

# EQUILIBRIUM SCHOOL

Issue # 7, July 2020

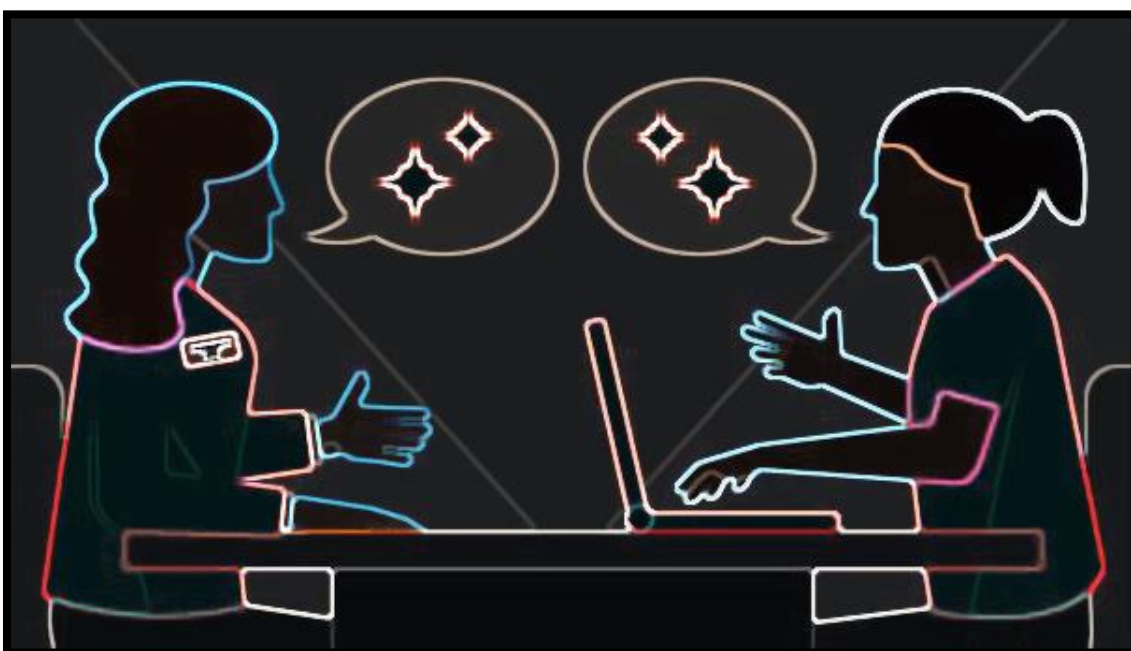
VIRTUAL TOUR OF THE WORLD

THE VIEW FROM MY VINDOW

MEMORIES

## Newsletter

### INTERVIEW WITH A CLASSMATE – BY TINA'S AFTERNOON CLASS



#### By Gashaw:

My partner's name is Sewak. He came from India, but I did not. He has been in Canada for seven years. Before he came to Canada, he was a merchant and sold electronic materials in a store. He has two brothers and two sisters who live in Canada. His mother also lives in Canada and she works in the boutique, but his father passed away. Now he is a student, and so am I. He studies at Equilibrium school, and I do too. He attends his class regularly, but I don't because of my health problem. He got married one year and two months ago, and he loves his marriage.



#### By Varinder:

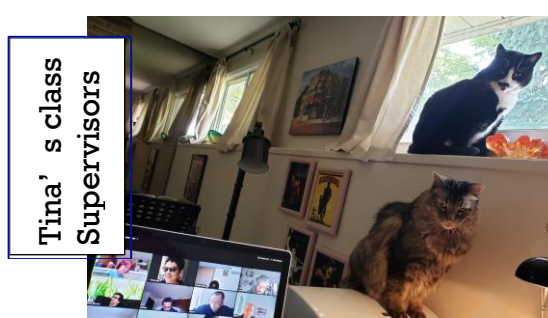
My partner has one older brother, but I don't. He has never been to another country besides Canada, but I have been to England. My partner has a lot of hobbies like sports and watching TV, but I don't. He spends free time with friends and family, and I do too. He doesn't like dirty places, and neither do I.

#### By Josephine (Joysi):

Pushpinder was born in India, but I was born in Sudan. She likes music, and I do too. She doesn't play any instruments, but I play drums. Her family is 4 people: two sons, her husband and her. She doesn't like swimming, and neither do I. She likes winter but not snow, and neither do I. My classmate likes cooking, and so do I.

#### By Anh:

Pushpinder was born in India, but I was born in Vietnam. She likes music and so do Joysi and I. Joysi can play drums, but Pushpinder and I can't. I have been to America, but Joysi and Pushpinder have not. I can swim, but my partners can't. I don't like winter, and neither do Joysi and Pushpinder. Pushpinder likes cooking, and so does Joysi.



#### By Pushpinder:

Anh was born in Vietnam, but I was not. He likes music, and I do too. He doesn't play any instruments, and I don't either. Anh visited the USA, but I didn't. Anh has kids and so do I. He has two sons and one daughter, but I have one daughter and one son. Anh can swim, but I can't. He doesn't like cooking, but I do. Anh has one sister, and so do I.

#### By Worke:

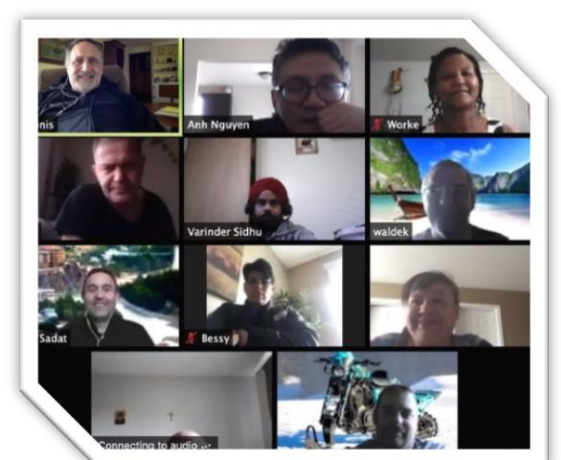
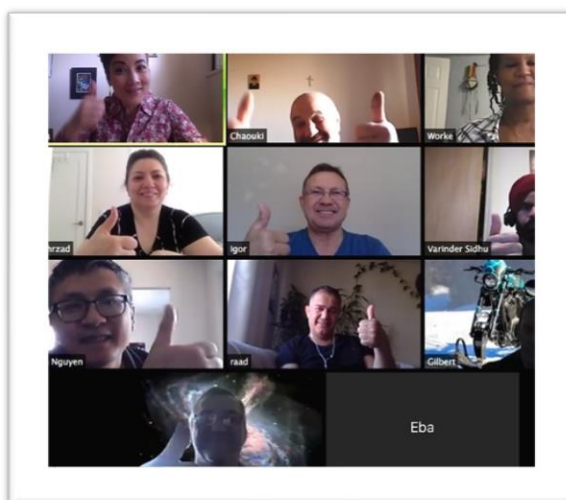
My partner doesn't have any brothers or sisters, but I have one sister and one brother.

My partner's hobby is reading and helping his family at home, and I help people, too.

My partner has never been to Japan, and I haven't either. He has very good friends, and so do I. My partner had a very good job, and he made good money, but I did not.

#### By Sukhbir:

My classmate's name is Worke. She doesn't have any children. She is from Ethiopia, but I am not. Her native language is Ahamaric. Now she is learning English, and so am I. She likes to cook and exercise in her free time. She likes to try different hair styles. She also likes to watch television and sometimes I do too.



#### By Sewak:

Gashaw came from Ethiopia, but I came from India. He is studying at Equilibrium, and so am I. My partner has siblings, and I do too. My partner taught chemistry, but I was a salesman. His mother worked on a farm, but mine worked in the house. Gashaw likes Canada, and so do I.

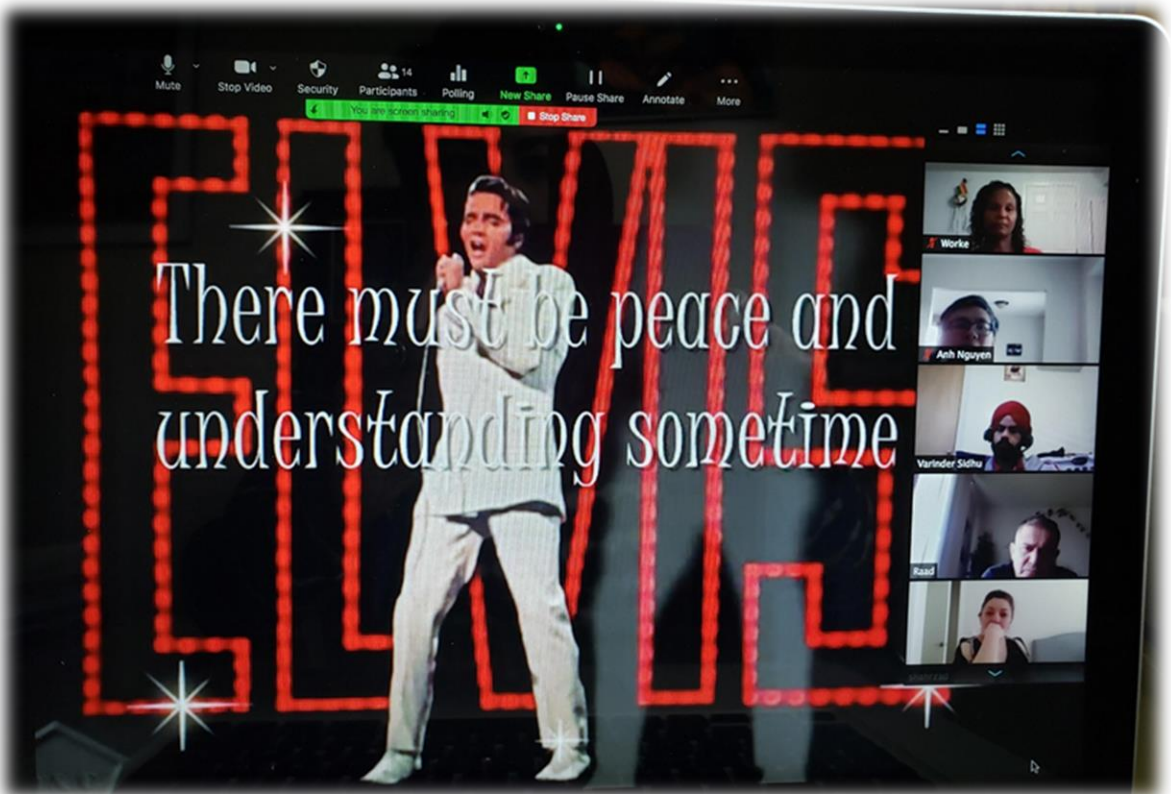
#### By Jagjeet:

My partner came from Ethiopia, but I didn't. He has lived in Canada almost 3 years. He has 5 brothers and 2 sisters, but I don't have that many. He worked at a government job, but I didn't. He taught chemistry for almost 10 years. He is a student now at Equilibrium, and so am I. He is 38 years old, but I am not.





Last year we wore masks not because of Corona, but because of smoke ...if only that was the case now.



Tina's Elvis Class-listened to/discussed/filled in words for this Elvis song

It's called "If I Can Dream" and it was written in 1968. Many things were happening then: Martin Luther King Jr. had been shot in Memphis that year. Robert Kennedy (also a civil rights advocate) had also been killed. Vietnam war was on. Racial tension/civil rights protests, particularly in the South, where Elvis had always lived.

