

NEWSLETTER

THE STORIES ARE WRITTEN BY OUR STUDENTS AND STAFF

Figure 1 is a picture of Michael’s great, great grandfather. His name was “Runningdownhill”, but he was also called “Bigbelly”, a name given to him by the white men of the area.

Calgary in the morning light

DALE LATHAM - GED INSTRUCTOR

I thought it would be cool to see what Calgary looks like when it is waking up in the morning. Most people are too busy getting to work to take the time to look around. Happy New Year! Cheers! See more pg.18 & 19.



DOWNTOWN WAKING UP

Award Winning Calgary Central Library



IN THIS ISSUE

THE BENEFITS
OF EXTENSIVE
READING PG2.



Figure 1

A legend about the Blackfoot Indigenous people

BY MICHAEL ONESPOT – ONE ON ONE ENGLISH STUDENT

There was an argument among of the animals about who wanted to be chief. The bear said, “I’m the strongest, so I should be chief”. But the beaver said, “I should be chief because I’m the wisest”. Then the rest of the animals all wanted to be chief until Old Man came. Old man created all the creatures on earth, so had authority over everything he had made. Old Man said to all the animals, “Stop arguing and listen to me right now. We will settle this about who wants to be chief”. Old man said to them “Let’s play a game” and all the animals said, “What kind of game?” Old Man said, “Look really carefully and pay attention”, so they did, and Old Man taught them how to play the bone game and said, “Whoever wins will

So, the bear went up and played against the beaver and the beaver won. Then the beaver competed and won until the buffalo came and beat the beaver. So, the buffalo was winning for a long time and no one could beat him since he too good at playing the game. But then the mouse came and beat the buffalo and there was no one else to play against the mouse, so the mouse became chief. And the mouse said to all, “My brothers, it is not right for us to fight over who wants to be chief, so I give up my position of being chief. The human, who Old Man created, should be lifetime chief, so Man became chief over the animals. Man, who Old Man created, was grateful to Mouse. That is why Blackfoot people don’t kill mice to this very day.

The Benefits of Extensive Reading

Imagine you were a pollster (someone who asks for the opinions of people on a specific topic) and you asked Equilibrium students to rank their English fluency skill preferences, “*reading and writing*” or “*speaking and listening*”? You’re probably correct if you chose “speaking and listening” as the preferred activities of most students.

What about you? Have you ever considered the many benefits of extensive reading (reading for pleasure)? Many research studies have shown that reading for pleasure has positive impacts on *vocabulary development, spelling, punctuation, grammar and sentence structures*, just to name a few. Here are just a few of the benefits of extensive reading:



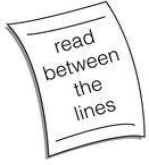

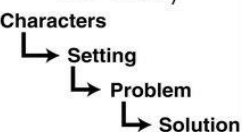

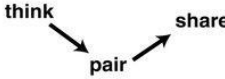
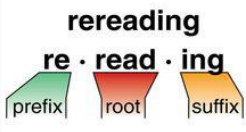

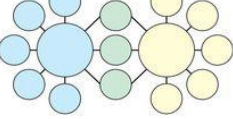

- 1. *You can find books and other information on any topic of interest you can think of!* Public libraries are a great source of books and other forms of information – residents of Alberta cities are eligible for free library cards in their respective communities and can access books and magazines in their local libraries and online. Ask your librarian for book ideas and other informational sources that might be suitable for you – they are there to help!
- 2. *Read what you want, how often you want and whenever you want.* Do you prefer online

resources? There are lots of apps and digital devices where you can download books and other resources. If online isn’t your thing, you can always browse in local bookstores or, of course, in your neighborhood library. Staff at these places are usually pleased to help you find something of interest at a level you can read.

- 3. *Reading for pleasure helps you to improve your writing abilities.* Research studies have shown that students who read extensively also tend to improve their writing proficiency. You are able to recognize and understand more words, so your vocabulary becomes larger and when that happens, you will be more motivated to use that knowledge.
- 4. *Extensive reading is not only enjoyable, but helps students become more motivated to develop all their English proficiency skills (reading, writing, listening and speaking).* When you learn new vocabulary words, you’ll be gaining knowledge and confidence to use the words you’ve learned in all your English skill areas.
- 5. *As you read more, you become more knowledgeable about more topics of interest.* For example, listening to the news on the radio and T.V. only provides limited information, whereas reading about these same news topics not only develops your reading and vocabulary knowledge, but provides more in-depth coverage about the topic you’re interested in.
- 6. *Finally, remember that reading for pleasure is just that – pleasurable!* Books, magazines and other reading information can take you to amazing places without even having to leave your home! Reading is a great activity to do anytime, but especially these days during a lockdown and global pandemic. Consider extensive reading for pleasure – you won’t regret it!

Respectfully submitted by:
George Van Bruggen,
Equilibrium staff member and enthusiastic extensive reader

Reading Comprehension Strategies

Re-read the Text more information = more understanding	Activate Prior Knowledge 	Use Context Clues 
Infer Meaning 	Think Aloud 	Summarize the Story 
Locate Key Words 	Make Predictions 	Use Word Attack Strategies 
Visualize 	Use Graphic Organizers 	Evaluate Understanding 



THE YEAR 2020 IN REFLECTION

This year gave me an opportunity to reflect on many things in life. Covid19 created many problems that effected our daily lives. I want life to be full of positivity and enjoyment. May we consciously enjoy doing our favourite things and don't regret it. By Reinette's ESL CLASS

This year has taught me a lot about life.
Today, I have to learn to think about ME first.



Could we enjoy normal activities again? No more shutdowns!! We missed being with other people.

The 2020 year had been a great opportunity for awakening to what

is important in life: family, friends, and people.

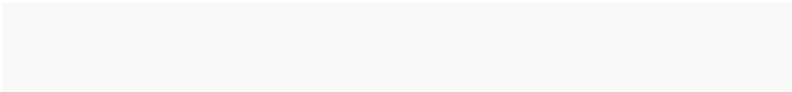
2020 became a year of new opportunities for each of us. We were all held hostage in quarantine. On the positive side, we as students continued to study online. We learned not only English, but also how to use new technologies and discover new opportunities.



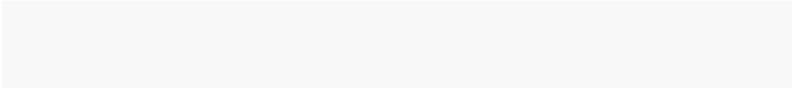
2020 had been a difficult time for everybody. At the same time, it was a year of learning, sharing time with our family, and being patient. The most important thing we learned is to value everything we have because 2020 had taken too many lives away, so people have to be grateful to be alive.



In some sense, the year showed us how easy we can lose our freedom and our life can change. Moreover, we didn't underestimate personal contact with other people although we lost this possibility.



GRATEFUL
TO BE ALIVE



The year 2020 changed the world. The world got slowed down and stopped by Covid19. It showed humans how poorly we care for nature.

Because we lost it during 2020
Hoping that we will see our lives to be back in "Normal Stage" again, where kids can go back to school and enjoy outdoor activities with their friends. Adults can go back to work, can have a better prospect with their career and personal life. Back to normal when it comes to travel, religious activity, sports, business activities, and all the other aspects that were affected by the pandemic.

-Reinette's Class-

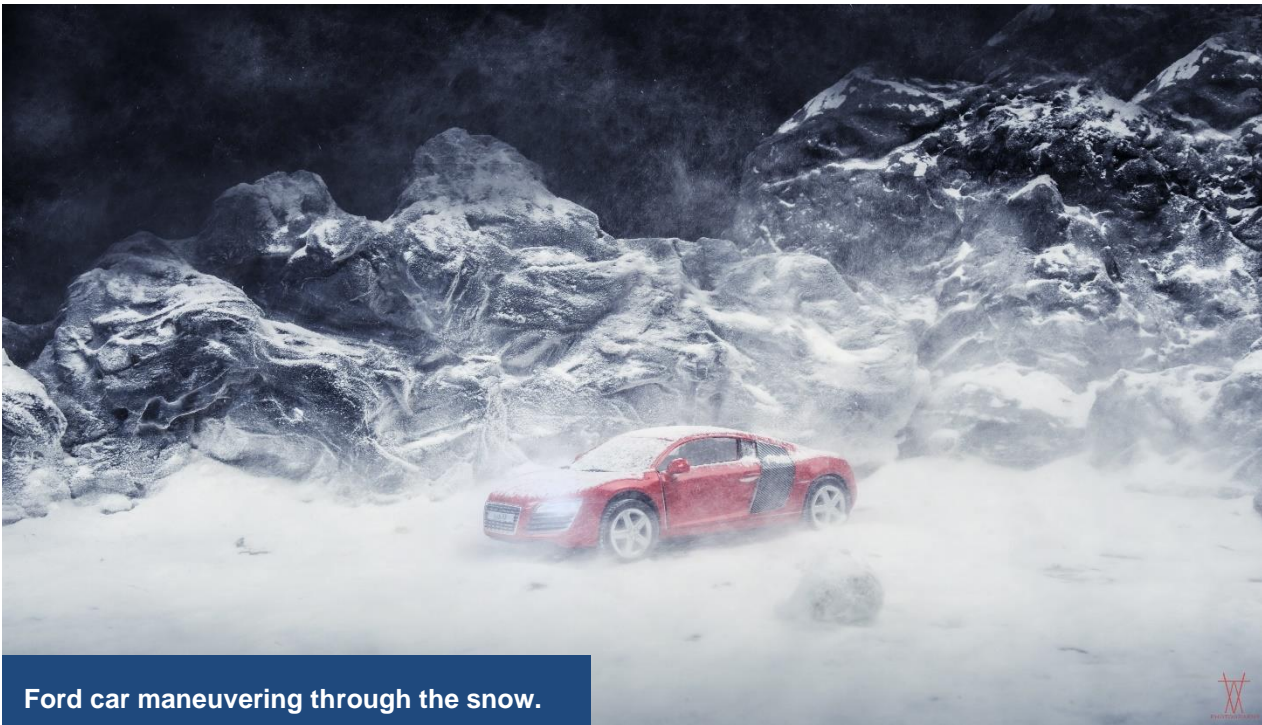


2021

My wish for 2021

Reinette’s ESL Class

I am wishing 2021 to be a blessed year for us.
In 2021, I hope and pray that we'll have health and prosperity and a more peaceful and normal life.
Better than 2020!
My wishes for 2021 is that my bother can overcome his cancer, my sister can get her two knee replacement surgeries, and good health for all my family and the world.
Next year, I hope to have a job suitable for me regardless of the payment.
I hope 2021 will be better and more productive. I wish and pray that in 2021 all of us will prosper, be healthy, have peace, and mostly we will have a vaccine for covid19.
In 2021, I expect the coronavirus to end and our lives will return to normal.
I hope for Covid-19 to be completely gone and I can go and visit my family in my home country since I have not been there for more than 6 years.
I wish Canada can prosper financially again, and I hope to find my favourite job.
In 2021, I hope the vaccines will arrive to rescue our loved ones from this pandemic.
I wish for 2021 to better than 2020 regarding my body pain. I have to go to back home to see my mother and father and family members. I need more money and more love. I hope my hips could be healed.
This pandemic year has shown us what we can bear. I hope this coming year remove all these negative experiences and enlighten our lives. May my husband and I both find jobs, and I wish us all a Happy New Year.
In 2021, I hope we can see light after the darkness of the pandemic that has claimed many lives.



