

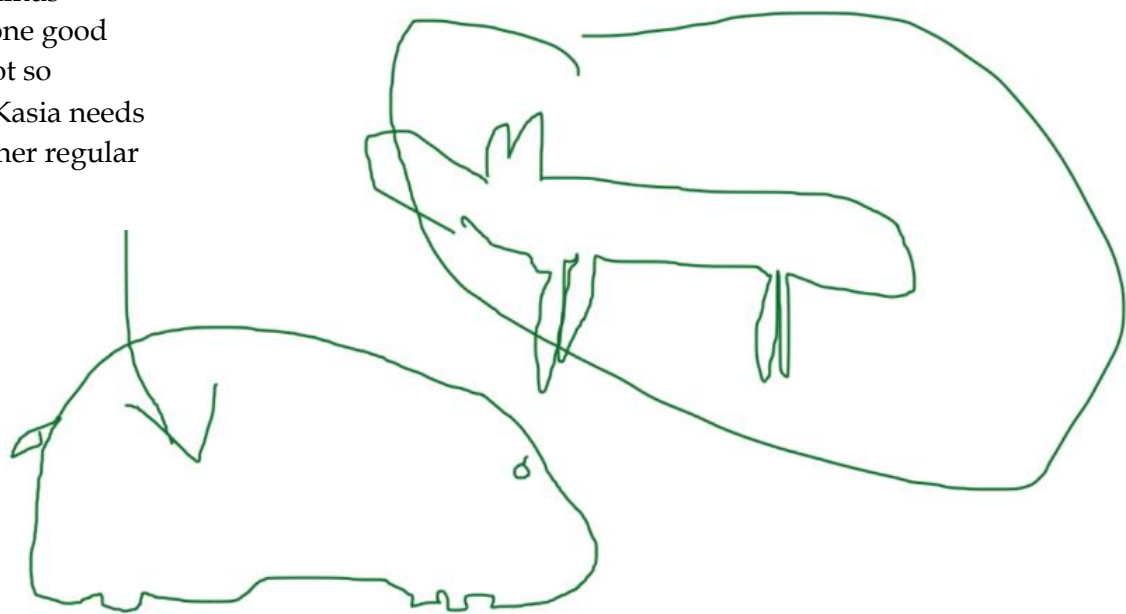
EQUILIBRIUM SCHOOL

Newsletter # 12

February 2022

CHRISTMAS FUN

Hippopotamus drawing, one good and one not so much. 😊 Kasia needs to stick to her regular job. ❤️



Anna saved the game with her drawing. ❤️



We had some Christmas fun. Wait until you see George's lovely drawing Page 7.

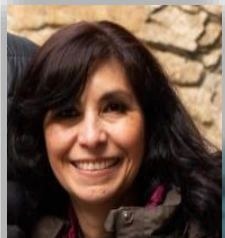


In 2020, Equilibrium School commissioned the Alberta Porcelain Artists, Calgary, to create hand-painted coasters for its clients. We would like to introduce you to the people who participated in this project. Alberta Porcelain Artists, Calgary, is grateful for and excited by the patronage of Equilibrium Schools, and we thank you for challenging us to be a part of the very important work Equilibrium Schools offers. See page 2, 3 and 4 for more.

ALBERTA PORCELAIN ARTISTS Calgary

Artists' Biographies

COASTER PROJECT 2020-2021



**Antonia
Velazquez**



**Glenda
Lenz**



MARGIT DAMGAARD



**Nancy
Beamish**



**Donna
Romano**



Marj Cherer



Angela Pirie



Janet Reardon



Cheryl Snider



**Marion and
Alan Hinch**



Linda Stewart

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ANTONIA VELAZQUEZ (President, APAC)

Toni was born in Mexico, where she began her passion for painting. She immigrated to Calgary in 2015 with her family. While the first years in Canada were very difficult, Toni found a group of porcelain artists at the Confederation Park 55+ Centre. It was there that Toni became part of a wonderful circle of friends that helped her adapt to a life in Canada. Toni has been an invaluable member of APAC for about five years, serving as both Vice-President and President. Her favorite subjects to paint are bugs and flowers, and her favorite piece is a box that she designed herself. She loves painting with enamels. Her least favorite subject is birds. She says she can't make them look fluffy.



Glenda Lenz_(Vice-President, APAC)

Glenda first observed a Ceramic Therapy class in 1967, which began her journey and passion with Fired Arts. In 1974, she opened a home studio to teach the techniques she had learned under many local, national, and international artists; and, in 1978, she began teaching Porcelain Art classes at Confederation Park 55+ Centre – a position she held for 42 years. She now holds these same classes at the Go Getters Association at West Hillhurst Community Centre. In addition to teaching, she has judged many art shows, published many of her original works, and taught hundreds of students this beautiful art form. She has been an active member of APAC and Porcelain Artists of Canada for many years and willingly and joyfully shares her knowledge of this Fired Art form with everyone she can. Glenda is the artist who created the theme and scene for Equilibrium’s coaster project.

Nancy Beamish

Nancy started painting with her mother at home in Regina, Saskatchewan, and has been painting for over 50 years. Nancy’s mother, a member of the International China Painting Teachers Organization (now IPAT), arranged for Nancy to learn under Tory Hallett, a teacher in Calgary. Nancy has been a member of APAC since its inception in 1978, holding the positions of President, Secretary, and Treasurer (sometimes more than once!) over the years. Nancy taught Porcelain Art for over 15 years and enjoys painting flowers most of all. One of her favorite memories was attending a Porcelain Art school in Colorado, where she learned from Wanda Clapham, a renowned porcelain art teacher. Nancy’s favorite piece is the Clematis (partly because she has trouble growing them!).

Marj Cherer

Marg, a native Calgarian, has been china painting for over 35 years. She first learned about the art form from her mother, who was a painter in the 1930’s. Marj has been active with APAC for over 30 years, holding the positions of Secretary, Treasurer, and Librarian. Her favorite subject to paint is flowers, while her least favorite is animals. Her most treasured piece is a trivet with pansies. One of her favorite memories with APAC was the meeting where members brought in a show and tell of other hobbies and crafts they loved to do.



MARGIT DAMGAARD



A native of Denmark, Margit has been china painting for about 14 years and her favorite subject to paint is “anything nature”. She started Porcelain Art when she decided to paint accent tiles of mushrooms for her kitchen. Her favorite piece is a modernized vase of the Crowsnest Mountains. It was her first work using a minimalist style and brings back wonderful memories of camping there with friends. She also won second prize with this piece in the Calgary Stampede Western Showcase art show. She has been a welcome member of APAC for about two years.



Alan Hinch

Alan is a native of Tasmania, Australia. He claims Marion coerced him to start painting about six years ago. He loves painting aquatic animals, and his favorite piece is a vase showing prehistoric aquatic animals. Although Alan is not a member of APAC, he happily contributed his skill as an artist on the coasters for Equilibrium School. One of Alan’s favorite memories was a porcelain art show in west coast Australia aboard a ship.



Marion Hinch

Marion was first introduced to Porcelain Art when a friend showed her a plate with a Santa on it. That was over 23 years ago, and Marion has been painting ever since. Her favorite subjects are people and her most treasured piece is a portrait of her granddaughter. She has been a member of APAC for over 20 years, holding the position of Treasurer for some of those years. She and Alan, who also is a Porcelain Artist, have travelled to Australia to participate in the Australasian Porcelain Art Convention – a long way from Lethbridge, Alberta, where Marion was born.

Angela Pirie

Angela has always loved art, even as a child. She pursued that passion at the University of Alberta in Edmonton, with Art being her major in Education. She taught high school in Lloydminster and elementary in Sherwood Park, and she incorporated art into every subject she taught. She migrated to Porcelain Art before she retired from teaching and loves making new discoveries, making new friends, trying different ideas, and teaching a project from time to time.



Janet Reardon

Jan comes from a background in acrylic painting, needlework, and quilting. She started Porcelain Art about seven years ago, learning locally and through international seminars. Portraiture and landscapes are among her favorite subjects; flowers undoubtedly her least. Her magnum opus in her portfolio is a 2015 portrait of her first granddaughter. Janet hails from Lethbridge, Alberta, but claims to be a Calgarian through and through. She has been a member of APAC and PAC since 2015.

Donna Romano

Donna, a second-generation native Calgarian, has been around Porcelain Art most of her life, watching her mother paint since 1974. She learned some of the basics from her mother, and then life took a different path until 2016, when she was invited to join an APAC meeting. Donna was quickly surrounded by caring, supportive, and talented artists who encouraged her to explore, learn, and develop a deep love for Porcelain Art. She has been Secretary of APAC since 2019. Her favorite piece is a winter bluejay which developed an unexpected love for painting birds and animals. She loves to be introduced to all aspects of Porcelain Art, even when they do not turn out as anticipated.

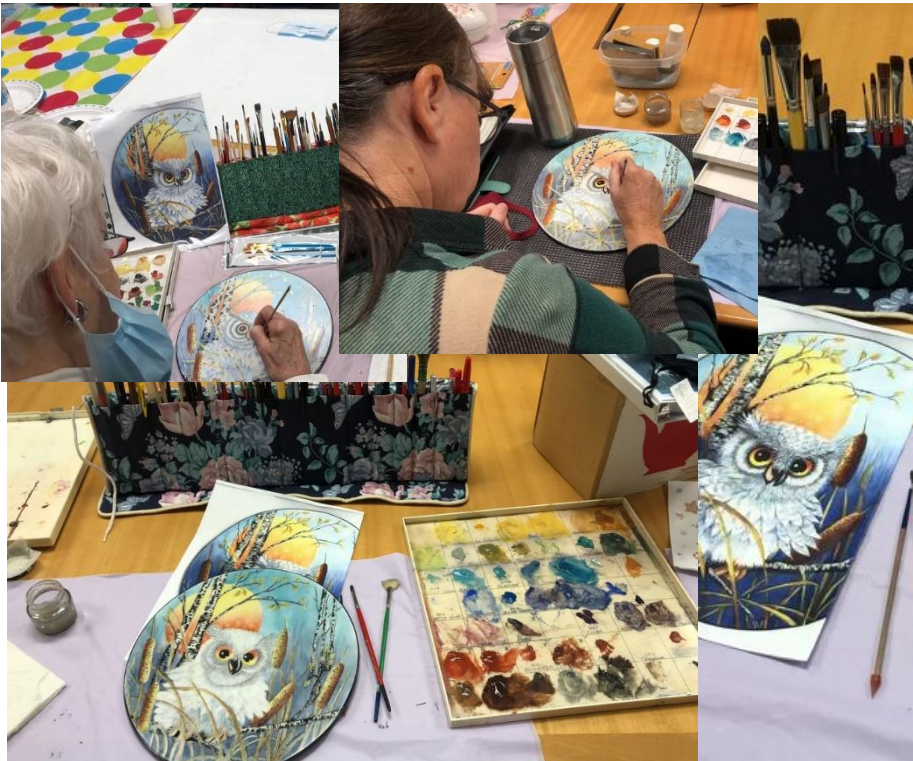


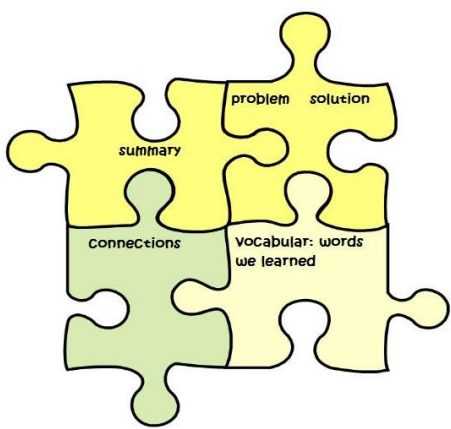
Cheryl Snider

Cheryl, a native of Nipawin, SK, has been painting and creating for many years. She has been with APAC for about three years, and loves trying new techniques and subjects. She enjoys multi-media projects that will combine porcelain art with other techniques, such as sculpting or wire wrapping. She finds creating her work from the very beginning and planning it through sometimes involves more work than painting it. She loves being a part of other artists, where she can find inspiration and motivation. Cheryl's work has also won a ribbon at the Calgary Stampede Western Showcase. Cheryl was instrumental in planning our coaster project, and she worked with Glenda to ensure APAC would create quality pieces for Equilibrium. She is thrilled by Equilibrium's patronage of the art of porcelain painting.

Linda Stewart

Linda started painting in the 1980's at The Hodge Podge Shop in Crossfield. One of her favorite memories is taking a seminar on painting a red fox with renowned teacher Nina Smith. She realized how much she loved this art form when she caught her husband proudly showing the piece off to a co-worker. Linda has taught and continues to encourage fellow painters. She has been an APAC member for over 20 years, holding the positions of Vice-President, Secretary, and (now) Treasurer. She chaired the National Porcelain Artists Convention in Calgary in 2000. Her favorite subjects to paint are animals and holds a portrait of her friend's dog, Penny, as one of her most treasured pieces. She loves taking seminars and workshops and learning new techniques and styles that she can incorporate into her own pieces.





