

EAL Reading and Writing Class

What makes me laugh  
Stories from the participants in the class

Judith’s EAL class

By Ahmed

My childhood friend always made me lough a lot. My friend and I remembered things we did together in our childhood time. Every day we shared a lot of things that made us laugh.

By Alex

My brother Rigo made me laugh a lot when we were young. We used to help my dad in the cornfield in the evening. We made a fire pit and sat around. We were eating and started to tell jokes. He made me laugh because when he talked, he burped and farted at the same time. I laughed so much, even tears rolled down my chin.

By Haneth

When I go out with my friends, I laugh a lot. My friends like to be with me a lot because I make jokes all the time. When I go out with my friends or my family I laugh a lot. They like to be with me because I them funny stories and when I tell them jokes I imitate the characters which makes them laugh a lot.

By Alyaa

Life is short and difficult. We need to feel happy and comfortable. I see programs on YouTube about laughter. Laughter is very important for a healthy body and laughter reduces stress. Also, laughter gives me good Karma which helps people live with me.



More stories on Page 2.

EQUILIBRIUM  
SCHOOL  
NEWSLETTER

ISSUE # 15

Equilibrium school was at 2022 Stampede’s parade. We were very lucky to see this year’s Stampede’s marshal Kevin Costner. Yes... he is looking at our welcoming sign.



Stampede Parade 2022, See more pictures Page 5.



Our students went to the Stampede grounds with their teachers. See more pictures Page 10.





EAL Reading and Writing Class

What makes me laugh Stories from the participants in the class

Joaquin

I’m going to talk about how good I feel when I laugh. When I laugh it makes me feel better because it helps me to forget my problems and sometimes my pain. I like to smile with my friends who play soccer because they talk about strange things that don’t make sense, but we laugh a lot because there is one who always makes us laugh at everything. We always buy some chips and there is one of my friends who eats more than the others and we are annoyed at him by making jokes that his wife does not feed him at home.

Saeed

Laughter is making healthy and happy. This world is full of sadness and stress. Therefore, when I am come under stress. I am trying to meet my friends. We sit together telling jokes, laughing a lot. It makes me laugh. It reduces my blood pressure. After that I am feeling happy and feel less stress. So I think laughter is not only good for my health but also for a happy life.

Yousra

My dad makes me laugh. Wherever my father is, he adds laughter to the place. For example when he gives us funny nicknames. He also had a knack for drawing caricatures. It makes everyone laugh. My dad has a very special and unique personality. He has many ways to make us laugh, sing, dance, joke, hade and surprise us.

Adhanom

When I see someone who fell down, I laugh. When I watch TV, I laugh a lot. My dad tells me joke, I laugh. Laughter makes people feel better.

Inderjit

I laugh when I was cleaning, making a funny dancing. When they sing a song or funny words or wearing funny clothes.

Pay it Forward

Pay it Forward is the best idea to make it a friendly and nice life. I watched a nice video yesterday called; “Pay it Forward” where people were helping each other, and everyone was happy together. I saw a boy fall to the ground and another person helped to lift him up. Then the boy helped another person such as an old lady to cross the street while another person bought a hot dog for a homeless person and made him smile. I also saw a beautiful girl giving a bunch of flowers to another woman who was looking lonely and sitting by herself in the restaurant. I have an example of “Pay it Forward” from my life when my father-in-law had a large piece of land with a great location in the city where we lived. He paid it forward by helping to build a school on this land. He could have sold this land, and he could have had a good life with this money, but he “Paid it Forward!” by donating this land to build a school. After the school was built and when he saw it, he was very happy. His decision to help others was very kind and generous for the children to study there. Even my daughter studied at this school and has been very proud of her grandfather’s legacy.

By Peiman Doriani – Shyrose’s student  
One on One EAL

Pay It Forward like DINA Would ❤️



Maninder's family photo from their trip to Johnston Canyon for the newsletter.



Alyaa and her husband at the parade.

Taghrid got her **Canadian citizenship** on July 11. She was selected as part of a special group to have the ceremony at the Stampede Grounds.







Pacific Ocean picture by Slavica

JUNE 8 - WORLD OCEANS DAY (TINA’S PM EAL CLASS)

We did the lesson from Elli and the students did a 20-minute writing on this topic. By Tina

Bozena

How do cruise ships contribute to ocean pollution?

I think cruise ships do contribute to the ocean pollution. The ships are enormous which already puts a lot of pressure on the waters, especially closer to the land. They pollute the oceans not only by possibly spilling some chemicals but also by the noise they produce, interfering with wildlife (fish). Some species in the ocean communicate by sound - cruises make a lot of noise and interrupt their life. The ships are very large which can kill many different species of sharks, turtles, snails, etc.

What can people do locally to save the oceans?

Thinking about Oceans Day today gives us some ideas to give people some ways to reflect and help the environment. I would propose us to take a day and try to help clean the water, not only the ocean but our backyard homes. Start cleaning the garbage and stop using chemicals which are eventually washed off to the rivers and further carried to the oceans. We can address this every day when we walk by the rivers and just pick up some garbage. We can not be ignorant about this issue anymore.

Taghrid

What can people do locally to save the oceans?