Ford car maneuvering through the snow.



FORD

The best-selling vehicle in Canada

SHAWN MACKENZIE -GED Student

Who makes the best vehicles in Canada? Ford does, and that’s why they have the best-selling vehicles for over 50 years. Canada has some of the harshest weather and terrain on the planet and Ford makes a vehicle that can conquer all of it. Ford is always leading the way in new technology in their vehicles to make them more powerful and fuel efficient. Ford also has a design team that is making some of the best-looking vehicles, inside and out, that can tackle any task that is required. Canada’s climate is always changing and unforgiving. Life does not stop in the North because of the outside conditions. Ford has adapted to its ever- changing environment. The whole line up of vehicles has state of the art all-wheel drive technology that can maneuver through snow and mud. Command start comes standard as well, to keep you warm on those January mornings. Ford also makes some of the best performing vehicles on the planet. The performance doesn’t cost you at the fuel pumps because of the fuel-efficient eco-boost engines. You can now own a full-sized truck and SUV that can travel 1000 kms before stopping for at the gas station. Finally, you can get all of that in some of the best-looking vehicles on the road. No comfort is spared on the interior of the Ford product either. Exotic cars with a price tag that are double that of a Ford do not come with the level of attention to detail that you will find in a Ford. With a wide variety of vehicles to thrive in Canada, state of the art technology and good looks to back it up, Ford has the best vehicles in Canada. It is easy to see why they have the best-selling vehicles for over 50 years.

November 2020



REMEMBRANCE DAY
Let's We Forget

REMEMBRANCE DAY
CELEBRATION 2020

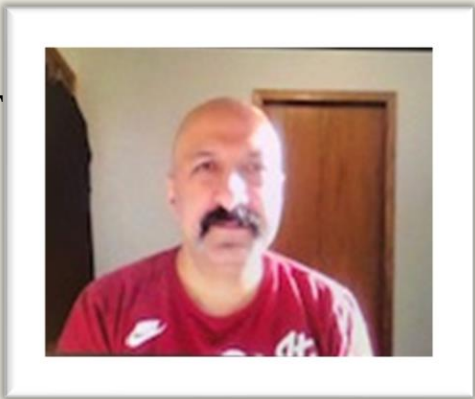


In Flanders Field
By Jemuel – ESL Student



Ali-ESL
STUDENT

A STORY OF REMEMBRANCE
*-Protecting the Skies over
Europe -*



THE STORY OF A PROUD MOTHER

The Canadian Army Reserves

Our years in Canada added a valued gift to our lives. Somehow, we needed to say thank you to our community. My son found the best way to do this. I am the proud mom of one of our Canadian reservists.

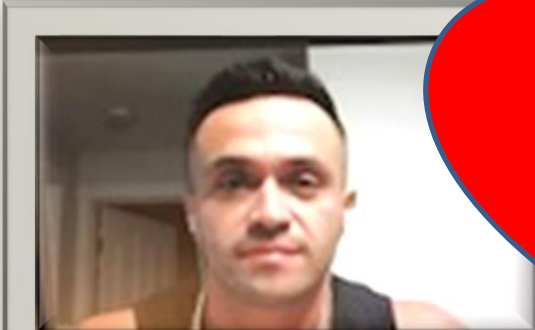


By Nadia -ESL
Student

Svitlana-ESL Student



One Day Every Year



Johan-ESL Student



Commitment to Remember

*Act of Remembrance – Nadir-ESL
Student*



By James-ESL
Student



A STORY OF
REMEMBRANCE

Wartime Meals

By Jemuel-ESL Student



Field of Crosses- By Antonio

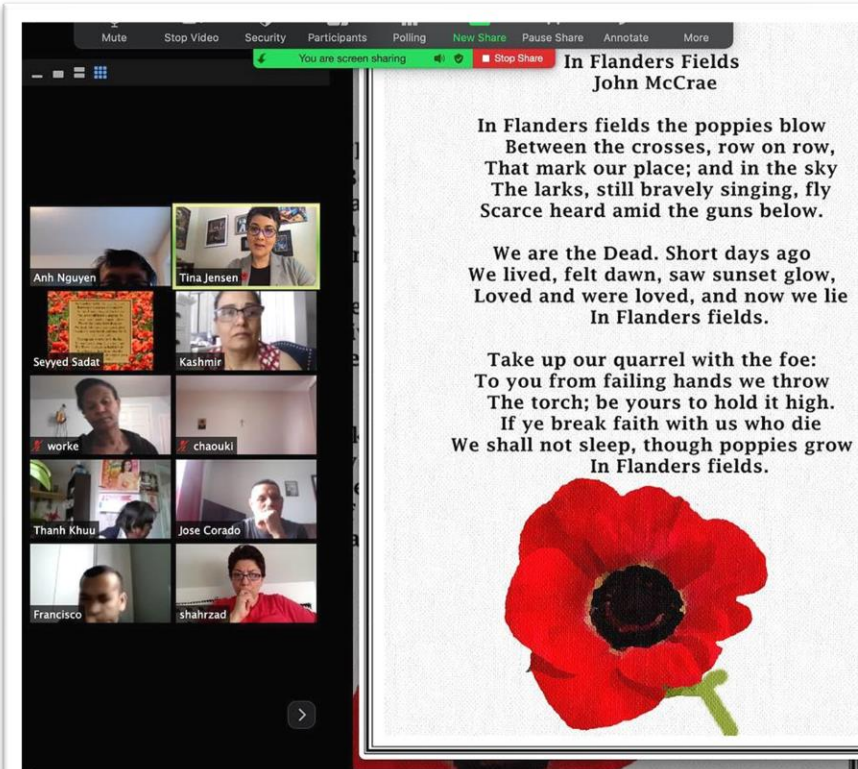
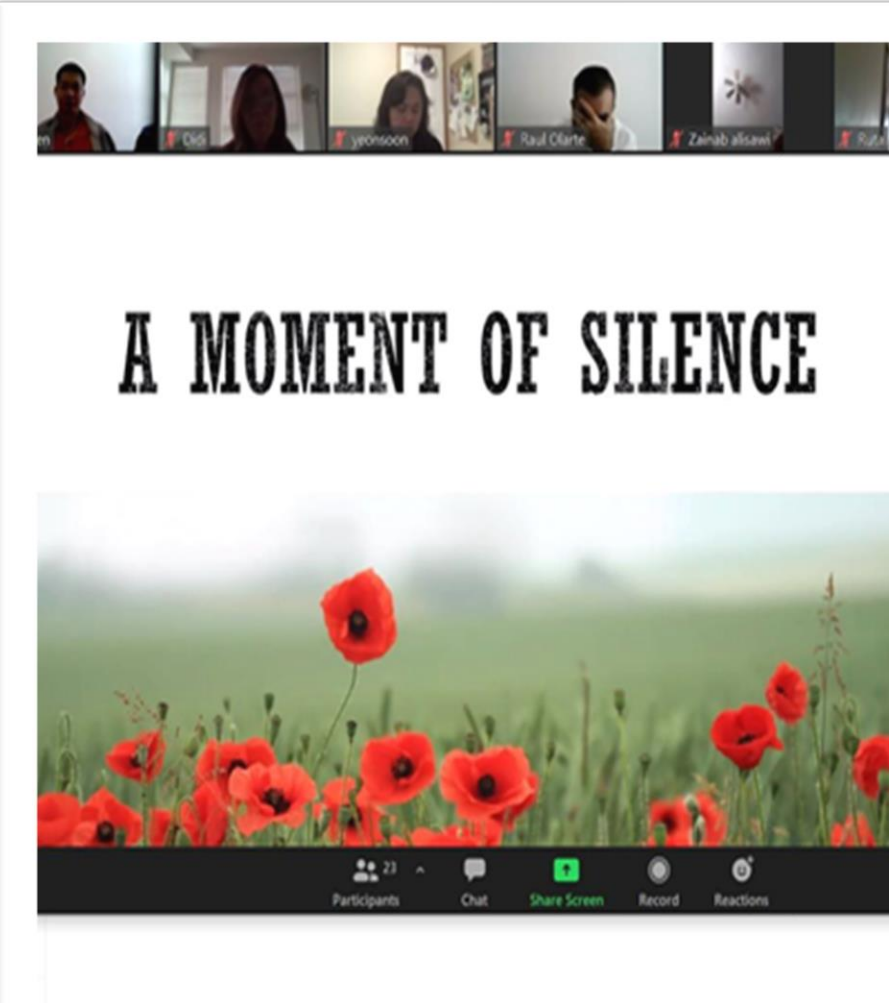


On November 10th Monika presented Remembrance Day tribute/commemorating those who bravely sacrificed their lives for the freedom and peace of their people and country. Liliya’s students were also invited as guests to attend this event alongside our class. Everyone listened, learned, shared, and gained information about this important occasion. Monika introduced some vocabulary words associated with this special day as well as some useful verbs and pronunciation difficulties e.g., “poppy” and “puppy” which students encounter frequently. Julia, Monika’s daughter even read out the poem that is traditionally associated with Remembrance Day and as we all took a moment of silence thereafter. By Shyrose-ESL Instructor

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Tina’s ESL class reading In Flanders Fields.

