

# EQUILIBRIUM

## SCHOOL NEWSLETTER



PRESENTATION ABOUT NEW YORK

### National Acadian Day

GINA LANDRY-ESL

National Acadian Day  
When I was a child, I went to the National Acadian Day Festival on August 15. This festival was celebrated in Caraquet, New Brunswick. This is a day to celebrate Acadian culture. This celebration started in 1881 in Memramcook, NB. As a child, I went there with my parents to see the parade. In the parade they made lots of noises with pots. In the parade there were many cheerleaders and clowns. Several people wore the colors blue, white, red with a yellow star to commemorate the color of the flag and the holiday. They served food like poutine râpée, chicken tricot, poutine à trou and more. That was the best celebration to go to when I was a child.



Thanksgiving potluck with our students

### Help is here at Equilibrium

GEORGE VAN BRUGGEN

Hello Equilibrium students!

Is anyone interested in applying for Canadian citizenship? As you likely know, there are many requirements to meet before non-citizens can accomplish this goal. One of the requirements is to present acceptable scores in either one of two tests: IELTS (International English Language Testing System) or CELPIP (Canadian English Language Proficiency Index Program). Although CELPIP and IELTS are different types of tests, acceptable scores in either are used by the Government of Canada to determine if an applicant is eligible to become a Canadian citizen. Both tests measure a person’s English abilities in four different areas: listening, speaking, reading and writing. However, IELTS and CELPIP are quite different from each other. You need to know which of the CELPIP or IELTS test formats to complete and submit to be considered for Canadian citizenship.

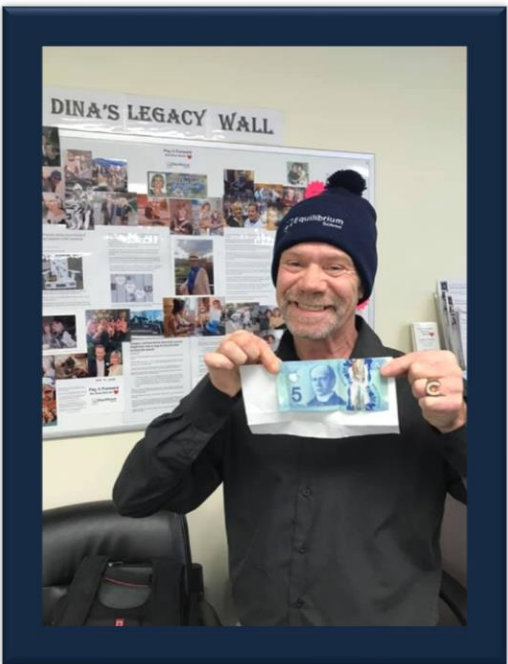
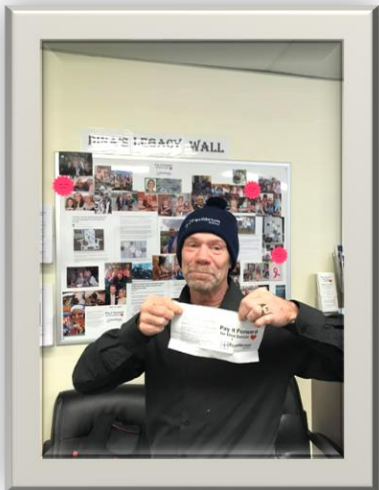
If the information above seems confusing, there is help available. I am planning to lead an information session here at Equilibrium sometime in December or January. The session will cover basic information about the CELPIP and IELTS tests, as well as the two types of formats each offers. In addition, I will present some information about study techniques and tips for IELTS or CELPIP. Finally, I will take questions relating to which type of test may be best for participants to take, based on the strengths and interests of each person. Anyone who is interested in taking this session should talk to their teacher or tutor, who will in turn inform me about your interest. If there is enough interest, I will be happy to lead a workshop, which would likely be a regular weekday (Monday to Thursday) in the morning for about one hour. I hope to hear from interested people soon!



THE DREAM

by Barry Walters-GED

I was in a grassy field resting on a log  
then I saw her walking across the grassy field  
the wind danced across the field and blowing her long  
brown hair around she looked so much like  
an angel I thought to myself had she  
fallen from heaven I had to pinch myself  
to see if I was dreaming  
she came to me and took my hand as I  
floated upwards I awoke to find  
I was dreaming



Another example of Dina's spirit being among us. 😊 Barry started his GED prep program on a day when we revealed our Dina's Legacy Wall. That day all students received \$5 notes from us. Barry kept it as his lucky charm! Today he is a proud recipient of the High School Equivalency Diploma! He is planning to frame his \$5.

Volunteering

by Antony Hrituc - GED

If I had a choice where I was volunteering it would be somewhere I could help younger people like the Boys and Girls Club or At-Risk Youths. I've had the pleasure of being part of both of those and I say pleasure because it helped me out a lot in life. Took me from a negative place and gave me a sense that there is more in life then what I was doing.

When I think about those organizations now most times, I feel that we were all scared, used, manipulated but mostly blind to the things and opportunities that we could do and have. Some never got told they could become something more than they already were or had the support to do so. But by the end of those clubs for me and some of my peers you could see a definite change. Almost like we were getting another chance or even reborn.

Some feelings that I experienced were companionship and to strive for more than just to settle. I felt the need to do more, help more, be more. Even within my community I got to play community basketball and the chance to see I wasn't alone. That there were things I could do and be a part of that made life something to enjoy rather than to resent. It opened my eyes to the fact that it doesn't matter where you come from life is hard at all stages and from all walks.

Now that I've had a chance to apply those feelings and experiences to life, I feel I would be able to help youths and young adults that were just like me then. I would also get to feel good about myself to give back just like those who did for me. Even if it was only a few or even one that it helped, time would feel well wasted. Nothing in life is certain until you make it that way and I believe I could show people that there is always another opportunity or door that will be open even if they all feel closed. Sometimes all you need is a little support and recognition to take that jump to make life be better and feel good rather than feel that trap we all started with at the begging. To me there is nothing better in life than being given the chance to save someone else's life just like mine was saved.



COMPANIONSHIP

Saving Lives



*On Halloween, Tina’s ESL class learned some idioms that use Halloween words and used them in personal writing:*

**by Assad**

My dad is a Jack of all trades. He went to the Big Apple last year for a job interview. He forgot his glasses and was blind as a bat, so he had to mask his feelings at the interview. Then, I got very sick when he got back. When he visited me at the hospital, I was skin and bones and white as a ghost. He said, “You are the apple of my eye.”

**by Tony**

When I was young, I was skin and bones. Being in Canada for so long gave me the opportunity to become a Jack of all trades. In your lifetime, sometimes you have to mask your feelings. My two boys are the apple of my eye.

**by Johan**

My mom’s vision is not good. She is blind as a bat. For my mother-in-law, my son is the apple of her eye no matter what. When I play poker, I mask my feelings so people can’t guess my game. When we go to the beach, my friend looks as white as a ghost. My wife and I are planning to go to the Big Apple.

**by Sewak**

Two weeks ago, in school, many students were getting sick. Everyone looked white as a ghost. Some students are experts in solving solving problems. They are Jacks of all trades. Some don’t show any expression. They always mask their feelings. My friend always travels around the world. He has been to the Big Apple. He never eats too much, so he looks like skin and bones.