Tina's PM ESL class Jigsaw activity

We read 3 different articles from the Terry Fox Foundation website. Each group had to summarize their section, teach some new vocabulary and mention the most interesting thing they learned. - Tina

osteogenic sarcoma - bone cancer; the cancer that Terry was diagnosed with.

diagnosis (n) - what the doctor tells you is wrong (diagnose - v)

appeared (v) - something that comes/shows up

bald (adj) - having no hair on your head

courageous (adj) - noble, uplifting. Makes others look up to you and encourages others

effort (n) - something that takes hard work, taking your time/work

combined (adj) - to mix, join

modest (adj) - humble, not proud

ignite (v) - to light a fire/start something

ignition (n) - starts the car

raise money (v) - to collect money

"His orbit was local" - he was only known around his small group of friends and family (he was not globally famous)

unimaginable (adj) - beyond imagining, you can't believe it. Terry went through unimaginable pain.

souvenir (n) - something you keep as a reminder of an event/person/place.

blustery (adj) - blowing, strong, cold wind

pledge (n) - a contribution to a cause

motorcade (n) - a group of vehicles that follow a person/car for safety/protection

marvelous (adj) - wonderful

puffing (v) - breathing hard, trying to get breath

puffy (adj) - swollen (eg. If you cry/don't sleep enough, you will have puffy eyes)

irritable (adj) - when you are annoyed/in a bad mood (because of lack of sleep, illness or stress)

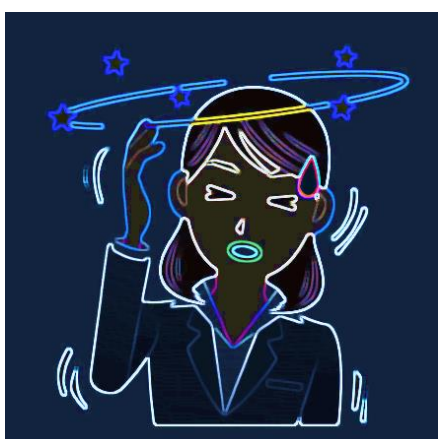
irritate (v) irritation (n) irritated/frustrated (adj)

weary (adj) - very tired

wearing down - getting tired/getting old

worn out - used up, no more energy/no more ability

dizzy spell - a short time when you feel unsteady, like you are going to fall



MOLDOVA

BY VICTOR-Computer student



MOLDOVA

REPUBLIC OF MOLDOVA BY VICTOR



My town in Moldova is BRICENI.
The town is located in the north of the country on the border
with Ukraine.



Moldova has a nice climate in all seasons.
Every season lasts three months.

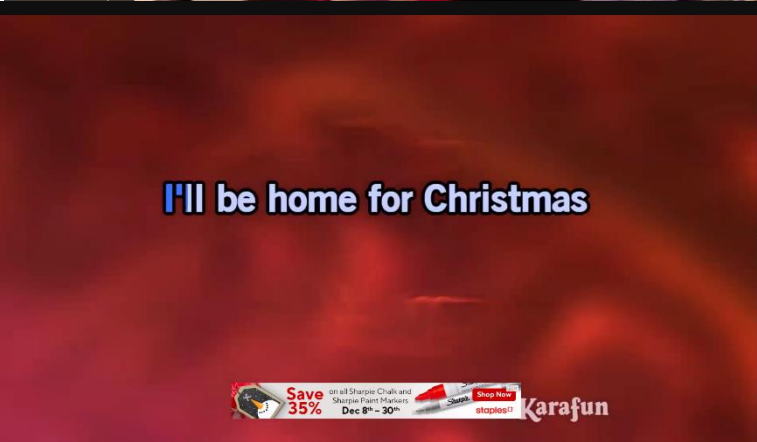
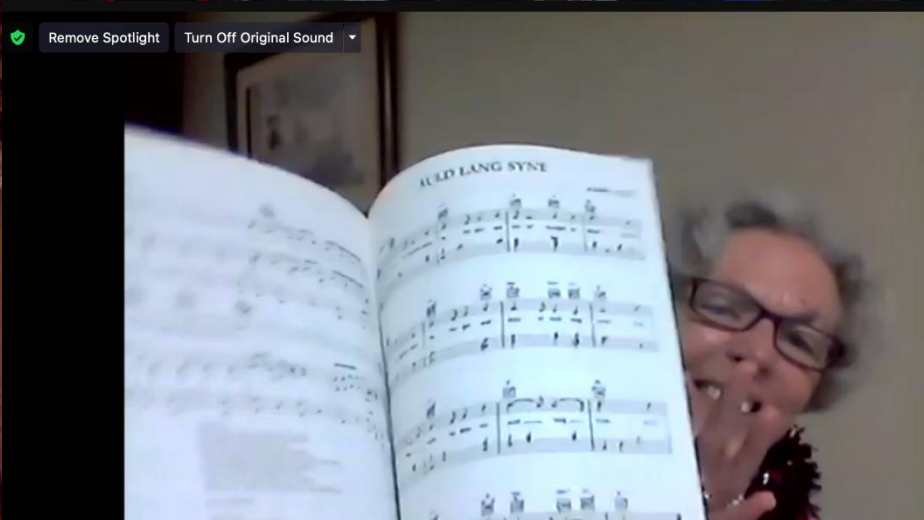


The famous Moldavian vine is Cricova. The vine is exported to
many countries, including Canada, USA, France and others.



Activity in Moldova
People in Moldova enjoy their activity such as biking, hiking
and motorcycling.

CHRISTMAS TIME IN OUR SCHOOL



2021 Christmas Events in Calgary and area



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A Christmas Carol: Theatre Calgary

- Max Bell Theatre, Arts Commons, Calgary
- November 30, 2021 To December 24, 2021

The Polar Express™ Train Ride

- Aspen Crossing, Mossleigh, AB
- November 16, 2021 To December 24, 2021

The 12 Days of Christmas

- Stage West Dinner Theatre, 727 42 Ave SE, Calgary
- November 27, 2021 To December 24, 2021

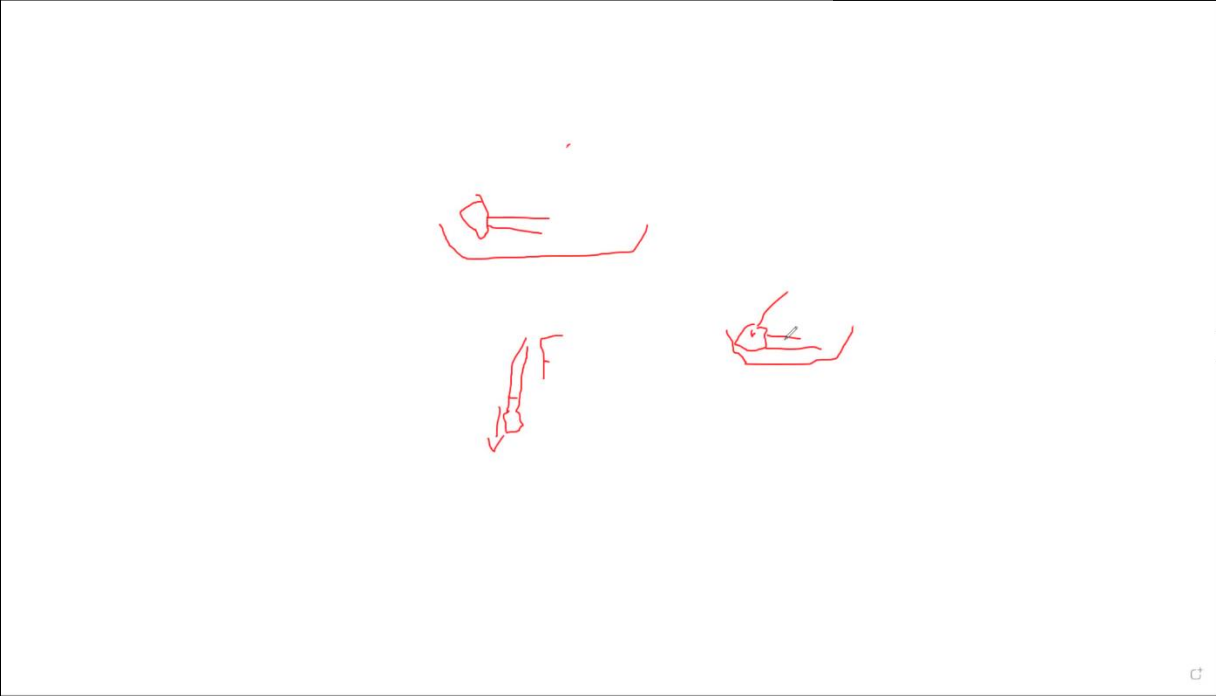
Lougheed House Christmas

- Lougheed House, 707 - 13 Ave SW, Calgary
- December 2, 2021 To December 22, 2021

<https://www.todocanada.ca/christmas-plays-calgary/>



CHRISTMAS TIME IN OUR SCHOOL



George's famous drawing!
Can you guess what George was drawing?



Happy NEW YEAR!

Tina's PM ESL class - 20min New Year writing

1. What was the best part of the break?
2. What was the best part of 2021?
3. What are you looking forward to in 2022?
4. Do you have any New Year's Resolutions?



Johnny

#3: There's many things that I'm looking forward for this new year 2022. One of them is better health for me, my family, my close friends and all the people that are suffering in this world. Another thing is to see this COVID situation disappear as soon as possible, but I have a feeling that it might take more time, and this topic could go on and on... and to make the list a bit short....I'm looking forward also to traveling more.

Abdel

#1: The best part of the break was when I invited and gathered with closest friends in my home. I bought one lamb and one goat from the farm and made nice delicious dishes with whole lamb. All of us enjoyed the party, had fun and played some nice games and challenges as well having lots of jokes.

Kosta

#3: This year I want to try a lot, however, I will not have enough time and I do not want to do everything in periods. The first thing I want to do is find a job to earn money for my needs. I would like to buy myself a more powerful computer and new phone. The second thing I really want is to fly to my hometown. I want to see my friends. I have not come to my country since the beginning of the pandemic. Like many others, the pandemic had a very bad effect for me. Being in isolation for the third year in a row, it made a difference in my life. I still think that these changes have been good for me and alone I am developing as a person, however I am very bored without friends. Last but not least, I want to do the new hairstyle that I saw in my dream. 4 braids along my head were made very neatly, 2 on the sides and 2 more on top, and on the back of my head I had a simple small braid. This hairstyle looked very modern and interesting.

Cynthia

1. The best part of the break is that I spent a good time in fellowship with churchmates. We waited for 12am. We sang and praised to the Lord.
2. The best part of 2021 is that we can go out now, no lock down; we can go to the restaurants, we can go to other countries and meet our friends.
3. Looking forward to finishing my ESL class and after that I'll enroll in SAIT.
4. I have my New Year's resolution to conquer my fears and step out of my comfort zone.

Taghrid

The most important thing in our life is to have break from the work every once in a while. So, we had a good and relaxing winter break. Every day I had something special; for example: I gathered with my husband's family a lot. After that, we cooked delicious Syrian food. I slept over at my sister in law's house for two days. Actually, it was a fun time for us especially because we changed our routine slightly. In addition, during the break I was thinking about my future; what do I want to do this year? I am looking forward to finishing my program. Next, I want to get my Canadian citizenship. Then, travel to see my family in Syria. Also, my resolutions for this time are focusing on study and pushing myself up in English as much as I can. Lastly, I always request from my God (Allah) to see everyone happy and healthy, help me to be stronger in every step and line I am taking. Protect my children and everyone's children too.

Rossana

#1: The best part of the break is I had done many things I couldn't do since I started learning online class. The first thing I did was to do general cleaning in my apartment. I started in my room so I had to sort my clothes by separating the casual clothes and the winter clothes. Next, I went to the kitchen and I got rid of the kitchen utensils that I don't need. Then, in the pantry I threw away all the canned foods that were expired. Last thing, I had to do general cleaning every corner of the apartment. I wanted my place clean and tidy before the new year. I was happy I was prepared before the new year came.



Writing with Idioms - Tina's ESL class

We learned some idioms from ESL Library "Everyday Idioms" and the students used them in their own writing:

- *heart-to- heart*
- *see it my way*
- *been down this road before*
- *once in a lifetime*
- *apple of my eye*
- *brush up on*
- *count on someone*
- *24/7*
- *need a hand*
- *pass up something*
- *a good head on one's shoulders*

Taghrid

Traveling and being too far from your family is too hard. Sometimes I feel I need a heart to heart with my parents. I know that they will support me 24/7. Usually they see my way with support. Even after I get married they still help me as a mom. Especially I have never been down this road before; I need their hand actually because feeling lonely is very hard in this big country. So, I know they are happy for me because I have a better life and they passed up when I declined traveling; they said, It's a once -in-a lifetime opportunity. Lastly I would say I'll stay because I need them and love them. They are the apple of my eye.

Rossana

I just called my friend and we had a heart to heart talk. It's about the once in a lifetime opportunity to learn English. I have to brush up on my English knowledge. So, I asked if I could count on her. She said I am available 24/7 if you need my help.

Asma

I want to brush up on my English this semester.

I had a heart to heart with my daughter before she got married.

I need a hand to decorate my new house.

I passed up my friend's offer to go shopping.

