

EQUILIBRIUM SCHOOL



GED STUDENTS

LINC STUDENTS

ESL STUDENTS

WHAT WOULD YOU TEACH?

MY FAMILY’S FARM

BY RAUL OLARTE - ESL STUDENT



My father and uncle have a sugar cane farm in Villeta Cundinamarca, Columbia. Villeta is a small town that is located about 80 kilometers from Bogota, the nation’s capital.

On our family farm, we grow sugar cane. We plant the sugar cane just before the start of the rainy season. It takes almost a year before the crop is ready to be harvested. Family workers cut the sugar cane stalks and bring them to the arbor, known in Spanish as an enramada, to be processed. First, the stalks are piled up, then are put through a machine that separates the juice from them. The sugar cane juice then runs into a boiler, which heats it. When the liquid is hot and reaches a certain temperature, the bark of a tree called quasimo is introduced. This helps to remove all impurities from the sugar cane juice. When the liquid is purified, it goes into the next boiler kettle and is fire heated to remove any remaining impurities. After 20 minutes, the liquid is passed to the third boiler to give it the necessary thickness.

The thickened juice is spread into molds of a wooden container and separated into square or rectangular shapes. The sugar cane liquid then cools and hardens for about 10 minutes, forming blocks of solid sugar cane called “panela”. The blocks of panela are removed from the molds and are packed into cardboard boxes to be taken into town and sold.

Panela is sold across the world and can be enjoyed in its solid form or further processed into cane sugar or white sugar. This is a delicious product that is used in many ways – sweets, baking, you-name-it! It’s great that my family produces a sweet product that is enjoyed in many different ways by people world-wide.



Raul



My Sports Hero

by Gina Landry-ESL

Carey Price is a Montreal Canadian NHL Hockey Player, my hero of the team. He was born on August 16, 1987 in Anaheim Lake, BC. He's an ace goaltender for the team. He's married to Angela and he has 2 beautiful daughters aged 3 and 8 months. Carey Price started playing in the NHL in 2007-2008 and after a couple of years he became a really good goaltender, the best in the NHL. He won lots of trophies and medals, but my favorite one is when he won the gold medal in the Sochi Olympics in 2014 on the Canadian Hockey Team.

Big City or Small Town

by Gina Landry-ESL

It is better to live in a small town than a city for several reasons. First of all, there's less traffic and less people. Stores are not as crowded in a small town. It only takes 10-15 min to get across a small town. In addition, people help each other in the small town. For example, my neighbor looked after my cats for two weeks. The most important reason for living in small town is that it is easier to get around. Where I live there are very few one-way streets. Living in a small town is the best.



Figure 1 Carey Price



Place Names

by Darren Poppleton

Place names in Alberta come from many different sources and can be strange or funny, but they are mostly either named after a person, some other place, or are First Nations in origin.

Around Calgary, there are many small towns that are named after rich and powerful people of the 1800s. Examples of this include Cochrane and Langdon, which are named after people who worked for the Canadian Pacific Railway when the railway was being built. Other examples of places named after a person is Nanton, which was the name of a famous rancher in the area; Lethbridge, named after a coal mine executive; and Saints Albert and Paul, which were named after Saints.

Places named after other places include the two largest cities in the province, Calgary and Edmonton. Calgary and Banff are both places in Scotland, while Edmonton is a borough of Metropolitan London. These received their names from people who wanted to name a new place after one that was important to them.

First Nations names are very common in Alberta, as most everything here was named before European settlers came. Close to Calgary, we have Okotoks, which was named after the large glacial irregular just west of the city—it literally means Big Rock in the Siksika language. There are many other Alberta locations with original First nations names such as Wetaskiwin, Ponoka, and Kananaskis. Some, such as Medicine Hat, Red Deer, High River and Grande Prairie are translations of the original First Nations names.

The most interesting names in Western Canada are those on the Alphabet Line of what is now the Canadian National Railway. When it was built, there needed to be a railway station every eight miles, so they needed to have a lot of names. To make the naming easier, they decided to begin with Arona, Manitoba. This process was followed with many exceptions all the way to Entrance, Alberta, which is near the entrance to Jasper National Park, over four times through the alphabet.

NEWSLETTER

What would you teach?

I WOULD TAECH SOMEONE TO PAINT BY DAYNA-GED STUDENT



Suppose I had the opportunity to teach something I know to someone else. I would choose to teach someone how to paint. I would love the special someone I'm teaching to paint learn from hands on training in the field. Sanding a wall correctly would be the first thing I would teach. I would show my student by showing them how to do it first. When I learned no one actually showed me and when I showed my boss the wall I had sanded, he started laughing. More importantly, I would show my student how to paint a wall. When I painted my first wall it had the most annoying fat lines running down the wall. My friend showed me the lines appeared because I didn't back roll the wall.

Most importantly, I was taught by a journeyman painter not to use tape. Using tape is a hassle and wastes time. When I taped off my first room to paint, I forgot to take the tape off the wall. The tape sat on the wall for a week. When I went to take off the tape, it took off the drywall too. Learn from my mistakes. In conclusion, I would teach someone how to paint. I would show them how to sand a wall correctly, how to paint a wall then back roll it and to not use tape. Just showing someone how to do these things correctly will make learning how to paint so much easier.



Gustavo and Richard at the ceremony. Congratulations Gustavo!