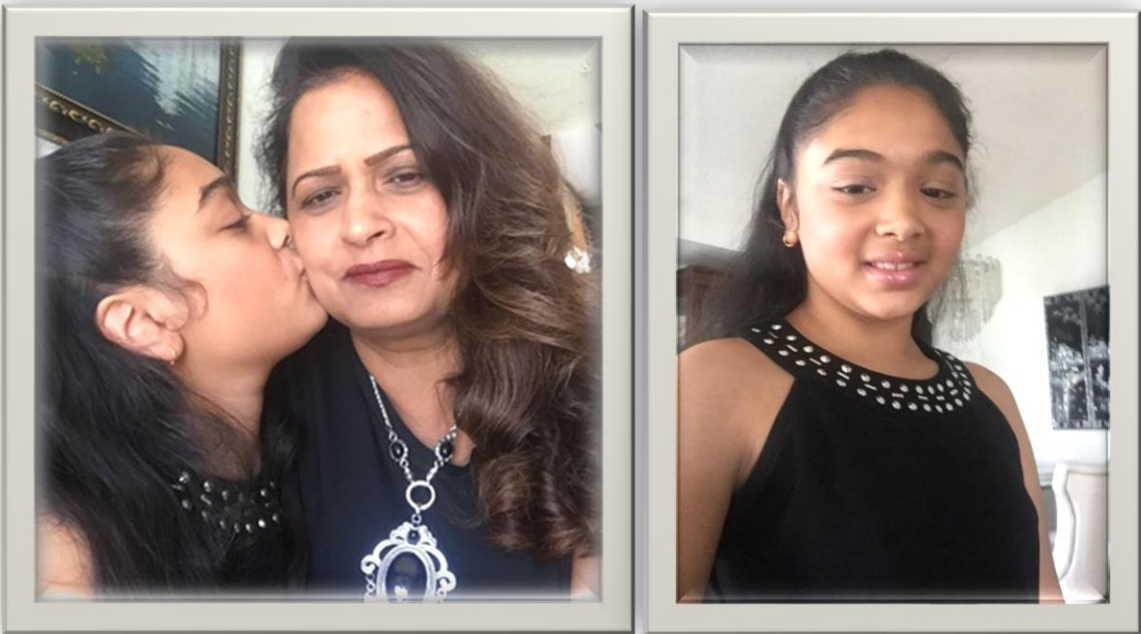
This song was performed at the end of Elvis' "68 Comeback" TV special. His manager wanted to end with a Christmas song because the show was aired in December, but Elvis wanted something more meaningful because of all the things going on.

This song was written overnight and performed for the show the next day. It is in honour of Martin Luther King's "I Have a Dream" speech.



### My Daughter's Graduation

My daughter's graduation was on Thursday, June 25, 2020. First in the morning we got up and both showered. After my daughter and I dressed in our pretty dresses. Me and my daughter curled our hair and we did our makeup. My daughter looked nice. Then she had her grad. Lots of kids were there. Teachers and principals were there too. Each child got to read their quotes and memories. Then the ceremony was done. My daughter was sad and happy. Next, we took some pictures. We went upstairs to relax. Suddenly, my daughter's best friend came over and surprised us with balloons and a gift. We gave her friend a gift too. Then we went to their house and cut the cake! - by Mohini ESL



Stampede 2020 is very different this year @equilibriummyc ... no Stampede parade & no surprise pancake.



Manuel: They are radishes. Plant maybe May 20. Not big. They are in back garden. I like radishes. Like always vegetables.





# Covid 19 Vocabulary

By Slavica



**virus** (noun): a living thing, too small to be seen without a microscope, that causes infectious disease in animals and humans

- **vaccine** (noun): a substance used to protect humans and animals from a disease



**treatment** (noun): medical care given to a patient for an illness or injury

- **isolate** (verb): keep an infected person away from healthy people



**mask** (noun): a piece of fibre or cloth that fits over the nose and mouth to protect other people from the wearer's germs and/or the wearer from germs in the air

- **outbreak** (noun): a sudden occurrence of a disease (or other unpleasant thing)



**pandemic** (noun): occurrence of a particular disease throughout a whole country or the world

- **patient zero** (noun): the person identified as the first to become infected with a disease in an outbreak



**personal protective equipment (PPE)** (noun): special clothing, headgear, goggles, masks and other garments that shield people from injury or infection

- **quarantine** (noun): isolation and monitoring of people who seem healthy but may have been exposed to an infectious disease to see if they develop symptoms



**self-isolate** (verb): isolate oneself; put oneself in quarantine, away from other people



- **social distancing** (noun): practice of encouraging people to minimize contact and closeness, whether by banning large or even small groups/meetings (football matches, nightclubs), or by maintaining a minimum distance between people (for example one meter or two meters)



**symptoms** (noun): a physical or mental feature that indicates illness/disease

- **test negative | test positive** (verb): if you take a test for an infection and you test negative, that means you do not have the infection. If you test positive, that means you have the infection



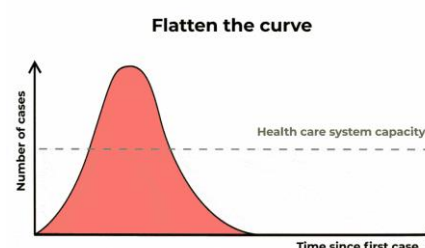
**transmission** (noun): transfer of a disease from animal to human or from human to human

- **viral** (adjective): describing something like, caused by, or relating to a virus or viruses



**infect** (verb): affect a human or animal with a disease-causing organism

- **flatten the curve** (verb - figurative): change the steep upward curve on a graph of new disease cases to a flatter, shallower upward curve over a longer time period through measures such as social distancing



**droplets** (noun): the spray produced when people cough or sneeze, and which can spread diseases like COVID-19

- **diagnose** (verb): identify an illness by examining the symptoms



**carrier** (noun): a person or animal that transmits a disease to others, whether suffering from it themselves or not

- **community spread** (noun): transmission of a disease directly within a community and not by importation from a foreign source



Paquetville - New Brunswick



Saint John - New Brunswick

# MY FRUSTRATING

## COVID 19 TRAVEL EXPERIENCE

I'm sure many people have had frustrating experiences due to the Covid-19 pandemic, and I wanted to share about one of mine. It started In December 2019, when I got bad news from my brother that my Mom had cancer. I decided to book a ticket to go and see her in New Brunswick. I flew there on February 2, 2020 and spent some time with my Mom at the hospital until she came back home on February14. Afterwards, my Mother passed away. This was around the time when the Covid-19 pandemic started to badly affect Canada. Due to New Brunswick's Covid-19 restrictions, we could not even have a funeral for my Mom. I also had a terrible time trying to book flights back to my home in Grande Prairie, Alberta. For example, at least 4 flights I had booked with Air Canada were cancelled over a period of five weeks. Fortunately, I was able to say with my brother and sister-in-law in Paquetville, New Brunswick during the entire time. Finally, I was able to book my flight home for May 11th, but only through Halifax International Airport, as flights were not available in New Brunswick. This meant that I would have to travel six hours and cross the restricted border with Nova Scotia just to get to the airport!

At 5:00 am, I was already at the Halifax airport waiting to get on the plane. Thankfully, the flight left on time at 6:15 am for Toronto airport. There were very few people on the flight. Since I had a six-hour layover there before catching my flight to Calgary, I went for a walk and did some shopping for my girls. Finally, after many hours of waiting, I boarded my next flight, which left Toronto at 2:00 pm to go to Calgary, Alberta.

The flight to Calgary was long, but it was good. At 4:10 pm., local time, the flight landed in Calgary. I was so happy to be there and to see my girls after 3 months of being away. After we left the airport, we went for supper but had to eat inside the truck, which was not very comfy. We left Calgary around 6:00 pm. to drive to Grande Prairie. By the time we got to Grande-Prairie, it was 1:00 am., and I was so happy to see Grande-Prairie and be home, although I was very tired!

***Finally, I was able to book my flight home for May 11<sup>th</sup> , but only through Halifax International airport,as flights were not available in New Brunswick.***

The day before my flight was to leave, I had to rent a car in Moncton, New Brunswick, to drive six hours to Halifax, Nova Scotia. First, I left Paquetville on May 10 to go to Moncton to get my rental car. Then at 6:00 pm, I left Moncton to drive to Halifax and had to cross the provincial border. At the border, they asked me a ton of questions about why I had to cross into Nova Scotia, but in the end everything was fine. Finally, I arrived at Halifax International Airport around 9:00 pm. I was not allowed to stay in a hotel because I crossed the border and the laws were very strict about self-distancing. I had to spend the whole night in the car because my flight was going to leave at 6:15 am. the next morning and didn't get any sleep at all.

In my opinion, going home at the time of Covid-19 was the worst experience in my life. Still, I have no regrets because I was so happy to spend lots of time with my mom before she died. However, I'm sure I am not ready to go back again to New Brunswick any time soon with that experience I had.

**Written by Gina Landry, ESL Student  
Edited by George Van Bruggen**



# My Hobby

by Barry H.

For my leisure water activities, I have a ski boat. My ski boat is a 2000 21-foot Chris Craft Limited edition. Chris Craft was one of the first boats built out of wood. It is one of the most resilient boats built for the market today. My Boat is equipped with a 350 v8 Chevy motor and can pull up to 3 water skiers.



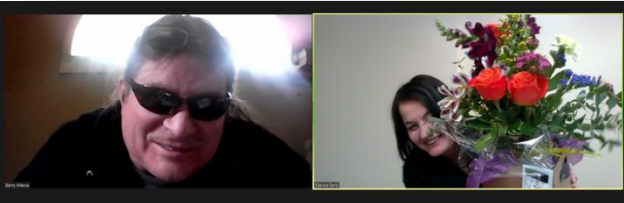
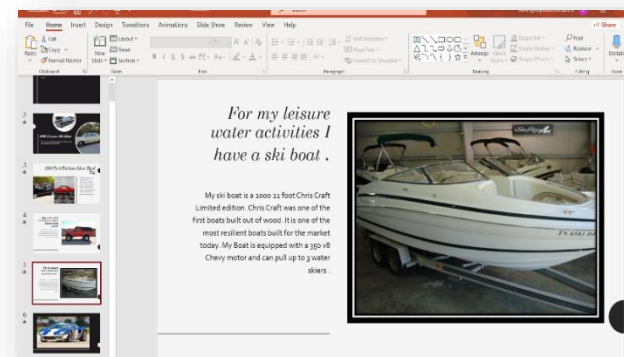
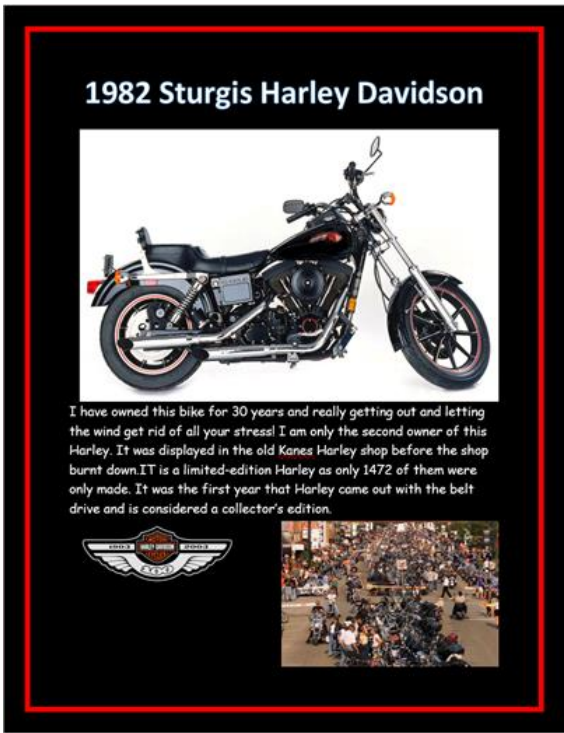
Here is my 1978 Ford Bronco which I drive in the winter. The Ford Bronco was only made 2 years, 1978 and 1979. It is a collector's item as there were not many made. People say they are one of the toughest 4-wheel drives on the market.



