

Newsletter

Equilibrium School

August 2021

Issue #10



Equilibrium can help you succeed!

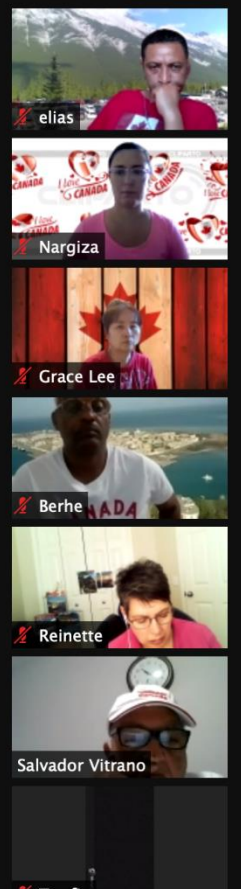


History

About Canada

Geography

- Country in **NORTH AMERICA**
- Situated north of the **UNITED STATES**
- Surrounded by the **ATLANTIC Ocean**, **PACIFIC Ocean** and the **ARCTIC Ocean**
- Canada's area is 9.98 million square kilometres (3.85 million square miles); it is the world's second largest country by total area after (List of countries and dependencies by area)



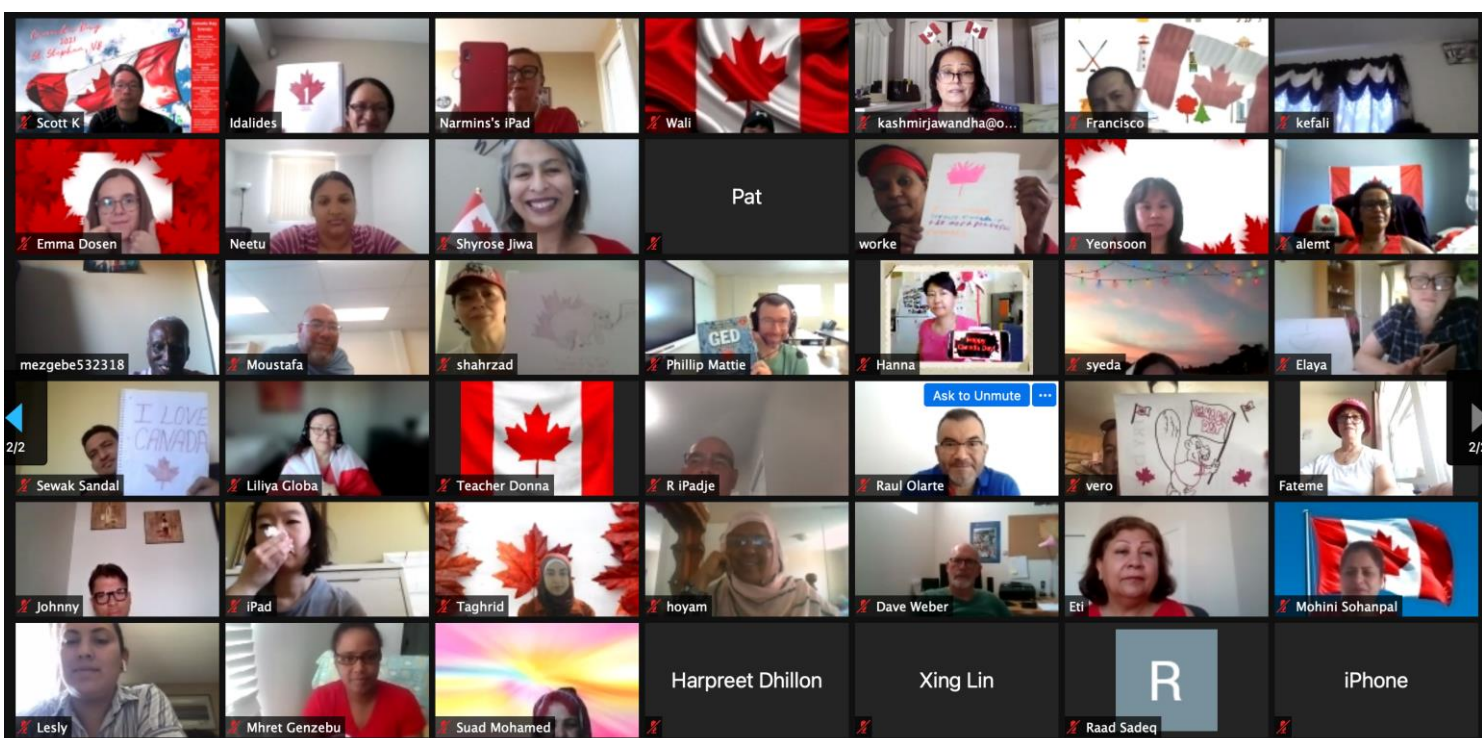
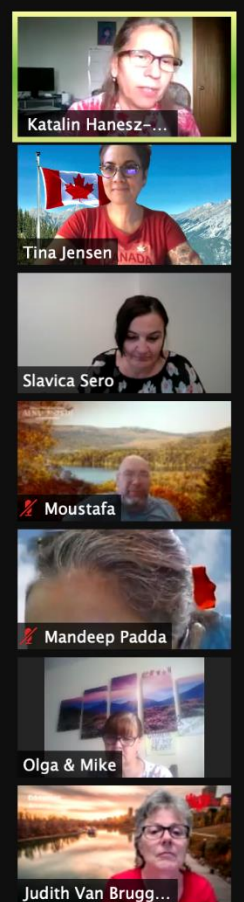
Canada Day 2021



CANADA DAY

1867- 2021

154 years old

HAPPY BIRTHDAY CANADA!


We celebrated Canada Day at our school. Our teacher Katalin reminded us how fortunate we are to live in this beautiful country.

Happy Birthday Canada!

LINC students' presentations about their home countries

Uzbekistan's Symbols-by LINC student Nargiza Matkurbanova

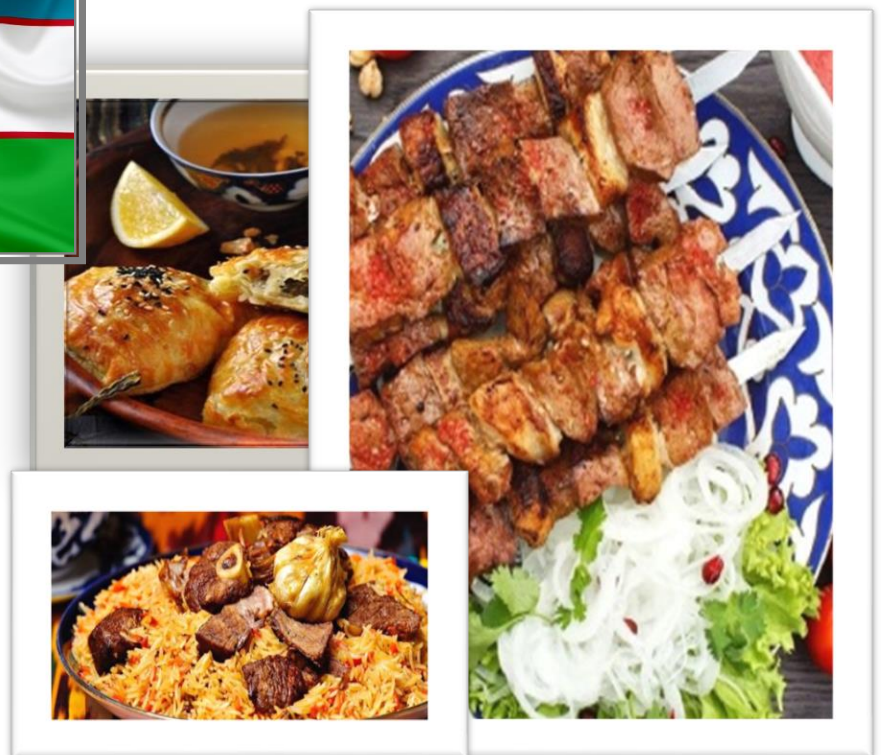
Uzbek Flag

- ❖ **Blue** is for sky and water
- ❖ **White** is for purity and peace
- ❖ **Green** is for nature
- ❖ **Red** is for blood
- ❖ **Stars** are for the 12 provinces
- ❖ **Crescent** is for Muslim heritage



Uzbek Cuisine

- ❖ **Somsa** (samosa) – Traditional Uzbek baked pastry with a savory filling, such as meat, pumpkin or mashed potato.
- ❖ **Shashlyk** (shish kebab) - Skewered and grilled meat. Very popular in Uzbekistan and in all former Soviet republics.
- ❖ **Palov** (pilav) – The pride of Uzbek people. Traditional rice dish cooked in stock with addition of spices and other ingredients such as vegetables, peas, raisins, and meat.



Uzbek Khan-Atlas

Classical traditional Uzbek fabric khan-atlas is made from the cocoons of the Uzbek silkworm. Uzbek khan-atlas fabric often attracts the attention of world-famous fashion designers. In ancient times, not everyone could afford clothes from khan-atlas. Khan-atlas today adorns not only women from Uzbekistan, but also from all over the world. Khan-atlas fabric can be used not only for sewing clothes, but also for decorating the interior of your home or restaurant.

Uzbek gold

Even though cotton is not real gold, it is as important to the national economy of the country as real gold. Uzbekistan is the 8th largest producer and the 11th largest exporter of cotton in the world. Cotton's nickname in Uzbekistan is "white gold".

Uzbek History

Uzbekistan has over 2000 years history and used to have a central position on the Silk Road between China and the West. Uzbekistan is well known for incredible ancient places as well as for hospitality of Uzbek people.

Everybody is always welcome!