I always see my husband's way in any decision.

Abdel

1. Last night me and my son had a heart to heart talk. A heart to heart conversation helps to solve family related issues.
2. I trust my son so this why I count on him.
3. I love and care about my mother 24/7. All the time she relies on me.
4. I need to brush up on my piano skill.
5. Absolutely I will attend my niece's wedding; this ceremony is a once in a lifetime opportunity.

Jose V

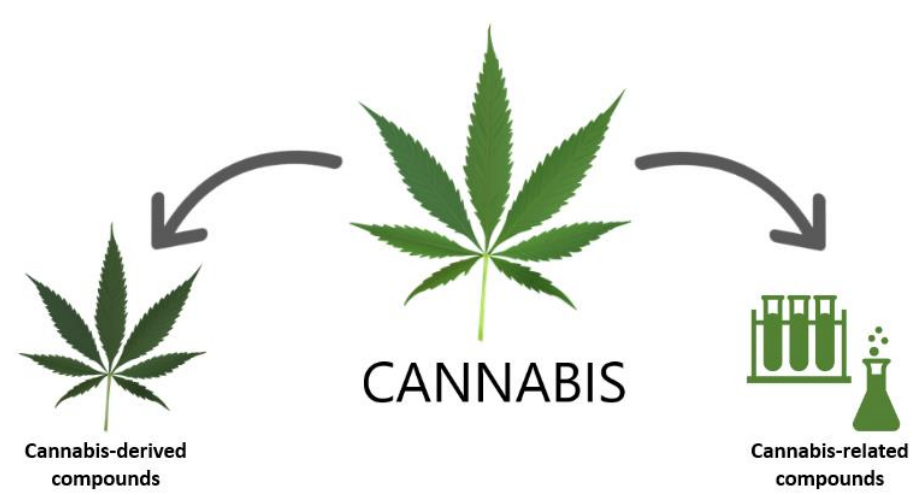
I would like to have a heart - to - heart conversation with my son's teacher about how he is doing in kindergarten pre-school.

When I used to travel to El Salvador, and I did transit in USA airport I had to have a good head on my shoulders to change airplanes and do all the paperwork and most important, find my way to the designated gate. When I immigrated illegally to the USA, we were a group of people who often had to make decisions that will help us to survive another day. From 2003 until 2008, I worked as a truck driver and machine operator in an oilfield at Calfrac well services. After that I didn't drive a tractor trailer because I changed my job's field so now, I'm rusty. If I wanted to come back to being a tractor trailer driver, I would have to brush up on this skill.

The Legalization of Cannabis

by J.M.

The legalization of cannabis has pros and cons. One of the cons is that cannabis is expensive. One benefit of cannabis is that it can help with medical treatments. Another benefit is that it has created jobs for the economy.



Cannabis is very expensive which is a disadvantage. Some people are still buying it illegally from drug dealers. One problem from buying it this way is that you do not know what you are getting. I think it would be safer to buy it in cannabis stores because it must be regulated by the government.

One of the pros of cannabis is that it offers safe medical treatment with fewer side effects than traditional drugs. Medical marijuana helps with pain, and it is less addictive than opioids. CBD liquid can be used to help people sleep better. In addition, CBD can help with anxiety.

Another pro of cannabis is that it has created jobs which stimulates the economy. A cannabis greenhouse employs hundreds of people from growing plants to processing and packaging the product. Then the product is transported to stores for sale. There are also people who check the plants for parasites to make sure it is safe.

In conclusion, there are advantages and disadvantages to the legalization of cannabis. The con of weed is that it can be very expensive. The advantage of weed is the medical side of the plant. It also has created jobs for many people.

Written by Jean’s GED client

If I Can Dream - sung by Elvis Presley, 1968

There must be 1. _____ burning brighter somewhere
Got to be 2. _____ flying higher in a sky more 3. _____
If I can dream of a 4. _____ land
Where all my 5. _____ walk hand in hand
Tell me why, oh why, oh why can't my dream 6. _____, oh why

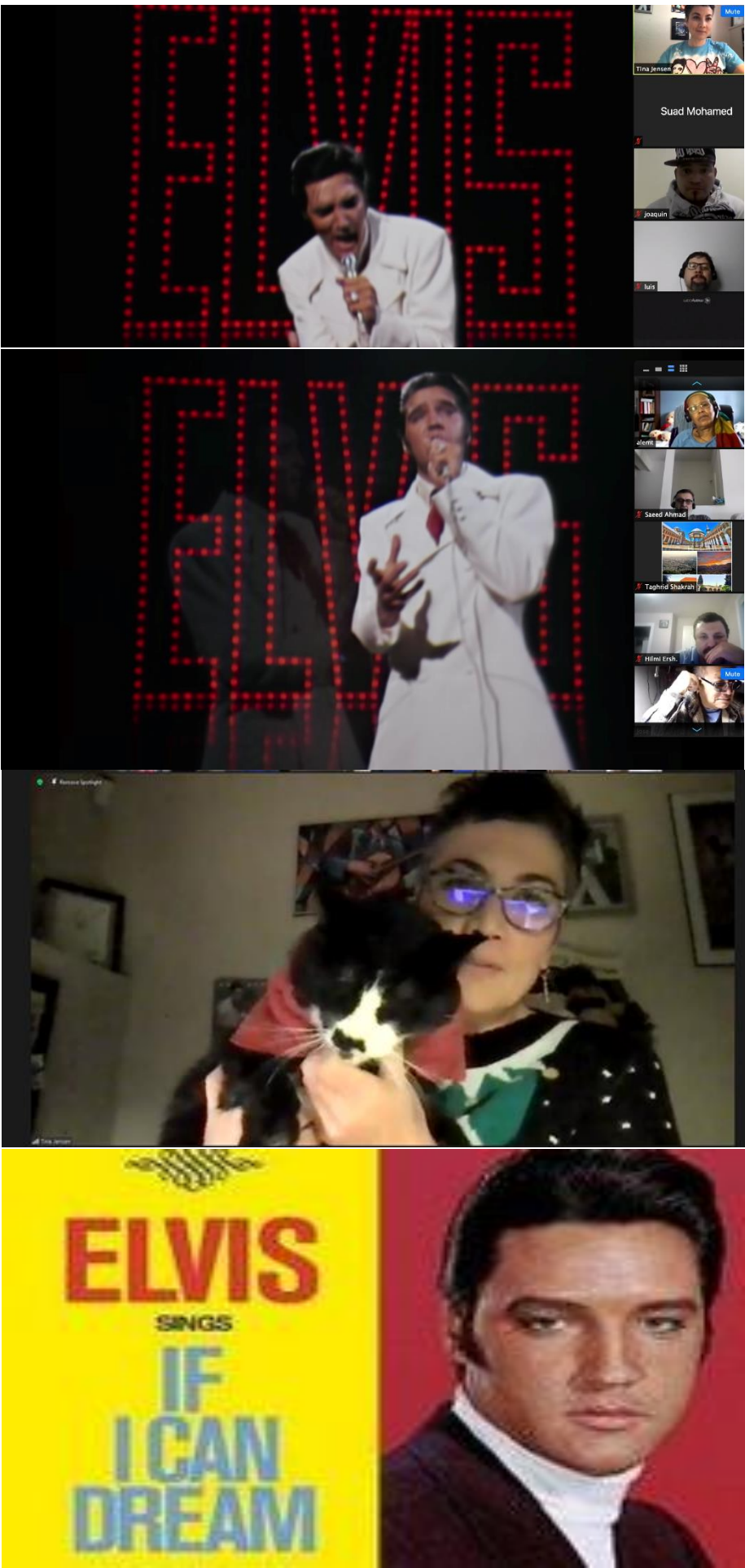
There must be 7. _____ and 8. _____ sometime
Strong winds of 9. _____ that will blow away the doubt and 10. _____
If I can dream of a warmer 11. _____
Where 12. _____ keeps shining on everyone
Tell me why, oh why, oh why won't that 13. _____ appear

We're lost in a 14. _____ with too much 15. _____
We're trapped in a 16. _____ that's troubled with 17. _____
But as long as a 18. _____ has the 19. _____ to dream
He can redeem his 20. _____ and fly

Deep in my 21. _____ there's a trembling 22. _____
Still I am sure that the 23. _____ gonna come somehow
Out there in the 24. _____, there's a beckoning 25. _____
And while I can 26. _____, while I can 27. _____
While I can 28. _____, while I can 29. _____
While I can dream, oh, please let my dream come true
Right now
Let it come true right now



I CAN DREAM



Autobiography of Daniel Desfosses – ESL Student

George's student

Hello everyone. My name is Daniel Desfosses, I am French-Canadian who was born in Montreal in 1971. I grew up in Montreal. Till I was 11 years old, and then I moved to the countryside north of the city. My dad was a supervisor at the James Bay Hydro Dam and spent his time working away up north. I remember cool picture that he used to send us whit bears, moose, deer, and wolves. They had many wild animals out there.

As I grew older. I had a bad friend having a bad friend led me to make terrible decisions. When I turned 18. I turned it up in jail and I did a third of my time. After this, my now ex-girlfriend moved to Alberta, and she asked me to come to Alberta to work. At first, I said no because I was scared. I did not know my English, so it took me a couple of weeks to make the decision to take the plane to come to Alberta.



After I arrived in Alberta, my ex-girlfriend and me we traveled from Calgary to Coronation, Alberta, Where I spend 10 Years working rigs. This was extremely difficult because I did not know how to either speak or print English. The most demanding thing to do was

school. I had to do my WHMIS, H2S first aid, and TDG and to get my Class 3 license. After 15 years, my English was a little better, so I decided to get my BOP ticket and started drilling on service rigs. I was drilling for a few years when an opportunity was offered to me. The position was rig manager. I was a rig manager for six years.

In the year 2010, I changed professions to be a wireline operator. Then on February 14th, 2019, I hurt myself at work. I got caught in a hydraulic spooler and damaged my left hand. I degloved my middle finger and broke my ring finger to pieces. I have minimum function of my left hand and now I am extremely sensitive to cold. The recovery was extremely difficult, and I am still trying to get better to this day. As I started my recovery while on WCB and Covid- 19 happening at the same time, that has been a huge challenge. The doctor could only give me the minimum treatment for my hand, and that did not work good for me.

So now it is time to decide whether to change the type of job I had. I had little education so WCB decided that it would be a promising idea for me to go back to school, so, my first class was computers, which was very cool.

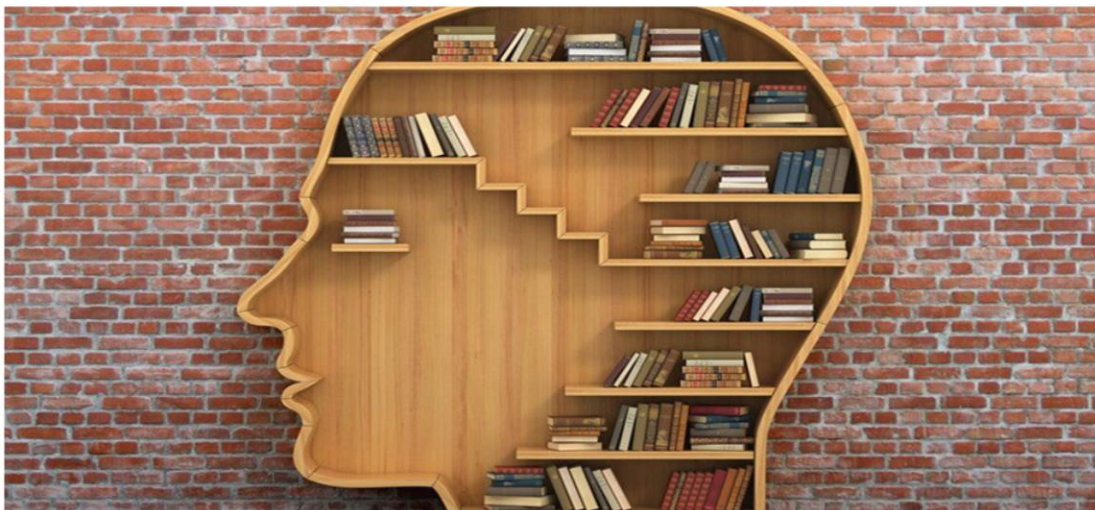
My teachers Zana Dragicevic was very patient. And for me it was quite easy to learn basic skill programs on the computer, like W, Words. An Excel and Power-Point. I had a small amount of knowledge on computers but needed more skills. And let us not forget that I was petrified of computers. The course helped me out, like to be understanding, to be patient, and to take my time. The class was incredibly fun, creative, and constructive. She took the time to help me on dictation and printing. So, I was more prepared for my next step. On my new journey.

Now it is time for me to learn my English grammar, which is the most petrifying moment for me. Now it was time for me to focus on reading and printing. I started my first course with George Van Bruggen another amazing teacher from the Equilibrium school. As we slowly proceeded, I was having difficulty learning to read. So, we started focusing on reading. After a few months, I noticed I was getting better at reading. And now my focus is to make this my improvement. I matter. Now I do not have to focus on different things, so it's easier to talk about my journey of my new life.