Environmental protection is very important to survive. Actually, cruise ships contaminate the ocean because of a lot of reasons. First, spilling the oil in the ocean kills marine organisms. Second, ignoring the rules and throwing the trash inside the ocean pollutes the world and causes many diseases for humans and all organisms. In my opinion, we should observe the world that we live in. In addition, we should show caution when we choose seafood and don’t eat unknown kinds of seafood or buy it from unknown people. Moreover, my proposition is if one person does one good thing during recreation that would be awesome; for example, follow the rules and don’t throw garbage on the beaches. Address this massive problem when we have a summit. We also should intervene when people throw chemicals on the beaches and the ocean. So, it’s a major shift if we think about some activities that we can do as groups to protect our oceans every year on this event, “Ocean Day.” For example, people can clean the trash from the beaches and post how bad habits affect the world. Starting to discuss this with your family is a good idea as well to improve our knowledge about the ocean and the world in general.

Cynthia

How do cruise ships contribute to ocean pollution?

Cruise ships contribute to ocean pollution because of the oil spills that can pollute the ocean. This affects the fish species in the ocean. The ocean will be contaminated. If the people eat contaminated fish there’s a big effect on our body. So we must have an intervention or observe how to take care of our environment and mostly the oceans.

What can people do locally to save the oceans?

A local person can help by doing more recycling. They can throw the garbage where it supposed to go and separate garbage and cans.

Other help would be that people stop complaining about paper straws and paper bags. Use reusable cups/bottles instead of plastic. Have programs where people can volunteer to go help clean the ocean.

Jose

How can an average person help protect a local ocean?

First, start with each individual and each family to educate each member of the family, starting from the parents to teach their sons and daughters to be environmentally friendly to set an example for the community. Secondly, to not to take for granted our oceans, natural resources. Most importantly, our survival depends on it.

How do cruise ships contribute to ocean pollution?

First of all, those ships are huge, with thousands of people, and the more people, the more pollution they will create. Secondly, those ships use a lot of fuel to move around the water because the force of moving around water is five or ten times greater than moving on the ground or air. Finally, if humans don’t address this careless and polluted situation, our natural habitat will disappear and so will we.

Esteban

How do cruise ships contribute to ocean pollution?

Cruise ships contribute a lot to the ocean with garbage they throw into the ocean, plus with the gas fumes and oil spills.

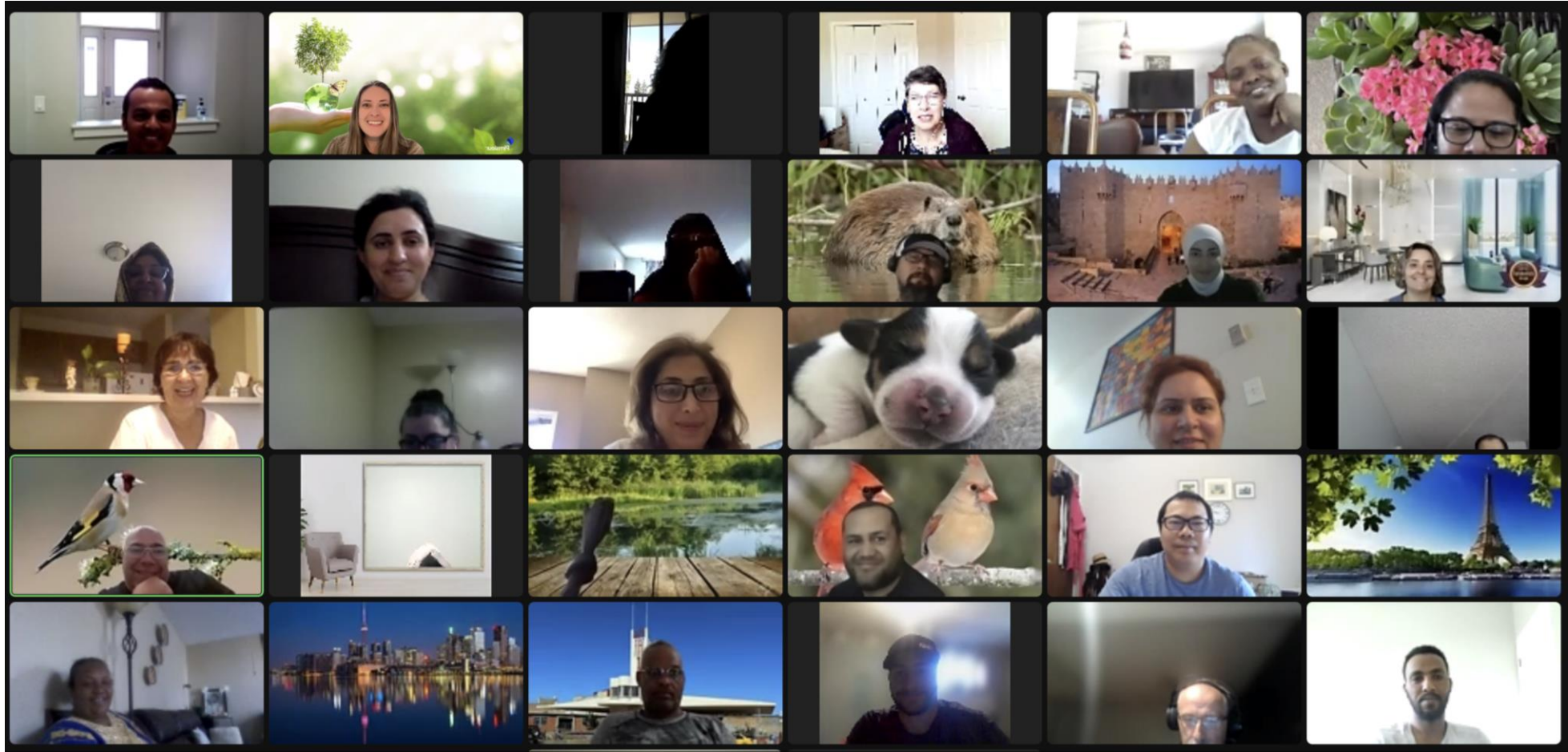
What can people do locally to save the oceans?

