



WORD OF THE DAY  
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THE WORLD IN 100

YEARS

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All the stories in this newsletter are written by our students or our teachers.

# EQUILIBRIUM SCHOOL



## FREE

WORKPLACE COMMUNICATION  
IN CANADA COURSE

### SLAVA

Specialized Language Acquisition for Vocational  
Achievement in Alberta Program  
for Ukrainian Evacuees  
holding the CUAET Visa

This English 12-week  
course will teach you the  
cultural aspects of  
workplace communication  
in Canada.

Registration is open,  
and spaces are limited!

Online and in-person  
classes will start on  
April 8, 2024

The SLAVA course is  
available for CUAET Visa  
holders over the age of 18  
with a minimum of 3 in all  
Canadian Language  
Benchmark (CLB) skill areas.  
We can test your CLB levels if  
needed.

Call or email us  
**TODAY** to reserve  
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707 14th Street, NW  
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Безкоштовний курс  
«Англійська  
для спілкування  
на робочому місці  
в Канаді»

### «СЛАВА»

Спеціалізований курс з вивчення англійської  
для професійних досягнень в Альберті  
для новоприбулих з України, які мають візу CUAET

Цей 12-тижневий курс  
англійської мови  
навчить вас культурним  
аспектам спілкування на  
робочому місці в Канаді.

Реєстрація відкрита,  
кількість місць  
обмежена!

Онлайн- та очні заняття  
розпочнуться 8 квітня  
2024 року.

Курс «СЛАВА» доступний  
для власників віз CUAET  
віком від 18 років, чий  
мінімальний рівень  
володіння англійською в  
усіх аспектах відповідає  
рівню «3» Канадських  
мовних стандартів (CLB 3).  
За потреби ми можемо  
перевірити ваш рівень  
володіння англійською.  
**Зателефонуйте або  
напишіть СЬОГОДНІ, щоб  
забронювати місце!**

**Equilibrium**  
School

707 14th Street, NW  
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Profile: Daniel (Mel) Davison

## MY LIFE STORY

I am currently in a Customized English program through Equilibrium School. I was asked by my English Instructor, George, if I would be willing to share a bit about my life story. My story is about living as an orphan and someone who was often rejected and abused. At 18 months of age,

I was removed from the “native” system and placed into the “white” system by the government. I was left to fend for myself when I became 18 years of age. There have been a lot of difficulties in my life, but I have survived and overcome many of them and am living a successful life. Read more of Daniel’s life story on **Page 14**.

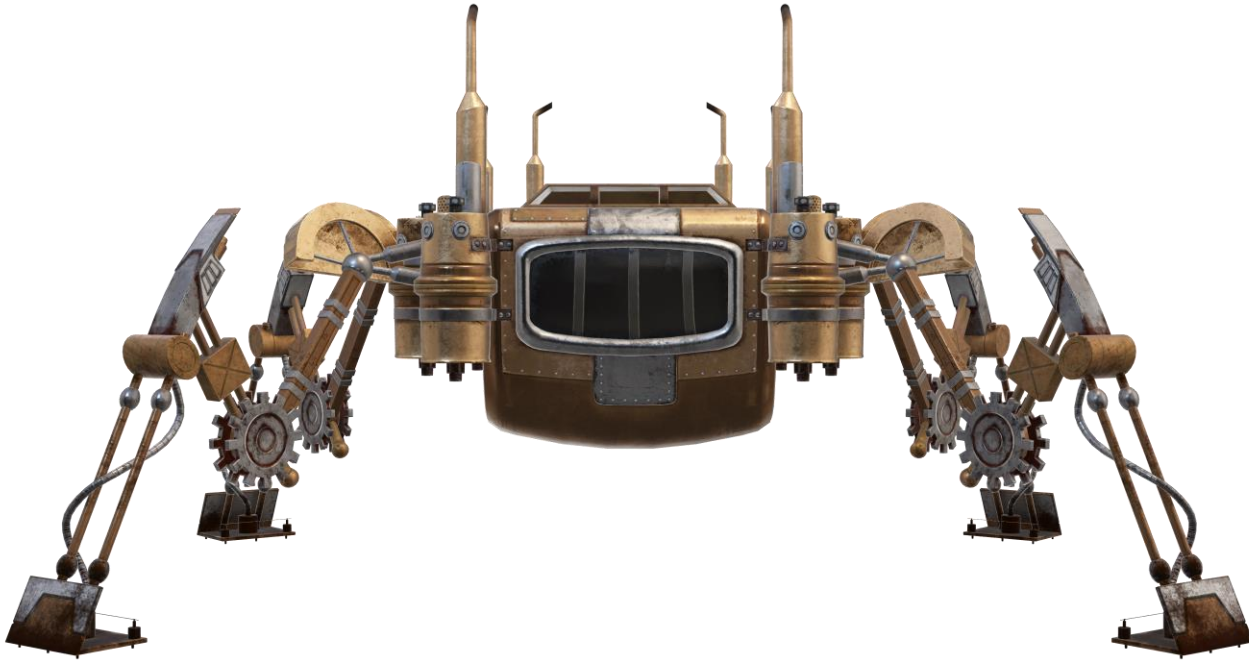
**EQUILIBRIUM SCHOOL** is proud to offer the **Canadian Adult Education Credential (CAEC)** preparation classes. This new program is replacing the General Educational Development (**GED**), which will no longer be available in Canada after May 3, 2024. To register for this exiting new program please phone us at 403 283 1111 or email us at [school@equilibrium.ab.ca](mailto:school@equilibrium.ab.ca).

**What is *Happening* in April, May and June in Calgary?** *Read more on Page 16.*



# THE WORLD IN 100 YEARS

*Taylor's students describing what they think the world will be like in 100 years.*



Taylor B - Instructor - EAL class



## By Daein

I think people will be living in a more efficient work environment with high technology in the future. There are a few things that I think will change. First, I think technology will be seamlessly integrated into our daily life, so that will improve overall productivity. Second, personalized AI assistants will optimize tasks, allowing for more creativity and complex problem-solving. Finally, I think automation will help to make cars, buildings and foods for minimizing human error. I hope that the changes in our world in 100 years are constructive.

## By Young

I think life in the world will be easy life in 100 years. First, I think the population will decrease. Young people don't want to have children. I think AI will take over human work because there aren't enough humans. Second, I think people are going to live more dependent on technology. People are going to like to enjoy time alone. Next, the food of the future will be more processed food. No one wants to cook at home. Finally, People would like to live an easy life. People won't work too much. I hope our world in 100 years is happy, bright and people are healthy.

## By Simon

I think the world will be different because the technology is advancing to fast. There are few things I think will be change. First, the cars will be changed to be electric, and maybe the cars will be able to fly. That will be awesome.

## By Magda

Pollution will affect us 100 years in the future. Pollution will affect us less in the future. People will be more aware of what they are using. First of all, cars will be running on electric and there will be no drivers in that case and less accidents. It will be more trees so we can breathe much better. Last thing we should consider the waist, or the compost get us fertilizer for the plants. That what I am thinking about the pollution in the future.

## By Udaya

In 100 years, people behavior in the world. First, we will have to think about technology. Technology will be able to change most of the human lifestyle. For an example, computers, cars, machinery and soft wares changed human activities. Secondly, if we consider about housing in the future. They will make unbelievable structures, inventing new materials. Nowadays world population rapidly increase. Therefore, we will have to build new housing such as condos, apartment buildings and high-rise buildings. Because of that, some countries will have to design roads on top of the building, or they will introduce flying motor vehicles. On the other hand, future scientists should have to be thinking about human health as well as stress level and age limit too. In conclusion, people will get a comfortable life in 100 years.



## By Raj

I think the world will be very different. I think will be going to technology very high level from now. I think all four-wheel vehicles are going to drive without drivers and robots are going to work everywhere. For example, in the mall, in the office, in mechanic and framing. But lots of people going to job less. I think some thing going to benefit, some thing going to lose in future.