LINC students' presentations about their home countries

KOREA'S SYMBOLS-By Hanna Chong

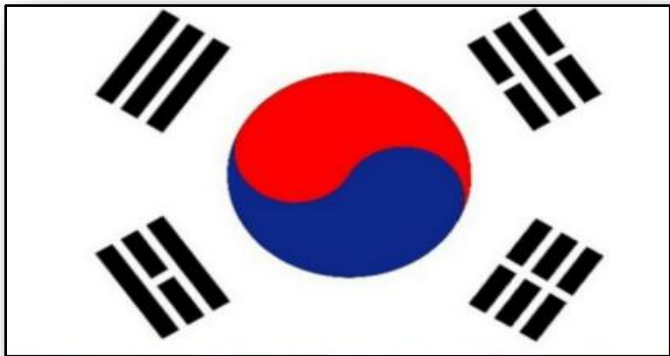
Korea has a history of 5000 years. Here are some of its symbols.

1 Korean Flag – Tae geuk gi(태극기)

White means Brightness and Purity. It represents our traditional love for peace.

Black trigrams mean the Sky (Justice), Earth (Richness), Water (Wisdom), and Fire (Light)

The Circle (**Tae geuk**) is said to represent the creativity of our nation just as everything in the universe is created from these two elements: yin (-) and yang (+): Harmony and Development.



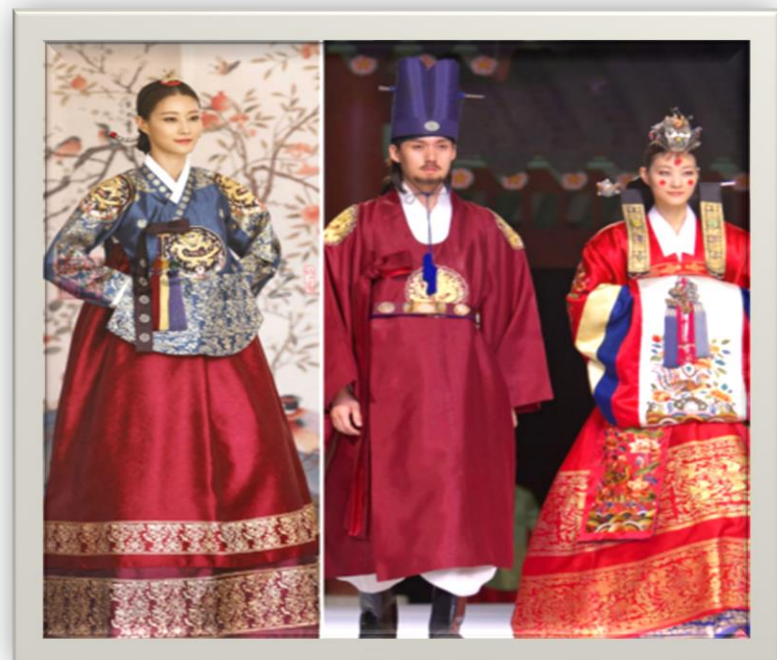
2 Kimchi(김치)

Kimchi is a dish in which vegetables, such as radish, cabbage, and cucumber, are pickled in low-concentration salt and fermented at low temperatures with spices such as red pepper, green onion, garlic, ginger, and salted fish. Kimchi is Korea's representative fermented food, and it is slow food. Kimchi has lots of vitamins and microorganisms.



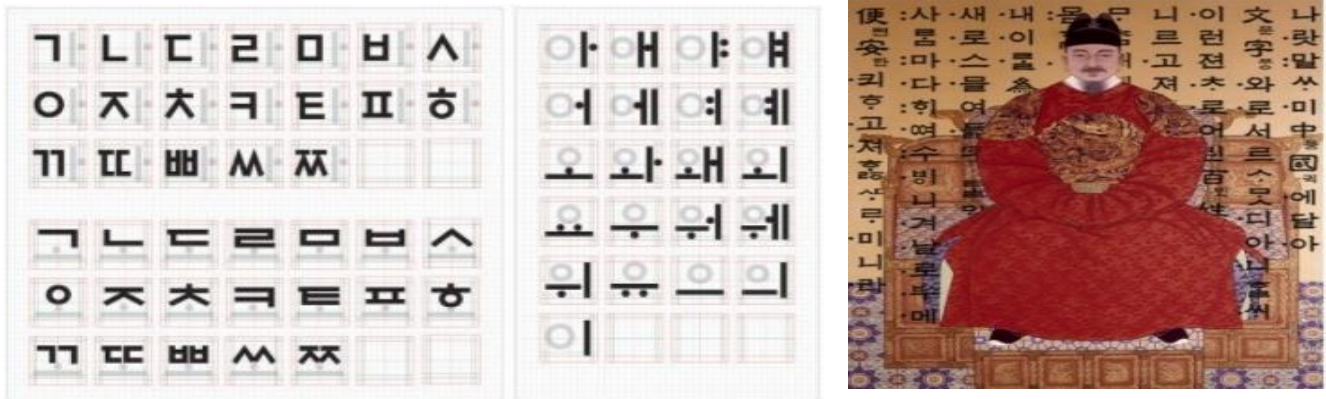
3 Hanbok (한복)

Hanbok is Korean traditional dress. Hanbok is very beautiful. Now people wear it only on special days.



4 Hangeul (한글) – KOREA’S SYMBOLS continue

Hangeul, or Hangul, is the Korean language created by King Sejong in 1443 with the correct voice to teach the people. Korea has long used Chinese characters. However, Chinese characters were so difficult that most people could not read or write during all their lives. King Sejong, who felt sorry for this, made the letters unique to Korea. Hangul has 14 consonants and 10 vowels. You can write 13,000 kinds of sounds in Korean. Hangeul received the highest rating by UNESCO and was registered as a UNESCO-set world heritage.



5 Taekwondo(태권도)

Taekwondo is an international public sport founded based on Korea's unique traditional martial arts. Taekwondo is a full-body exercise that mainly uses hands and feet to strengthen the body. It is a martial art of self-defense that fosters character through physical and mental training and protects one's body through technical training. Taekwondo was adopted as an Olympic sport at the International Olympic Committee (IOC) General Assembly on July 17, 1980.



6 Korean enterprises (기술력)

The following are the modern symbols of Korea.

Did you know? Hyundai developed and exported the world's first hydrogen electric truck!



LINC students’ presentations about their home countries



Some mad libs that Tina’s and Emma’s ESL PM class did together.

Say 'lobster,' the photographer said as the camera flashed! Francisco and I had gone to Brazil to get our photos taken today. The first photo we really wanted was a picture of us dressed as cat pretending to be a doctor. When we saw the proofs of it, I was a bit happy because it looked different than in my head. (I hadn't imagined so many sandles behind us.) However, the second photo was exactly what I wanted. We both looked like mangos wearing under wear and showering--exactly what I had in mind!

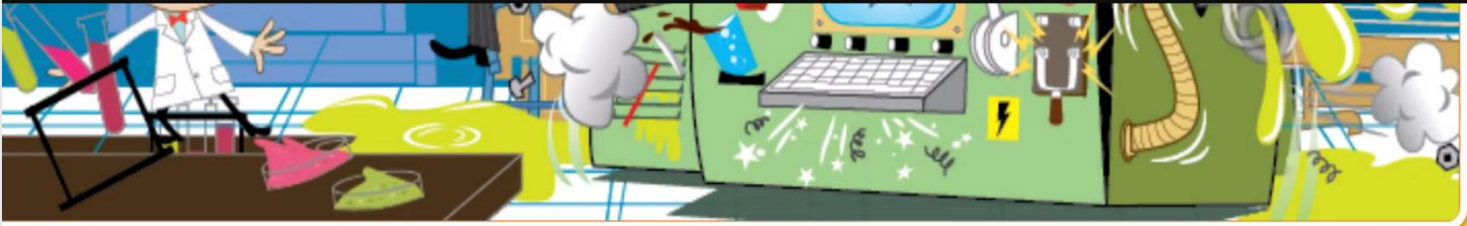
Paste your best PG madlib into the comments!

Today a doctor named flag came to our school to talk to us about her job. She said the most important skill you need to know to do her job is to be able to drink around (a) big table. She said it was easy for her to learn her job because she loved to drive when she was my age--and that helps a lot! If you're considering her profession, I hope you can be near (a) red bed. That's very important! If you get too distracted in that situation you won't be able to speak next to (a) office!

Paste your best PG madlib into the comments!

I just got back from a pizza party with Kiir. Can you believe we got to eat beautiful pizza in Calgary?! Everyone got to choose their own toppings. I made 'pizza and flowers' pizza, which is my favorite! They even stuffed the crust with cats. How happy! If that wasn't good enough already, David Beckham was there singing Jingle Bells. I was so inspired by the music, I had to get up out of my seat and play.

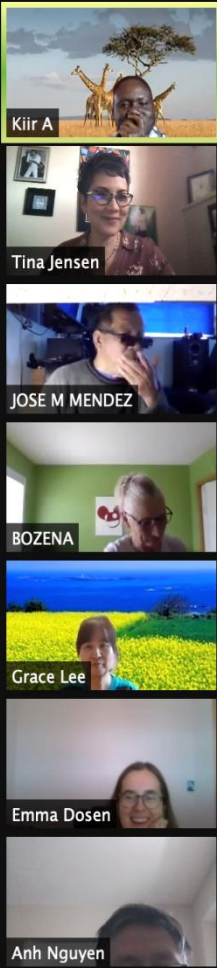
Paste your best PG madlib into the comments!



I was going to be rich! I had just invented the first electric **book**. Using a(n) **laptop** from **Kim**'s toolbox, I built it out of old **women**, metal **teachers**, and rubber **students**. The first time I turned it on, the machine worked **slowly**. I couldn't believe it! "Oh my goodness!" I yelled, **studying** up and down. I invited a(n) **happy** billionaire to check out my invention. I couldn't wait to sell it for **a billion** million dollars and live like **Elvis Presley**. But when I turned it on, something went terribly **handsome**. The machine started **smoking** and began to **eat**. Suddenly it spewed **octopus** and shot slices of **table** in all directions. The billionaire started screaming at the top of his **legs** and **heard** out of my lab. Good thing I still get my weekly allowance.

