

EQUILIBRIUM SCHOOL NEWSLETTER

Issue # 13



A Positive Change

By

A. Barrett – GED student

A positive change I have made in my life is going back to school. There is an opportunity to set new goals. At my age, it is giving me hope for my future career. Finally, this will allow me to do what I have always wanted to do.

To begin with, I have an opportunity to set new goals. Even though an injury has stopped my previous career, I am able to research a new career path. I am excited for this new direction in my life! Whatever age you are set a new goal and go after it.

Secondly, going back to school has given me hope for my future. Not only has it freshened up my computer skills but also my math and English skills. This has increased confidence in my abilities. All this will help me start my new chapter in life.

Lastly, this positive change of going back to school has allowed me to do what I have always wanted to do. First things first I am getting my GED. Then I will look at becoming a social worker instead of a heavy equipment operator. A social worker is something I have always wanted to do.

In the end, I have made a positive change in my life by going back to school. I have had the chance to set new goals. In addition, I have been given new hope for my future. Most importantly, this is giving me the opportunity to pursue a lifelong dream of becoming a social worker.

Today the students did a
Limerick Writing
Task Here are the results. By
Judith- ESL



There once was a girl named Rose
She had a really long nose
She had a lot of beauty on her face
She liked to play in every place
And told us everything she knows

There once was a girl named rose
That had a really big rose
She really liked playing with rats
She wore really big hats
She looked like an interesting rose



THERE ONCE WAS A GIRL
NAMED ROSE
IN HER HAIR SHE WORE SOME
BOWS
SHE LOVED TO RUN
IT WAS FOR HER FUN
SHE HAD A VERY BIG NOSE



There was an old lady and her cat
The cat wanted to catch a rat
But the cat couldn't run far
Because it did not want a war
The lady said "you are too fat!"



Tina's ESL class - writing about the Olympics



Claire

Would you like to watch an Olympic Games opening or closing ceremony?

I would like to watch an Olympic Game opening ceremony. I was googling the opening ceremony a few days ago when it was on. However, it didn't work. I realized it must have been exclusively broadcasted by a few sports channels. I was disappointed because I heard that it was an amazing, elegant, and romantic show. I was curious how it looks like. It's sadly not available online.

Esteban

Which do you prefer, Summer or Winter Olympics?

I like summer Olympics , because personally I enjoy summer sports such as soccer, swimming, athletics and much more, plus they get you to care about sports you don't normally care about. Something from the Olympics that I like the most is when some moments stick in your head forever or you see history being made.

Suad

Which do you prefer, Summer or Winter Olympics?

Summer Olympics is the best game for me. I always like to watch the Summer Olympics especially track . The summer Olympics have lot of games like soccer, basketball, relay, running, high jump... lots of things. when I was young I used to play lot of games like basketball and running. I played on my high school team. If I have lot of money I will travel to the country which will host the Summer Olympics. That is why I like the beautiful Summer Olympic games.

Johnny

Which Olympic sports would you like to see?

There's a few Olympics Games that I would like to see: Soccer, Swimming, Tennis, Hand-biking, Archery, and also Hockey, ski-jumping, Bobsled, and figure-skating.

Do you watch/Have you been watching the Olympics?

I occasionally follow Olympics through the media. We can all see that China and USA are the countries that win most of the gold medals, so I'm guessing that they will still win most of them in the next Olympics.

Does your native country have any famous Olympic athletes?

My country (Italy) has had, and probably still has a few Olympians for the Winter and Summer. One of them that impressed me is Alex Zanardi. He is a champion of Hand-biking, but has a long tragic story behind it. He lost both of his legs in a formula racing accident, and to top it all off, last year (June 2021) while training for the Olympics (with his Hand-bike), he had a front collision with a big truck. After multiple surgeries, prayers and hopes, he recently woke up from a 6 months coma, in stable condition and ready to train again.

Kosta

What is the spirit of the Olympics? Is it about winning? or something else?

Firstly, I believe that the Olympic Games help to improve diplomatic relations, and also improve the perception of other cultures, other countries with different nationalities. Perhaps if the Olympic Games had been held before World War I, perhaps we would not have had world

wars in the past. I know one moment from World War I when the British

and Germans laid down their arms and played football for points for a while. Winning the Olympics means everything to many participants. But also, many people believe that the Olympic Games are the best way to show themselves and improve their abilities.

Secondly, this is the best way to show the whole world how dedicated you are to your country or how much you love sports. The Olympic Games are the best that humanity could come up with.

Jose V

Which would you like to see, Summer or Winter Olympics?

First of all, I would like to see the Summer Olympic games, the most I would like to see is the 100 meter men's run,

Which country do you think will win the most gold medals this year?

The country I would give my best guess with winning the most gold medal is China, because they have a lot of discipline in everything they do, they work so hard that it amazes me what a human body can accomplish. Last of all, I believe China will get the most gold medals.

Would you like to watch an Olympic Games opening or closing ceremony?

I always like to watch the Olympic games opening, because of all the fireworks and all the different activities that they do for the entrance of the Olympics.

Francisco

What is the spirit of the Olympics? Is it about winning? or something else?

Personally, I think the Olympics is an event to compete and share. It is a huge event to meet people all over the world. There are many different people with certain skills to appreciate. It is the best moment for a person to compare and show his strength. I guess in the beginning of an athlete career this event is about competing and comparing with everyone to see how hard he or she has to work to be better in the next tournament.

Maninder

Which do you enjoy more, the Summer or Sinter Olympics? Why?

If I want choose between Summer Olympics and Winter Olympics I probably choose Summer Olympics. Summer Games are multi sports international event in the world. My favorite games are basketball, volleyball, and soccer. Soccer is also known as football in many countries. That's the reason why I choose Summer Olympics.

Taghrid

If you could magically gain the ability to do any sport, which would it be?

Sports are a very healthy way to protect our bodies and muscles. If I magically gain ability to do any sport well, I will choose to be a swimmer because it my favorite sport since I was a child. When I was a child, I wasn't thinking about if it's useful for a human body, I was just interested in swimming and having a lot of fun with my siblings and cousins. Nowadays, I know how much this sport is very important to everyone's body because it needs every small and big muscle to move and become active and more flexible. Moreover, swimming is really nice for the heart muscle. In my opinion, the heart is a very important part of the human body, so we should know how to make it stronger. In addition, I am not a bad swimmer but not that professional swimmer, either. I hope I can learn and practice more swimming in my life plus push my children to learn swimming. Lastly, my suggestion to everybody to practice this sport, it is really amazing.

