

# EQUILIBRIUM SCHOOL

## 30<sup>TH</sup> ANNIVERSARY

August 2023



**English Courses - Computer Training - Accent Reduction Program**  
**LINC Program - GED Prep Program - Voice Recognition Course**  
**Business English - Customer Service Course**  
**(ONLINE OR IN PERSON)**



School founder, **Dr. Krystyna Laycraft** who opened school in **1993**. She is not only a physicist, educator, entrepreneur but also a talented artist that inspires others to create and keep learning everyday. She is a role model for all of us.



**See more of our celebrations on**  
**Pages 3, 4 ,5, 6, and 7.**



# THE DECADE WAS THE 90'S...



We are celebrating Equilibrium's 30<sup>th</sup> Anniversary by dressing today as it is 1993.

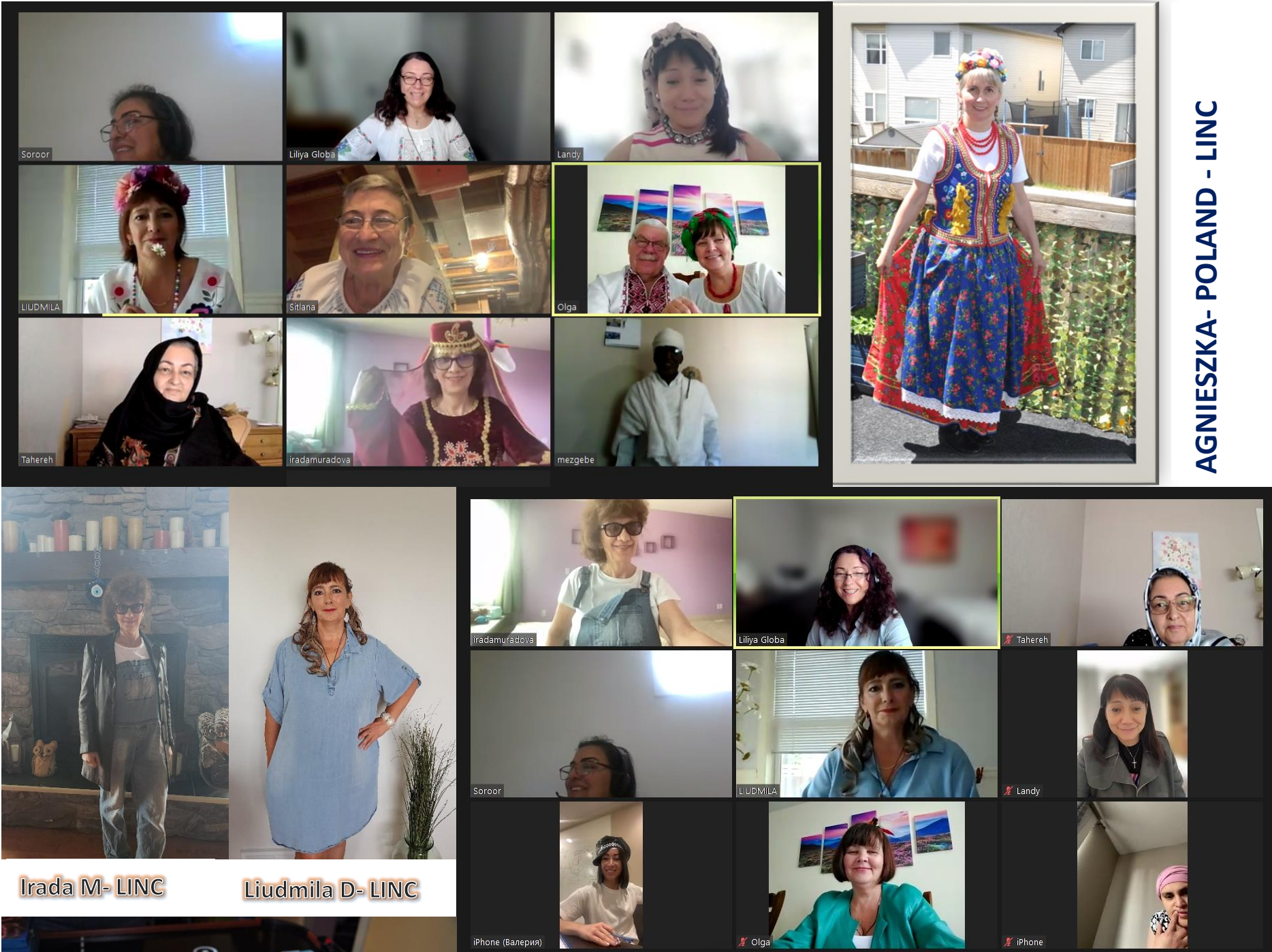




# TALENT SHOW DAY- 30<sup>th</sup> Anniversary

We celebrated Equilibrium’s 30th Anniversary with a talent show.

Liliya, our LINC teacher, shared some pictures of her students from the anniversary week. Despite the fact that the students were working online on the Talent Show Day and on the day when everyone was supposed to dress like in 1990s, her students actively participated in all the activities. They were so enthusiastic about dressing up and giving short presentations about their national costumes! Everyone was involved, and they asked each other a lot of questions. It was a lot of fun!



AGNIESZKA- POLAND - LINC

Irada M- LINC

Liudmila D- LINC



Agnieszka’s talent.

Aleksander Szwaja shared his wildlife photography.