Humans can help protect a local ocean. They can take action like cleaning and picking up garbage.



Cruise ship picture by Slavica – Bay in Montenegro





Our EAL students having fun!






Here are some screenshots of Tina’s PM class. The class did a Canadian

# Trivia Bamboozle and a Canadian category game.



One question was “Canadian musicians” and none of them had heard of **Corey Hart**, so I felt it was important to show them the “Sunglasses at Night” video.

Write three words in each category! Name: \_\_\_\_\_ Score: \_\_\_\_\_


1 Native tribes			
2 Cities			
3 Canadian coins			
4 Landmarks in Canada			
5 Canadian food			
6 Newspapers			
7 Athletes			
8 Canadian Olympic Host Cities			
9 Things related to Canada			
10 Bordering seas			
11 Famous Canadian actors			
12 Canadian sports			
13 Provinces			
14 Musicians			
15 Canadian words			



Queen \_\_\_\_\_ is the current reigning monarch in Canada.




Canada became a truly independent nation in \_\_\_\_\_.

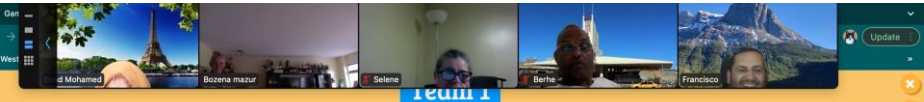


Team 1  
0

10




French and British explorers first arrived in Canada during the late \_\_\_\_\_th century.



Team 1  
20

10

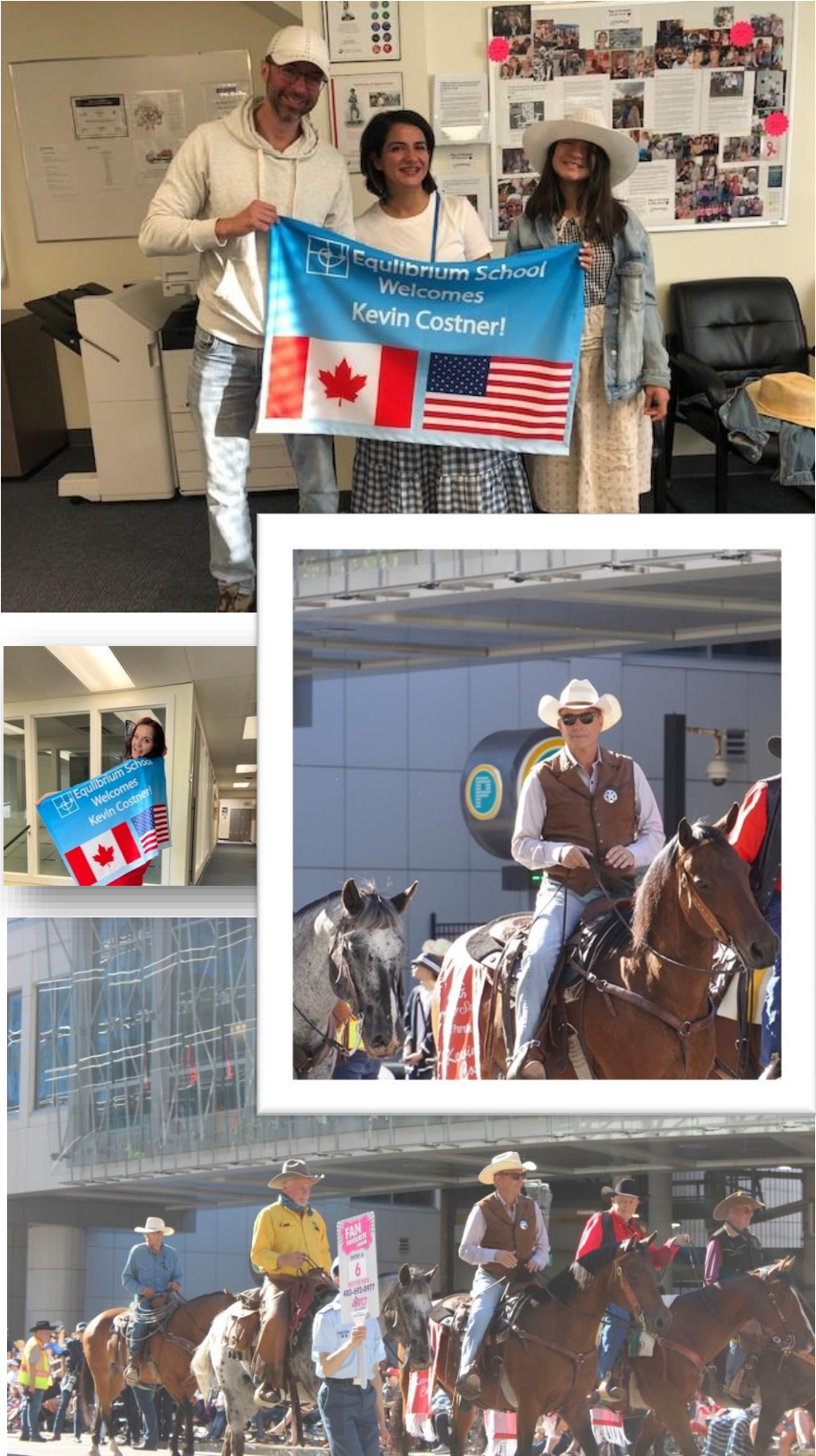


The \_\_\_\_\_ is another animal native to Canada.