1966 Ford Fairlane 2door Hard Top. 1966 Ford Fairlane was equipped with a 289 engine 390, or 428 Ford built them to race against another car manufactures and won most of them. Only 2 years of production was the Ford Fairlane Introduced. 1966 or 1967.



1966 Chrysler 300 2 Door  
This is a rare car as for there is not many made, they usually come with a 383 motor or 440 motor.



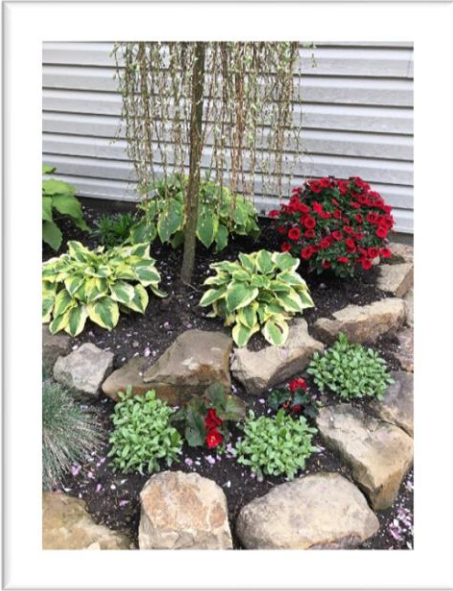
## Pat's LINC students growing vegetables

In my garden I have tomatoes, cilantro and beets. They are growing bigger now."- by Mirna

Photos of plants on my balcony. I have 2 pumpkins some flowers and tomatoes. - by Nisa



Nisa's garden on her balcony.



Mirna's garden



# My Hobby - By Wayne

One of my hobbies is buying and fixing used items. I like to do this because I can make money. In addition, it's exciting and intriguing. The best thing about my hobby is getting a sense of accomplishment out of it.

First of all, buying and fixing used items is a way to make money. I buy second- hand items or, at times, get them for free. Then I fix the item, clean it and sell it for a decent price. Then I have space to fix more items.

Secondly, it is exciting and intriguing to purchase and repair unusable things. I love to take things apart and give it new life by doing mechanical surgery. For example, fixing pressure washers was exciting because I learned a lot about how they work. It is intriguing because I learn a lot from each item I repair.

Finally, I get a great sense of accomplishment from refurbishing and repurposing non-working items. One time I invented a part to fix a tap on a welder. Another time I fixed a

carburetor on a lawn mower. Once these fixed items worked, I feel over welcomed with pride.

As you can see, buying and fixing used items is a lot of fun for me. Not only it is a way to make money, it is also exciting and intriguing. Working with my Golden hands to produce a working object gives me a great sense of accomplishment.



## The Pros and Cons of Having Pets

by Albert Desjarlais

There are many advantages and disadvantages of having pets. Vet and pet food costs are one of the disadvantages. The advantages are that they are good companions and they provide a great deal of emotional support.

There are many disadvantages when your pets get sick. There is a high cost for check -ups. Another disadvantage is the cost of pet food and pet supplies, which are a big responsibility. As for myself, I have two cats and three lizards. I spend \$200.00 every two weeks on my pets. Also, going to get all the supplies they need takes a lot of my free time.

Even though there are disadvantages to having pets, there are more advantages. Although they are animals, they really try to communicate and they are good companions, as well as good company. For myself, I love that they are always happy to see me.

The greatest advantage of having pets is that they are good emotional support. They seem to know when I am feeling down, so they always put a smile on my face. Myself I have been through some very emotional things in the last three years, but my pets have been there for me. I recall one night I was crying in bed. My pets came and licked my tears and thoughts away, and this instantly changed what was on my mind. Pets know how to return the love you show them.

As you can see, there are more advantages than disadvantages of having pets. Vet bills and the cost of pet food and supplies are a big disadvantage. The company and companionship of pets are a great advantage; the way they are always there making me smile, always there for emotional support. One last advantage is the love you give your pets will always be returned in their own way.

## Ken's fresh and saltwater experiences



This is the opening Salmon fishing on the Puntledge River for Coho, and Chum I'm hooked onto my first big salmon of the day. I didn't get this one landed.



I'm cleaning fish summer of 2014 (salmon)that I just caught in the Puntledge River. We caught our limit of Coho Salmon that day on flies that I tied.



These are the flies I tied to Catch the Coho on the Quinsam River.

## Coho and Chum salmon caught in fresh water. This is 2 of 5 species of salmon.

This is a Coho Salmon that is 6 pounds, caught in the Quinsam river in the fall of 2014



This is a chum salmon that is about 20 lbs caught in the Puntledg River in the fall of 2016 it weights about 20 lbs.



This is bug patterns made out of deer and Elk Hair that represent and bug that trout eat. (To know what fly to tie on to use I look at the water and see what is on the surface).



This is the May fly hatch that is called a feeding frenzy on a lake or river during a temporary hatch of a bug that is a feed for the fish. It can happen at any given time because of temperature and the season.



# The View from My Window

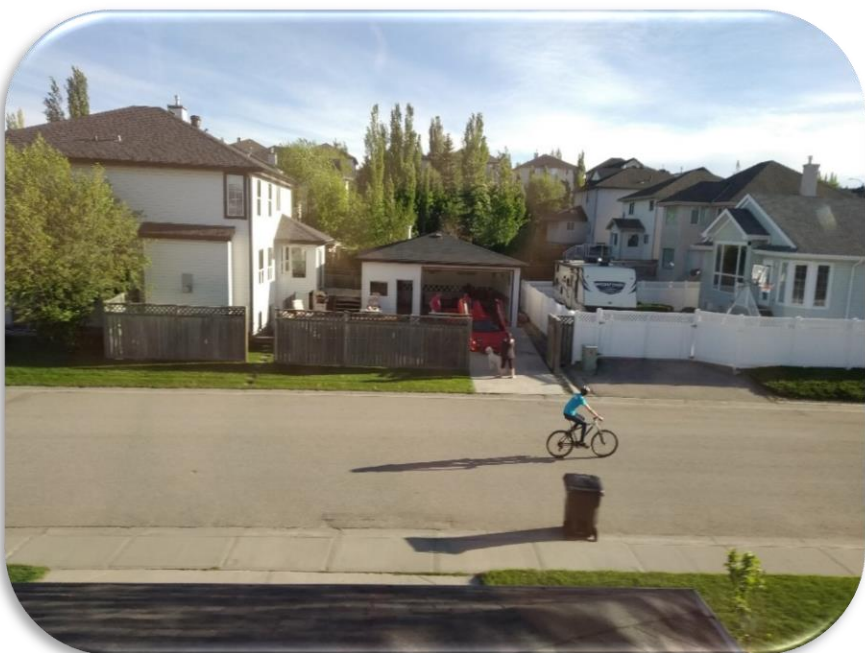
*Our LMC students worked on the project "A view from my window". The students were practicing using prepositions of place and Present Progressive tense. They took pictures of the views from their windows and shared their short stories with classmates. -By Liliya*

I am leaning out of the window. In the foreground you can see my front yard and a tall tree. I planted a lot of flowers and vegetables in my yard. There are sidewalks between my front yard and the road. A blue car is standing on the road. In the background there are houses and a lot of trees. -by Jinsen



This is the view from one of my windows. In the background there is a house and a car. In the foreground there is a nice big tree. -By Yujin

This is the view from my window. In the photo you can see the street in downtown Calgary. There are some new buildings on the right. There are two small trees on the left. In the background there is a tall building of the University of Calgary. In the foreground there is a clean street and two cars in the middle of the road. You can see a bicycle lane too. Today is a sunny day, but there are no people walking down the street. I am observing an empty street. -By Rafael



**This is a view from the window of my room. -By Elaya**

In the foreground, I see a road; a cyclist is riding there. There is a beautiful red sports car opposite our front yard. It is every man's dream. I can also see a woman with a dog. She is talking to a neighbor. In the background there are beautiful houses and tall trees.



These are some views from  
different windows of my  
house-By Hanna - LINC

Picture 1- A man is riding a bicycle; he is wearing a helmet.



Picture 2- The sky is blue, and the trees are swaying in the  
wind. I can see houses between the trees.



Picture 3-Three people are walking with their hats on. They  
are wearing the hats that completely cover their faces. The  
person in the red t-shirt and the person in the navy jacket are  
pushing a cart. Another person is walking behind them.



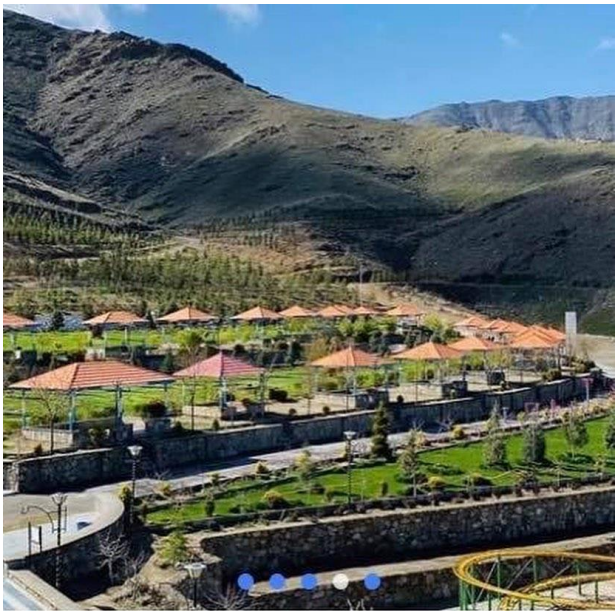
Picture 4-A bunny is eating grass. On the right, there is a big  
tree. Behind the bunny there is a wall and some bushes.



Rakib enjoying his view.... his  
classmates and his teacher.



Our LINC student Maki  
enjoying a beautiful view in  
her old home country of  
Afghanistan. We miss you!