Professional Development – Equilibrium teachers

Level 2: Interpretive Questions

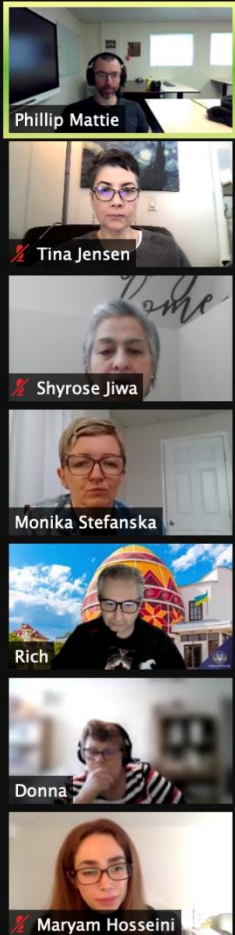
Involve integrating information and making inferences. At this level, readers/listeners make connections between ideas found at the literal level (to the outside world or within the text). They also make inferences (e.g. about the relationship between the speakers, the meanings of unfamiliar words based on context, etc.).

		Examples of question starters	CLB Document: Stage 1 (CLB 1-4) (Refer to CLB 2012 to find items appropriate for your level)	CLB Document: Stage 2 (CLB 5-8) (Refer to CLB 2012 to find items appropriate for your level)
LEVEL TWO	INTERPRETIVE LEVEL	-These questions often start with: <ul style="list-style-type: none">• Why• How• In what way• What is the main <u>idea</u>• Compare• Contrast• What could cause	-Identify or understand purpose, layout, type of text	-Identify implied meaning, reader/writer relationship, mood, attitude, context, register, style, purpose, attitude, intent
	Integrating information and making inferences: <i>Seeing the relationship between ideas in the literal text</i>	-Thought processes could involve: integrating, inferring, explaining, stating relationships, comparing, contrasting, summarizing	-Get the gist	-Interpret sequence and location signals
			-Identify overall meaning	-Summarize
			-Find main idea	-Identify main idea/key details
			-Interpret graphics	-Identify layout & organization to find info needed
			-Infer meaning of individual words	-Identify organization of text and links between paragraphs
			-Indicate politeness and tone	-Interpret sequence and location signals and implied meaning to infer correct sequence
			-Identify type and purpose	-Find and use info
			-Compare facts/information/simple information	
			-Identify meaning of connective words	

How Much is Too Much?

Listening/Reading Comprehension Question Level Tool			
CLB Levels	Question Level 1	Question Level 2	Question Level 3
Literacy	100%	-	-
CLB 1	100%	-	-
CLB 2	100%	-	-
CLB 3	80%	20%	-
CLB 4	50%	40%	10%
CLB 5	30%	50%	20%
CLB 6	20%	60%	20%
CLB 7	20%	50%	30%
CLB 8	20%	40%	40%

These ratios assume the complexity of the text is appropriate for the CLB level. If the text is less or more complex, question level ratios may need to be adjusted accordingly.



We have been following a 12-part series called “Moving to New York.” It is about two ESL students living in New York and their experiences with school, relationships, parents... TINA

By Taghrid

My Brother Will Get Married



Today I am really happy because my younger brother told me he will get married **before I know it**. He **had his eyes on** his neighbor. She's a very beautiful young woman. She's really **his type**. I hope he will have a good decision. So, our old man doesn't like this idea and said to my brother: She's not your taste, you don't have an enough experience, there are **plenty of fish in the sea**. My brother became very sad when he heard that. I told him wait and think very well before you take a line in your life. I think you should **hit the books** now and don't waste your time. After that, my mom talked to my dad about my brother's love. Lastly, my dad supported this idea. **It is high time**, in my opinion. Moreover, I spoke with my brother to say **GOOD ON YOU, HONEY**. He was happy; he is **swinging by to her house** to let her know. I hope he made a good decision.

By Jose

My First Year in Red Deer AB

When I first arrived in Red Deer, I did not know anyone, plus I didn't know English and my status in Canada to become legal was taking a while to process. So, I started getting desperate because I was alone in this country. It was **not my style** to be alone back in El Salvador. I had a lot of friends of my type. My mother gives me lots of advice to make it by myself but I was **breaking down** from loneliness. I wanted to go back to El Salvador but the Civil War still going on and I was afraid of getting killed.

Even though I was feeling that way, it was better to be in Canada than being in a civil war. Before I knew it, I was understanding English because I **had my eyes on** a beautiful girl.

BY Francisco



Speaking about relationships, when I was young in my last year of high school most of my classmates **have their eye on** a girl of our study group. Usually, we spoke to how make plans to **realize our dreams** for our future. Some of us always **hit the books** during the weekends to have better understanding. Some of those last days when the group gathered, **before we knew it**, we finished school.

By Alecs

My Friendship Journey

My ex-girlfriend was **my type**, but her **old man** wasn't happy for her to be my girlfriend. Then he told her **there are plenty of fish in the sea** because he didn't like me. We **hit the books** in the library and went to the cinema together. It's good for us. It's **high time** we were together.

By Esteban

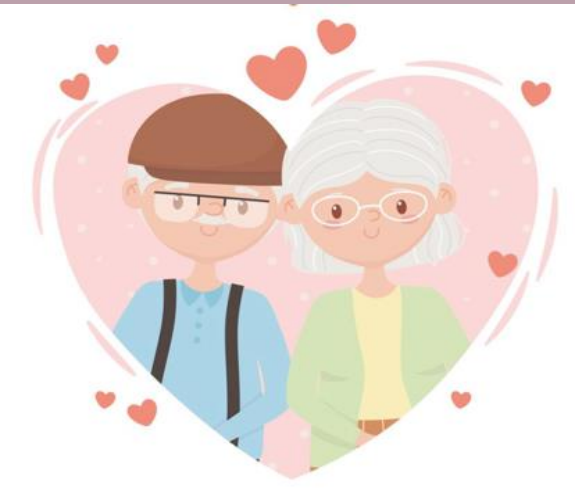
Mexican food is too spicy **for my taste**. These clothes are **not my type**. My **old man** always gives me good advice. Are you buying a new house? **Good for you**.

I will **swing by** today.

We better **hit the books** before it's too late.

A: I'm never going to have a date. B: Don't worry, there are **plenty of fish in the sea**.

By Bozena



My old friend called me yesterday and asked if I would like to go see a movie. She said there are a few new ones, but none were **my type**. I don't like to watch movies, but she said, Let's go, it will be good for you to leave the house. She said that she will **swing by** after work. We decided to take her **old man** with us so he can enjoy being with a family and friends as well. It was **high time** to leave the house. We decide to take a taxi. I said to her father to **have his eye on** some woman since he was a widower. He said that there is **plenty of fish in the sea** and he still had time. My friend was making a joke that we will have a wedding. After the movie I had to rush home. I have to **hit the books** for tomorrow's class, I said to my friend, and left.

