

EQUILIBRIUM SCHOOL

Issue # 19

THIS MONTH WE ARE HAPPY TO ANNOUNCE THE EQUILIBRIUM SCHOOL IS A BENEFACTOR FOR APAC, WHICH IS WONDERFUL. THE SCHOOL HAS BEEN VERY SUPORTIVE OF OUR ART AND ENCOURAGES US IN MANY WAYS. WE ARE THANKFUL FOR ALL THEIR SUPORT. Page 3.

Terry FOX
Fundraising
Page 6 and 7.



November 2023

Huge thanks to David Vink, Marketing and Corporate Events Specialist at Olympic Oval Faculty of Kinesiology | University of Calgary for the complementary passes to the Olympic Oval. You made many students very happy! More on Page 2.

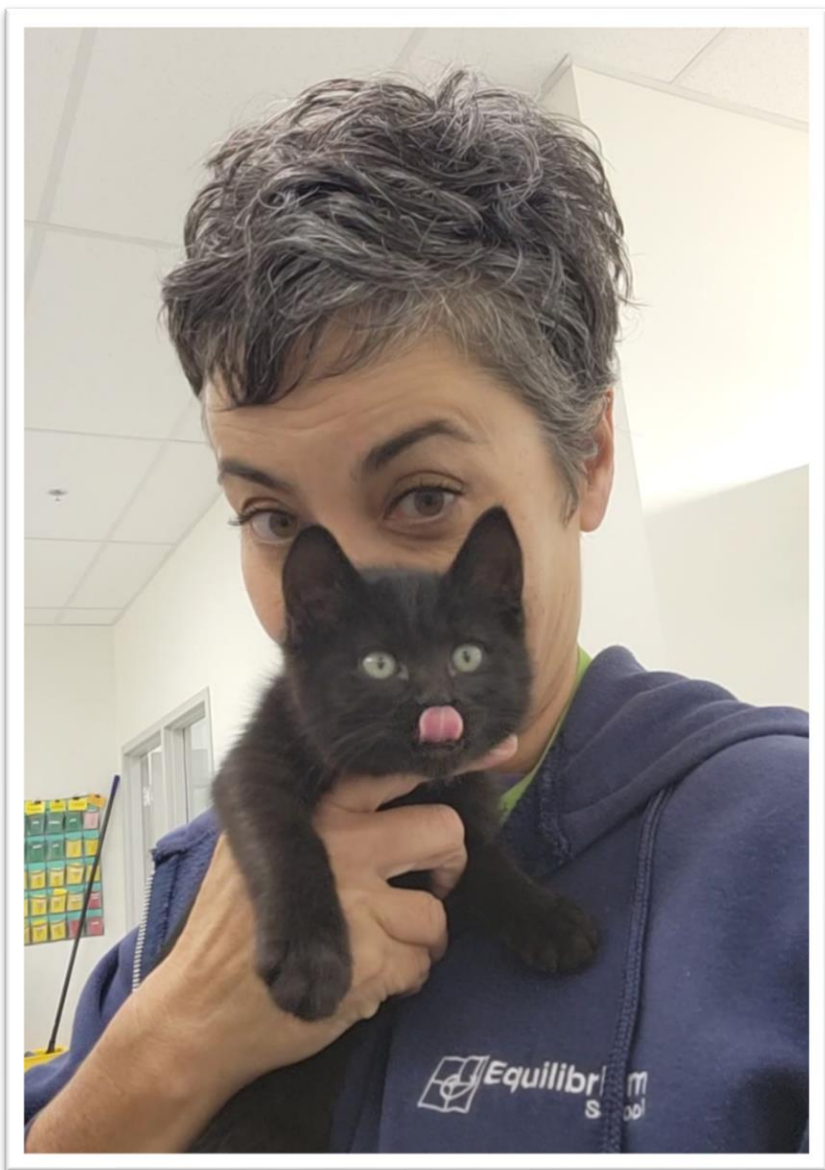


Volunteering
Page 2



VOLUNTEERING

Tina took the picture at the Calgary Humane Society when she was volunteering recently. This little kitten is available for adoption and was quite happy playing with the string from her **Equilibrium hoodie**!



Why I Volunteer – Tina Jensen

I started volunteering at the Calgary Humane Society (CHS) in Fall 2010. The CHS is an animal shelter that takes in all kinds of animals that have been lost, abandoned or abused. Their mission is “To Help As many Animals as We Can,” and I am always amazed and impressed at the difficult and wonderful work they do. They have just celebrated their 100th anniversary!

When I was looking for a volunteer opportunity, I chose the CHS not only because I admire them but also because I had positive experiences there before: my first cat, Finn, came from the CHS in 1995 (he lived to be 20 years old!). Plus, my family always had pets (cats, dogs, birds, rabbits, gerbils, and a hamster), so I grew up loving animals.