BY JILL YAWORSKI; ART BY DAN SIPPLE

REDO



Frugal Shopping and More



BY GULZAR-ONE ON ONE ESL

My name is Gulzar. I am a student. I have many skills. I can do housework. I can drive a car. I can speak three languages. I can cook tasty meals for my family. I can use a computer. I can paint the house. I can take care of the garden. I can wash cars.

How can I use my skills to help others?

BY
TASH STECYK -GED STUDENT

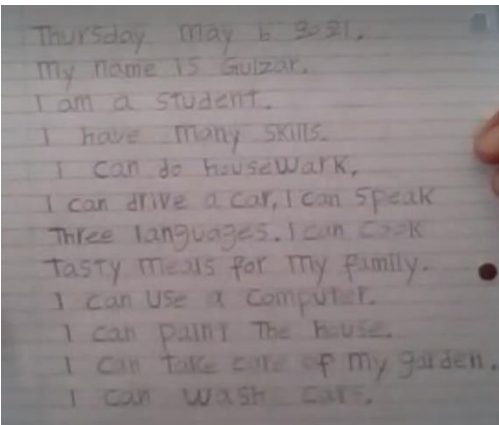
I have many skills I can use to help other people. I am frugal, creative, and willing to try new things. I can use these skills to teach others to be resourceful, to be a risk taker and to problem solve.

One skill I have is that I am frugal. I can teach this skill to others so they can become resourceful and save themselves money. I would show a person how to shop in second-hand stores and how to price match. I would show them how to collect points and be able to get discounts on purchases.

Another skill I have is that I am creative. I would show other people that to be creative, you need to be a risk taker. I would encourage them to try poetry, painting, photography, and gardening. For example, I saw a sign that I am going to make myself and I am willing to put my own creativity into it. I would like to tell others not to be afraid to express themselves.

My willingness to try new things is another skill I have. This skill has taught me how to problem solve. I would show others that you cannot always rely on other people, so you must learn to problem solve on your own. I could teach others how to maintain their car or how to fix things in the house.

As you can see, my skills can be used to help other people become resourceful, to be a risk taker and to be a problem solver. I want to encourage others to get out of their comfort zone and not be afraid to try something new.



Gulzar’s writing.

What invention has changed my life? Crossbow

BY GED
TASH STECYK
STUDENT

The invention that has changed my life is the crossbow! It has given me the chance to explore nature and hunt for my food. It has also given me the opportunity to see a vast variety of animals and it has also been an experience of a lifetime for me.

Being able to use a crossbow has given me the chance to explore many different areas of land and nature to hunt for my food. I have had the chance to eat many different types of food as well, for example, deer, moose, elk, and ruff grouse. Having this opportunity has saved a lot of money on meat for my family, as well.

Secondly, being able to use a crossbow I have had many opportunities to be able to be in nature and see a vast variety of animals that you typically would not see if you were just driving in a vehicle or walking down the road. Some of these animals include owls, eagles, foxes, coyotes, bears, moose, weasels, wolves, cougars, and elk.

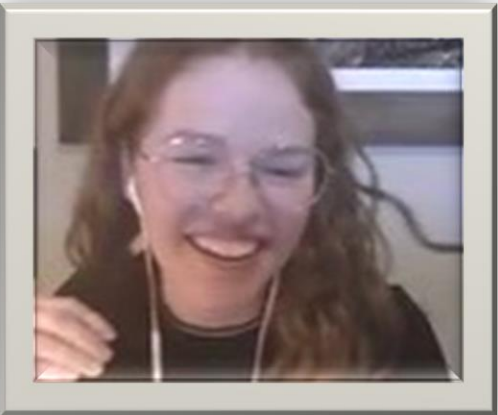
Lastly, using a crossbow has been an experience of a lifetime! Hearing the arrow leave the bow and hit the animal is a sound I will never forget. While hunting, I also get a rush while sitting quietly calling animals in and listening to them rustle in the bush as they get closer.

In conclusion, the crossbow has been a great invention for me. I have had the chance to explore nature and hunt for my food, be in nature and see a vast variety of animals in the wild. It has been an experience of a lifetime. If you ever get the opportunity to shoot a crossbow, you should.

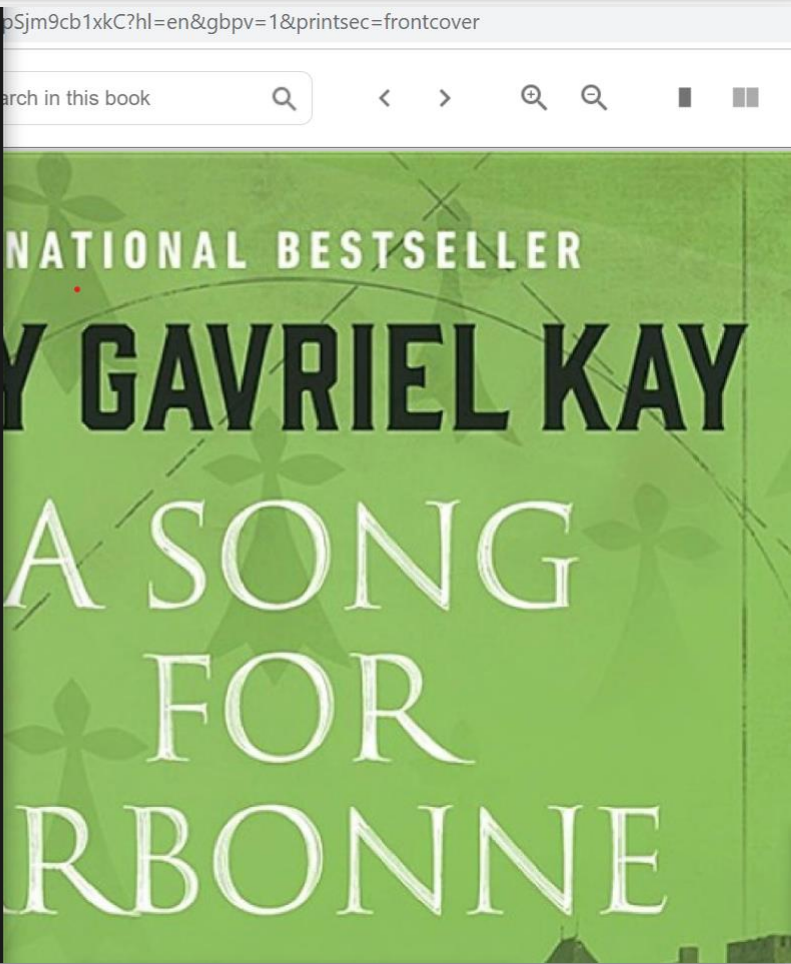
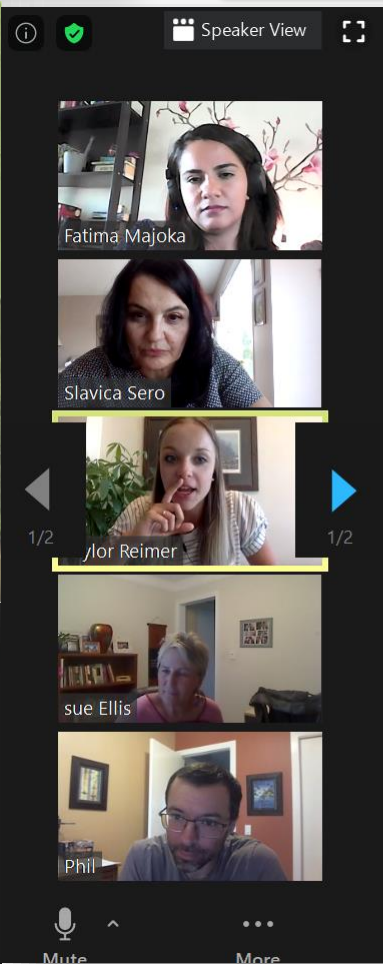
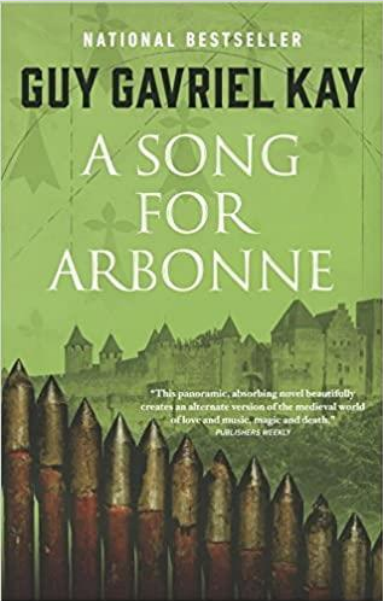


Equilibrium teachers' Book Club

Our first teachers' book club meeting was a huge success. We talked about "The Choice".



Our second book, "A song for Arbonne", Phillip's choice.



Using My Skills to Help Others

By Michael Klein-GED Student

I have many skills I can use to help others. I can teach people how to make money. I can also teach people simple vehicle repairs. I could mentor others on what it takes to have a strong work ethic.