## By Tigist

I think the world will be really different. 100 year in the future there are a lot of things I think change. For example, house before you'll not see now. A lot of apartments, a lot of standard houses, and also internet will change. They won't have Internet people. They will connect by mail. Transport I think most of the people they with animal like horse I think big difference.

## By Mirtha

I think the world will be a lot different in 100 years. I think we will have flying cars and that airplanes are going to be useless. Second, I believe the technology will have a mind of its own and have feelings. Third, I think humans are going to be able to breathe underwater. Fourth, I think that we will have robots to build house to avoid tragedies and death. Lastly, I think humans are going to live a pretty good life in the future. I also hope that there is world peace in the future. I think that humans are going to live a very advance and comfortable life.



# H O M E T O W N S

## EAL students -Ron's class



### Robert Kusmodi

Budapest,  
my big old  
colorful  
and  
historic  
city. If you  
have never  
visited my  
hometown,  
I will now  
give you  
some

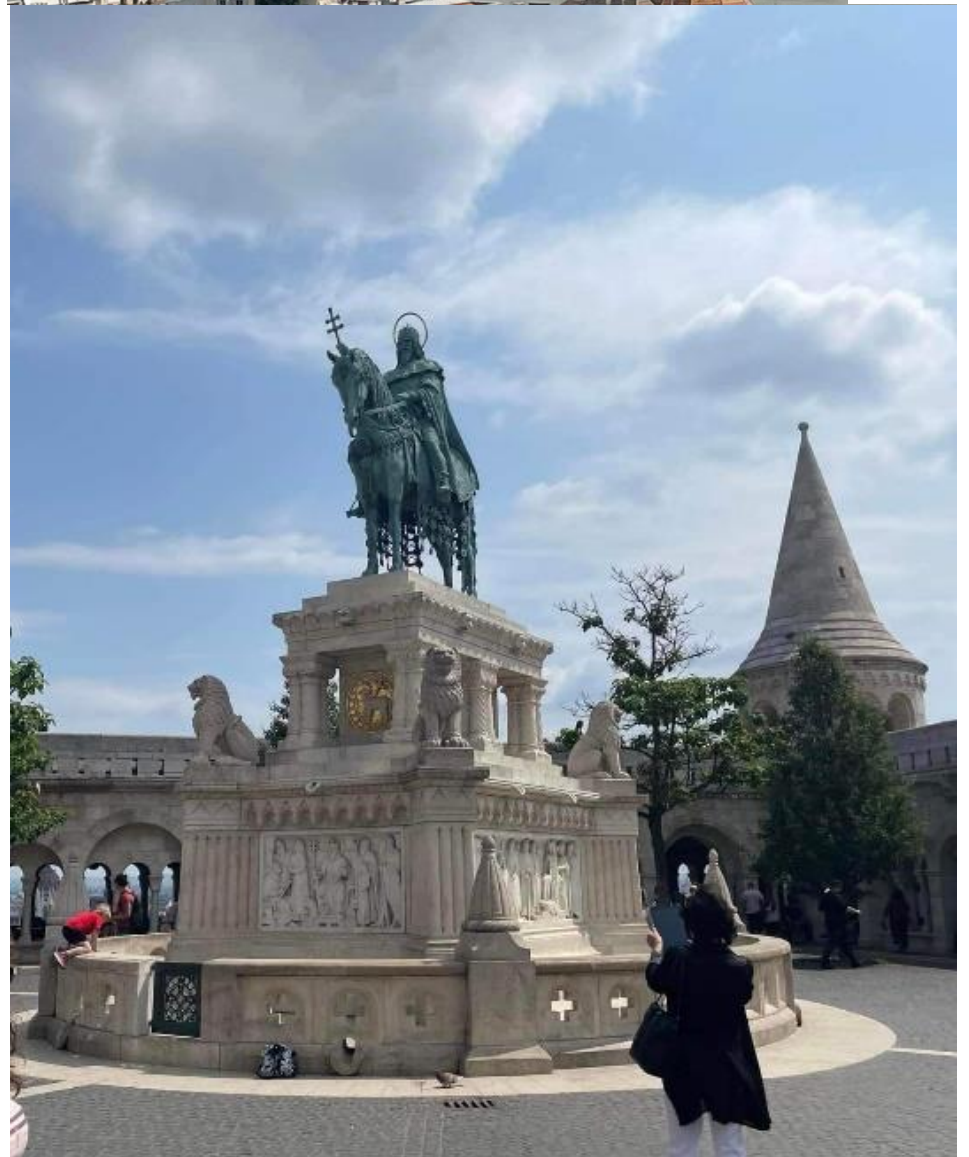
information about Budapest (Don't forget to visit my city). Budapest has an average population of two million people. Budapest has amazing architectural marvels, because here we have a big mix: Roman, Ottoman, Gothic, Renaissance, and Art Nouveau influences. Streets are a little bit narrow and crowded during the rush hours.

I hope you like history because my silent city is pure history. Historical places like Buda Castle, the Hungarian Gallery, the Budapest History Museum and iconic the Parliament Building will show you our history. Those building's areas have offering panoramic views. Budapest is often called the "City of Spas". The city has two different places, Buda which was built on hill, and Pest on flat land. The public transportation is very good, fast, comfortable, and colorful because every different kind of transportation device has diverse colour. So, you will always know the best choice for travel in the city.

Budapest is a lovely city. Why do tourists love Budapest? That is a huge and deep topic, but I think Budapest gives visitors a lot of different options and feelings. The weather is nice in every season, especially in the spring, when the temperatures are getting to be warmer, and the city is blossoming. The air is fresh and the flowers smell.... that is fantastic, and you can fall in love with Budapest in two seconds. If you like to try food, my hometown gives you wide opportunity to eat something good in some modern or old-fashioned restaurants, but if you like street food it's a good choice too. When you take a leisurely walk, and you smell our traditional soup Gulyas(goulash) or Kurtoskalacs (chimney cake) I think you will start to be hungry. In summary, Budapest is a clean colorful safe and lovely city with a strong recommendation.



Hungarian Parliament



Szent Istvan statue

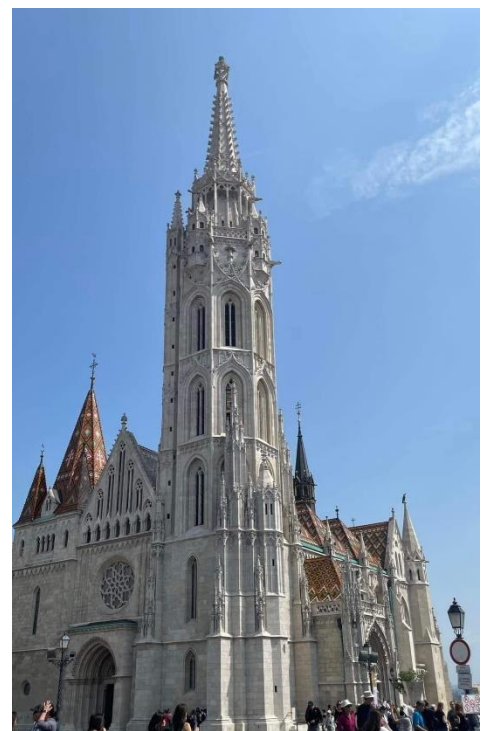


Szechenyi Chain Bridge



Museum of Fine Arts.  
Az iPhone-omról küldve

Matthias Church

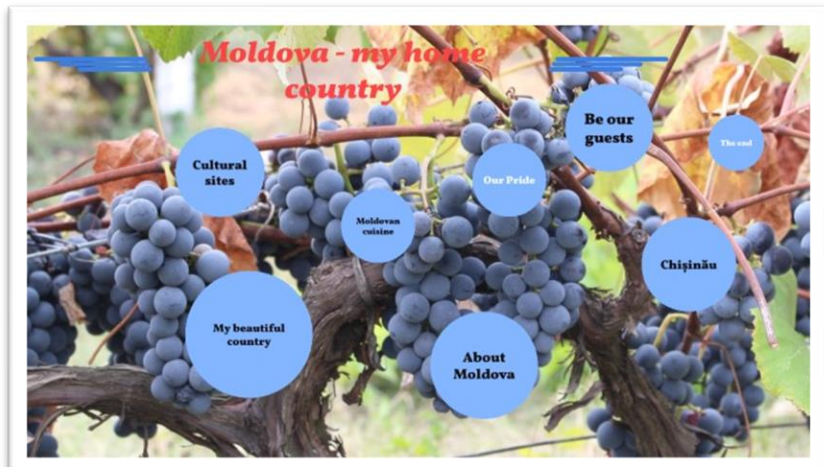




# H O M E T O W N S

## Nicolae Pruteanu

Have you ever heard about the Republic of Moldova? Today I would like to introduce to you this fabulous beautifully country.