Something that helped me throughout my injury and recovery was the app Tik Tok. It is good to know that people just like me need to smile everyday, and that there are good, positive people out there in this world. The community is formidable. Throughout my journey on Tik Tok, I am particularly good at making videos, editing, and making people laugh. But my one big problem was printing, so it was hard to communicate with people. I decided to start doing live broadcasts, and this helps me gain confidence for my-self. Now, going on two years and 25,876 followers later, I'm still having fun.

Thank you so much for reading. And I hope this was not too boring for you.





Daniel Desfosses

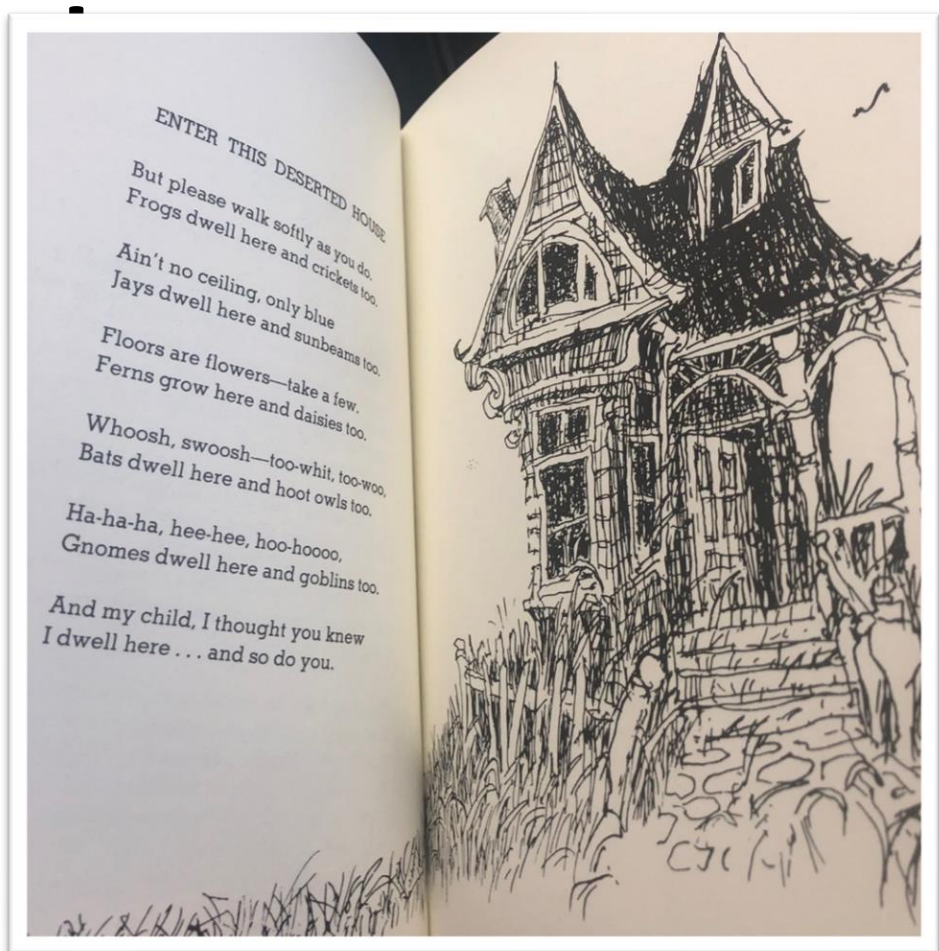


WE ARE TRAVELING AGAIN

The Equilibrium water bottle visited the city of **Lahore** and several ancient architectural wonders like the Lahore Fort, the Shalimar Gardens and the Badshahi Mosque, some of the finest examples of Mughal architecture from almost 4 centuries ago. By Fatima



POETRY CLUB



I've been asked by a colleague to write about poetry and the poetry club. Sadly and quite reliably, she wasn't very specific with her directions, and so I would like to take it upon myself to write about what I think poetry is and why it's important for your development not only as students of the English language, but also as students of the human spirit.

Let's start with a definition. Poetry: "Literary work in which special intensity is given to the expression of feelings and ideas by the use of distinctive style and rhythm; poems collectively or as a genre of literature." Straight from the tome of Ser Google, the end-all be-all of many-a-students' vocabulary query.

And I don't deny this definition. It serves its purpose to define the term quite efficiently. One might say it is a machine-like, well-oiled, and polished definition. Verily functional, indeed.

However, the ball bearings on this definition start to grind when confronted with a truly great poem, a poem that bottles the truth, captures the imagination, or draws forth a tear of empathy, a remembrance of heartbreak, or a burst of joy. When the words shake like an earthquake and shatter like broken glass, when the lines flow like water and crash like waves, the definition of poetry starts to slip.

Sometimes I don't think there is a great definition for poetry. Truth, maybe. The truth we find in the minds and pens of those greatest writers who came before us. The truth of our humanity. The truth of our everyday.

Which makes the study of poetry the study of ourselves.

As students, you may find poetry a good source of vocabulary. You may learn about stress patterns, rhythm and rhyme, comparisons, and many more interesting manipulations of the English language. You can break poems down, do "close readings", where you analyze and interpret them to learn their historical context, grammar, and sentence structure. You can learn about the poet and their reasons for writing the poem and focus your analysis on English and Western culture. You may even connect vocabulary to emotions to better your understanding of the vocabulary itself.

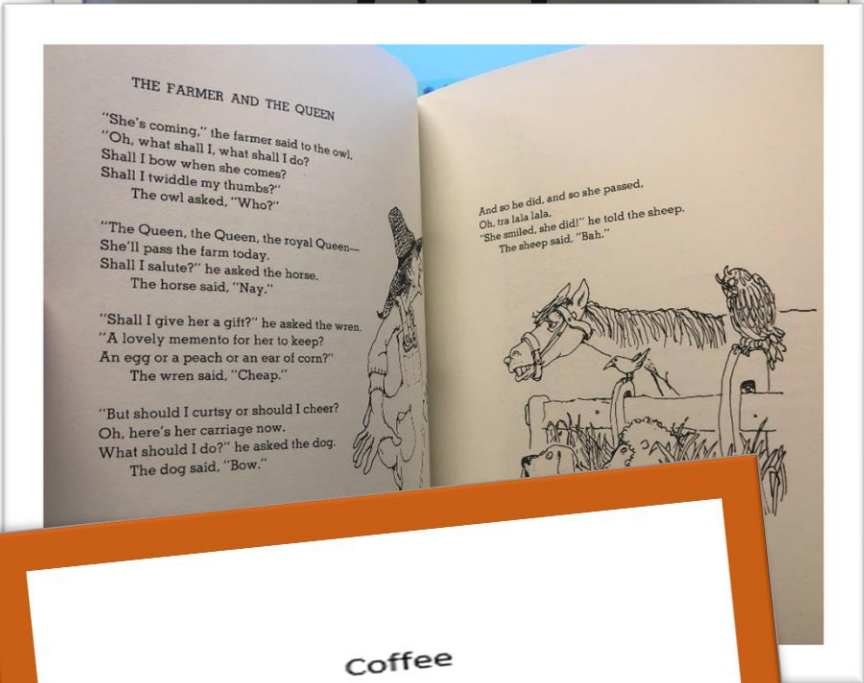
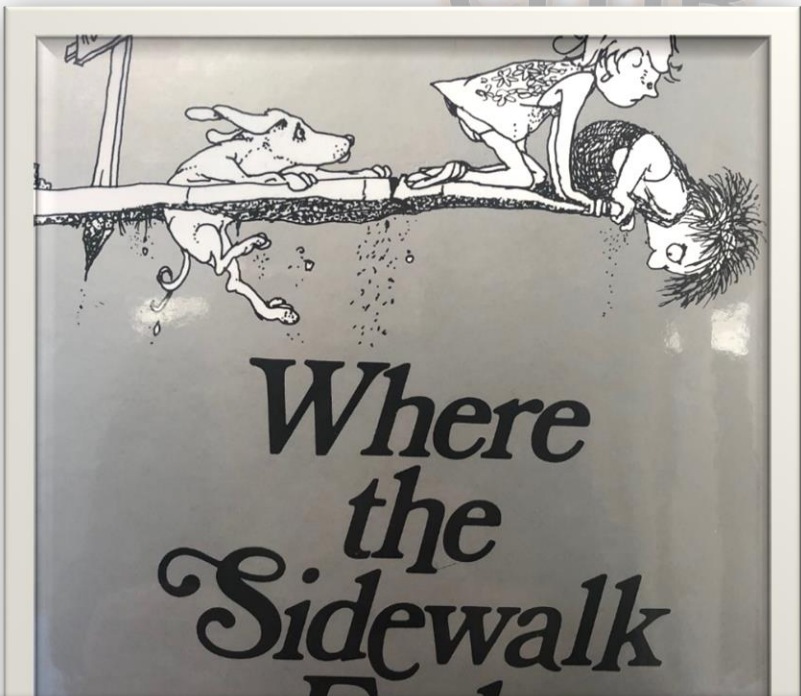
But, if you do so, I believe you miss the point of poetry.

To truly get it, read it. Enjoy it. Savour it. Taste it. Feel it.

My two cents.

Phil

POETRY CLUB



POETRY CLUB

A Poetry Club in the School

Equilibrium starts the year with a ton of new and fun activities for both the students and the teachers. This year we have our very own poetry club thanks to our very creative teachers Phillip Mattie and Shyrose Jiwa who teach ESL, LINC and more. They have formed a four-week club for students to be able to go further on their journey of learning English. Also putting to use their new learned vocabulary and understanding of the language to try a new style of poem writing each week.

Seyyed would be so romantic, he wrote a beautiful Acrostic Poem on romance while another student Janet put across her feelings on the responsibility of being a grandmother. Another student Taghrid told us that she loved composing poetry in Arabic, and this was the first time

Acrostic

• <https://www.youtube.com/watch?v=MfLTzCAulv8>

How to Write an Acrostic Poem

1. Pick a topic that you want to write about
2. Write down your topic 'word' in a vertical line
3. Write down as many words about that topic as you can **on a separate piece of paper**
4. Find the words that match up with the vertical word
5. Add extra words to create sentences



Grandmother

It is a great and unique name, Grandmother. To be known in a group of grandmothers.

As a woman who has grandchildren, who likes to spend time with her grandchildren, who likes to cook for her grandchildren, a grandmother pampers her grandchildren.

I am happy to be called a grandmother and I am proud to be a grandmother.

By Janet

Covid and our lives:

One of the reasons why our teachers wanted to have the poetry club is because most of our students have been shut inside their homes for a long time, they need to be able to talk about their feelings and get their thoughts out. A good way to do it is to work together on writing poems. Poetry is a very accessible medium to Language Learners in English and using it express themselves can be healthy for them. Hearing each other's poems can also help us understand each other's feelings, issues, and thoughts. Who would have thought our student

In the playground where the children used to play,
Now covered in snow, grit, and bits of grass, masks lay.
The sun was shining, the trees stood tall
in the empty yard where kids used to kick ball,
A coyote now stalked, the hare followed him with their eyes.
Wind blew waste all over the place and there were no cries,
Of high school kids who think they know it all,
Of middle school kids who are just on the verge of growing up,
And little kids, who really don't care and would just love to be out, playing, running, shouting,
screaming, and tearing away their masks.

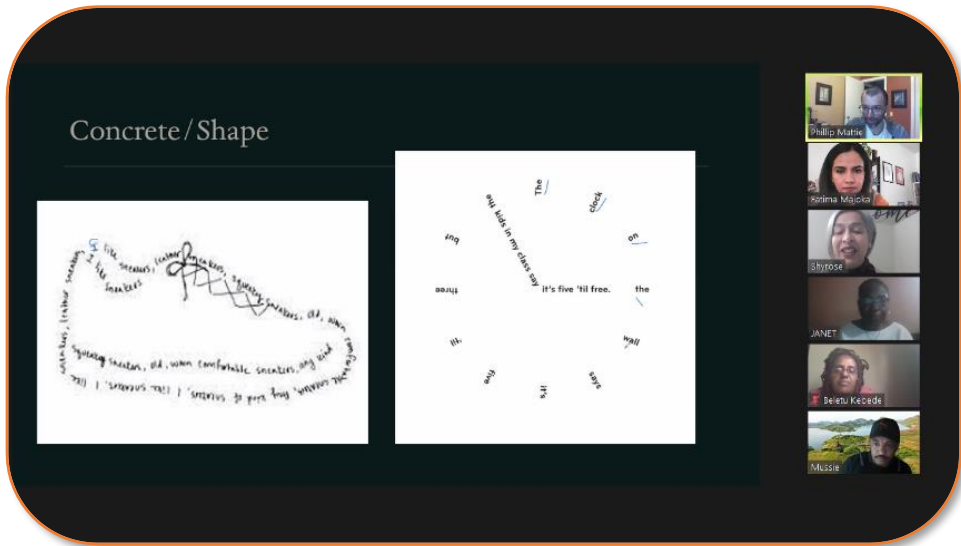
By Fatima.

she realized she could do it in her new language.