**by Sara**

My son is the apple of my eye. Toronto is the Big Apple for Canada. I have bad eyesight, but I am not as blind as a bat. When I get sick, I look as white as a ghost. My friend thinks he’s good at everything, like a Jack of all trades. Some people mask their feelings at work.

**by Jemuel**

My son is the apple of my eye. Six years ago, my wife and I went to the Big Apple. If my wife doesn’t wear her contact lenses, she is blind as a bat. You are skin and bones! Eat more protein and vegetables. I call my brother a Jack of all trades because he knows everything. My wife’s friend is a moody person. We call it a “full moon person.” She masks her feelings.

**by Pushpinder**

Harpreet has been my friend for many years. Her mother loves her. She is so intelligent. Everybody calls her a Jack of all trades because she has a very good skill in crafting, even though she is blind as a bat. Her aunt lives in the Big Apple. She always talks to her on the phone. She likes her aunt and she also has very good nature. That’s why she is the apple of her eye. One day, she got sick and became as white as a ghost. She was already skin and bones because she was not eating enough. She was staying busy. Sometimes when she was making mistakes and her father got angry, she masked her feelings.

**by Quan**

James Bond is a Jack of all trades. The people in jail look like skin and bones. In daytime, an owl is blind as a bat. People of the world like to travel to the Big Apple. People who play poker mask their feelings. Whoever gets seasick looks white as a ghost. Terry Fox is the apple of Canada’s eye.

**by Gashaw**

I have one relative named Daniel. He is my best friend and has good behaviour. He is blind as a bat because he doesn’t read anything without glasses. Two months ago, he had an appointment with the registry downtown. The guy gave him some form, but he didn’t fill the form because he forgot his glasses. At that time, he was angry, but he masked his feelings.

**by Bao**

My niece studies in the Big Apple. My friend can fix everything. He is a Jack of all trades. My son doesn’t eat meat and vegetables. He is skin and bones. My niece is 18 years old, but she is already as blind as a bat. My daughter always smiles. I don’t know when she is sad. She masks her feelings.





PETS

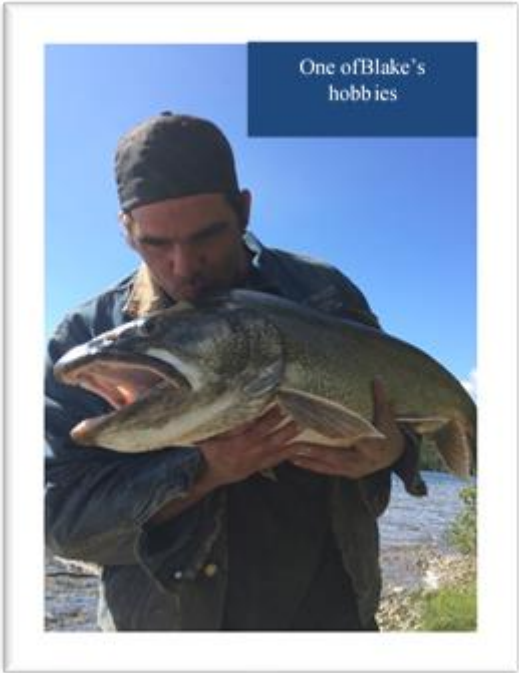
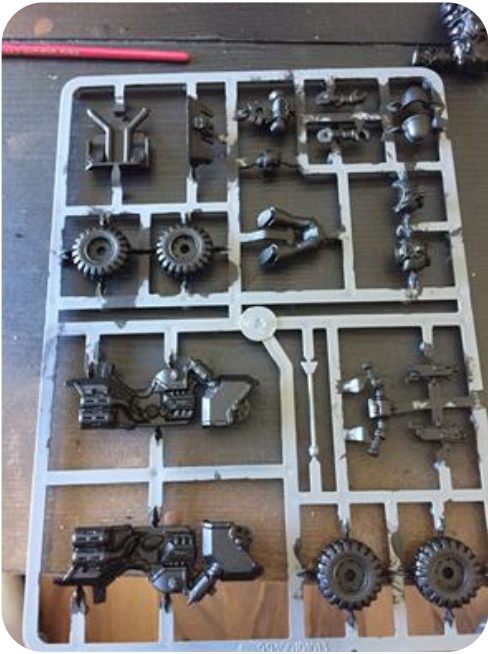
# The effects of having pets

BLAKE BOLDUC-GED

Some people believe that pets have a positive effect on people, but others think they have a negative effect. Pets have affected me, personally, both positively and negatively. The negative effect with pets is that they don't always behave. The positive effect of having pets is that they can improve your health and give you great companionship. As a pet owner, one negative effect of having pets is that they don't always behave. Pets, such as young puppy dogs, like to chew on furniture, corners of walls, shoes and favorite things. Another problem with dogs is that they love to run away. Pets can sometimes not be on their best behavior. One positive effect of having pets is that they keep me healthier. Owning a dog means that I need to go for daily walks. My dogs have lots of energy, so I need to walk them about a half hour to an hour every day. The dogs and I play with their toys every day. With all of this activity, I get plenty of exercise. The most important positive effect of having pets is the companionship they give. With having dogs it's nice to have someone to talk to. As I talk to the dogs, I can cuddle and stay warm on the couch. My dogs are my best friends and I'm thankful to have them. As you can see, having pets is both a positive and a negative experience. The negative effect is that pets don't always act appropriately. The positive effects are keeping me healthy and providing me with friendship. At the end of the day, the positives outweigh the negatives because you have an affectionate friend that will always be there for you.



Warhammer Models

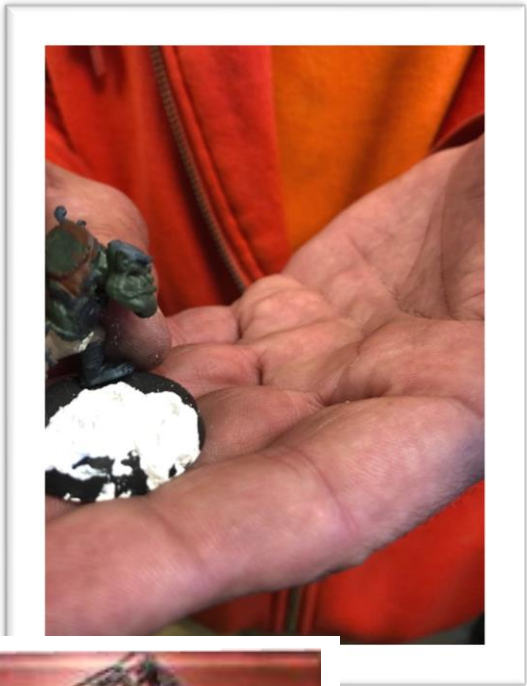


WARHAMMER

## My favorite hobby

BLAKE BOLDUC-GED

My favorite hobby is building Warhammer models. Warhammer came out about five years ago and it appeals to adults and children because it's a different way to build models. I enjoy building these models because it is a great way to socialize, to be creative and to be mentally stimulated. Building Warhammer models has increased my social life. I get to go to the store and chat and learn about new ways to do models from other people. If I want to play the game Warhammer, I am welcome anytime to play with someone new. It's a great way to get out of the house and meet new people. Another reason I enjoy building Warhammer models is because I get to be creative. I get to work with my hands building and painting orgs (creatures), dragons, landscapes and anything else that comes to mind. Watch out when you consider building or painting these models because you will find that sometimes it is better to paint before building your creatures. It's cool to see the end result. Most importantly, creating Warhammer models helps me mentally and keeps negative thoughts out of my head. Since my accident in 2015, my mind has never been the same and I find my brain racing at times, so doing Warhammer models helps to ground me. I have to concentrate on building and cleaning up the plastics, that's the easy part until the real concentration comes because if you don't focus on what you're painting, you'll find yourself repainting several spots. Building Warhammer models has become a favorite pastime of mine. This hobby has increased my social life, as well as my creativity. The mental stimulation I receive by doing this hobby is, by far, the greatest benefit.