Way to go Nargiza! Nargiza with her friends at the ceremony.



Surprise for Nargiza from her classmates and her teacher



CONGRATULATIONS!

YOU DID IT! YOU ARE CANADIAN CITIZENS NARGIZA AND GUSTAVO.

NEWSLETTER

VALENTINE'S
DAY

BY SLAVICA

The most famous legend about the origins of this holiday originates from Rome. When Christianity was a brand new and young religion, there lived a priest Valentine. The emperor of Rome, Claudius II, ordered all the soldiers not to be married or engaged because he believed that soldiers (like married or engaged men) would not want to fight in his wars, but would rather stay at home with their families. All the priests decided to honor this emperor's decision, so they did not want to marry soldiers anymore. However, a priest named Valentine disobeyed the emperor's decision and began to secretly officiate the weddings of all the young couples who wanted it. He did so until the authorities caught him and threw him into the dungeon, and on February 14th he was executed. Shortly after his death, he was proclaimed a saint. The custom of sending greeting cards on Valentine's Day originates from Saint Valentine. There are two different interpretations. According to the first, St. Valentin sent a letter from the dungeon to the girl he was supposedly in love with. The letter was signed with "Your Valentine." According to another interpretation, while Saint Valentine was in prison, people were leaving hidden messages around his dungeon or smuggling them into a cell. When St. Valentine found them, he would pray for the people who wrote them. The traditions of Valentine's Day are different across countries.



Blake's hobby: Rodeo

CAMPING
BY BLAKE BOLDUC-GED

I prefer to camp in the bush, while some people prefer to camp in the paid campsites. I enjoy camping in secluded places because they are harder to get to. Provincial and private campsites have rules, whereas there are no rules in the bush. The most important reason for camping in the bush is because it is more secluded.

When the boys/friends and I go camping in a secluded place, it is much harder to get there. We first look for lakes that you can't get to by vehicle. We need chainsaws, quads and beer/whiskey to make our way to the lake. The nice part when we get to the secluded lake, is that we get the lake all to ourselves.



When we camp in the bush, we get away with pretty much anything because there are no rules. We can stay up as late as we want listening to music, talking and making positive noises without other people complaining. The other nice part about being in a secluded camp area is that we can ride our quads; however, in paid campsites quads are not allowed to be used because of the noise.

What I like most about camping in the bush is that it is secluded. Seclusion is great because you get away from your everyday life, the crazy traffic and whiny people. Most of all you get back in touch with yourself and nature. As a lone wolf, I need the peace and quiet of the bush to rejuvenate myself.

Overall, camping in a secluded place is more of an adventure than a holiday. It takes careful planning with a group, but the effort is worth it because the fishing is unreal.

MY HAPPY CHILDHOOD IN CUBA

By Williams Melgarejo, ESL Student *(with just a bit of help from his instructor, George)*



As a boy in Havana, Cuba, I was usually very happy. When my little brother and I went to school with my mother, it was often cool in the morning. We could see our breath in the cold air. I had a good time in school and got good grades. In the morning and afternoon recess times, I and my brother often played baseball with our friends. We also ate biscuits and pop. But we also got into trouble sometimes, such as when us kids put chalk sticks inside of full pop bottles and shook them so that the fuzz would make the chalk fly out.

When my brother and I were at home, we studied for the first hour after school, and then we played on our veranda, known in Spanish as a portal. Sometimes my cousins came to my house so we could play together. We played ball games or hide-and-seek games. On weekends, my grandfather and father took my brother and me and many of our friends to the local sports center to play baseball. We always had a great time!

Sometimes we were able to watch volleyball games being played by Cuban men and women. Cuban players and teams are often highly ranked in the world, so us kids were amazed at their great athletic skills. Growing up in Havana, Cuba, I really enjoyed my childhood. Sometimes I wish I was still a kid growing up there and enjoying the great times I had with my family and friends!

DAWN’S COOKING CORNER

A VERY EASY MEATLOAF

- 1 large package of hamburger (approximately 5 pounds)
 - 1 cup quick cooking oatmeal
 - 1 large to very large onion chopped
 - 2 eggs beaten
- Spices
- 1 TBSP –seasoning salt (approximately)
 - 2 tsp garlic powder (approximately)

Mix the above ingredients well. Put in a large roaster, form the loaf to be about 2-3 inches deep.

Cover the loaf with 6-8 cans of tomato soup. The loaf should also have soup surrounding the sides as well. The loaf should not be high, so the soup can soak into it. Cook about 1 1/2 hours at 350 degrees.

I serve the loaf with rice and add soya sauce on top. I hope you enjoy it. It is very easy to make and tastes great.

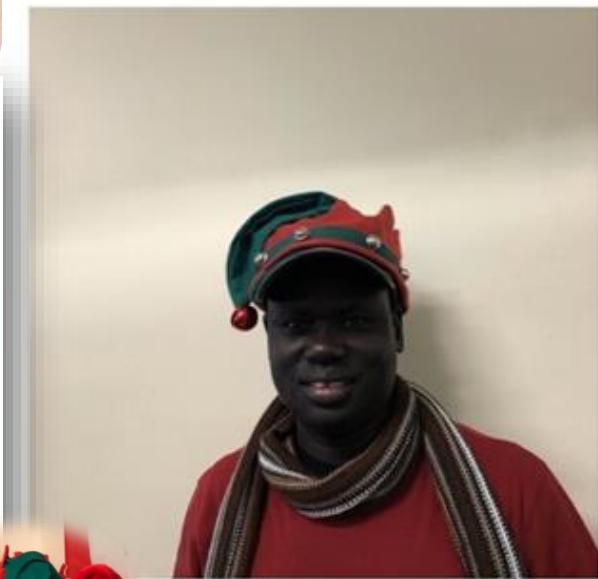


NEWSLETTER

LET'S REMEMBER



CHRISTMAS!