Moldova lies in the northeastern corner of the miracle Balkan region of Europe. Its capital city is Chisinau,

located in the south-central part of the country. The capital is unforgettable, modern, and industrial with colorful, spectacular



structures and breath-taking city parks. Likewise, it has great and convenient infrastructure.

To describe Moldova in just two words, I will call it a fabulous paradise. It is extremally important to mention about Moldova's historical part. The greatest period in Moldova's history dates back to 1457-1504 during the unforgettable, powerful, unbeatable reign of Stephen the Great, who was a brave, wise strategic and strong monarch.

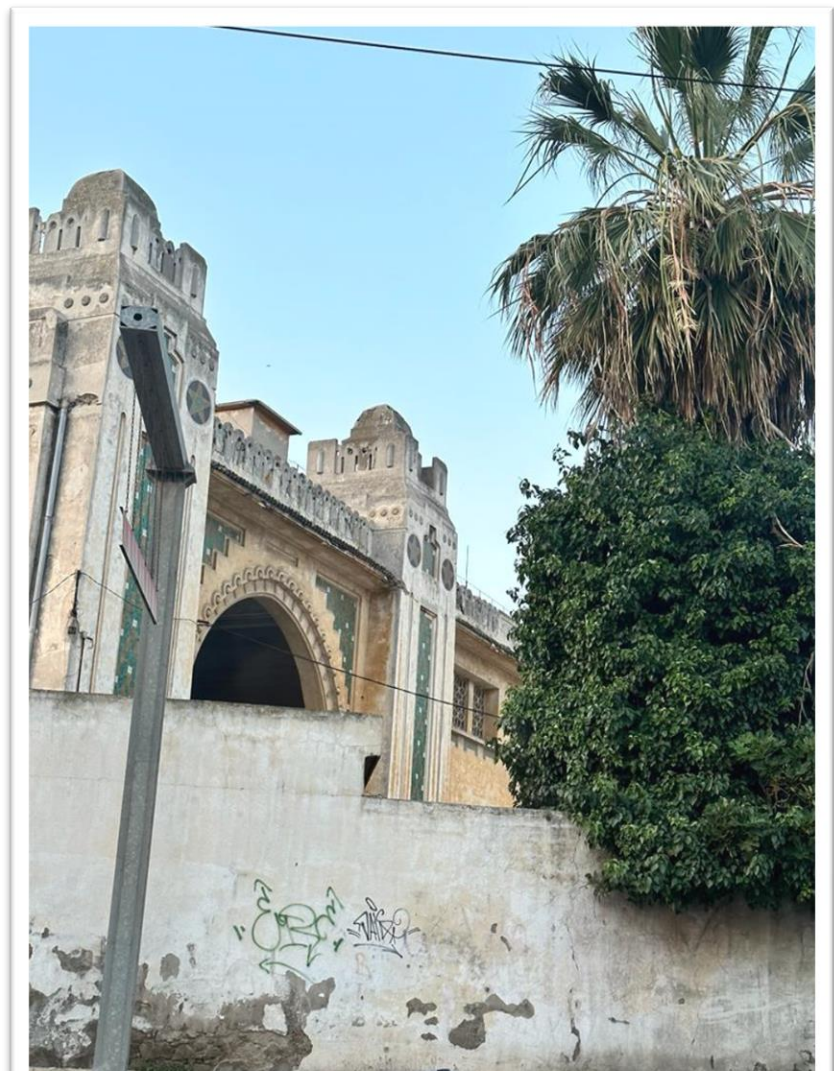
At that time, Moldova was an undefeatable, united country which had won 42 wars against the Turkish Empire.

Likewise, I would like to mention about Moldova's national cuisine, which contains a variety of delicious, amazing, natural traditional food and beverages. I highly recommend you visit this beautiful country with amazing, old traditions and specials, hospitable people. Welcome to Moldova! You will never forget this country!

## Jediyo Mohamed

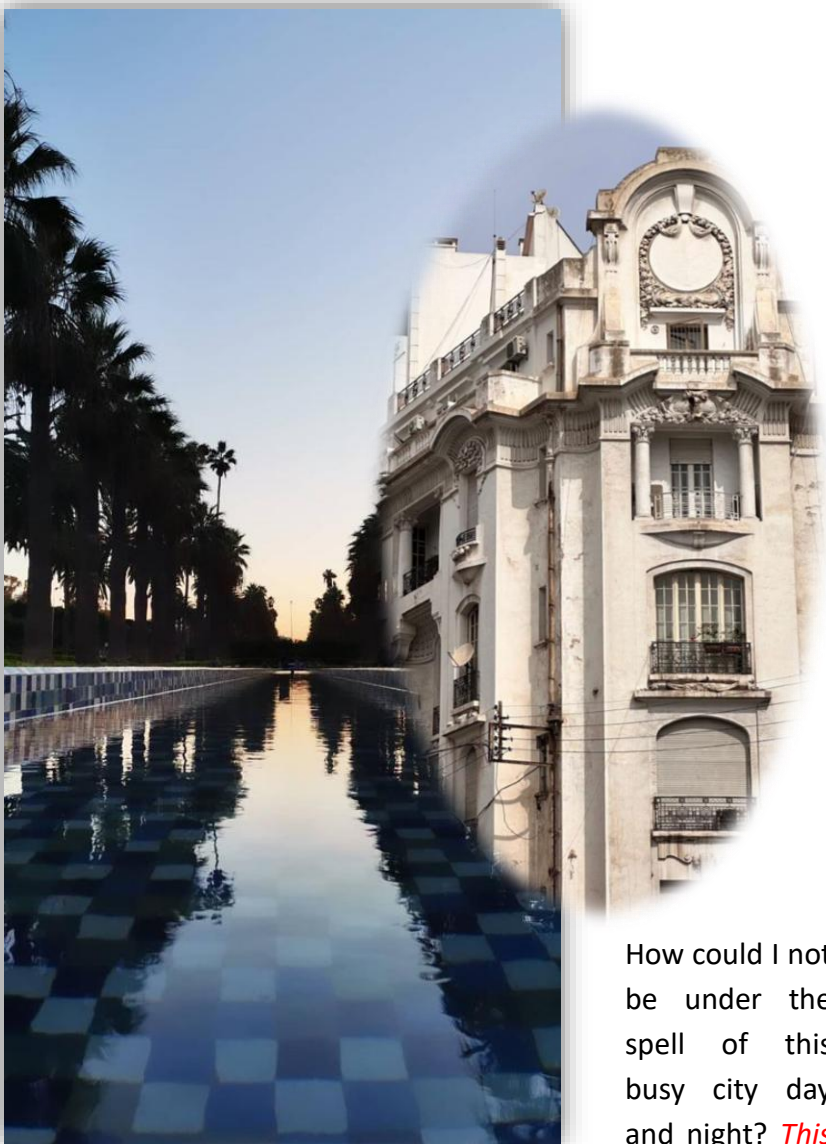
Throughout my life, I have lived in many cities, but there is one that means the most to me. Casablanca is an immense metropolis with a view of the Atlantic Ocean, it is also known for its economic activities, moreover it is nicknamed the economic capital of Morocco.