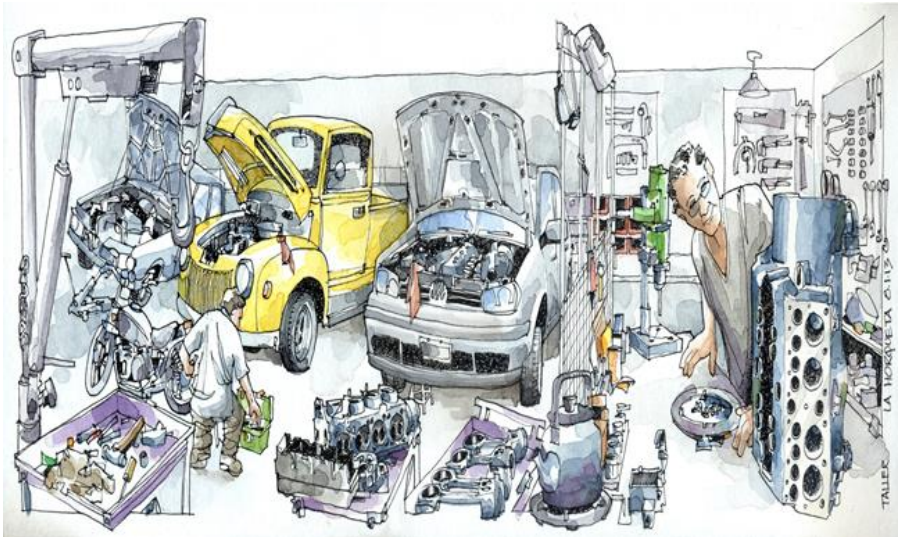
Firstly, I can use my skill of finding good deals to help people make money. I would go to the auction and watch for something good and cheap. Then I would buy it and sell it for more than I paid. One time I bought a decanter for \$1 and sold it for \$20 making \$19 profit.

Secondly, I can teach others how to do simple vehicle repairs. For example, I can teach others how to change a tire and replace a battery. In addition, I can teach others to check their vehicle fluid

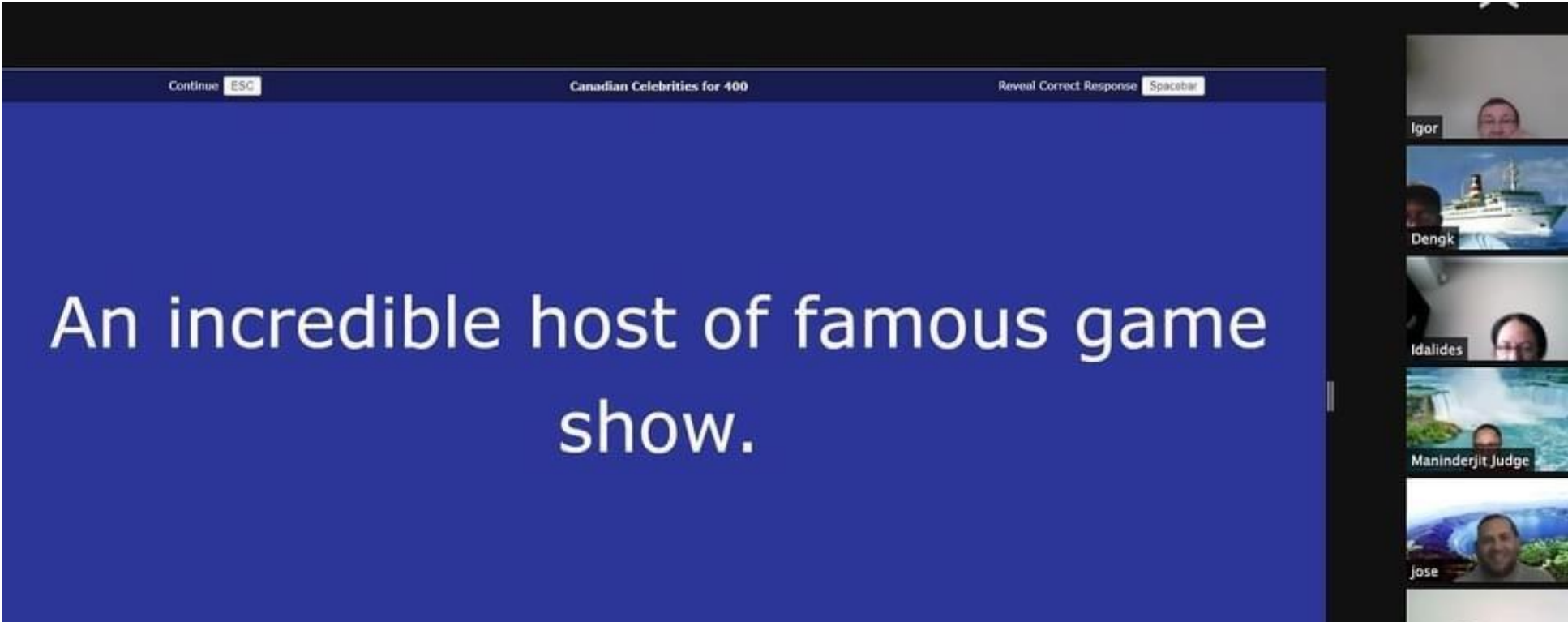
levels and properly check tire pressure. These simple actions will save a lot of money.

Finally, I can mentor others on what it takes to have a strong work ethic. I would teach others to finish the job they started even if the regular workday has ended. I would emphasize the importance of showing up every day on time and being ready for a long day. If you have a strong work ethic, you will gain a good reputation with your employer.

In conclusion, my skills can be used to help others in many ways. Not only could I teach people how to make money, but I could also teach them how to do simple vehicle repairs. Having a strong work ethic makes me a good mentor.



Tina’s and Emma’s ESL classes recently played Jeopardy. The students chose “Canada” as the topic. By Tina and Emma.



COMPLETE THE IDIOMS (Tina's PM class)

I gave my students the first part of the idiom and they had to try to figure out the last part with their partner. Here is what they came up with:

1. ` Where's there's smoke....there's my BBQ
2. Honesty is....hard.
3. Many hands make...a mess.
4. The grass is always greener.....after rain.
5. Don't judge a book.....before you read it.
6. Better late than..... dead.
7. Don't bite the hand.....you'll get hurt.
8. Rome wasn't built.....by lazy people.
9. It's no use crying over.....the end of a movie.
10. Curiosity killed.....the child.
11. Out of sight.....never mind.
12. Easy come.....I don't want it.
13. Don't bite off.....the last piece.
14. The early bird.....doesn't sleep.
15. Don't make a mountain.....if you can't climb it.

ESL Students

Night Shift Job

By Michael Klein – GED Student

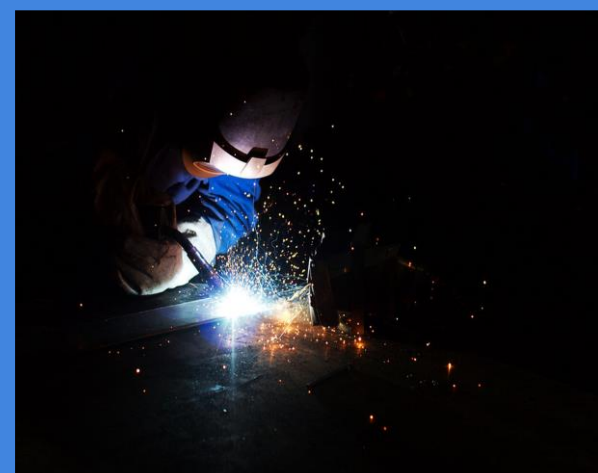
There are pros and cons to having a night shift job. One con is that a night shift job messes up your sleep patterns. The pros are that you can find swag that people have left behind and you can work at a more carefree pace.

The biggest con to having a night shift job is that it changes your sleep patterns. I find it hard to sleep during the day because it's too light out and there are a lot of noises such as traffic, construction and other daytime noises. Without adequate sleep, I get lethargic and groggy at my night shift job.

One big pro of a night shift job is that I find swag that people have left behind. I worked the night shift at the Saddle dome and after hockey games I would sometimes find some great swag such as T-shirts and jerseys. Some of these shirts and jerseys cost a good amount of money ranging from \$30 to \$110 so I saved a lot of money.

Another great advantage to a night shift job is that it offers a more carefree pace than a daytime job would. You can work at a steady pace with fewer interruptions. You are given as much time as you need to do the job.

All in all, there are more pros than cons in having a night shift job. Even though a night shift job disrupts your sleep patterns, finding great swag makes it all worthwhile. In addition, it offers a more relaxed work atmosphere. Another pro is traffic is never an issue when you have night shift job.



My Adventure Trip to a New Destination

By Reinett's ESL CLASS



Indonesia

BY SCOTT-ESL

INDONESIA. I want to enjoy the beautiful sea and natures. I want to see amazing scenes like sea plants and



different kinds of fish. I chose **BALI** to have a relaxing time. I think the best time is winter season and I want to stay for a month with my family.

Activities and places to visit:

They have a program to learn a scuba diving for beginner and tourist can have experiences of it below sea

Ubud monkey forest: See Tirta Empul Temple and macaques at Ubud Monkey Forest

Lempuyang temple: I like to visit an ancient place. Whenever I go to other places, I always try to see old temples or traditional places.

Tegalalang Rice Terrace: This is an Indonesian traditional rice agriculture terrace.

Accommodation & any transportation choices

There are tons of hotels from 5-star to 1-star. I selected a 5-star hotel for this winter.



PERU by NADIA ESL

In South America we have many wonderful places to visit. For me, one of the most amazing countries is Peru. It is unique, we can find cultural treasures, and the people are fascinating.

There are many reasons why I want to visit Peru. It would be a great experience to be close to the ancient ruins of Machu Pichu, the lost city, and the Sacred Valley. There we can see the wonderful work of our aboriginal people in the ancient times. Also, there we can find museums and learn about the history of our Latin culture.

There are some other interesting things to do, like meeting new people and experience their culture and food. They are directly connected to the ancient Quechua culture which is so important to Peru's past.

They are hard workers, extremely polite and peaceful. Many of the Peruvians have no experience of traveling out of the country or even out of the area they live.