Chouki's Christmas tree

NEWSLETTER

TINA’S ESL CLASS

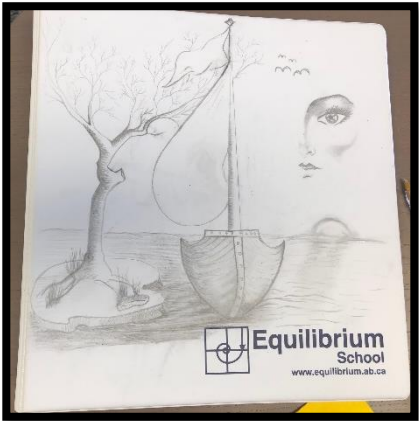
We studied ‘Idioms from Weather’ and the students used them in personal writing.

By Mario Pigeon

My vacation was a breeze. I was never under the weather. And on the beach, I talk to everyone – I have no problem breaking the ice. I have enough money to save every week – I’ve been saving for a rainy day, so if trouble does come, I can weather the storm. I’m okay, rain or shine.

By Gazzy

Jen and I went for a trip to Banff. We took the bus together, so it was a breeze. It was not raining cats and dogs; however, it was snowing heavily on the way back. My friend Jen is a fair-weather friend because when I informed her that I couldn’t afford the bus ticket she offered to pay for it herself.



Gazzy – Suggestion for our school binder

By Jemuel Canayan

I was snowed under at my last job. My wife and I had a discussion to break the ice, but she had her head in the clouds thinking of something else. I told her I had saved something for a rainy day, but my wife told me, “You are full of hot air.” But I’m sure things will be okay if we can weather the storm. We went for a vacation to Hawaii. When we got there, I was under the weather and it rained cats and dogs, so that was not a good vacation.

By Sewak Sandal

I took a Banff trip five months ago. The weather was not good because it was raining cats and dogs. After that I wasn’t feeling okay – I was under the weather. I talked to some people I had never met before. I broke the ice.



By Bao

I went to Vietnam a few months ago. When I arrived, I was under the weather. This month, it has rained cats and dogs. I invited some friends to come to my house to have a party, but they didn’t mind the weather. They came rain or shine. My friend told me about his business. It had lots of problems this year, but he thinks it will be okay. He will weather the storm for a few months.

By Tony

My last trip that I had was very nice. It was a breeze. I went back home because I wanted to spend some time with my family, rain or shine. I was under a lot of pressure to weather the storm. Next month whatever happens I will go to Italy, rain or shine.

By Asad

Last week I went to Toronto. It was raining cats and dogs. I went to visit my friend and he told me lots of good things about Toronto. He wants me to move there, but when I did some research, I didn’t like it at all. He was full of hot air and wanted me to just have my head in the clouds. It’s good that I didn’t move there. I had saved some money for a rainy day.

By Rommel

Unfortunately, I had to go to Mexico in July because my oldest brother passed away. I was under the weather at that time and I didn’t know how to break the ice in a situation like that. It was a trip I had to do, come rain or shine. However, I hadn’t saved anything for a rainy day.

By Worke

On Sunday, I was under the weather, so I went to emergency. Sometimes I try to break the ice with people. I don’t like people who are full of hot air. When I am snowed under, I have to finish the work. Sometimes in Vancouver, it rains cats and dogs. I am always studying English every day because I want it to be a breeze.

NEWSLETTER



By Quan
I went to Vancouver this summer. I was under the weather. On the airplane it was quiet for a while, then suddenly the person next to me broke the ice. We saw outside it was raining cats and dogs, so I thought I had better go back home.



Tina’s students enjoying Pizza Party



BINGO Time!



NEWSLETTER

My happiest day by
our LINC students



By Eti (Miri)

My happiest day in my life was my wedding ceremony.
In the morning, I got up early and went to a beauty salon. We invited a special band.
In the afternoon, my husband came to the beauty salon and picked me up. We were very happy.
In the evening, our family joined us. We were very excited. We had a fantastic wedding ceremony. We had a great time. It was a special day

By Bassam

The happiest day of my life was the day I arrived to Canada with my family. I looked at my granddaughter.
In the morning, I drank coffee and after ate breakfast. I went to work.
In the afternoon, I slept one hour after I ate lunch.
In the evening, I watched a movie and played with my kids. After I slept until the morning.



By Shireen

The happiest day of my life was the day that I saw my family.
In the morning I got up early and I bought some flowers before going to the airport. I felt great when I saw them.
In the afternoon I ate lunch with my family.
In the evening, I talked with my sisters about children and I drank coffee. It was a beautiful day.