The need for a Poetry Club:

What are the benefits of a poetry club? Well, one of our instructor's wrote the following "Let's start with a definition. Poetry: "Literary work in which special intensity is given to the expression of feelings and ideas using distinctive style and rhythm; poems collectively or as a genre of literature", And I don't deny this definition. It serves its purpose to define the term quite efficiently. One might say it is a machine-like, well-oiled, and polished definition. Verily functional, indeed. However, the ball bearings on this definition start to grind when confronted with a truly great poem, a poem that bottles the truth, captures the imagination, or draws forth a tear of empathy, a remembrance of heartbreak, or a burst of joy. When the words shake like an earthquake and shatter like broken glass, when the lines flow like water and crash like waves, the definition of poetry starts to slip.

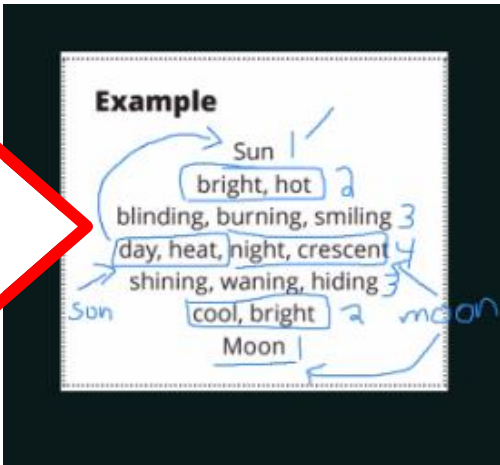
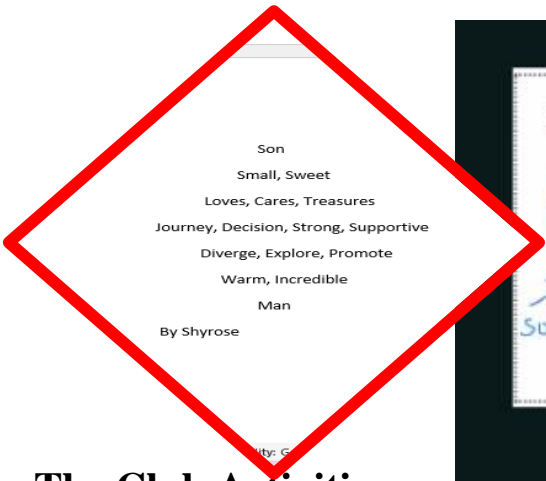
Sometimes I don't think there is a great definition for poetry. Truth, maybe. The truth we find in the minds and pens of those greatest writers who came before us. The truth of our humanity. The truth of our everyday.



Which makes the study of poetry the study of ourselves.” So if our students can get to know themselves better, why not provide them with this opportunity.

We wanted students to get creative with what they have learned and since we have had no opportunity to meet in-person for almost two years, this was one way they could make friends develop a sense of community as well as to, use it to improve their skills along the way.

The next question we had was ‘can the lower-level students also learn to write poetry’? The answer according to our instructors is, yes! There is no right or wrong in poetry, whether it is free verse, acrostic poems, diamante poems or limericks. There is something for everyone to learn and then use to express themselves. Learning about alliterations, metaphors or allusions may sound very difficult but is actually not, most students already do it in their everyday lives and their native languages, so it’s not so hard to catch on to it in English. And yet as one of the instructors pointed out, it is more than just that. The advice; ‘To truly get it, read it. Enjoy it. Savour it. Taste it. Feel it.’



The Club Activities:

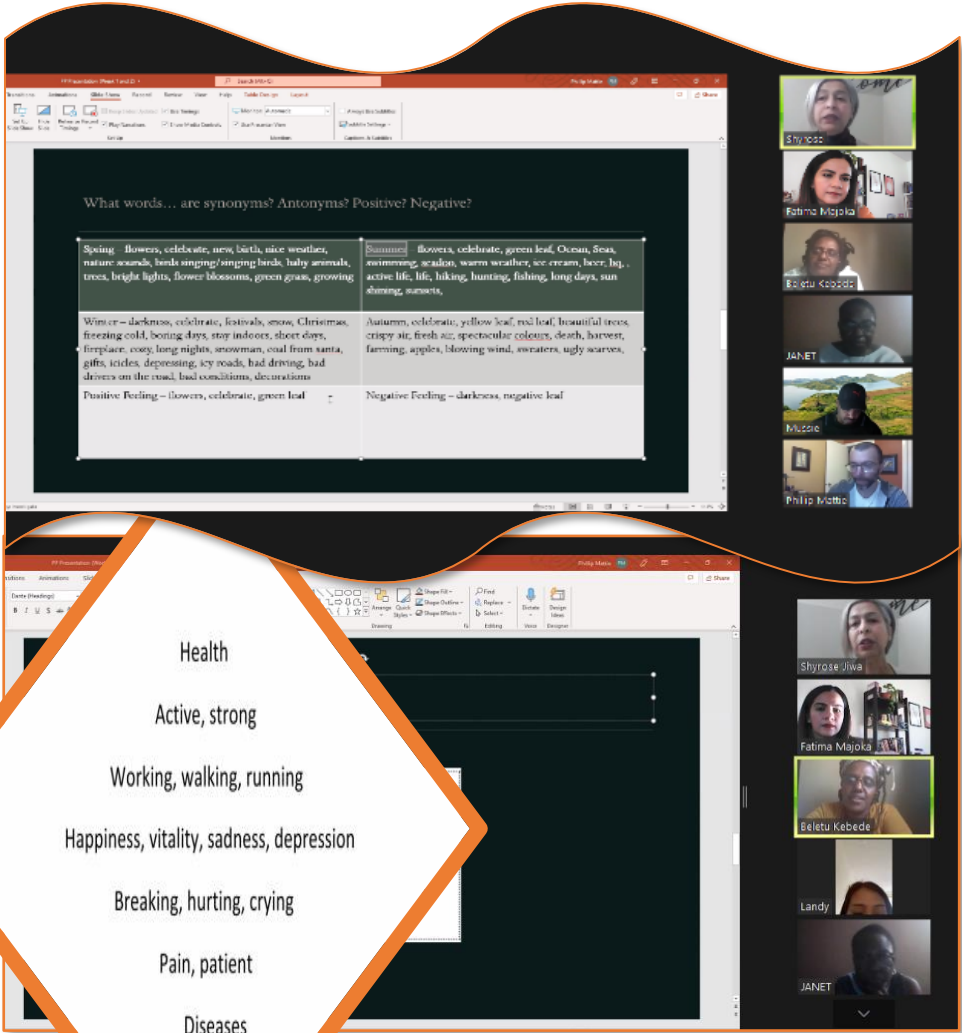
Each week the club met on Fridays and students were made familiar with poetry and how to use the language skills they had, to write poems. Our instructors would warm up our students by making them come up with the right vocabulary and then introduced them to the style of poetry for that week. The group would then do one poem together and there was a lot of laughter and fun as they wrote it together.

Poetry Book

One of the really cool things about the club was that every member got a book of poetry by the famous poet Shel Silverstein. The book was chosen by the instructors because it was an award-winning book and the poems by Silverstein (who is also a country musician, playwright, and cartoonist) are easy for everyone to read and enjoy. The book also has beautiful drawings by the author and can be a good talking point for our students and their own children. The teachers thought the families would have something fun to talk about and learn as a group when they recommended the book.

Another Perspective:

As an observer in the club, who also had a few students joining in; I would say that it was a surprise when a number of students showed interest in the poetry club. They tried very hard, not only to learn but also to contribute, a few of them would have doctor’s appointments on Fridays, yet they put themselves out there and all of them enjoyed it. Seeing such response made me realize that poetry really is for everyone. This was reflected in the students’ reaction, they felt more comfortable and were really feeling the poetry and were in need of a creative outlet. It is my experience, that creative people are better learners as they connect with learning and can express themselves with more confidence. It also created a sense of community and comradeship and in the end, I feel that if even one student’s life changed, a little bit for the better, the job has been well done.



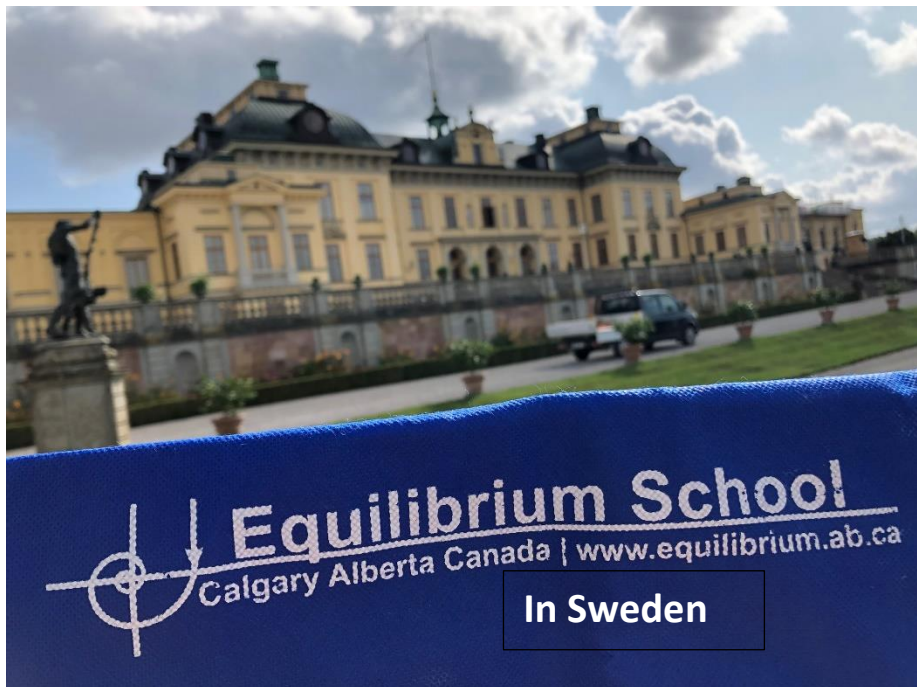
By Taghrid

Bucket List

Writing - TAYLOR R. ESL Class

Moustafa:

I want to visit Sweden where was my mom live , to see her house and remember some of her life , when she was was there . and see my aunty , she live in the same house where was my mom live , and see my all cousins there , Because its been from long time I never see them .



Wali:

I would like to visit my mom. It has been 3 years that I have not seen her, and she is always asking me the same question that when can you come and spend some time with us. one of the important people in our life is parents, and we should respect and take care of them.

Kosta:

I'm afraid of heights but my biggest fear is sharks. I would like to swim in the same pool as sharks. I think this gives me an unforgettable experience of extreme sports. After all, I am very afraid of underwater creatures, especially sharks.

They are not the most dangerous, but for me they are very scary.



Syeda:

There are many things that I want to do before I die. One of the most important things that I have always dreamed is ,I want to do something for the humanity. In my opinion life is very short and we are here to help mankind. If I don't have enough money to help someone financially ,I would start with a little amount.I also spend some time with person who are alone and I love to give my time and listent their problems because I want to give some solutions.

Lemas:

1 : I believe that life experience comes with time and with the situation in which you live with the people

2 : I lived through a hard experience at the beginning of the war in Syria and that taught me a lot in life

3 : It is not necessary that the oldest have the most experience in the life, there are young people who have experience when they were young more than the oldest

4: Usually I want to do a diet and after a few days I surrender to my friends or one of my brothers inviting them to eat delicious food

5 : I hope one day to visit Switzerland, I heard a lot about it, watched some videos online about its wonderful nature

Seyyed:

I would like to go back home to see my family and friends, after a long time I didn't see them my wish today is that my family and friends stay safe and healthy.



What’s on your Bucket List? (Tina’s PM class)

We discussed this idiom and did a 20min. writing

First of all, number one on the bucket list is to visit the ruins of Machu Picchu in Peru. I’m fascinated with the way that they designed all their buildings and all the details e.g., how exactly their construction was made, and all the stones they used, how heavy they were. To me that would be a blast to get that done in my lifetime. Secondly, I would like to visit the cave recently discovered on an island in Vietnam. The reason behind this is because it is the biggest cave in the world, and I watched a documentary about that cave and after that I put it on my bucket list. Most importantly for me is to keep on dreaming. For example, when I was a kid I used to dream about my children being born in Canada, because El Salvador was a living hell at that time in history because of the Civil War. At a very young age I immigrated illegally to Canada and my dream came true. Finally, life is awesome! we just have to see all the wonders of this planet Earth.

Taghrid

All humans have a bucket list; it means we have hope and maybe it will happen someday. Actually, I have a big bucket list and I hope to achieve it. First of all, I want to improve my English and be a good English speaker. After that, I would like to pass the Canadian Citizenship test. Next, I would travel to my home country to see my family because I really miss them. Moreover, I want to go to Saudi Arabia to see my sister there and do some religious tourism, too. Lastly, I hope to take a nice family vacation in Japan and Turkey because I'm so excited to see these countries. I hope everyone can achieve their dreams.

Suad

I have lots things on my bucket, because I like to buy houses and cars.
I have to spend my money on the sick children.
Maybe I have to go around the world for vacation.