Part of the Peruvian history is the art of handicrafts, textiles incredibly beautiful textiles with unique patterns. The people use the textiles to create carpets, scarfs, decorative walls, and to decorate musical instruments.

Musical instruments are other artisanal work, made with wood, or bamboo. Also, they make canvas paintings, jewelry and many souvenirs to remember how great Peru is.



Musical instruments and Artisan work

Visit Peru is a great plan for vacations, we can learn a little more about ancient cultures, new food, and lifestyles in another country and have fun time visiting many places



Machu Picchu is an Incan citadel set high in the Andes Mountains in Peru, above the Urubamba River valley.



Picture caption - New York by Slavica

New York

BY GIANNI -ESL STUDENT



For many years, I have been planning, and most of all, been dreaming of a trip of a lifetime. A place that always catches my attention, triggers my interest, and specially gets my full curiosity.

As an Italian myself, I would love to visit all the Italian communities that our forefathers always talked about, and still are famous for the first places where the first European immigrants arrived. I’m also fascinated about the history of the Italian mafia’s family were initiated, and also all the reasons why these communities are famous, places like The Bronx, Brooklynn, Manhattan, Queens, Staten Island etc.

Another reason I’ve picked the Big Apple, is also to visit famous places and things that the world talks about, like Central Park, the Statue of Liberty, 9/11 Memorial Museum, Time Square etc.

I would like to go for 2 weeks in the spring and 2 weeks in the summer, and I would prefer to stay in a B & B or a modest Motel, walking distance from the metro or bus, to explore and experience this trip of a lifetime. **I hope it is coming soon!!!**



The country I would like to visit is **TURKEY**.

When will I go and for how long?

BY ASIA ESL

September – pleasantly warm temperature. Summer months are very hot. I will stay for four weeks.

I will visit the following places:

Topkapi museum (Learn about Islamic history)

Museum located in Istanbul that exhibits collections of the Ottoman Empire. It is located inside a palace that served as a residence of the Ottoman court from 1478 to 1856. Some of the famous relics at the museum include Prophet Muhammad's (Peace Be Upon Him) mantle, sword, and bow. Other Islamic relics include Uthman's (R.A) hand written Quran, Prophet Joseph's (R.A.) robe, and Prophet Abraham's (R.A) tray.

Hagia Sophia:

Was built as a Christian Church in the 6th century. In the following years, it became a mosque, then a museum, and then a mosque again. The decision to turn it back into a mosque was made by the president Tayyip Erdogan in 2020. It is known as Turkey's most popular tourist destination.

Blue Mosque, Suleymaniye Mosque, New Mosque, Fatih Mosque:

These Mosques are sacred places that have great architecture.

– Tomb of Osman Gazi:

o Osman Gazi is the founder of the Ottoman Turkish State.

– Tomb of Abu Ayyub Ansari:

o Abu Ayyub Ansari was a close companion of Prophet Muhammad (Peace Be Upon Him).



Turkey is also known for its delicious food.

– Doner Kebab, Shish Kebab, Adana kebab, Pide (thinly sliced doner meat over plump pide bread, in tomato soup), Lachman (Turkish pizza), Manti (Turkish dumplings), Lokum (Turkish delight), Baklava, Turkish ice-cream.

Don't forget the beautiful beaches:

– Blue Lagoon in Oludeniz

– Kabak Beach in Fethiye

– Iztuzu Beach in Dalyan

Finally, my accommodation and transportation:

– Ottoman Pearl Hotel

– Buses, taxis, minibuses, ferries and metro.



ADVENTURE TRIP TO NEW ZEALAND

New Zealand is an island country in the South Western Pacific Ocean



New Zealand

By Maninder – ESL student

Why I would Like to Visit This Place

- I chose my lifetime trip to New Zealand, because we have a long winter but New Zealand has nice and warm weather.
- I would like to visit this place in between November to January.
- The weather here stays nice all year-round



Activities in New Zealand

- The activities I would like to do are skydiving, jet boating, off-road driving, and zip lining.
- Some places I would like to visit are Queenstown, since it is known as one of the funnest places in New Zealand
- I would also like to visit some national parks because they have activities such as waterfall watching and natural trails to walk on.



Accommodation and Transportation

- For my accommodation I would like to stay in a hotel. For my transportation, I would use public transportation. This is because their service connects cities to popular tourist destinations. On top of that, public transportation is also pretty cheap.



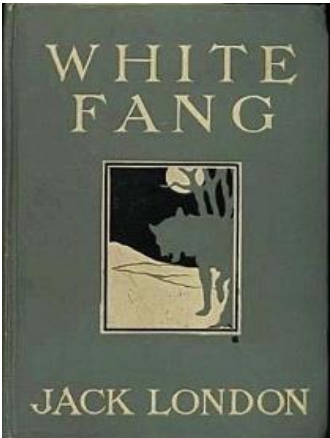
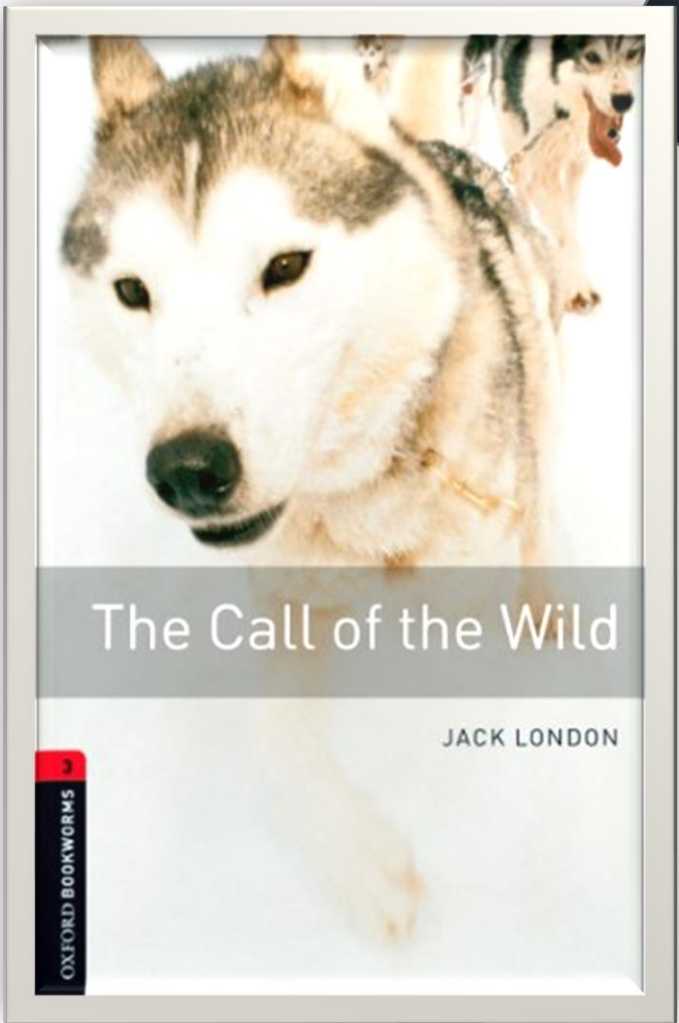
Novel



The Author
JACK LONDON, *American novelist, and short story writer*

Jack was born on January 12, 1876 in San Francisco, California. His rough childhood made him quit school at age 14. Jack started exploring the world around him, but things didn't go the way he liked. At the age of 19, he returned to school. He finished high school in one year and entered the University of California but quit after just one year because he didn't have money. Jack tried to find a job, but he was unsuccessful. Finally, he decided to become a writer. He educated himself by spending time in the public library and then set a daily schedule for himself of writing sonnets, ballads, jokes, adventure stories etc., Jack published his first book 1900, *The Son of the Wolf Tales of the Far North*, and gained a wide audience. The book that made him famous was *The Call of the Wild* (1903) which brought him the fortune he had been seeking. London wrote 40 books during his life time and became a popular, and most extensively translated American author. He died at the age of 40, but he accomplished everything he always wanted because he never wanted to settle for less. In London's own words, " I ride over my beautiful ranch. Between my legs is a beautiful horse. The air is wine. The grapes on the score of rolling hills are red with autumn flame. Across Sonoma Mountain, wisps of sea fog are stealing. The afternoon sun smolders in the drowsy sky. I have everything to make me glad I am alive", can tell us that he enjoyed his adult life, even though it was short. **BY Jelena**

Klondike/Yukon Gold Rush



Study-By ESL students

Yukon Gold Rush

Yukon Gold Rush, also known by the names of Alaska Gold Rush and Klondike Gold Rush. The Yukon Gold Rush was discovered in August 16/1896 by George Carmack and Skookum Jim Mason. It attracted 100,000 prospectors to go to the region of the Yukon in northwest Canada. Prospectors went through harsh and very difficult conditions to get to the gold rush. They had to carry around 1150 pound of one year supply as it was required by the Canadian government. This was a life-threatening journey that a lot of the prospectors could not make and died on their way. The rough and the most common route they were taking was through the ports of Dyea and Skagway in Southeast Alaska. The boom city was created with only 500 people and it was named Dawson city. In 1898 the population of the city went up to 30,000 people. Also, the city had problems like higher prices, illnesses, diseases, and fires. In 1899 many prospectors left the Klondike city, and the population of Dawson town fell because of the discovery of new gold rush in western Alaska. Lastly, the duration of the Yukon Gold Rush was from 1896 to 1899 and now a

days, it is on and off. Since then, it has drawn many tourists. **By Wali**



Novel Study

The Klondike Gold Rush



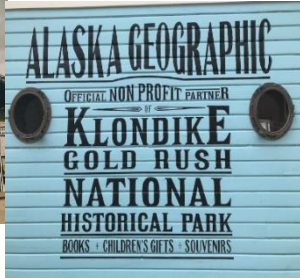
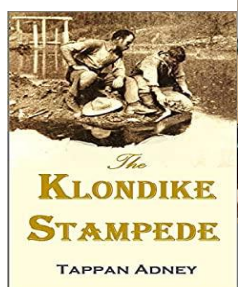
By Elena- ESL STUDENT

The Gold Rush was an important moment in Canadian History. Since gold is one of the densest of all metals, it is universally accepted in exchange for goods and services. I would not be able to work in the Arctic and do the hard work of gold mining. The diggers did not have proper transportation, technology, and not enough warm clothes. Meanwhile, there was a lot of gold; no special equipment was required to mine it. A shovel was enough. Gold mining took place in the permafrost.

