



Picture By Maria Tymkiv

Martin Luther King Jr.

Personal Writing

----- TINA’S EAL CLASS

Tina’s class studied the lesson on Dr. King from ellii.com and wrote their opinions on various related questions.

By Ahmed
Explain the “I Have a Dream” speech in your own words:
I have to dream our world will change in some way beneficially. When people speak the truth and make reconciliation. I have a dream my kids will be able to freely exercise their culture wherever they go.
Do you think that Dr. King’s dreams have become a reality?
Yes, I guess it became a reality, but it does not mean people are not facing discrimination because of their colour or beliefs. But at least it is better that everyone is innocent until proven guilty. What other great leaders have believed in non-violent protesting?
Nelson Mandela was a great leader. He was an example of a non-violent leader.

By Sergiy
I have heard about Dr. King’s famous speech before and also watched the original video of it. The person who told the story in this video gives information about Dr. King and his huge influence on people in the USA and around the world. He spoke about his goal, his bravery and his uncompromised beliefs in non-violent protests.
These days we can see that his dreams have become a reality. Nowadays in the USA, segregation doesn’t exist anymore and people with different skin colours have absolutely equal rights and obligations. A remarkable example of this is the fact that Barack Obama became the first President of the USA with black skin.

This is evidence of how the USA had changed in less than 50 years after Dr. King was killed in 1968.

By Svitlana
In 1963, Martin Luther King Jr. gave the most famous speech, “I Have a Dream.” One of his dreams is, “I have a dream that my four children will one day live in a nation where they will not be judged by the colour of their skin, but by the content of their character.” In my opinion, he was talking about equality between black and white Americans. During that time in America, black people were segregated from white people. It meant black people couldn’t be free people and didn’t have the same rights as white people. In his speech, he spoke about his children because he was dreaming that his children will be free and live in a free country where people will see not only colour of skin, but they will see who you are – skills, experience and knowledge.

By Adamira
Do you believe it is possible to make great changes in society without violence?
Yes, I do believe we can make a great change without violence. In this world, there are so many people with good hearts who love to help others to have a better quality of life or a peaceful live. Around us are always people who need help and people willing to help without interest. For instance, I love to help others when they need it and ask, and if I can’t do it, I will try to look for somebody to do it. Helping others makes me feel really good inside, and I never wait for payback. In my personal opinion, it doesn’t have to be that way. I really believe in helping each other without judging because we don’t know what is happening with them.

Overcoming Adversity

By Mr. Scott Vandenberg

No one likes having problems arise in life. Problems create challenges and usually bring about change. Depending on how you react to these problems, you can typically affect the outcome of each challenge the problem presents. For example, I was injured at work and was working with WCB to rehabilitate my injury. A few short months after the injury, the company I was working for decided to terminate my employment. This created many challenges for me to overcome. Subsequently, the problem of a lost income has to be one of the first challenges to overcome. Where do I find the money to stay afloat? Being injured and on a work claim I had to ensure that I could prove I was not rehabilitated from my workplace injury at the time of termination. This process took me close to three months to complete and pushed us close to the financial edge.

Next, I have the challenge of rehabilitating my injury to determine my physical capabilities. Will I be able to run and jump again? This step is more of a waiting game with stress and anxiety the main challenges to overcome. I have used several tools to aid me here. Having a social network of counsellors, friends and family is critical.

Finally, I will be faced with the problem of having to find a new career once the injury has healed. Will I be an attractive new hire after all this time off? Thankfully, WCB has provided several tools to aid me in this. Self-improvement courses started it off; then, I moved on to computer software training and am now about to attempt to acquire my GED thirty years after my classmates graduated. Nevertheless, I feel through maintaining a positive attitude and having perseverance, I am affecting my outcome. The initial reaction to being terminated was to find a similar job within that industry, thus no challenge created. This did not appeal to me as this was my ticket out of a 26 year dead-end career. My biggest problem now is figuring out what I want to do with the rest of my life and pray that I will be able to maintain a physically active life style.

GED Student

“

Adversity is one of life’s greatest teachers.

Picture By Maria Tymkiv



Maria and her husband Jaroslav.



Maria



Beautiful fall colors.



Amazing countryside by Maria.



GOODBYE AUTUMN

HI WINTER

Nature gives to every time and season some beauties of its Own.
Charles Dickens

Every season has a charm of its own. Spring is the time of hope and happiness. But it is so young, immature, and unpredictable.

Summer is the time of holidays and vacation. But it is also frivolous, with quirks. Autumn is the time of harvest. And autumn is the richest, wisest, and most respectful. Do you know what autumn smells like? Did you go to the autumn forest?

Salon, an English writer, once said: autumn paints colours in that summer has never seen. One cannot argue with it! Everything around you transforms, becoming more colourful. Autumn is the brightest season.

Every season has pleasant sides to it, but autumn gives us something that is difficult to find in any other season of the year. I especially like early autumn. During this time the weather still grants us with some warm days. Leaves of the trees are painted in bright colors. In the course of time, they begin to fall, covering the ground with a colourful tapestry. Bright sunny days are fewer.

The nature begins to prepare for the upcoming cold. Many birds are preparing to fly to warm countries, and they teach their young to fly. Squirrels collect nuts. Many animals change their colour. The air grows cooler and seems to be fantastic.