For more than 10 years I lived in this city with several memories and emotions; in this white and welcoming city I spent my days among its vast streets decorated with flowers and palm trees. Between its shops representing all the brands of the word is a perfect blend of tradition and modernity. Also, eating in its popular restaurants facing the sea or in the most prestigious brands is exciting.





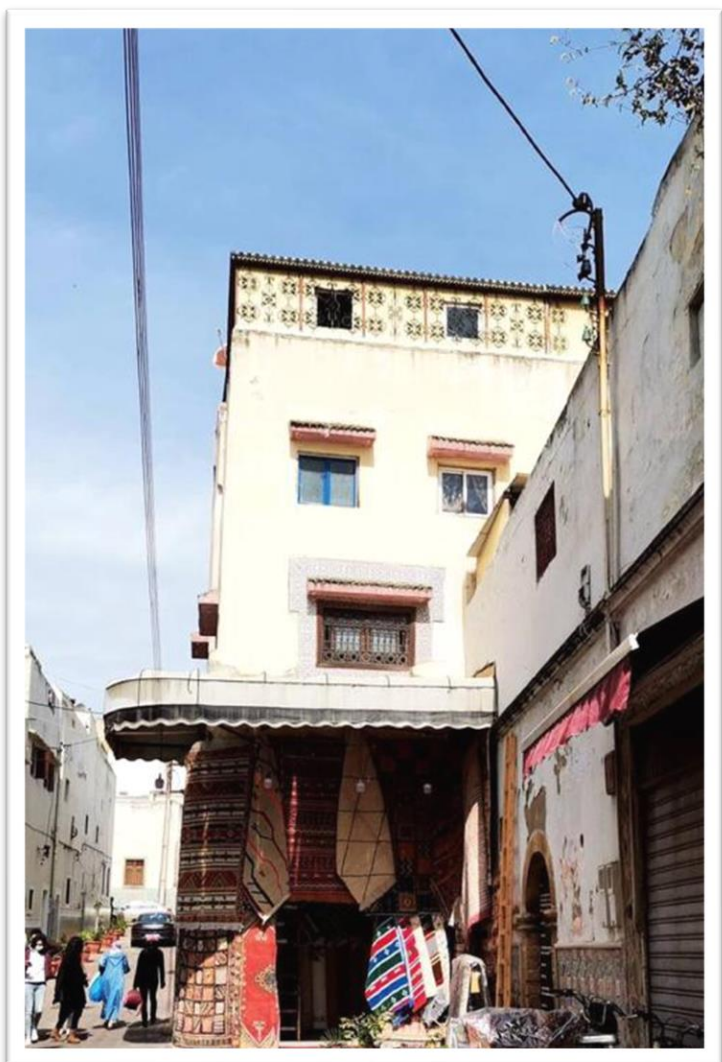
# HOMETOWNS



How could I not be under the spell of this busy city day and night? *This city in which I*

*met the love of my life.*

Casablanca is a city that I highly recommended to everyone to visit. It is notable for the 3rd largest mosque in the world, by its authentic architecture combining both modernity and the Islamic- Andalusian mosaic. And on occasion stroll through the ancient medina admiring the magnificent colorful imperial walls and feel and smell the leather in its raw state. Why not buy a leather vest made in Morocco as a souvenir.



**Marie Mewamba Simo**

*I am from Cameroon, which is located in the central Africa. My hometown's name is Douala. It is the largest city in Cameroon, on the Atlantic Ocean coast, which is approximately 130 miles long (210 km). It is the economic capital of Cameroon. There are many geographical features like: In the eastern part of the city, there is the Douala International Airport, the busiest in the CEMAC. In the south part, there is the Wouri River estuary, also the sandy beach. Many people around the world come and visit it. It is a famous beach with many entertainments and is crowded all the time.*

*Douala is an old city in Cameroon with interesting stories and facts. There is Douala Maritime Museum, which is the richest maritime area in Cameroon. The building is shaped like a boat and the museum occupies 400 m2 of these. It is a really clean, modern and quiet place. There is also the new freedom statue, made with recycled materials. Many artists do their shows there, so it is full of people and noisy all the time. Likewise, Douala is the home to a number of higher-educational institutions, and professional schools. It has a biggest university of Cameroon, named University of Douala, with many departments like science, art, and health departments. Some buildings are colorful and seem industrial.*

*Talking about my hometown, means also talking about people. First of all, people are friendly and like partying, drinking and dancing. There are many dancing places, some are attractive and modern, others seem ancient because of their architecture.*

*To sum up, Douala is one of the hottest cities in Cameroon. It is not easy to live there without air conditioning in your home. It is also a city of floods, so if you plan to visit, think about these things before.*



# Valentine's **day** at Equilibrium

## What is Valentine's Day?



- Valentine's Day is a celebration of love
- Love is celebrated between romantic partners, family and friends

## History of Valentine's day

- The exchange of hand-made valentines started in the early 1700s in America
- Ester A. Howland first mass-produced Valentines in the 1840s



Can you guess who has the heart on the sweater?





# Learning Responsibility

By Nathan W- GED student

Farming is one thing that comes to mind when I was a young child that made me responsible and changed me for the better. One quality that stands out is that it made me feel more grown up. In addition, it caused me to feel more confident in completing tasks.



Most importantly, with having chores to do, it made me feel more independent.

When I was around 8 years of age, my parents gave me chores to do on our farm. They consisted of things like shovelling cow manure and forking hay to the cows, horses, and sheep. As well, I would water all the animals if they were penned up. As I was completing these chores, I felt like a grownup because I was doing grownup work.

Another thing that working on the farm gave me was confidence. Doing the specific tasks that were required of me allowed me to build a daily system that I followed and improved on. For example, by experimenting and changing things up I noticed that by milking the cow first and then feeding them they were a lot less agitated. This really boosted my self confidence

because I had figured out something for the better.

Finally, and most importantly, being responsible for something like helping on the farm made me more independent. Being committed to and completing various tasks has made me more independent. As a result, I can rely on myself to do what needs to be done.

As you can see, working on a farm at a very young age has made me more responsible. Chores on the farm have made me feel more like an adult. Moreover, I am more confident in the decisions I make. Finally, being capable of doing specific tasks made me feel more independent.



Adamira used her Ugly Christmas Sweater prize money to buy everyone bagels!  
Mohamed was the pick-up/delivery man!



*COLD DAY OUTSIDE, but our student Yourree brought some doughnuts, so we all feel warm.*

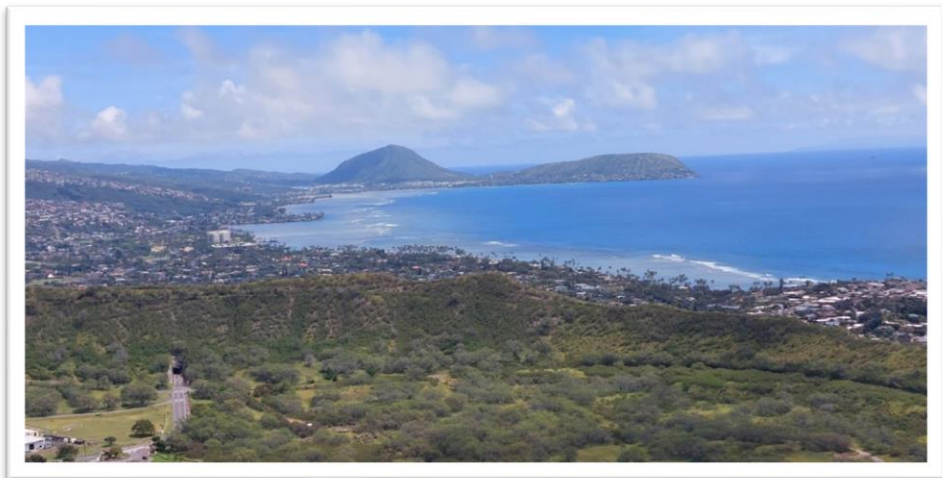
**PAY IT FORWARD LIKE DINA WOULD!** ❤️



# TRAVEL BLOG

Dale Latham **Hawaii**

Hawaii is a unique and beautiful state located in the Pacific Ocean. Comprising of a chain of islands, it is renowned for its stunning natural landscapes, including volcanoes, lush rainforests, and pristine beaches. The culture of Hawaii is rich and diverse, influenced by Polynesian, Asian, and Western traditions. Visitors flock to Hawaii to experience its warm tropical climate, engage in water sports like surfing and snorkeling, explore historic sites such as Pearl Harbor, and indulge in delicious local cuisine. Overall, Hawaii offers a blend of natural beauty, cultural richness, and recreational opportunities that make it a beloved destination for travelers worldwide.



