

Equilibrium School

Newsletter # 11 November 2021

Reinette and Susan,
you will be missed !

Wali:

I am grateful you were my teacher. Thank you Reinette for you teaching, helping, and your patience. I have learned a lot from you. I wish you could have stayed a lit bit longer, moreover, I really enjoyed your teaching, and you are one of the best teachers that I have ever seen. I wish you happy life and happy time with your family. I hope I see you one day.

Syeda:

Reinette is a hardworking, polite and humble teacher. I have never met a person like her . I think everyone is going to miss her. My best wishes and prayers are always with her.

Reinette is the best teacher in school.

Reinette always builds a strong relationship with her students. It is one of the most important things Reinette can do. She gives students the confidence to seek assistance when they need it and to be successful in class.

Sincerely
Seyyed

Maninder:

Reinette, one of my best teachers. She was my morning class teacher from the day one. I learned a lot from her. She is honest and sincere person. Her personality encourages me to learn and become successful.

Reinette enjoy your retirement with family and beautiful grand kids.

We miss you. Pleases keep in touch. Best wishes for your new phase of life. Happy retirement!



Dear Susan, you are the best person to know. I am so happy for your retirement, but I am also so sad because we do not have you in the class. We miss you all the time, but I hope that you will have a good time with your family. I am wishing you all the best. Shakila

I am so happy I met you. You have a good heart. We learned English in this short time, and we enjoyed it. I wish you good retirement and that you will be happy and healthy. I hope you will enjoy new step of your life. God bless you! Faruk

Dear Susan,
No one can say goodbye to a teacher like you because you are so thoughtful, kind and friendly. You'll forever be in our hearts. Happy retirement!
From Vandana

Susan's class what I like the most is the atmosphere among the students. Susan and the students never let me feel like a new student. I am grateful for her and the students that I can continue my English studies in this class. Dariusz

Dear Susan,

Finally, your retirement has arrived! Early mornings & stress are the things of the past. It is time for you now to do things that you love; enjoy your well-earned retirement. I was fortunate to have you as a teacher. You are so kind and a positive person. Enjoy your retirement!
Josefa Jimenez.

Dear Susan, the class was amazing with you. I miss you. I wish the best for you.

Bassam Yaqoob

Susie
We will miss you. You are a good teacher. I wish you the best on your retirement.
Gilles

National Day for Truth and Reconciliation

September 30, 2021, marks the first National Day for Truth and Reconciliation. The day honours the lost children and survivors of residential schools, their families and communities. Our guest speaker, Michael Onespot, our student, and his teacher George made an informative presentation. Thank you both!

National Day for Truth & Reconciliation (slide 2)

- **Orange Shirt Day** is an Indigenous-led grassroots commemorative day that **honours the children who survived Indian Residential Schools** and remembers those who did not.
- This day relates to the experience of **Phyllis Webstad, a Northern Secwepemc (Shuswap) from the Stswecem'c Xgat'tem First Nation**, on her first day of school, where she arrived dressed in a new orange shirt, which was taken from her.
- **It is now a symbol of the stripping away of culture, freedom, and self-esteem experienced by Indigenous children over generations.**
- **On September 30, all people in Canada are encouraged to wear orange to raise awareness of the very tragic legacy of residential schools and to honour the thousands of survivors.**



TRUTH & RECONCILIATION DAY PRESENTATION

“Our land here is the dearest thing on earth to us. (European) Men take up land and get rich on it, and it is very important for us Indians to keep it.” — **White Thunder**

“This terrible legacy of colonization and genocide and inherited trauma has devalued us even to ourselves, destroyed our communities. Sometimes I think beyond saving . . .” — **Philip Elliott**



CANADIAN RESIDENTIAL SCHOOLS

- Network of boarding schools for Indigenous peoples.
- Attendance was mandatory (required) from 1894 to 1947.
- Funded by the Canadian government's Department of Indian Affairs and administered by Christian churches.
- The last residential school closed in 1996.

Key Facts About Residential Schools

- | | |
|---|--|
| What were residential schools? | Residential schools were government-sponsored schools run by churches . |
| What was the purpose of residential schools? | The purpose of residential schools was to educate and convert Indigenous youths and to assimilate them into Canadian society. |
| How many students attended residential schools? | An estimated 150,000 children attended residential schools. |
| How many children died at residential schools? | An estimated 6,000 children died at residential schools (records are incomplete) . |
| How many residential schools were there in Canada? | In total, over 130 residential schools operated in Canada between 1831 and 1996 . In 1931, there were 80 residential schools operating in Canada. This was the most at any one time. |
| When did the first residential school in Canada open? | The Mohawk Institute in Brantford, Ontario, accepted its first boarding students in 1831 . |
| When did the last residential school in Canada close? | The Gordon Residential School in Punnichy, Saskatchewan , closed in 1996 . It was the last federally-funded residential school in Canada . |