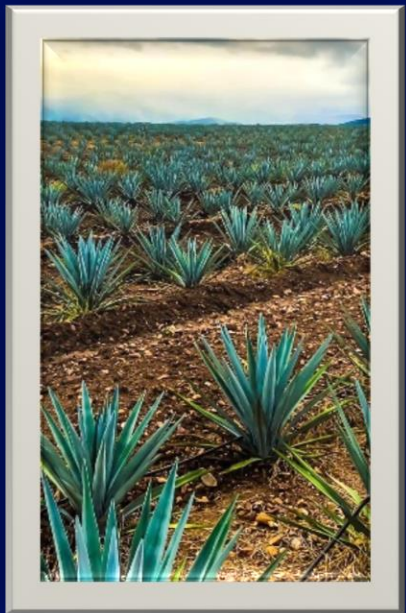
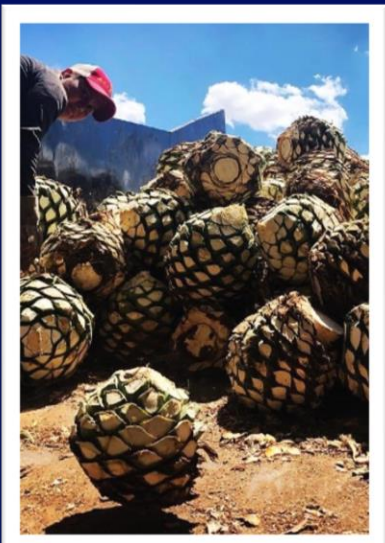


# The Virtual Tour of the World

By our students and the staff

One of the largest Mezcaleras in the country (Mexico) is located in Zacatecas. The process of making this ancient drink at Real de Jalapa in Zacatecas city. Only in a horse or prepared in a cocktail. It is really delicious.

By Blanca



## Vacation to Asia

On March 08, 2016, my husband and I travelled to China and Vietnam. We went to 13 cities. We went to my hometown Song Moo. My town looks different now. We went back to China for a school reunion. At the school reunion, my husband and I took pictures with our friends. We ate dinner at a restaurant and sang karaoke. We also took a bus to an ethnic village to watch a magic show and people dance. - by Cam



## Columbia Vacation

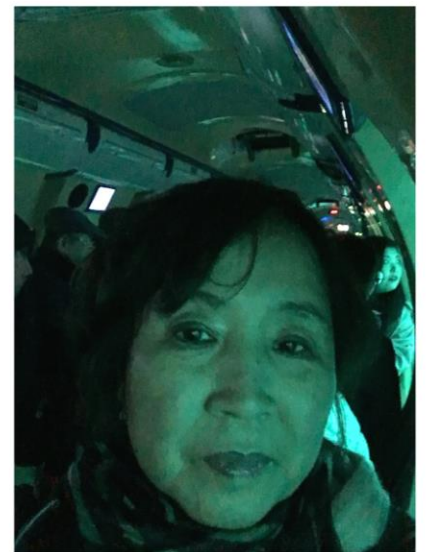
When I was in my country (Colombia), I went with my family and friends for a walk to a lake. Its name is the Meadow Dam. This dam is very important because from there they draw energy for many parts of Colombia, but the bad experience was that my friend threw me in the lake. I don't know how to swim. I was very scared-ByEsperanza.



## Unforgettable Memory

Last fall I went to Korea to attend my nephew's wedding. After the wedding, my sister, my brother's family, and I went to the Jeju Island. We picked some oranges from trees in the month of November. Then we went to the harbour to ride a submarine. I was scared at first, but I went in the submarine. It was the first time to see the under-water world. It was amazing to see so many beautiful fishes. We even saw some deep-sea divers as well. It is a memory I will never forget.

By Hanna Moon





Memories of Hawaii

I travelled to Hawaii with my husband and son in 2011.-by Grace

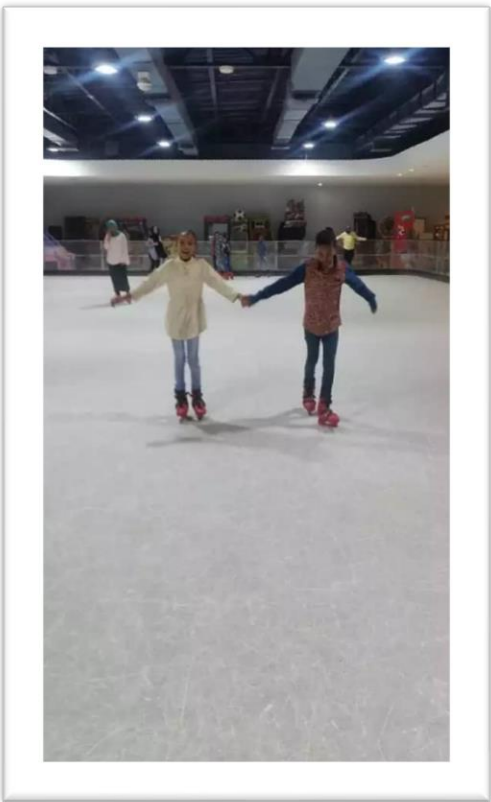


Coffee-flavored fun!

Located in the municipality of Montenegro Quindío Colombia, it was created in 1995, by the National Federation of Coffee Growers of Colombia, and the Departmental Committee of Quindío. Considered one of the most important theme parks in Latin America, with a mixture of emotions and feelings for the whole family, around the Colombian coffee culture; in an area of 58 hectares that houses more than 30 mechanical and cultural attractions that offer a fun experience for adults and children. Come and live a special experience with your family or friends, with tours and attractions for all kinds of ages and interests. - by Idalides



I hoped that in 2020 my beautiful ❤️🥰 little family could enjoy life here with me in Canada, but it can't because of Covid 19. I have to wait. Being a single father is too hard. I hope that soon my family will be with me here in Canada. - by Husamelden



Husamelden

Honduras

Honduras is a country of working people. It is a very hot, tropical country. In my city, a fair takes place every June. There is a livestock exhibition. When I was in Honduras, I went with my family to the cattle fair. It was fun and exciting to be there. The Camp Agas Rodeo and Exhibition shows the best cattle in Honduras. – by Jaime



The Camp Agas Rodeo and Exhibition show animals, Honduras





Canada and Columbia Travel

In the summer, two years ago, my family and I were travelling through Canada and the United States. We went to Quebec City, Niagara Falls, New York, and Boston. It was a really wonderful experience.

In the winter, we went to Colombia and visited my family and my wife's family. I visited some cities I did not know, like Medellin, the city of Eternal Springs. And when I realized the holidays had already finished, and it was time to go back to the sad and cold reality, I cried. -by John



Revelstoke

Last year I went to Revelstoke. Revelstoke is a small village. The place is very nice and interesting. I saw a lot of rivers and mountains and I went on a boat and gondola. I was very happy and enjoyed the day. - by Kefali



My City Augustow

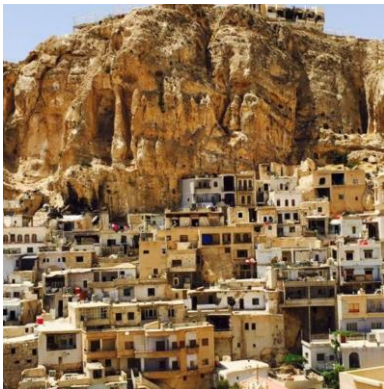
I come from Poland. I left my country in 1989. In Poland, I lived in a small town called Augustow. About 30, 00 people lived there. The town is located next to the Russian border. Augustow was nominated the cleanest town in Europe. There are lots of lakes and forests. Lots of tourists come to visit from different countries. There are many attractions in the town. You can buy a ferry tour around a lake, or hike on a trail through the forest. There are a lot of resorts, restaurants, hotels, campgrounds, and National Parks. One of them, Bialowierza has bison, elk, deer, bears, and cougars. – by Waldek



Boat entering gateway sluice (locks) on the Augustow Canal.



Maaloula is the most beautiful and ancient city in Syria. It was built thousands years ago. The oldest church was carved in the mountains and most houses in Maaloula were built of hard rock. People in Maaloula speak Arabic and Aramaic languages. Aramaic is Jesus's language. -by Al Sahvi Wessam)





# My Family and Friends

-by Williams

My family lives out of town. We spent a nice day together and were happy. We roasted a pig and cooked congris rice with cassava and salad. We brought beer and rum. We danced a lot. My nephews and my wife's daughter rode a horse. They climbed trees to collect mangos and guavas. We visited so many places on vacation. We also took donations to help very poor people with used clothes and medications. In my wife's town, we played music for young people, and bought them drinks and food. We danced and sang all night and they made us feel good. They called my wife and I, aunt and uncle. We rented a swimming pool for my family and friends. We visited Old Havana a couple of times. We invited people to come with us. Everybody was happy.



Visiting the poor



My wife with donations for the poor



Rented a pool



Wife's daughter on horse



My Family



Roasted pig

## Baku, Azerbaijan: Maiden Tower 12th century tower & a historical museum.



2018 April 20<sup>th</sup>,  
Wuzhenchen,  
China  
(from Xu  
Jinsen)



## Fargiya in Azerbaijan



Elaya with her family

**SUSAN** (our ESL teacher) had an opportunity to travel to Thailand with her family.



We had a good family vacation in Turkey a few years ago. The flight was long from Canada, but we had so much fun in this beautiful country. We enjoyed the Mediterranean Sea, the amazing cuisine and the nice weather.  
By Elena Gordon





# Hanna in Korea



*This is a kind of 'Hanbok' (Korean traditional clothes). In the picture I am wearing the Hanbok worn by the queen. -by Hanna-LMC*



This is a village that currently preserves 'straw-roofed houses' where common people lived in the past. People now let tourists sleep there, like in Airbnb.



These are picture of autumn in Korea and Lotus flowers festival.



Italy had always been #1 on my bucket list and I was able to finally go with my dear friend Michelle from Texas (a friend I met at Elvis Week in 2009!). Mille Grazie!  
Tina





Katalin's (our Basic Literacy teacher) favourite spot in the world, the majestic Grand Canyon.



# The Virtual Tour of the World continues

## Patty-Jo trip to Ocho Rios in



In 2004, I went to Ocho Rios, Jamaica for a week. I went in April and had a wonderful vacation. I watched the bay where huge cruises would stop and let the passengers get off the ship to shop at the local markets that proliferate the area. I enjoyed the crowded markets which mainly sold souvenirs made by local residents. The people were friendly, and laid back. Time seemed to slow down due to the relaxed atmosphere, and there was reggae music on the beach each evening. Bob Marley is clearly celebrated on the island where he was born. The beaches were beautiful and the water warm and clean. I would definitely recommend a trip to Ocho Rios; in fact, I would like to go back myself.

Anna had a chance to visit the Griffith Observatory in Los Angeles, California.