Hit the Books

IDIOM

Meaning: to study

Spoken: one person says this expression to another person

Informal: used among friends and family

Synonyms: study, research, read

Everyday Idioms - ESL





Tina’s ESL PM class

Cynthia

We are seven in our family’s and my husband’s. My parents are Puring and Venancio. My

father is a retired businessman, and my mom is a housewife. I have 3 brothers. My older sister is 62 yrs. old, and my brothers are 58, 55, and 46. I don't have any children.

Jonathan

My Immediate Family

I have a small immediate family. We are two children: me and my sister Jessica. My sister is the youngest one. I am the oldest. Our parents are not living together anymore. They still love us, even if they don’t love each other enough to live together. It’s their decision, so I respect them.

Jose V

My Very Own Special Family

As far as I remember started with my grandparents, according to my mother’s history her father died when she was only 5 years old. After he passed away, my mother was given as slave to a rich family that took place at the border of El Salvador and Honduras at a town called El Carrizal .

She worked very hard with that family, but life had more for her than being a slave. After 5 years of serving that family she escaped to another town in El Salvador. It was a place of sugar cane plantations. She met my father in that place - her future husband. My mother was a very hard-working female. She had 17 children with my father. In that time, life was very hard in El Salvador. People used to have different mentality or traditions, men used to fix their problems through fist fights or if they hated each other, it was a fight until death. It all depends on how serious the problem was. Those times men were wild. My father was a serious fighter according to my mother’s history, a serious drinker and also a “Casanova.” He had all the ingredients for a short life expectancy. From all 17 kids, I’m the very last one. That is the reason why I did not know much of him. I only know my mother’s history about him.

Johnny

I have a small family. My parents name are Vince and Anna, and my two sisters’ names are Emma and Gina. They live in Italy. My sisters' husbands are very nice guys. Gina is pregnant and I'm very excited to be an uncle for the first time. My family means the world to me, and I miss them all. Their voice, their affections, their laughs and jokes, and not to mention my mom's homemade cooking.



Maninder

My name is Maninder and I'm from India. Right now, I am living in Calgary, Alberta with my beautiful wife and three kids. My oldest son's name is Hamreet. He is eighteen years old and he is studying at University of Calgary. My younger son's name is Balreet. He is fourteen years old and a grade nine student at Ted Harrison school. My daughter's name is Sahej. She is twelve years old and she is a grade seven student at the same school as Balreet. In my free time, I always spend it with my family. My wife parents and mine are living in India.

Claire

My Family

I have a small family in Canada. My parents and my elder sister live in another country. They live in the same city in China, however my daughter and I live in Calgary, Canada. My family is so small that I’d include my cat as a family as well. The reason I consider my cat as a family is that she has lived with me longer than my daughter has. There's a strong attachment among my daughter, my cat and me.



Suad

I live with my beautiful family. My husband and I have 5 children: 2 girls and 3 boys. My first daughter is a teacher, and she has one boy. My son is a double major in Computer Science and Electrical Engineering. My other

children are still in the U of C. I have a beautiful family and I love them.

Francisco

I live alone in Canada nowadays, but if I have something to say about my family it is we are friendly and sociable. My mother's name is Milagro. She lives in El Salvador with my two sisters. Walberto is my older brother's name. He lives over here in the same city as me. One of my sisters’ names is Patricia. She has a son named Javier. Her son is 19 years old. I live very far from them, but we always try to be in touch. Our family is not very big.

Esteban

My direct family is not very large. It is my wife, myself and my two children. My mom and my two brothers live in Chile. My wife’s side lives in Canada. It is a big group with her parents, sisters, and many nephews and nieces.

Alecs

Sweet Family

I have a happy family with 5 siblings. My older sisters’ names are Trhas, Selam, Mile, Habtom, and Henok. I used to live with them when I was in Eritrea. My older sister got married 10 years ago. She has two children. Our home is sweet because of my parents’ caring for us. They were really responsible people.

Asma

Sweet Family

I have a small, sweet and caring family which consists of five members: me, my husband, two sons and daughter-in-law. I have one daughter too, but she got married and does not live with us. The leader of the family is my husband. He has an open mind, and my kids are happy to have a father like him. He thinks things over. That’s why we all follow him. My sons are very caring and loving to all the family and give respect to everyone. I have a small, beautiful and prosperous family.

Phrasal verbs
We studied
some phrasal
verbs in our
grammar
textbook and
used them in
our 20min
writing task.

By Johnny

When I was in my teens, I had to **FIGURE OUT** fast how to run a business, so that way I could **TAKE OVER** my dad's family business. At first, I had to **WAKE UP** early every day, then I had to **LOOK UP** the daily schedule, after that I had to **PUT ON** my uniform, **TURN ON** the machine and **TAKE OFF** for my destinations. After a few hours into it, I had to **WRITE DOWN** the sales that I made and **HAND IN** the first report. At the end of the day, after I **TURNED OFF** the machine, I **TOOK OFF** my uniform, and **PICKED UP** a cold beer... ;)

By Taghrid

One day in summer I took off my wedding ring. After that, I left my wedding ring somewhere in my home. It was my habit 12 years ago. Next, I remembered my ring and started to look for the ring. I don't know where I could find it. I just know I always put down this ring and I have never lost it. A lot of ideas came into my mind: maybe Rose threw away the ring because she always picks up my accessories and rings. Lastly, I figured out I will buy a new one.

By Suad

One day when I was at the work, I met my old co-worker. We used to work together at my old job. We ate together and we helped each other. Sometimes we talked on our off days. In the morning when I work outside, I drive to my work.

Claire

I was woken up by my cat's crying last night. I turned on the light. She was sitting by the door of my daughter's bedroom. I picked her up and went to the living room. I put her down in her favorite chair and tucked her in a soft and fluffy blanket. My daughter is sick. The rapid test said positive, which means she caught COVID 19. She has to be isolated from others including pets to stop the virus spreading. My cat is sad because she can't sleep with my daughter anymore before she's recovered. Hope they're getting better.

By Maninder

I woke up at 6 o'clock in morning. I put on my clothes and reached school on time. In the classroom, the teacher handed out presentation sheet to students. I looked up some of the information online. It takes some time to figure out the details. After that I started to write down in my notebook and finally I handed in my presentation on time to my teacher.

