

CLASS NEWSPAPER

AWESOME WORK by EQUILIBRIUM STUDENTS and Staff



The Man Who Saved the World

By: Karim A. Humayoun, October 10, 2018

Stanislav Petrov, a former Lieutenant Colonel in the Soviet Air Defense Forces, was the man who saved the world from nuclear war. While on duty in the command center for the nuclear war early warning system on September 26th, 1983, he saw a warning on the computer that the United States had launched several missiles toward Russia. Based on a hunch, Petrov judged that the warning was the result of a false alarm. He went against Soviet military protocol and did not inform the high command about the warning; therefore, the Soviet Union did not launch a counter-attack as they would have done had he informed them of the incident. Petrov’s quick decision prevented a horrific nuclear war between two world super powers.



Stanislav Petrov
Sept. 7, 1939 – May 19, 2017



PICTURE CAPTION: Photo and Article by Dale T. Latham, BSc, Equilibrium School, Calgary

Time Stands Still for No One Except This Church

Historic Trinity Lutheran Church, 840 3 Ave SW, Calgary, AB Founded in 1899 (Photo taken 2008-1-12)

I was out walking on a beautiful winter’s day in December testing out a brand-new Canon camera that I had just purchased. The air was crisp and cold, and there was a perfectly clear blue sky for a great photo. I thought it was odd that all this construction was going on around the old church which had stood the test of time for over 109 years (at time of photo). Considering Calgary is such a progressive city, it seemed ironic the building and its parsonage had not been torn down. The church still stands as of 2018-12-26, and it is an example of one of the values Calgarians hold dear in the pursuit of historical preservation of beauty and history. Thanks for the memories!

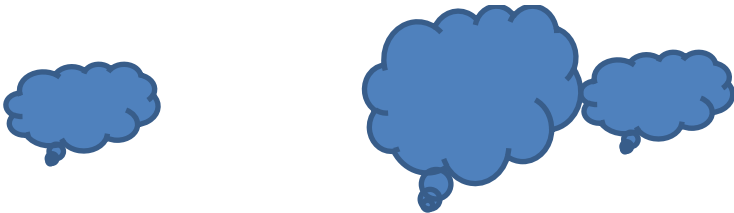
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Snow



My name is Carolina “Veronica.” I came to Canada in August 1, 2007. I was so excited to touch and see the snow. I waited for 3 months and in November, close to my birthday, my princess said: “Mami, the snow!” I will never forget this day. We were so happy, we did not put on any winter clothes. We went outside and opened our mouths, and we felt the snow. After that we lay down on the ground and we played and made angels with our bodies. This was my favorite time but now when the snow comes, I don’t want to go out for any reason. I get so depressed, but I love Canada anyway.