Diamond Head is an iconic landmark located on the island of Oahu, Hawaii. It is a dormant volcano and one of the most recognized symbols of the Hawaiian Islands. Visitors can hike to the summit of Diamond Head to enjoy breathtaking panoramic views of Honolulu and the surrounding coastline.







Tina's EAL - PM class

*We were studying adjective clauses and students answered the question,*

***“What is a good friend?”***

#### **Mohamed**

*In my opinion, a good friend is someone who has mutual feelings towards you, someone whose ideas and thoughts are close to yours. When it comes to friendship, you should be picky; not everyone who smiles at you is considered as a friend. For me, here are some requirements that applies to this topic. First of all, the duration of friendship. That means I can't consider someone who I just met as a friend. I have to spend some time with him; after that I will decide. Second, someone whose thinking is the opposite of mine can't be my friend. I can't get along with anybody who disagrees with me all the time and on all topics. Last but not least, and the most important thing is a good friend to me is a person who I can rely on during difficulties. I can't stand for someone who can't help me instinctively without asking in hardship. To summarize, a good friend is someone who is your reflection in life.*

#### **Eduardo**

*For me a good friend is somebody who is a true friend and lets it be preserved. My friend is someone who tells me the truth and supports me when I am in trouble. For me a good friend is somebody who is compatible in many aspects of our life.*

#### **Hailu**

*The best person who I met when I was a child is the one who stayed with me during thick and thin. He is a person who keeps his promise and his word. Sometimes he blows up easily. The good thing about him is that he becomes calm by himself within minutes. Now he lives in London, Ontario. Sometimes he calls*

*me in the middle of the night, which makes me feel bad. Other than that, my friend, whose large family lives with him, is the best person to me.*

#### **Adamira**

*A good friend is someone who always listens to your funny jokes and laughs with you. My good friend, whose name is Lirio, lives in Mexico. We have known each other since junior high, which was my favourite stage. When we saw one another we felt like we knew each other for a long time. When we started talking, nobody could stop us.*

#### **Rosa**

*I had a friend in grade 6 who always was with me all the time. When we were in recess or when we had to walk home, she was the person who always walked with me. When she didn't have money I used to give her some so she can buy something to eat. We were really were good friends. I remember her all the time. She was a very good friend. I think it is very nice to have a very good friend because sometimes you really need a friend that you can talk to when you need them more. I think that it is very important to have a friend that you can trust or a friend that helps you when you need it.*





# YYC Hot Chocolate Fest



February was YYC (Calgary) Hot Chocolate Fest! This means that for one month, hundreds of restaurants and cafes around Calgary made and sold a special hot chocolate only available for that month. There was an app where you could find all the participating businesses and see a description and photo of each hot chocolate. For every one sold, \$1 - \$3 went to Meals on Wheels, which is a non-profit organization that makes and delivers meals to people in need.

Some hot chocolates were very fancy, with

fruit or cookies on top. Others had special ingredients like blueberry, basil, ginger, raspberry...all kinds of delicious things!

I tried a few around town (see photos). My favourite was the Raspberry Hot Chocolate from Pie Junkie. It had a piece of raspberry chocolate pie on top and raspberry in the hot chocolate. It used real chocolate (not powder) and real cream, so it was creamy and delicious!

*I am now looking forward to YYC **Pizza Fest**, which is coming up in a few months!*

*By Tina J.*

## Tina's EAL PM class

**We have been learning weekly idioms from the [ellii.com](http://ellii.com) lesson “Everyday Idioms 1.” This series follows Jon and Amy’s romance.**

**One of the lessons asked, “What do you like to do on a date?” and “What are your favourite foods?” Our class shared their thoughts, incorporating some of the lesson’s idioms.**

Mohamed

One of the magical things in life is when you go out on a date. It all starts when you ask your date to meet somewhere. Your feelings are a mix of hope that she shows up and fear that she will stand you up. If everything goes as planned, you may start with a movie. After that have dinner. Better you have a good pick because it leaves a good impression. During the dinner, you can talk about the movie you just watched or play a game like “Truth or Dare” and so on. The happy ending of such a date is to walk to your date’s house, talking about everything and end up with a kiss at the front of your house.

Rosa

What are some fun things to do on a date? I would like to go to a park to walk and to have coffee or go to a restaurant or walk at the mall. I would like to eat Spanish food like pupusas, pastelas, rice and beans and tacos with chicken. I like Vietnamese food too.

Hailu

My favourite food is Ethiopian traditional platter. I love it. I would carry it with me to the school everyday but I can’t. It is very expensive, so a person like me is not able to afford it very much. However, I am dying for Ethiopian spicy food. By the way, Ethiopian traditional platter is spicy, which is a combination of doro, shiro, kitto misir, gomen and flat spongy bread called injerd.

Adamira

As a girl back in time, it wasn’t allowed to ask boys to go out. It had to be boys asking girls to go out and at the time we didn’t have movie theatres, but we had an ice cream shop and there we had our date. We sat there, played music, danced, grabbed a bite and talked with the person who invited you for a date. On a date I never went to a restaurant because it was very expensive and my mom always said, you don’t know if the boy has money to pay. When we were students usually, we didn’t have a lot of money to spend. But now when I have a date, we want to go out for lunch or dinner. Juan and I love seafood or sushi. Our favourite restaurant is IHOP, but we can only go for breakfast. When we want to enjoy a good company, it doesn’t matter the place – what matters is the companion!



# Helge Vedel Jensen



## My Uncle, Helge Jensen – by Tina Jensen

*I spent most of the Family Day weekend in Sooke, BC visiting my favourite cousin Maja and her family. I love visiting Maja and usually visit every November for her son's birthday.*

*However, this time it was for a sad occasion – my uncle (Maja's dad) had passed away and I was traveling there to attend the funeral. She asked me to speak at the funeral on behalf of my family, as my father was unable to make the trip (he is 90 and his health is good but it's not easy for him to travel). Here is what I said:*

I am Maja's cousin, but you might notice the strong family resemblance between us. We are "double cousins" and are more like sisters than cousins...let me explain:

Helge was my dad's brother (normal, right?) but... he was married to my mother's sister [my aunt passed away Dec. 2019]. So...two Danish brothers married two Japanese sisters. My parents have never given me the full story of how they



met, and I have stopped asking, but I do know that my uncle and aunt met because they were both staying with my parents at our house in Calgary. My uncle wanted an adventure, so he came to Calgary to visit my dad. A few years later, after I was born, my aunt Shigeko (my mom's sister) came to Calgary, to visit and perhaps help my mom raising two little girls. I guess my aunt met my uncle and...they fell in love and were married 6 years to the day after my parents. When I look through old photo albums, I can see that right from the start they spent a lot of time together and went on many vacations together. They travelled all over Alberta and BC in a blue station wagon - camping, fishing, hiking and sightseeing. I treasure these photos as I can see how happy they were and what great experiences they must have had in their new country. I'm sure it was nice for these 4 people from two totally different countries/cultures to have one another for support and companionship.