CHOLULA



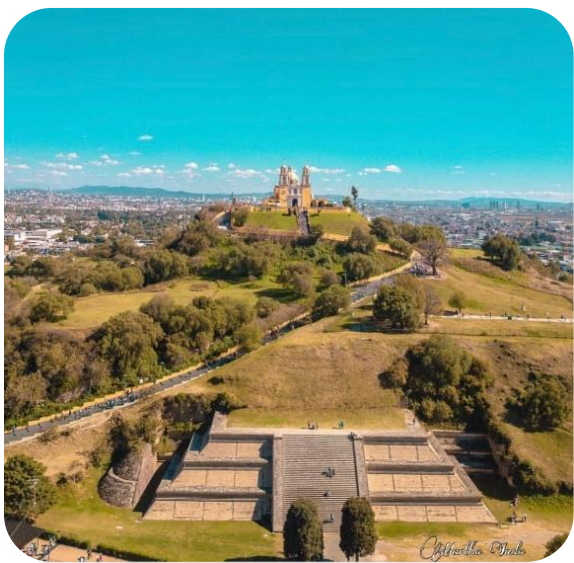
# Cholula- the oldest city in México

BY MARTHA INDA

Cholula is a city and district located in the center west of the state of Puebla, near Puebla City, in central México. Cholula is considered the oldest city in America, inhabited without interruption since its origins. Cholula is best known for its Great Pyramid, with the Iglesia de Nuestra Señora de los Remedios sanctuary on top, as well as its numerous churches. The most important tourist attraction of the city is the Great Pyramid with the Nuestra Señora de los Remedios sanctuary on top. At first glance, the pyramid looks like a hill as most of it is overgrown. The south side of the pyramid has been excavated and there is a network of tunnels inside. The pyramid and church receive about 220,000 visitors each year, and on certain special occasions such as the spring equinox and the feast of the Virgin of the Remedies, there can be up to 20,000 visitors at a time.

From the top of the pyramid, in the sanctuary atrium, it is possible to see the Malinche, Popocatepetl, Iztaccíhuatl and Pico de Orizaba Volcanoes in the far eastern horizon. According to myth, the pyramid was built by a giant named Xelhua of adobe bricks, after he escaped a flood in the neighboring Valley of Mexico. The pyramid is small part of the archeological zone of Cholula, which is estimated at 154 hectares. Building of the pyramid began in the pre-Classic period and over time was built over six times to its final dimensions of 120 metres (390 ft) on each side at the base and eighteen meters tall. This base is four times the size of that of the Great Pyramid of Giza and is the largest pyramid base in the Americas. Two of the stages of construction use talud-tablero architecture which was also used in Teotihuacan.

Some of the pyramid constructions have had burials, with skeletons found in various positions, with many offerings, especially ceramics. The last state of construction has stairs on the west side leading to a temple on top, which faced Iztaccíhuatl. The Great Pyramid of Cholula, also known as Tlachihualtepetl (Nahuatl for "made-by-hand mountain"), is a huge complex located in Cholula, Puebla, Mexico. It is the largest archaeological site of a pyramid (temple) in the New World, as well as the largest pyramid known to exist in the world today. The pyramid stands 55 metres (180 ft) above the surrounding plain, and in its final form it measured 450 by 450 metres (1,480 by 1,480 ft). The pyramid is a temple that traditionally has been viewed as having been dedicated to the god Quetzalcoatl.



The Great Pyramid of Cholula

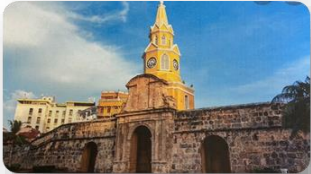
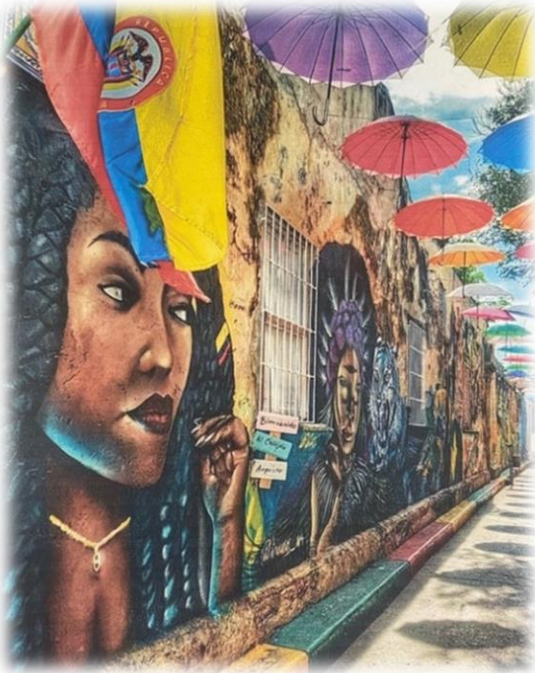


The tunnels under the Cholula pyramid

## Cartagena Colombia

by Raul Olarte-ESL

Cartagena city is situated in the Caribbean coast. It's Colombia's most visit destination. Its historic legacy, stone walls, and vivid nights will create the perfect vacation experience; additional to that offers a tropical weather, beautiful beaches, colorful streets and its excellent cuisine will make of your trip a memorable one.





CELEBRATION

Celebrating the birth of Sikhism with our students

ALL THAT DELICIOUS FOOD.



THANK YOU PUSHPINDER FOR TEACHING US ABOUT SIKHISM



SIKHISM

Thank you to all our Sikh students for teaching us about Sikhism and feeding us. The food was delicious..  
Thank you Baljit for your visit.



REMEMBRANCE DAY

Remembrance Day Assembly. Our students did an amazing job.

The Story of Remembrance

Across Canada, and in many other countries, people gather on November 11 to honour the courage and devotion of brave men and women who made the supreme sacrifice of dying for their country. The hostilities of the First World War ceased on November 11, 1918, at 11:00 a.m. the eleventh hour of the eleventh day of the eleventh month. The following year marked the first observance of a day to



Our teachers Donna and Reinette with our guests



remember and honour those who died, as well as to give thanks for the sacrifices of those who came back from serving their country. Since then, Canadians have fought in other conflicts and many have given their lives so that we might enjoy freedom today. They too should be remembered.