Stampede Parade 2022

Martha was the main attraction, apart from Kevin Costner!





**My name is Miquel M.I have lived in Calgary, Alberta for 13 years. I am a student at Equilibrium School. I lived for 2 years in Quebec and then lived in Toronto for 3 years. I arrived in Calgary in 2009. I have 2 children. My son’s name is Junny and he’s 23 years old. Angie is my daughter’s name, and she is 19 years old. My favorite teacher is Ricardo because he helps me with everyday English.**

My name is Nahom M. I come from Eritrea, a small country in East Africa. I was born in Asmera city in 1996. I have 2 sisters. I immigrated to Sudan in 2015. After living 2 years in Sudan I moved to Libya, and then Canada in 2019. I have been in Canada for 3 years. I was working for 3 years but now I am studying English.

My name is Maria T. I was born in Ukraine. I graduated high school and university in Ukraine. After, I worked as a journalist for a newspaper. My job was very interesting, and my life was very different. Now I live in Canada. I would like to work as a journalist again, but I need to work on my English. My motto is “You must know about the country you are living in”. I want to learn about Canadas Indigenous population. I want to learn about their history and culture. I hope to know everything about Canada. This will be my second home and English will be second nature. This is my dream.

My name is Jaroslav. You can call me by my nickname Slava. I was born in Ukraine. My wife and I came to Canada about 5 years ago. My pets are dogs and geese. I love all animals because they are cute, cuddly, an honest. In the Ukraine I worked as a rescuer. This job is very interesting but very dangerous. I still haven’t worked in Canada. I am studying at Equilibrium School and working on my English. I am sure that understanding English will help me in my future in Canada.

**My name is Sergiy and here is a short story about me. I am Ukrainian/Polish. I spent my childhood in Ukraine and Poland. I studied in Ukraine and lived in Kiev. Kiev is the capitol of Ukraine. I moved to Calgary in 2014 and have lived here ever since. I have been a student at Equilibrium School since May 2022. I study English as a second language and I’m trying to improve. I hope that it will help me a**

lot in the future. In the future I hope to be healthy and meet new opportunities in life.

Autobiographies

Autobiographies  
written by Richard’s  
EAL students

**My name is Esperanza M. I am from Colombia. My story is about my 2 children. My first daughter lives in Montreal. She’s been a bus driver for 8 years. She is a very good driver and is very tired after working all day. My other daughter used to work in construction. Now she stays home with her two children (my grandchildren). In the future I would like to return to work. I loved working as a machine operator. This is my dream.**



**My name is Antonio F. I was born in 1961 in Mexico City. When I was 11 years old I started learning the family business of being a carpenter. After a few years my father sent me to a special school to learn about the concepts of design. He wanted me to follow in his footsteps. The family tradition of being a cabinet maker goes back to 1875. The first person to start this was my great grandfather who was born in 1864 in Madrid Spain. He learned from experts in France, England, Italy, and of course Spain. When I was 25 years old, I started my career. I left the family business to start my own adventure. I have completed my 50<sup>th</sup> anniversary. I plan to continue my search for my own life. “I’m an ordinary man who had the fortune of meeting extraordinary people”.**



# EAL Reading and Writing CLB 3 & 4

## Writing Assignment: Sports

**Haile Gebrselassie** is considered one of the greatest runners in history, with victories and world records in almost every long distance and second middle distance event. As a child growing up on a farm in Ethiopia, Halle Gebrselassieran 10 kilometers to school each day and another 10 kilometers back home. As an adult, he ran with his left arm crooked, the effect of years spent running with books under his arm.

Written by Elias

The soccer match is very interesting. There are 11 players. On player is a goalkeeper. The other players kick the ball. All players try very hard to kick the ball across the line. The goalkeeper catches the ball when the ball crosses the line. Then the team has a goal. The teams that have the most goals is a winner.

Written by Inderjit

**Laurent Duvernay-Tardif** studied medicine at McGill university and joined the McGill Redmen football team at the Quebec university from 2010 to 2013. He won the title of best offensive lineman in Canada university football in 2013. He was selected by the Kansas City Chiefs in 2014. In May of 2018 he graduated from medicine and became the fourth player in NFL history to be an active player and obtain such a diploma. In February 2020 he participated and won the super bowl. In July 2020, due to Covid he preferred to be a future doctor to work at CHLSD to help old people. Now he is a doctor and plays for the Montreal Alouette team.

Written by Gilbert

Today, I want to write about the soccer player **Xherdan Shaqiri**. Shaqiri was born on October 10, 1991. He is a popular soccer player. Shaqiri was born in Gjilan in Kosovo. He was very young when his parents immigrated to Switzerland. Since he was young, Shaqiri started to play soccer. At the age of 17, Shaqiri started for the Switzerland team. He was the best player on the team.

Written by Shefka

My favourite sport is soccer. My mom says that since I was three years old, I like kicking the ball and I started playing soccer with my cousins. Then at school there were championships and I always played for my school. My position in the game was in the midfield.