I volunteer every week for about 2 hours. I have had various volunteer responsibilities there: socializing with the adoptable cats so they will get over their fear and shyness, writing the little descriptions of the adoptable cats to attract attention of potential adopters, and taking photos of the adoptable cats for the website.

Nowadays, I am an “Adoptions Assistant” which means I do different tasks that help out the Adoptions Department. First, I feed the cats that get evening meals – this is usually kittens, which means I get to play with kittens every week! When that is finished and all the dishes are washed, I check with Adoptions staff to see what they need – sometimes I do laundry (you would not believe the mountains of sheets and towels that need washing!), sometimes I put away donations, sometimes I mop the floors...once I even got to spend an hour talking to a lonely parrot.

You can imagine how hard it is every week to see all the cute little furry faces and not take them all home! Since I started volunteering, I have adopted three chubby, stinky lovable adult male cats and a big, friendly rabbit. I heard that on average, CHS volunteers and employees have 4-5 pets...a few years ago, I had 4 cats and a dog! Now I just have 2 cats and the rabbit, and they keep me busy. They roam around my house all day doing cute and funny things. It is very rewarding to see how happy they are when I come home, and they are always near me. I love them so much. I am grateful to the CHS for bringing my best little buddies into my life.

I am not and probably will never be rich or famous. I can't change the world and I don't know if I'll even make a difference. However, if my time spent volunteering at the CHS can help give even one little lonely animal a loving home or let one person experience the unconditional love of an adopted animal, then I am happy. This is how I give something back for all the blessings in my life.

And that is why I volunteer at the Calgary Humane Society.

“The greatness of a nation and its moral progress can be judged by the way its animals are treated.” (Gandhi)



Thank you, David.
You have made
our students very
happy with free
passes.

Porcelain Artists of Canada

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THEY HAVE BEEN VERY SUPORTIVE OF OUR ART AND ENCOURAGE US IN MANY WAYS. WE ARE THANKFUL FOR ALL THEIR SUPORT.

APAC IS NOW FULFILING OUR LONG-TERM DESIRE TO HAVE A PERMANENT EDUCATIONAL COMPONENT. GLENDA LENZ WILL BE WORKING UNDER THE AUSPICES OF APAC FOR HER CLASSES BEING HELD AT GO-GETTERS. WE HOPE TO ENCOURAGE NEW PAINTWRS AND POSSIBLY MORE TEACHERS IN THE YEARS TO COME.

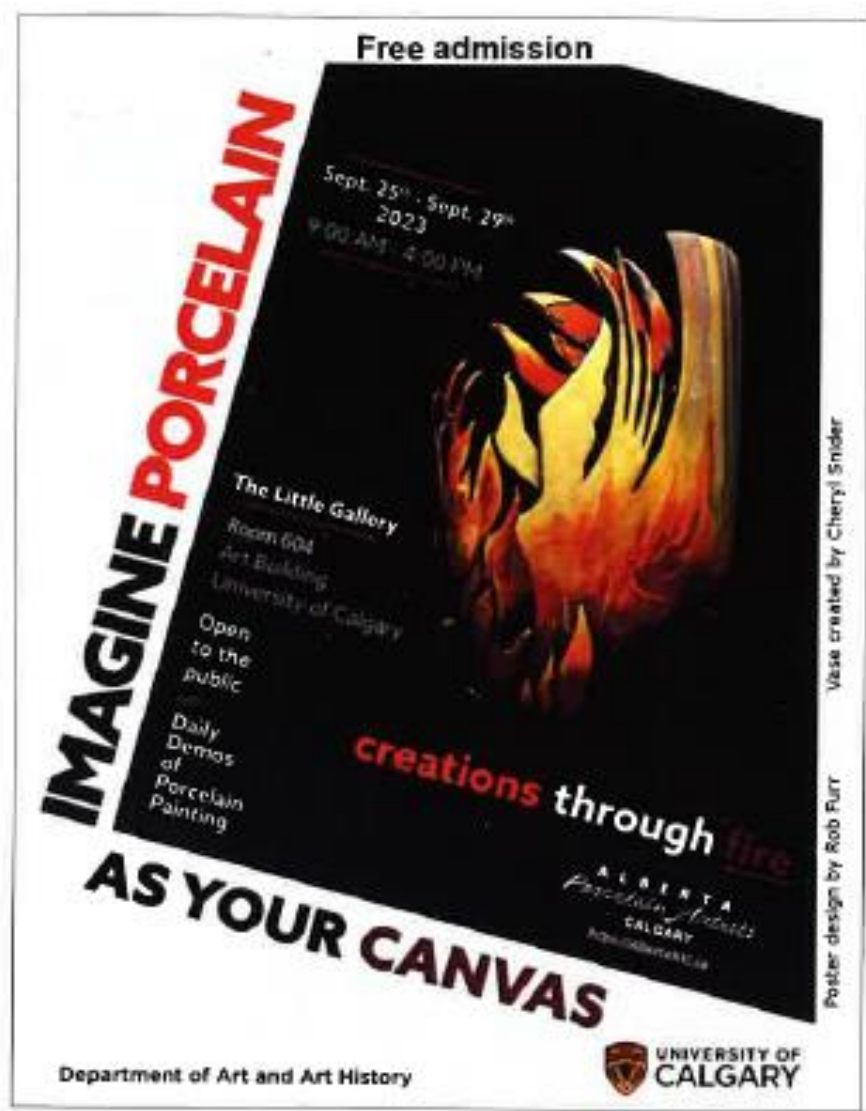
PROVINCIAL REPRESENTATIVE MARION HINCH.