In one autumn, we often change our perspective, because life and current events are perceived from a specific point of view. Many people can start rethinking their lives and preparing for themselves the changes. Autumn can give inspiration to start something new. Statistics shows that the largest number of weddings is arranged in autumn. This time seems to be the most fruitful period for any new projects.

Every time autumn comes I fall in love with it, and the combinations of colours of the scenery never fail to amaze me. Surrounding beauty and cool weather sometimes make people feel melancholy and sad, so it is the right reason to dress warmer, prepare a delicious cup of tea and enjoy the genuine splendour of the nature.

But autumn is over. The memories remained.

Goodbye autumn. We will meet with you next year.

Hi winter. You are the coldest season of all. But I love you. Winter is the time for skiing, skating, hockey-playing. I love these sports. I miss when winter ends. But now I say:” Hello winter. I love you”.

SAINT PAUL – ALBERTA - CANADA

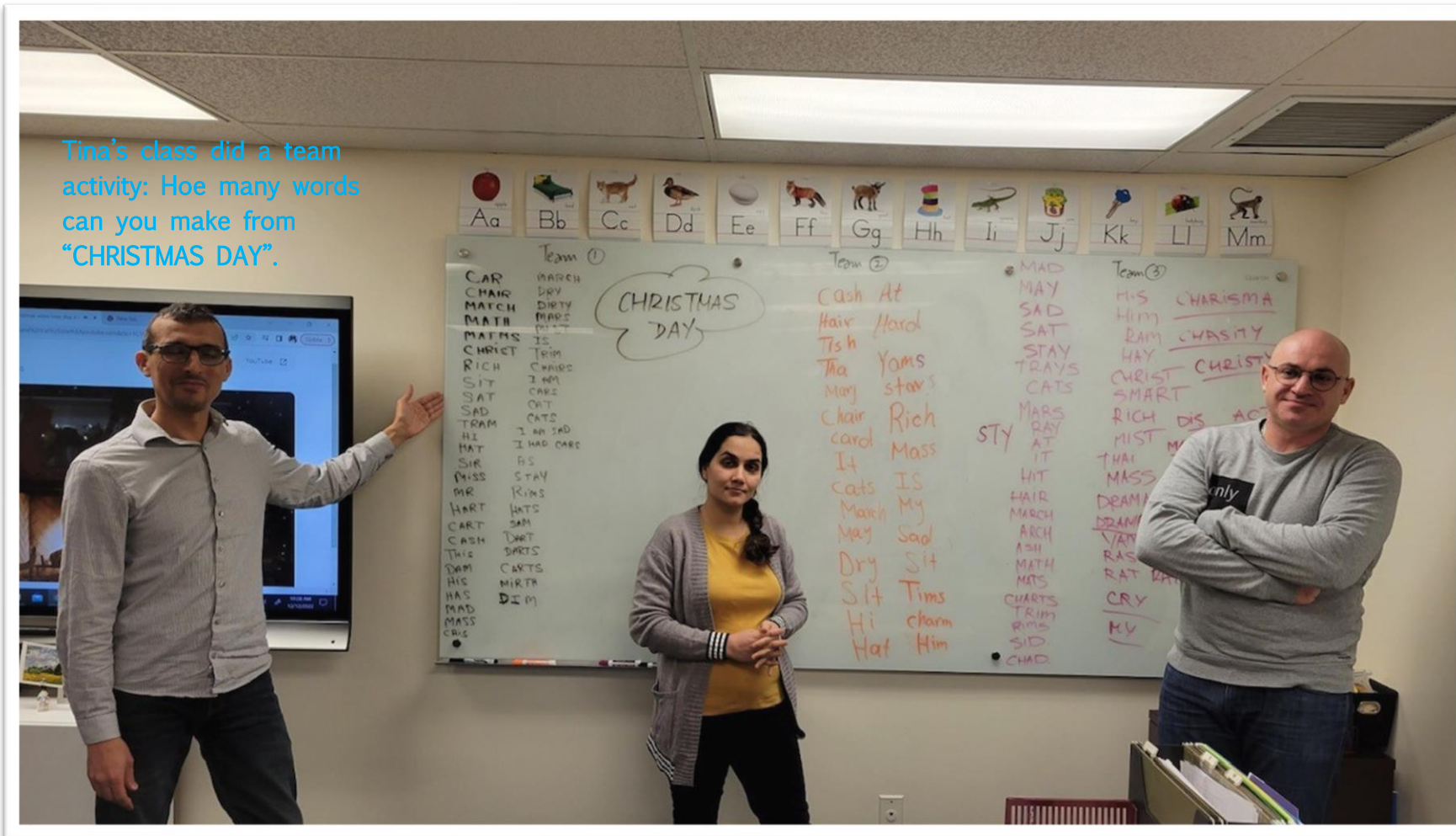
By Mr. Scott Vandenberg - GED student

Saint Paul, Alberta, Canada, with a population of roughly 6,000, is a rural farming community two hours northeast of the province’s capital Edmonton, Alberta. It was originally settled by Métis settlers in 1896, who came for the rich croplands and abundant amount of well-stocked lakes nearby to fish in. They quickly grew a close relationship with the neighboring Indigenous nations and have continued to depend on, as well as support each other to grow as an extended community whose combined population would easily exceed 15,000 today. Shortly after the Métis settlers arrived, other nationalities would come to experience the areas’ beauty and bounty. For example, my father who immigrated from Holland as a young boy, decided to stay and start a family. This influx of new cultures and ethnicities contributed to the community’s diversity and strength more and more as the town grew. Along with the Métis, came not only new cultures and faces, but new ethnic foods that now have their own local flair and popularity. Case in point, not more than a twenty-minute drive from town, lies a smaller Ukrainian community well-known not only for their edible perogies, but for the gigantic town monument version as well. Saint Paul is most commonly known as the town with the UFO landing pad. Residents are extremely proud of this landmark and have even built a UFO information center attached to the landing pad. In light of this, the town created an extra-terrestrial character named Zoot as the town mascot. A little known fact of the pad is that when it was opened on June 3, 1967, it was declared the Centennial Capital of Canada. It was also attended by Queen Elizabeth II and Prince Phillip in 1978. It is also rumored locally to have been deemed as international soil, exempt from Canadian law. The town is also known for hosting a UFO conference in 1998, which was attended by renowned cattle mutilation investigator and expert, Fern Belzil. These odd, yet interesting features, along with the lush and beautiful scenery, ample camping within minutes and acceptance of newcomers within the community make this area popular.