Rossana

The three things on my bucket list are to visit the USA again one day. The first places I want to visit are Florida and California. The last one is Las Vegas. I have seen New York City in 2018 so I think it’s not hard for me to go to the USA a second time. The problem is this COVID19 spreading all over the world. I will possibly achieve my dream by saving money for the air ticket and other expenses. Hoping my dream comes true one day.



Francisco

- I would like to sail on a cruise to Alaska to see the white bears.
- I would like to drive an RV from edge to edge in Canada.
- I would like to visit the pyramids in Egypt to know about one of the first civilizations in our world.
- I would like to buy an electric car to help our environment.
- I would like to go to Victoria to see the whales.



Asma

One most important thing on my bucket list if to speak English without pause. I want to participate in conversation with the people in my class. I am pretty sure I’ll do it one day. The second thing on my bucket list is to visit Niagara Falls. When I was in Grade 7 I saw a movie about Niagara Falls and I asked my father can we go there and see it in real life. He said yes, that day will come soon. I want to see my kids, nephew and niece well settled and enjoying their life.

Bozena

My bucket list is still waiting to be emptied, one step closer to achieving my dreams. I did a lot of amazing things in my life, traveled to many places of the world and having a blast while experiencing them. I traveled since I was very y young and had a blessing to see and experience different cultures and places. I was blessed with some crazy ideas in life. We worked hard in our life and played hard. We introduced our children to the world of travel and nature. They also are having a very colourful and interesting bucket list. I am glad. I did not wait for retirement to fulfill my dreams. Now it will be very difficult to do the things I did. First, my health will stop me and secondly the craziness of the world we are in nowadays.





Tina’s PM class 20min writing

January 10 - using new **vocabulary** from the ESL Library lesson on

Elvis Presley

Johnny

- 1) Why was Elvis called the King of Rock ‘n Roll?
 - I think was (and still is) called the King of Rock and Roll, because he was **unique** with his dances, with his performances and his music.
- 2) What makes a singer popular?
 - With my little knowledge I can say that what makes a singer popular are many things, for example **a great deal of** great words and **impression** on people.
- 3) What kind of influence does popular music have on teenagers?
 - Nowadays, the new generation has a different type of music style and different **influences** compared to the music I grew up with, and I personally don't really like it, because some of these songs influence teenagers in the wrong way.
- 4) Why do think so many singers and entertainers abuse drugs?
 - We don't exactly know why some of these famous people **abuse** drugs or alcohol, we don't know what crosses their minds, but it makes me think that with their fame comes lots of stress and possible depression and not anyone can deal with it. Weak minds, I guess.

Claire

First of all, Elvis was the first musician singing and performing rock and roll, which was creative, original and **unique** at that time. People were listening to country music back then. All of a sudden, they heard something totally different. I can imagine how surprised and excited they were. Secondly, Elvis was also a movie star. He starred in a **great deal of** movies at that time. I think he was the first super star who was successful in both singing and acting.

Anyway, he's one of the most **influential** entertainers in the world.

Maninderjit

Q 1: Why do you think Elvis Presley is called the King of rock and roll?

Ans: Because he is a fantastic singer and **performed** in some of the largest concerts. He sold more records than any of other rock and roll singer.

Q2: Besides a good voice what makes a singer popular?

Ans: Some famous singers don't really have a good voice, but they are great **performers**. Some of them are very famous because they are playback singers and their songs very popular in movies.

Q3: What kind of influence do you think popular music has on teenagers? Explain.

Ans: Music helps teens explore ideas and emotions in a safe way. **Influences** through music can help teens stay out of stress to lower their stress levels. Music can also help if you're under depression.

Q4: Why do you think so many famous singers and movie stars abuse drugs?

Ans: Because their life is always different than what is seen on screen. There are many reasons why famous singers and movie stars are drug addicted. It's possible they have a problem in their relationship, overworking load, their life and limited privacy. Sometimes celebrities struggle with their wealth because they lost savings to lifestyles.

Taghrid

Elvis Presley was an American singer. First of all, I don't know what rock and roll means but in my opinion, it means fast music and romantic music. Secondly, any singer has to have modesty, humanity and good looks besides a good voice. In addition, popular music in our life **influences** teenagers a lot because it changes humanity values, especially when teens listen to unkind words. Lastly, I think so many famous singers and movie stars **abuse** drugs because nobody sees their problems in their normal life and when they are a **hit**, people have to show their happiness and **unique** qualities. People are always **impressed** from cover look. They don't know the real truth.

Francisco

Why do you think so many famous singers and movie stars abuse drugs?

I'm going to start by saying that many people have different kinds of troubles in their lives. Everyone has his own battle in life. If a person without good mental health suddenly became famous, they are **influenced** by the people around. These people work hard day by day to create their best **performance**. They waste a lot of energy physically and mentally. Due to these couple of reasons, in some way they got a lot of stress. Instead of having a good rest they rather get some kind of medication that keep them awake. In the end they **abuse** their bodies.

Rossana

Why is Elvis Presley called The King of Rock ‘n’ Roll?

I think Elvis Presley is called the King of Rock ‘n’ Roll because he was a talented singer, good-looking and a **unique performer**. He **influenced** both young and adult fans with his style while singing. He **impressed** especially young adults during his time. Because of his great **performance**, he received lots of awards and achievements. He died at the age of 42 because of drug **abuse**. He is still being remembered by his millions of fans because of his popularity.

Jose

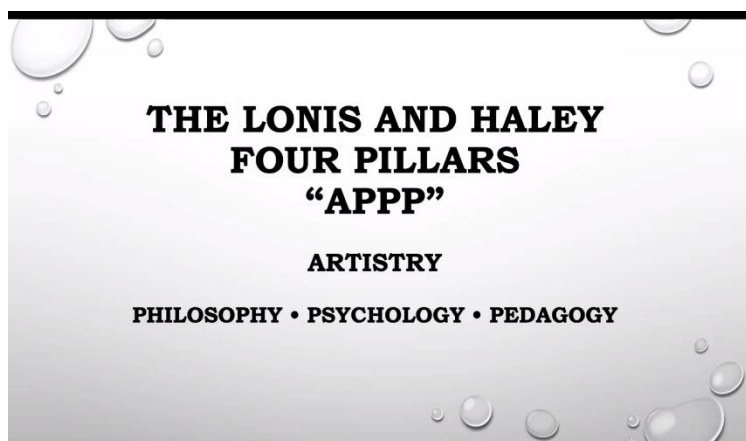
Why do you think so many famous singers and movie stars abuse drugs?

First of all, singers and movie stars have to work hard to **impress** their fans. That’s the way they became famous and successful. Also, they need to keep up with their success or they will become a “one **hit** wonder;” moreover, a life of a famous person is very complicated and stressful because if a famous person gets to the top of his or her success, they may become arrogant to the point that they may feel that they are better than anyone and start doing drugs or alcohol. In a different situation, they may feel lonely or overwhelmed with too many people around them. Most importantly, they could become drug addicted because they can not handle the situation in what they dream of. Finally, they end up with drugs or alcohol **abuse** or dead from an overdose.

OUR INSTRUCTORS NEVER STOP LEARNING



E Q U I L I B R I U M S C H O O L



CHALLENGES WORKING FROM HOME

Home schooling

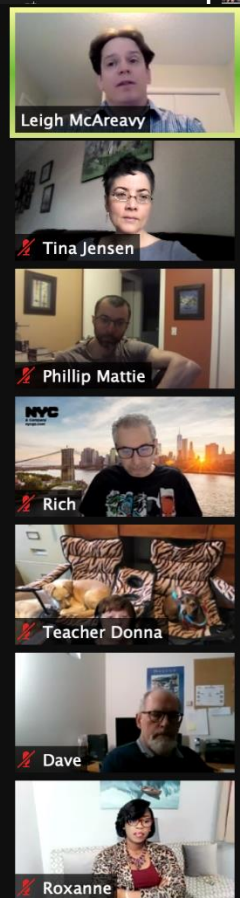
→ Make time for children, understand that they haven't developed coping skills for this! Your family is always priority #1

Dealing with family/housemates

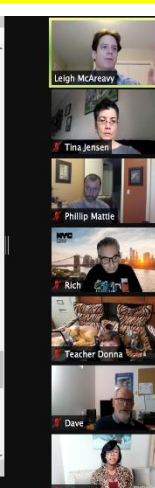
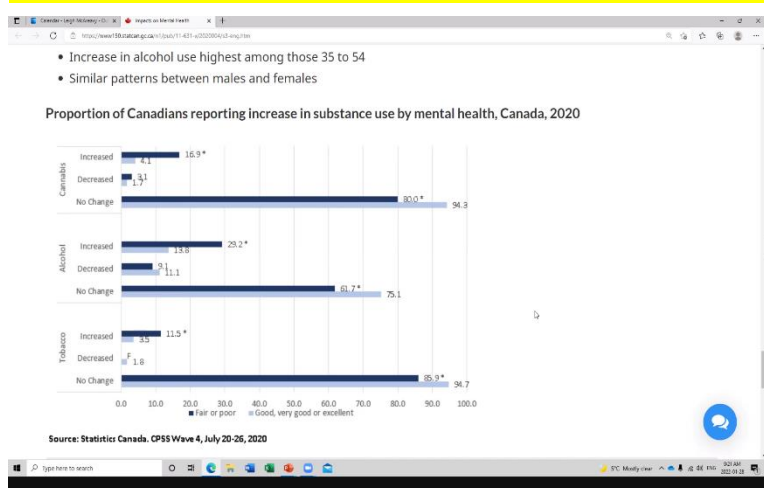
→ Be clear when you're working and when you're free. Schedule evening activities to bring everyone together

Lack of social contact

→ Consider on-line venues for social contact. Maintain connection to people, consider co-working!

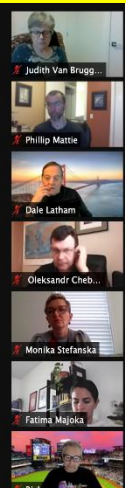
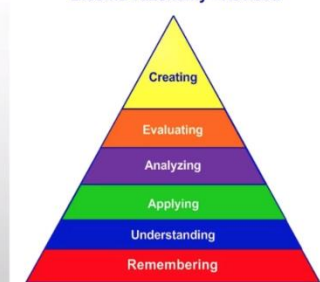


PROFESSIONAL DEVELOPMENT DAYS



PEDAGOGY

Blooms Taxonomy - Revised



JUDITH'S ESL CLASS WRITING

I was born in Bogota Colombia, but I grew up in Villeta a small town located two hours away from Bogota. I had a joyful childhood and a very numerous family. My family is too big to count, but my direct family is about eleven members including my sisters and their kids and my granddaughter as well. My family is hard working and ambitious, working hard to accomplish our goals which runs in our blood.

When I was a child I was very energetic sometime I would drive my mom crazy so much that she wanted to punish me. Back in my day "time out" wasn't a thing so she would run all around the dining table trying to catch me but I was fast so she would get tired before she could get to me. She would use her superpower which is every Latina's mom hidden secret LA CHANCLA. They always have the right aim no matter how far away they are. Once they grab the Chancla and throw it at you it will hit you no matter what and that's when I knew I had to behave. I didn't enjoy school that much when I was young I was very disobedient.

Written by Raul Olarte

My name is Bassam. I was born in Iraq. In my family, there are six people. My family is small and active. I studied in school. I was very good in math, and I liked to fix electrical appliances. I made a bicycle LED light and horn and sold them to my friends. I did maintenance on my dad's car every morning. This was my first job. In my free time I like to play video games or play outside.

Written by Bassam Yaqoob

I was born in India. I have a big family, but in Canada only 6 people lives. My family is hard-working. When I was a child, I was active.

I was a good student. My favorite subject was dance and history.

My first job in Canada was as a cashier for Walmart in 2011.

I didn't have a boyfriend. I have a husband. He was like my boyfriend for the past 26 years. My last job was as a cashier in Walmart.

When I am free, I like to listen to classical music and cook different food.

I am most proud of my life. I have been learning English for a good future.

Written by Archana Sansawal



IRAQ, INDIA, COLUMBIA

JUDITH'S ESL CLASS WRITING

I was born in Germany. In my family, there are 8 people. My family is fun. I enjoy my time with



them. When I was a child, I was active. I was a good student. My favourite activity in school was gym and math.

My first job was as a housewife with my kids. My first duty is to educate my children well. The second duty is to have my own project or business. My first boyfriend was my husband. I have two children, a girl and a boy.

In my free time, I like to spend time with my kids and talk to my family. Sometimes I just want to relax only.

Written by Yousra Darwish

I was born in Syria. In my family, there are 40 people. My family is big, fun and hard working.

When I was a child, I was active, good, and hardworking. My favorite subject in school was science.

My first job was driving a taxi. My second job was a lawyer in my country. My duties were helping people.

My first girlfriend is now my wife. She was younger. I have three children: two girls and one son.

The last job I had was in Dynamite Furniture factory. I worked on the machine.

In my country, I liked to watch sports, play music and meet friends.

I am proud of myself because I helped my family a lot in their studies, work and life.