Carolina



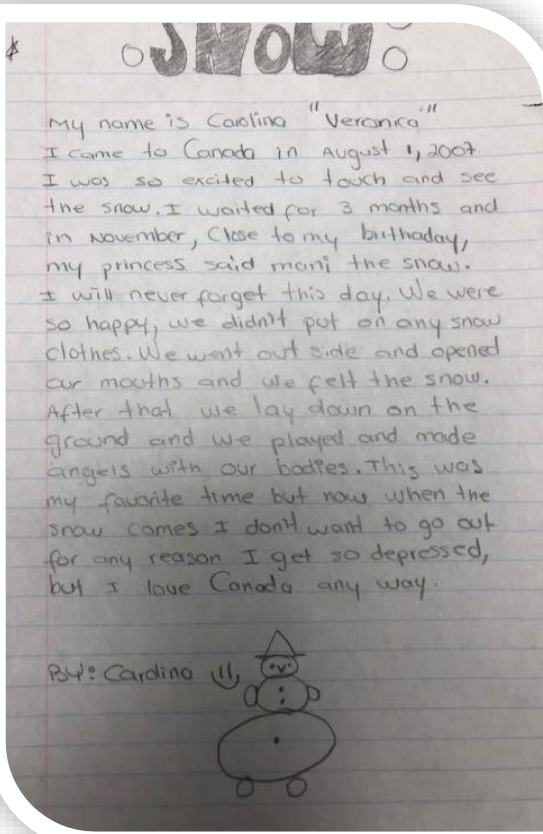
My vacation in Vancouver

SARA MESFIN, October 2018

Me and my son we took trip to Vancouver. We took a bus for 15 hours. It was a long ride but that was the best ride ever. On the way we saw mountains and waterfalls. After 15 hours we got to Vancouver. We stayed at my sister’s house. For us it was a family reunion. My sister has two sons and one daughter and her husband. In Canada they are the only family I have I love them so much. Also, I have a family member in the USA. They came to Vancouver for the family reunion. My son and I stayed in Vancouver for ten days.

Vancouver is the most city in Canada. We spent a lot of times on the beach. The beach is peaceful We are happy to go to the beach every day. Me and my sister cook, we take fruit and soft drinks for a picnic at the beach. The kids played and swam. Me and my sister talked about how we grew up in

Ethiopia and about family and friends. That vacation was the best vacation ever.



My village, Tanda Badha Khurd

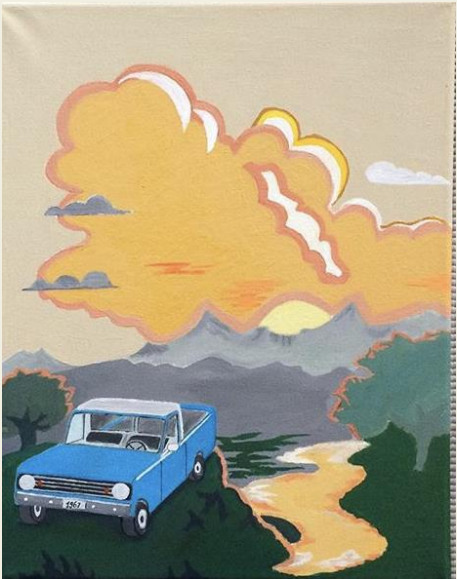
GURJANT SINGH HUNDAL

My name is Gurjant Singh Hundal. My village name is Tanda Badha Khurd. That is near Amlah. My village is not very big. It has 300 voters. I was doing farming over there. I miss my Indian house. My country has good climate, but my country’s government is not good for public. They are ruled by dictatorship.

PICTURE CAPTION:
Tanda Badha Khurd

Hidden talents of Maria and Bernard

Maria and Bernard, our school artists.



Travel to Trebinje in September

The hot summer days are over, but we can still wear short sleeves shirts and summer dresses. Occasionally, it is a bit chilly in the morning, but you only need a light sweater. The rains are rare, and if they fall, more like a fleeting summer shower.

The holiday season is over, but people still love to come to Trebinje. They tell me how they love our autumn and indeed, the fall in Trebinje is a completely different experience. The leaves are green and only a few leaves of a tree indicate the change of the seasons. There are no traffic jams on the streets or at the border crossings, a real wine and food for winter, no noise.

Trebinje has become a favorite place of many groups organizing seminars and conferences or simply take their employees to socialize. Many schools organize excursions and the day trips. There are also foreigners who, escaping from the hot summer months, selected just fall for a real holiday with their families.

If you visit Trebinje in September, snacks have become figs and grapes in the shade of plane-trees. Take a walk through the streets of the old town. Walk up to the Church on the Hill and enjoy the most beautiful panorama.

Snezana & Slavica’s city in our old country.

Slavica



The Spirit of Erin Woods

By Glenn
our
Computer
Student

It’s that time of the year. Christmas light show for all ages. We were voted by Calgary as best Christmas light show for 2 years. We are located at 131 & 127 Erin Park Close S.E. Computer run light show with 128 channels of dancing Christmas lights to music. Songs like Sugar Plum Fairy, Holly Jolly Christmas, Rocking Around Christmas Tree, Amazing Grace and more. The show runs from 4:30 – 9:30 Sunday to Thursday and 4:30 – 11:00 Friday to Saturday. Some weekends, Christmas Eve and New Year’s Eve, we have a fire and some Christmas Cheer. Candy Canes will be handed out weather permitting. Wishing a Merry Christmas and a Happy New Year to one and all.