# GOOD TIMES





# Memories

In this photograph, my son and his wife are going to have a baby. We are having a gender reveal party. In this picture I am sitting on an armchair. Also I am wearing a flowery pink dress. My husband is standing next to me, and he is wearing a blue shirt. My daughter in-law is wearing a flowery dress too, same as me with different colour. My son is wearing a white shirt and he has glasses. My youngest son is wearing a yellow T-shirt. On top of this picture you can see a lot of balloons on the wall with blue and pink colour. In this photograph all of us are laughing and we are having a lot of fun.- by Eti/miri



I am in the picture. I am wearing a traditional flamenco dress and I am wearing different kinds of traditional flamenco accessories like a white shawl, a white flower, big earrings and a pink back comb. In the photograph I am posing like a bailaora because couple minutes later I was dancing flamenco on stage. I remember that day when I was 11 years old. Before the presentation I felt very nervous, but everything was great. I was dancing a beautiful dance called Columbiana . I felt so happy. And my family and I had fun after that.  
By Maria



My picture is from about 25 years ago. In the picture I am wearing pink pants and a white t-shirt. The t-shirt has a Charlie Brown picture. I am wearing a beach hat and I am touching a beach palm tree. There is my beautiful and sweet mom. She is wearing a black and white outfit. She is wearing a black cap and white sneakers. We are enjoying a day at the beach. My mom is touching me, too. At the bottom of the photo is the beach and you can see a man walking in a swimsuit. That day was wonderful. ☺  
By Johana

In this photograph, there is my grandfather and his granddaughter. She is a baby. She is wearing a white dress with long sleeves. She is wearing a beautiful dress. Grandfather is wearing a grey suit, a white shirt with a tie. He has a beard and mustache. He has grey hair. He is wearing a silver bracelet. He is holding his granddaughter in his arms. They are very happy. They are smiling. ☺  
By Fargiya

My interesting memory is from one of the forts. This photograph is me, my husband and sister, my sister's husband. We are staying at my sister's house in Vancouver city. It is spring in Stanley Park. The weather is very good and sunny. We are standing in front of the sculpture. We like the sculpture. We are laughing and having a lot of fun. I am wearing a blue jeans dress and, I am wearing sneakers. I am wearing glasses. My sister is wearing a blue dress. She has brown medium-length hair. My husband is wearing blue jeans pants. He has grey hair and he is wearing plaid shirt. My sister's husband is wearing a hat. It is a good memory for my vacation.  
By Fatemeh

This picture is taken in the occasion of my brother's wedding. They (The bride and groom) are about 25 or 35 years old. The bride is wearing a nice blue dress and a silver hijab and a beautiful ring. My brother is wearing a dashing white suit and a blue neck tie. Beside them there are three children standing and posing with a big smile. My daughter is wearing a silver dress and a matching necklace. She is standing between the bride and the groom. The whole family had fun and we wish them happiness and great life.  
By Nabiha

This is a photograph of me and my beautiful family. We were in Lions Festival of Lights last Christmas. It's winter, so there's a lot of people using snowboard. We are standing near the small bridge. My husband and my little daughter are standing close to me, and my older daughter is sitting far from us. We were trying to take a perfect family picture but Mechas (my dog\_ wouldn't stay put, so she ended up facing backwards in the picture. We were wearing winter clothes, because it was very cold. It's a wonderful memory with my family on Christmas. Because we were trying to start a new Christmas tradition.  
By Nadia Chala

In this photograph I see two people, a man and a woman. The woman is wearing a wonderful white costume. She is smiling. She is wearing a beautiful necklace. She has black long hair. She is standing behind a handsome man. Also she is wearing a brown belt. The man is sitting and smiling too. He has short brown hair. He is wearing a blue shirt and blue jeans jacket. They are having fun. They are very happy.  
By Tatiana

MEMORIES - BY  
OUR LINC  
STUDENTS.  
SOME STUDENTS  
WANTED TO KEEP  
THE MEMORIES  
PRIVATE, BUT  
THEIR WRITINGS  
ARE INCLUDED.



# Memories-Continues

In this picture, I was very relaxed and enjoying the moment. It was the first day of spring, the sun was bright and the wind was a bit chilly, and looking down this valley, I can still see the fog in the air. The location is in Italy, about 300 km east of Rome, near my hometown ; I was on top of this mountain , sitting on this wall, enjoying this beautiful scenery and most of all it was so peaceful, that was one of my memorial moments of my last visit. Can't wait to go back and visit again. *Gianni Greco*



## Fun times!

This is me fishing east of Calgary near Drumheller. I caught this beautiful rainbow trout! It was a very fun day.

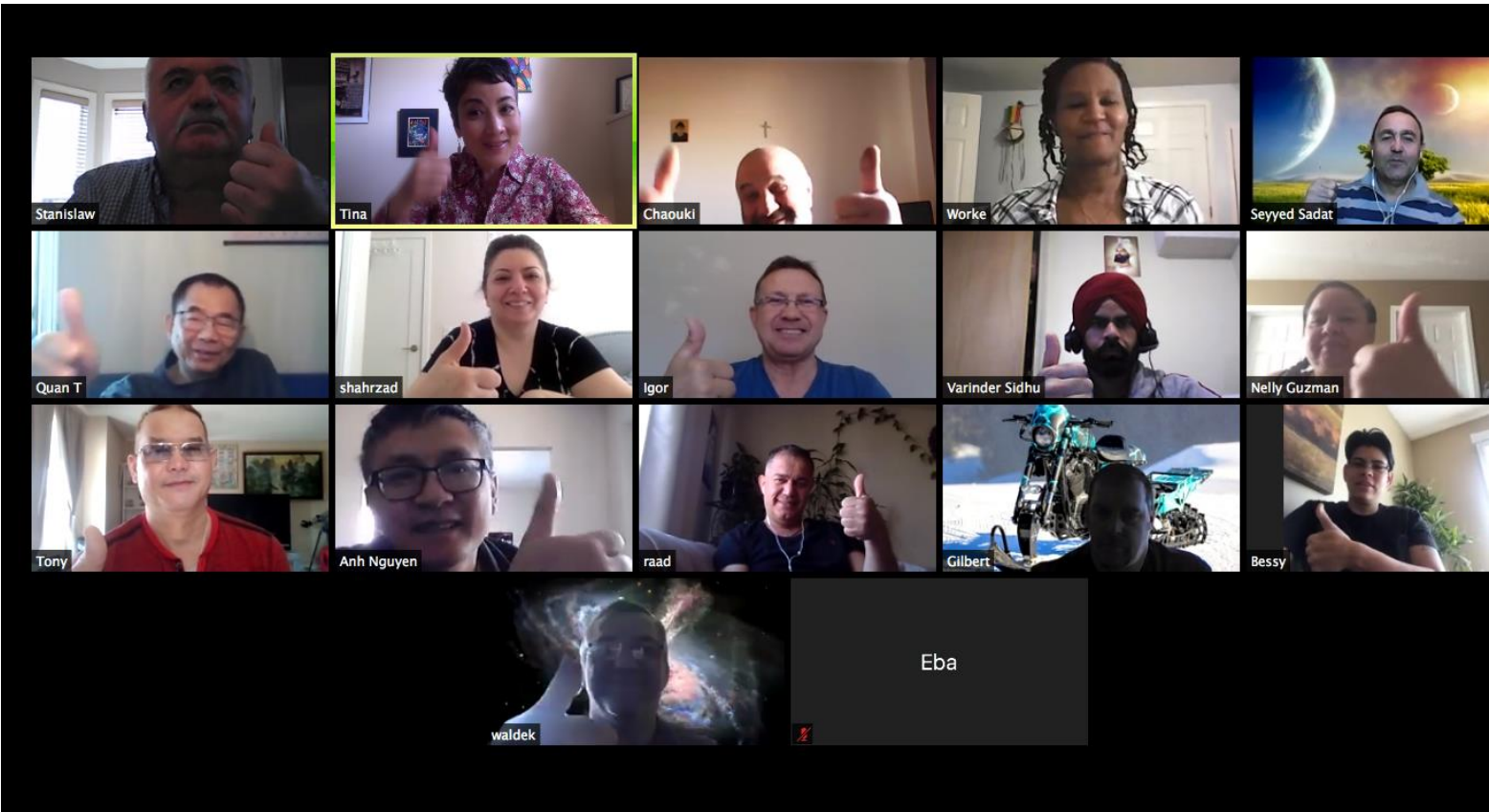


One of the best memories in my life is about my daughter's wedding last November. It was great and my daughter was so beautiful. The celebration was great. We had invited all of our families and friends. Everyone danced all night and ate dinner. We had the traditional ceremony and western ceremony together. That night was one of the best nights in my life and I was so so happy. -By Sheherezad

My name is Tamana. Today I am going to talk about my son. This a picture of my son. He is a little handsome boy. His name is Tasim. When we took this picture he was 6 years old. On the left side of the picture there is a tall tree. On the right side there is a big nice lake. At the back there is a beautiful sky and mountains.



This picture is more than hundreds years old. My Grandma was 10 years old that time she made it by her self after she was became a mother she gave gift to my mother now both of them passed away I keep it to memories theme. By Seyyed



Tina' s class



# Memory of Simo Corporation-By Slavica

It has been a few years since you have existed, but how I can forget you. I still remember my first day walking in and meeting you all at Simo Corporation, Iain, Mark, Loui Sr and Loui Jr. Loui Jr was taking so fast, explaining what he wants from me, and me being petrified because I did not understand half of what he was saying.

Yet, two years later, I was a part of this great team to participate in something special, designing and engineering the furniture for the G8 Summit in Kananaskis in 2002. What a privilege to do so! Such a small company winning a bid amongst the giants. I remember the excitement seeing for the first time the piece of copper (from the roof of the Government of Canada building in Ottawa) that we were supposed to make into Maple leaves and integrate it into the table design. We worked with the federal government for more



than 3 months, designing and building the 15-foot table. We spent numerous hours working on mockups until we were satisfied with everything.

The previous time when the G8 summit was held in Canada in 1995, organizers had to borrow a table from overseas. Not in 2002! Simo Corporation from Calgary did it! Many world leaders including Jean Chretien (Canada), Jacques Chirac (France), Gerhard Schroder (Germany), Silvio Berlusconi (Italy), Junichiro Koizumi (Japan), Vladimir Putin (R) Tony Blair (UK), George Bush (US) and many others sat at the table. They discussed and made many important decisions from fighting terrorism and strengthening global economic growth to building a new partnership for Africa’s development. Simo Corporation was a small part of that event.

Simo Corporation does not exist anymore, but I am sure that this table and the rest of the furniture does, and it is out there somewhere and forever in my memory together with all of you.



## A Chili Discovery

By Dale T. Latham, BSc

I made a comment one time to a friend of mine who was a Gold Seal chef. I told him that I was going to make a big pot of chili on the weekend. He replied, “Are you making chili or chili con carne?” I said, “Is there a difference?” My friend replied, “Yes, there is a difference; chili is made without beans, and chili con carne is made with beans.” Imagine that! So, in light of that discovery, here is a simple recipe that is both easy to make and delicious to eat. I obtained it from the “Atco Blue Flame Kitchen.”