My father's Story

My father, Dougal, would have been 105 years old this December. During World War II, he was in the Canadian Army. He was an artilleryman, but he also worked on communications. The following is an excerpt from his memoir in a local history book. It gives a small idea of what life was like for soldiers during the war.

I was a signaller, that meant that I was in charge of both wired and radio communications. One night, we were out laying lines, so we could join the observation post to the guns. There were many tanks moving around and they cut the lines, so we had to go out to fix them. We were in no-man's land, which was the area between our troops and the enemy. We joined two lines and heard Germans shouting, "Achtung! Achtung!" which means attention. It didn't take us very long to cut that line and try to find our own, which was incredibly difficult to do in pitch dark because we couldn't use a light.

I remember another time that we thought we were going to have a rest and sleep for a change, when along came a flight of bombers. The bombs started falling close by while I was sitting up cleaning my rifle. Then one of the boys said, "You'd better get down this hole, Grassy!" So I jumped down the hole and a bomb landed right where I'd been sitting. When I went back up to get my rifle, it was blown to pieces. They called my brother, Norman, and I Grassy because we were the only ones from Saskatchewan and all the Alberta boys thought the only things that came from Saskatchewan were grasshoppers. I guess one of the biggest battles we fought was the Falaise Gap. That was when the Germans were surrounded and were trying to break out. There were so many dead it was almost impossible to walk without stepping on them. Of course, in those days, it didn't bother us too much. I guess we thought it was their fault, but they were fighting for their country, just like we were.

In December 1946, we Norman and I boarded the Queen Elizabeth passenger ship and headed back to Canada. I was a much better ship than we had gone over on. The only trouble was that a lot of the boys were missing, never to return to Canada.

By Darren P.





POVITICA

Povitica or Potica is a traditional, very popular Croatian sweet pastry

by Slavica

- FOR THE DOUGH:  
A pan 10 x 4 x 3 inches (25 x 11 x 7 cm)
- 285 g flour
  - 120 g whole milk
  - 15 g water
  - 1,4 g dry yeast
  - 50 g sugar
  - 1 large egg (60 g)
  - 22 g unsalted butter melted and cooled
  - 5 g salt
- FOR THE FILLING:
- 280 g walnuts
  - 58 g unsalted butter
  - 60 g whole milk
  - 95 g sugar
  - 1/2 Tbsp unsweetened cocoa powder
  - 3 g cinnamon powder
  - 1 large egg yolk
  - 1/4 tsp vanilla extract
  - pinch of salt
- FOR BRUSH:
- 25 g unsalted butter melted and cooled
  - icing sugar (optional)

- Instructions:
- Make the povitica dough.
  - In a bowl add the flour together with milk,water,egg and dry yeast.
  - Mix the ingredians until a homogenous dough is obtained.
  - Add the sugar and knead until it is fully integrated.
  - Transfer to a work surface and start kneading.You will have to obtain a smooth, silky and developed dough.
  - Once you have a medium-developed gluten, add the butter. The ideal is to do it little by little, waiting for the dough to absorb it.
  - Knead for about 12-15 minutes to develop the gluten well and obtain an elastic, soft and very well developed dough.
  - Make a ball with our dough, grease a bowl lightly with oil and introduce the dough inside.
  - Cover with film and let rise until it doubles its volume. Approximately 2- 3 hours.
  - Make the filling while the dough is rising.
  - In a food processor add walnuts together with sugar, cinnamon, salt and cocoa powder. Blend and set aside.
  - Transfer the walnut mixture to a bowl and pour in the milk.
  - Add the vanilla together with the yolk and mix until completely homogenized.
  - Let it stand at room temperature, covering the bowl with film or a plate, until needed.
  - Stretch the dough to shape the povitica.
  - Stretch the dough on a sheet.
  - Sprinkle the working surface very lightly with corn flour.
  - Dump the dough and degass it gently.
  - Roll the dough out with a roller to shape a 25,5 x 18 inches (65 x 45 cm) rectangle. As we stretch the dough, we will use our hands to stretch and shape it.
  - We will always stretch from the center to the ends.
  - Spread the filling.
  - With the aid of a spatula we place small piles on the entire surface of the dough and proceed to spread it.
  - The filling is somewhat dense, you will most likely have to help your hands to distribute it evenly or beat an egg white and add it to the filling.
  - Cover to the edges except for the one that will seal the dough when rolled up. The longest side, the farthest from us.
  - Roll up the dough.
  - Roll the dough making sure that there is no gap between each layer. To do this we will roll carefully and with the help of both hands.
  - Once it's rolled up, we'll make sure the joint is sealed.
  - Shape a -S with the dough roll and place it into the pan.
  - Cover with film and let the dough rise until we notice that the dough has grown in size.
  - Bake povitica.
  - Preheat the oven to 350°F.
  - Brush the povitica with half of the butter and introduce at medium height.
  - Bake for 15 minutes, reduce heat to 300°F and leave for 45 minutes more. The total baking time is 60 minutes.
  - Remove from the oven and brush with the remaining butter.
  - Let it rest in the pan for 20 minutes. Unmould and let cool completely on a rack.



Filing is spread on the dough



The rolled dough placed in a pan



Baked POVITICA

Croatian word “poviti”  
English translation: to envelop



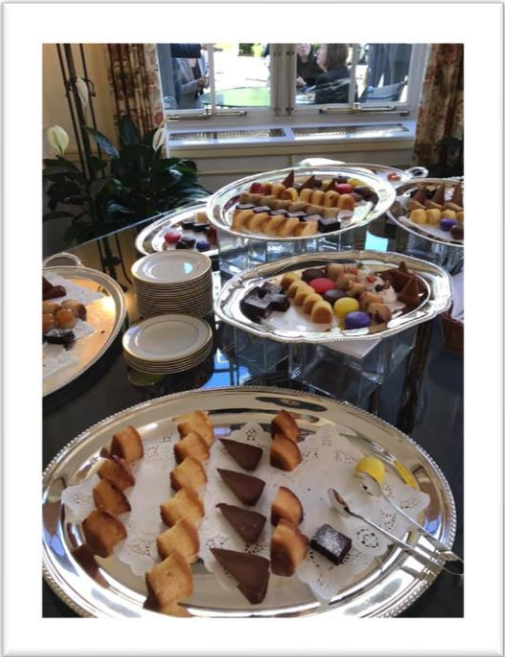


# Shortbread Cookies

by Dawn Dirk

- 1 cup soft butter
- 1 and 1/2 cup flour
- 1/2 cup icing sugar
- optional
- 1/2 cup red or green gaze cherries

Method  
Preheat oven to 325  
Combine butter, icing sugar and flour and mix at a high speed with an electric mixer for 10 minutes until light and fluffy (this step is very important). Drop by a teaspoon onto an ungreased cookie sheet. (Optional - decorate the cookies with half a cherry). Bake at 325 for 15-20 minutes or until lightly browned. Remove to a rack to cool. Makes about 36 cookies.



# Japanese Food

The Canadian Embassy in Tokyo organized a delicious lunch for all the participants of the EduCanada Fair. The JPCA Lunch took place in the spectacular building where the Canadian Ambassador resides and meets with the foreign diplomats. The building is surrounded by a gorgeous garden. It also has a swimming pool!