This growth has helped to cement the population and thusly, grow into an enticing place to call home for several entrepreneurs, artists, and people looking to have a decent hometown for their families while they work in the oil sands to the north. As a young child, in the town there was a sense of comfort and security within the community and was to the point my parents made allowances for things we would never consider today. You were allowed to play all evening in the streets and parks unsupervised but were expected to be home before the streetlights would come on or there would be hell to pay. We also really had to watch how we behaved while playing in the streets and parks, especially if grown-ups were nearby. If, or more so when, I acted up I could count on a neighbor either informing my parents or just disciplining me themselves and then telling my parents, so they could scold me when I got home. This was not only accepted in my day but was also expected, and it helped to make the town strong and close as a whole. Sadly, though I was faced with a vocational decision and decided to move my young family away over 15 years ago. I travel back frequently and notice changes to both the demographic of the citizens, the size and the appearance of the town, and with each trip, I still consider



Saint Paul as my true hometown.



A Last Day with My Dad

GED student



----- BY KARINE LAROUCHE

If I could to spend a day with someone, it would be my father because he passed away in 2001. First, I would talk to him about my accomplishments since he passed. In addition, I would have some questions about heaven. As well, I would want to go skidooing, four-wheel driving, and fishing with him.

I would like to talk to my father about what I have accomplished since his passing. Since then, we have decided to move to Alberta because we wanted to learn English and travel across Canada. My husband and I bought our first motorhome and we have gone on some great adventures. My father would be very proud that I have learned English and decided to explore our country.

Another thing I would like to ask my dad about is what it is like to be in heaven. I would ask him if there are gods or angels. Also, I would ask him if reincarnation exists and why. Furthermore, I would ask if there is good and bad in heaven.

I would also like to do some activities with my father. When he was alive, we would go skidooing, four-wheel driving, and fishing. I did not really like fishing, but I would go anyway just to spend some time with him and to please him. I would ask my dad if he remembers the time he, mom, and I got into an accident on the ski-doo. I hurt my knee, and I had to go to the hospital.

Being able to spend a day with my dad would be an unforgettable moment. I could tell him about all my achievements. I would question him about heaven. Finally, I would want to spend time doing some activities that we used to do together.