By Jose V

The first day I started working in oil field at Calfrac Well Services, it was very hard for me to figure out the oil field language because all the tools and equipment have their own names and they used so many tools, like hundreds of them. I had to memorize all of them, plus physical labor and mathematics to calculate the volume of different chemicals and nitrogen and propane. There were so many different things plus I had a language barrier, and it was harder because at that time my co-workers were mostly white and they were ignorant or worse to me. The oil field is about safety; we all have to look out for each other. My title was operator 3. I was able to operate almost all the machinery that was on site. The hardest part was physical labor, plus in wintertime we had to work in very hard weather. We had to put on winter equipment to be able to work and to operate machinery. Mostly we used different kinds of switches and remote controls and dials.

By Francisco

I used to ***wake up*** at 6:00 a.m. every day to go to work. I took a shower and I ***put on*** my clothes. It was a Saturday around 5 years ago in the beginning of spring. I ***woke up*** late on this day because the night before I had a friend meeting to play billiards. I arranged to ***pick up*** a few friends to go to the game. We played until very late because the game was very fun. Since I had to drop off my friend, I came back late to my place. I started to drive late to my work the next day. I ***turned on*** the radio, so I didn't pay attention to the speed limit. A police officer ***turned on*** his lights 20 minutes after. He told me that I was driving 20 miles over the speed limit. He asked for my driving license and registration of my car. He ***wrote down*** a ticket for \$275.00. I could not ***put off*** the payment day, so I paid the ticket at the traffic court and the judge took off 4 points from my license. Since that incident, I always pay attention to the speed limit on the roads.

By Alecs

When I was at work, I used to pick up my co-worker. When we reached the place, I turned off my car. Then I put down the key on the shelf. After that I took off my clean clothes. I put on clothing for work. Before I started the job, I wrote down my name for participation. After that, I handed in the paper to the secretary. If something happened at the jobsite before I figured it out, I was supposed to tell the supervisor. At that job, looking things up on your devices wasn’t allowed. I really liked that job. When it was breaktime for lunch, I made up jokes to make them happy.

Rossana

One day when I was at work, I noticed a man come in wearing a green jacket. He went to the men’s clothing department and started browsing. Suddenly, he took off his shirt and put on a white T-shirt. I saw him pick up another one. This time, it was a long-sleeved shirt. He never asked for help from the sales associate from that department. I put down the box of shoes I was carrying and decided to turn on the radio for a while. I heard my phone ringing, so I turned it off. I noticed the man threw away his old clothes in the corner. He didn’t hand in those clothes to the sales associate in that department. So, I decided to call the guard.

By Asma

One day we had a party at home. I had to figure out what I should cook. I asked my daughter for help. I handed her some vegetables to chop. When I saw the chopped vegetables, I was shocked. She cut half of them and the rest she had thrown out in the garbage. I yelled at her, “Wake up! Are you sleepy? You know what you did?” She put down the chopper and went to her room, turned off the lights and put the blanket on her face. After making food, I went to pick up the groceries. After some time, guests came. I ran to my room to take off my old clothes and put on new ones. Then I wrote down the note to my daughter and put it near her. The note said: “When you wake up, come downstairs. Guests have arrived.”



St. Patrick's Day Quiz

What did St. Patrick drive out of Ireland according to Irish Lore?

- A. Rats
- B. Snakes
- C. Honda
- D. Demons



Monika's LINC class having fun on St. Patrick's Day.

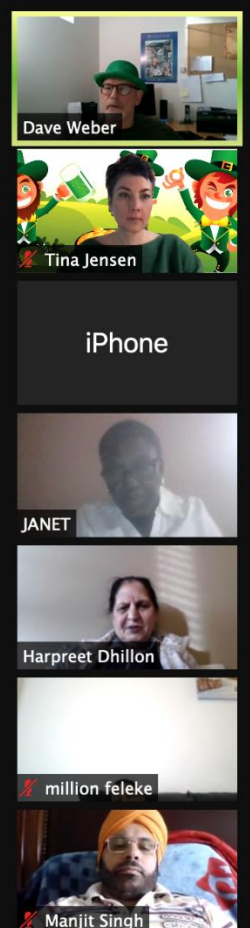


History of the Irish People in Canada

- Irish fishers came to Newfoundland in the early 1700s
- 1775-83 Loyalist migration to Nova Scotia during the American revolution
- 30,000 Irish emigrated to Canada during the Great Famine of the 1840s
- The Famine was caused by a series of potato crop failures due to a fungal blight



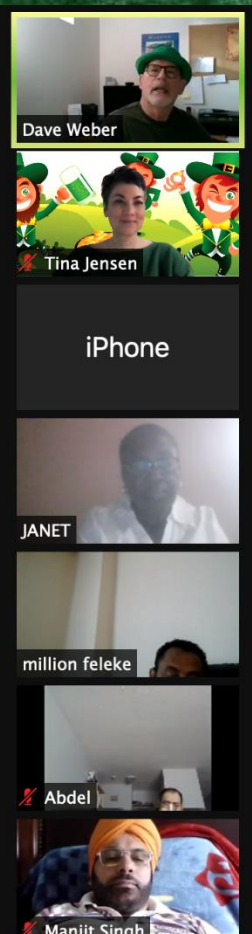
Today 4.6 million Canadians claim Irish ancestry



ST. PATRICK'S DAY IN OUR SCHOOL

Fun Facts About St. Patrick's Day

- Anniversary of Saint Patrick's death (March 17, 461)
- Irish people don't drink green beer
- The original color associated with St. Patrick was blue
- Today's traditional St. Patrick's Day color is green
- Leprechauns are fairies depicted as little bearded men, wearing a green coat and hat, who partake in mischief and earn their gold by making shoes
- Leprechaun gold at the end of a rainbow is their most famous trick
 - 3 leaf Shamrock symbolizes the holy trinity
 - 4 leaf clovers symbolize good luck because of their rarity

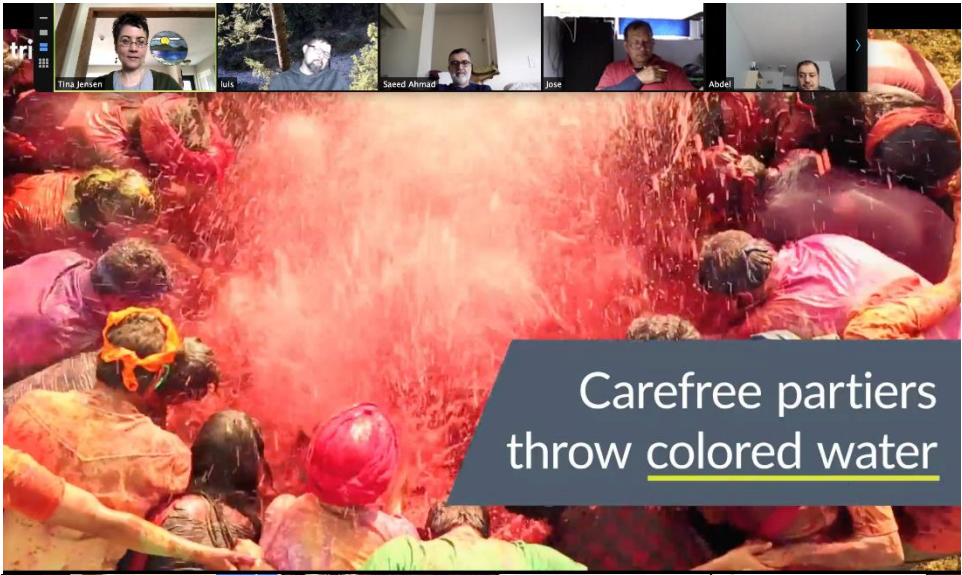


Hindu Festival of Colours

Tina’s morning class did the ESL Library (“elli) lesson on Holi and they watched a couple of videos about the Hindu Festival of Colours.