By Zahra

I have a lot of days in my life. The happiest day in my life was when I got my PR card.
In the morning on April 12, 2019, I arrived to the Calgary airport. I went to the immigrant office and I filled out a few applications. The immigrant officer said, "Congratulations, welcome to Canada."
I was so happy because I can live in Canada. I was waiting for about 10 years. My son was waiting for me outside the airport. When he saw me he felt happy. We went to a Brazilian restaurant for lunch. We had a delicious meal.
In the evening, we went home, and I opened my baggage's. I brought a lot of things for my son. It was a special day for my family.



More stories by our LINC students

By Maria

My happiest day was my graduation day at my university called URBE. In the morning, I slept in until 10:30 am. I did not have a problem because the convocation was at 5:00 pm. In the evening on stage, my mom gave me the diploma. I felt so happy. After that, my family and I went to an Italian restaurant called Noi. It was beautiful, and I ate pizza. But my mom drank red wine. That was fun.

By Fargiya

For me, every day is happy. But the happiest day was the birthday of my granddaughter. I waited for this moment for six years. It was on September 23rd. In the morning, I got up and began to gather in the hospital. All close relatives gathered here. We waited. The operation lasted 30 minutes. When a doctor announced that the girl was born, our joy knew no bounds. In the afternoon, I cooked special food for my daughter. At some time, I cooked dinner for the whole family. I was very happy. In the evening, my family came to my home to celebrate the birthday of my granddaughter. It was a holiday dinner. Sorry, my husband didn't live to see this happy day.

By Fatemeh

The happiest day of my life was the birth of my son. In the morning, I got ready to go to the hospital with my husband and mom. I had a lot of stress. Really, I wasn't ready for it because I wasn't ready for his birth. In the afternoon, I gave birth to my son. We were very happy. He was very small and lightweight. In the evening, I was able to hug him. My mom took pictures of us and our baby. He cried a lot. He couldn't normally drink milk. It was very hard for me.



By Amina

My happiest day was my graduation day. In the morning, that day I felt the day was the shortest. I woke up early, and I put on makeup, and I wore a beautiful dress and a nice purse and shoes. In the afternoon, I went with my family and friends to the university. I walked with my classmates on the stage. I sat on the chair. I saw my family was happy. There were teaching members and the dean of the university. I took my degree. I felt happy. In the evening, I went with my family and friends to a hotel near the university. We celebrated and we ate delicious food. I took some presents. I went home and felt tired.

By Sharif

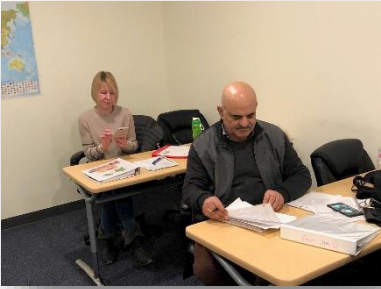
My happiest day was when I was in my home country. I bought a big house and made my dream house outside of the city. My happiest day was when I watched TV two months ago. I heard good news about my home country. My happiest day was when I finally passed my exam and graduated. I felt on top of the world. That's my happiest day when my son told me I got class 5 driving license. He made me a good day.

By Tamana



My happiest day was when my son was born. I never forgot that day. It's so special for me. In the morning when I woke up, I felt tired and different than other days. In the afternoon, I ate my lunch. I felt very strong pain and then I called my husband. When my husband heard it's the time, he was so happy and excited. In the evening, we went to the hospital. After 6 hours I saw a beautiful baby boy. We were so happy. My husband held the baby. After that we went home. My husband organized a party for him and then we started a new life with a lot of responsibilities with our baby.

By Yuliia



The happiest day of my life was my first hairdresser show I did. In the morning, I woke up early and I went to a special place. My co-worker and I rehearsed our show and made models. After that we dressed up in special clothes. I was nervous. In the afternoon, we started our show. I had one block of time. I walked across the stage. I did training about hairdressing. In the evening, I got three certificates. I won training in Italy. After we had a party. I was very happy.

THE BUSINESS PROJECT by ESL class

By Unknown author

The students in Reinette’s conversation class used their experiences to create fake businesses and discussed ideas to keep their struggling businesses open.



It was the new employee’s first day on the job, and she was already late. The next day, the safety manager saw her smoking in the workplace beside the construction material. After a week on the job, she was fired for not wearing proper personal protection equipment. She is still looking for a job, but nobody in the construction industry wants to hire her. I wonder why?

J & N HOME RENOVATION



Jemuel and Nestor

We, Jemuel and Nestor, are engaged in home renovation projects, catering for the low to middle class families who are looking to improve the present state of their houses either for rental or home ownership purposes. The business venture is a partnership. The name of our business is derived from the first letter of our names. It is easy to remember and carries the type of work we do. The company lives by its slogan that says, “Making your vision come true, that is what we do.”

I, Jemuel, has expertise in carpentry, plumbing, and minor electrical repairs. I have established a good relationship with contractors, suppliers, and the bank that have been valuable in our business in the last five years. Nestor has knowledge in interior finishing, masonry, concrete finishing, tiling and painting. He is very reliable and make things happen. The combination of skills we have is key to the longevity of our business.