<https://www.atcoblueflamekitchen.com/en-ca/recipes-menus/recipes/everyday-chili.html>

### Everyday Chili

- 1 lb. lean ground beef
- 1 large onion, chopped
- 1 green bell pepper, chopped
- 1 clove garlic, finely chopped, optional
- 2 cans (19 oz./540 mL) diced tomatoes
- 1 can (14 oz./398 mL) red kidney beans, rinsed and drained
- 2 tbsp. chili powder
- 1/2 tsp salt
- 1/2 tsp freshly ground pepper

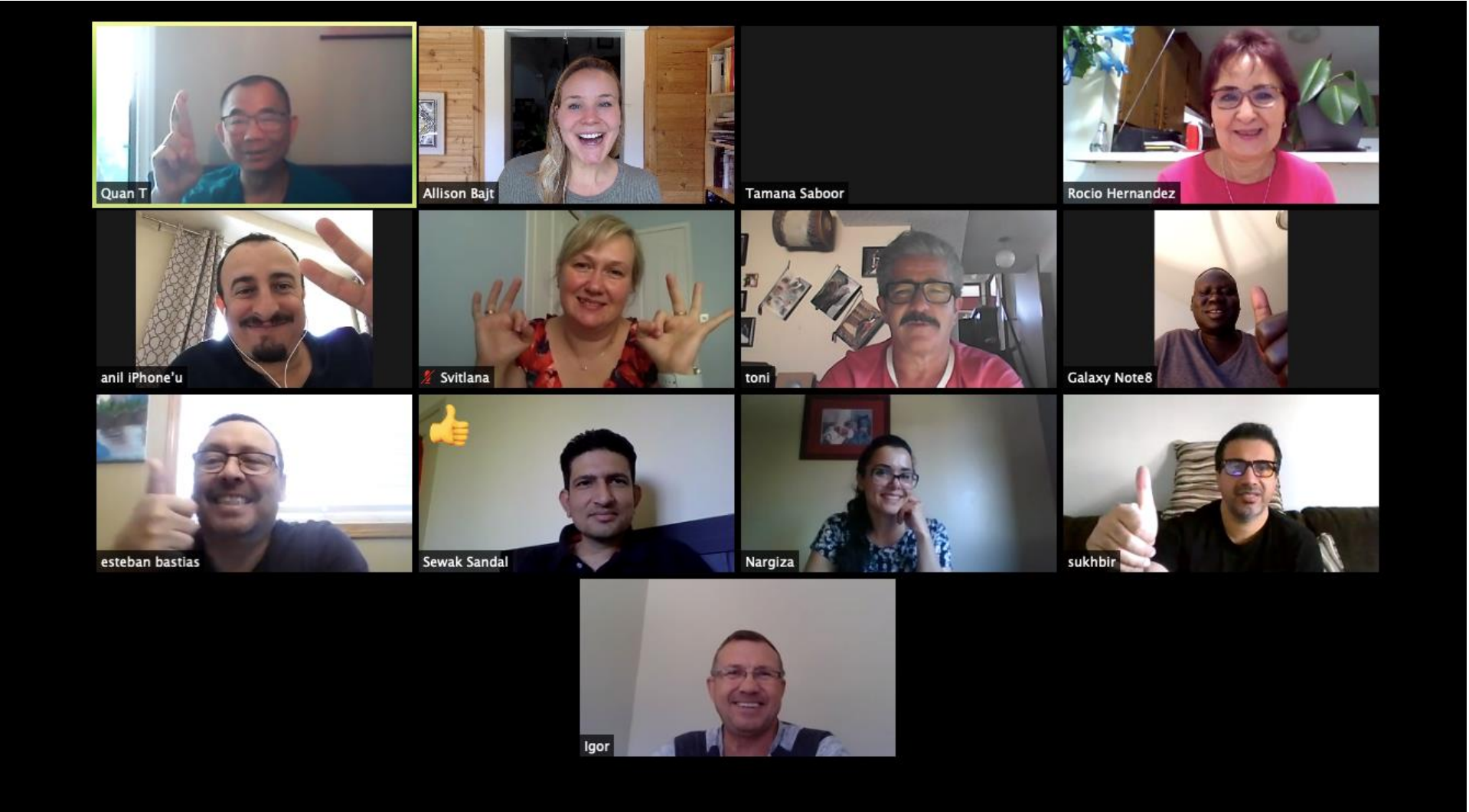


In a large frypan, brown beef. Drain off excess fat. Add onion, green pepper and garlic; sauté until vegetables are tender, about 7 minutes. Add remaining ingredients (tomatoes through pepper).

Bring to a boil; reduce heat, cover and simmer, stirring occasionally, for 1 hour.  
Serves 4.



# Stars, The Three Musketeers and Team Alf



Our class has been learning about the perfect aspect of tense over the past several weeks, including future perfect. As our final activity for this topic, each of the groups created a team name and then made predictions about what life will look like in 30 years. The question was: what **will have happened** by 2050!? Each team made predictions about advancements in technology, health care, daily life and how we treat each other. They also put together some pictures to help show either their team name or what they think the future will look like. As you can see from our class photo, we had a lot of fun talking about this and we hope you will enjoy reading! - by Alison-ESL Teacher

## Team Alf – Svitlana, Anil & Igor

### In 30 years...

The world is changing every minute. Imagine how it will change in 30 years.....

We predict that people will have used new technologies to make our lives easier. By 2050 people will have flown by rocket or by car. They will also have used alternative energy resources. People will have lived with robots everywhere in the world. Robots will have been designed to do many jobs (vacuuming, cutting the grass, etc...).

Today we have 5G internet, but we hope that people will have invented faster wireless internet. Finally, we think that people will have stopped getting sick because there will be better healthcare. As a result, we will live longer than we do now.





**Team Special - Sukhbir,**  
**Nargiza & Sewak**

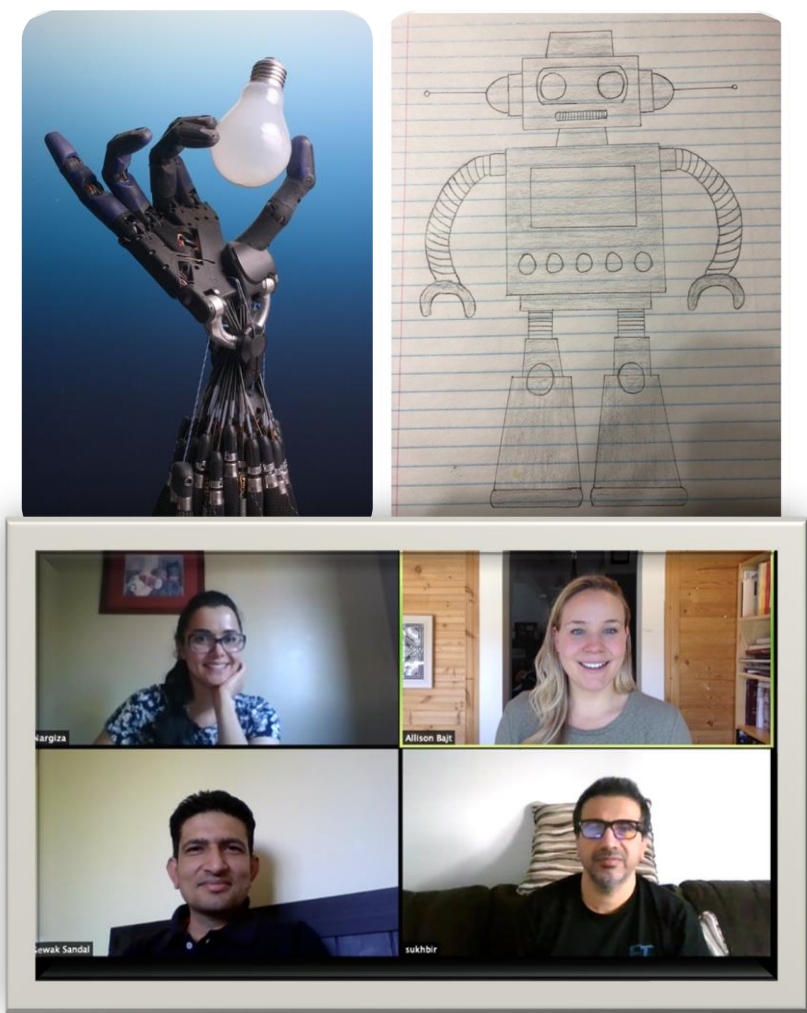
We predict that the world will have experienced more peace than it does right now. All countries will have agreed to stop wars. The widespread use of 3D printing will have created vital organs and replaced ones that are worn-out. Technology will also have changed the environment by 2050. Some countries will have sent people to the moon or mars. We also think that electric energy will have developed to take place all over the world and that there will be self-cleaning houses. At the touch of a button, houses will have ‘self-cleaned’ when you leave the house or when you sleep.

**The Stars: Rocio,**  
**Tamana and Quan**  
**How the future will**  
**look in 2050...**

We predict that the Canadian healthcare system will have found a vaccine to protect our immune system against all type of viruses by 2050. We also predict that Canada will have invented efficient medical devices to prevent all kind of illnesses. Furthermore, Canada will have invented robots that will do surgeries and intelligent computer systems will be able to do the surgeons work. We think that because the patients will have suffered before the surgery, the hospital will send them to the moon to recover fully. There, the patients will have had the opportunity to travel to different worlds in space. In conclusion, Canadians will have had much better health condition and quality of life by 2050.

**The Three**  
**Musketeers:**  
**Esteban, Kiir &**  
**Toni**

We think that by the year 2050, the human race will have built colonies on the moon. We predict that the ocean water levels will have risen and there will be more tropical storms. We hope that in 30 years, robots will have helped humans. We predict that they will have changed paper to iPads, and we will not use paper anymore. We predict that by the year 2025, we will have no more COVID19 because thanks to doctors, we will have been able to discover a vaccine. Furthermore, scientists will have found the cure to cancer. We also hope that the majority of people will have looked into their own soul before pointing the finger at others.





# ANCIENT STRUCTURES IN BOSRA, SYRIA -By Asad - ESL

The Bosra International Festival is an artistic festival and demonstration that takes place in the ancient city of Bosra,



located in the Daraa Governorate in Syria which is about 140 km away from Damascus. The activities and performances will be held in the Bosra Archaeological Amphitheater which is the largest and most beautiful Roman amphitheaters that will be held inside Bosra Castle. The festival takes place during September each year.

# Pandanggo sa Ilaw - By Jemual - ESL

The dance is characterized by the lively steps performed in conjunction with the clapping while the dancers are following the ¾ beat. This dance calls for graceful balancing acts so that the lights held by the hand will not fall.



# ONAM FESTIVAL IN INDIA

Onam is a 10-day Hindu cultural and harvest festival in Kerala, celebrated at the end of August or the beginning of September every year, to commemorate our old mythical ruler Mahabali. Under his rule, the country was full of



prosperity, peace, and unity. Besides, all the people were equal. It is believed that his spirit will come to visit his people once every year. Keralites really want to make him happy during

the visit. Celebrations include boat races, tiger dances, tug of war, music, dances, new dress, pookalam (flower sketches on the ground) and Onam sadhya (feast). -By Joby - ESL



# COTTON IN UZBEKISTAN

Most families in Uzbekistan have pictures of parents and grandparents helping to pick cotton in the field. It is very difficult manual labour. Uzbekistan is one of the largest producers of cotton in the world. Cotton's nickname in Uzbekistan is "White Gold".



# Philippine Festival Folk Dances: Tinikling and Pandanggo sa Ilaw – By Jemual -ESL

Festival dances draw people's culture by portraying the people's way of life through movements, costumes and implements inherent to their place of origin. The Philippine folk dance mirrors the culture and tradition of the Filipinos. Many traditional dances were designed to thank the Gods of natural and agricultural events, such as rain and harvests. The dances were performed during festivals and still are performed at celebration of births and weddings in modern times.





# THE OLDEST BELL FOUNDRY IN THE WORLD

## “Marinelli Pontifical Foundry”



is located in Agnone, Molise, ITALY.  
The Marinelli family started making bells in 1339, and to this day still fully active, producing about 50 bells a year, exporting them throughout the country and all over the world, such as Beijing, Jerusalem, South Africa, South Korea and New York City. The Marinelli, still uses the same techniques that was used nearly thousand years ago: wax, bricks, clay and melted Bronze at extremely high temperature reaching over 1200 degree Celsius . It's amazing the way these bells each single one hand carved. Every Church in Agnone has at least one bell, and every morning I used to be woken up by the beautiful sounds of those bells.  
-By Gianni

# POUTINE – CLASSIC QUEBEC CUISINE

To prepare poutine, you need fresh cut potatoes, the best cheese curds, your secret gravy, and the perfect oil. First you cut the potatoes, then heat the oil, and when the oil is ready, fry the potatoes in the oil. When golden remove potatoes from fryer and cover with your curds and drizzle the gravy over the curds and potatoes. Enjoy! Bienvenue au Quebec!  
-By Mario



# DAY OF THE DEAD

Day of the dead is celebrated all over Mexico on November second. It represents our connection with dead it help us to remember those who have left this world We celebrate it by setting up a table cover with marigold flower then placing fruit, food and beverage or wherever our deceased family used to drink or eat. we usually put a picture of every family member who has passed away also a skull candy can be place with the name of the person written on the skull. – by Nestor



# FESTIVALS IN COLOMBIA

Many festivals occur in different cities around Colombia. I will mention the biggest and most popular festivals.