Holi takes place in March after a full moon



Carefree partiers throw colored water



Holi takes place in March after a full moon



Large bonfires are lit on the eve of Holi



My Best Friend, Dale

Oct. 4, 1954 - March 20, 2022

by Tina Jensen

Many of our staff and students had the great pleasure of “meeting” Dr. Dale Lonis - he visited my online class several times and he spent many hours with our teachers and administrators offering Professional Development sessions. He was a brilliant, kind, inspirational, generous and humorous educator. He motivated us to celebrate our strengths and challenge ourselves to be better. He truly loved teaching and was always generous with his time and knowledge.

One morning in January 2022, I had a spontaneous idea to ask him to stop in and give a “2minute Talk” because I was having trouble finding a good example for my class. He agreed immediately and delighted my students by talking about “The Best Day of My Life.” He said

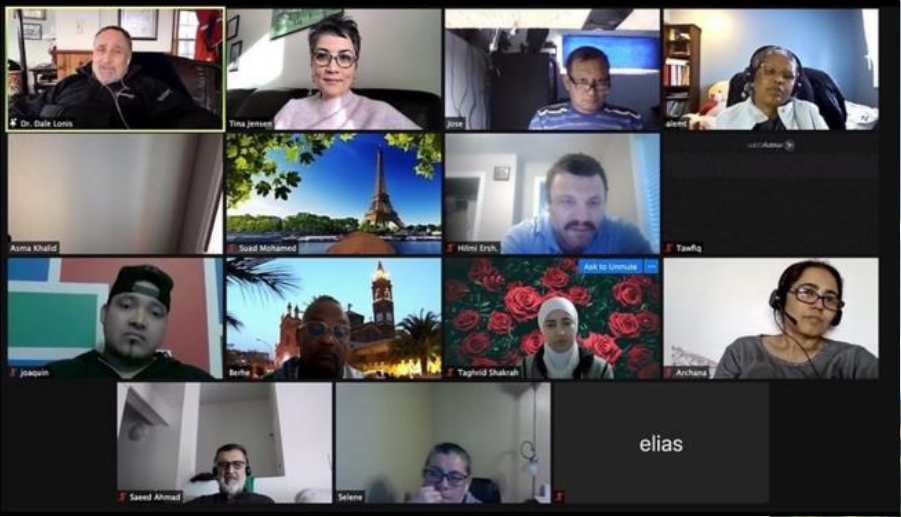
every day was the best day of his life because he beat cancer every day. He’d been fighting (for the second time) for 4.5 years, and he was still positive, cheerful, happy and joyous.

Dale was very well known and highly respected in the music education world in his 40+ year career as a conductor, instructor, clinician, adjudicator, and mentor. It would take up 100 newsletters to write all his accomplishments, so I will just say that there are thousands and thousands of music students, music teachers and musicians who have been inspired and improved by Dale’s influence. He has had a huge impact on music education and will be greatly missed.

But...most importantly, Dale was my perfect, very best friend. He was my mentor, my coach, my compass, my anchor, my cheerleader and my #1 fan. We met in 1995 when I was in a concert band, and he was a guest conductor. We all played our music better than we have ever played before or since. He was magical. We instantly became friends, and I am so blessed and grateful to have had this long friendship with him. Even though he lived in the USA, we saw each other several times each year. We spoke or video chatted every day. He was the first person I wanted to talk to whenever something good or bad happened. He always listened and supported me. He helped me through difficult times and celebrated happy times. The last few years in particular were so precious because we knew he may not win this second battle with cancer. Even though he was often experiencing pain and fatigue, he was always positive, generous, selfless, upbeat and kind. Above all, Dale was kind. He loved and lived with his whole heart.

Dale always said he lived every day to honour his father, whom he greatly admired.

So, I will now live every day to honour Dale. I will find joy and beauty in every day. I will be grateful. I will live my best life and be kind and generous.



I love my friend Dale, and I feel his loss like a giant hole in my heart. However, I will find strength in his unfailing guidance and in the words of his beloved father:

“Just when you think you can’t, is often exactly when you must.”





My Best Friend

Our class discussed the important qualities in a friend and wrote paragraphs about their best friend. We were practicing comma rules and coordinating conjunctions. TINA (ESL CLASS)

Johnny

My friend's name is Giovanni. Him and I are the same age, and he is single also. We live in the same city, and we often get together for a drink (or more). Giovanni is a couch potato, likes to do absolutely nothing, and his best qualities are that has all the bad habits. There is another thing that I can say about him, is that whenever I need him, he is always there for me.

Jonathan

My Friend Vic

My friend's name is Victor. He is very kind and responsible. He drives a 737 airplane for West Jet. If I have anything to ask him he will always offer himself and be helpful. Without any judgement, he will listen to what I have to say. He is one of a kind. I consider him as my best friend, even if he told me it's more a school idea saying "best friend."



Luis

My friend's name is Deone. He enjoys going to the gym, working on cars, and driving around with the crew. Deone is an easy-going person to hang, but sometimes he wants to do dumb things when we hang out.

Bozena

My best friend's name is Grace. She is the same age as me. We were born in Poland, went to the same school, and lived in the same community. Me and Grace have very similar hobbies. We love nature and outdoors. She is generous, caring and beautiful in and out. I choose to pick my friends accordingly to their inner beauty. I like to think I also possess these good qualities and hope I'm a truly desirable person to her as a friend.

Cynthia

My kind of Friend

My friend's name is Eileen. She's one of a kind person that is dear to me. She is very supportive, humble, kind and very generous. Eileen and I love travelling together, and we share our problems. We have been best friends for 25 years.