# Homemade Blender Hummus by

Nazira Abi Rached  
(Chaouki's Wife)

## Ingredients:

- 2 cups of boiled chickpeas
- 2 tbsp good quality olive oil
- 2 tbsp good quality **tahini** (you can find it at Superstore)
- 4 tbsp fresh lemon juice
- 2 small garlic cloves, chopped
- 1/4 cup to 1/2 cup water as required to process (I seem to use just over a 1/4 cup most of the time)
- 1/2 tsp sea salt. Special ingredient, Extra Love.

Place ingredients into the blender, liquid first (excluding the water) followed by the dry ingredients. Add water as you process, adding only what you need to create a creamy thick hummus. Blend on high until smooth





# EduCanada Fair 2019

## Equilibrium School was busy promoting our programs in Tokyo, Japan

Alberta was promoted in Tokyo, Japan during EduCanada Fair as a great destination for the international students. Our school was invited to participate.



## Why All the Facts Are Important – Points to Ponder

By Dale T. Latham, BSc.

### Erroneous Conclusions

#### Why All the Facts Are Important – Points to Ponder

By Dale T. Latham, BSc.

As it happened, the vicar of a small church was summing up his Sunday morning sermon. Having completed his thoughts for the day, the young man spent the last ten minutes of the oration thanking some of the long-term parishioners. He'd been delighted for their help on the splendid children's Christmas party held the night before. All the participants involved had worked very hard and put many hours of service into making the event a great success. In particular, though, the pastor was quite appreciative of Mr. John J. Thompson, a stalwart supporter of the old, but dignified structure. Thompson supplied the helium gas bottle used to blow up some 200 plus balloons. Pastor Olson stated, "had it not been for the gas, I'd have blown my brains out," which drew a few giggles from the crowd.

About that time, ninety-year old Seamus O'Malley woke up from his post sermon slumber. As was his custom, he sat in the front center pew adjacent the pulpit. His hands were placed one on top of the other,

balancing himself upright on his walking cane. During the waning part of the sermon, Mr. O'Malley would ritually nod off for the last fifteen minutes. Then, like clockwork, he'd awaken when the vicar was giving his congregational blessing; this day was no exception. Catching only the part about Olson blowing his brains out, O'Malley cocked an eyebrow and solemnly bowed his head while staring at his patent leather shoes.

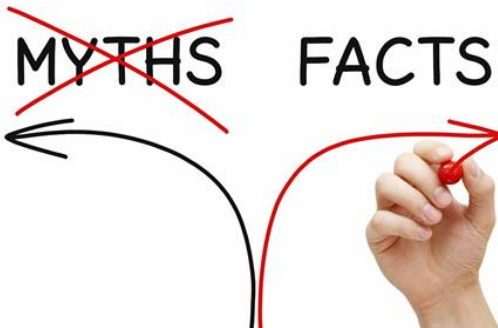
Finally, with a big smile to the crowd and a wave of his hand, the vicar said his last words and left the pulpit strolling down the aisle past Mr. O'Malley. Olson headed for the parish entrance where he would bless his parishioners and receive their comments and accolades as they left the church. This was the pastor's way of taking the temperature on the sermon he'd just delivered.

Now, Seamus O'Malley was never one to move too swiftly. He was always the last one to arrive and the last one to leave. Seeing that the sanctuary had cleared sufficiently,

O'Malley got up and started shuffling toward the entrance where the young pastor was issuing his farewells. When old Gladys Simpson finally let the poor lad alone and began her decent down the parish steps, Seamus, with a peculiar look in his eye, carefully approached the pastor.

Moving slowly past the young Shepard, the wise old sage extended his hand as usual and exclaimed, "nice sermon Olson, keep it up!". On second thought, O'Malley stopped and said, "by the way Vicar, I know that some of the sheep in this flock can be quite ungrateful and demanding at times, but blowin' your brains out is a little drastic, don'tcha think? With a wink, O'Malley said, "hang in there till next Sunday lad, and I'll try to getchya some help this week!"

**The moral of the story is:** an absence of facts can lead to erroneous conclusions no matter what the occasion may be.





# CANADIAN COMPANIES

By Reinette

Buying locally produced and manufactured Canadian goods have always been a good thing. Which companies are Canadian? Here are some companies that you may not have known were Canadian.



ARITZIA Inc. is a Canadian clothing fashion retailer, founded in 1984 by Brian Hill from Vancouver, BC. His idea was to sell magnificent clothes in stunning spaces with captivating service and reasonable prices. Multiple manufacturers provide services to the company and monitoring they

meet their standards.

Aritzia went public on October 3, 2016. Its reported net income for the fourth quarter of 2016 was \$18.72 million. Aritzia operates 84 stores in North America. 63 boutiques are in Canada and 21 stores in the USA.

Monica -ESL



Who wears LULULEMON yoga pants? Lululemon Athletica is a yoga pant company founded by Chip Wilson in 1998 in Vancouver, B.C. He sold the first pair of pants in 2005 and by July 2007 the company raised \$327.6 million CAD. After selling 18.2 million shares the total of assets in 2018 was \$2.08 billion. The number of employees working there is now 15,700. The company still makes \$483.80 million profit per year.

In February 2014 Lululemon opened the first store in Europe in Covent Garden, London, U.K. The company's goal is to train their staff so well that they can positively influence their families and communities, as well as the customers coming into the stores and tell them features of the yoga pants.

- Asad -ESL

IMAX sells high resolution cameras, film, format, film projectors, and steep stadium seating. The co-founders of the company are, Graeme Ferguson, Roman Kraitter, Robert Kerr, and William C. Shaw. They started the company late 1960s and early 1970s in Canada. IMAX is a Canadian Corporation that is based in Mississauga, Ontario. The number of employees currently is 526. The net income for 2012 was \$41.3 million US. IMAX projection systems have been installed in 129 theatres worldwide as of December 1995. At the heart of the IMAX vision lie three qualities: a commitment to the customers and shareholders, a commitment to excellence delivering the best entertainment experiences through new technologies. It is a private company. IMAX is listed on the TSX, but you cannot buy shares in Canada you can only buy shares in the USA. What sets an IMAX screen apart from other theatre screen is that it is 4500 times bigger than an average television screen. The film is strong enough to pull a truck, also the projector is so bright that if it were on the moon, we could see it from earth with the naked eye.

- Daljit – ESL



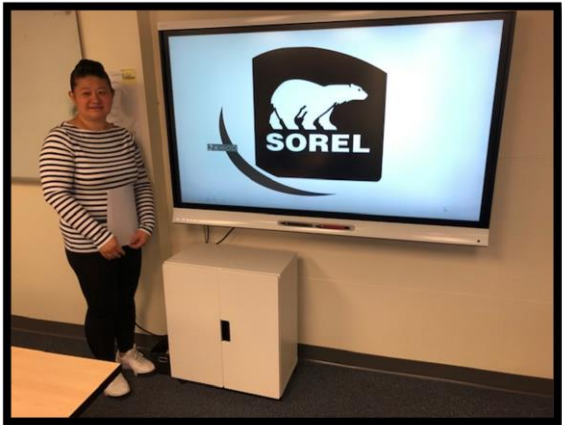
## Advanced ESL Class Project



DO YOU EXPECT TO HAVE A COLD WINTER THIS YEAR? I KNOW YOU MIGHT SAY, "NO", BUT TO BE HONEST, I WISH WE ARE GOING TO HAVE A COLD WINTER. THE REASON IS BECAUSE I HAVE ALREADY GOT A PAIR OF SOREL WINTER BOOTS. IF YOU ALSO WANT TO KNOW MORE ABOUT SOREL, COULD YOU PLEASE FOLLOW ME TO READ ABOUT THE HISTORY OF SOREL.