Citizenship for Equilibrium students

EQUILIBRIUM SCHOOL



CITIZENSHIP

Three of our students, Sabi, Luis and Helena passed their citizenship test. We are very proud of you.

Reinette



The Terry Fox Fundraising Event at Equilibrium School



**THANK YOU LETTER from
THE TERRY FOX FOUNDATION**

Dear Ms. Jankowska,

I just wanted to get in touch to let you know that we received the donation of \$403.00 from Equilibrium School, along with your inspiring letter about Dina Salivian. I read that article about how she spread a sum of \$50,000 to over 70 friends around the world to encourage them to 'pay it forward.' What a great way to share Dina's message by making your Terry Fox Run all about 'paying it forward' as well.

Thank you so much for all you do.

Sincerely,

Amy

Amy Boiko
School Coordinator AB, NT, NU
The Terry Fox Foundation



Thanksgiving and Halloween traditions *written by our students*

My favourite Thanksgiving tradition is eating turkey. For Thanksgiving, my mother and I cooked turkey and mash potatoes, and after lunch, we went for a walk.
My favourite Halloween tradition is looking at kids' costumes. For Halloween, I put makeup on my son for his school and after that I put makeup on me for my school. When I had finish school, I came back in my house to prepare and distribute candies for kids.

--Sonia -LINC student



My favourite Thanksgiving tradition is eating turkey. I made turkey. I ate turkey with my family and drank wine.
--Chaouki

My favourite Thanksgiving tradition is eating apple pie. We cooked a big meal and invited family and friends. We enjoyed our meal.
My favourite Halloween tradition is looking at kids' costumes. I bought a costume for my son. We went outside and collected all of candy, and he told me mom I want a looooot of candy and we enjoyed that night.

--Tamana – LINC student



My favourite Thanksgiving tradition is eating turkey. I went to my grandmother's house and visited all my family there, and she made 3 turkeys for us because I have a big family and all of us are about 50. We had a great time there!
My favourite Halloween tradition is going outside to collect candy. We bought lots of candies and a rabbit costume for my daughter, and we put candies in front of our door in a big bowl for kids. We left our place and went around our neighbours to collect candies with my daughter.

--Asrin – LINC student



One wrong costume ...Early Christmas.



The winners of the pumpkin contest.



A fortune teller and a curious cat.





Halloween is a special time a year for me because it is a huge celebration in my hometown of NY, USA! I spent time with my class talking about Halloween's past and showing them footage of the Greenwich Village Parade! I told them how I was dressing up for the Equilibrium Halloween party and it must have inspired them. They all came to school dressed up.

Rich Clement
Teacher



Our "Grumpy Cat".



Our Lovely "Polish Pickle" is making sure that the "Pink Cat" has the proper whiskers.

Halloween Day In My School

On October 31st Canada celebrates Halloween. When I was younger and living in Poland, we never celebrated Halloween but now many people (especially kids) enjoy this day! In Canada it is a very big, special day for many people. Every year Equilibrium School celebrates Halloween. On this day many of the teachers and students dress up and paint their faces. This year I dressed up too. I didn't have a lot of time to think of what to wear so I borrowed a costume from my son! It's long on him but only came up to my knee. I put on my make-up and I was ready for fun! We gathered together in the lunchroom and listened to a presentation about Halloween traditions and we participated in two contests. One contest for best costume and the other for creating the best Jack-O-Lantern. My friend Sonja and I won the best costume contest. I was very surprised because I put it all together last minute. It was very nice to win though, and I had a fun time! Later that day I celebrated Halloween with my family. We went with friends to a party and my children went Trick-or-treating. They went house to house shouting "trick or treat"?! They were very happy because they got a lot of candy. So much candy that we still have some to eat over Christmas! It was a fantastic day for all!

Margaret
ESL student



First prize winner and second prize winner, Margaret & Sonia



Thanksgiving Traditions

My favourite Thanksgiving tradition is eating turkey. I spent time with my family. The celebration started early, we listened to music and got drinks all day. We had turkey and pork, some kind of dessert and we ate until 12:00 PM

--Mirian LINC Student

My favourite Thanksgiving tradition is... My daughter invited friends to our house. She bought a turkey and made it.