Jose

A True Friend

My friend's name is Tok. I met Tok when I started working at Fletchers' Fine Foods. We both were doing the same type of job pulling fat out from the pork bellies. It was one of the hardest jobs in the killing floor. The third day after I started at my new job, a Canadian man told me he was going to kick my behind, and then a Filipino man told him I will help you to beat Jose up. But then Tok said, if you are going to be two against one, I will join Jose and it will be a fair fight, two against two. Then they did not want to fight me because Tok was a good fighter. After that

situation, Tok became my friend until today. We are good friends.



Claire

My Valuable Friend

My friend's name is Duan. She is the wisest human being I have ever met in my life. I consider her as my teacher of my life although she's younger than me. She is a good listener. She has been patiently listening to me and has allowed my emotions to go when I stressed out in my life. She was simply listening without any judgement when I was pouring my complaints and swears. I regained my calm and peace after such a relief. She could also enlighten me when I struggled in some difficult times. I think she's God sent.

Maninder

My friend's name is Aman Bassi. He is living in Brampton, Ontario with his wife and three kids. He is one of my best friends. He is a very hard-working person. He is driving a truck. He is always loyal with his life partner. He likes to help others when they need it. He is a very down-to-earth person. He loves to spend time with his family.

James

Joseph is a very kind person. First of all, he likes to play soccer with a lot of friends, and he completed his high school. All in all, he likes to travel around the world. He is also a responsible person





The Sky in Calgary

The picture is a curtesy od Saket Gupta.



The Sky in Rockies

The picture is a curtesy od Victor Cucerovschii.

The Sky pictures, a curtesy of our computer students Saket and Victor.

Spring Break 2022

Writing with phrasal verbs (ESL)



to tell about how the plane fell down. From that moment I started to call a friend's phone, but he did not answer. I called his home number and someone picked up the phone and immediately hung up.

Cynthia

During Spring Break I just stayed in my room watching a Korean drama. I stayed up till 3am. I also had a chance to go out and attend a party, and we dressed up. We went home late, so we woke up late. We also went out for lunch. I've noticed on my face that I have a breakout because of staying up late. To top it all off, I didn't need to get up early to attend class.

Bozena

This year Spring Break was too short, in my opinion. I remember the time when my children had school breaks. They were much longer. They stayed up and played games. It was a special time for them to invite friends over for night out. That free time is needed for everyone, especially for kids to be able to sleep in and relax without being rushed every morning to dress up, get up, show up on time and sit down for hours at school. Spring is also a great time for us to take some time to clean our homes and our body to rejuvenate after a long winter and keep our minds up and running. For that reason, Spring Break is a great opportunity for us to take the time to sit back and rest.

Kosta

It is worth starting over. My friend was going to fly to another country to travel. His plane took off, but before the plane left the airspace of our city, something broke down. Suddenly, a fire broke out in the cabin, someone did not sit back, and everyone started to stand up and panic. Soon the plane crashed and everyone died. The news began

Jonathan

Spring Break Morning

I woke up this morning, then I dressed up. I went out to eat out at a restaurant close to my place. When I arrived there, I sat down and chose what I will order. The waiter showed up and asked my order. Suddenly, I fell down from my chair when I recognized that the waiter was an old friend. We exchanged our numbers and some evenings we are talking together and speaking up about many things happening around us.

Claire

My electric deadlock broke down during the Spring Break. I removed it from the door and disassembled it. I assumed it was a latch issue; however, it turned out the problem was caused by improper installation. I reinstalled it and started over. It functioned much smoother than it used to be. Finally, I was able to sit back and relax.

Maninder

This year for Spring Break I had one week off from school. Almost every night we stayed up late watching a movie and enjoying the time with my kids, and the next day we would wake up late in the morning. Some days I went out for shopping with my family and we would go in many different stores. During the spring break, our stove broke down so we had to go out to the store to find a new stove. Finally we bought one and we set it up and my wife really liked the

stove. Some days we ordered food from outside and we would get take out.

Taghrid

Spring Break is a spectacular time to change your routine and get energy from time to time. My break was pretty good. I did my citizenship test before the break but after the test, my body broke out and I felt that my energy was going down. I sat down and looked around me; there was a lot of work but I couldn't do any. I was really tired. I couldn't get enough sleep during studying for the Canadian citizenship test. After that, I made my plans for the break. I wasn't getting up early so I could relax. Then, I cleaned up my home. Next, I had some fun time with my family; I went out with them and ate out two times. In addition, I found time to call my parents, and every time I called them I became very happy after I hung up the phone. Lastly, the break finished, and we came back to the normal routine. I get up at 6:30 every day and show up in the class.

Suad

I slept late and woke up late. Spring Break is my favourite season because everything is fresh and beautiful. I go out with my friend. Sometimes we go to the _____. Last week my family and I went to _____. We enjoyed a small vacation then we went back home.

Esteban

I got up later than usual. I woke up around 8am, and I got up by 8:30am. Then I went downstairs for breakfast. After that, I started my exercise routine. Then I went down the block for a walk. Usually at night I stayed up late watching TV.



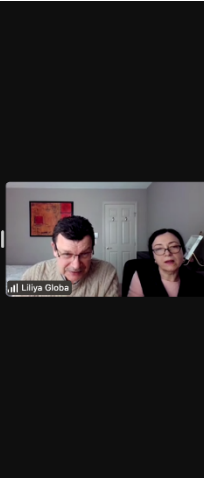
E a s t e r 2 0 2 2

Symbols of Easter



- Easter bread – the body of Jesus
- Easter eggs – new life

EQUILIBRIUM SCHOOL

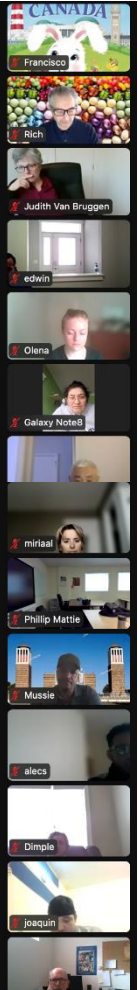


Symbols of Easter



- Palm branches – symbolize victory and peace

EQUILIBRIUM SCHOOL



... and other gifts!