Our talented Antonia V.



Porcelain Artists of Canada



Alberta Exhibits!

The Alberta Porcelain Artists, Calgary, is excited to report on its first Gallery Showing of Porcelain Art. With the generous effort and support from Equilibrium School and one of its teachers, APAC was able to obtain access to The Little Gallery at the University of Calgary for a week-long showing of over 150 pieces of Porcelain Art with 16 of our local artists contributing to the show. We showcased different styles and techniques, including lace draping, roquewood, portraiture, and Canadiana modern, along with subjects ranging from sea creatures to snow grannies. Almost 200 people came through our doors - most of whom had never heard of Porcelain Art.

The preparation time, effort, and artistry that went into this show was very much worth every minute. We are happy to report that APAC acquired four new members and two new class students. We contacted students within the University of Calgary Art Department and 16 of them are interested in learning more about this art form. We met with university professors as well, and we went a long way towards removing the perception that Porcelain Art is not an art form. *One thing was very clear about that perception - framed work shows that this is an art form.* We connected with outside contacts as well, including Sacred Arts Guild of Alberta, University of Art & Design, and Foundation for the Arts. We also connected with the photography department, whose experience we can draw upon in the future.

Our next step is to plan a workshop for the interested students. We are exploring the possibility of hosting it in February 2024 during Reading Week. We are also letting them know about our ongoing classes on Tuesdays and Fridays.

Some of the feedback we received: "So amazing! Thanks for sharing" "Excellent art - all very beautiful" "Speechless. Wonderful." "I am currently speechless about high quality and detail of every artwork. It feels like I am in some kind of new world." "Lovely exhibition with a wide variety of styles and exemplary technique." "A very unique exhibition" "Amazing! Thank you for sharing with the world!"

We inspired new artistic ideas, we learned a lot, and we look forward to what the future might bring. We thank the efforts of every single member of APAC, without whom this would not have happened. We thank and recognize Equilibrium School for its support, and Julia Licznisky, a teacher at Equilibrium and a student at the University of Calgary, for her willingness to connect us with the University and the countless hours she spent working with our members to make this amazing experience happen.



Show Committee: Glenda Lenz, Julie Liczniski (Art Department liaison), Donna Romano, Linda Stewart



Peintres sur porcelaine du Canada



novembre 2023

Porcelain Artists of Canada

APAC would also like to recognize and thank Professor Rob Furr, who helped sponsor our show with the University and who designed our amazing advertising poster; Satoko Onada, Marketing & Communications Specialist, U of C, for going above and beyond to help promote and advertise our show throughout the entire University campus; Greg Marshall, the Gallery Coordinator; and Steve Nunoda and Alex Linfield for all their technical support.