Ethiopian Feast by Beletu Kebede Crochet Back Mats also by Beletu Kebede .



Adriana L. was cooking La Paella. Delicious!





# TALENT SHOW DAY- 30<sup>th</sup> Anniversary

We celebrated Equilibrium’s 30th Anniversary with a talent show.



## COOKING

A three-ingredient recipe.

By Des Ray

Ingredients:

1 Cup Rice

1 Cup peas

2 Cups Water

Method: Boil rice and peas in water until 3/4th done. Cover with a tight lid and cook for another 10 minutes on low heat. Salt to taste.



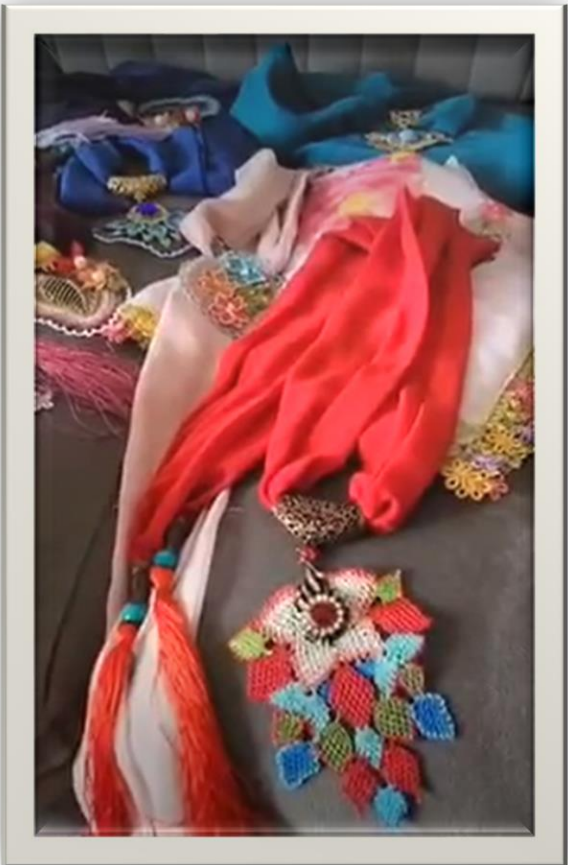
Byung W – **Playing** saxophone.



fargiya – **Cross stitching**



**Oya**, “**Turkish lace**”, is a **Turkish** word that means various forms of narrow lace trimmings.



Hello everyone, I am **Luo Hua**, I am from China. I am a LINC student at Equilibrium school. I have my own handmade studio, I like to make some jewelry by hand, including pearls, crystals, flowers, silver, and other jewelry that can be modified and refurbished! Because my daughter likes flowers very much, I make flower ornaments, as well as my favorite pearl ornaments.





# TALENT SHOW DAY- 30<sup>th</sup> Anniversary

*Equilibrium is much more than a school,*

*Where people learn English and computer.*

*Every teacher there is like a tutor,*

*Who can give each student a magical tool.*

*Equilibrium’s management takes care of everything:*

*Staff and students, charity for people.*

*This school stands out like a shining steeple.*

*Happy students even do not need a bell to ring.*

*Also, for fun picnics we are gathering with joy.*

*There we practice our communication:*

*Teachers are correcting pronunciation,*

*If we make mistakes, but, for sure, it will not annoy*

*Our patient teachers Liliya and Olena.*

*As their student, I appreciate them.*

*They can polish knowledge as a true gem,*

*Just like one from land of beautiful Colombia.*

*Liliya helps us to conquer granite*

*Of linguistic science. There is nothing she can not*

*Explain to her students, so they truly understand,*

*And then use with confidence in real life.*

*Olena is very sensitive and cares a lot*

*About future of our lovely planet.*

*I rate my experience five out of five:*



**IN CALGARY  
THIS SCHOOL  
MAKES  
CANADA YOUR HOMELAND!**

*A poem by Irada Muradova*

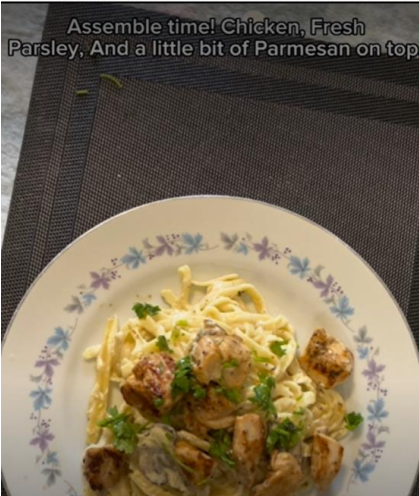
**Mirtha Martinez Dr Alware wants to share her cooking expertise. She is sharing a Fettuccine Alfredo with Chicken Recipe.**

**Instructions:**

- In a non stick pan, add butter
- Cut chicken breasts into bite sizes pieces
- Pour the chicken into the pan with butter and cook for 5-8 minutes on both sides
- Cook Fettuccine pasta in water for 9 minutes or until the pasta is not hard anymore
- Pour the chicken in a bowl to set aside
- Pour butter into the same pan the chicken was cooked in
- Add cream into the butter and mix
- Add garlic and onion salt, ½ tsp
- Cook mushrooms and pour them into the sauce and mix



- Add pasta into sauce, mix well
- Add chicken into the pasta





# TALENT SHOW DAY- 30<sup>th</sup> Anniversary

By Myongsil



By Natalia S.