DIAGRAM

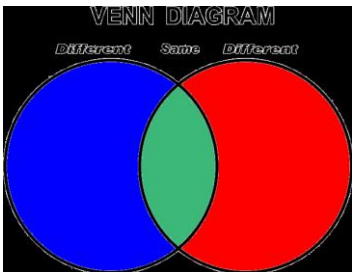
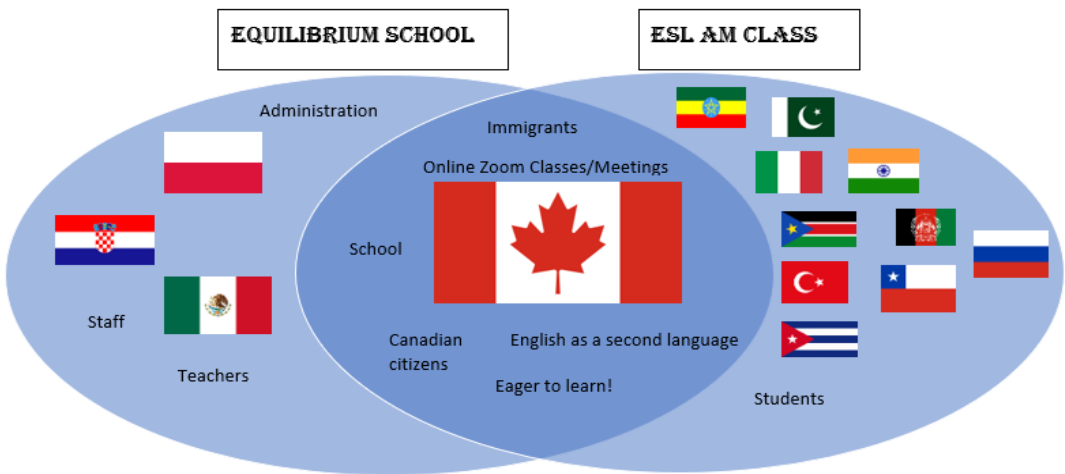
A Venn Diagram-By Emma's Class

EMMA’S ESL CLASS

Students were asked to create a Venn diagram that compares themselves to their classmates and in the middle, they place the things they have in common. At the end, I combined all the Venn diagrams to create a large one comparing Equilibrium school to the AM ESL class. In the middle is what we all have in common.

A Venn diagram, also called primary diagram, set diagram or logic diagram, is a diagram that shows all possible logical relations between a finite collection of different sets. These diagrams depict elements as points in the plane and sets as regions inside closed curves.

Venn Diagram Project – ESL AM Class with Emma



OUR SWAG

Dr. Dale is visiting **Letchworth State Park, New York**, the "Grand Canyon" of New York. He is proudly wearing our SWAG.

Tina is keeping safe with her Equilibrium mask at the Calgary Humane Society with some sweet kitties looking for a home. Thank you, Tina for volunteering at CHS twice per week!



TINA’S ESL CLASS

Prepositions continued.....

By Pushpinder

One streetlight is kitty corner to the other one.
There is grass behind the bench.
A child and her mom are walking toward the crosswalk.
John is sitting in front of the door.
Clare is passing beside John.
Ann is riding a bicycle on the corner.
Will is throwing garbage into the bin.
Adam and Suzanne are swimming in the pool.
Adela is sitting on the bench.
A taxi is on the road.
A girl is walking towards the tree with her dog.
Mr. Cardoso and Ms. Kean are sitting on the trolley.
Sarah is sitting in her room beside the window.
An old lady is standing on the balcony looking down.
Kevin is on a skateboard on the side of the road.
A girl with a dog is walking forward.
The garbage can is between Adela and Will.
Paul is standing in front of the shop.
A man is standing inside the City News shop.
A child is walking beside his mom.
There are towels on the chairs.
The wheels are under the trolley

By Tony

Mr. Cardoso and Ms. Kean are on the train.
Adam and Suzanne are in the pool.
The elderly lady is looking at people on the street from over her balcony.
Kevin is riding on his skateboard around the city on the sidewalk.
Paul is looking among the postcards to find one he likes.

By Cynthia

Adela is playing her guitar beside the swimming pool.
Dmitri is talking on the phone across from City News.
Ann is riding her bike on the sidewalk.
Kevin is far from Sarah.
Among them all, Paul is more relaxed.
John is sitting around the corner.
Sarah is inside a building.
Will is kitty corner from Sarah.

By Igor

John is sitting kitty corner to the City News.
Adam swims behind Suzanne
Kevin rides a skateboard near the taxi.
Adela plays guitar, sitting on a bench.
Sarah watches TV from above the trolley.
The trash can is between Will and Dmitri.



By Zaidi

Adela is sitting on the bench and playing a guitar.
The garbage bin is between Will and Dmitri.
The lady with the stroller is walking across the street.

By Catherine

The taxi is far from Ann.
Clare is between John and Ann.
Adela is sitting on the bench behind Dmitri.
Will is among people near the swimming pool.
Paul is in front of City News.
Kevin is riding a skateboard along the street.

By Anh

Adela is playing guitar. She is sitting on a bench in front of the pool.
Dmitri is in front of Adela calling someone.
Adam and Suzanne are swimming beside Adela.
Paul is buying a postcard at the kiosk across from the pool.
Kevin is riding a skateboard along the street.
Sarah is watching TV in her room.
Ann is stopping on the corner of the street.
John is singing in front of his door.
Will is throwing trash in the bin but Clare is not.
A woman with a stroller is walking across the street.
A man with green pants is standing under a canopy.

By Josephine

Will is standing in front of the garbage bin.
Adam and Suzanne are swimming in the pool.
Ann is walking with her son toward Mr. Cardoso and Ms. Kean.
A woman with her baby is walking across the street.
Adela is sitting on the chair and playing a guitar.

By Varinder

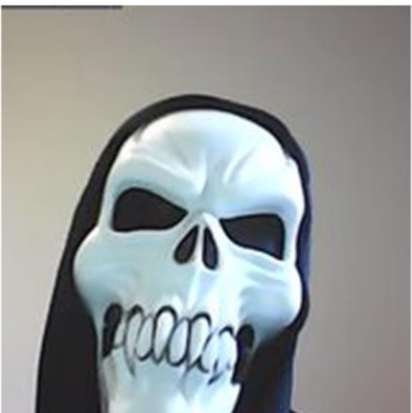
Adela is playing the piano. She is sitting on the bench in the park.
John is sitting in front of the building.
Clare is walking on the sidewalk.
The man with a backpack is walking on the street.

Types of Preposition		
Time	Place	Direction
In on at	In on at	towards to through into
Agent	Instrument	Phrase
by with	by with on	listen to add to agree with according to