Glenda Lenz demonstrating



The team from Equilibrium School, our Patron



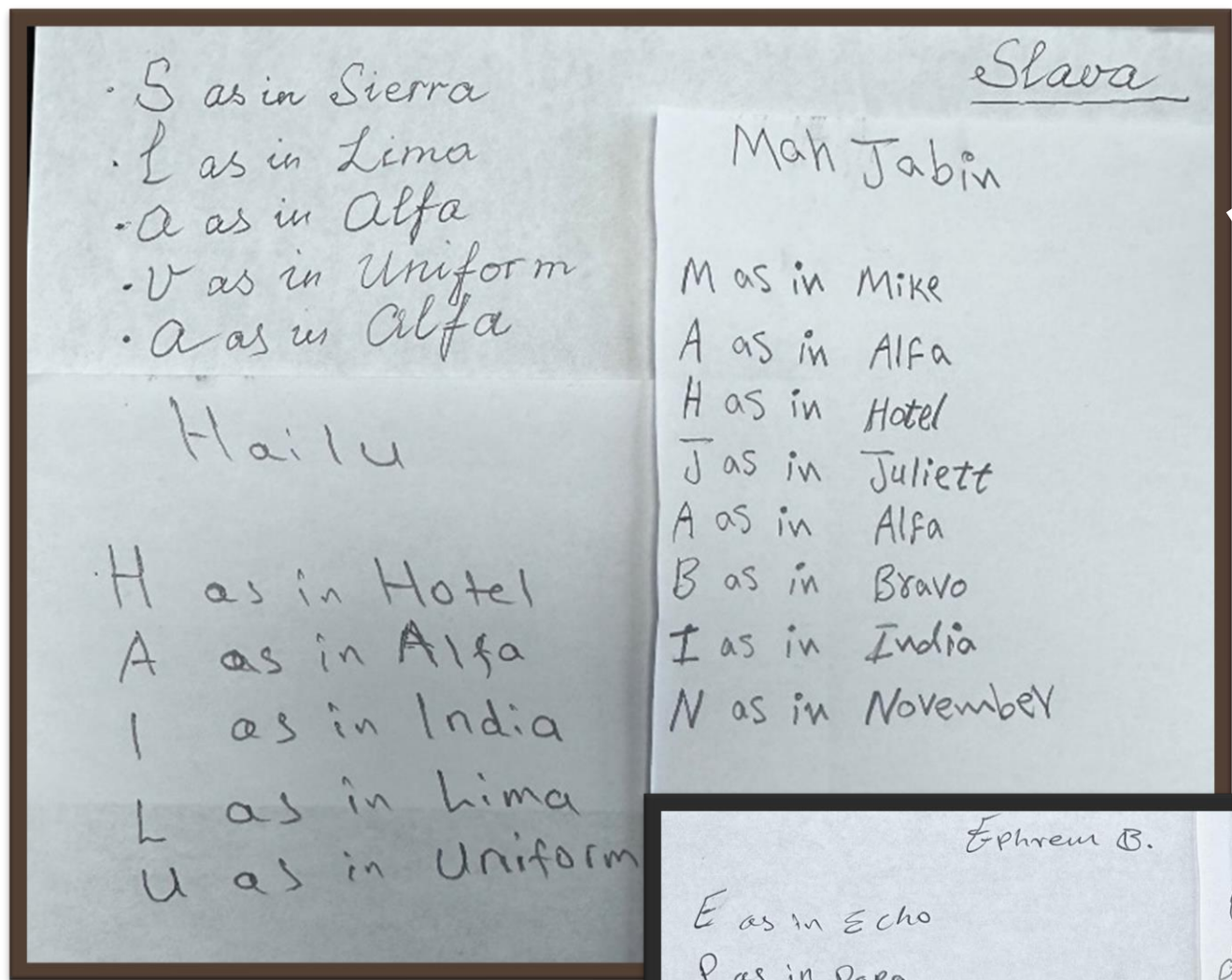
Phonetic Alphabet

Students in Fatima’s class have been working hard on their speaking and listening skills using some useful strategies such as different methods of note taking skills and using the Phonetic Alphabet. Students have found this particularly useful when English is not their first language!

The Phonetic Alphabet can be applied in various contexts as shown by elli. com, one of the resources used by instructors to extend student’s learning.

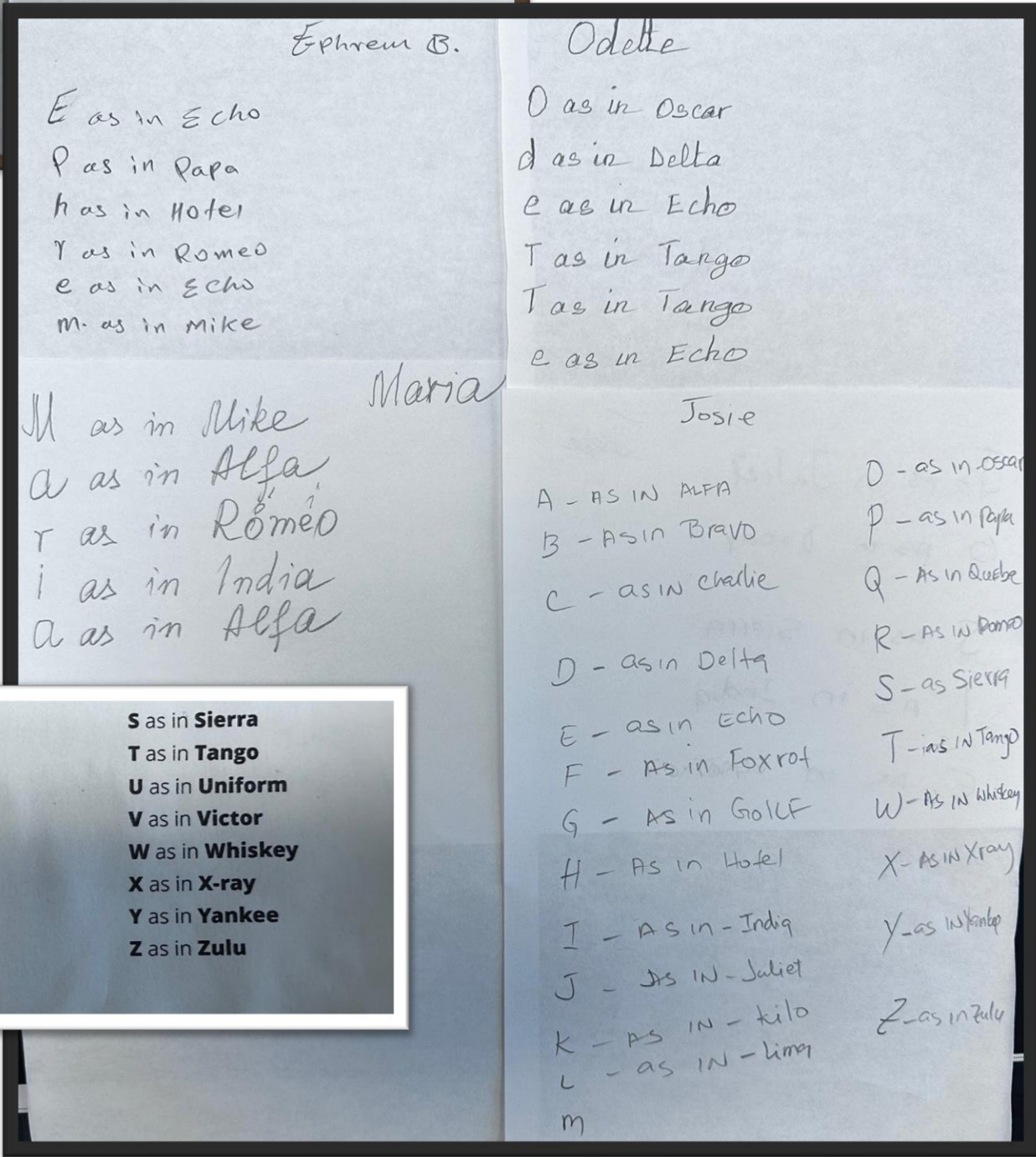
Our topic: “Organising” is where students were truly able to use the Phonetic Alphabet when roleplaying meeting/connecting with people around the globe and given an exposure for Trade shows and exhibitions through their textbooks and audio recordings, as well as real life tasks for phoning about a conference and making invitations and socializing with clients whose names can be unfamiliar or difficult to pronounce!