EQUILIBRIUM SCHOOL



Easter Traditions around the World



EQUILIBRIUM SCHOOL

Canada

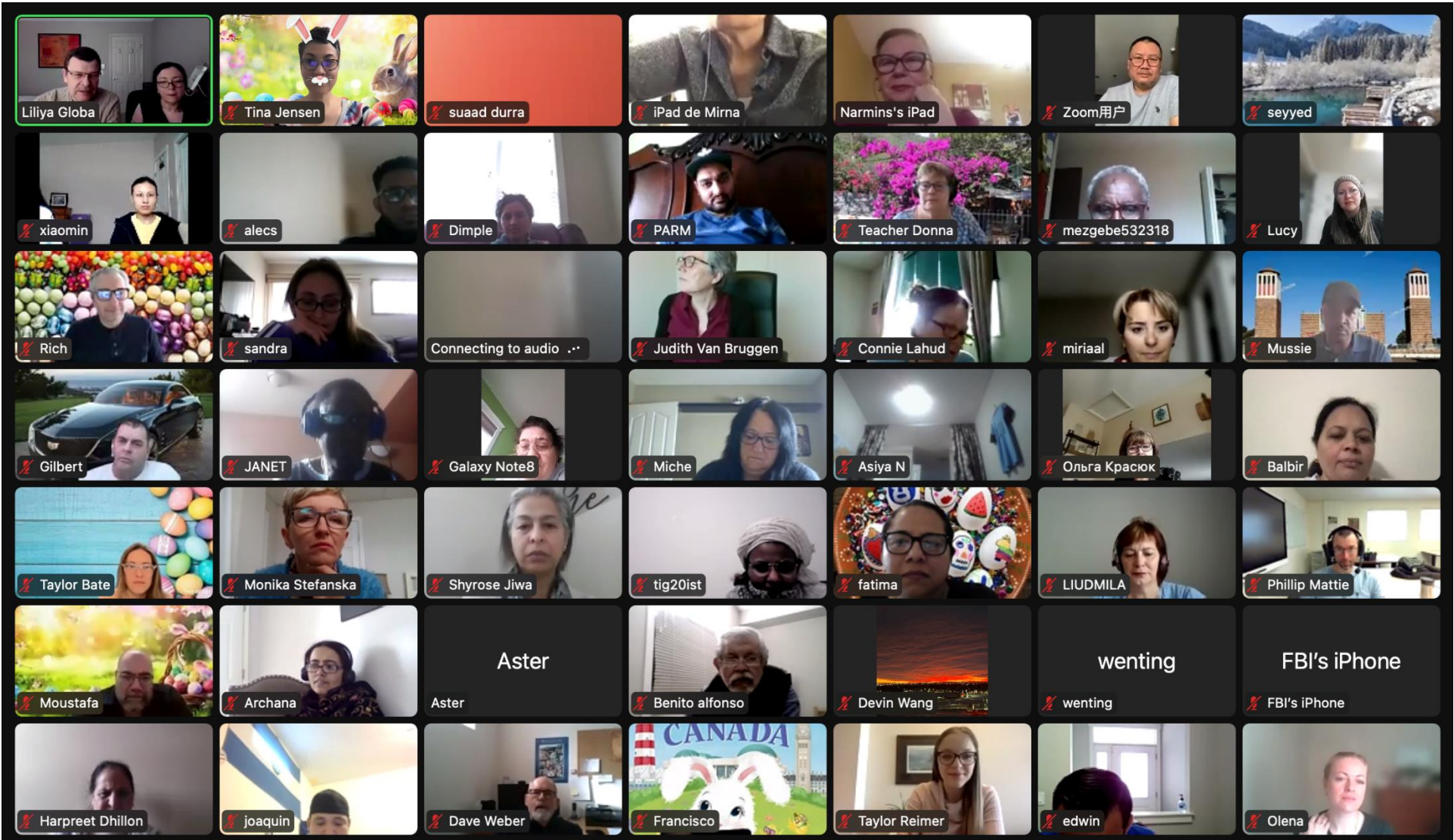


EQUILIBRIUM SCHOOL



Easter 2022

Liliya and Sasha, thank you for an informative presentation about Easter. Taylor and Tina played an Easter-themed **Bamboozle!**



By



If I Had a Million Dollars

By
Terence Westera
GED



If I had \$1,000,000.00, I would donate it to certain organizations. The SPCA would be on that list. Jump Start would be another organization that would get a donation from me. The Alberta Children's Hospital would get the largest amount of money.

The first organization that I would donate to is the SPCA. I love animals, so this is a no brainer for me. Every animal, big and small, deserves to have a loving, safe, and happy home. There are far too many animals today that are neglected, abused, starved, and left to die due to horrible pet owners. Donating to such a great organization can help prevent these terrible things from happening so that animals can find their forever home.

The second organization I would donate to is the Jump Start program. I have a very strong belief that every child deserves and needs the opportunity to play a sport. Having a child play a sport while they are young helps them mature, gives them a sense of responsibility, and is great to keep them active. There are far too many children who are addicted to the screens these days. The best part about Jump Start is it gives families struggling financially the opportunity to allow their children to play a sport without the stress of affording it.

The final organization I would donate to is the Alberta Children's Hospital. This organization has a personal connection with me. When my youngest daughter was four, she developed a lump on her neck and it required many trips to the hospital which, eventually, required surgery. Even though her case was minor, there are many children who are very sick and need/deserve the best medical care available. Donating to this hospital would allow them to buy the necessary medical supplies and machines to help save more children's lives.

As you can see, I have three organizations close to my heart that would benefit from a \$1,000,000.00. The SPCA is always looking for financial help so they can save as many animals as possible. Jump Start gives the children joy in playing sports. Lastly, the Alberta Children's Hospital saves young lives and every cent helps to make sure that is possible.

My Hobbies

By
Terence Westera- GED

Life is crazy these days. Everyone needs a hobby or two for an escape. The hobbies I enjoy are watching sports. Just as much as watching sports, participating in fantasy leagues is a favorite of mine. Of course, playing sports is the end all be all for my hobbies.

First of all, watching sports on TV or going to see sports live is so much fun! I love watching NFL football on Thursday nights, Sunday all day, and Monday nights. My family isn't as excited as me since I am hogging the TV that much. Hockey has always been a favorite of mine growing up watching it with my dad, so it is nice to share the same tradition with my children every Saturday night. My girlfriend and I also love spending time together and watching UFC. It's fun to see people going to sleep while standing up.

Secondly, fantasy leagues have been a major source of entertainment for myself. I run my own fantasy football league and it is fantastic. I have friends from all over Canada playing in it and I also made new friends because of my league. Fantasy is so fun because it offers some healthy competition and trash talk between buddies. Best of all, if you win, you get \$1000!

Thirdly, playing sports is the all-time best thing in the world. Unfortunately, I got injured a year ago, so my playing days are done. I remember getting up as a kid and playing street hockey and football all day every day during the summer. As an adult, it was a nice escape after a hard day of work to meet up with my softball team and play a couple games. Those were the best times...

As you can see, sports have been and still are a major hobby of mine. I enjoy watching them on TV or live with friends or family. Playing fantasy football now with my friends and even playing them before I got injured and as a kid will always be the greatest thing to me.