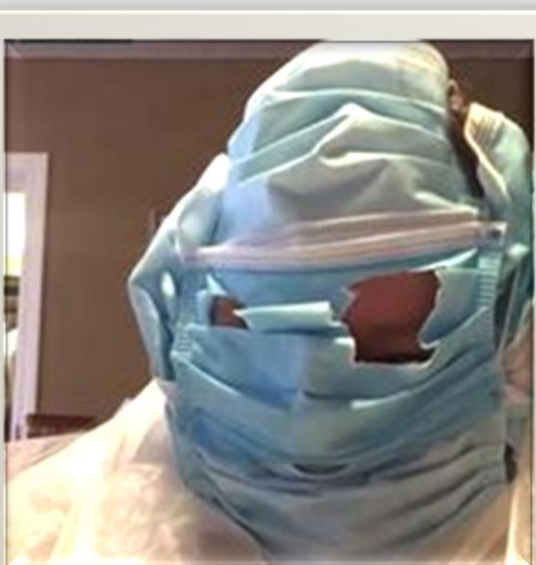
Halloween 2020

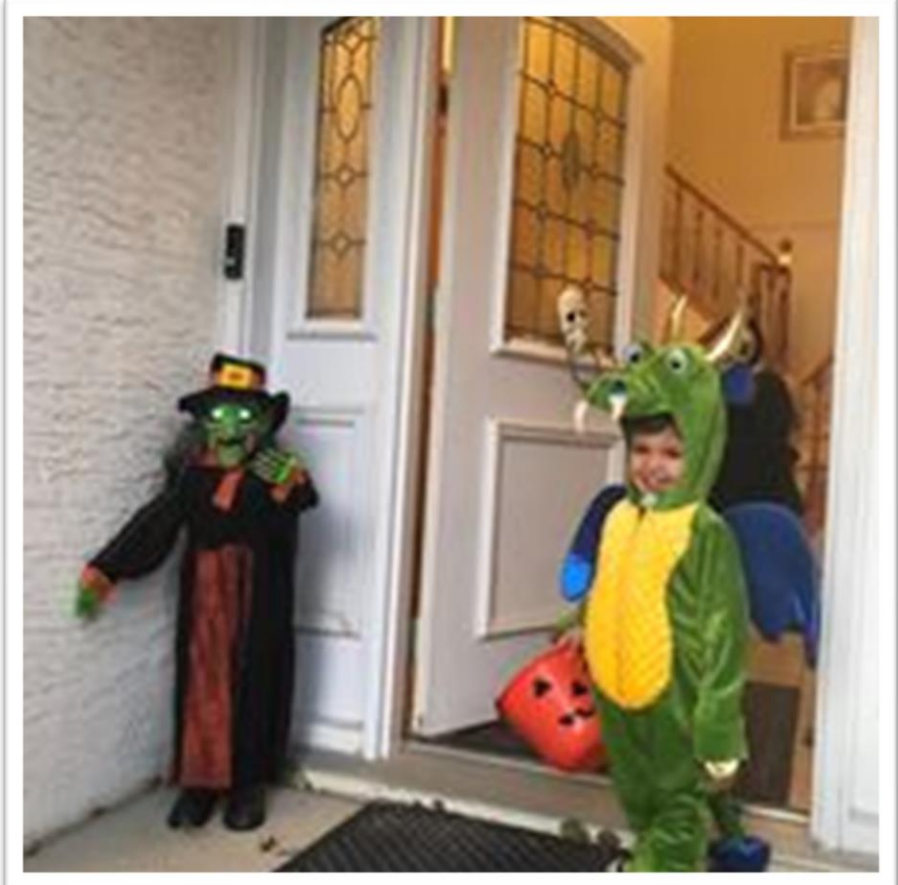
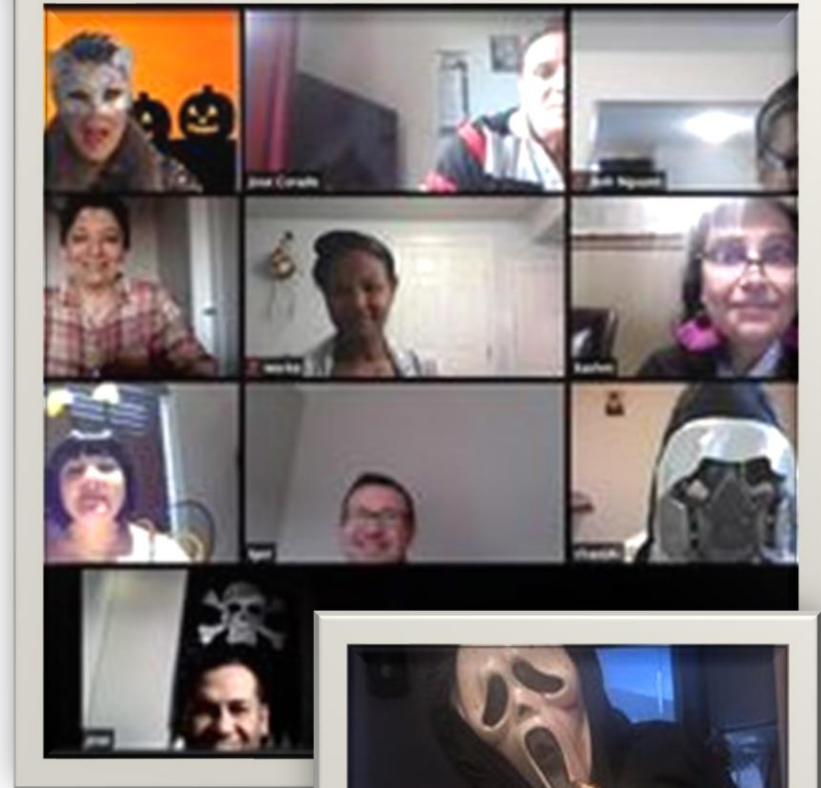
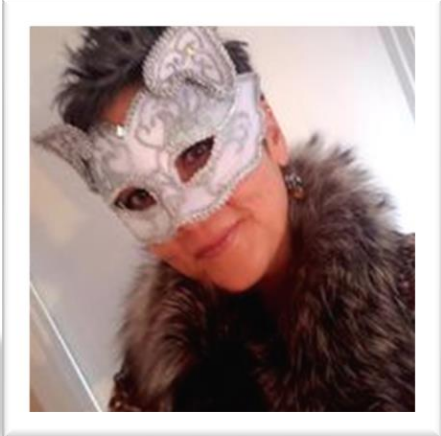
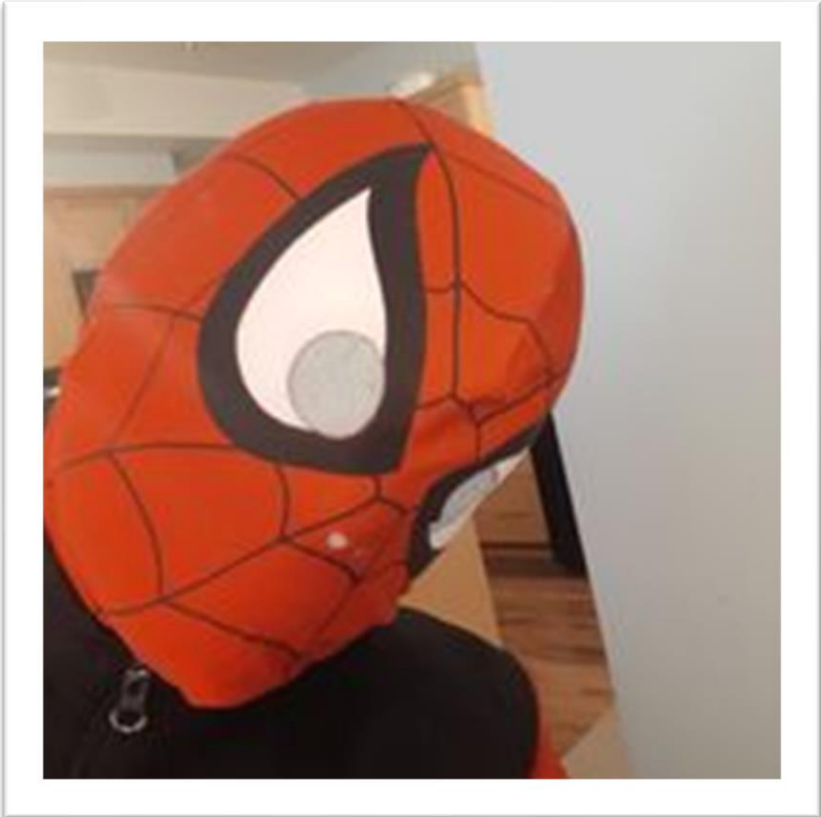


Halloween walk along the Bow River never disappoints. Check out these witches. They have amazing skills!



Our virtual Halloween.





2020

Mirna & pumpkins

Mirna -LINC Student



2020

q



Not too long ago - 2019



2020

Traditional dishes - ESL students

Caroline’s morning students worked very hard on some presentations about traditional dishes from their home countries.

Baljit - Indian people eat paratha in the morning. My wife makes it with potato or cauliflower sometimes. You can eat it with butter or yogurt.



Asia - In our religion we make semolina. We make it with sugar and milk and add some dry nuts. Sometimes, this dish is dry and sometimes it is more liquid. It is so delicious.



Bessy - Normally, in my country, it’s common to eat tamales in December. There is no one who does not eat these in my country. You wrap beef, potato, or chicken in dough. It can be spicy if you want. They are so delicious! You can eat it in the morning with your coffee, in the afternoon or whenever you like. Some people eat these as an appetizer. It’s a nice way to remember our culture.



Tamale Dough

Berhe - Eritrean people mostly eat this in the morning time. It is called geat. It is prepared with flour, butter, red pepper powder and yogurt. It is very nice in the morning for breakfast.



Carmen - This is called pozole. This dish is for special occasions like the Mexican Independence Day. This dish is prepared with corn and meat, specifically pork or chicken but it depends on the person’s preference. You prepare the sauce separately with peppers, tomatoes, onions and that’s it. You cook the meat and sauce separately. When it is cooked, you mix the pork and the sauce. You serve it with radish and oregano. It is eaten with toasted tortillas. It is the same colours as the Mexican flag: green, white and red.



Jagjit – A traditional dish in Punjab is saro da saag with makki di roti. It takes two to five hours to cook. You put rapini, spinach and other vegetables in it. You eat it with corn bread. I always like to eat this with a salad and yogurt. I eat this two to three times a month. You can eat this at any time of the day. My wife made it two days ago and it was very tasty. You eat this in the wintertime.



Beautiful photography by Peter Kleinloog-Computer Student

Hi Everyone, Have a Merry Christmas or a Happy Holidays and a fantastic New Year.
Love Peter.



Christmas 2020

Our ugly Christmas sweaters competition



Can you recognize these 2 Santa's helpers? They are here to find out who's naughty or nice.



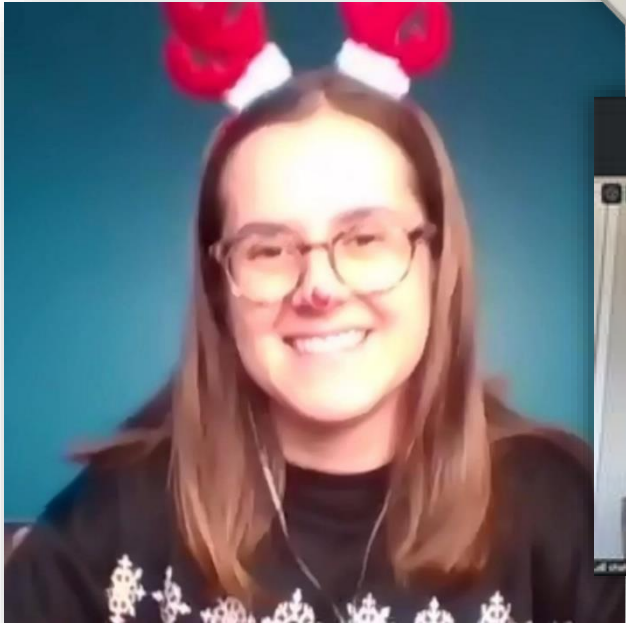
Lucky Susan! Very different Christmas Sweater.



Check out Adam's downhill skiers 🎿 Ugly Christmas Sweater.



Merry Christmas to everyone 🎄🎁🥰Missing you all! Jean



Our Emma.



Shahrzad's homemade hat.



Meet Laszlo (aka Hungarian Christmas Tree.

Our ugly Christmas Sweaters competition



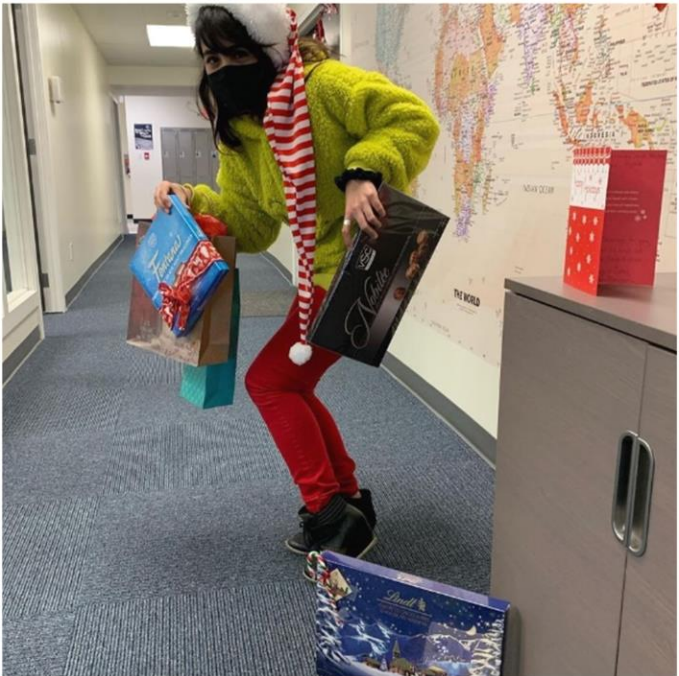
Jose Francisco is saying “hallo” to everyone in his festive Ugly Christmas Sweater and a cute hat.