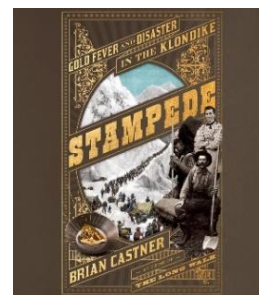
The Gold Rush contributed to the development of the economy and infrastructure in that region. Several towns were built, but they were

far away. Consequently, there was a big shortage of food, but there was a lot of gold. To deliver or transport anything, people used all kinds of big dogs. Nowadays, husky dogs would be used, which are more resilient, and adaptable to the cold condition. It was a time of adventure for so many people. The Gold Rush was a great way to get rich; however, there was crime in those towns. People were sick due to hard work and unsanitary conditions.

Thanks to these events, the well-known stories of Jack London and Jules Verne were created. Their books help us to plunge into the atmosphere of that time and learn a lot from past Canadian History.



Yukon Gold Rush



In 1896, gold was discovered in the Klondike region of the Yukon, NW Canada. It created a stampede to this area between 1897-1899. This led to the establishment of Dawson City in 1896 and later the Yukon Territory in 1898.

Information that gold was discovered in this area, caused that 100000 searchers set off in search for gold. Only 30000 arrived at the Klondike area of whom 15000-20000 were prospectors. About 20% of these people (approximately 4000) discovered gold and only a few hundred became rich.

Dawson grew from a population of 500 in 1898 to 30000 people by the summer 1898. The buildings were built of wood and the town was isolated and unsanitary. Dawson suffered from fires, high prices, and epidemics.

The life and job in that time and this region was not easy. Because of sub-Arctic climate people can dig only at the summertime and even then, they can achieve only 1.8 m depth. The first step was to clean the ground from vegetation and debris. Then, they attempted to dig a hole and if it looked productive, meaning there was ore or pay streak, miners started to dig proper holes. During that time, minor

technology existed but it was difficult to bring these devices and machines to the Klondike. Seekers had to rely on simple methods. They warmed the ground with a fire and then they removed gravel. The process was repeated until the gold was reached. The alternative way was to use furnaces to pump steam directly into the ground. During the summer they used water and a pan to rinse dirt and separated the heavier gold from gravel. They needed to construct sluices to get the gold by using this method.

The extreme climate and isolation of the region caused that there was a problem with food supply, especially during the winter. The price of the food was extremely high. Lack of the nourishment, particularly fresh food, caused that there were a lack of vitamins and people were getting sick. Many diseases spread in that region such as dysentery, malaria, and typhoid. Despite these difficult conditions and challenges, there was a time of entertainment. The bars were filled with music and “escort” women, where the most popular drink was whisky, and it was open 24 hours. Gambling was very popular as well as dance halls with music as early as the morning. A wasteful life was developing in quick time and full size.

During that time, about 8% of people constituted of women, who arrived with their husbands or families. Some travelled alone, or they come to the Klondike to find a rich man. The women led a hard life, they had to adopt to heavy condition, and they very often were lonely. Every day they thawed ice and snow for water, broke up frozen food, chopped wood. Besides that, they worked in laundry businesses, bars, and took care of children. Some of them were seamstresses.

During the Klondike gold rush, prospectors used a lot of animals such as: dogs, goats, horses, oxen, donkeys, and mules to carry large amount of goods. We even can find some information about using elk and bear. There was the man who brought his chickens during the long, difficult journey and finally he arrived with them to Dawson. He set them in the box and was waiting for eggs, which were sold for \$5 each. Both, people and animals did not have effortless lives, and many suffered a lot from harsh weather. We can read a lot of stories about prospectors’ and animals’ life in that time in Klondike for example:” *Stampede*” by Brian Costner,” *The Klondike Stampede*” by Tappan Adney, or “*The Call of the Wild*” by Jack London. **By Margaret - ESL**

1890's GOLD RUSH – By Nadia

In the 1890's huge amounts of gold were discovered near the Yukon River in northwestern Canada. Yukon Territories of Canada became the destination of more than 30,000 prospectors. It is a great part of Canadian History. People dreamed of becoming rich and living a good life. For many families, gold brought hope to reach their goals.

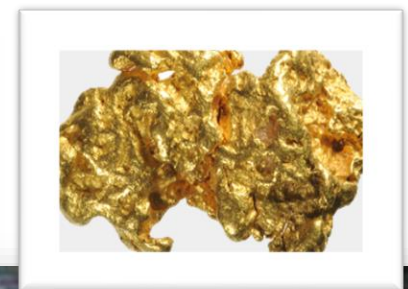
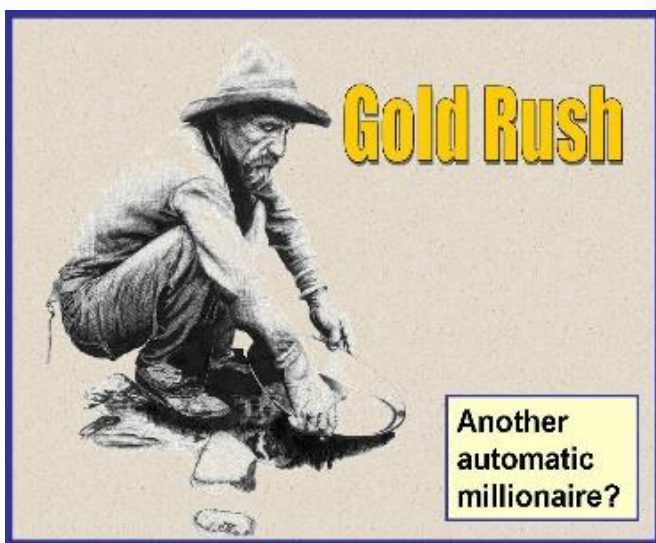
But as in my country, Colombia, not everything that looks shiny is gold. During the time of the gold fever, many families were broken and separated, and many kids lost their fathers. History tells that many of them died before they reached the Klondike gold rush because of the weather, malnutrition, and avalanches along the way.

Most of the information came from people and newspapers but that was false. They just sold the idea of being rich easily. It was just a fantasy. To become a miner was hard work and people needed to adapt to extremely hard conditions of weather and geography. The first group of people arrived at Skagway Alaska. After that, they move to Canada. During that time, the Canadian government asked the miners to bring supplies for a year because there were no stores in the area. That was when the problems started. People transported heavy loads of supplies and equipment and crossed huge mountains that slowed their progress. They got sick because of the hard work trying to reach the top of the mountain. Many people gave up the plan and went back home. A Canadian official weighed the supplies and if it did not meet the requirements, the gold seekers were not permitted to cross into Canada.

Novel Study

Here, comes one of the more interesting parts of this history. Many women also travelled there looking for new opportunities. It was a time of changes. Many women wanted to change the role they played in society. When the gold rush started in 1897, the women had a decade of struggling for independence. The Klondike provided a chance for women to prove that they were strong enough to do anything. Some women were gold seekers, others were entrepreneurs, laborers or sexual workers. These women faced male opponents, and a society that classified them as second-class citizens. Those who survived, triumphed and even succeeded thanks to their tenacious work and interest of individuality and happiness.

Today we can see the gold rush continued and now is more advanced and some people spend their lives looking for a good claim to work in. During my last vacation to the mountains in Revelstoke, British Columbia, I visited some gold mines with my husband and two-year old grandson. It was an amazing experience. The landscapes are beautiful, and we were surprised how many people still working in a claim, and how much money and time they invested in searching for gold. The equipment is big in some mines, and in others just the basic things. Some diggers are just looking for fun during their vacation. Visiting abandoned claims, we noticed how the people lived there. No power, gas, or any form of communication. People can easily disappear without anyone noticing for a long time. I do not have the words to express how amazing this experience was. The Gold rush is part of Canadian history.



Some of our LINC students visited the Stampede grounds this year with their teacher Phillip. Yahoo!





WELCOMING WEEK

#WelcomingWeek2021

Hello, my name is Mezgebe and I'm from Eritrea. My plan is to become a Canadian Citizen. I was a nurse in my country. I would like to visit Asmara with my family to help people. I will do this once I become a Canadian Citizen and get my Canadian Passport.

Hello, my name is Sidi and I'm originally from Guinea. I moved to Canada in 2019. I am taking English class right now. I want to improve my English because I want to go back to school to become an Electrician. I would like to help people from my country and Canadians with my new skills.

Hello, my name is Lesly and I have lived in Canada since the summer of 2015. I am from La Labor Ocotepeque Honduras, province of coffee and the most beautiful mountains in the tropical jungle! I am a student at Equilibrium school with the best teacher. I want to learn English to help my family and friends live a better life in Canada.

Stories from Richard's **LINC** students

HELLO, MY NAME IS MANJEET. I AM FROM INDIA, I MOVED TO CANADA FOR A BETTER FUTURE. I'M STUDENT AT EQUILIBRIUM SCHOOL TO LEARN ENGLISH. I WANT TO HELP MY FAMILY AND IMPROVE MY COMMUNICATION SKILLS. I ENJOY WORKING ON MY PRONUNCIATION IN CLASS WITH MY TEACHER.