Olga and Mike



BY Shulan Lu



# TALENT SHOW DAY- 30<sup>th</sup> Anniversary

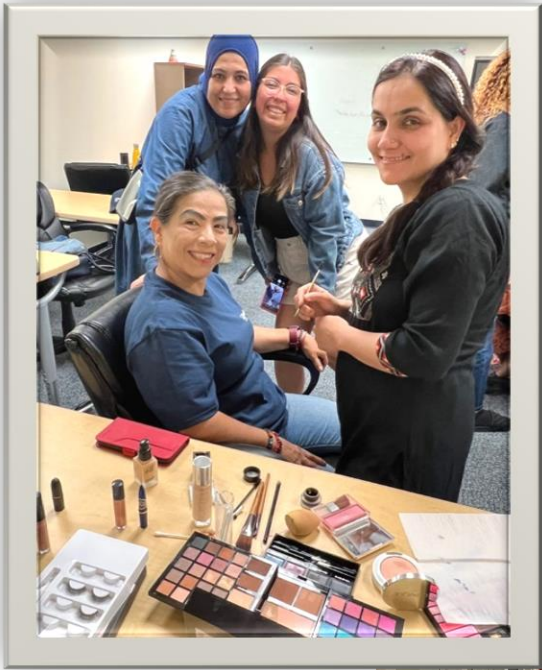


FITNES - Valeriia

The Porcelain Club Calgary plaque  
Presented by Tony



More talented students in our school.



OUR TALENTED  
STAFF



# Sins of Omission

By Joseph Doig – GED Student

Why do people continue doing things that are bad for them, even when there is clear evidence that these things are harmful? The answer to this is not so easily stated. People can be unpredictable to a troubling degree and individual reasons may differ, but if we were to highlight the more common patterns, we can break it down to three main reasons for this interesting characteristic of the human condition: misinformation, noncompliance to societal normalities, and the instinctive nature in humans which drives them to misbehave.

People often fall victim to information from untrusted sources. The causality of any human behavior can be reduced to personal gain. People need to get some kind of benefit from their actions or they won't act. Why they do things that are bad for them is often because they think it is good. People thinking for themselves always results in someone doing something stupid.

Humans rely on one another for a lot of reasons. We've created a society with rules and regulations to restrict people from doing things which are bad for them. Why they persist, even after being faced with additional consequence, on top of the thing which was bad for them in the first place, has to be defiance at this point. If people complied with the societal norms, which were founded on the reduction of bad things happening to the compliant, bad things wouldn't need to happen, to make them compliant.

Some people outright refuse to stop doing things which are bad for them. They still want to misbehave, even after being faced with the evidence. People can spend their entire lives in prison with bad things happening and still reject what they need to do for good things to start happening. This anomaly is something they are born with. Some conspiracy theorists call it a soul.

I believe people continue to do things which are bad for them, like protesting, for these reasons. Even in the face of the evidence they choose to continue doing things which are bad for them. More bad things need to happen to counter this; it is the only way they will learn.

History

Maple

Winter

Freeze

Flames

ignite

Sacrifice

PRICE

Friends and Family

I'll do my best, you  
do your worst.

MIRAQUILL

Bleeding maple

Tree's lose leaves.  
We know why.  
When lost leaves  
let light pass by.  
They face the wind,  
and wait for.  
Tree's reach out,  
to breathe once more.

Oh the humanity, it hurts.  
My friends and family have been  
cursed.  
I'm going to put their freedom  
first.  
I'll do my best, you do your  
worst.

Tree's lose leaves.  
Flames ignite.  
History repeats.  
Cut them down and light.  
Winters freeze.  
So we pay the price.  
As our maple bleeds.  
As we sacrifice.

©Joseph Doig





**VICTORIA DAY** - Presentation by Celia



**May 18, 2023 – Vyshyvanka Day at Equilibrium**  
**Svitlana B.**  
***Vyshyvanka Day** is an international holiday that aims to preserve the Ukrainian folk traditions of creating and wearing ethnic embroidered clothes called **vyshyvankas**. It is celebrated every third Thursday of May.*



**Some EAL classes merged this morning and had a lovely time playing games together.**



# Collection Essay

By Kyle Veno- Jean's GED Student

*I collect several knick-knacks. One reason I collect them is because one day they might be worth a lot of money. Another reason is because of the nostalgic value. Finally, some of the items are limited releases.*

Marvel and Bearbrick collectables are worth money now and will become more valuable as time goes on. I have several gold plated Avengers items which are in their original packaging. As well, I have a Bearbrick that I bought in 2011 for \$50 which is now worth about \$700. In addition, I have a Bearbrick that a friend bought overseas in Japan which I hope will be worth thousands one day.

I also collect Dragon Ball Z characters. Dragon Ball Z was a show I started watching when I was around 3 years old. The characters have strong nostalgic meaning to me. Furthermore, I still watch it to this day,



and I watch for current releases.

A famous graffiti artist started Bearbrick with limited releases. The items are difficult to find because they only come every few years in a limited amount. The designs are all shaped like bears and are unique; there are only a few made of each style.