Dale looks very festive in his Ugly Christmas Sweater.



Tina is ready for the competition!



Heeeelp !!!! Grinch was here and tried to steal our Christmas.



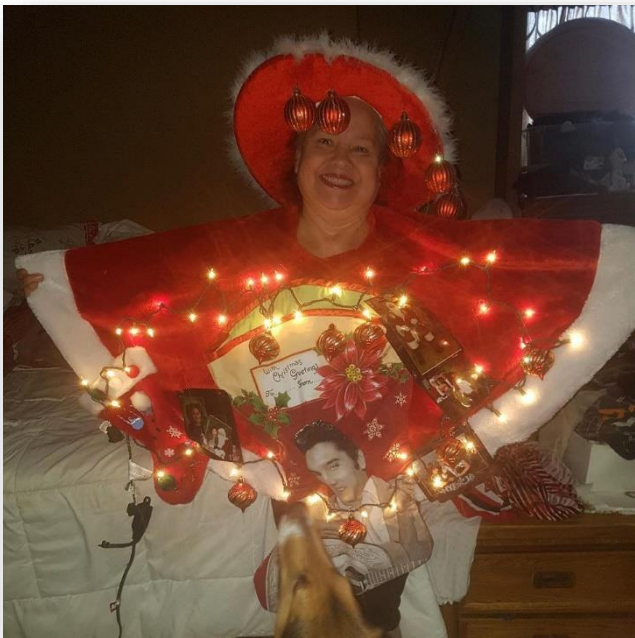
Seyyed’s Ugly Christmas Sweater.



Say Hello to Patty Jo!



Check out Bev’s Ugly Christmas Sweater and her awesome Santa.



Nelly in her homemade Christmas sweater.



Mirna’s Ugly Christmas sweater.



Shahrzad’s Ugly Christmas Sweater. Her dog is Santa’s Little Helper.



Santa is COVID19 safe! Way to go Chauki!



Maninder’s Ugly Christmas Sweater.



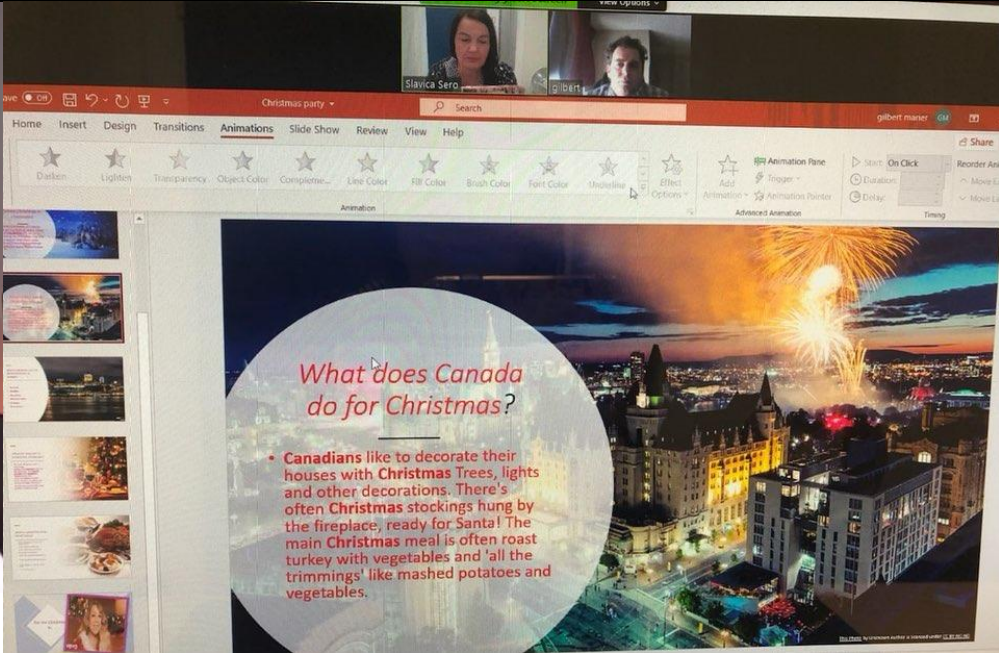
Tucker, our school mascot, also submitted his picture for our Ugly Christmas Sweater contest.

Christmas 2020

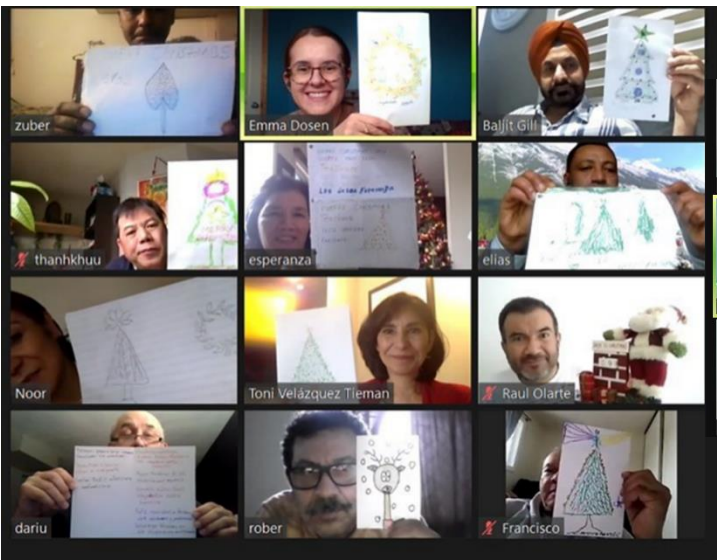
We had a lot of fun during Caroline’s ZOOM Christmas presentation. It was great to see so many smiling faces and so many great Christmas outfits!



Tina’s ESL class had an early visit from Santa this morning.



Gilbert and his awesome Christmas presentation.



Emma’s ESL class worked very hard on their Christmas cards.



Our students and teachers having fun with the virtual background in the class.

Christmas Spirit in our school



Our **LINC** students dropping off the presents for the seniors from the Sage Hill Retirement Residence.



Christmas time is a perfect time to Pay it Forward like Dina would. ❤️ We donated some cleaning supplies and baby products to the most amazing organization called Emma House 🏠 that helps young mothers in need.



How to Stay Healthy-By ESL Students

Worke

I made a plan for getting enough sleep at night. I believe that in the evening I should not drink coffee or tea because I need to be more relaxed. Most importantly, I eat supper from 6pm to 7pm because I need time for digesting. Furthermore, I take a warm bath, then put on my pajamas and walk inside around home then climb in bed. It is more helpful to read a good book. As a result, all those things make me sleepy and I usually fall right to sleep.

Syeda

There are several ways to stay healthy. The most important thing which I want to mention here is am very conscious about my diet. I usually try to eat healthy food. I eat lots of vegetables, fruits and drink plenty of water. I exercise every day and I try to get 6-8 hours sleep every night. There is an old saying ‘early to bed and early to rise make men healthy wealthy and wise’ so in my opinion, staying healthy is important to me because I believe that health is wealth.

Anh

I do several things for health. First of all, I don’t smoke cigarettes and drink only a little wine or beer. Secondly, I drink a lot of tea. In addition, I don’t eat junk food, I eat nutritious foods and I eat a lot of fruits and vegetables. I also work out every day. For example, I walk an hour in the afternoon and do push- ups or sit-ups when I have free time. I also go to bed before midnight and wake up at 8 am. Most importantly, I try to avoid stress. I do meditation every evening to relax. All in all, I eat healthy food, work out every day, and protect my health.

Catherine

There are several ways to stay healthy. First, I often work out by taking a walk three times a week. Second, I detest drinking too much alcohol. Third, I avoid eating fast food, so I always eat nutritious foods. Finally, I do my best to get eight hours of sleep every night. This strict lifestyle always keeps my mental and physical health in good shape.

Laszlo

There are several ways to stay healthy. First, you can begin with a good night's rest. For instance, six hours of sleep is usually enough rest for most people. In addition to sleeping, you could drink at least two litres of water per day. Thirdly, you could meditate your troubles away. These are a few suggestions to help make your life a little more enjoyable.

Josephine

I do try to do many ways to stay healthy, but now I am going to mention 5 only. First, one thing that I like to do the most is to stay positive, read the Bible and meditate. I also try to eat healthy. For instance, I eat vegetables and fruits. In addition to that, I go to my family doctor to get a check-up every year, as well as drinking some water. I try to do exercises, but not as I used to do before the pandemic. The good thing that helps me to stay healthier is that I don't smoke or drink alcohol. As I mentioned above, those are the things I do to stay healthy.

James

There are many ways to stay healthy. First of all, I don’t eat junk food. I eat my culture food. In addition, I go for a walk every day. For example, I walk 2-3 hours 3 times a week, and I like to be positive. All in all, staying healthy is important to me.

Sewak

I do several things to try to stay healthy. First, I go for a walk every day. Secondly, I drink lots of water. Finally, I eat lots of fruits and vegetables. In conclusion, staying healthy is good for your body and work.



Tony

I hope soon to try to stay healthy. For example, I hope I will be able to quit smoking. Now, I try to eat less and healthier, but with COVID we have to stay at home. Therefore, it’s not easy not to eat constantly.