--Liubov LINC Student

My favourite Thanksgiving tradition is eating kabab. I brought some dresses for my daughter to wear.
My favourite Halloween tradition is eating cake. I bought some chocolate for gifts to give young boys and girls for costumes.

--Hossein LINC Student

My favourite Thanksgiving tradition is eating turkey. I cooked turkey for my family. I baked pumpkin pie and ate it with my family.
My favourite Halloween tradition is looking at kids’ costumes. I went with my kids and collected candy and enjoyed it.

--Nargiza LINC Student



My favourite Thanksgiving tradition is eating turkey. We celebrated Thanksgiving Day last November. I cooked a turkey. My friend visited my house. We danced and we had a good time.
My favourite Halloween tradition is collecting candy. My son and I went to houses and collected candy. He wore a ghost costume and scared people. When we came home, we checked candy and chips. After, we ate them

--Svitlana- LINC student



All That Food



Thanks to Eldon we enjoyed coffee and donuts.



Thank you for all Samosas.



Christmas Traditions in Poland

WIGILJA

Wigilja is the traditional Christmas Eve vigil supper in Poland held on December 24th. Wigilja is often applied to the whole day of the Christmas Eve, extending further into **PASTERKA**, the **midnight Mass** held at Roman Catholic churches all over Poland and in large Polish communities worldwide at midnight preceding the Christmas Day.

The feasting traditionally begins once **the First Star** has been sighted (usually by children) in the heavens at dusk (around 5 p.m.) Therefore, Christmas is also sometimes called "**Gwiazdka**" (the little star, referring to the Star of Bethlehem).



Wigilja



Often a **bundle of hay** is placed under the tablecloth or in each of the four corners of the room to symbolize the fact that Jesus was born in a barn surrounded by farm animals.



Another tradition practiced by some, is to leave one extra place-setting for an "**unexpected guest**". This is to celebrate the tradition of **hospitality and inclusion**. The empty seat is left open just in case a traveler, family member, or a friend knocks on the door, so there would be a place for them to join in the celebrations.

Unpacking of all the Presents

A major part of the Wigilia festivities is the opening of gifts.

The **children often open their gifts and hand out the gifts for the adults** from under the tree. The gift-giver in Polish tradition is the Gwiazdka.



Family members begin the celebration with a prayer and breaking of the Christmas wafer

(**opłatek** - symbolizing the bread eaten daily — our day-to-day common life) and wishing each other good fortune in the upcoming new year.

The **opłatek** is broken and pieces are given to everyone attending the table.

From there, everyone breaks off a piece of their **opłatek**, and shares it with everyone else, wishing luck and joy in the upcoming year.

This wish is usually finalized by a kiss on the cheek.



In the countryside, it is **customary to feed livestock** (though not dogs, cats, and other pets) with **opłatek**, as the **animals of the household are to be treated as people** that day and are traditionally believed to **speak with a human voice at midnight**.



The tradition in Poland says that during Christmas Eve dinner (Wigilia) the host must serve 12 dishes.

12 dishes = 12 months in the year

12 dishes = 12 apostles



The meals differ depending on the region of Poland or family tradition but many of them are just traditional Polish cuisine dishes. They must, however, not contain meat. It is typical for Christmas Eve dinner to eat a lot of cabbage, mushrooms or poppy dishes.

SOUPS: Red borscht, Mushroom soup

DISHES WITH CABBAGE AND MUSHROOMS: Golabki (stuffed cabbage), **Pierogi** with cabbage and mushrooms, **Krokiety** (stuffed crepes) – chopped cabbage with mushrooms rolled in crepes, **Sauerkraut**

DISHES WITH POPPY: Dumplings with poppy, Kutia –various cereals and sweetmeats with poppy and a little bit of honey. The most popular main ingredient is wheat or barley, **Makowiec Cake**

DISHES WITH FISH: Fried carp, Carp in jelly



KARP – in jelly





Chaouki’s beautiful Christmas decorations.



Chaouki’s beautiful Christmas decorations.