My Favorite Way to Relax

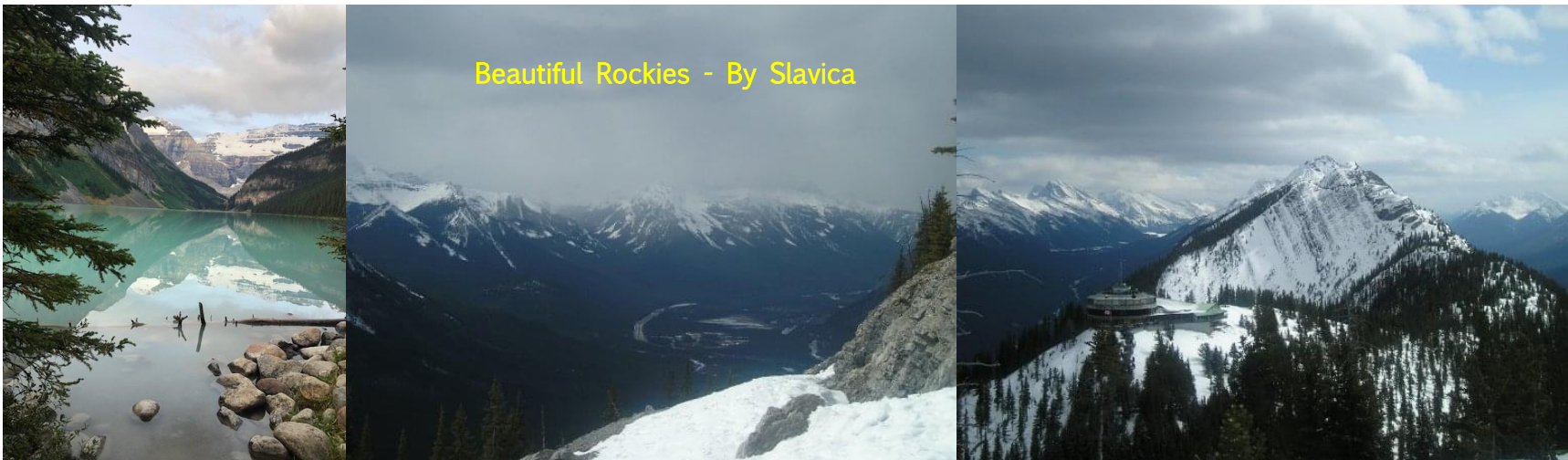
By Gianni G - GED Student

My favorite way to relax is to drive to the mountains. One of the things I enjoy about the mountains is being able to quiet my mind. In addition, being in nature gives me the opportunity to enjoy quiet walks. Therefore, going to the mountains helps me to recharge mentally.

A trip to the mountains gives me the chance to calm my mind. Because everyday life brings a lot of stress, sometimes I need to take a break from it. Sitting by a lake in the mountains is refreshing and helps to improve my mood. Furthermore, the opportunity to get away from the noise of the city and all the technology helps me to refocus.

Surrounded by Mother Nature’s spectacular views gives me great joy and relaxes me. The sound of waterfalls is peaceful and makes me appreciate life more. Walking through the trails, I feel the clean air filling my lungs and makes me enjoy my picnic lunch even more. The chirping of the birds is equally enjoyable.

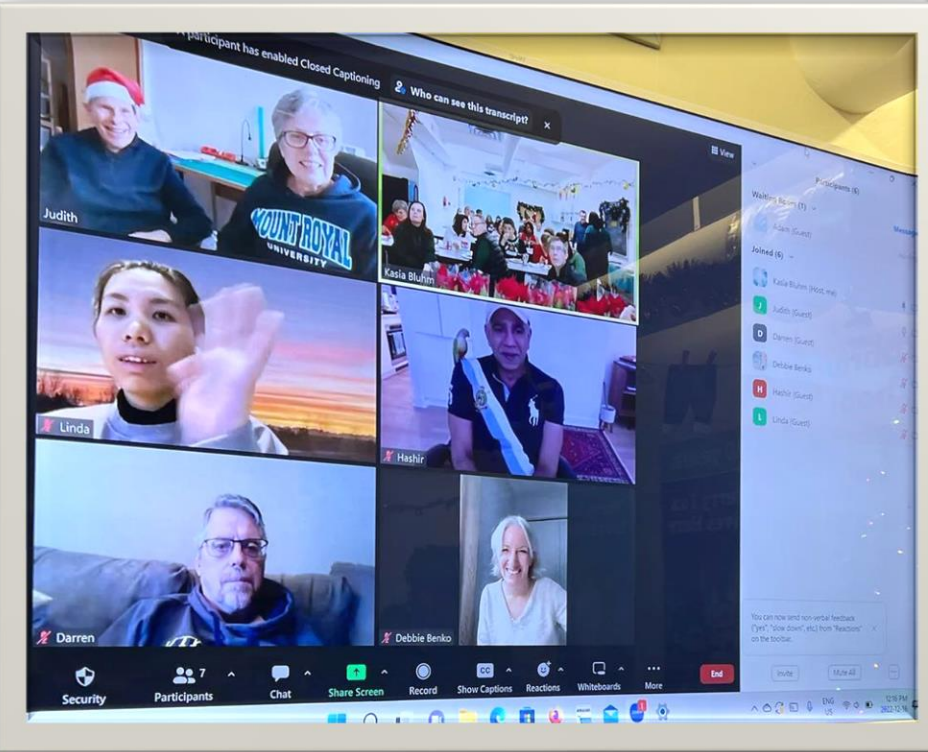
Another reason I like to go to the mountains is so I can mentally recharge. The daily routine can drain you mentally and physically. Being immersed in the beauty of the mountains restores my mental health. I can go back to my life and conquer my problems with courage.



CHRISTMAS FUN

4





Our staff had a lot of fun playing games during our Christmas party.





CHRISTMAS FUN





Picture Caption: Our students and teacher are getting ready for Terry Fox Fundraising.

Terry Fox Fundraising

\$ 3,000.00 collected.

----- OUR LINC STUDENT WON A TERRY FOX SHIRT

It was great to see all our students and many of our teachers back in the building working hard to reach our goal. We are pleased to inform you that we managed to reach our fundraising goal of \$1,500 for Terry Fox Foundation.



In the spirit of Pay It Forward Like Dina would, Equilibrium School is matching the \$1,500 bringing our total to \$3,000 for this year!

Tina’s PM (online) class did some writing about their homes using prepositions of place

By Luis

Where I Study in my House

My laptop is in front of me. I'm sitting behind the table where the laptop is. It is on top of the table. I have a couch behind me, and the TV is across from the couch. To the left of me I have a toolbox and under the table I have my dogs sleeping.