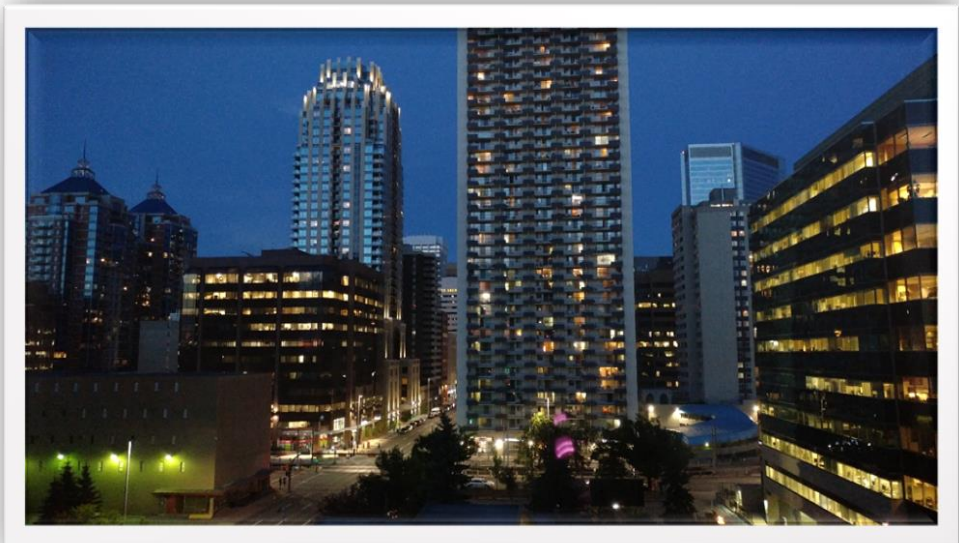
Cynthia

There are several ways to stay healthy. First, I will do exercise. Also, I will stay away from junk food and eat more vegetables. Furthermore, I will take vitamins. Most importantly, I will motivate myself to be positive.

Morning Walk Photos

By Dale T. Latham, BSc. - GED Instructor

I took most of the pictures shown here early in the morning when dawn was breaking. The purpose of these photos is to see what lighting effects the angle of the sun puts on the buildings as it rises. The pictures also show the memorizing lights of the downtown structures.



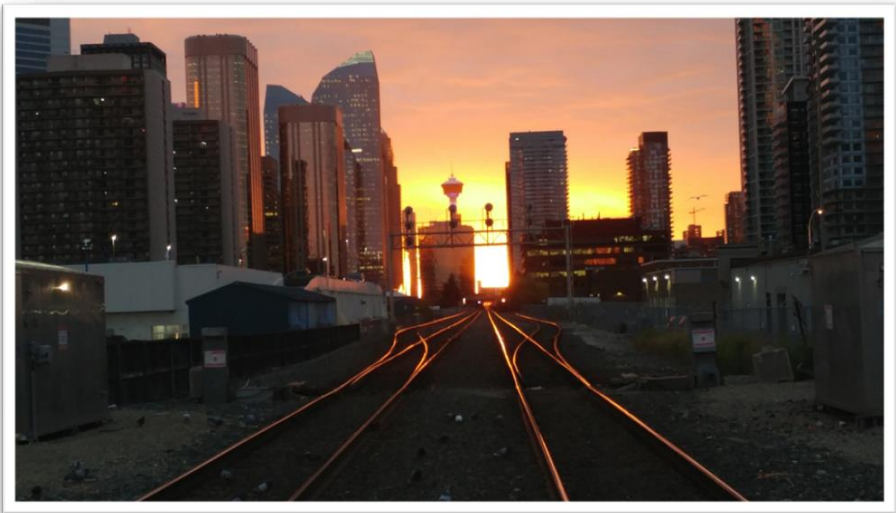
Downtown Waking Up



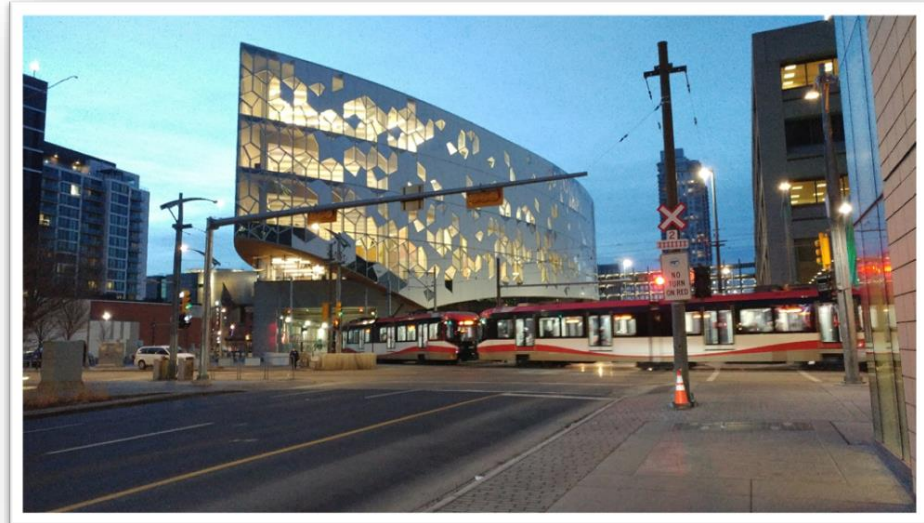
Mewata Armory



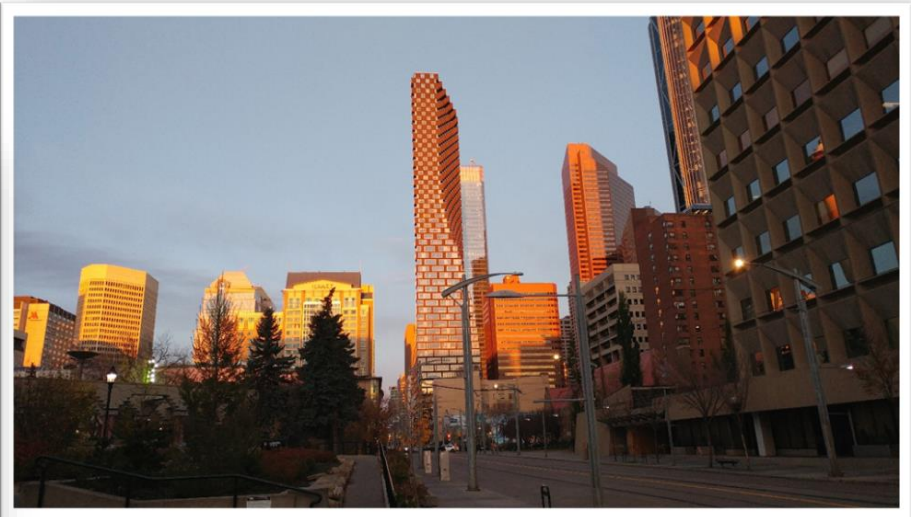
Mask Negotiations



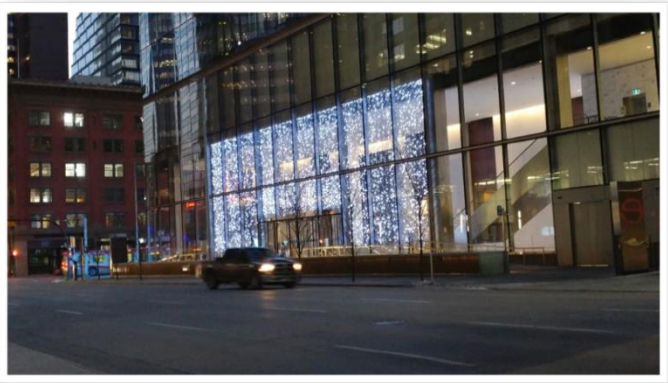
Copper Railroad



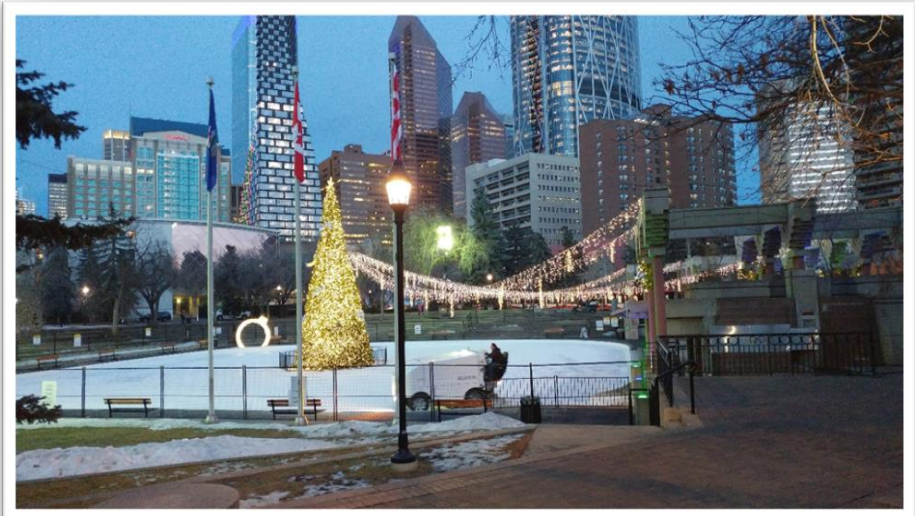
Award Winning Calgary Central Library



Sunlight Paint



Cascade of Lights

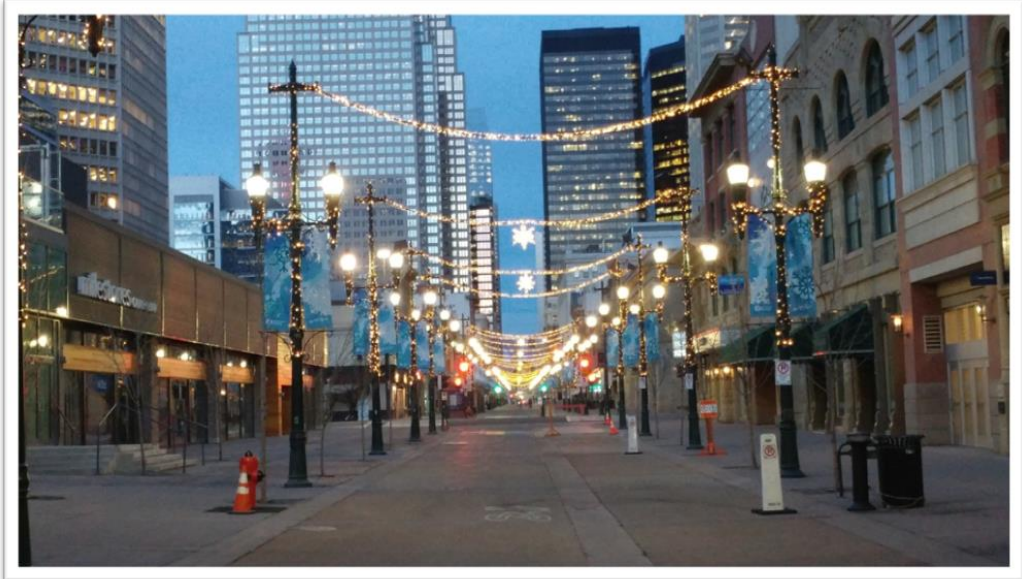


Zamboni Cleaning Ice at Calgary Olympic Plaza, Only in Canada, eh!