Soccer made me a disciplined strategist and skilled person. The training was rigorous, and we had a very strict schedule. To belong to the team, I had to be a good student. My mom let me stay on the team if I worked hard at school.

Playing soccer also allowed me to socialize. In each championship, I could meet new people, students from the other schools. My performance in the games gave me a lot of popularity. I am a very active person and with soccer I achieved my expectations.

Written by Haneth

Hi. Sports are my favorite hobby. As you know I was a professional athlete myself. I practiced handball. I was very successful as a young man at the age of 18. I won my country’s championship. Unfortunately, my injury excluded me from practicing professional sports. I had two layers of my hand broke. Sports has always been my favorite hobby. Today I wanted to show you another athlete from my country, not the footballer Lewandowski, not the table tennis player **Partyke**, but the handball player **Karol Bielecki**.

He is a man twenty years younger than me. He was an excellent handball player. He won a lot of medals from the Polish, European and World Championships. At the age of twenty-eight, he was seriously injured during the Croatia-Poland match. He lost an eye. It was the end of professional sports. Both head and eye operations did not help. He had to start living anew with one eye. The rehabilitation lasted over a year. He had to learn to walk again, see in one eye. It was difficult. He became disabled. However, he decided not to break down, he decided to return to the sport of handball. He succeeded in becoming the first professional handball player with one eye. He started to win medals for the Polish national team again. For me, this is a hero who despite an injury and disability, did not give up.

Written by Darius

**Zersenay** is from Eritrea. He was born on June 1982. He is currently 40 years old. He won three times for Eritrea Running Championship. He felt like the whole of Eritrea was running with him in the October 2007 Championship. **Written by Adhonom**

Christiano Ronaldo.

He was born into a poor family and grew to be a professional soccer player and is now a very wealthy celebrity. He was born on February 1985 and grew up in a very poor family in Santo Antonio. At age 14, Ronaldo believed he had the ability to play professional and agreed with his mother to cancel his education to focus on football.

Written by Alyaa

**Doroteo Guamuch Flores** first ran in a marathon in Colombia in 1946. He won 3 medals. He also brought a gold medal for Guatemala in the Caribbean and Central American games which were held in 1950. His biggest win was at the Boston Marathon on April 19, 1952, when he won the marathon. His time was 2 hours, 31 minutes, and 53 seconds. He was recognized as a Guatemalan which is why I admire him.

Written by Alex

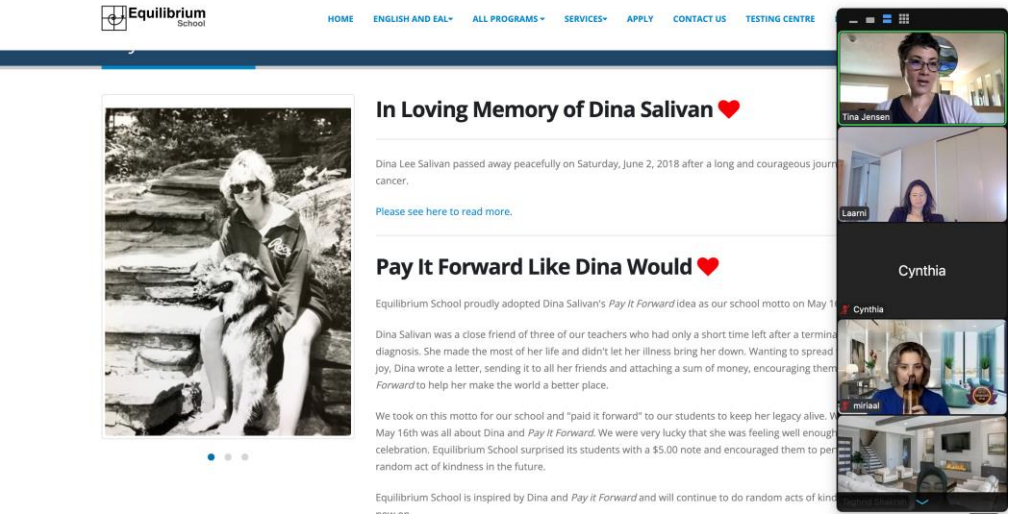




Pay it Forward/Music/Honoring Dale (our school friend)- EAL class

We reviewed the information about Dina and Dale (our school friend). We watched the Chopin performance from Nikolai Nesterov, the recipient of Equilibrium’s Pay it Forward like Dina would ❤️2022 scholarship.

We did "Tuesday Tunes" with "Over the Rainbow. We also listened to the original 1939 version with Judy Garland and then the 1990 "Brother IZ" version, which was Dale's favourite.



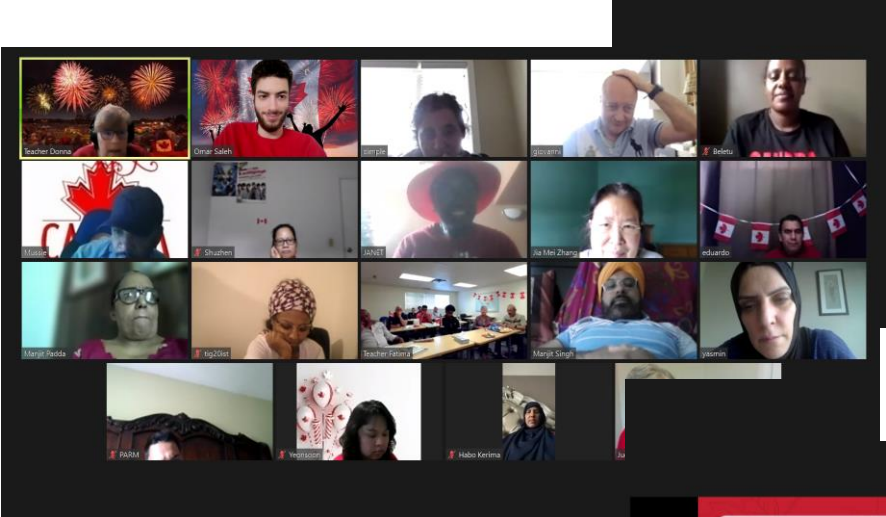
Meet **Nikolai Nesterov**, the recipient of Equilibrium’s Pay it Forward like Dina Would.❤️ 2022 scholarship.