Carnival of Barranquilla; this carnival is just for four days in the beginning of February.

The Flower Festival in Medellin; this festival starts the beginning of August and it is for ten days. This festival showcases the incredible flowers grown in the area and exhibits the culture in agriculture.

Blacks and Whites’ Carnival; it takes place in the city of Pasto from the 2nd to 7th of January. This festival showcases cultural exhibitions of different races in South America.

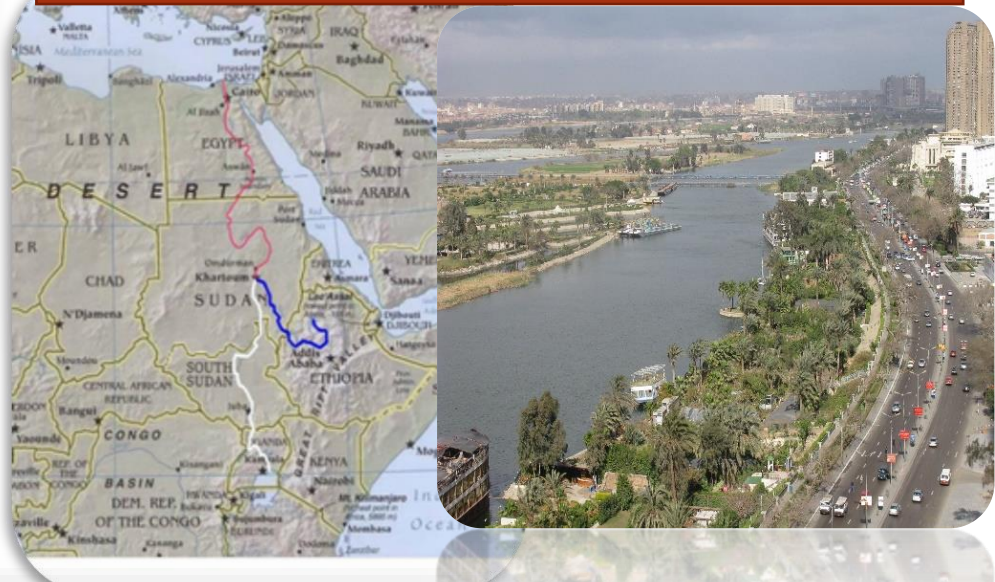
The Cali Fair usually starts on December 25th and ends on January 6<sup>th</sup>. This carnival focuses on a celebration of salsa music and dance.

The Manizales Fair begins on January 3rd and ends on January 12th. It is known for its bullfighting season and the international coffee pageant.

All these festivals include public concerts, parades, exhibitions, horses’ parades, and exotic dishes from each city. It is party all the time from beginning to end. – By Johan

# THE NILE RIVER IN EGYPT

The Nile River is the main source of water in Egypt, Sudan, and Ethiopia. The Nile River begins in Ethiopia, runs through Sudan, and ends in Egypt. - by Nader





# CELEBRATING THE BIRTH OF A NEW BABY IN SOUTH SUDAN

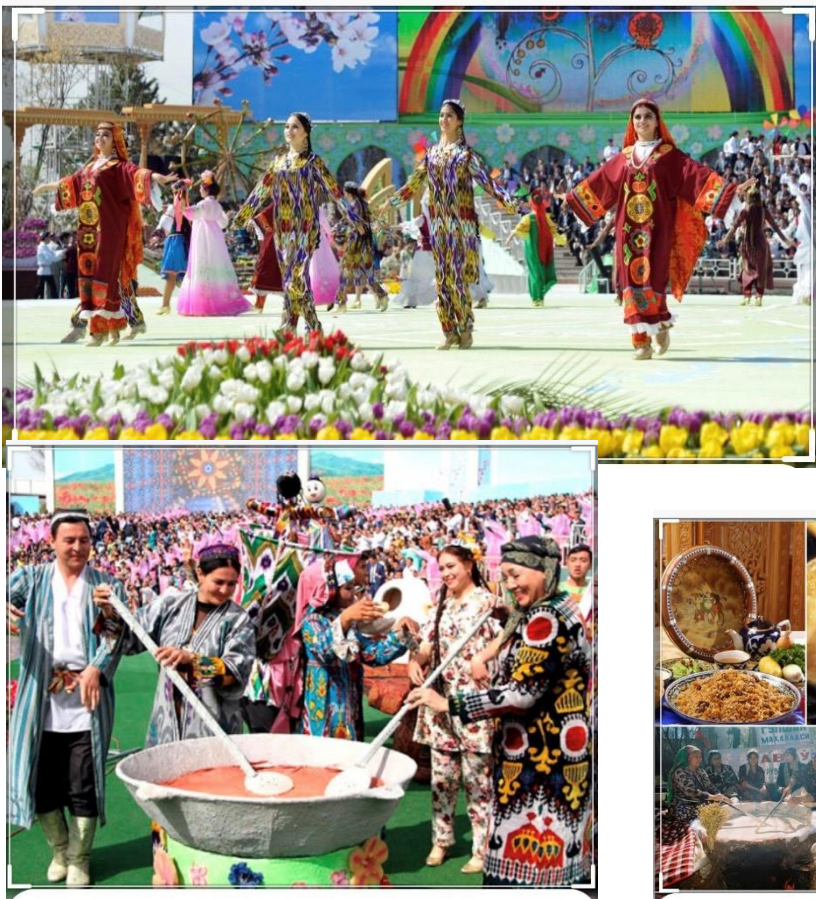
In my country, South Sudan, when a woman gives birth to a new baby there are few steps she must adhere to. She must stay in her house and do nothing for three or four days, depending on the baby's gender. There are three days for a baby boy and four days for a girl. During that time neighbors, friends and relatives visit them while bringing food such as soup for the new mom. Usually, her family helps her with laundry, cooking and cleaning around the house. All while taking care of the baby so that the mom could have some rest while visitors are well taken care of.

After the required days, close families come together to cook a few DIY and some dessert for the celebration of the new life. At that time, the parents announce their new baby's name. Also, during this time, the close family members are happy to give a nickname to the baby.

From that time onward the mother is free to go places with her new baby while waiting for the big celebration on the 40<sup>th</sup> day. When the 40<sup>th</sup> day approaches, the parents invite many people to celebrate their new baby for the second time. Parents must include their neighbors, friends, and relatives. During the celebration, families are expected to provide everything. In addition to that, they also should choose who would help with cooing and serve the food to the visitors because the mother will not participate in the work. She is expected take care of herself and the new baby. Celebrating a new baby in my country is unique and it varies from tribe to tribe according to their believes. - By Josephine

# CELEBRATING NEW YEAR IN TAJIKISTAN

*Celebrating New Year in Tajikistan is an important traditional holiday celebrated once a year. We call our New Year “Navruz” and it is celebrated on March 21 equinox. We prepare special dishes and use special sprouted wheat as it is a symbol of this holiday. On this day, we not only celebrate with dance and various dishes, but also prepare our traditional “Sumolax” all night with an open fire. This is our spring dish that languishes all night at the stake. We wear traditional clothes, and everyone is happy as we celebrate our holiday of “Navruz”.- By Nargiza*



# The Guelaguetza

*The most important festival in Oaxaca is undoubtedly the annual celebration of La Guelaguetza. It is a holiday that revolves around dance and brings together eight regions of Oaxaca on the Cerro del Fortin. Oaxaca is located on the southwest coast of Mexico. Each year the Guelaguetza is celebrated on the two Mondays following July 16.*

*Guelaguetza means to give or share, to gift or offer a service to someone. It comes from the Zapotec word Guendalezaa, which means offering, gift.*

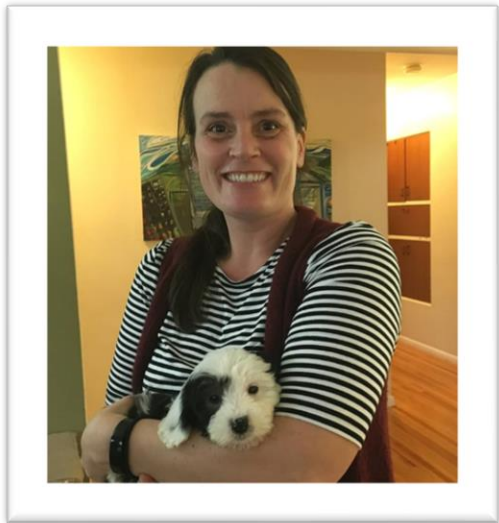
*Through their music, songs, their dances and traditional attire, each region presents to the spectator a fabulous testimony of their rich traditions and cultural heritage.*

*At the end of the presentations, food, handicrafts, sombreros among other things are given away to the public.*





This is my **favorite picture** of me. The day we got Tucker, a mini-sheepadoodle, was one of the best days of my life. He arrived in November 2019, and he has been a delightful addition to our family. This is my first experience being a pet owner and it has been more wonderful than I expected. Here are a few things about me: I grew up in New Brunswick, but I have been living in Calgary for 16 years. I think Calgary is a fabulous city. I have a lot of fun biking the many paths, and I love the Glenmore Reservoir Beach, even if you can't swim in the water. I have been teaching GED via Skype. It is wonderful to work with motivated, positive clients one-on-one to help them achieve academic success. Working one-on-one means being able to fully concentrate on each clients' needs. – by Patty Jo



## SUMMER CRUISIN'

### Tina’s vintage car

Did you know that one of your teachers is a TV star? Well...actually...her car is! If you watch “Fortunate Son” on CTV Gem (online) you may catch a sight of Tina’s 1965 Chevrolet Impala station wagon. Unfortunately, even though Tina got to wear a costume (a VERY itchy sweater from the 1960s) and drove the car in the show, only the car can be seen in the TV show. Recently, the car – and this time, Tina too! - also got on the Facebook page of the



YYC Food Trucks. Because there is no Calgary Stampede this year, the food trucks hosted various “drive-through” events in the city where they are serving Stampede food for people in their cars. Tina and her friend went to Spruce Meadows and got some delicious food (poutine and donut holes) and her car was chosen as “The Coolest Ride of the Day.”

Tina has had the car for about 10 years and enjoys driving it around in the summer. Sometimes she will go for a drive south of Calgary to Black Diamond, Turner Valley and Bragg Creek, just enjoying the views and open road. So, if you are driving along in the summer and see a big old station wagon, wave hello to Tina!



## Virtual tour of the world continues

This is a picture of Allison B. and Adam F. n Bremen, Germany in the summer of 2018. Having taught English and German both locally and abroad over the past ten years, they are experienced and passionate language instructors - who also happen to be best friends! In this picture, they were enjoying a much-needed break on the Weser River after a full day of exploring, laughing, and visiting museums and art galleries in Bremen. Allison and Adam's most recent trips were to Puerto Vallarta, Mexico and Cartagena, Colombia, which they loved. These self-proclaimed travel junkies can't wait for international travel to open back up so they can plan their next trip - but at least there's plenty of time to learn Spanish until then!