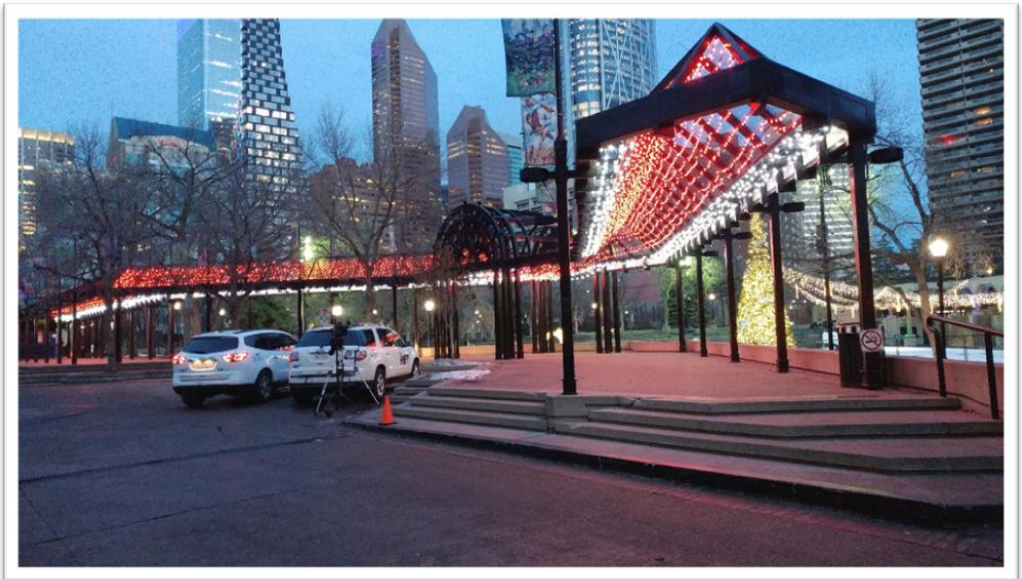
M o r n i n g W a l k (P h o t o s)

C o n t i n u e s

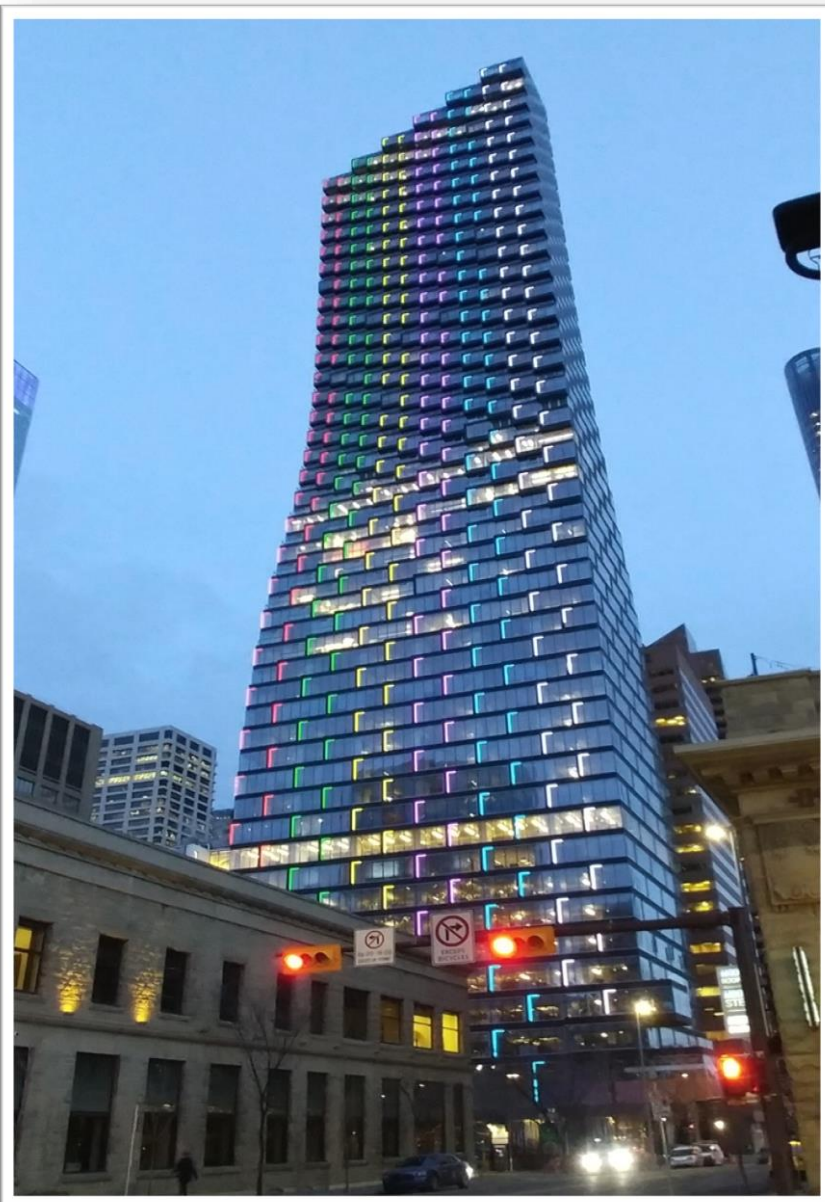
By Dale T. Latham, BSc. -GED Instructor



Quiet on Stephen Avenue



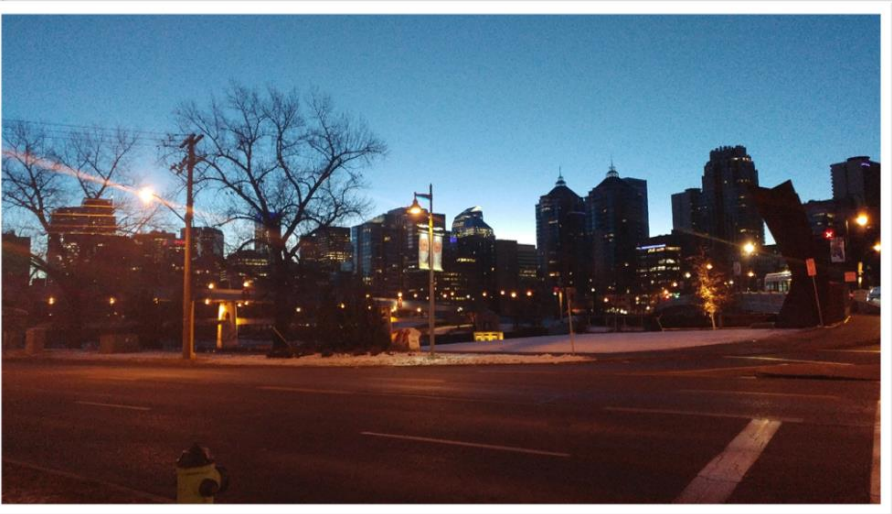
Colorful Lights in Olympic Plaza



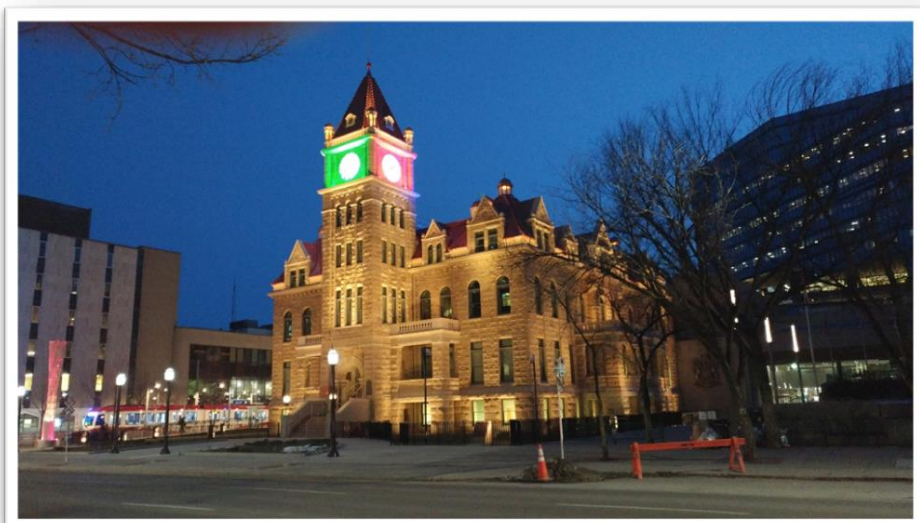
Artful Design, New Telus Building



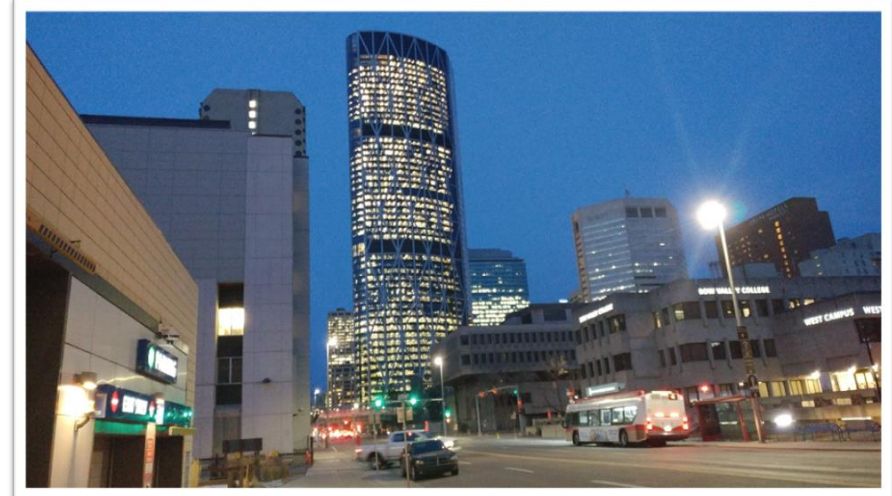
Wonderland Sculpture



Downtown View from Kensington



New, Old City Hall



The Mighty Bow

My Town - Medicine Hat- By Grant-Computer student



The Beautiful City of Medicine Hat

- The summer is Beautiful
- The trees are very beautiful
- Weather is so gorgeous



This picture is from back in the early days when Medicine Hat was a smaller city. As you see the South Saskatchewan river and the bridge that you see is the Canadian Pacific train bridge. The view is very nice as you look down at the river from the north side as it is a lot higher. The river divides medicine hat. As they say the north side and the south side.