Given the present economic slowdown in Alberta, the business has been experiencing financial difficulties due to competition as well as high labour and material costs. We did some planning and came up with the following solutions;

- (a) we will cut labour cost by doing some of the work ourselves and will be more realistic in project completion schedule;
- (b) we will be more diligent in canvassing materials and would request for a longer term of payment to improve cashflow;
- (c) we will cut administrative expenses by learning simple bookkeeping skills and purchase a single user accounting software;
- (d) we will find better ways to improve efficiency in the field to stay competitive and maintain a healthy financial condition.

THE THREE MUSKETEERS Old House Renovation

By Mario, Asad, and Nader

Kind of business: Old house renovation and it is a partnership between Mario, Asad, and Nader.

Our logo: The King of Renovation

Skill(s) of each partner: Painting and Cleaning – Mario
Plumbing – Asad
Electrical – Nader



Our business is currently facing many challenges. We have decided to address these challenges firmly to keep the doors of the business open.

Financial: A financial loan can only be accepted when 25% of the foundation is completed, then another loan

when 25% of the basement is completed, and finally, 50% is accepted when the first floor is completed.

Construction equipment and tools availability: Since construction equipment is more expensive than planned, we will rent used tools and equipment instead of buying new construction tools.

Skills, workers’ wages, and material cost: We will replace each skilled worker with two regular laborers and use local and cheaper materials.

BEST BITE Indian Cuisine

By Pushpinder and Asad.

This business is based on a partnership between Pushpinder and Asad. We both have business management skills and basic book-keeping skills as well as very good communication skills. Our aim is to keep our customers happy by providing good food and service. Currently, our restaurant is facing many problems in its growing phase such as not attracting enough customers due to competition. We are also facing financial problems because the restaurant is not growing very well. As serious business owners, we want our customers to dine and enjoy our place more than they do in other restaurants because people go to restaurants to spend some memorable moments with friends and families while enjoying food. How can we attract more customers and increase our profits? We will find out more about our competitors and we will visit other restaurants because we need to do proper research of the market and customers. Our plan is to is to avoid mistakes to run our restaurant business effectively by keeping our eyes on customer satisfaction. We will also train our restaurant staff, so they show good manners and respect while serving customers. The business can earn more money by treating our customers with good quality food and service. Furthermore, we will invest on advertising by building a dedicated website. Our business website will give potential customers the opportunity to book a table and browse through our menu. We sill also advertise on social media sites such as Facebook and Twitter. As the proud owners of “Best Bite”, we are looking forward improving our business and creating many memorable moments for our customers.



Asad



Sewak and Scott

Strategies to improve business

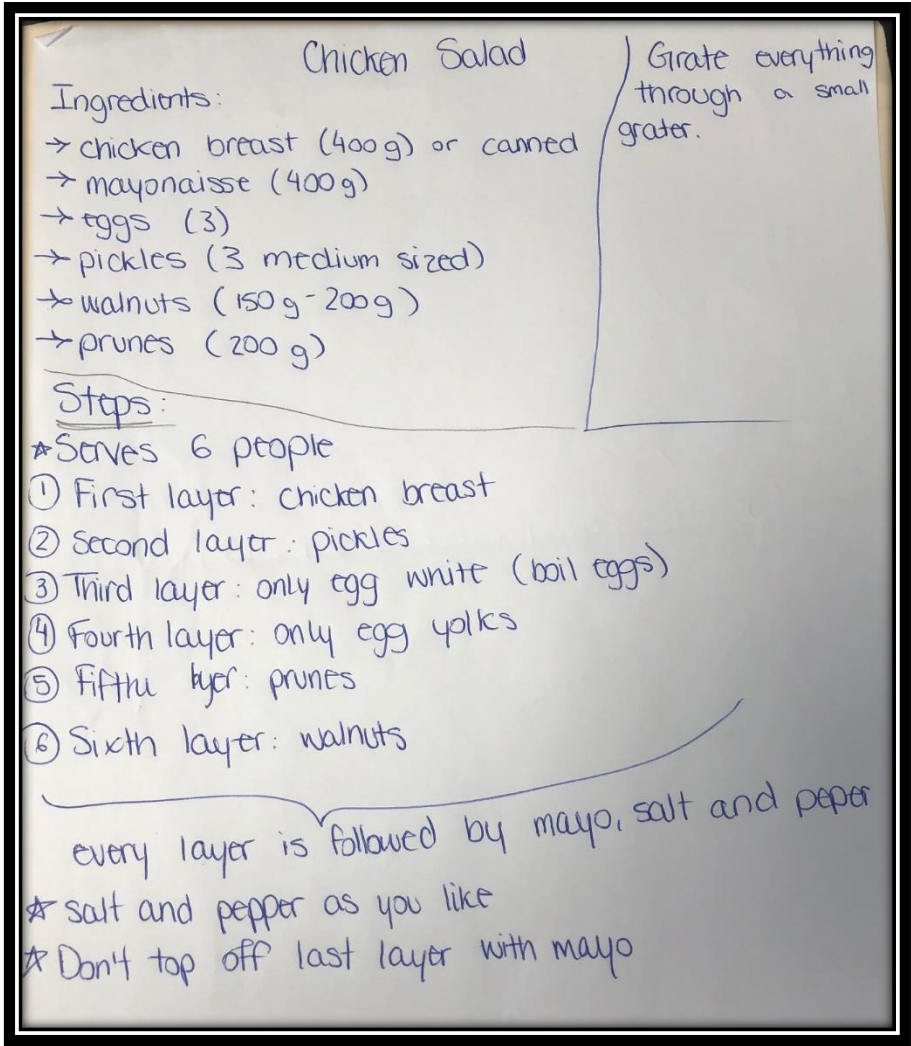
By Sewak and Scott

Sewak and Scott worked together on the Business Project. Although they each created their own business model, they used their past experiences and became trading partners. The aim of the project was to work on strategies to improve the struggling businesses.