*As you can see, collecting knick-knacks can be a worthwhile pursuit. Not only could the items be worth a lot of money someday, but they also offer nostalgic value. The rarity of some of the collectables makes them even more precious. The investment could be very beneficial down the road.*

# My KISS Collection

By Cliff G. – Jean's GED Student

*I collect KISS memorabilia for several reasons. First of all, I love the music. In addition, I have been collecting keepsakes since I was eight years old. Most importantly, some of the items from the early days of the band have significantly increased in value.*



*I love KISS music because it is loud and obnoxious. Their instrumental talents and other wild antics such as breathing fire, creating huge explosions, and crashing cars on*

*stage made the band very popular to fans of that generation. The make-up they wore has become an iconic symbol to this day.*

*I have been a huge fan of KISS music since the early days of rock and roll. I heard them for the first time while playing at a friend's house where his older brother had it blasting on the record player. I was visiting a friend's father at Radio Shack and noticed the records on a stand; I immediately noticed KISS Alive II. From that point that's what I spent my next allowance on. I was hooked.*

*The KISS items I have amassed over the years have completely taken over the family- room in our basement. Many collectables from the early days are worth quite a bit now. For example, an autographed guitar with its strap is worth about \$8000. I have a large selection of KISS items ranging from Hot Wheels cars to Mr. Potato Heads.*



*Collecting KISS memorabilia has been a passion of mine for over 40 years. Over the years many of the items have increased in value. Now my children are even huge KISS fans.*



# Interviews by Fatima's Listening/Speaking class

Students came up with their own topics and questions for an interview and learned how to conduct formal interviews.

## Interviewer - Melissa Felix

### on Moving to Canada

Interviewee - Mohammed Jediyo

**Where are you from?**

Morocco, North Africa.

**How long have you been in Canada?**

Since February 2022, a little more than a year.

**Are you a Canadian now?**

No, I'm still a permanent resident.

**Is life in Canada more fun or was it more fun in your country?**

This is difficult to answer as Canada has more entertainment, concerts, museums etc. But Morocco has my friends.

**What was your profession in your country?**

Supply Chain Manager.

**How many languages do you speak?**

2 and a half, the half being English!

**Do you like living in Canada and would you like to return to your country?**

Yes, I do and no, not anymore.

**How and where did you meet new friends in Canada?**

At Equilibrium, my classmates.

**Do you think it was easy to move to Canada?**

No, its not easy, because its different and both the language and culture changed.

## Interviewer - Slava, interviewing a famous journalist.

Interviewee - Maria

**What do you enjoy doing?**

Interviewing people!

**What is the best gift you have ever been given?**

A diamond ring.

**What do you think is your best quality?**

Patience. Especially with my husband.

**What do you like to do on weekends?**

Being outdoors, playing tennis, skiing and boating.

**How do you describe happiness? Are you happy?**

Being safe and successful. Yes I am.

**Why did you start studying English so late in life?**

I think its never to late to learn.

**What music do you prefer, country or Rock and Roll?**

Country.

**What would be three words you would use to describe your life?**

Happy, Adventurous and Exciting.

## Interviewer Odette - Life in Canada

Interviewee- Eugene

**When and how did you arrive in Canada?**

I arrived on April 25th in 2005 at exactly 2:00 PM, by a plane to the city of Montreal.

**What motivated you to come to Canada?**

Quality if life, better health services, safety, and a good education system. Also, more job opportunities and good governance.

**How long did it take you to settle in Canada?**

It took me eight years after moving to Canada to settle in and I did so in Calgary after spending six years in Montreal and two years in Toronto.

**Do you recommend moving to Canada to others?**

Yes and no. I think it was easier to come to Canda and find a good job without too many qualifications before, not anymore. Its more complicated now, more qualifications and better language skills are required. The immigration process is longer and more complicated now too.

**What is your favourite place in Calgary?**

My house is my favourite place, being home with my family is my greatest satisfaction.

**Can you imagine going back and living in your country now? (Ukraine)**

No, not anymore, due to obvious reasons and there being no peace.

**Do you consider your life to be a success until now?**

Yes, of course. I have a good job, own house, a wonderful family with the future of my children assured. I am a happy man, in short.

**What are your suggestions for newcomers to Canada?**

Have a good amount of savings to start with, be psychologically ready, have a good level of language (French or English) and finally have a string mindset, it will be useful to start your life again from Scratch.

## Interviewer- Mah Jabin 'Questions about Canada'

Interviewee- Natasha

**Why do you like living in Canada?**

I used to live in Portugal where the weather was good but the money was just never enough.

**What do you like most about Canada?**

Friendly people and safe country.

**Do you prefer fruits and vegetables from your country or Canada?**

I like European food more; it was more natural and organic. In Canada we grow very few fruits and vegetables and so the ones that come from other countries are not so good.

**Do you enjoy the weather in Canada?**

I prefer warm weather but now I also enjoy winter sports and activities with my daughter.

**Do you think Canada is a safe country and does it have more opportunities?**

Yes, its safe country and there are more opportunities than European countries at least.

**Is it easier to follow your culture in Canada?**

Yes, because Canada is multicultural, and all cultures and religions are accepted, and I already have a mixed culture and this makes it easy for me here.



# Interviews by Fatima's Listening/Speaking class

Interviewer- Natasha **‘Some tough questions about Canada’**

Interviewee - Mohammed

**Why did you choose to come to Canada and not some other country like Spain?**

I chose Canada as its multicultural and discrimination is less here. People can start from zero or change professions in the middle of their lives if they want. It's not easy but it's possible.

**What does ‘a good life’ mean to you?**

I have children and I don't have to worry too much about their education and once they are educated here, they will be settled easily. For me seeing my children's success is a good life.