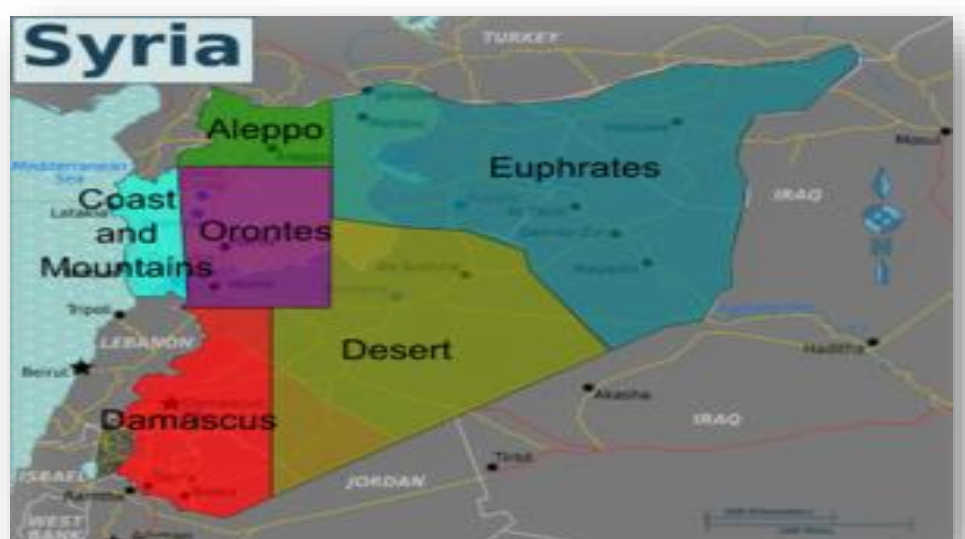
Written by Dawod Jubran

I was born in northern Ethiopia. I grew up in a big family. When I was little, I was Daddy's girl. When my dad went to work, I was crying hard because of that my mom decided to send me to school with my older brothers at the age of three.

When I was four and a half, I was in grade one. I finished my high school at the age of 16 without a good result. My other brothers got good results and went to university. Before I was 17, I started working in an office and bought my brother books, something they needed for university. When they graduated I bought them graduation clothes.

After awhile, I left my country and lived in Kenya. I worked hard to survive. When I lived in Kenya, I helped my when they had problems. In 1999, one person that received help from me and my husband wrote to his cousin in Winnipeg and got sponsorship papers for us. I came to Canada in November 2001, first to Winnipeg. I left Winnipeg and came to Calgary in December 2001. Since then, I worked hard to save money for my kids' education and help others to get the chance to come to Canada. I worked with an advocacy group that helps people in need. We brought them to Canada for a better life.

Written by Alemtsehay Asmelash



JUDITH'S ESL CLASS WRITING

I was born in Quebec Canada. In my family, there are 12 people. My family is funny, large, and hardworking. I was a bad students in school. My favourite activity in school was gym.

My first job was working as a grocery packer at 14 years old. My duties were helping people.

My first girlfriend was the same age as me.

The last job I had was as an operator of heavy equipment. In this job, I drove heavy machinery.

In my free time, I like to drink beer with my best friend Bud Weiser.

Written by Gilbert Marier



I was born in Poland. In my family, there are 6 people and four animals (three cats and one dog). My family is active and hardworking.

When I was a kid, I was a polite diligent student. I played handball, table tennis, and football. I studied and played the accordion. My favourite subject at school was mathematics, history, and geography. My favourite activity was playing various sports.

My first job was at the post office in Poland at the age of 16 years. I worked on holidays and weekends while I was studying in high school. My duties were to prepare and segregate parcels for shipment.

My first girlfriend was a younger friend. I did not marry this person.

I have four adult children, three daughters and one son, no grandchildren.

The last job I had was working on roofs. I am a roofer. I have been working in this profession for 38 years. In this job, I performed all the work related to construction, renovation and designing of old and new roofs. In my free time I like fishing, traveling, and visiting new places in the world.

I am most proud of my family and my children.

Written by Dariusz Lesniewski

I was born in Pakistan. My family is very large. There are hundreds of people. When I was a child, I was a very quiet child. I was a very lazy student. My favourite activity in school was gym.

My first job was in Saudi Arabia in 1984, where I worked as a line man for the electric company. My duties were serving people.

I had no girlfriend.

My last job was in Amazon. In this job I worked as a labourer.

In my free time, I take walks.

I am most proud of the fact that I taught thousands of students in a place where the literacy rate is very low.

Written by Saeed Ahmad

JUDITH’S ESL CLASS WRITING

I was born in New Brunswick. In my family there are many people. My family is really large.

When I was a child, I was fun. I was in a by class. My first job was as a logger. My duties were running a timber Jack.

My first girlfriend was you.

The last job I had was as a bulldozer operator. In this job, I drove a truck, and worked in a construction company as a supervisor for all the workers.

In my free time, I like to go fishing or camping or walking in the forest. I love barbequing and smoking.

Written by Gillies Levesque

I was born in a very small village in Transylvania that is called Karcfalva (Romania). After three years we moved to a beautiful city. The name of that city was Sepsiszentgyörgy (St. George).

In my family, there are four people. This is my small family. My family is small, but I think it is very active and hardworking.

When I was a child, I was active and ambitious, especially in sports. I was a hardworking student but unfortunately only in the areas that I loves (sports, history and geography).

My first job was in constructing wooden houses.

I think my first girlfriend was very popular in my area.

The last job was in Calgary in construction. We plastered houses with a new technique, but it was a very hard job.

In my free time, I like to read and walk outside the city.

I am most proud of my family and what I have achieved.

Written by Robert Kusmodi



I was born in El Salvador close to the city San Salvador. In my family there are too many people: four sisters and three brothers. My family is very hardworking and respectful.

When I was a child, I was very energetic and at the same time, I was quiet. I was a very bad student because I did not like school. Now I know it is important.

My favourite subject in school was science and gym.

My first job was working as a waiter in a restaurant. My duties were to serve food to customers and park cars.

My first girlfriend was very beautiful, and she was the same age with me. I never got married with this person.

The last job I had was with a construction company working with concrete for the City of Edmonton building train stations. In this job I made forms.

In my free time, I like to play sports like soccer, lift weights and also spend time with my son, as much time as I can.

I am most proud of what I do for my family. I always will try my best to help them and sometimes I feel blessed. I thank God for giving me the opportunity to be a father.



Tina and Taylor joined for the last half of class today – they did a Bamboozle game about **Valentine's Day**



Team 10Team 20Team 30Team 40

15

YIKES.

What is one word to describe this year?

Check

alem

Tina Jensen

Saeed Ahmad

Berhe

Asma Khalid

Abdel

Luis

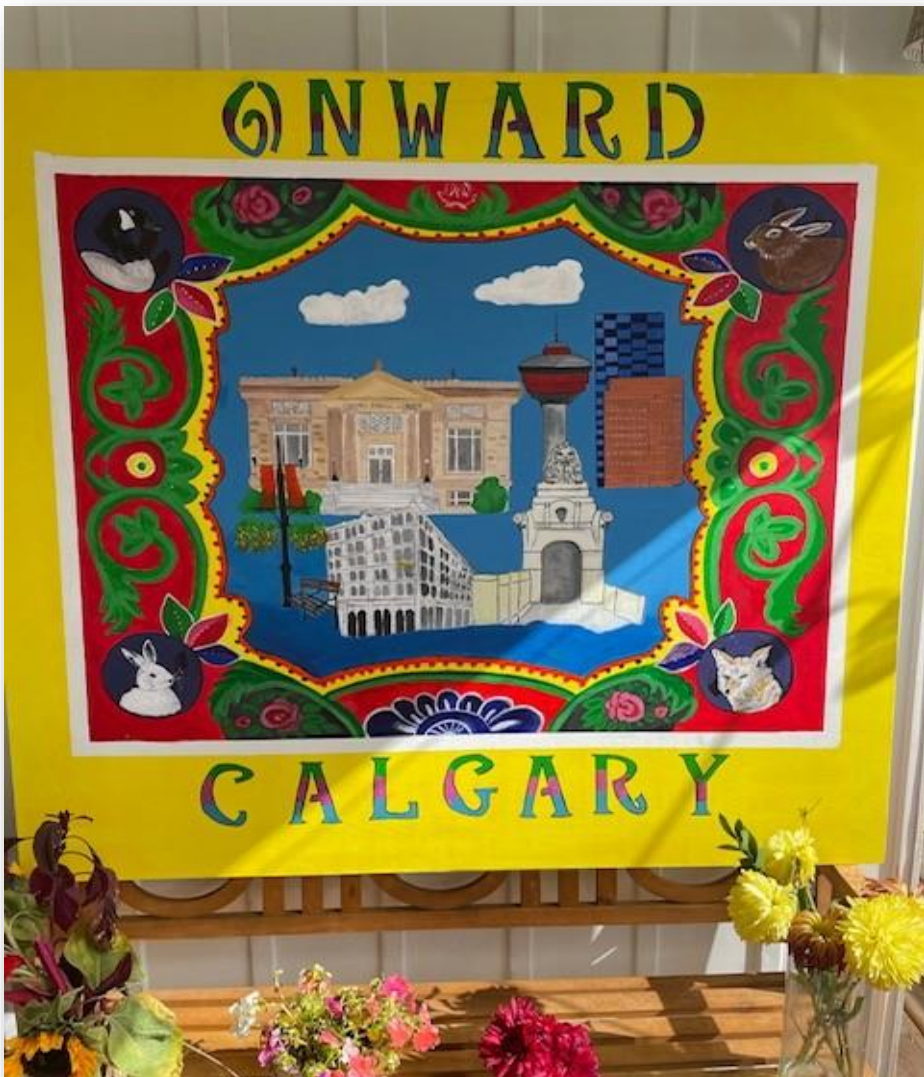
Richard Cadbury invented the first Valentine's Day _____. (A-chocolate bar; B-candy heart; C-candy box; D-chocolate chips)

Tina Jensen

Taylor Reimer

Asma Khalid

Jose



Truck Art comes to Calgary

FATIMA

In the South Asian countries of India and Pakistan trucks are not just means of transportation, but moving pieces of art. They came to notice when the American and troops in Afghanistan started calling them 'jingle trucks' because of the sound made by the chains and metallic charms attached to them. These Pakistani jingle trucks have been painted and adorned for over fifty years now and the art style used on them has become so popular that it now adorns shoes, clothes, furniture, and even international runways! Its bright colorful and neon motifs are copied on phone covers, Nike shoes, jean jackets and much more. Some countries such as Australia and the US even invited Pakistani truck artists to come and paint trams, cars and even a model truck for the Smithsonian Museum.

Trucks are decorated with painted wooden panes, sheet metal cutouts adorned with reflective and neon stickers, jangling chains and charms, colorful plumed attachments and much more. The art includes local flowers, leaves and wildlife, some trucks have pictures of fighter jet planes, the faces of famous Pakistani actors, singers and politicians and often just a painting of the driver's children or home. The paintings are very fanciful, have a distinctive style and also contain couplets of poetry or phrases which the Trucker's find amusing.

Growing up I was always inspired by the traditional art of my culture, rich in colors and handwork, it wasn't until I moved out of Pakistan

that I started to use more of this culture as an inspiration for my artwork. Last year the Activate YYC, a non-profit decided to fund art projects throughout the city. My neighborhood of Brentwood used the grant to beautify our walkways and promote the walking culture which has already been boosted by the pandemic. The neighborhood association reached out to local artists and commissioned us to paint murals which were to be later mounted on the walkways.

When given the task of coming up with a mural, I thought about what I loved about this city which I now call home. I thought about all the things which made this city special and then tried to bring it to the board through a truck painters' perspective. I used a fancy and bold border, bright colors, local wildlife, and the places I loved in Calgary. Instead of using poetry, I also used the Calgary city motto of 'Onward' as that is what I wish for my city, Onward Calgary, towards success and much more. I hope to depict the multicultural and diverse present and future of this wonderful city that we call home.



Tina's PM class - Lina's PM class -

Seasonal Affective Disorder 26920U9J VUEC1A6 D120Ld6L

We read an article and watched a video on SAD and the students responded to their choice of questions/solutions to this condition. Tina

Nima

Do you use devices before bed?

I do not use screens usually before bed but mostly listen to podcasts, and it helps me to sleep. When I feel sad, I'm going to call one of my friends to ease my feeling. If I find that it is serious, perhaps I'm going to call a physician. Sometimes I do some exercise to boost myself and sometimes I prefer to find cozy place and listen to music

Alecs

Do you use devices before bed?

I often used devices before bed, but I realized it affects my eyes and my sleeping habits and I easily getting fatigue. After that I totally stopped during in the evening. Even when you starting to limit using them, your life will be cozy. When I went to a physician he recommend me to avoid a screen. Also I tried to boost myself to talk face to face with people.

Suad

What usually helps you feel better when you're feeling sad?

When feel sad, I call my friend or my sisters. Sometimes I watch movies or show specials, like a real story movie. When I watch I feel better . When you talk to other people or your close friend sometimes you feel special . It's good for me if I go to the mall. I can walk or go shopping.

MinHye

What usually helps you feel better when you're feeling sad?