| | SEWAK | SCOTT |
|---|--|---|
| TYPE OF BUSINESS | Convenience Store – Part of an Association | Trading Company <ul style="list-style-type: none">Export and import a variety of products from and to other countries.Provide the products to domestic and overseas customers. |
| BUSINESS OWNERSHIP | Sole ownership | Sole ownership |
| OWNERS' BUSINESS SKILLS | Marketing, purchasing, accounting, and customer service skills | Marketing, purchasing, and accounting skills |
| NAME OF BUSINESS | No. 1 Convenience Store | Han Trading Co., Ltd. |
| BUSINESS CHALLENGES | Financial problems because the products are too diverse and the customers' favourite trend change constantly. | Financial challenges because of product diversity and the customers' favourite trend change constantly. |
| STRATEGIES TO IMPROVE STRUGGLING BUSINESS BY APPLYING BUSINESS SKILLS | Accounting skills: iron out payment problems by providing a letter of credit or transfer telegraphy. Customer service skills: building good relationships with customers and suppliers. Purchasing skills: Lower prices through negotiations with suppliers. | Purchasing skill: lower prices and providing good quality products. Marketing skills: have contracts with more customers which will result in more competitive buying power when negotiating with suppliers. Accounting skills: improve plans and budget to prevent wasting money and avoid financial problems. |

Let's cook!

Chicken salad by Fargiva - LINC student



Mexican Green Pozole

by Martha



- 1 can of **hominy** 108 oz (3.06 Kg)
 - 1 breast of chicken
 - 2 garlic cloves,
 - 2 tbsp salt
 - 1 ½ kg. tomatillos (find these at the Mexican market and even in some general markets now. It could be fresh or it could be from a can)
 - ½ white onion
 - 1 or ½ serrano pepper
 - 2 poblano peppers.
 - up to 2 cups of water
 - ½ lettuce iceberg (choped)
 - 1 bunch radishes (small pieces)
- 2 avocados
- 8-10 limes
 - dry Mexican oregano leaves
 - 1-2 pack tostadas or tortilla chips.

Clean the chicken and place it in boil water with 1/8 of the White onion and a clean garlic clove.
Once is cooked put it on a side, cut or shred the chicken in pieces. You will add the chicken at the end.
Open the can of hominy and rinse well in a colander until the water is clear. Place the hominy in your largest pot with the chicken broth, considering the hominy and the chicken are going to need to fit.

Add water until the hominy is cover.

In another pot put 1 ½ kg of tomatillos (peeled and wash) with water and boil until cooked. Let it cool down.
In a blender, mix well 1 clove of peeled garlic, the rest of the onion, kilo y medio of tomatillos (peeled and wash), serrano pepper (to taste, ½ for flavor, 1 for spicy), salt.
Add up to 1 cups of water in order to blend smoothly.

Add the salsa to the soup pot with the hominy and let it simmer for 15-20 minutes on low heat until the salsa changes in color from bright green to olive green.

Wash the lettuce and finely chop. Wash and finely slice the radishes or cut them in cub.
Serve the soup in a bowl, adding some shredded chicken, lettuce, radishes, avocado, a pinch of dry oregano, and lime juice.
Now is time to enjoy, you can serve this soup with tortilla chips.



tomatillo



hominy



Donna’s class writing

Watermelon Cocktail

First, take one watermelon 5 – 7 kg, and cut the top off to open the watermelon. Then, take a mixer and put it in the watermelon and blend it. After that, put in 1 L of vodka and put it in the fridge for one day. The next day you and your friend can drink.

By Eugene



Eritrea by Kiflemariam

My name is Kiflemariam Bahta. I am from Eritrea. Eritrea is a small country. There was fighting with Ethiopia from 1961 to 1991. In 1991 we got our freedom.



How My Granddaughter Has Changed My Life

I have two sons. When I raised them up, I thanked God, the Father. I am so thankful for my pretty granddaughter. Her name is Chloe. Every time I see her, I see how beautiful she is and how very smart. I am happy. My life is really enjoyable. Whenever my granddaughter comes to my home, she brings us joy. She makes us happy. My life has been changed. If I don’t see her for a week, I miss her. I love my granddaughter very much.

by Hanna Moon



My Son

I’m writing about my son. My son’s name is Ansh Singh Dhaliwal. He is 8.5 months old. He is very smart. He is trying to walk along the sofa and wall. He’s always excited to go outside with me. He’s always in a happy mood. He doesn’t bother us. He has a lot of toys. He has a very cute smile. We are both happy with my son.



My parents are both happy with their grandson. I was so happy after he was born. My life changed after my son was born, because we always play with my son. I want to spend a lot of time with my son. I love my son.

by Jagjeet Singh Dhaliwal



My Best Friend by Sukhwinder

My best friend’s name is Sukhwinder Singh. He lives in Baharian. He is a driver there. We are friends from childhood. He is a very nice person. He helps me in difficult times. He has a lot of love for me and me for him. We talk daily on the phone. I am helping him with his Canadian visa. I hope he gets to come to Canada. I will be very happy.