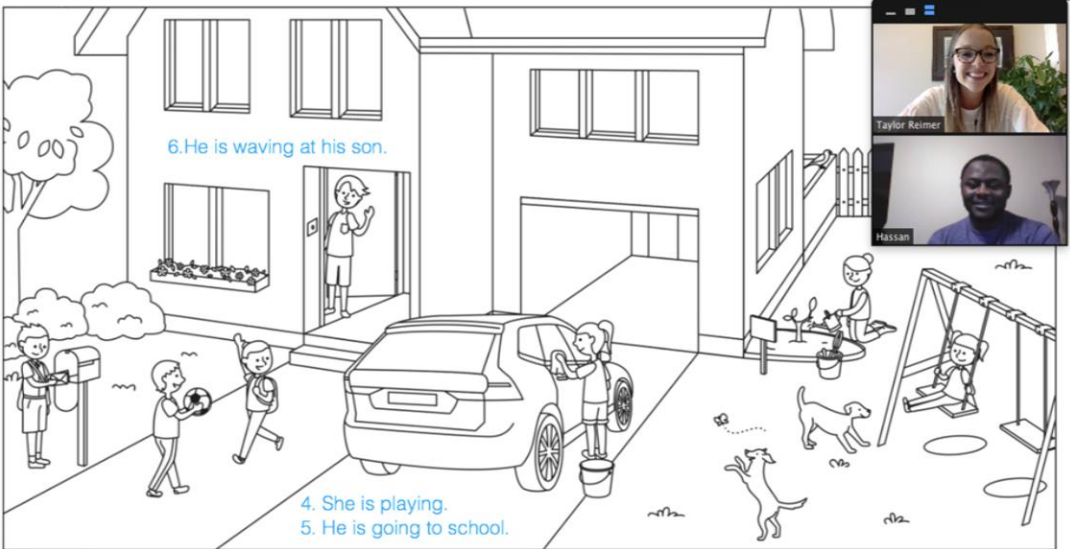
My name is Yeonsoon. I moved to Canada in 2008 from Korea. I have a husband and two sons. I worked at a dental laboratory for 10 years. I was laid off in 2019 due to Covid19. I am happy to be learning English now. I want to be able to communicate with my Canadian neighbors and improve the lives of my family.



FOOD FROM GHANA - BY HASSAN 1 ON 1 ESL STUDENT

Food from Ghana is delicious.
There are lots of foods.

My favorite foods are Banku, Kenkey, Okra soup, fish, and Foo Foo.
Banku is a type of corn. Making Banku is lots of work.



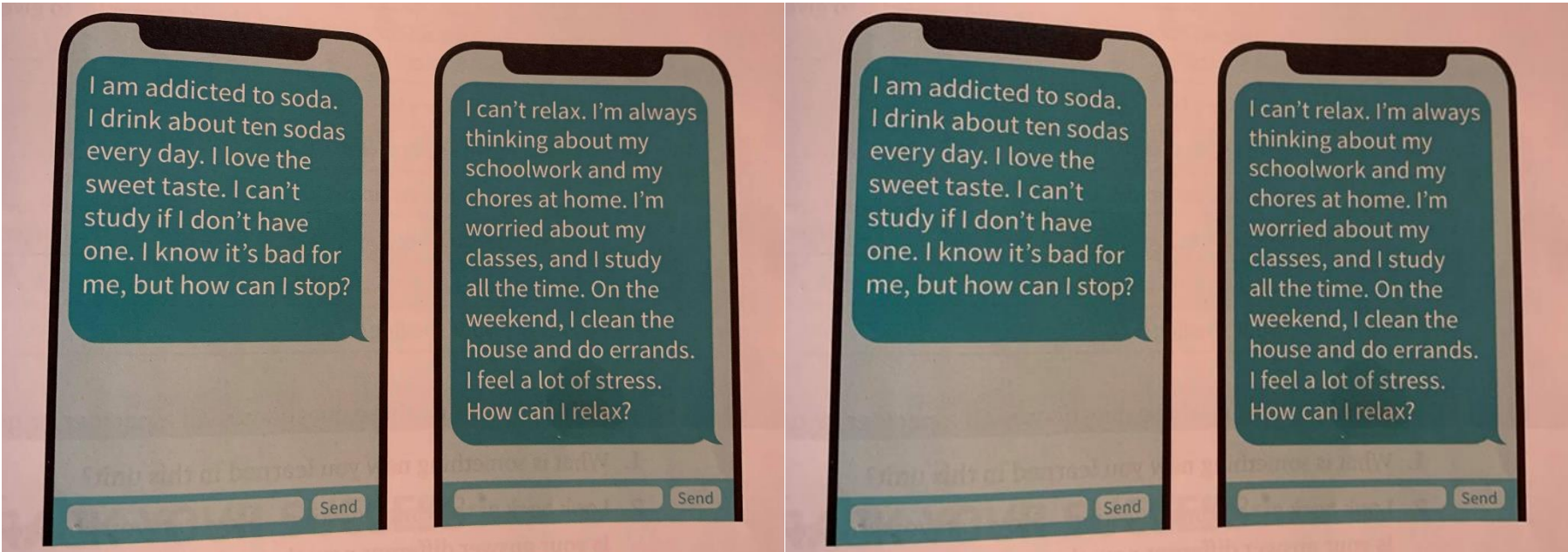
Hassan and his teacher Taylor working on some sentences.

Mirna's garden in spring.



Our LINC student Mirna's *Hobby*.

Our students in the PM ESL class responded to two text messages and gave the person advice on how to overcome their bad habits using modal verbs.



Idalides:

You can change your habits. You can slowly stop drinking soda. Replace it with another drink for example water. When you want to drink soda think of something else you like, maybe you can listen to a song.

Maninder:

You must make up your mind. You should switch to diet soda. I think you can switch to unsweetened tea or green tea. I think you should look for a caffeine-free soft drink.

Asma:

If you want to stop drinking soda, switch to diet soda. You can use calorie-free flavoured water. You could drink fresh lemonade. If you feel the urge to drink soda, try drinking a large glass of milk.

Jose:

Think of how bad sugar is for the body or the damage it causes. Later, you could think about the benefits if you control how much sugar you eat. If you visit your doctor, they can help you with the damage and risk related to sugar consumption.

Francisco:

Hello Alex. My name is Francisco. I had the same problem around one year ago. I made my own research on the web, and I found a lot of good information. I got some easy tips to apply to my daily routine. It is my pleasure to share a few with you. First, you should stop buying those kinds of drinks. You can make your owns drinks at home. You could start to drink more water frequently.

Deng:

I hope this remedy will work well for you. Instead of coke, you should drink water and lemon.

Asia:

Create a schedule to slowly get rid of your soda habit. If you drink three a day you should drink three a week instead. Start slow, by replacing sugar soda with diet soda once a week. You should kick two habits, the soda habit and caffeine. It takes a few weeks to truly quit. I know changing habits is hard but if you truly and strictly follow your schedule you can change your habits.

Bozena:

Dear Friend, it is very important to find some time in your busy life to calm the brain and body down. Try to find a few minutes every evening to relax, drink some herbal teas to help you destress. You should take a warm bath with Epsom salt to get you to fall asleep and have a restful night. On the weekends you can ask your family members to help you do some work. You all can work for a few hours and then go to the movies or play some games. You may take turns doing errands. One week you could do it and the next, someone else. You can also make some time during the week for laundry, so you don't have so much on the weekend. Meditation and breathing correctly will do miracles for you in the long run. Healthy eating is also essential to achieve a healthy mind and body. Walking, talking to a friend, helping a neighbour to do anything will put so much positive energy in your life. We all have a lot of stress but finding a way to positively overcoming it is the key to a successful life. Be grateful, share, offer help or ask for one.

Return to Sender - from the movie “Girls Girls Girls!” (1962)

I gave a _____ to the _____
He put it in his _____
Bright and early _____
He _____ my letter _____

(she wrote upon it:)
Return to sender, _____ unknown
No such _____, no such _____

We had a _____, a lover's spat (= a small fight between man/woman)
I write “_____” but my letter keeps _____

So then I _____ it in the _____ and sent it “Special D” (= special delivery)
Bright and early _____
It _____ right _____ to me

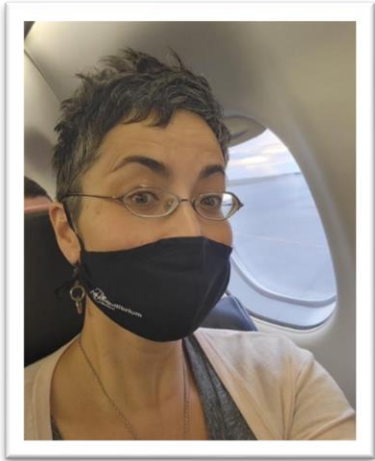
(the writing on it:)
Return to sender, _____ unknown
No such _____, no such _____

This _____ I'm gonna take it _____ and put it _____ in her _____
And if it _____ the very _____ day, then I'll _____

Return to sender, _____ unknown
No such _____, no such _____
Return to sender...



Tina on her way to Elvis Presley's Graceland.



Our ESL teacher
Tina loves Elvis. She
is a super fan! Last
week her class had a
special listening task.

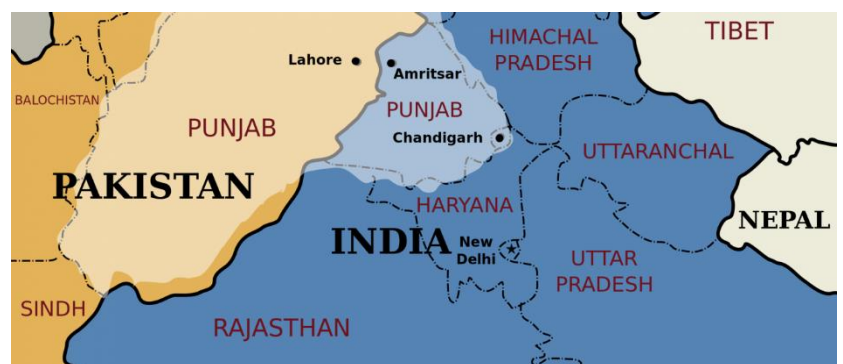
Tina's PM class - Classmate Interview

The students made a timeline of important events in their life and then interviewed each other.