By Jonathan

My Bedroom has Everything

In my bedroom I have a microwave, an electric frying pan and also a mini fridge. When you pass the door on your right, there's a shoe rack. In front of you, you will see my double bed with an antique wood headboard. Six feet away from my bed, I have a corner office desk and beside my dresser I also have shelves for stacking cans and food . In the end, I'm ready for my next ankle surgery.

By MinHye

My New Bedroom

My new bedroom is perfect for me. The room is on the second floor in the house. Therefore, in the morning, it is bright due to the sunshine. And there is a built-in closet. It helps me to hide my things. It is very convenient and useful. One of my favorite parts is my desk lamp next to my bed. Before I go to bed, I only turn on this yellow light and read some books or listen to music. On the wall, there are four postcards that I bought in Europe. For the above reasons, that is why I love my bedroom.

By Selene

My Favorite Room

My kitchen is my favourite room. It is very small. There is a stove and refrigerator. I try to clean, especially at night, because the kitchen needs to be clean in the morning. There are cabinets above and below the sink. The microwave is beside the stove, but I try not to use it often. Beside the stove there is a blender. I make Mexican sauces for my family. It's my favourite place because I love cooking.

By Laarni

The Classroom

Due to the pandemic, students have been deprived of being in the classroom, so now that I am here, I feel so great for many reasons. Happily, I feel great to be surrounded with my classmates that I can talk to and mingle with enthusiasm. Then luckily, I get to hear my instructor clearly and get the help I need up close and personal. Above all, the ambiance of the classroom makes me feel that I am really a student who needs to learn and not just fool around. Therefore, the happiness, the luck, and the ambiance of the classroom will always be good.

By Berhe

My bedroom

My bedroom is the most comfortable place in my house. It became my favorite room since I moved into this house two years ago. Actually it is not too large; the width is just 4 by 4 metres, but it's clean enough. It looks like a small cottage with a bed placed in the corner of this room. The bed cover is white, soft and calm. On this bed there is a pillow. If you enter my bedroom, you can see a table and a chair next to the bed as my place for study. You can feel the wind blowing from a big window that always makes my room cozy and bright near the bed.

By Francisco

My Favourite Room

My favorite place at home is the family room. There is a very huge window beside the door entrance. It is not very big, but it is good enough to have a quiet moment any time during the daytime. There is a TV screen in front of a cozy couch to lay down where anyone can enjoy any kind of TV show. And there is a ps5 below to the TV to play videogames for a few hours. Also, my other favorite place at home is the kitchen because there I can have a different variety of ice cream in the fridge.

By Jose

My Spare Room

I use my spare room for doing my online English course.

My room is on the lower level in my four-level split house. It is nice and has a cool temperature. My lower level is composed of a bedroom, living room and a full bathroom. It has all I need to do my schoolwork. My supplies are a laptop that is on my desk. Behind my laptop is a 24” monitor. Beside the monitor is a file holder. Under my desk is a foot mat that is to hold my feet when I’m sitting down on my chair. My window is in front of me and the door is behind me. I feel very comfortable in my spare room.

By Jobel

My Master Bedroom

My master bedroom is a good size with a walk-in closet, shower, hot tub, king-sized bed, and a desk. My favorite spot is in front of my desk. I spent a lot of time there doing my online class and for my business. I'm also surrounded by furniture. Where I'm sitting, the air conditioner is above my head and behind me, I have a jewelry box with a mirror in front of it. I clean and organize my room to look nice, comfy and relaxing.

By Asma

My Bedroom

I have a big and airy room. I have a good outlook from my bedroom. I have a dresser in front of my bed. I have a night table on the left and right side of my bed. There is also a couch in the corner. My bedroom carpet is light brown. There is a painting on the wall in back of my bed. I spend my spare time in my bedroom. It's very simple and clean. I like it.



Tina’s PM class wrote about their job/interview experiences

By Jonathan

I never have a copy of my resume on me. In the past, I only had to call the contractor and ask him to give me a try. Usually they are short on staff or in a pinch because some of the guys are strange in construction - a lot in the roofing industry . They do not ask many questions when I tell them that I have 20 years of experience.

By MinHye

My last job interview was 5 years ago. I felt confident to introduce myself because I am a people person and I have good performance in hectic situations. But my first job interview was difficult for me because it was a big company in my country. However, it was a good experience for me.

I have ever had job interviews in English. It will be my big challenge but I believe I can enjoy it.

Nowadays, I am thinking about going to college. I have to save money because I cannot handle studying and working at the same time. Also It is better to focus on only studying.

By Suad

I like to go to school and work part time because it is good when you go to school and work. You don't need anybody for money. Especially when you are single it is good for you if no one bothers you, no kids or husband, so you can study or work. You can handle everything.

By Laarni

1. Going on a job interview makes me feel very anxious. I have so much apprehension about how it will go.
2. Why did you apply for this job? This is the most common question that the interviewer asks from the very beginning.
3. Yes, but it is really hectic and I can say that there's no life once we make this choice. The so-called " work and life balance" is impossible to impose.
4. I always try to be resourceful first, but at worst-case scenario I asked my mother. Unfortunately, she already passed away, so I am on my own now.
5. I like eating in a Chinese restaurant because the ambiance is very homey.
6. How to handle conflict is the most difficult question I ever had. I became emotional and it triggered anxiety from what I have experienced lately.