**What are your expectations from Canada?**

- For my children to be educated in any subject they choose.
- For myself to have a good job in a few years, I'm ready to upgrade myself.
- Live without too much stress and be successful in my goals.

**You come from Morocco, if I move to Morocco, will I be treated the same as I am treated in Canada?**

Morocco is a safe country so you will definitely be safe but the economic conditions are not the same and you will have to learn Arabic or French also.

**What about education in Canada, is it the same as back home?**

If I moved to Canada, it's because the education is better here than in my country.

**What are your thoughts about ‘health education’ in Canadian School?**

They also give us a choice and I chose not to let my daughter sit through those classes this year.

**What are your thoughts about the right to choose your gender in Canada?**

It's a free country with laws to protect everyone, as long as people follow laws, I have no issues with anything.

Interviewer- Hailu **‘Canada the Land of Opportunity’**

Interviewee - Odette

**Where are you from and how do you like living in Canada?**

I am from Cameroon, and I like the safety, the health, education system and opportunities. It's a warm and hospitable environment.

**Is Canada ‘the land of opportunity’ or is it a challenge?**

It's a fact that Canada is ‘the land of opportunity’, but these opportunities are not given easily, you have to challenge yourself and earn them.



**Settling, Integration, Learning and Working are continuous processes here, is it true?**

For me all of them are continuous because life is a permanent shift towards improvement.

**The Level of technology, schooling, transportation, health services and housing are good but not satisfactory yet in Canada. Do you agree or not?**

I agree, you can study online, use self-driving cars, get remote healthcare from specialists and even build house models online. However, to be satisfied you will always need the presence of humans for consolation, communication, and expertise.

**What is the most awful or unacceptable thing for you here?**

It is dishonesty, a lie. It can be found in all societies, some more than others.

**What do you know about Canadian First Nations and Geography of Canada?**

‘First Nations’ is a term used to describe indigenous people in Canada who are distinct from Metis and Inuit people. About Geography, Canada is a nation in North America, bordered on the East by the North Atlantic Ocean, bordered on the West by the North Pacific Ocean and bordered on the North by the Arctic Ocean. In the south by the USA. Area is 9.9 square KM and it has 10 provinces and 3 territories.

**What should newcomers know before they move to Canada?**

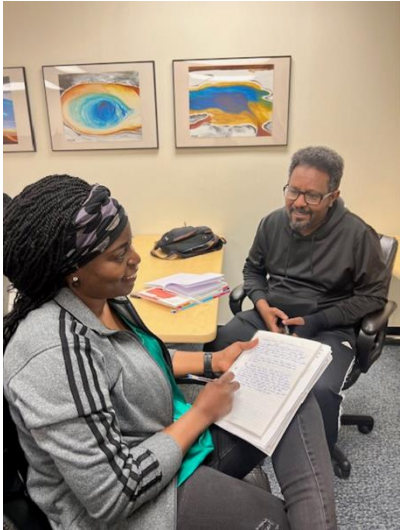
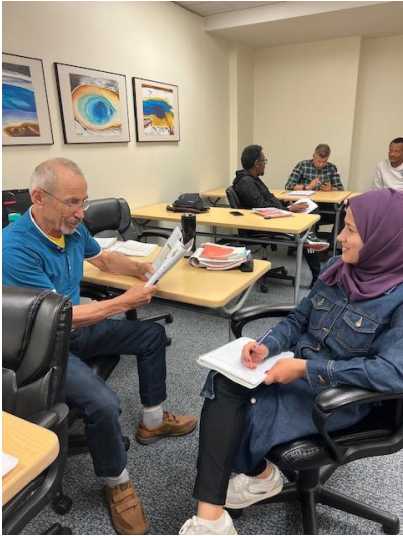
My suggestion is to be ready psychologically, then have short-, medium- and long-term plans and finally always be optimistic and be ready to start again.

**What is your suggestion for the Government of Canada about improving the life of Canadians?**

Guarantee of affordable housing for all, Universal long-term care, pharma care and free Post secondary Education. These are my suggestions.

**Where do you see yourself in the next five years?**

I am doing my best to become a Quality Assurance Director in the Agri-Food Industry. I hope to achieve this goal.





# Do you watch The Amazing Race Canada?

If you watched it on Tuesday, July 25, the contestants were going through Vancouver Island. One of the places they stopped was in Sooke, BC. It is a small town with (population approx. 15,000) about 40km from Victoria, BC.

It is a beautiful area with lots of natural places to explore - bike/hiking trails, parks, forests, coastline...there are also charming restaurants and shops featuring local artists.

The Mayor of Sooke was there to greet the winners of the Amazing Race for that day. She is shown here in the picture with the host of the show, Jon Montgomery.