As time went on the population of medicine Hat grew and the city spread out. In 1995 came the great flood (know as the 100-year flood to Medicine Hat) There was a significant amount of damage to the River Flats as they call it. There were a lot of

people sandbagging their homes and trying to help others in the community.



Canadian Pacific Railway

In 1883, when the Canadian Pacific Railway (CPR) reached Medicine Hat and crossed the river, European Canadians established a town site. They named it from the First Nations legends. As growth took place, in 1889 Medicine Hat west of Winnipeg. This town as a point. The frontier incorporated as a town on October 31, 1898, and as a city on May 9, 1906. Medicine Hat is halfway between Winnipeg and Vancouver, British Columbia, on the Pacific Coast.

Attractions

The Medicine Hat Family Leisure Centre is the largest indoor multi-purpose sports facility in the city. The building is 90,000 sq ft (8,000 m2) and is sited on 57 acres (0.23 km2) in the north end of the city. The facility includes an Olympic-sized ice rink, 50 m (160 ft) pool,



waterslide, diving platforms, kiddies pool, wave pool, and cafe. It is being renovated to include an indoor soccer facility, track, and improved fitness centre. These will almost double the size of the facility. In the area surrounding the Leisure Centre facility are several other sport venues including; four ball diamonds, lighted football field, three soccer pitches, and one of the largest BMX racing facilities in Southern Alberta.

World's Largest Tee Pee

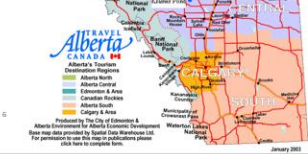
The Teepee is Medicine Hat's most visible landmark and is a tribute to Canada's native heritage. It's built entirely of steel and is ringed with ten large circular story-boards depicting native culture and history.



Geography

The Medicine Hat landscape is dominated by the South Saskatchewan River valley. In addition, the tributaries Seven Persons Creek and Ross Creek both flow into the South Saskatchewan River within the boundaries of the city. These waterways have cut a dramatic valley landscape with numerous cliffs, and finger coulees throughout the city. Beyond the city and river valley, the land is flat to slightly rolling and is characterized by short grass vegetation.

Located about 40 km (25 mi) to the east at 50°0'38.2" N 110°0'48.3" W lies the Badlands. Guardian Geological Feature. It is a landscape formation taking the form of a head wearing a feathered headdress. The head is 1,000 ft (300 m) wide. It is a river rather, formed by valleys rather than raised ground.



Medicine Hat Weather

The weather in Medicine Hat is always beautiful. In the summer it is always nice and warm. The birds are always chirping. If you like going for walks on a warm day Medicine Hat is the place to be.

In the fall it is so beautiful when you look down on the cities downtown from the hills you will see all the different colors of trees and it is so amazing and it feels so nice and warm inside and out.

In the winter sometimes it does get very cold in Medicine Hat. But usually, the cold weather does not last long. It used to snow lots in Medicine Hat but over the years with Global warming there is less snow. So, if you like nice warm weather then you should live here in the sunny south.

In the spring you would enjoy the morning sun while sitting on your deck having your coffee. The sun shine brightly and its not to warm. The birds are coming back from all over the world and it sounds so beautiful when they are singing to each other.

So, to sum it all up into one you would love all four seasons in Medicine Hat Alberta. Trust me you would not regret it.



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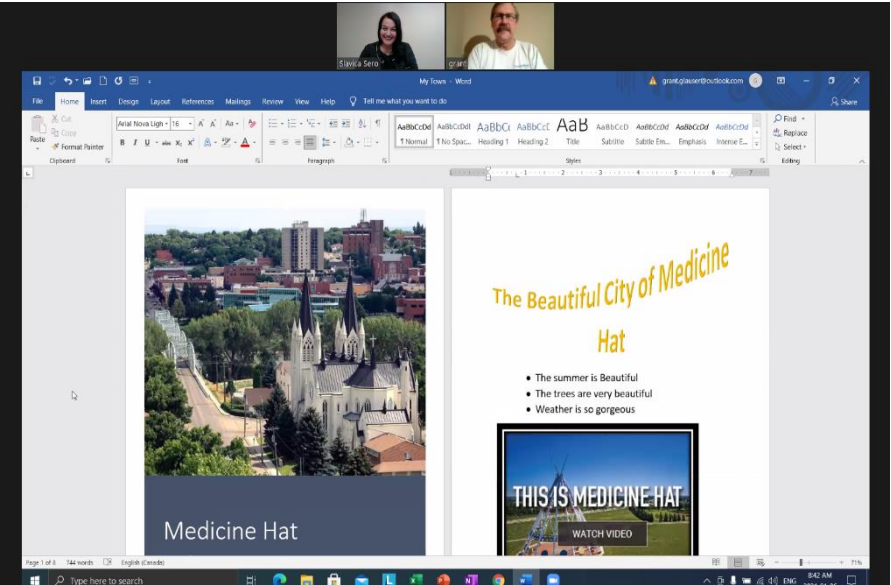
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So, to sum it all up into one, you would love all four seasons in Medicine Hat Alberta, trust me, you would not regret to live here.



The Saamis Teepee is the world's largest teepee, located in Medicine Hat, Alberta. It is 66 meters in height (215 feet), or about 20 stories. The teepee was built for the 1988 Winter Olympics in Calgary & was later moved here three years later.





Celebrations
around the
world in the
PM ESL Class

By Dariusz-Wigilia (Poland)

In Poland, Christmas Eve dinner is the one of most important celebrations of the year. Christmas Eve dinner, also known as Wigilia, starts when the first star appears in the sky. Nothing is to be eaten until all members of the family have broken the Christmas wafers (oplatek) together and exchanged wishes for good health and prosperity. During the meal, all of the guests should taste a bit of everything. The supper, which traditionally includes 12 dishes and desserts, may last for a good couple of hours.

- 1. Mushroom soup
- 2. Kutia
- 3. Vegetable salad
- 4. Compote of dried fruit
- 5. Dumplings with cabbage and mushrooms
- 6. Cabbage with peas
- 7. Track in a variety of ways
- 8. Carp in different ways
- 9. Red borscht with dumplings
- 10. Greek-style fish
- 11. Cabbage with mushrooms
- 12. poppy seed cake



One cannot forget about the tradition of giving gifts, which is the perfect excuse to make someone happy, improve their mood and express their feelings. During Christmas Eve, everyone sings Christmas carols and at midnight they go to church for a solemn mass called Midnight Mass.

Esperanza, Idalides, Raul, Francisco – (December in Colombia) Colombia

The most important dates during the Christmas season in Colombia are the 7th, 24th, and 31st of December. Colombians open up the Christmas festivities by lighting candles to welcome the last month of the year, but most importantly the holiday season that brings families together. On the 24th, Colombians buy new clothes to feel more put together and make big dinners for the night and open up gifts after the clock strikes 12.



Last but not least important, on the 31st families are full of excitement and hope for the new year to come, anxious to know what the year holds in store for them. Colombians tend to eat 12 grapes at 12, making a wish for each of them. People dance, hug and run with a backpack or luggage around the neighbourhood because they believe this tradition will attribute to more travelling opportunities throughout the year!

Elias + Zuber -Enkutatash (Ethiopia)

On September 11th, 2020, Ethiopian orthodox faithful attend a prayer ceremony to mark the holiday of Enkutatash. The first day of the New Year in the Ethiopian calendar which is traditionally associated with the return of the queen of Sheba to Ethiopia some 3000 years ago.



Baljit + Kashmir + Parminder – Lori (India (Punjab))

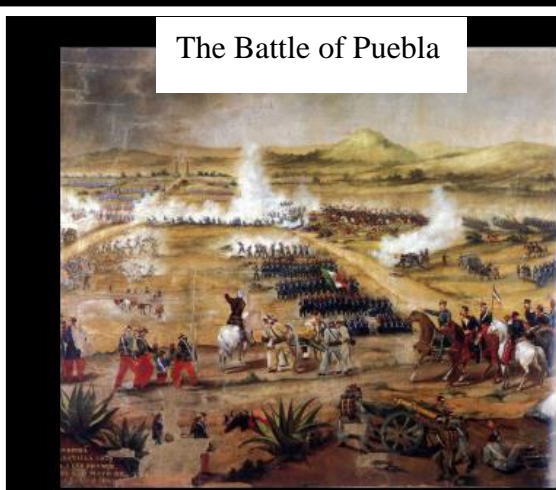
The festival of Lohri is very important as it begins the harvest of the rabi crops and the end of winter days. The people worship the sun and the fire and thank them for the good harvest.

The first Lohri is considered very positive for a new bride and a newborn baby, as it marks fertility. The festival also holds great importance for farmers.



Roberto- Cinco de Mayo (Mexico)

Cinco de Mayo, (Spanish: “Fifth of May”) also called Anniversary of the Battle of Puebla, holiday **celebrated** in parts of Mexico and the United States in honour of a military victory in 1862 over the French forces of Napoleon III.



Thanh-Chinese New Year

Lunar New Year is the festival that celebrates the beginning of a new year on the traditional lunar calendar.



Noor – Nowruz (Afghanistan)

Nowruz is the Iranian New Year, also known as the Persian New Year, which is celebrated worldwide by various ethno-linguistic groups usually around March 21.



Happy New Year!