By Jobel

The hardest interview question I have ever had is when they asked me about my experience on my first job interview. I was so nervous because I didn't have any experience yet, and I was so worried that I might not get the job.

By Francisco

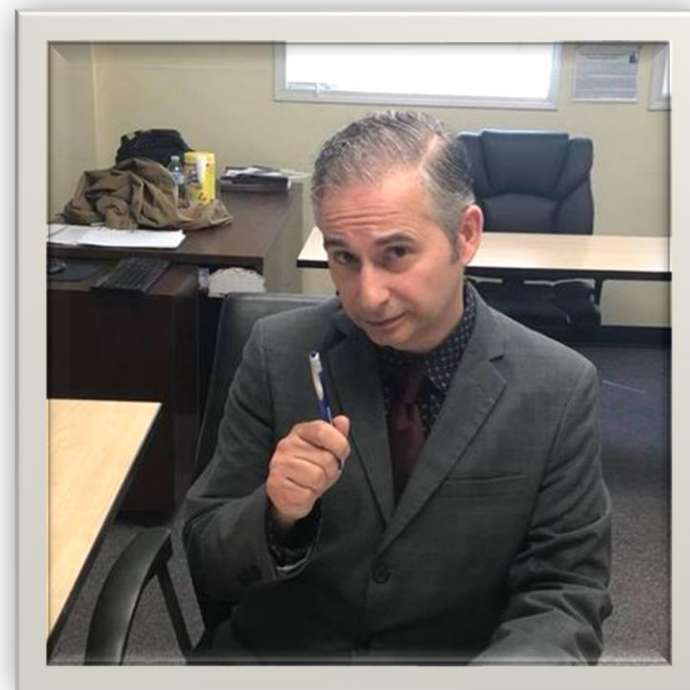
How do you feel before a job interview?

Normally, I would rather seek some information about the company that I will apply for a possible position. Usually, one of the firsts questions is if I am a people person because most construction jobs mean being around too many people. So, because I have been working in construction for a few years, I understand that I shouldn't be nervous. I mostly keep on my mind that I should only talk about work experience. One of the things that I like most about living here in the city is because there are always job positions available. In my particular case, I know that that companies are looking for people who follow the daily task list. Most companies like to hire sociable and hardworking people. If a person is like this, they will always be called in.

By Jose

What is the strangest /hardest interview question you have ever had?

The strangest/hardest interview question I have ever had was when I applied for a job in the oil field. The person in charge asked me if I ever killed a human being. I got upset and I told him that I never did. It is true El Salvador went through a civil war and that's the reason that I emigrated to this country because I disobeyed the government army. They wanted to train me to become a soldier and I was only 12 years old. Well, my job interview got to be a little longer than I expected but the good thing is after many questions, I got hired in the end.



Richard practicing job interview skills with his students.

A MARIACHI BAND IN OUR SCHOOL



FERNANDO (EAL STUDENT) AND HIS DAUGHTER PERFORMING



FATIMA'S EAL CLASS



Post-Traumatic Stress Disorder (P.T.S.D.)

Over 90 Equilibrium students and staff members took part in the 2nd annual “Truth & Reconciliation Day” presentation on the morning of Monday, October 3rd, in commemoration of the official day declared by the Government of Canada every year on September 30th. In addition to a brief presentation by Equilibrium staff member, George Van Bruggen, regarding why this annual day has been set aside to remember the atrocities many Aboriginal Peoples (First Nations, Inuit, and Metis) had to endure over almost a century, we also heard a very emotional presentation by Diedre (Dee) White Quills, a former Equilibrium GED student, who shared the tragic stories of what her parents went through while being taken from their homes as children and forced to attend residential schools in Alberta and Saskatchewan. Dee not only shared about the various forms of emotional, mental, physical, and sexual abuse that both of her parents suffered while attending residential schools, but also about the shame and suffering of her entire family because of her parents’ experiences. For many years, her parents refused to talk about the abuse they each endured, because remembering those experiences would lead to flashbacks (vivid images about what happened) and nightmares. For Dee’s parents and many others who suffered from traumatic experiences, it was easier to repress (push down) the

memories rather than talk about them. In other words, they suffered from untreated Post Traumatic Stress Disorder (PTSD)! According to the (world-famous) Mayo Clinic (United States), Post-traumatic stress disorder (PTSD) is a mental health condition that's triggered by a terrifying event — either experiencing it or witnessing it. Symptoms may include flashbacks, nightmares, and severe anxiety, as well as uncontrollable thoughts about the event. PTSD usually appears within three months of the event, but sometimes symptoms may not appear for years. Common symptoms include:

- re-experiencing the traumatic event over and over
- having recurring nightmares
- experiencing unwanted, disturbing memories of the event
- acting or feeling as if the event is happening again
- feeling upset when reminded of the event
- staying away from activities, places, or people that are reminders of the traumatic experience
- avoiding friends and family
- losing interest in activities that used to be enjoyable
- difficulty having loving feelings
- being unable to feel pleasure
- constantly worrying
- having a hard time concentrating
- getting angry easily
- having trouble falling asleep or staying asleep
- fearing harm from others

- experiencing sudden attacks of dizziness, fast heartbeat, or shortness of breath
 - having fears of dying.
- According to one Canadian PTSD source, approximately 8% of people living in Canada either currently have, or at one time had Post Traumatic Stress Disorder. Many recover from their symptoms to some extent, but others never do. Many Equilibrium School students have lived through traumatic events in their home countries and gone through many difficulties to come to Canada. Having support following a traumatic event is very important for anyone with PTSD.