By Shyrose J.



ROMEO
Delta
TANGO

ECHO
ALFA



A as in Alfa	J as in Juliett	S as in Sierra
B as in Bravo	K as in Kilo	T as in Tango
C as in Charlie	L as in Lima	U as in Uniform
D as in Delta	M as in Mike	V as in Victor
E as in Echo	N as in November	W as in Whiskey
F as in Foxtrot	O as in Oscar	X as in X-ray
G as in Golf	P as in Papa	Y as in Yankee
H as in Hotel	Q as in Quebec	Z as in Zulu
I as in India	R as in Romeo	

BRAVO



Pictures by Hadleigh B.



Andøya Space Center in Norway

In 2022, Andøya Space celebrated 60 years in space. The very first sounding rocket, Ferdinand-1, was launched from Andøya on August 18th 1962.

The main objective was to study the northern lights from within. The area Oksebåsen at Andøya provided both northern lights, existing infrastructure with an airport, airbase and harbor, and was conveniently located on the waterfront with miles of open sea with limited traffic.

Andøya Space provides space-related education for all target groups – from kindergarten children and schoolchildren to teachers and university students.

Andøya Space has been collaborating with higher education for years and every year Andøya Space offers various internships, bachelor’s and master’s theses.

Every year a large number of pupils, students and teachers participate in space education activities at Andøya Space. This allows the students to use actual equipment and methods used in professional science missions, creating a unique and inspiring learning experience.

Several student sounding rocket courses are conducted every year for pupils, students and teachers, where participants are split into smaller groups to do practical and theoretical work as if in a real sounding rocket mission. The groups perform simulation of a rocket trajectory, set up telemetry transmitter and receiver systems, build the rocket payload and assemble the rocket. Participants are then stationed at various locations at the space center to take an active part in the rocket launch and later in analyzing the data received during the rocket’s flight.

Students at university level from Norway and Canada travel to Andøya Space for a week with an aim of building and launching a student sounding rocket. In addition to lectures and lab work, there are social gatherings, nature experiences and cultural exchange.

The student work is largely hands-on, and directly affects the outcome of the sounding rocket mission.

The rocket is assembled and tested before it is brought out on the launch pad. During launch, students act as mission managers, telemetry operators, payload managers, and more. After launch, students analyze the rocket flight and the received data, summarizing their findings in a short final report.



Equilibrium
School

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TREADMILL CHALLENGE

OCTOBER 16-19

For every **kilometre (KM)** added to this treadmill, Equilibrium School will donate **\$1** to the Terry Fox Foundation!

The person with **the most KMs** will win a prize!

F
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X



Equilibrium
School

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TREADMILL CHALLENGE

OCTOBER 19, 2023
9:00am - 12:30pm

Wear your best sports clothing!