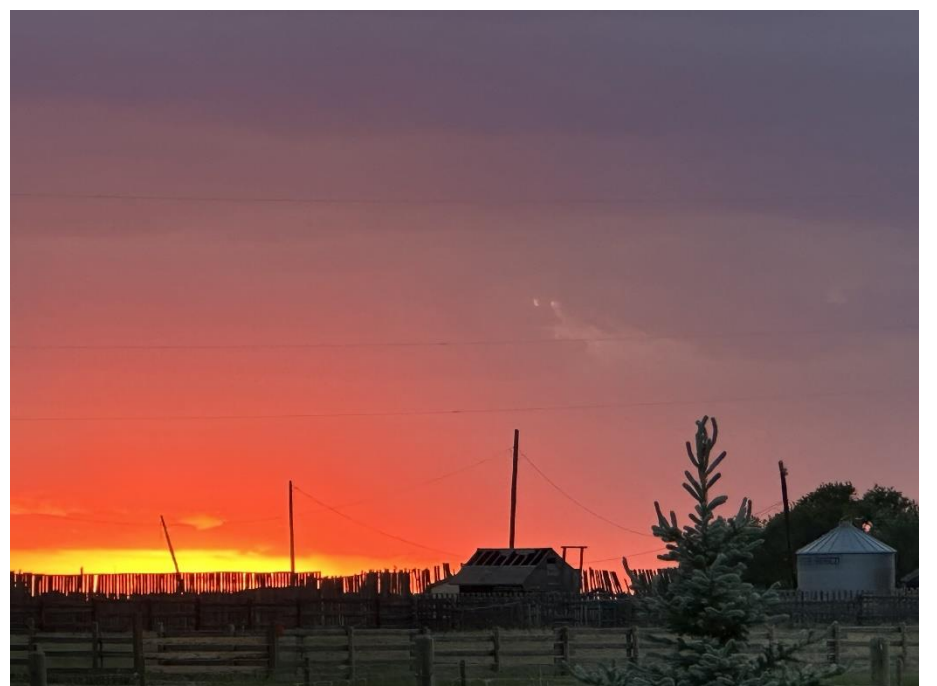
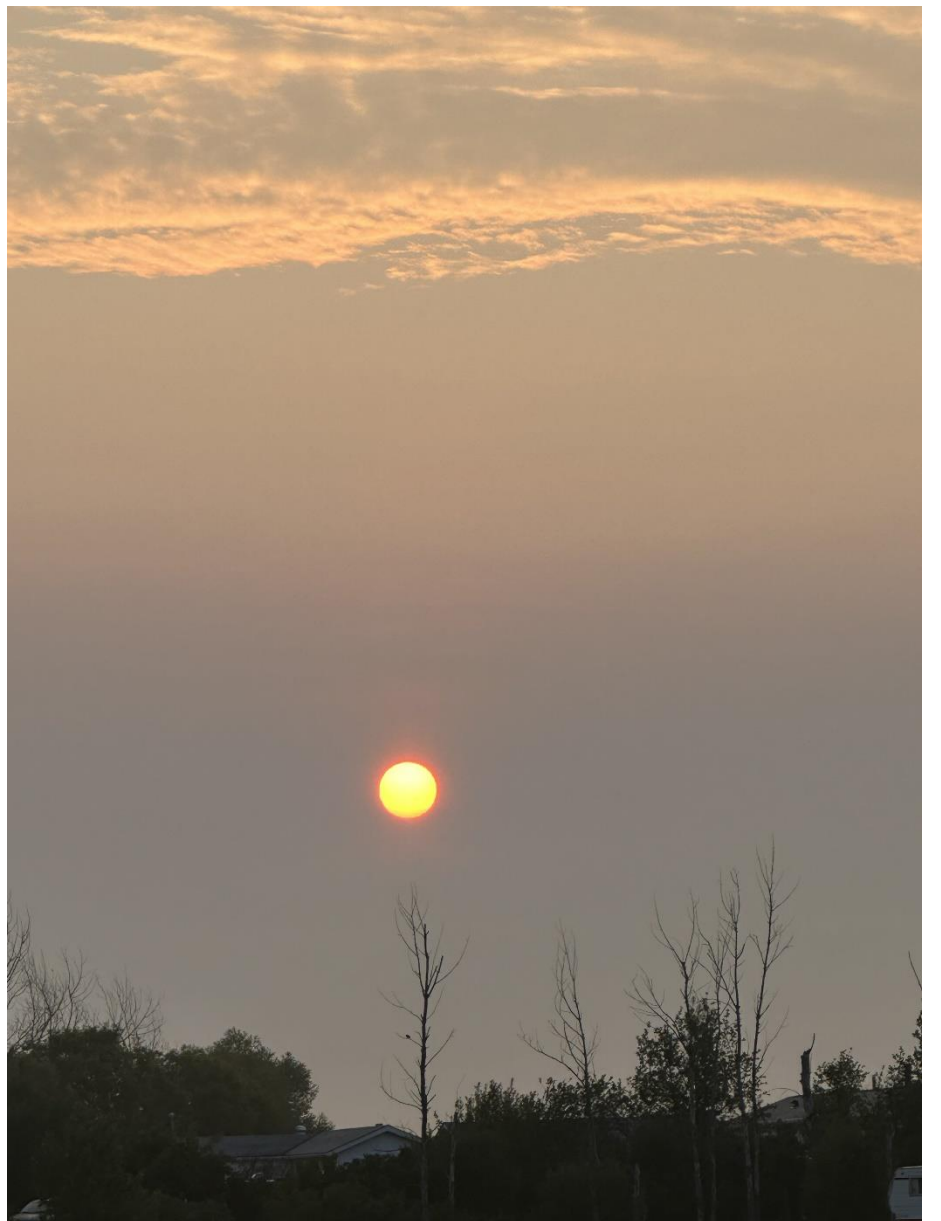
Her name is Mayor Maja Tait and she has been the mayor of Sooke since 2014. Before that she served on Sooke City Council from 2008-2014.

And.....Mayor Maja Tait is the cousin of one of our teachers, Tina Jensen!

Tina is very proud of her cousin and her achievements.