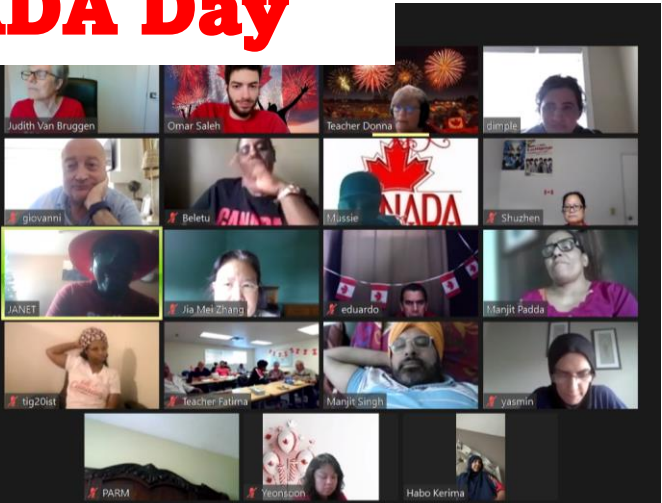
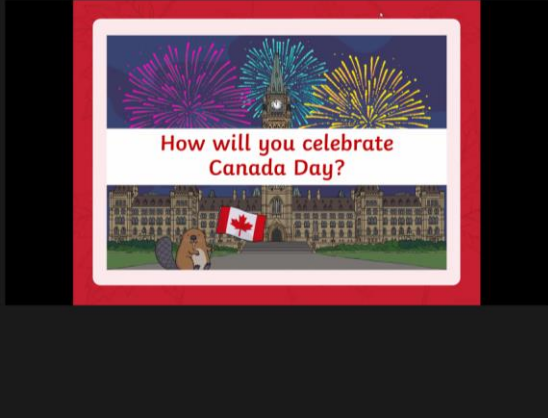


# CANADA's Day

presentation




# CANADA Day



# CANADA Day

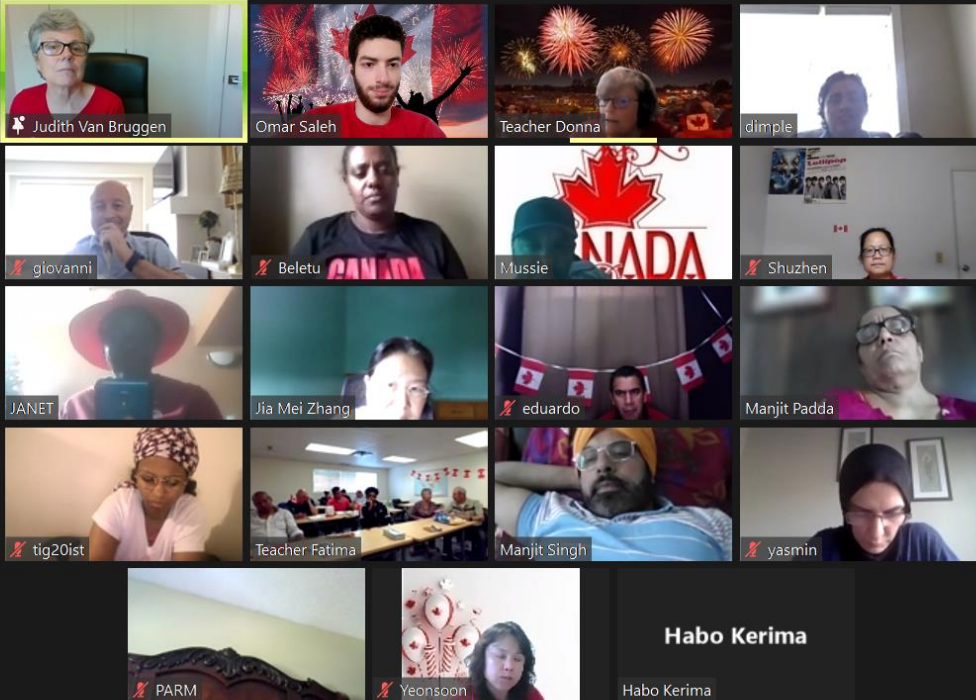


### Why Canada Day Is Important to Canadians



Canada Day is not just a celebration of gaining more independence and the start of the formation of Canada as a country; it is a celebration of why Canadians are proud to call Canada their home.

What are some reasons we can be proud to call Canada home?