F
O
X

Terry Fox Quotes

"I've said to people before that I'm going to do my very best to make it, I'm not going to give up. But I might not make it... if I don't, the Marathon of Hope better continue."

"There can be no reason for me to stop. No matter what pain I suffer, it is nothing compared to the pain of those who have cancer, of those who endure treatment."

"I've got cancer in my lungs. We have to go home and do some more treatments. But all I can say is that if there is any way I can get out there and finish, I will."

"Today we got up at 4:00 am. As usual, it was tough. If I died, I would die happy because I was doing what I wanted to do. How many people could say that? I went out and did fifteen push-ups in the road and

took off. I want to set an example that will never be forgotten."

"I got satisfaction out of doing things that were difficult. It was an incredible feeling. The pain was there, but the pain didn't matter."

"To me, being famous myself is not the idea of the run, and it wasn't from the very beginning. To me, the only important part is the Marathon of Hope."

"It took cancer to realize that being self-centered is not the way to live. The answer is to try and help others."

"I could not leave [the cancer ward] knowing these faces and feelings would still exist, even though I would be set free from mine. I was determined to take myself to the limit for this cause."

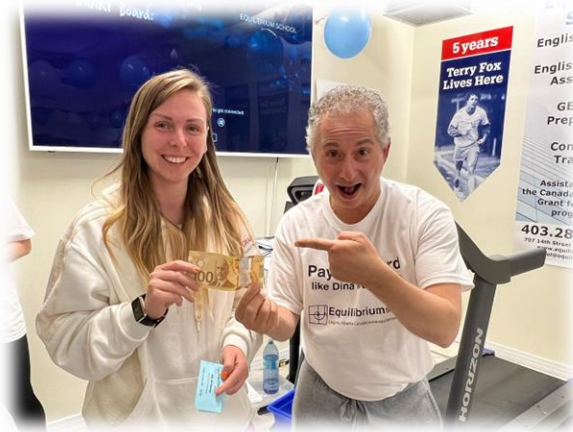
"They seem to forget what I'm doing this for. They think I'm running across Canada

on some kind of an ego trip. It is a personal challenge, but I'm trying to raise as much money as I can for a very important cause. I need their financial support."

"People take it the wrong way when I say I want to run alone. But I have to do it my own way. I have to really concentrate to ignore the pain and keep going. Sometimes I'm actually crying while I'm running but I just don't think about it."

"I set daily goals for myself, and it's really important that I achieve them. I need to have a daily sense of accomplishment. I know if I fall short of those goals that I will never finish."

"I decided to take it (cancer) as it was. I didn't want people to feel sorry for me. I wanted to do everything I could, everything that could be done."





TERRY FOX

Our Terry Fox Fundraiser was a great success today 🙌🇨🇦 Thank you everyone for the great job! We are very proud of our students & staff!





I am thankful to God for wonderful nature that gives us the air and water that are very necessary for living. I gave thanks for my family and for the new members who bring joy to my life. I give thanks for my health, for living in this wonderful country that is so welcoming and full of opportunities. I am grateful for waking up every day with enthusiasm and with the desire to continue learning and taking advantage of everything that life offers me. I give thanks for humanity.

Haneth



I am thankful for every breath of air that enters my lungs sometimes I really appreciate how we are so lucky to be human beings equipped with the most sophisticated nerve system with the latest technology for each part of our body. Yes I'm thankful to God the best caricature for my life and family also my friends as much as my classmates.

Nagdi

"Life is strange, beautiful, and terrifying ... and I am thankful for every minute of it that I have had."



Thanksgiving



I am thankful to God for giving me a beautiful family. I love my family so much. My children are my life. I am also thankful for my husband who gave me a beautiful life in Canada. He bought two beautiful houses for me. I thank God for giving life to my son because he was sick when he was born. I can't imagine living without my family. I love my family so much.

Bakhshish



I'm thankful to God for giving me health.
I'm thankful to God for giving me the opportunity to see a new day.
I'm thankful for living in Canada.
I'm thankful for receiving my Canadian citizenship last year.
I'm thankful to have my parents alive.
I'm thankful for the opportunity to study English and improve it.
I'm thankful for having home and food.
I'm thankful and happy for all that God has blessed me.
I'm thankful for having a good summer this year.

Giovanni

THANKSGIVING

Thanking God for salvation and creation. He saved me like I became his loved one. I always thank my creator, so he needs thankfulness. I can't wait to praise God because this world was made by him too. I adore him cause he created animals and they are my healthy food. When we eat goat meat, I get more vitamins all the time. He takes care of humans, that's why he is receiving thankfulness from the humans. I couldn't wait to give thanks to my creator.

Galy



I am thankful for my wife. I have the most wonderful wife in the world. She is not too tall and not too short. She is the most beautiful woman in the world. She bakes the best brownies ever. Yum. She also helps me with homework. She hugs me when I am sad. When we went on vacation last year, she made sure that none of our family members got lost and she did all the planning. I am thankful for my wife.