Congratulations to Sooke and Mayor Tait for being featured on the Amazing Race Canada!

The next time you are in BC, make a stop in Sooke and say hello to Mayor Maja Tait!



**BEAUTIFUL ALBERTA**

**BY SVITLANA B.**







# Stampede 2023

By Ephrem (Richard's Class)

I saw many things at Stampede with my family. I saw many people wearing traditional clothing. I learned a lot about animals like how to raise them and what is the benefits for humans. My children loved the horses, chickens, pigs, a donkey, and a cow. They have only seen animals on TV and were very happy to see them in person. My children played games, heard music, and watched dancing. The Stampede is a good event for children, not so much for me.





# Why Do People Volunteer?

By Maria (Richard's Class)

The Reasons are different, mood and emotion, like optimism, joy, and control over one's fate. My husband Slava and I are volunteers at the Salvation Army, why? There are many reasons. First, we want to improve our language skills. Second, volunteering is the best way to learn about Canada and its history. We are gaining new insights about Canada. When you help others, you feel good because you are helping others that need help. Finally, volunteering presents a proactive way of doing something to make the world a better place.



# My Stampede Breakfast

By Mah Jabin (Richards Class)

On July 11<sup>th</sup> I went to a Stampede Breakfast from 9am until 12pm. It was at ABM College and my husband's friend was working there. He set up a table so I could sell my homemade jewelry. It's almost 3 months since I started a small business at home. I make handmade jewelry, take pictures, and post them on my Instagram and Marketplace. The table was free, and it was a great opportunity for me to sell my products in person. The breakfast was great too! I had eggs, pancakes, and sausage. It was very delicious. There were lots of fun & games and many tables for selling. It was a great day, I found many new friends and enjoyed everything.

# No Stampede for me

By Antonio Fernando (Richard's Class)

Unfortunately, I had no chance to visit this year. I know that sounds horrible but I'm really busy these days on a new project for work. I did see many good things around the city. For example, many places offered a free breakfast, music, games, and other things. A lot of people were dressed in western outfits. I few friends of mine went to Stampede and they said it was amazing! Next year I will be there.....for sure!

# Calgary Stampede

By Rahim (Richard's Class)

The Calgary Stampede happens for 10 days every year in July. The city gets busy because we have a lot of tourists from everywhere. It good for the city businesses and the economy. After Corona everything changed. Stampede is a big celebration for our city, but everything is very expensive. They have food, rides, and games for all ages. They open early and close late with fireworks after 11pm. In the end it's good for everyone.

# Stampede into the Past!

By Eduardo (Richard's Class)

In July 1988 I went to Stampede with my family. I was really excited at the time, especially for my children. In January 2021 I started working in the Big Four Restaurant at Stampede as a Line-cook. It was a good experience and at the time I was the #1 employee in the kitchen! After that I never participated in Stampede again because it's too expensive.



# OUR PETS AND PLANTS



## Teacher Donna's Conversation Class



Des Raj has been writing a lot since he started school. So much so that he invented a giant pencil sharpener complete with pencil holders.



# CANADA





# When a Bad Day Turned into a Best Day

By Darren P.

It had been a bad weekend already when I left the doors of the hospital in Unity, Saskatchewan. My mom had fallen down in her apartment, only a few weeks after she had broken her hip. I drove out to visit her in hospital on Saturday morning, visited with her and my brother for the rest of Saturday and Sunday morning, and now I was ready to drive 500 km to Calgary to get to Equilibrium on Monday. That was when I heard a lady say, “It looks like you have a flat tire.”

The next couple of minutes were hazy as I thought about what my options were. Unity has a population of 2500 people and exactly one tire shop, and it doesn’t stay open on Sunday. I called my cousin to see if he had the after-hours number for the shop. He did! I called and got voicemail (probably at the lake). I was lost as to what to do next. The next place with a shop open was 200 km away, and all I had was a “donut” spare.

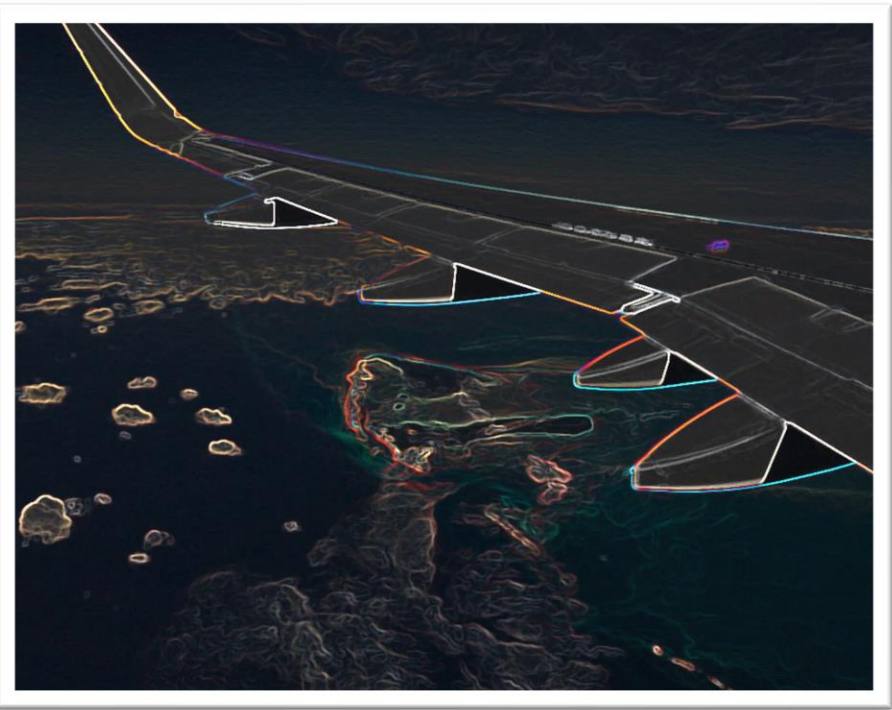
And then I realized what was going on around me. Another person who had been at the hospital was putting an air pump next to my car and his daughter was moving their truck to hook up to it. They were offering to fix the tire (if they could). After a few minutes of set up and a few more of hard work by that guy, a plug was put in the car that is still working just fine two weeks later. I offered money, the dad refused, but I managed to give his daughter \$20, which was nothing compared to an after hours call to a tire store. I was still in a daze and happy I didn’t have to phone Slavica to say I wasn’t going to be at school on Monday!