Worke

Syeda is my classmate. Her native country is Pakistan. First she studied university and she graduated with a degree in 1996. After that, she got married in 2006. Next, in May 2012 her daughter was born in Chicago. Finally, she came to Canada in June 2018.

Now she is in the pandemic situation. Her short history was very interesting and helpful.



Anh

Sewak was born in Punjab, India in 1990. He graduated college in 2010. After that, he came to Canada in 2012. Next, he got his first job as a customer service. Finally, in 2019 he became a student of Equilibrium School. He likes to study, so after Equilibrium School he will enroll in the university.

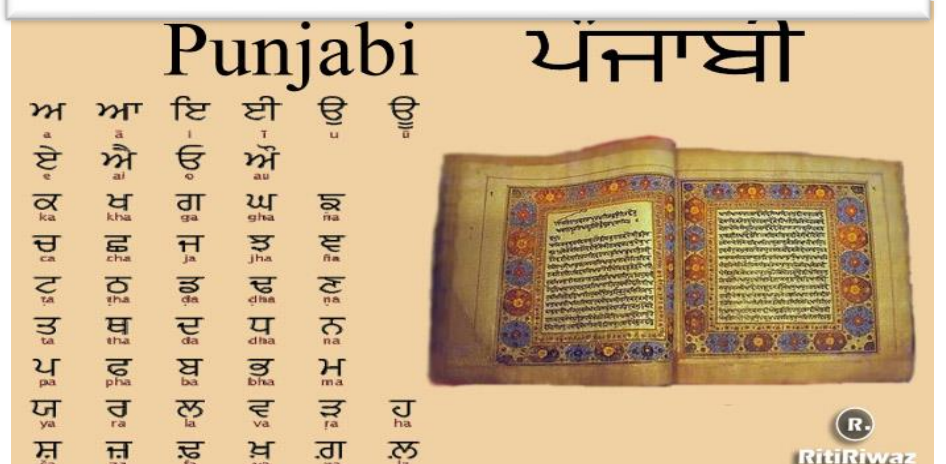
Minhye

Toni's Bravo Life

Toni was born in Italy and he grew up in Italy. First, he decided to go to Canada. Therefore, he came to Canada in 1981. While he lived in Canada, he got married in 1988. After that, his two kids were born. Now, he has lived in Canada for around 40 years, but he doesn't have a Canadian citizenship. Nevertheless, his life is nice and happy.

Zhifu

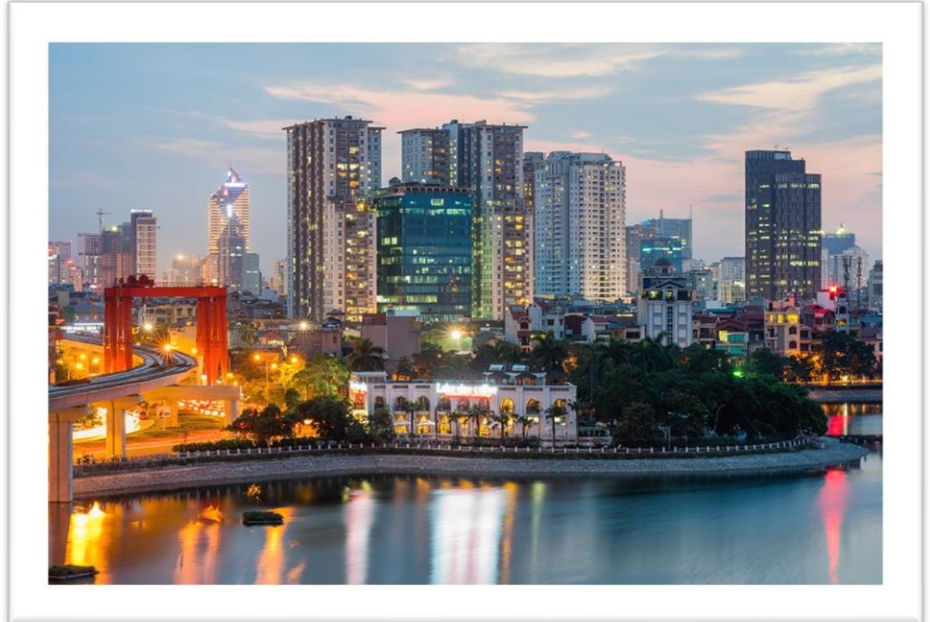
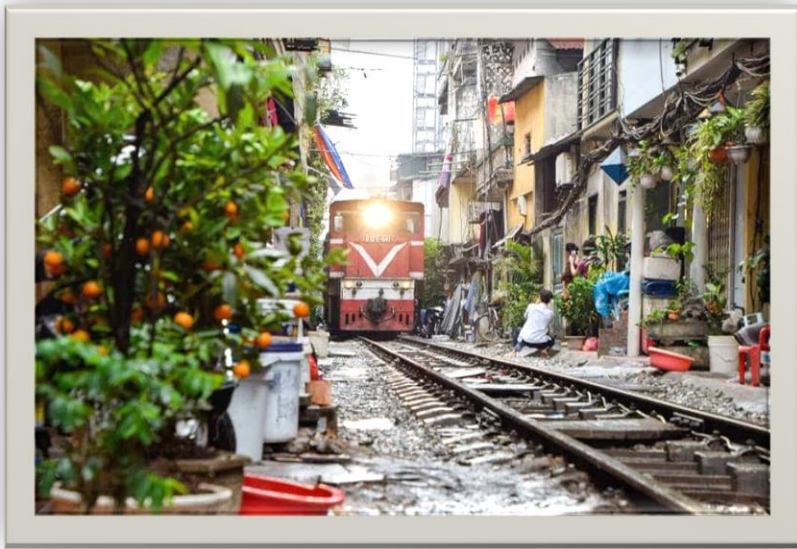
I would like to introduce my team member, whose name is Kiir, a friendly guy. He was born in 1982 and went to primary school in 1999. After that, he finished high school in 2002. Next, he came to Canada in 2003 and worked as a labor job. Then, from 2006 he went to medical college until 2008. Then he got a computer certificate. At the same time, he went back to work. One year later, he was married to his wife in 2009. But he had a wedding in 2010. Moreover, he became Canadian citizen in 2016. Last but not least, from 2019 until now, he studied at this school.



Classmate Interview

Sewak

Anh loves to travel around the world. He was born in 1966 in Hanoi, Vietnam. Then, he studied at Moscow University in Russian between 1984-1989. After that, he married in 1996. Next, he went with his wife to Australia from 2004-2005. Following that, he went to India and did a marathon in 2016. Later, he came to Canada in 2017 and settled in Canada. As you can see, Anh is a globetrotter.



Kiir

Zhifu was born in 1991. In 2009 he graduated from high school, then he went to university. He graduated from university in 2013. After, he got his Bachelor in the same year, 2013. Immediately he found his first job. He worked until he came to Canada in 2014. Finally, in 2020 he became a Canadian Permanent resident. Congratulations to Zhifu!

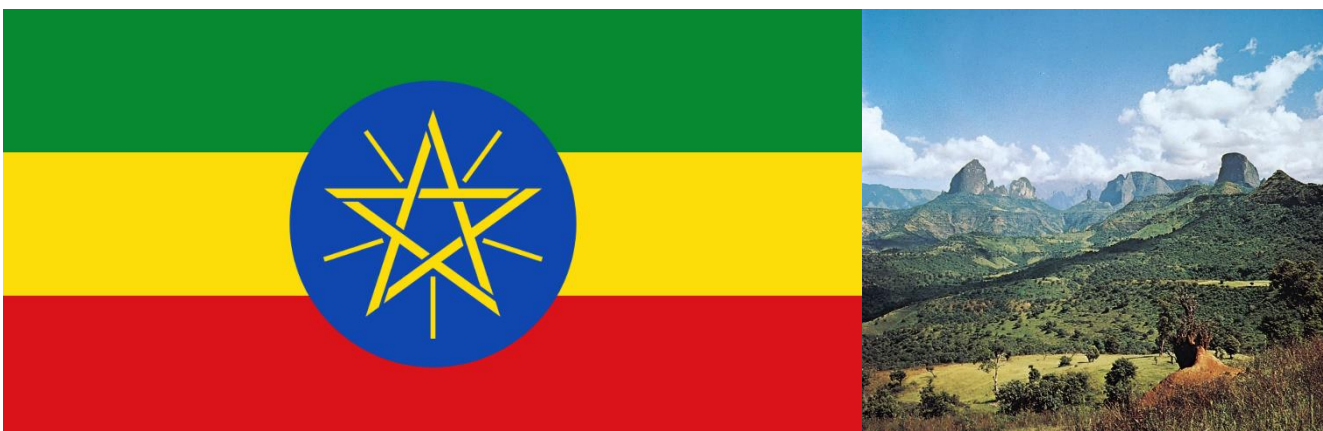


Tony

MinHye is a student in the same class that I am in. She was born in South Korean in 1988. She came to Canada in 2014, and after that came here to live in 2019. She has been raised as a very good girl. She is calm and polite. Also she is very good-looking.

Grace

I reported about Worke. She is from Ethiopia and she came on March 25th, 2009 to Canada. After that she has been living here over 12 years. Before corona virus, she worked Aged Care, but she slipped in the icy road. That's why she injured her back and arm. Therefore, she can't work anymore. Whenever she worked there, she felt alone because she has been living with only her son.





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