SOREL IS A PUBLIC COMPANY WITH ITS HEADQUARTERS IN PORTLAND, OREGON, USA. TODAY SOREL IS KNOWN FOR SELLING COLD-WEATHER BOOTS. 57 YEARS AGO, IT WAS A LINE OF WINTER SPORT/WORK BOOTS AND CALLED THE KAUFMAN RUBBER COMPANY FOUNDED BY JACOB RATZ KAUFMAN. THE BRAND NAME BECAME A WINTER FASHION BRAND. THE SOREL COMPANY IS PROUD OF THEIR MISSION STATEMENT, "WE QUESTION, EXPLORE, DISRUPT, AND LEAD ALL WHILE LOOKING FOR WAYS TO BE BETTER". WE HAVE ALREADY SEEN A FIRST POP-UP SHOP IN TORONTO. SOREL ALSO SELLS ALL-SEASON FOOTWEAR WITH PRODUCT OFFERINGS FOR SPRING, SUMMER, FALL, AND WINTER. THE COMPANY WILL PROBABLY GIVE CONSUMERS A SERIES OF SURPRISES THIS WINTER. PLEASE TRY SOREL. YOU WILL LOVE IT.

Cherri – ESL





**CIRQUE DU SOLEIL.** CIRQUE DU SOLEIL Inc. is a Canadian entertainment company and the largest theatrical producer in the world. Based in Montreal, Quebec and located in the inner-city area of Saint-Michel, it was founded in Baie-Saint-Paul on July 7, 1989 by two former street performers, Guy Laliberté and Gilles Ste-Croix.

Cirque du Soleil represents how a group of street performers in a small town in Quebec became a household name throughout the world. The company has redefined how the world views the circus, from a small-town talent to a household name. In the early eighties a band of colourful characters roamed the streets, striding on stilts, juggling, dancing, breathing fire, and playing music. The company's mission is to invoke the imagination, provoke the senses, and evoke the emotions of people around the world. A live entertainment provider, well-known for its acrobatic touring and resident shows has over 4,00 employees, including 1,300 artists from more than 50 different countries. As a theatrical private company, Cirque du Soleil Inc. in conjunction with Entertainment Group, has brought wonder and delight to over 180 million spectators in Canada as well as internationally.

An outstanding character of the company is the fact that it is providing high quality artistic entertainment to audiences around the world.

- *Jemual - ESL*



The name of the following public Canadian company is DAVIDS TEA. The company sells tea and tea accessories. Davids Tea was founded in 2008 in Montreal by David Segal and his cousin, Herschel Segal. They opened their first store on vibrant Queen Street in Toronto that same year.

The idea was simple and now the company is considered the largest Canadian-based specialty tea boutique. The company's main goal is to make the tea a core experience for their customers and they want to make Davids Tea a very different experience too.

Davids Tea's business model is based on novelty and quality customer experience. The company's customers are over 80 percent female shoppers. Davids Tea aims to promote its tea and other products to grab the attention of male shoppers. It also aims to make great tasting teas because it is the second most popular drink after water. Tea is healthy, delicious, fun, and it brings people together and makes them happy.

Today Davids Tea has over 240 stores in neighborhoods and communities across Canada and the USA. The company cannot wait to share the Davids Tea experience with the whole world.

- *Sara I. - ESL*

**MOUNTAIN EQUIPMENT CO-OP (MEC)** sells outdoor recreational gear and clothing. It is a Canadian consumer cooperative company and was founded in Vancouver, B.C. in 1971. MEC inspires and enable everyone to leaPd an active outdoor lifestyle. It is ready with gear that suits people's needs, but the company offers more than products. MEC offers passion, expertise, experience, and enthusiasm.

The products they sell are produced in 15 different countries. Most of the products are produced in Asia, particularly China, which has the largest manufacturing industry in the world. In 1971, four members of the University of British Columbia's Varsity Outdoor Club, were tired of shuttling south REI in Seattle for decent climbing and wilderness gear. This experience hatched the idea of a co-op and got reinforced when a snowstorm stranded them on Mount Baker in Washington State.

MEC's growth has been systematic over the last 30 years. The company has expanded across Canada and have already 22 locations. MEC sells only to customers who hold a lifetime membership, which is technically a share and can be purchased by anyone for \$5.

- *Johan -ESL*



More Canadian Companies



More *Canadian Companies*

I want to present to you one of the best hotels in the world. The hotel's name is FOUR SEASON HOTELS and RESORTS. This hotel group is Canadian based and opened on March 21, 1961 and is now fifty-eight years old. The investor for this hotel was Cascade Investment Kingdom Holding Company.

In 1960 a Canadian businessman, Isadore Sharp, while working for his father, founded this hotel. Sharp designed a motel for family and friends. He bought a large piece of land in an area of Toronto and built the first hotel in 1960 and opened it in 1961.

The company went public in 1986. This hotel has some special rooms and charge \$799 to \$8,000 per night. Four Season Hotels and Resorts is listed on the TSX and today this hotel group is one of the most well-known international hotels.

*Mahmoud* - ESL



*FAIRMONT HOTELS AND RESORTS is a chain of luxury hotels and the headquarters is in Toronto, Ontario. Hotel Fairmont operates 75 properties in 24 countries with a strong presence in Canada and the United States. The founders of the company were Theresa Fair Oelrichs, 1871-1926 and Virginia Fair Vanderbilt, 1875-1935.*

*The first hotel that operated was Mont Stephen House in 1887. Chateau Lake Louise, Chateau Frontenac, QC, Banff Spring Hotel, Empress Hotel, Fairmont Royal Oak, an Grand Trunk Railways were all the first of this company.*

*Today Fairmont Hotels have over 30 000 employees around the world. In 2004 Fairmont paid \$70 million US for the entire control of the activity. The company is listed on the Toronto Stock Exchange.*

- *Mario* - ESL



products possible. The goal is to create equipment that enables a person to be immersed in the moment of doing. Let us see where the products are made. A third of the products is made in Canada, a third in China, and a third in combination of Indonesia and Bangladesh. Arc'teryx is named after a creature that lived around 140 million years ago. Another interesting fact about Arc'teryx is that in 2016 the company opened a 234,00 square feet manufacturing plant in British Columbia called Arc'One. It is in a constant state of innovation.

- *Naizghi* - ESL

JOE FRESH

JOE FRESH was founded by Joe Mimram in the spring of 2006. In 2004 Loblaw approached Joe Mimram, a co-founder of The Club Monaco retail chain and the name behind Alfred Sung brand, with the idea of creating a new fashion line. Mimram had previously worked with Loblaw in developing its President's Choice Home Collection of merchandise. While the company had offered children's clothing in its Super Stores, it had never participated into the adult market. Mimram and Loblaw soon identified a market.