How My Grandson Has Changed My Life

My grandson’s name is Kazimir. He is the gold in my family, better than everybody. Not anyone is a best friend for me, not even my children and wife. He is my best friend. He changed my life 100% in the best way.

by Stan

In 1969, Colombia began to celebrate the one day of love and remembrance. It is celebrated every year on the third Saturday, in the month of September. People give flowers and chocolates. They invite friends to restaurants for dinner.

by Esperanza

NEWSLETTER

♡♡♡♡♡ SAINT VALENTINE’S DAY
IN COLOMBIA! ♡♡♡♡♡

It is a very special date, to celebrate Love and Friendship, by tradition we play the secret friend, it consists of creating a group of friends, (in the company, University, Colleges etc) to make small papers with the names of each person, then it is stirred and each one takes one. This is done two weeks before the date that is the third Saturday September.

Each day is sweetened, secretly sending the person who touched you, a detail, such as: A sweet, fruit, some small detail, and a party is organized to celebrate and deliver the gift to the secret friend on the day of Love and the friendship.

by Alexandra



My experience in the school is very nice. I like to share with my classmates and to learn English. It's good to come to school every day. I only have two weeks, but my experience has been very good.

by Jaime Martinez

My First Dog

I got my first dog at 30 years old. It was a very difficult period for me, so I adopted a small dog of 6 months. It was a beautiful, black, long-haired German Shepherd. I named him Youry. He would have given his life to make me happy. I had Youry for 14 years. Unfortunately, he left me 3 years ago. I still miss him. He left a very big void. Even if I have another dog, I still miss Youry, my first dog.

by Gilbert



My School

By Kiir

I would like to thank the authority in Equilibrium School because the way I am doing in my studying in this school. I feel a hope of learning something new every day when I attend the class. My special thanks goes to my teacher. She is so smart and polite to all my classmates.

Ms. Susan, me and my classmates, we thank you very much.

