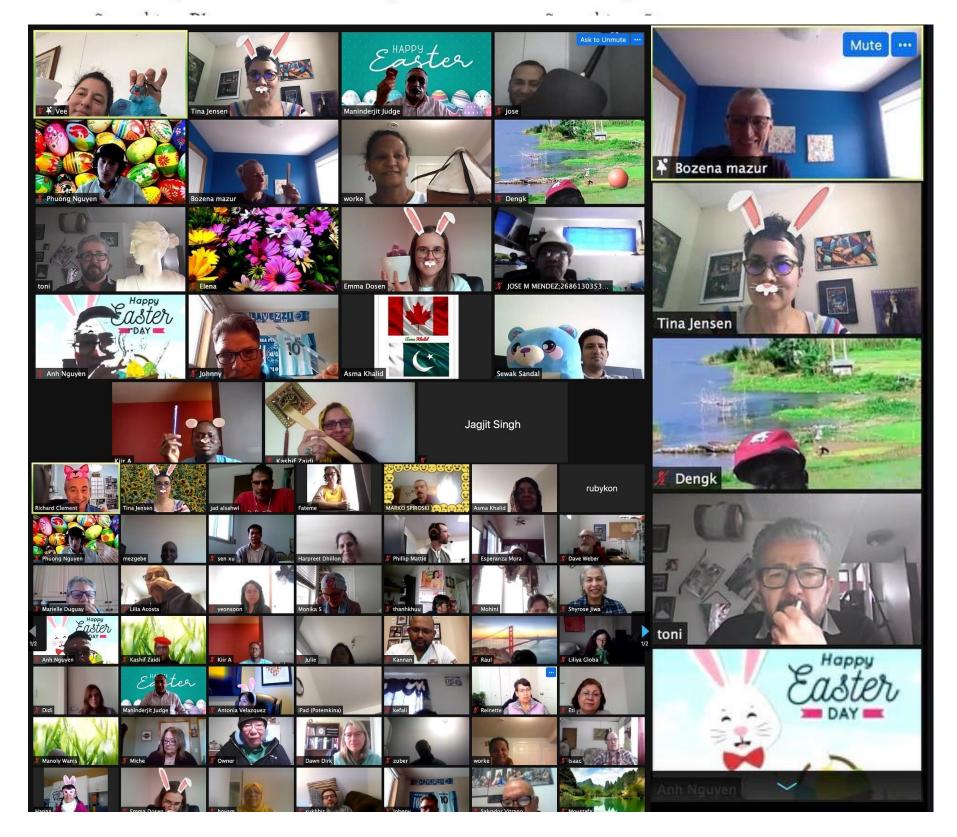


## <sup>21</sup> Equilibrium Newsletter

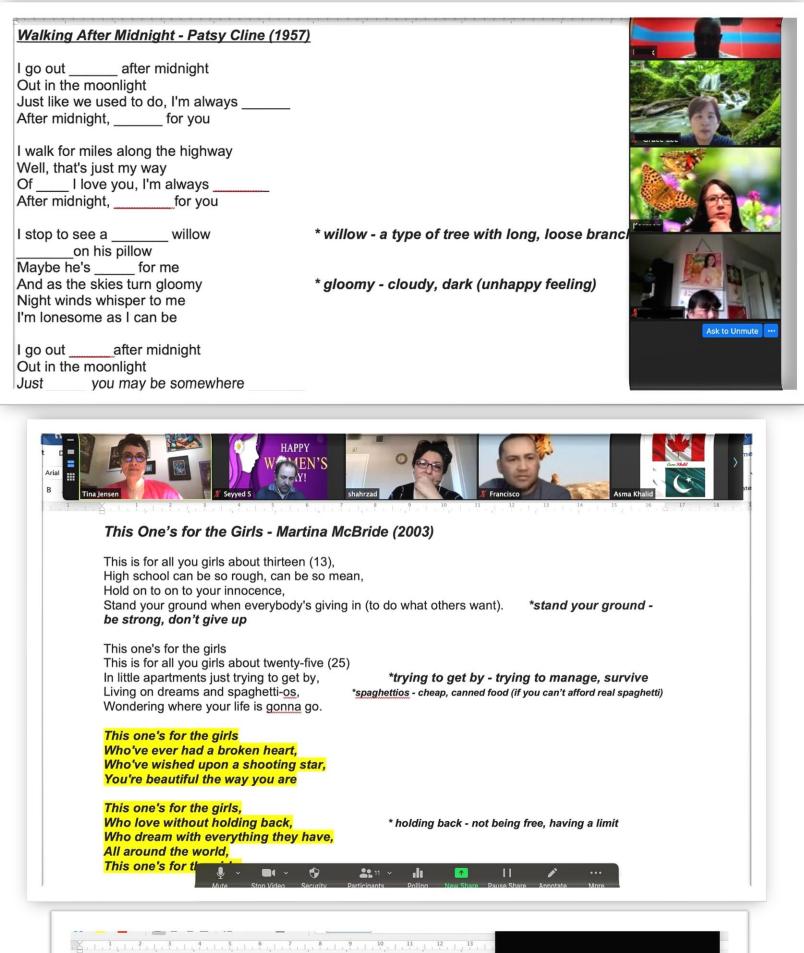


- Something Smooth
- An Item Bigger Than Your Hand
- A Cube
- Something That Makes A Noise
- Something Bendy
- Something Rough
- Something Smaller Than Your Finger Print

- Two Items That Look Exactly The Same
- Something Which Has To Be Grown
- An Animal
- Something Yellow
- Something Starting With T
- Something Pointy
- Something Hollow

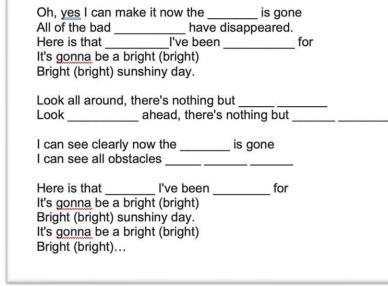


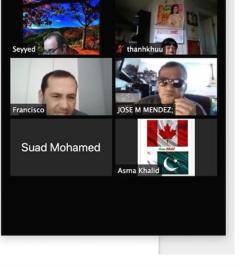
## <sup>22</sup> Equilibrium Newsletter



I Can See Clearly Now (by Jimmy Cliff/Holly Cole Trio)

I can see clearly now the \_\_\_\_\_\_ is gone I can see all obstacles \_\_\_\_\_\_ Gone are the dark \_\_\_\_\_\_ that had me \_\_\_\_\_ It's gonna be a bright (bright) Bright (bright) sunshiny day Anh Nguyen Anh Nguyen Maluk





## **Tina's ESL Class Music Mondays**

## <sup>23</sup> Equilibrium Newsletter

## **Saint Patrick's Day**

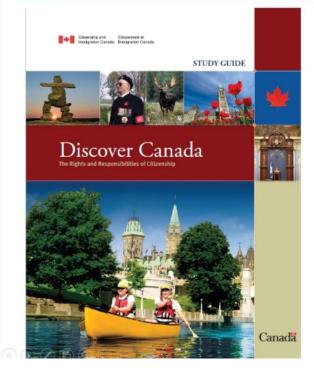


### <sup>24</sup> Equilibrium Newsletter



Application for Canadian Citizenship Eligibility Requirements

Knowledge of Canada







Application for Canadian Citizenship Eligibility Requirements Physical Presence Requirement

1. You must have been physically present in Canada for at least 1095 days in the 5 years immediately before you apply – 3 out of 5 years

2. The five (5) year eligibility period is only the five (5) years before the date you sign your application

3. Each day you were physically present in Canada as an authorized temporary resident <u>before</u> you became a permanent resident counts as half a day (up to a maximum of 365 days);

 Each day you were physically present in Canada <u>after</u> you became a permanent resident counts as one day;

5. You cannot meet the physical presence requirement without a minimum of two (2) years as a permanent resident.

6. Each partial day spent in Canada counts towards your physical presence



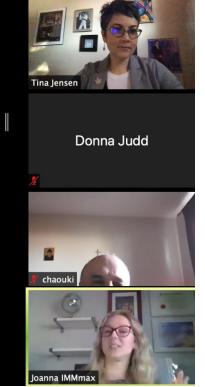
## Joanna Zalesiak

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Regulated Canadian Immigration Consultant Our students had an opportunity a month ago to learn about the requirements for a Canadian Citizenship.

Thank you, Joanna.





#### APPLICATION FOR CANADIAN CITIZENSHIP

FOR ADULTS 18 YEARS AND OLDER



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587-500-2220