Judith Van Bruggen

Omar Saleh

Teacher Donna

dimple

giovanni

Beletu

Mussie

Shuzhen

JANET

Jia Mei Zhang

eduardo

Manjit Padda

tig20ist

Teacher Fatima

Manjit Singh

yasmin

PARM

Yeonsoon

Habo Kerima



# What do watches say about you?

## The Reading challenge by Phillip Mattie

**Of all the fashion pretensions to ensnare the collective consciousness, the watch is perhaps the most practical, gaudy, technical, high-brow, and elegant; it makes sense, then, that the appeal is universal. Hipsters, bourgeois, tech geeks, fashionistas... all have come under the raptures of the fashion icon of the watch—and businesses know it. They have geared every demographic to believe that their watch—their watch—represents not only time, but a persona—your persona. So, who are you? Well, it’s time to look down at your wrist and find out.**

### The Hipster

None is more susceptible to the puissance of the watch than the hipster. After donning a flat cap and shrugging into a tweed vest, the hipster straps on a steam-punk chronometer. This ticking fashion guru then waxes his pencil mustache to a fine point and, clamping down on a teak pipe, nods to himself in a full-length mirror. He hears the soft turning of cogs and can’t wait to show the world his hipness, not only because he is the hippest, but because he is the most practical. “At least,” the hipster claims, “this watch serves a purpose! I, a true steward and rebel of fashion culture, have achieved peak practicality as this wristband serves a functional purpose—that of time itself! Bah to the shoes that save me from blisters, the cloth vest that canvases my gut, the flat cap that shades mine eyes from the very sun that would otherwise inform me of said time!” Straightening his bow tie, he is prepared for the world to see him in all his glory.

### The Bugatti Owner

After buying a three-million-dollar supercar, the Bugatti owner has the option to buy a watch—not any watch, mind you. This (one-and-a-half million dollar) “timepiece” comes with the knowledge that some poor monocled horologist spent half a year assembling it. Complete with a replica Bugatti engine (yes, this timepiece has an engine with pistons and all), the watch is ready to drive away with the Bugatti owner’s wallet. And so, without second thought, the Bugatti owner slaps down a fat stack of cash from a secret vest pocket and says, “I’ll take it!” He wears it proudly, peacocking the fact that he can afford such a thing. He doesn’t know what’s more impressive: His car—which he will only be in when jaunting to his casino—or his watch—which he can display to all... all the time. He is no ordinary mortal, this man. No, he is a Bugatti owner. Let all see him for who he is—a god among plebs!

### The Apple Nerd

The Apple nerd is not concerned with fashion, no. The apple nerd is concerned with appeasing the monolithic Apple culture. Bowing reverently, prostrating himself to his lord, Jobs, he waits for the gates of the retail outlet to open. He is only an hour early. Adjusting his plastic-rimmed glasses and scratching his ankles—clad, of course, in socks and sandals—the nerd grins as he glances at his Apple watch. Not to see the time, of course, but to view the clean, simple lines of the face and the soft, pale moleskin of the strap. He runs his fingers over the touch screen. “Oh, a notification,” he says with a gentle,

endearing smile. “An email from Apple? Oh! They will open the gates a tad late. I understand. Perhaps this is an opportunity to check my steps.” And so he does, noting with chagrin that he only took five thousand steps yesterday. “I promise, Lord Jobs, to make up for this transgression. I shall set a notification to remind me to walk more.” And with that, he happily taps his screen, looking around him at the other pilgrims. Some glance up from their screen and smile at him, seemingly in approval. Content, the nerd waits patiently to see what new idols can assist with the micromanagement of his life.

### The Digital Dude

The digital watch owner holds The Office’s Dwight Schrute in the highest regard. So, it comes with little surprise that he wears a 1990s Casio calculator watch. This man grumbles and scratches a greying beard as he walks past the Apple store. “Bunch of damned fools,” he mutters to himself as his digital watch flashes 8:45. “I hope I can catch that early bird special...” Smoothing the thinning hair over his bald spot, he picks up the pace, his well-worn white sketchers flashing from underneath a sturdy pair of jeans. He adjusts a too-tight belt buckle. “No way I’m paying fifteen dollars for some eggs!” And he sighs in satisfaction after his breakfast, noting that he will need to punch another hole in his belt. “A tip? Whaddayamean? ‘ts not ‘nuff I pay for my breakfast eh, well...” And he thumbs at his Casio calculator watch with cracked nails to determine to the nearest five cents—rounding down, of course—what that tip will be.