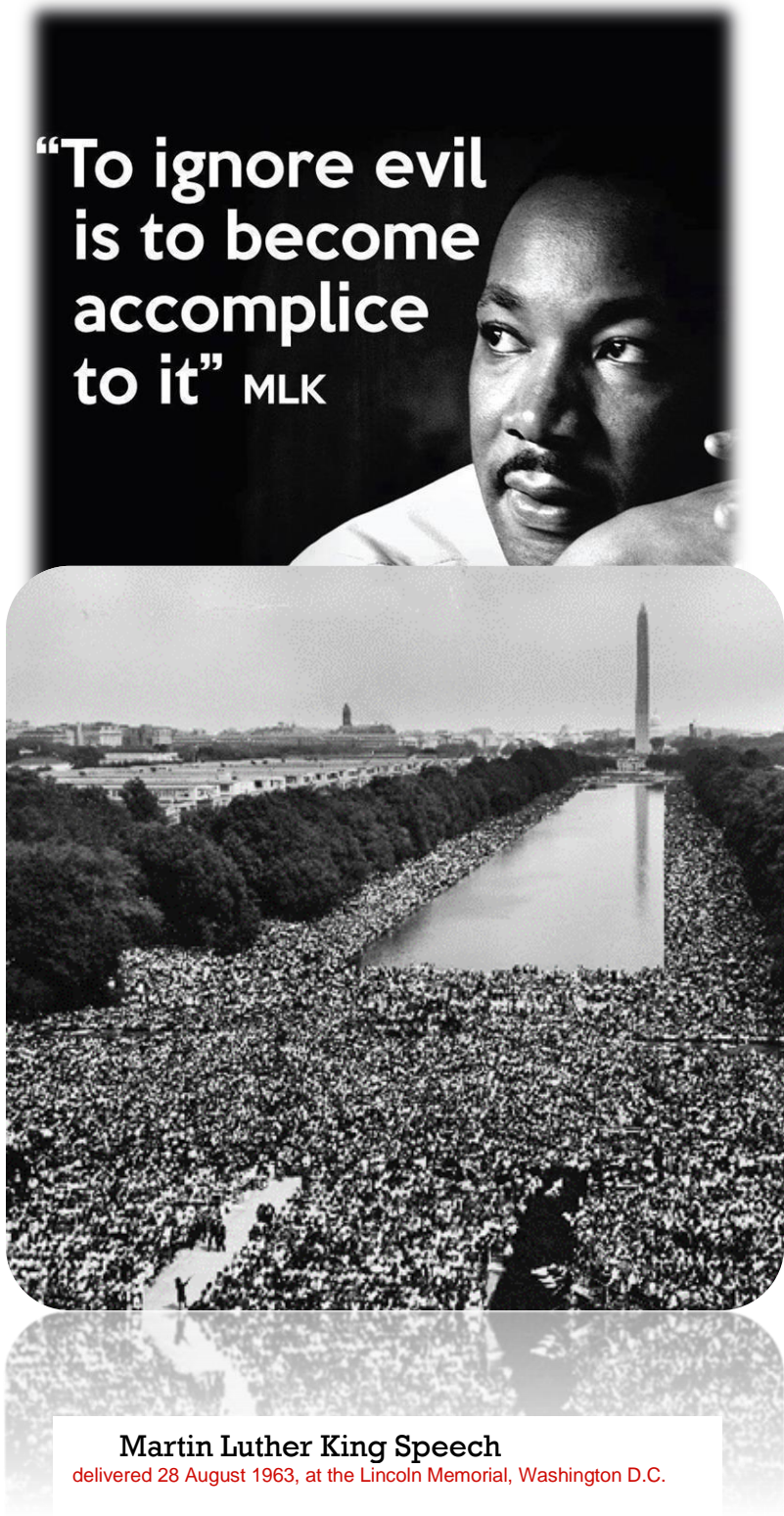


Kiir

Story of Martin Luther King

by Eba

Martin Luther King was born on January 15, 1929 in Atlanta, Georgia. He fought for equality of black people. They shot him because he reached his destiny. He was helpful and famous. Martin Luther King, before they shot him, he said, “I have a dream” and his dream finally worked.



Martin Luther King Speech
delivered 28 August 1963, at the Lincoln Memorial, Washington D.C.

Extreme cold weather in Calgary

by Varinder

I am talking about the Calgary extreme cold weather. One month ago, in the city of Calgary, it was very cold weather. Just for one week, it was very cold weather. The temperature was down to -35° C to -40°C. Very cold weather had bad effects on people. It was very hard for me to drive my car in the cold weather. With so much cold outside, it caused pain in my wrist. It was hard to leave my kids in school. I didn’t miss my school. We had to keep our car started longer time in the cold weather. The road conditions were very bad too. Many people’s cars were not starting in the cold weather. We had to drive very carefully on the icy roads.



NEWSLETTER

Winter Young Athletes Games

by Elena

This year in February, the city of Airdrie hosted a Winter Young Athletes Games. The opening ceremony was on February 14th in the City Hall. It was a very beautiful ceremony. A lot of people there were young athletes from all Alberta. The Winter Games were a big success. I was happy to be part of this event.

Vacation

by Cynthia

It was a fantastic vacation month to start 2020 year. Quality time with my self and especially my family. We traveled a lot of places, went to the beaches. There is no place like home, in the Philippines. Most of all I got married to my long-time boyfriend and started my 2020 year full of joy in my heart.

Hachiko

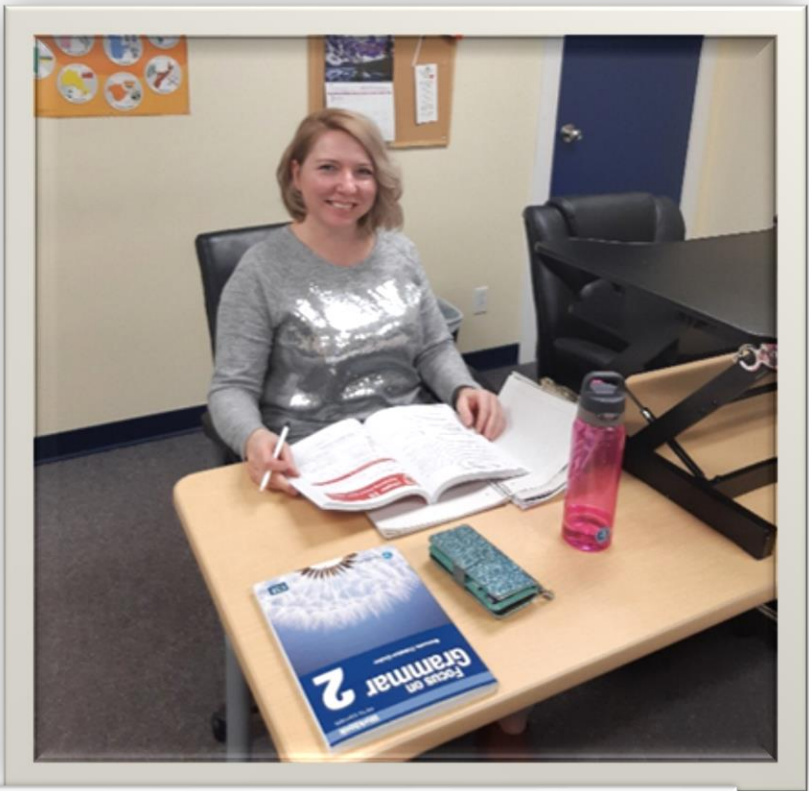
by Igor

Hachiko was a Japanese Akita dog remembered for his remarkable loyalty to his owner, Hidesaburo Ueno, for whom he continued to wait for over nine years. Every morning Ueno and Hachiko walked to the train station together. Every evening, Hachiko met Ueno at the station. One evening Hachiko went to the station but Ueno didn't get off the train. Hachiko didn't know what happened. He looked everywhere for Ueno. Nine years he went to the train station and waited for his master. After, people noticed the dog and brought him food. In 1934 a sculptor build a statue of Hachiko. A year later, in 1935 Hachiko died.



Philippines, Palawan

Elena



Igor



Hi Alfredo

by Raad

Hi Alfredo,
My life is very different now, too. I'm a student. I usually go to school in the afternoon at 12:30 pm and finish at 3:30pm. Sometimes I am late. I take my car to school. In the evening, I usually watch TV and sometimes I look at my phone and Facebook.



Raad

NEWSLETTER

Down the memory lane



Equilibrium School