Adhanom



Im very thankful because she came to my life to make to us happy. Her name is Clara Sofia. She my son's first daughter.

Diana



I am really thankful for WCB because they support me in my difficult situation. They provided me with a laptop and English class to improve my English so I can find a desk job for myself. Now it is my return to learn English to find a desk job or to join college and study one profession.

Thanks
Noorullah



Someone I love so much is the world famous Ababa Biqila. This picture was taken on June, 25th, 1961 in Osaka, Japan. He didn't give up, he was very strong.

Hussein

THANKSGIVIN

A Positive Change

Over the last year, while I have been recovering from foot surgery, I have made a big change in my diet which has had many positive results in my life. My daily routine, my food choices, as well as how I budget for food has all improved. I feel better and started to walk more and spend more time outside. The overall results are quite gratifying and I will continue to practice a healthy lifestyle.

To start out, I knew losing excess weight would give my foot a better chance during recovery. My daily routine has improved as I now plan meals and eating times in advance. The amount I spend on fast food or restaurants has decreased significantly as well.

Next, some of the immediate results such as exercising and physiotherapy began to seem easier as well as my energy levels

increased. This motivated me to exercise more frequently doing activities such as yoga and weightlifting and most recently some cycling and walking.

Overall, the results are all extremely positive. My self-esteem has improved. In addition, my neck, back, and other joints feel better at the end of the day. I have had to downsize all of my clothes this past year but in general clothing fits and looks better.

To conclude, my physical as well as mental health have improved which is going to give me a better chance at success as I start the next chapter of my life. Taking care of your physical and mental well-being is very rewarding.