They said, "We had no idea what the consumer wants from a food store". "We had no idea whether the prices will resonate, whether the consumers want casual dress versus something dressier. We just said let's build a line, build stores, and do the marketing".

JOE Fresh is a private company. They are expanding to Mexico and Central America. Joe Fresh expanded internationally to in 23 countries. In June 10, 2016 a store in the USA was closed.





More *Canadian Companies*  
*Saje*  
NATURAL WELLNESS

SAJE Natural Wellness Company was founded in 1992 in Vancouver by a passionate husband and wife, Jean Pierre LeBlanc and Kate Ross LeBlanc. SAJE introduced the people to the healing power of natural products. After a car accident, Jean Pierre was suffering from chronic pain and health challenges, so he decided to use his chemistry background to blend his first essential oil to help him get better. That was when the couple started to study the benefits of natural products, and they started selling it based on their own experience. Today people are inspired to live a healthy and happy live. SAJE company is a Canadian company with offices in Vancouver and Surry, British Columbia. There are 52 locations in Canada and 19 in the USA. Most products are manufactured locally with fresh ingredients. This company introduced the people to the healing power of 100% natural ingredients such as plants and flowers. The packaging is simple and made of recyclable material. Whatever we put in or on our bodies is directly related to our health and the planet. Saje sells essential oils and other natural products, for example, natural air freshener, diffusers that purify the air, house cleaning products, and natural skin care products. The essential oil remedies are marketed to relieve pains, colds, indigestion, sleep disorder, and stress.

- *Pushpinder* - *ESL*





# Christmas Cards

## by our LINC students

Hey my friends,

I hope everyone is doing amazing!

I'm having so much fun in Canada. I'm studying English. I'm getting better every day. I'm doing meditation and yoga. I'm building my business.

I like winter in Calgary because it's not colder than Regina. Sometimes there is mud on the road. I dislike it.

I hope we see you soon,

Best wishes,  
Yuliia

Hi Dea,

My handsome boy, how are you? Mommy really misses you. I am having a good time in Calgary. I found a good job here. I'm starting my job from 9 AM every day. I love the winter. It has beautiful snow. But I don't like when the people didn't clean the sidewalk.

Okay my love, don't forget my love is always with you. See you next month in the Eld!

Be a good boy!  
Mom

Hi all,

I'm living with my family at home in Canada. The family is friendly. I'm making lots of friends in Canada. I'm studying English. I'm so lucky because my school is very good. The weather is different in my country. It's cold and windy.

The weather is getting very cold. I don't really like the cold, but I like snow.

I have to go, I'll see you in June

Best wishes,  
Solila

Hey my friend, Svetlana!

I'm thinking you're amazing now. I'm living in Canada. The people in Canada are friendly. I'm making new friends and we are going swimming every day. I'm studying English, but it is not good. I like the weather in Calgary. The summer is not hot, but I like the winter frost and snow. I like Christmas trees in parks.

I'll see you this summer.

Best wishes,  
Tatiana

**Hi my family,**

**I'm learning English now. I'm happy in Canada. I have a lot of friends in my school. My English is better now.**

**I don't like winter in Canada because it is so cold. I like sunny days in the winter.**

**See you in July, inshallah.**

**Take care and love you!**  
**Maki**

Hello everyone!

I hope everyone is doing good. I'm having so much fun in Calgary. I'm making a lot of friends in my ESL class. I'm studying English. I'm getting better, but I'm still not perfect. I'm working at Happy Together. It's a convenience store.

The weather is getting colder and colder. I like the snow, but I need to shovel it.

See you! Happy New Year!

Good luck  
Sam







# More Christmas Cards

Hi everyone!  
I hope everyone is doing very well. I'm living in Canada now. It is very fun. I'm studying English every day. I'm making different friends. I got a new baby. He is very cute. I take care of him every day. We love him very, very much. I don't like winter. It's very cold. I like summer better. It's very beautiful. I will see you all next year.

Best wishes,  
Cecilia

Hi my sister,  
How are you? I miss you so much. My daughters and I are fine. I'm writing to tell you about living in Canada. For the weather, it is very cold. I go to school every day to learn English. Tell me, what are you doing?  
How is the weather? Are you going to school to teach students? My Canadian friends invited me to dinner.  
I wish to see you and your children soon.

Goodbye  
Batoul

*Hi my son,  
I am studying English now. I'm making more friends in my class. They are more friendly. I'm getting better. I go to my job by car every day.  
I like the spring weather in Canada, but I dislike the winter because it's very cold and snowy.  
Goodbye,  
Your father, Sharif*

Hey everybody!  
I hope everyone is good. I'm having so much fun in Dubai. I'm with my sister. We go to the beach and to the markets.  
The weather is very beautiful. I don't like heat. I like natural beauty.  
See you soon! I miss you so much.

Big hug,  
Shireen

**Hi my family,  
I'm happy in Canada. I'm studying English. I have friends in the class. I have a very nice teacher and my friends are very good. I'm happy with my school.  
I like winter for my kids. They play in the snow and go skiing.  
Best wishes to you to succeed and I miss you.**

**Goodbye,  
Bassam**

Hello Relatives!  
I hope you are doing well. I'm in Canada right now. Canada is a very good country. People are friendly. Now I'm learning English and my English becomes better every single day. Canadian weather is just OK. In the summertime I fed mosquitoes, and in the wintertime, I freeze my nose, but the weather is comfortable and mild. You can see snow in the wintertime and in the summertime too.  
I hope I'll see you soon,

Best wishes,  
Alex

Happy Holidays from  
Equilibrium School!