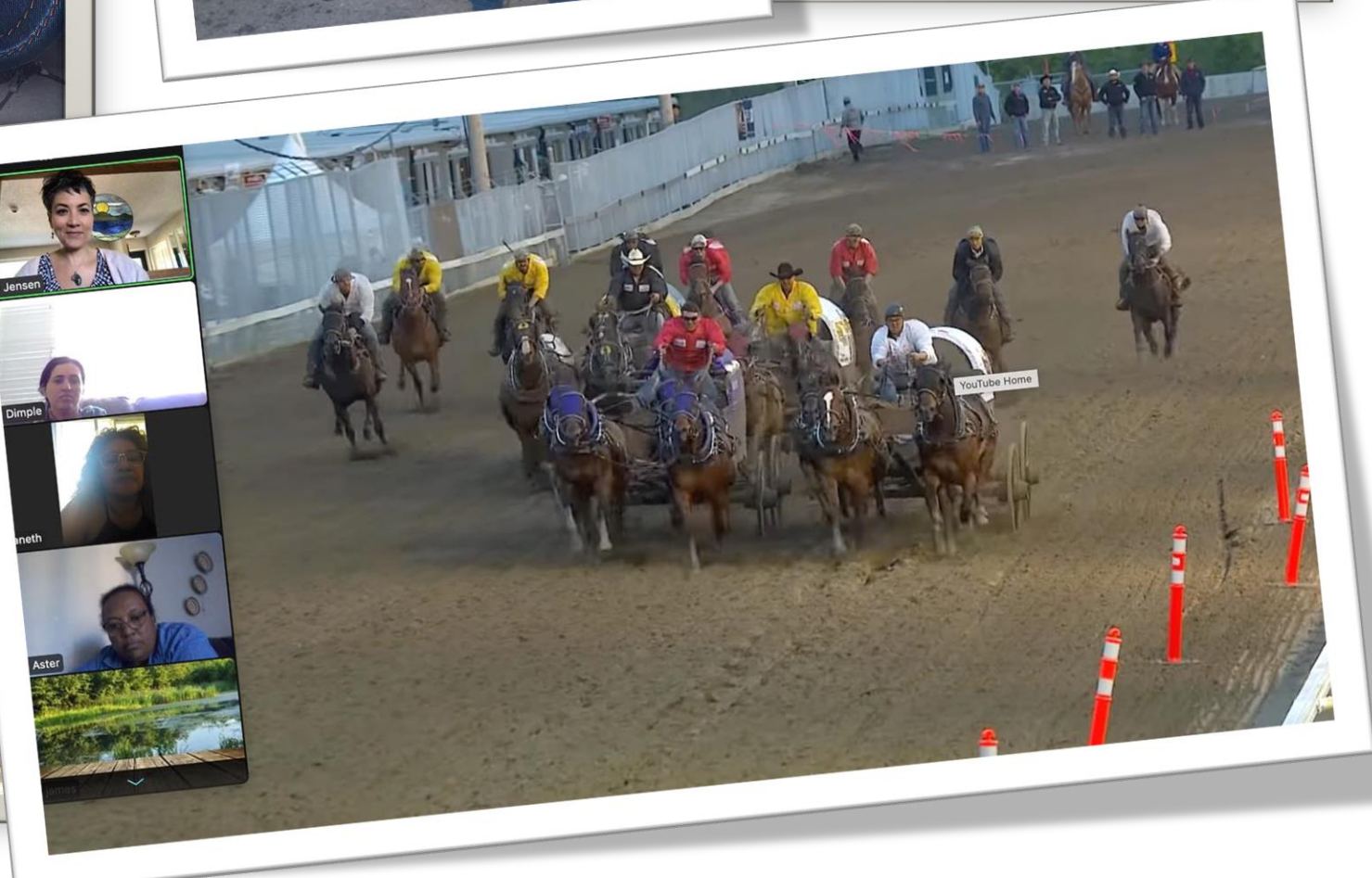
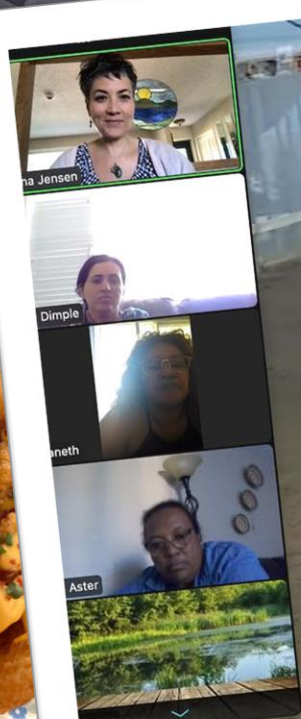
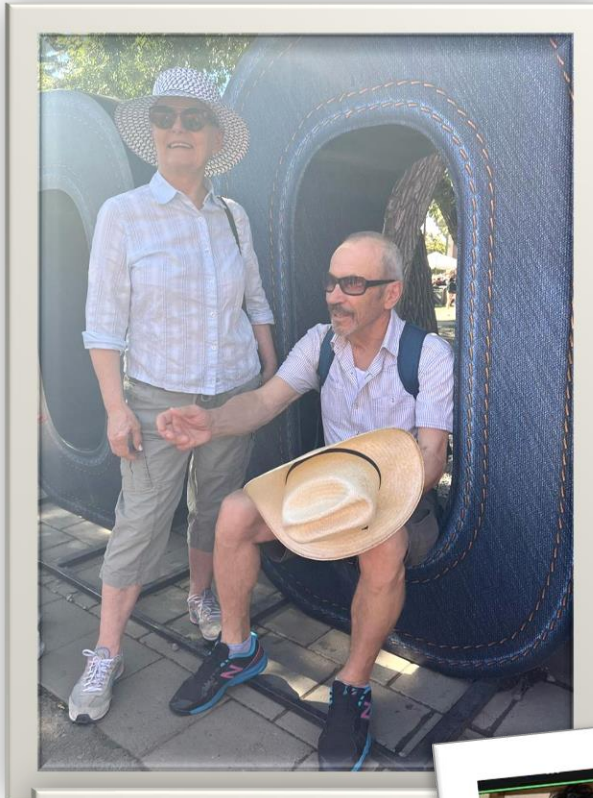


Friend’s collection - by Slavica

**These fashion personalities are but few of many watch wearers. Too many watch manufacturers vie for your attention and try to drag you into being a persona, a symbol of their identity. But do you represent your watch, or does your watch represent you? Are those the same thing? Who knows! Just know this: Choose your watch carefully, for you will be defined by it.**



# Calgary Stampede 2022







# FREE ENGLISH CLASSES

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