This is a photo of me with my son and daughter. This was only my second winter vacation. The cacti are so interesting. - Jean

## Spain-Barcelona-by Lilia and Sasha



*This is Barcelona, Spain. Our trip in 2013 was short but full of impressions and discoveries, including the magnificent Sagrada Familia and Park Guell, where pillars and stones seem to grow like fanciful trees, or the refurbished Casa Batllo... All of these are works of Antoni Gaudi. This is the place you will never forget and will want to visit again!*







Hey everybody! My name is **Phillip**, and I've been teaching at Equilibrium for a couple years now. I teach mostly GED and LINC, but from time to time, I dabble in Accent Reduction and one-on-one ESL. There's a couple things you need to know about me, especially if I am—or am going to be—your teacher: First, I'm not very strict; second, I'm not a very serious person. Making jokes and having a good time in class are just as important as learning. Is there a finally? I dunno! I guess you'll just have to join one of my classes and find out! Although, I'm sure my students have lots to say about me ☺

Well, I'm supposed to share a couple photos with everyone here on Facebook to show some of my life experience or maybe a cool place I've visited, so I've cherry picked a couple photos where I look handsome and amazing—but don't get me wrong, I *always* look handsome and amazing. The first photo is of me (black shirt, blue baseball cap) standing with my brother, Paul (number 21), who I might add has some pretty spectacular locks, here. We're standing at one of what seemed like a million stunning temples in Japan. I can't quite recall what city this is in, but I believe it's Kyoto. The second photo is of me standing under a tory gate. According to Japanese mythos, walking under a tory gate is supposed to give you one year of good luck. And so, naturally, the people of Kyoto set up a beautiful walking path of oh, I don't know, *one thousand* tory gates. Tina, does this mean I will have one thousand years of good luck? I must have missed going under one of those gates...

I had a blast in Japan, travelling from **Tokyo** to **Hiroshima** to Nagasaki to Kawaguchiko to Fujiwara, a little town at the base of Mount Fuji, and many other beautiful cities. It's funny how travelling shapes and changes so many of our worldviews. Seeing how different a culture can be from the farming and cow-wrangling community of Calgary really changed me, and I'd have to say it was for the better, and I'm reminded once again, as I look at these photographs, that I need to see more of our little planet.

Where else shall I go? I've considered Edenborough, Scotland, which, in all honesty, seems like a really good choice for my next vacation. The vistas of that

## Butchart Gardens in Victoria, BC

Dale



Hot House



Path to Beauty



Incredible display



Inside the Gate

marbled city is enough for me to catch my breath and slack my jaw, and I've only seen pictures. The reality, well, with a city that enchanting, photos can't really do it justice, can they?

When travel opens up and the world is once again a place to explore, I will delve into its cultural depths and scout out its hidden gems and stare in awe at the achievements, both the ruins of history and the wonders of modern architecture, we have made as human beings. Feel free to give me your best suggestions as to which world wonder you'd have a humble Canadian explorer see. ☺

I'll leave you with this: As we stare longingly at these photos where we teachers explore, the world remains for us to make of it what we will. The oyster is caught, and we must but pry it open, look into the pearl that is our lovely Earth, and see our own reflection staring back at us.



## Judy and George V.

Although we were born, raised and married in Canada, we both have always had "the travel bug". In 2005, after our three children went off to university, we concluded our careers in Manitoba and traveled to Asia, where we lived and taught as ESL teachers in China and then South Korea for almost 14 years. We also traveled to many countries and territories in South-East Asia during this period of time: Japan, Taiwan, Vietnam, Thailand, Indonesia, Malaysia, Myanmar, Singapore.

Although we traveled extensively while in Asia, one of our favourite places to visit was near where we lived in the city of Pohang, **South Korea**. This place is called "Gyeongju", which was a former capital of the old Shilla Dynasty seven centuries ago on the Korean peninsula. It is now a resort community, and has many temples, museums, lakes and other places of interest. One of these places is a wonderful bird sanctuary, where these photos of us were taken.

We both highly recommend that people either live in, or at least travel to, other countries to interact with people from different cultures. We have learned so much and have come to appreciate people of all types



Donna (our ESL teacher) loves to visit her sister Carol who lives in **Mexico** MX Carol works tirelessly to rescue homeless animals in her city! She provides them with the necessary medical help and she fosters them in hopes of finding their new forever homes!





# Mexico - Martha

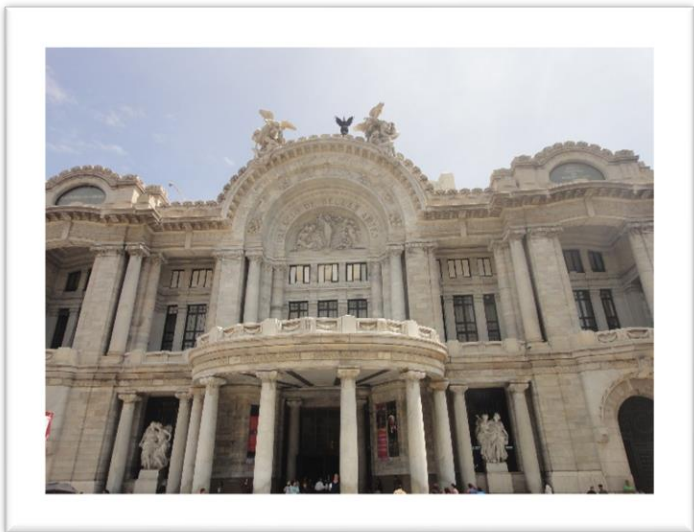


The one with the lagoon and the ladies on typical dresses are from Chiapas (south of Mexico) The dresses are handmade and its call Vestido Chiapaneco.

The building is in Mexico City, Downtown. Its call Palacio de Bellas Artes. It has hosted some of the most notable events in music, dance, theatre, opera and literature and has held important exhibitions of painting, sculpture and photography.

The fourth one is San Miguel de Allende, Guanajuato. It a little town with foreign population and a lot of art galleries.

The last one is from a Zoo (Africam Safari) the giraffe is my favorite animal since I was a kid. Africam Safari started as a private animal collection owned by Carlos Camacho Espiritu, a veteran, pilot, radio host and business man, who lived in Valsequillo, Puebla. Camacho got the idea to create a park where animals could develop and reproduce their species in areas resembling their habitat in the wild. Camacho called this zoo prototype Africam, a portmanteau of Africa (continent where most of the species in the zoo come from) and his last name Camacho. Africam Safari first opened to the public on April 2, 1972. Carlos Camacho died on October 28, 1976.



The next one is Chichen Itza (Temple of Kukulcan) was a large pre-Columbian city built by the Maya people of the Terminal Classic period. The archaeological site is located in Tinúm Municipality, Yucatán State, Mexico.



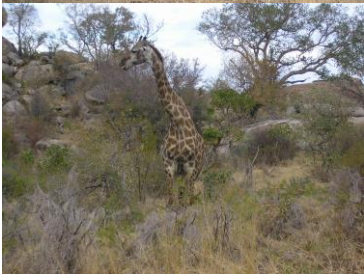
## Reinette in South Africa

**DURBAN PICTURE:** I'm the person on the far-right side with the other 2 people. This is a picture of; Durban, South Africa. Durban is on the Indian Ocean side of the country.

**MALELANE GATE:** Malelane Gate is an entrance to Kruger National Park, South Africa.

**ELEPHANT:** We had to wait for the elephant to cross the road in Kruger National Park.

**GIRAFFE:** Also taken from vehicle in Kruger National Park.



Me!...I'm Shyrose and I teach the One-on-One Basic Literacy at Equilibrium School. I joined in the Fall and I love it! I was born in Nairobi, Kenya and I immigrated to Canada with my three children who are now grown adults and busy in their lives. I love spending time with them and their dogs going for walks/hikes, picnics, adventuring and exploring new places and spaces.

I volunteer with CARYA- a non for profit organization which assists low income households in eliminating poverty. For some personal "me time," I like to visit Art Galleries (virtually for now) and get some inspiration for my own creativity in painting and experimenting with new ideas! I also enjoy watching cooking shows, travel documentaries and biographies. My "new Covid skill" is making puzzles, gardening and learning Irish!



My elder daughter got married in Manitoba at her husband's family cottage. It is beautiful there especially the sunsets, which will blow your mind!



## Some of my art!





# MULTICULTURAL 'SHOW & TELL' FOR CANADA DAY

Tina's morning class  
Students from Tina's morning class brought special items from their native country or culture to celebrate Canada Day.



**Hanna Moon – hanbok from Korea**

This is traditional clothing that Korean women wear for special occasions. Hanna wore this at her son's university graduation.



**Stan – portrait in traditional clothing from Poland**

This is a picture of Stan as a young man wearing a traditional Polish outfit.



**Quan – special “tea cake” from China**

This tea has many benefits for physical and mental health.



**Nellie – key holder from Colombia**

This key holder has many decorations showing special things and places of Colombia.



**Waldek – map of Poland**

This map shows the special clothes worn in the different areas of Poland.



**Seyyed – clothing and artifacts from Afghanistan**

Seyyed is wearing a traditional “chapan” and holding a lazuli stone and picture made from that stone. It is the traditional gemstone from Afghanistan.

**Gashaw – clothing, book and food from Ethiopia**

Gashaw is wearing and holding traditional Ethiopian clothing worn on special occasions. The bread (injera) is a main part of Ethiopian meals. The book is an important religious book in his culture.





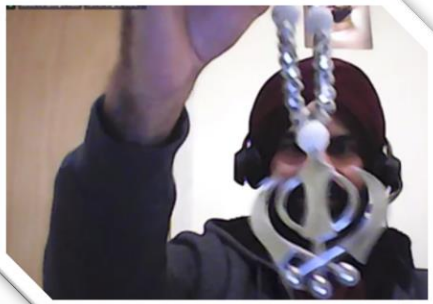


### Tony – currency and flag from Vietnam

The currency is from North and South Vietnam, used before 1975. The flag is from South Vietnam.

### Varinder – Sikh symbol

Varinder is holding a very important symbol of his Sikh faith. It is called the Khanda.



### Gilbert – maple syrup from Quebec

Gilbert explained and showed a short video about how maple syrup is made. He talked about the different uses of maple syrup. It takes 14 gallons of water to make 1 gallon of syrup.



### Bessy – clock and photos from Honduras

This clock shows the date of Honduras' independence (September 15, 1821) as well as many special elements of that country. The photos are from the pyramids in Honduras.



### Eba – Caaccu from Oromo

Eba is holding a caaccu from his culture. It is made from beads. Women carry it and sometimes put fresh butter or oil inside it.



### Cynthia – souvenirs from the Philippines

Cyntha is holding a magnet from the Philippines showing traditional transportation called a kalesa. You can see it in the photo. There is also a photo of people in traditional Filipino clothing.

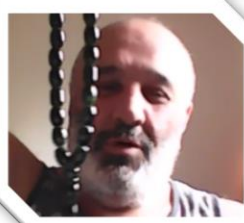


### Anh – traditional women's clothing from Vietnam

This is a traditional dress for women in Vietnam for special occasions.

### Harpreet – shawl from India

Harpreet is showing a traditional shawl from India. Women wear these in many colours and materials.



### Chaouki – currency, flag and accessory from Lebanon and family photo

Chaouki is showing some currency from his country. The photo is his parents' wedding picture. The flag has a Canadian flag pin that Chaouki received when he got his citizenship last year.





# Calgary Library presentation Indigenous day