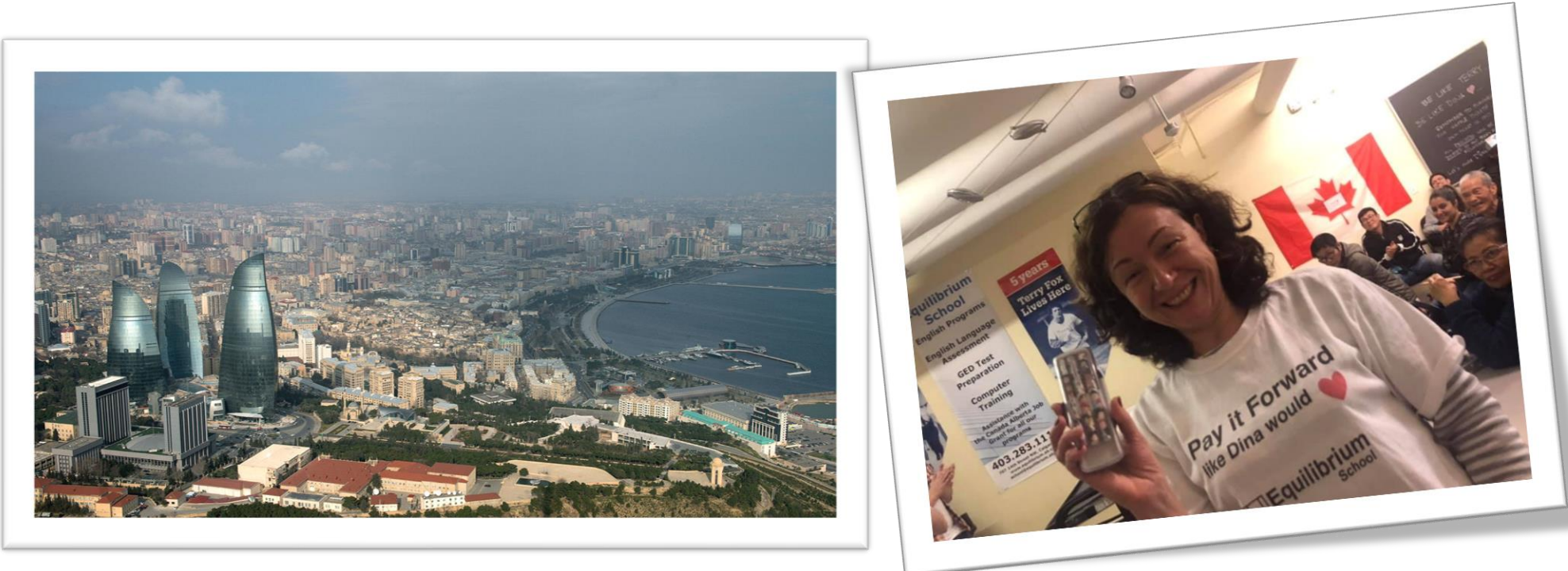


# My favorite city by Our LINC Students

## by Valentina

My favorite city is Baku. Baku is the capital of Azerbaijan. The city is located on the Caspian Sea. It has lots of oil. This city is a big industrial center with many universities and schools. The climate is very warm- summers are hot and humid and winters are warm, with no snow.

Baku is the center of cultural life. Eurovision was held there in 2015. Formula 1 was held there in 2018 and 2019. The city is very green and has many parks. Baku has many historical buildings. Maiden Tower is a symbol of Baku. Baku welcomes many tourists.



## I am Sidi Kaba

I am from West African Guinea. This is my favorite place to visit, but the place I like to visit in Calgary is the Chinook Center. It's in the South West of Calgary. It's very big and beautiful; it is located near the train station and across from Staples store. There are a lot of shops, restaurants and other tourist attractions, but there aren't any



## by Su

My favorite place to visit in. It's in the south of Taiwan. There are a lot of museums, shops, restaurants and other tourist attractions. Kaohsiung's Love River is great. It's in the west and south of Kaohsiung. It's very long and wonderful. There is a movie museum, cafes, restaurants, outdoor markets and other tourist attractions there. There's the harbor near the river and a Kaohsiung History museum next to the river. Qijin Submarine Tunnel is a great and amazing building. It's near Qijin Beach.

At night, Qijin Beach is a popular place, lots of people go there. There are a lot of outdoor markets, seafood restaurants and other tourist attractions. This city is a great place to visit. Welcome to Kaohsiung in Taiwan!

museums. I like to window shop, to see different things and to make purchases there. I like to eat fast food, I like A&W- as they have good pricing. The different shops have nice clothes.

Chinook's Movie Theater is good and very big. There are different kinds of coffee shops. You can see many people there. There are different kinds of movies, and you can choose any movie you want. You can see the popcorn restaurant between the movie theaters 1,2,3,4,5 and movie theater 6, 10. The movie theaters 6 and 10 are next to the coffee shop Tim Hortons. The coffee shop Tim Hortons.is in front of the play station. There are many kinds of games, but if you want to play, you need to buy a card and put money to play games. I like it there, it is very interesting.

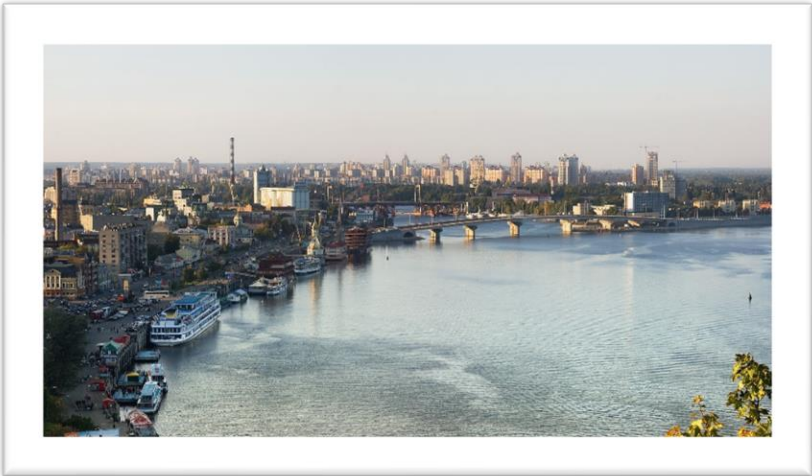




My Favorite City



Kaohsiung City  
by Nelli



Dnepr, Ukraine

My favourite place to visit is Dnepr, Ukraine. It’s on both coasts of the river Dnepr. Dnepr is an industrial city. Also, there are many museums, restaurants, colleges, universities and academies. There is National University between botanical garden and Gagarin’s park. Opposite this university, there is the University of transportation. There are many beautiful churches. The church Preobrazheniye is near the center of the city. There is a very big regional hospital next to the church.

Along the center street there is a construction of the Underground. There is a big supermarket and a bank near the downtown hotel. There is a monument of Viktoria (Victory) on the central plaza downtown. There are several bridges across the river Dnepr. Also, there are many beautiful beaches along the river. In the Central Park there is a large statue to Taras Shevchenko. I like my native city very much.



by Maki

My favourite place to visit is Turkey. I want to visit my niece there. She is studying to be a professional doctor. I am going to spend about 4 days there. There are many nice places to enjoy. After that I will travel to Afghanistan with my niece and my husband. In Afghanistan we live near the zoo and a big park, it is so beautiful.

by Fatemeh

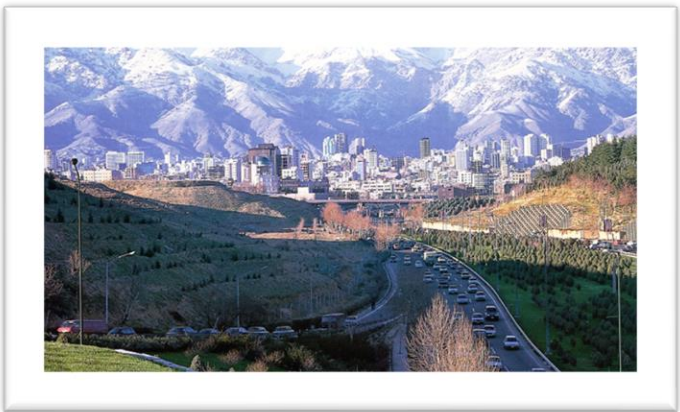
My favourite city is Tehran. Tehran is the capital of Iran. Tehran is in the north-east of Iran. There are many mountains around Tehran. Tehran has many big parks and beautiful historical buildings and museums. Also, there is a tower in the east, the name of it is Milad Tower. In the north of Tehran there are two big parks which are connected by a beautiful bridge, it’s called Nature Park. The architect is a young woman. There are a lot of people living in Tehran. Tehran has very heavy traffic, but it is very beautiful and frequently visited, especially in spring and summer.



Kabul’s Zoo



Istanbul-Turkey



Tehran