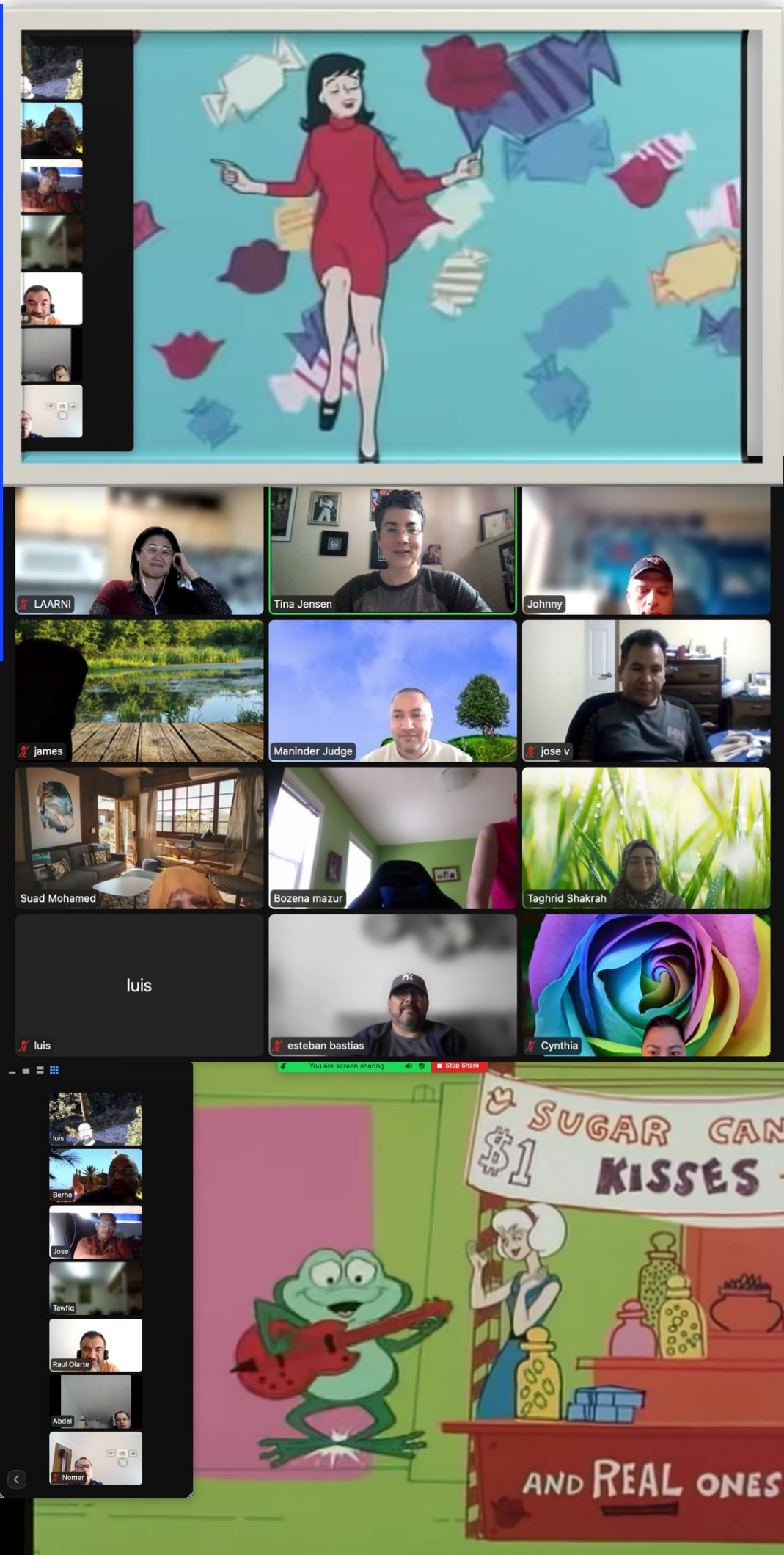
My hoodie will need to be washed but it is helping me cuddle this guy at the Calgary Humane Society...TINA-ESL teacher

Tina's ESL afternoon class

*We did some exercises in our textbook on these confusing words and then practiced with our classmates. We may need **another** lesson!*

**other/the
other/another/others/the
others...**

1. We have 11 students in class today. Five are female. **The others** are male.
2. We have 11 students in class today. Five are female. **The other** students are male.
3. Three of the students speak Spanish as their first language. **The others** do not.
4. Three of the students speak Spanish as their first language. **The other** students do not.
5. One student is from Poland. **Another** student is from Italy. **Another** is from Syria. **The other** students are from different parts of the world.
6. We have 5 female students. One is from Syria. **Another** is from Poland. **Another** one is from Somalia. **The other** two female students are from the Philippines.
7. Of the male students today, two of them are wearing baseball caps. **The others** are not wearing baseball caps.
8. Of the 5 female students, 4 have dark hair. **The other** one has blonde hair.
9. Two of the students are wearing glasses today. **The other** students are not wearing glasses.
10. Two of the students are absent today. One emailed me and said he doesn't feel well. I don't know why **the other** one is absent.
11. Equilibrium students are absent for many reasons. Some students have pain. **Others** have appointments. **Other** students take medication.
12. We have 13 students in the afternoon class. Five of the students are also taking morning classes. **The other** students are only taking the afternoon class.



13. Tina worked at two ESL schools before she came to Equilibrium. Both of these schools are now closed. One of them closed in 2019. **The other** school closed during the pandemic.

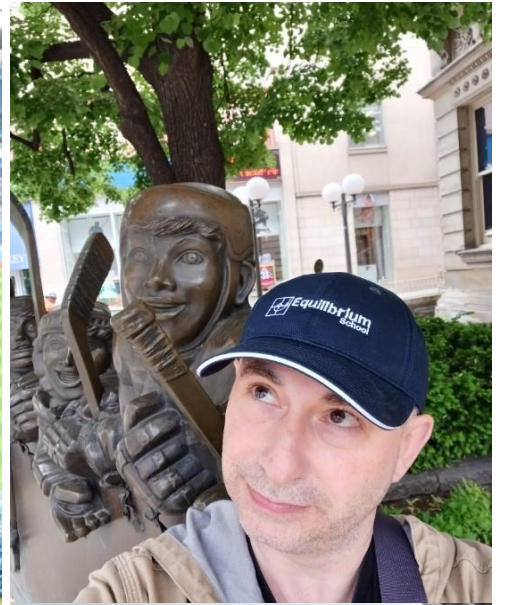


Shyrose enjoying street food in Nairobi, Kenya.



Pay it Forward

like Dina would ❤️



Richard enjoying his vacation in Toronto.