Growing up, we spent pretty much every holiday and special occasion with my aunt, uncle and my two cousins who came along in 1972 and 1973. They say cousins are your "first best friends" and I would say in my case that is true. Because of our similar upbringings with immigrant parents from the same countries, we were brought up with the same values, customs and traditions. For example, while most Canadians celebrate Christmas on December 25, we always celebrate on December 24 because that is the Danish way. It was always fun and special to spend it together.

Helge would say that he was my favourite uncle (and that he was also my most

handsome uncle); in fact, he is the only uncle I ever really knew because our other relatives live overseas. My uncle was always joking around and looking for someone to chat with. He was the opposite of my father, who is quiet, rather shy and serious. Even though they were so different, whenever they got together, they would fall into their familiar relationship and just chat easily.

By the way, when I was little, I thought our family relationship was normal, so for many years I assumed I would marry the brother of whoever my sister married. I was somewhat concerned about this because what if her husband didn't have a brother, or what if I didn't like him? Luckily...that wasn't the case!

I was lucky to see my uncle in November 2023 when he was still jolly and mobile. He had been suffering from cancer for several years but according to my cousin, he never complained and was always in good spirits. My sister, who lives in Colorado, was able to see him a few weeks before he passed away. I asked her if she wanted to share some words about him, and not surprisingly, her memories are much the same as mine. She told me something that he said to her, and I would like to end with this, as it really sums up his personality:

**“You just take every day with a laugh, and that's all you can do.”**



# Martin Luther King

## Richard’s EAL CLASS

By Mariia

I think Martin Luther King was a very good orator. He knew how to tell people what they wanted and what they longed for. So, he spoke “I have a dream”. His dream was for black people to have the same rights as everyone else. He wanted black children and white children to be like brothers and sisters. To make America as one under God. This is a beautiful dream.

By Ephrem

I have a dream.....I appreciate and agree with this speech. It is because of God that all humans have life so why are things different between black people and white people. He had a big dream that his children in Alabama and the entire USA could get along with white people. His fight was a struggle and I want to continue

his fight. I heard last year that a black man was killed by a white police officer. It was wrong and I don’t want to hear that in my life. We are all children of God.

By Ephrem

I have a dream....I appreciate and agree with this speech. It is because of God that all humans have life so why are things different between black people and white people. He had a big dream that his children in Alabama and the entire USA could get along with white people. His fight was a struggle and I want to continue his fight. I heard last year that a black man was killed by a white police officer. It was wrong and I don’t want to hear that in my life. We are all children of God.

Slava:

I have a dream.....these words were said by Martin Luther King in 1963. MLK was a famous fighter for the rights of black people. MLK never told people to fight against the government. He was a supporter of peaceful protests. He wanted to convince the American government and people that we were all born equal and should have equal rights. He dreams of a time where children of former slaves and children of former owners will teach the rest of the world and work together. We must remember this man and his words. The times have changed in Canada and the USA, but we need to do more and let MLK’s memory live on!



## Fatima’s poem to her daughter.

### Just Sarah Things

When she's with me, I don't need no spring

What would I be without her, I wouldn't know a thing

No one would roll their eyes at me or tell me not to sing

Or go ahead and sing off tune coz the notes she'll bring

And remind me every day that we've both got wings!



# WORD OF THE DAY

*“out with the old, in with the new”* – to change the old for the new. To leave old things and ideas behind and bring in new things or ideas. People usually say this at the beginning of a new year or at the beginning of something new.

e.g. I've already bought something. It's out with the old chunky phone and in with the new lightweight touch screen.

*“turn over a new leaf”* – to start behaving in a better, different way.

e.g. I've decided to turn over a new leaf this year, and do a lot more exercise. So I'm starting tomorrow!

*“the early bird catches the worm”* – starting early leads to success  
e.g. I'm waking up early for a jog everyday; the early bird catches the worm!

*“garnish”* – something (such as small pieces of fruit, chopped herbs, etc.), that is put on food as decorations.

e.g. She garnished the cake she baked with pieces of fruit and candy.

*“swagger”* – walk or behave in a very confident and typically arrogant or aggressive way. Commonly used slang swag is derived from this.

He swaggered along the corridor. She has a lot of swag.

*“novice”* - a person, who has recently started a particular activity (beginner, novice, newcomer)  
e.g.: He is a novice soccer player but plays very well.

Also *“newbie / noob”* in slang with the same meaning.

*“mingle”* - to intermix, to mix together something with something else.  
e.g.: The story mingles facts with fiction.

*“kangaroo court”* - a mock or illegitimate court that operates without proper procedures or fairness, often with a predetermined outcome.

e.g. The accused knew it was a kangaroo court when the judge seemed biased and didn't allow any defence arguments.

*“yammer”* - to talk continuously and often in a complaining or whining manner, usually about trivial matters

e.g. During the meeting, he continued to yammer about the office temperature instead of focusing on the agenda.

*“lethargic”* - feeling sluggish, lacking energy, or being slow-moving and inactive

e.g. After the long hike, she felt lethargic and just wanted to rest for the rest of the day.

*“equalizer”* - something that promotes, creates, or restores equality or fairness, especially in a competitive situation

e.g.: In sports, a strong defense can serve as an equalizer even against a more skilled opponent.

*“be the apple of someone's eye”* if you say, that someone is the apple of your eye, you mean, that they are very important to you, and you love them very much.

e.g. She has three children, but her youngest son is the apple of her eye.

*“in the blink of an eye”* - if you say that, something happens in the blink of an eye, you mean, that it happens very quickly.

e.g.: Watch the baby closely, she can get into something dangerous in the blink of an eye.

*“catch somebody's eye”* - to attract someone's attention

e.g.: I was walking through the market, when a beautiful dress caught my eye.  
I tried to catch the waiter's eye, so we could order.

*“in the blink of an eye”* - if you say that, something happens in the blink of an eye, you mean, that it happens very quickly.

e.g.: Watch the baby closely, she can get into something dangerous in the blink of an eye.

*“to beat around the bush”* - to avoid getting to the main point or to avoid addressing a direct question.

e.g.: When asked about her weekend plans, Sarah tends to beat around the bush and doesn't give a straightforward answer.

*“keep your chin up”* - to encourage someone to stay positive in a difficult situation.

e.g.: As the exam results were announced, Emma's parents advised her to keep her

chin up, emphasizing that success was not solely defined by a single test.

*“fashionable”* - a current popular trend or style.

e.g.: Mark wears very fashionable suits to school.

*“have an eye for fashion”* - to be aware of fashionable items (clothes, accessories)

e.g.: My student Fariha has an eye for fashion. She always wears modern clothes.

*“vintage”* – something from the past, not new

e.g.: My friend likes vintage furniture. I like vintage clothing.

*“puppy love”* – romantic love, that a young person feels for someone else, which usually disappears as the young person become older.

e.g.: Puppy love is starting to bloom among many of seven-graders.

*“puppy love”* – romantic love, that a young person feels for someone else, which usually disappears as the young person become older.

e.g.: Puppy love is starting to bloom among many of seven-graders.

*“Love someone to the moon and back”* – to love someone very much, usually used to tell someone how much you love them.

e.g.: You mean the world to me and I love you to the moon and back.

*“vintage”* – something from the past, not new

e.g.: My friend likes vintage furniture. I like vintage clothing.

*“in shape”* – in a good physical condition

e.g.: I am in great shape. I go to the gym 5 times per week.

*“out of shape”* – to be in bad physical condition

e.g.: OMG! I need to start exercising. I'm so out of shape.

*“snake oil”* – an item sold as a cure-all with no health benefits

e.g.: Be careful what health products you buy. There is a lot of snake oil out there!



# The Kananaskis Conservation Pass

The Kananaskis Conversation Pass is a permit required for visitors to access certain areas within Kananaskis Country in Alberta, Canada. Implemented by the Government of Alberta, the pass system aims to generate revenue to support the maintenance and conservation efforts in the region, which is a popular outdoor recreation destination.