This is one of those situations which showed the kindness that shows up when you need it most. And gave me a few lessons. First, I know before I go on longer road trips, I should prepare by taking a full spare tire, and not just the “donut”; second, there are kind people everywhere you go, and you will find them if you really need them; finally, the concept of

**Paying it Forward** is necessary for all of us to live well in this life. I don’t know those folks’ names, but they turned a terrible situation into a wonderful one in only minutes, and I’ll remember them my whole life. That’s a good lesson for all of us—a small action for us can be incredibly important for someone else.

## The students have been reading the text **Anna and the Fighter** by **Elizabeth Liard**.

Their assignment is a compilation of the following advice. Your friend is going away on a trip alone. What advice will you give?



- If my friend is going to travel alone, I give them advice to be careful.
- You don’t have to share your personal things.
- keep your personal belongings, like wallet, cell phone safe.
- If you feel uncomfortable with strangers, you can ignore them.
- I would advice you to be very careful.
- not to trust strange people, if for any reason you need help try to find a policeman to help you.
- *Don’t take anything from strangers.*
- *Don’t go anywhere with someone you don’t know.*
- *Never get into a stranger’s car.*
- *It's not bad to talks to strangers, but always be careful with people.*
- Keep in touch with one of your friends or family.
- You should avoid isolated areas.
- Be wary of overly friendly strangers.
- behave in a manner that takes into account local customs so that you don’t offend anyone or break any rules or laws.
- Use reliable transportation and accommodations.
- Avoid situations that may be uncomfortable.
- Don’t share any personal information with strangers such as your entire name, address, phone numbers or any other information such as SIN, or passport information or travel plans.





# What makes a good friend?

There are many precious things in life, and friendship is one of them. Sometimes, having a good friend is more valuable than having money and being completely alone. Then, what makes a good friend? There are different traits that qualify a person as a good friend.

Firstly, a good friend should be loyal. A friend is someone we can talk to without fear of being judged or betrayed. A good friend will never speak ill of us behind our backs, and will always support us. I remember few years ago, I spoke to two friends about a problem I was facing at work. The first one gave me advice, and did her best to comfort me. However, when I finished sharing my story with the second friend, she laughed at me and said that my life was not so perfect after all. It was at that moment that I realized at that time that despite knowing her since primary school, she had never been as supportive as the other friend I met in university.

Secondly, a good friend is truthful. Being friends doesn't mean that you can't point out each other's mistakes. A good friend is your best critic, someone who will always tell you the truth even if it is painful. However, they will find a gentle way to offer their criticism. A good friend helps you become a better person each day and vice versa.

Another trait of a good friend is empathy. When you talk to someone who can put themselves in your shoes you feel comfortable to be around them. Sometimes, you don't even have to speak; your friend will understand or notice what is going on and this is truly beautiful. Since I moved to Canada, I left my friend in my home country. Recently I was writing to her, and her responses alerted me. I asked her what was going on, she initially wanted to lie and say she was ok. However, I could tell from her responses that something was off. I insisted on talking with her and she finally opened up to me. She told me that she was grateful I pushed her on share her feelings.

After all, being a good friend is not easy. Nobody is perfect, but everyone should be a good friend by offering help, give honest advice, avoiding judgements and being supportive to their friends.

By Olive Nyake - EAL Student

Good friend



Hi everyone!  
My name is Aleksandra and I have been a teacher here at Equilibrium School for a year now! This year, I was able to go to Poland and Greece for both business and vacation! I'm part of a Polish Folk Dance Group "Polanie" here in Calgary, and I have been with them since 2019.  
This year we were part of a Polish Folk Dance Festival comprised of Polish Diaspora Folk Groups from all over the world. The week before that, we went for workshops at the Polish State Ensemble "Śląsk"! We had dance and signing workshops from 9am until 6pm!  
After that, we went to the festival and we were able to show off our skills as this happens only every 3 years. Once the festival was done,  
I was able to go to Greece for vacation. Fun fact about me, I was born and raised in Greece although my whole family is Polish! We haven't been back to Greece since we left in 2014, so this was a great experience seeing my friends and the place I grew up in!  
This has been an awesome summer, and I hope you all have had a wonderful time enjoying this beautiful warm weather!

Good times!





# Happy



**30<sup>th</sup> Anniversary**

# Equilibrium !

Keep Paying it Forward like Dina Would! ❤️