By T.Roth – GED

Halloween



2023

Halloween Fun Time

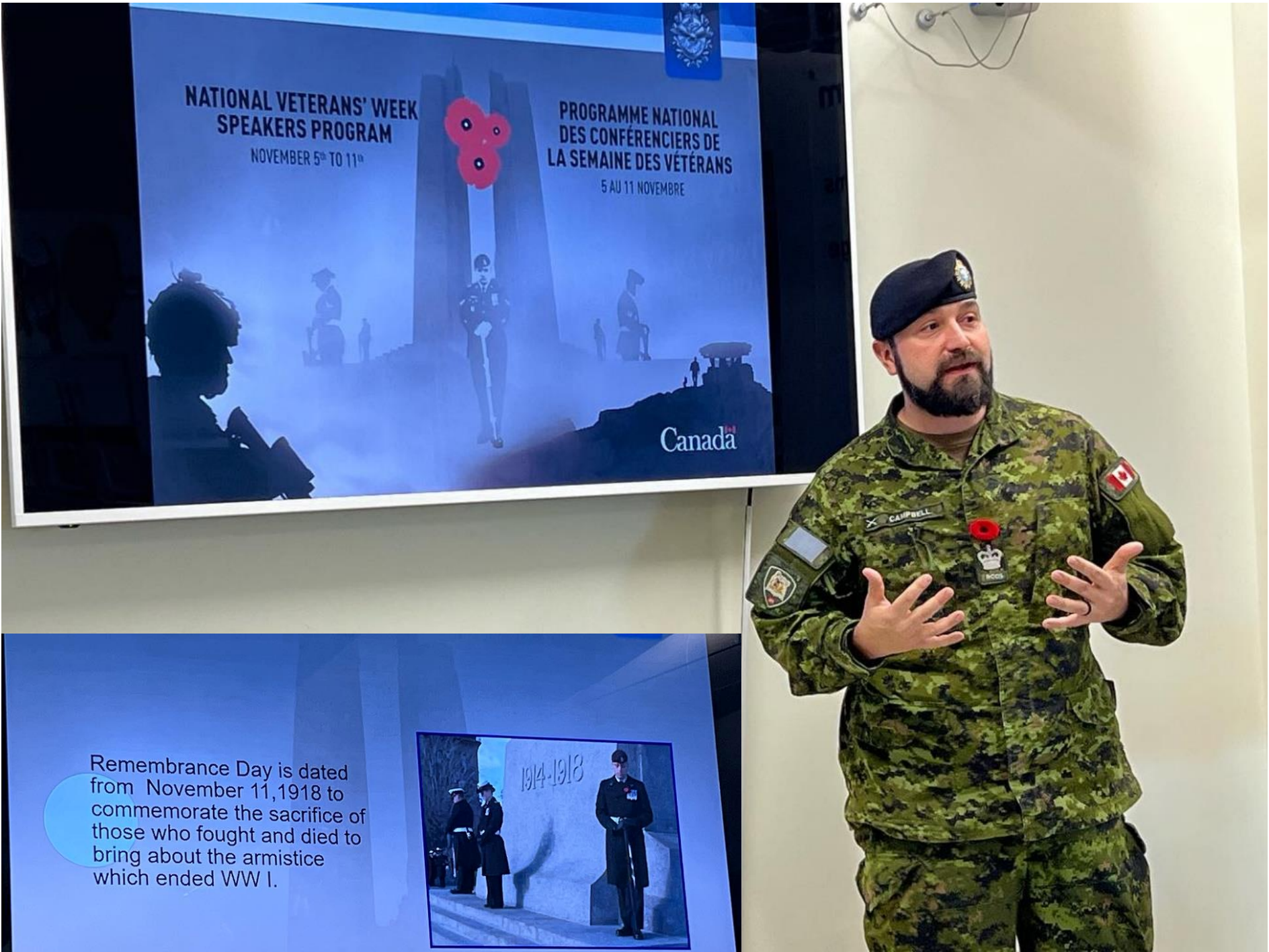




Halloween

Remembrance Day

Huge thanks to Warrant Officer, Tyler Campbell for his visit today in lieu of the Remembrance Day.



Lest we forget



The History of piñatas for Christmas.



Pictures by Martha I.

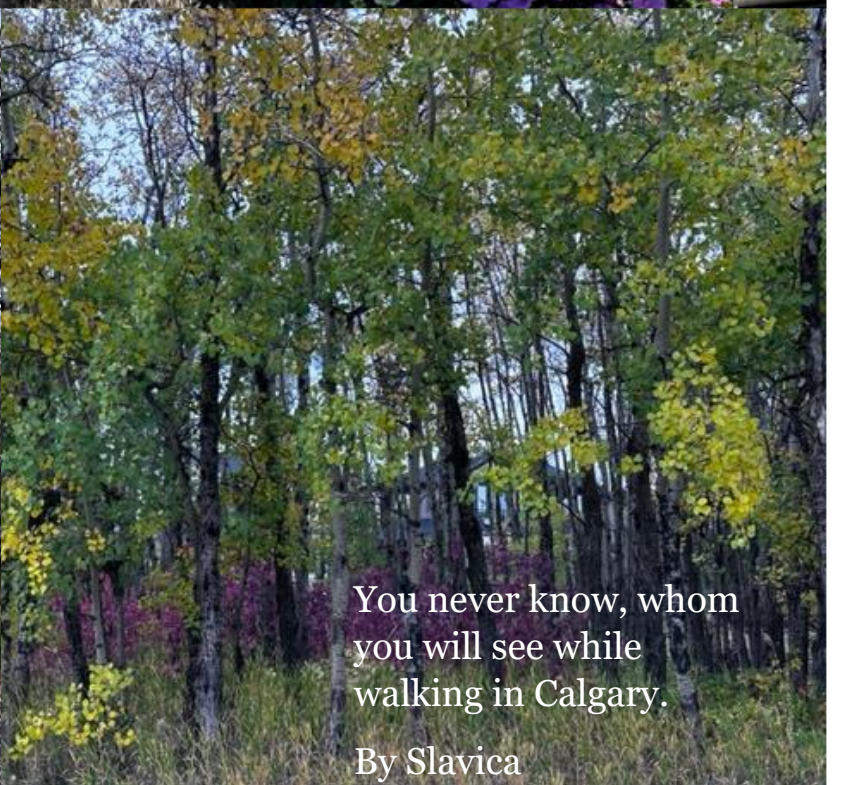
Piñatas

In Mexico, Christmas festivities officially begin with the Posadas, a series of nine parties occurring every day from the 16th until the 24th of December. Posadas are said to have been invented by the Spanish priests who in their attempt to convert the locals to Catholicism began holding nine masses before Christmas due to the similar timing of the celebration of the birth of the Aztec god of war, Huitzilopochtli. This gave way to the syncretism of both traditions, melding both the Aztec and Catholic holidays into one.

Posadas occur in the evenings, consisting of a reenactment of Mary and Joseph asking for lodging before arriving at the manger. During this reenactment, half of the people stay inside, these are the innkeepers, and the other half goes outside singing and asking for lodging in a candlelit procession that lasts until they reach the place of the party (where the innkeepers are). Once they let them in, the party begins. During the party, Christmas carols are sung, fruit punch is consumed, and a star-shaped piñata is broken. This is the original use of a piñata, a custom that was later adopted for use in birthday parties and other festivities.

Although piñatas have largely lost their religious connotations and are now made in a wide variety of shapes, the traditional piñata is star-shaped and has 7 points, symbolizing the seven deadly sins that are broken by the stick, representing the strength and faith in God. The person attempting to break the piñata must be blindfolded. Once the piñata is broken, the filling, consisting of traditionally candy, fruits and peanuts, is released for everyone to enjoy.

Interesting fact: In Tepatitlán, Jalisco (Mexico), the world's largest traditional seven-pointed piñata was created in 2010. It measures 11.2 meters, is made of fiberglass and weighs 350 kilograms.



You never know, whom
you will see while
walking in Calgary.
By Slavica