Some examples of helpful supports include:

- family service agencies
- community mental health agencies
- counsellors or therapists
- family doctors
- community health centres
- religious leaders
- settlement agencies
- workplace employee assistance programs (EAPs).

Sources:
Posttraumatic Stress Disorder © 2006
Centre for Addiction and Mental Health
Post-traumatic stress disorder © 2016
National Institute of Mental Health

Respectfully submitted,
George Van Bruggen, Equilibrium staff member



Presenters & Agenda:

Presenters:

- Dee White Quills, former Equilibrium School student
- George Van Bruggen, Equilibrium School staff member

Agenda:

- George: PowerPoint presentation on Canadian First Nations peoples and the need for a “Truth and Reconciliation” day. (approximately 25 minutes, including questions from presentation participants)
- Dee: Perspectives of an Indigenous Canadian woman. (approximately 35 minutes, including questions from presentation participants)

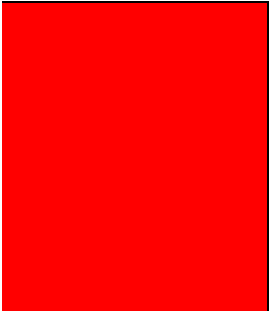


Remembrance Day

Every November we commemorate Remembrance Day and honor our heroes, those who have fought for our freedom and who live in our memories forever. However, this year I realized how much my students truly understood the spirit of this holiday and its somber message. I realized that war has no language, and it is not needed, everyone understands the price of freedom without a doubt. My students really enjoyed learning about Canadian soldiers and their sacrifices, they were also a bit surprised at how much Canada had contributed to the wars and wanted other people to know more about it. After reading different accounts of soldiers, First Nations contributions and famous battles involving them. They expressed themselves through letters for Veterans and some poetry. We are waiting for the answers from the Veterans but would like to share the poetry. The students used their newly learned vocabulary to write Acrostic Poems and beautifully expressing their thanks to our Brave men and women in service. By Fatima’s EAL students

Believe in freedom
Remember the soldiers
Appreciation for peace
Very strong
Excited for the end of war

By Beletu Kebede



Brave in Battle Remembering the Soldiers Alive, through Prayers Veterans we Remember Excellent work for Peace By Melake Gebreyesus	Brave and clever men Remembering the sacrifices Action that saved us Very strong belief Every war is sad By Mihaly Fyodor
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Believe soldiers are the best
Remembrance Day, so we never forget
Action for strong men
Very hard work, God bless them
Excited for peace in the country

By Kashmir Jawandha

Belief in the soldiers Remembrance Day to celebrate Active fight for peace Very strong and peaceful Excellent job By Million Feleke	Brave and brilliant men Rule of peace Active service Very brave men and women Experience to remember By Parminder Minhas
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Brave men and women of strong belief
Remembrance Day, a day of celebration
Action for good
Very good for peace
Excited to experience a lifetime of peace

By Janet Ogbomo

Brothers in Arms
Rise in honour
Accomplishments through action
Valour in the field
Ever the heroes for us all

By Rafal Halat

Bright future for us
Remember the wars
Arrival of peace
Victory for the country
Everyone cares for the veterans

By Tigist Ebbsa

Brave new world
Remembrance Day so say thanks
Appreciation for the sacrifice
Volunteer for action
Experience in keeping peace

By Leila Safa

Brave and brilliant men
Rule of peace
Active service
Very brave men and women
Experience to remember

By Parminder Minhas

新年快乐

HAPPY CHINESE
NEW YEAR 2023



新年快乐	xīn nián kuài lè	Happy New Year
恭喜发财	gōng xǐ fā cái	Wishing happiness and fortune
身体健康	shēn tǐ jiàn kāng	Good health
岁岁平安	suì suì píng ān	Everlasting peace and safety

NEW YEAR GREETINGS

NEW YEAR GOOD LUCK

Wearing a new pair of underwear that is bought before the New Year, because it will bring good luck and good fortune.

The night before the New Year, bathe with pomelo leaves to be healthy for the rest of the New Year.

Changing things in the house such as blankets, clothes, mattress covers etc. is good luck.



NEW YEAR BAD LUCK

Getting a haircut in the first lunar month will bring bad luck. Therefore, people get a haircut before the New Year's Eve.

Washing your hair on the first day of the New Year is considered to be washing away one's own luck.

Sweeping the floor is usually forbidden on the first day, as it will sweep away the good fortune and luck for the New Year.

NEW YEAR LUCK

Giving out lucky **Hong Bao** - red envelopes - to people.