In the wintertime, people can feel sad easily and I am too. So nowadays, I am trying to find my good mood and condition with some methods. During the daytime, when I have spare time, I usually go to the gym for doing exercise. Working out can affect our mood and feeling well. So by moving our body we can overcome sad feeling and get refresh effects. One big, good way is to meet and chat simple conversation with close friends. The feeling like someone understands me can make people more energetic. Friends are the ones who are completely understand me. So that helps me be happy. Last, sometimes I enjoy sad feeling, so I listen to sad music to feel more sadness.

In my lifetime, I know that I cannot always be happy.

Sadness is also one of the feelings that I must have. And thinking about sadness is not bad.

These are my solutions to remove sadness.

Abdel

Are you an organized person?

I am a very organized person and I could be optimal organized in order to ward off the stresses, increase my productivity, enjoy setting and achieving goals. To be better organized I need to do things on a daily basis to be more organized by outlining my tasks and organizing my workload. For example: spend a few minutes to create a daily, weekly and monthly schedule. Create a task list or checklist. Carry a small notepad. Leave my keys, wallet and phone in the same spot.

Taghrid

Are your moods affecting by seasons/weather?

Most people their mood changes during wintertime. That's a trouble because I live in a country that has a long and cold winter. For that reason, I will write about my habits during winter. First of all, I have a night routine that I do every day; I don't hold my phone before one hour from my sleeping time. After that I take warm shower because I feel cozy. In addition, if I feel sad I am crying a lot, I used to call my mom and my dad or go somewhere. I like shopping also, and organizing my home brings good things to me too. Sometimes walking eases my hard time. Moreover, I used to use health services if I have pain but if I am sad, no, because I know the reason of sadness. Lastly, I am an organized person. I don't like clutter and if my home becomes cluttered I will have a headache. My advice to everyone, search something you love and enjoy your winter with family or friends, because winter and snow are hope; without winter we can't have water to live.

T h a i l a n d

2022

Thailand







THAI CULTURE

1/17/2022





T h a i l a n d

Thailand (ประเทศไทย), historically known as Siam. Thailand is located in Southeast Asia, at the centre of the Indochinese Peninsula. It's known for tropical beaches, Best known for its breath-taking beaches, its stunning temples and the modern urban sprawl that is Bangkok, it is a country where getting bored is just not an option. From the moment you step of the plane to the time you leave you will be surrounded by some of the friendliest, down to earth, and genuine people that you could want to meet. It's easy to see why Thailand is often called the 'Land of Smiles'. Thailand is a constitutional monarchy and parliamentary democracy.




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Bangkok (Krung Thep)



Bangkok (Krung Thep) is capital city of Thailand. Bangkok is among the world's top tourist destinations and has been named the world's most visited city consistently in several international rankings. Bangkok's multi-faceted sights, attractions, and city life appeal to diverse groups of tourists. Royal palaces and temples as well as several museums constitute its major historical and cultural tourist attractions. Among Bangkok's well-known sights are the Grand Palace and major Buddhist temples, including Grand Palace, Wat Pho, and Wat Arun.

S h o p p i n g 

Shopping venues, many of which are popular with both tourists and locals, range from the shopping centres and department stores concentrated in Siam and Ratchaprasong to the sprawling Chatuchak Weekend Market. Taling Chan Floating Market is among the few such







Figure 1: Siam Center Mall

Figure 2: Central World

Figure 3: MBK Mall

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Thai Food.

Eating Thai food is a huge (and important) part of your holiday in Bangkok and Thailand. Its exotic flavours, fragrances and spice, Thai cuisine is popular worldwide. A walk through the city's alleyways often results in a stop at a food stall, where you can enjoy skewered meats, fried rice, noodles, and spicy soups at rather affordable prices.

10 Best popular Thai Food

- Tom yum geong (spicy shrimp soup)
- Som tum (spicy green papaya salad)
- Tom kha kai (chicken in coconut soup)
- Gaeng daeng (red curry)
- Pad Thai (Thai-style fried noodles)
- (Fried rice)
- Pad krapow moo (stir-fried basil and pork)
- Gaeng keow wan kai (green chicken curry)
- (Spicy beef salad)
- Kai pad med ma muang (stir-fried chicken with cashew nuts)



Figure 1: Pad Thai



Figure 2: Tom Yum



Figure 3: Red Curry:



Figure 4: Pineapple Fried Rice



Figure 5: Beef Salad

Climate

It experiences three seasons: hot, rainy, and cool, although temperatures are hot year-round, ranging from an average low of 22.0 °C (71.6°F) in December to an average high of 35.4°C (95.7°F) in April

Summer: March - May.

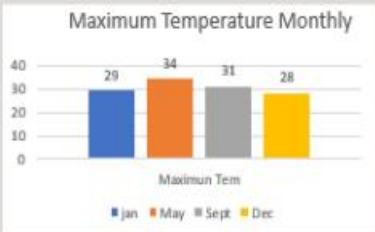
Rainy: June - October.

Winter: November - February.

Language

The official national language, spoken by almost 100 per cent of the population, is Thai.

	Jan	Feb	Mar	Apr	May	Jun	July	Aug	Sep	Oct	Nov	Dec
Minimum	29°C	32°C	35°C	36°C	34°C	33°C	32°C	31°C	32°C	32°C	30°C	28°C



Religion

Theravada Buddhism, the national religion, is the professed faith of 95 per cent of the population. There is total religious freedom, and all major religions can be found in practice.



Business Hours

In Thailand, government agencies are open Monday to Friday from 8.30 - 16.30 hrs (with an hour for lunch between 12.00 - 01.00 p.m.). Businesses are generally open Monday to Friday from 09.00 - 17.00 hrs. Shopping centres and supermarkets are generally open from 10.00 - 21.00 hrs daily.

Banking Hours

Monday to Friday, from 9.30 a.m. to 3.30 p.m.

LILIYA’S LINC STUDENTS

January 6th is a special day for some of my LINC students and myself 😊. Christians in Ukraine, Eritrea, Ethiopia, Croatia, and some other countries celebrate Christmas Eve on January 6th. In many other countries this day is known as Epiphany, or Three Kings’ Day.

The students had a great time learning about each other’s traditions and customs. Olga, Mezgebe, Didi and Lucy made the presentations and spoke about the way people celebrate this day in their countries.

Liliya

Christmas in Ukraine can be celebrated on the 25th of December or on the 7th of January. This is because Orthodox and Greek Catholic churches within Ukraine use the old Julian or the new Gregorian calendars for their church festivals.

The main Christmas meal, called 'Sviata Vecheria' (or Holy Supper) is eaten on Christmas Eve (January 6). Traditionally people fast all day, but you might start the day drinking some holy water that has been blessed at church.

Families usually do not start their 'Sviata Vecheria' until the first star is seen in the sky. The star represents the journey of



the three Wise Men to find the newborn Jesus. The meal normally has 12 dishes which represent Jesus's 12 disciples. Traditionally the dishes don't have any meat, eggs, or milk in them. The main dish is often 'kutia' a kind of sweet porridge made of wheat. Other dishes can include mushrooms, sauerkraut, red 'borsch' (beet soup), dumplings known as 'varenyky' (Pierogi), 'holubtsi' (cabbage rolls, made without meat in them at Christmas!), 'pyrizhky' (cabbage buns), and 'kolach' (special Christmas bread). After the meal, people love to sing carols or 'Koliadky'. They can be sung around the table, or you might go out caroling

Venezuela January 6



in the streets. People sometimes carry brightly colored stars on poles when they go carol singing.

The Ukrainian carol 'Shchedryk' is known world-wide as 'The Carol of the Bells'.

About half the population of Eritrea are Christians. Many Christmas customs and traditions in Eritrea are similar to those in Ethiopia. Christmas is celebrated on January 7th. People start fasting on the 25th of November and eat only vegan food.

A day or two before Christmas, people start preparing their big Christmas meal. Traditional dishes include injera (a

CHRISTMAS

January 6



fermented flatbread made of Teff flour), zigni (a hot meat stew, often made with beef) and homemade beer. Many people usually go to church services for Christmas. These can start in the evening on Christmas Eve or early in the morning on Christmas Day.

January 6 also marks Three Kings Day, a holiday celebrated in most

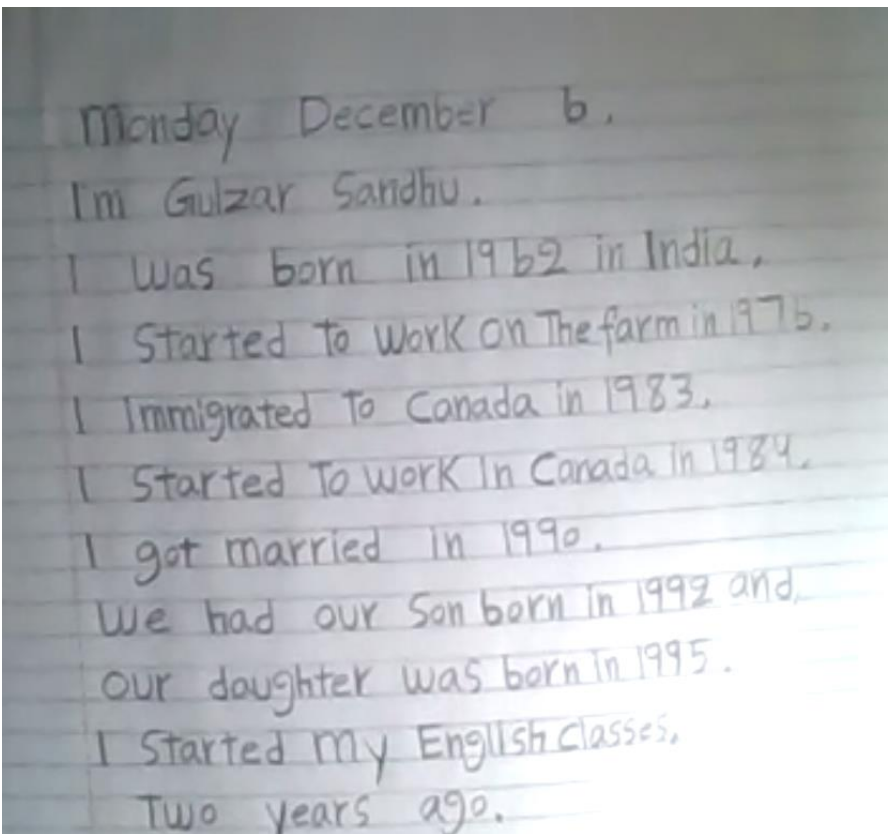
Latin American and Caribbean countries. The holiday is associated with the traditional Christian feast day of Epiphany when the three wise men brought gifts to the baby Jesus.

The holiday is loaded with customs such as leaving grass or hay out for the three kings in exchange for a gift.

In Venezuela children leave a shoe with a note of what gifts they would like to receive. The next morning, they wake up and find gifts from the wise men.



Gulzar- ESL STUDENT



If I Had a Million Dollars

By
D. Stocker

If I had a million dollars, I would donate to the Alberta Wilderness Association, Cast for Kids and Keep Canada Fishing. These organizations offer camps for young people. In addition, these groups teach outdoor survival skills. Most importantly, conservation education is emphasized by these organizations.

I have seen several people in my life benefit from programs that help with substance abuse, simply by connecting with the outdoors. Working in forestry or cleaning up the rivers are just some options they offer. There are also quite a few camps for young people that would not get to experience the joys of the outdoors, and what it has to offer if not for the donations from people.

I believe that certain programs such as hunter education and survival skills are a great benefit to learn. I myself have taken them several times and these are still some of the best memories I have. It taught my friends and I how to survive in the wild and not to mention, brought us a lot closer. To this day, you could drop me off in the woods and I would survive, thanks to these programs.

Conservation is the most important because without the care of our forests and land they will be destroyed. We need to work with nature by limiting our involvement with it by staying on the marked trails, not driving through the rivers, and taking out what you bring in.

In conclusion, if I had a million dollars, I would donate it all to different programs that support nature and its inhabitants. Wilderness programs that help people with substance abuse and camps for underprivileged children are invaluable. We can also learn some outdoor survival skills through hunter education. Conservation of the land and waterways is a must.

Who I Would Like to Spend the Day With

By
D. Stocker

If I could spend the day with someone, it would be Bob Izumi. Not only is he generous, but he is funny and humble. I would like to be able to learn from him because he has a lot of fishing knowledge.

Bob Izumi is a professional fisherman. Not only does he win a lot of tournaments in which he donates part of his winnings to charity, but he also promotes fishing camps for underprivileged children. He is also generous with his time by organizing and helping teach children at these camps.

I would like to spend the day with Bob because he is funny and humble. When watching him on his fishing shows, I find myself laughing out loud because of his animated communication style and the bad Dad jokes. Also, his interactions with his weekly guests from his neighbor to famous people are quite hilarious. Bob's down-to-earth personality makes him very likeable.

Although I fancy myself a great fisherman, there is nobody else I would rather teach me about the things I don't know about fishing. Bob has fished all over the world, so his knowledge is vast. There are a few species of fish that I think he could help me catch with some of his knowledge about them.

Spending the day with Bob Izumi would be a dream come true. His generosity, his humor, and his humbleness are traits I admire. I know I would benefit from his knowledge.



Written by Jean's GED client