As of the latest update, visitors are required to purchase a pass to access Kananaskis Country for activities such as hiking, skiing, camping, and sightseeing. The pass can be purchased online through the Alberta Parks website or at various vendors throughout the province. There are different pass options available, including daily and annual passes, with varying fees depending on factors such as residency status and vehicle type.

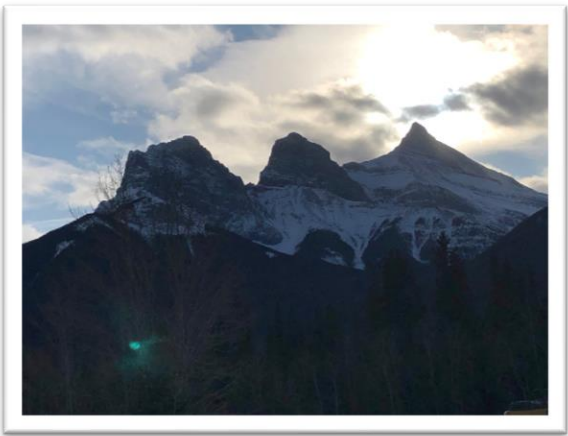
Revenue generated from the sale of these passes goes towards maintaining trails, facilities, and infrastructure within Kananaskis Country, as well as supporting conservation initiatives and environmental protection efforts in the area. It's important for visitors to familiarize themselves with the regulations and requirements regarding the Kananaskis Conservation Pass before planning their trip to ensure compliance and contribute to the preservation of this beautiful natural area.

## Cost

Only one pass per personal or commercial passenger vehicle is required. There is no extra cost for trailers or additional passengers. Pass purchases are non-transferable to another vehicle.

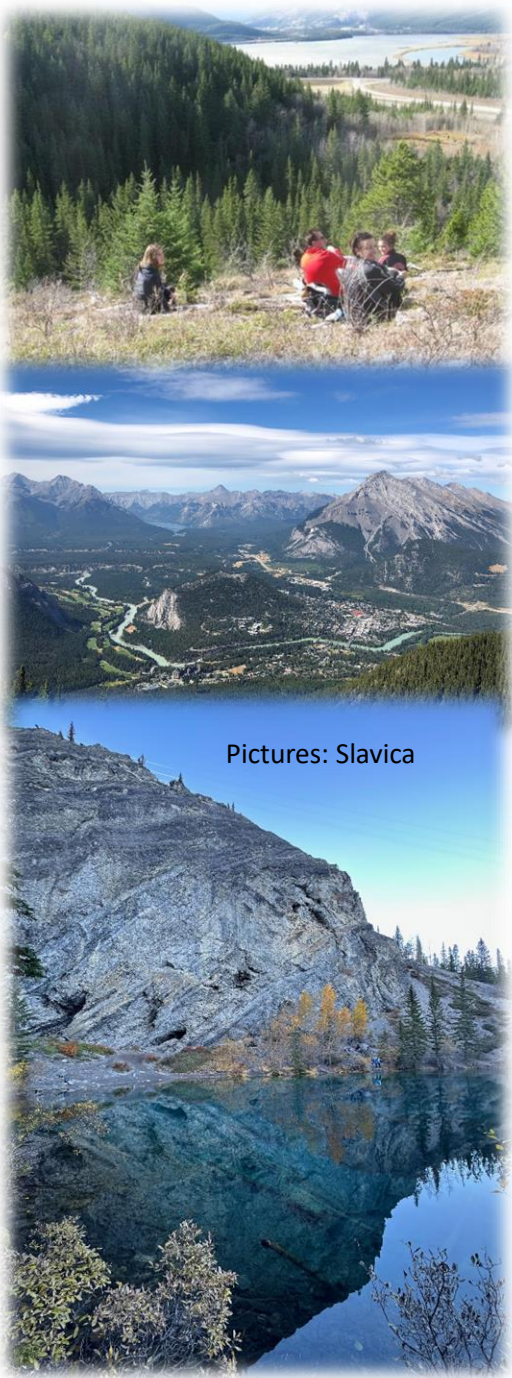
### Personal vehicles

Day pass - \$15 (registers one vehicle)  
Yearly pass - \$90 (registers up to 2 vehicles)  
Commercial – 15 people or less  
Day pass - \$22.50  
Yearly pass - \$135  
Example: shuttles, taxis, small group transport



### Commercial – more than 15 people

Day pass - \$30  
Yearly pass - \$180  
Example: large group transport, coach buses



Pictures: Slavica

Pink Shirt Day is an anti-bullying initiative that originated in Canada and has since gained international recognition. It is typically observed on the last Wednesday of February each year. The day is marked by wearing pink shirts to show support for efforts to combat bullying and promote kindness and inclusivity. The movement began in 2007 in Nova Scotia, Canada, when a group of high school students rallied around a fellow student who was bullied for wearing a pink shirt to school. In solidarity with the student, two classmates distributed pink shirts to fellow students to wear the next day. The act of wearing pink shirts as a symbol of standing up against bullying gained widespread attention and support, leading to the establishment of Pink Shirt Day. The day serves as a reminder that small acts of kindness and solidarity can have a big impact in creating safe and supportive environments where everyone feels valued and respected.





# What is Happening in April, May and June in Calgary?

In Calgary, Alberta, April, May and June are typically filled with various events and activities, depending on the year and specific community happenings. Here are some common events and activities that often take place during these months:

**Calgary Comic & Entertainment Expo:** This is one of the largest pop culture events in Western Canada, typically held in April. It features celebrity guests, comic creators, artists, vendors, and cosplayers.

- Date: **April 25 to April 28, 2024**

**Calgary Performing Arts Festival:** This annual festival showcases the talent of musicians, dancers, and actors of all ages from Calgary and the surrounding area. It usually takes place in April and May.

- Date: **April 16 and run until May 3, 2024.**

**Calgary Dance Stampede:** This event is one of the largest and longest-running country dance events in North America. It typically happens in April and features workshops, competitions, and performances.

- Date: **April 11 and run until April 14, 2024.**

## Calgary Underground Film Festival:

- Date: **April 18, 2024, to April 28, 2024**

Details: Dive into a world of indie films, horror, drama, and more. This festival celebrates unique storytelling and local talent.

## Alberta International Beer Fest

By May, you'll definitely have earned a stiff one... or 10! This year, like so many before it, take a sip or a gulp at Alberta International Beer Fest – an event that will take Calgarians on a boozy adventure around the world. Consider our bags packed, our shades on, and our hangover kits ready.

- Date: **May 3rd – 4th, 2024**

## YYCaesarfest

Not a fan of beer? Don't fret! Created by Walter Chell In 1969, the Caesar is deeply rooted in Calgary's history so it only makes sense that this particular drink is celebrated as well! This year, fans of the drink can hit the Stampede grounds where local bars and restaurants will be showcasing different variations of the boozy bevy all under one roof.

- Date: **Saturday, May 18th – 19th, 2024**

## Lilac Festival

Food, live music, drinks, local vendors, and sun! The annual Lilac Festival will return to 4th Avenue this June and it's going to be huge! Don't miss it!

- Date: **June 2nd, 2024**

## International Jazz Days Festival

International Jazz Days Festival presents some of the best vocalists, and local and international musicians to showcase the best of jazz.

- Date: **April 27 – May 1, 2024**

## Calgary Ukrainian Festival

Gather at the 13th annual Calgary Ukrainian Festival to celebrate the Ukrainian community and its rich culture. Take in Ukrainian song and dance performances, traditional clothing and plenty of Ukrainian food — pierogies, anyone?

- Date: **June 3 and 4, 2023**

*These are just a few examples of the events and activities. It's always a good idea to check local event listings and calendars for the most up-to-date information on what's happening in Calgary.*



Our awesome teachers!