Year of the dragon
2012

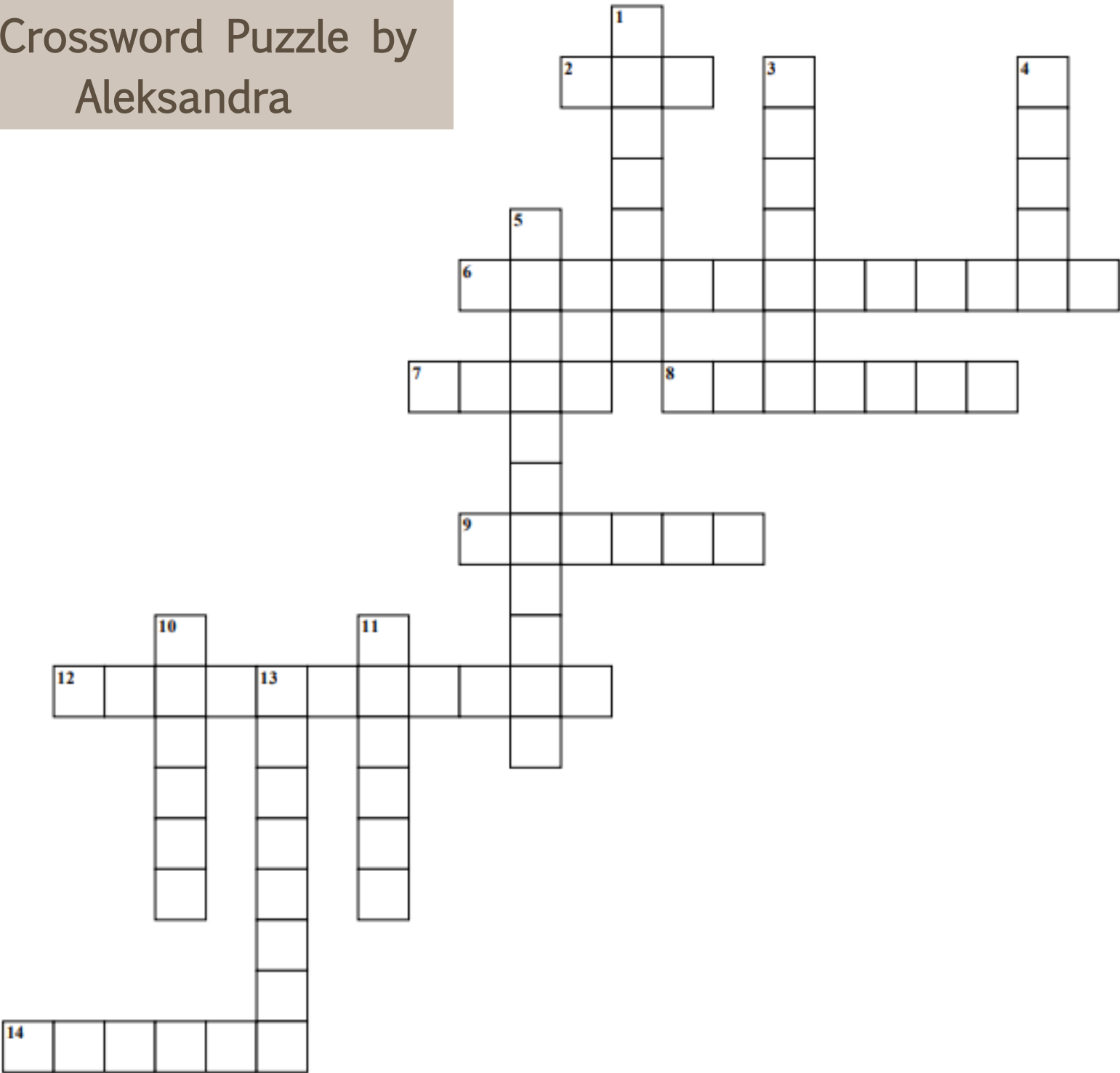
Year of the snake
2013

Year of the horse
2014

Year of the sheep
2015

HAPPY
NEW
YEAR
2023!

A Crossword Puzzle by Aleksandra



Across

- [2] Filip is Julia and Adam's _____.
- [6] Lena, Filip, Francis and Zofia are all Hanna's _____.
- [7] She lives next door to Lena, mother to Francis and Zofia.
- [8] Hanna and Jakub are Adam's _____.
- [9] Adam
- [12] Hanna
- [14] Lena is Filip's _____.

Down

- [1] Francis and Zofia are Lena's _____.
- [3] Filip is Lena's _____.
- [4] He lives next door to Lena, father to Francis and Zofia.
- [5] Jakub
- [10] "Lena's Big, Happy _____."
- [11] Julia
- [13] Lena is Julia and Adam's _____.

FIND YOUR ANSWERS BELOW:

- mother:** Julia
- father:** Adam
- brother:** Filip is Lena's _____.
- sister:** Lena is Filip's _____.
- son:** Filip is Julia and Adam's _____.
- daughter:** Lena is Julia and Adam's _____.
- grandfather:** Jakub
- grandmother:** Hanna

- aunt:** She lives next door to Lena, mother to Francis and Zofia.
- uncle:** He lives next door to Lena, father to Francis and Zofia.
- family:** "Lena's Big, Happy _____."
- cousins:** Francis and Zofia are Lena's _____.
- grandchildren:** Lena, Filip, Francis and Zofia are all Hanna's _____.
- parents:** Hanna and Jakub are Adam's _____.