# MY LIFE STORY

Profile: Daniel (Mel) Davison

I am currently in a Customized English program through Equilibrium School. I was asked by my English Instructor, George, if I would be willing to share a bit about my life story. My story is about living as an orphan and someone who was often rejected and abused. At 18 months of age, I was removed from the “native” system and placed into the “white” system by the government. I was left to fend for myself when I became 18 years of age. There have been a lot of difficulties in my life, but I have survived and overcome many of them and am living a successful life.

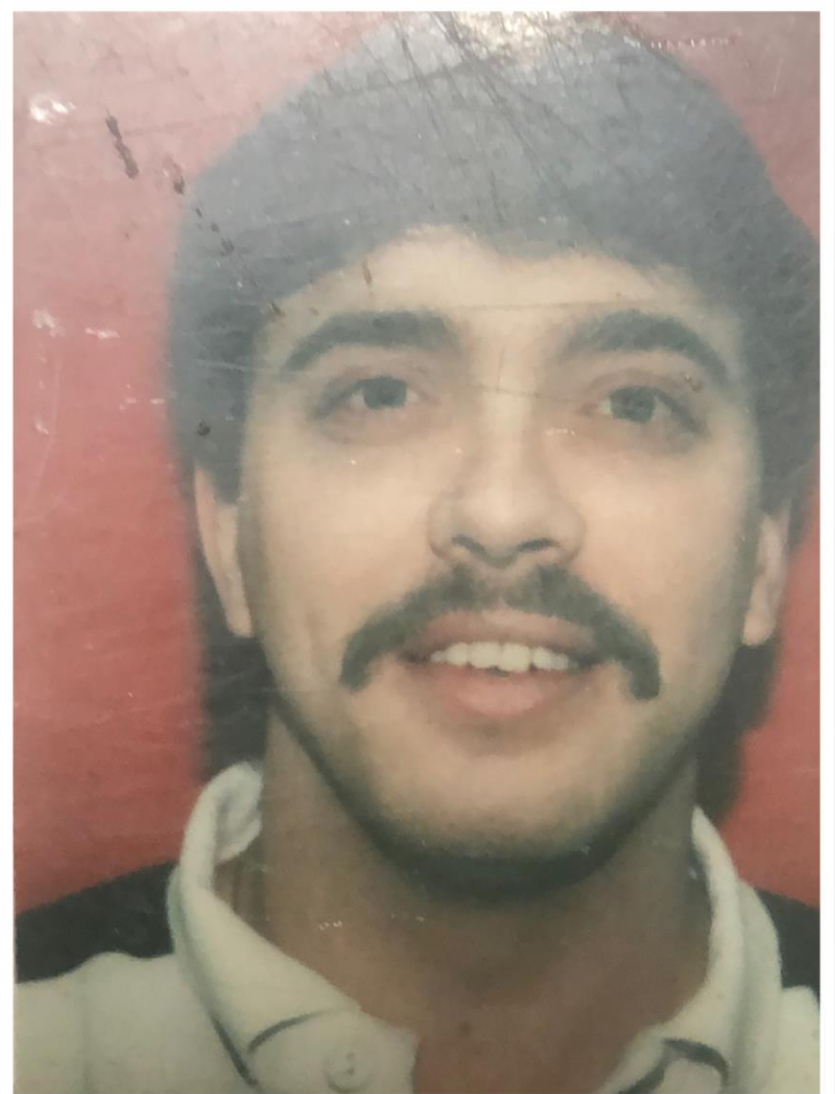
I am Indigenous (First Nations Mi’kmaq Nation), of the people who were the original inhabitants of Nova Scotia. I was subjected to the Canadian foster child system throughout my childhood. I was born in a Nova Scotia hospital that had an orphanage attached to it and lived the first 18 months of my life there. When the government took me out of the ‘native system’ and put me in the ‘white system’, my childhood was very difficult within both my home and school environments, where I was degraded and never accepted. I endured the abuse of the white schooling system through the “60s Scoop” [1964] movement. I was placed and removed from various foster homes 7 times. Throughout that time, I was physically and sexually abused. I was also tied up, shot, and left to die, but I survived. I even walked the streets of Prince Rupert as a homeless child of only 8 years old.

Despite all the difficulties I have encountered, I have persevered and been successful in many areas of my life. I have traveled across Canada, from the Maritimes to British Columbia and back again and went through many different experiences. I have worked at many different jobs in the Maritimes, B.C., and the Prairies. For example, I worked on an offshore oil rig near Sable Island, Nova Scotia, and saw lots of wildlife in the ocean as well as on the shore of the island. I have a photographic memory and, despite my limited educational opportunities, am qualified to work with robotics, automation, and electronics. Also, I have restored vintage vehicles, built many things out of wood and metal, and am an arborist (tree expert). I also play several instruments, own my home in Red Deer, Alberta, and love to grow flowers in my garden. I’m also proud to say that I don’t drink alcohol. I have

persevered and triumphed over the difficulties I’ve had in my life, although, of course, I still have problems like anyone else.

George is enthusiastic about my plan to write my life story and have it published. We’re now in the process of contacting potential Indigenous authors, journalists, and editors to ask for assistance in writing my book. My goal and dream is that my book, when it is published, will bring more awareness to the tragedies and abuses that so many generations of First Nations, Inuit, and Metis people suffered through their unwilling participation in more than 130 residential schools across Canada, from when the first opened in 1831 until the last closed in 1996.

Thank you for reading my story. Some day soon, maybe you’ll read my book when it is published, which I hope will help educate everyone about the tragic history of the Canadian Residential School system and what the government and several religious denominations did to diminish and extinguish the lives of 150,000+ people for over 150 years. **The abuses many Indigenous people suffered should never be forgotten so that it will never happen again!**



**Sincerely, Mel Davison**

*P.S. The attached photo is of me as a much younger man in my 20s. I am now in my 60s.*





A beautiful morning unfolds, offering a captivating view from our school. The sun gently rises, casting a warm glow over the landscape.

Calgary Community  
String Orchestra

Spring  
Concert

March 19 @ 7:30PM  
McDougall United Church

It is the concert for the string orchestra that Tina is in.

It is free admission, but we would like donations for the Food Bank. It is a very short concert - only 4 pieces! We are an amateur group, so don't expect the Calgary Philharmonic Orchestra!







# FREE

## WORKPLACE COMMUNICATION IN CANADA COURSE

### SLAVA

Specialized Language Acquisition for Vocational  
Achievement in Alberta Program  
for Ukrainian Evacuees  
holding the CUAET Visa

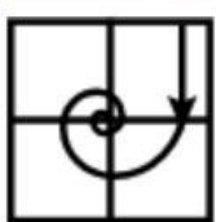
This English 12-week  
course will teach you the  
cultural aspects of  
workplace communication  
in Canada.

Registration is open,  
and spaces are limited!

Online and in-person  
classes will start on  
April 8, 2024

The SLAVA course is  
available for CUAET Visa  
holders over the age of 18  
with a minimum of 3 in all  
Canadian Language  
Benchmark (CLB) skill areas.  
We can test your CLB levels if  
needed.

**Call or email us  
TODAY to reserve  
your spot.**



**Equilibrium**  
School

707 14th Street, NW  
Calgary, AB T2N 2A4  
(403) 283 1111  
[school@equilibrium.ab.ca](mailto:school@equilibrium.ab.ca)

Equilibrium School's **Specialized Language Acquisition for Vocational Achievement (SLAVA) in Alberta Program** will provide the linguistic tools needed to navigate the sociocultural aspects of workplace language in Alberta. This includes workplace etiquette, formal and informal workplace writing, communicating with colleagues and clients, understanding directions and instructions, as well as commonly used Alberta workplace language. The course is designed for employed and/or employment-ready individuals who have either completed LINC in Canada, or have already acquired an English language foundation of at least CLB 3 in all skills. The primary function of this course is to prepare individuals with moderate English language abilities for challenges in the Alberta workplace that often stem from sociocultural factors that are not taught in a conventional EAL classroom. This course is not designed for high-level English language users wishing to upgrade and/or fine-tune their general English language abilities.