Treaty 7 First Nations: Treaty rights throughout most of Southern Alberta [including city of Calgary]

- Tsuu' T'ina
- Blackfoot
- Blood (Kainah)
- Siksika
- Piikuni
- Stoney-Nakoda

Some famous/prominent Indigenous Canadians (slide 3)

- **Honourable Justice Murray Sinclair:**
 - Born January 24, 1951, on the St. Peter's First Nations (Cree/Saulteaux Indian peoples) Reserve in Manitoba.
 - Former lawyer, judge, and Canadian senator.
 - 1st Indigenous court judge appointed in Manitoba.
 - **Co-Chair of the Aboriginal Justice Inquiry of Manitoba and as Chief Commissioner of Canada's Indian Residential Schools Truth and Reconciliation Commission (TRC) from 2009 to 2015**
 - Served as a **Canadian Senator from 2016 to 2021**.



SOME FAMOUS/PROMINENT INDIGENOUS CANADIANS (slide 3)

- **Louis Riel:**
 - Life: 22 October 1844 to 16 November 1885 (death by hanging)
 - Canadian politician, a **founder of the province of Manitoba**, and a **political leader of the Métis people**
 - Led two resistance movements against the government of Canada and its first prime minister, John A. Macdonald. Riel sought to defend Métis rights and identity
 - In 1884 Riel was called upon by the Métis leaders in Saskatchewan to help resolve longstanding rights grievances with the Canadian government, which led to armed conflict with government forces, the **North-West Rebellion of 1885**. Defeated at the **Battle of Batoche**, Riel was imprisoned in Regina where he was convicted at trial of **high treason**



Indigenous: The earliest known inhabitants of a place that was colonized (taken over) by a now-dominant group.

Thanksgiving

So many blessings



Others will appreciate
a community time



We are very grateful!



What is Thanksgiving?

OUR
CANADIAN
PARLIAMENT



BY JEAN WEIR - INSTRUCTOR

On Thursday, Oct 7 we had a Thanksgiving presentation for all students at Equilibrium School.

Did you know that cranberries are very high in Vitamin C? This information, along with many other interesting facts, was revealed in a power point presentation given by Dawn Dirk. This presentation provided us with a look at the history of Thanksgiving. Early explorers, facing many hardships travelling to North America, were very thankful to reach this land. Indigenous people celebrated the harvest by giving thanks. Modern day Thanksgiving celebrations include various activities such as participating in sporting events, worshipping in church services, and celebrating with family and friends.

A photo scavenger hunt followed the power point. Students were placed into breakout rooms to take photos of various items such as a pumpkin, a candle, a yellow leaf and some dirty dishes. It was so much fun to see the students participating in this activity.

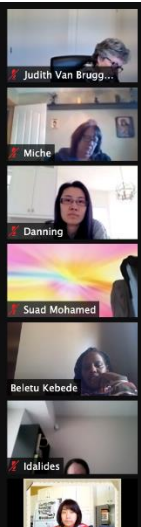
Fatima Majoka then had a question-and-answer session based on the earlier power point presentation. Students eagerly answered the questions with great accuracy.

Thank you to Tina for helping with the technical aspects of the presentation. Thank you to all the teachers who helped make this presentation so interactive. Most of all, thank you to the students and instructors for your participation. What are you thankful for?

Thanksgiving Trivia

Q1- When is Thanksgiving Celebrated in Canada?

- A. 2nd Monday of October every year
- B. 3rd Sunday of November every year
- C. 29th November



Q2. What was the first Thanksgiving Meal in Canada?

- A. Pumpkin, mushy peas and bread
- B. Turkey, pumpkin pie and biscuits
- C. Salt Beef, biscuits and mushy peas



Q4. Who was Samuel de Champlain?

- A. The chief of the Indian tribe
- B. A soldier and explorer
- C. A Sailor



Q7. What is the traditional dessert on Thanksgiving?

- A. Cranberry Sauce
- B. Bread Pudding
- C. Pumpkin Pie



Give THANKS for unknown blessings already on their way.
~Native American Saying~



Q3. Why did the Indigenous people celebrate Thanksgiving?

Q6. What do most Canadians do on Thanksgiving?

- A. Gather with family and friends
- B. Make a feast
- C. Give Thanks
- D. All the above



- o a yellow or orange leaf
- o a pumpkin
- o an oven mitt
- o a pile of leaves
- o an acorn
- o a potato
- o a door wreath
- o a candle
- o a pinecone
- o dirty dishes



Q5. Which animal do we eat most on Thanksgiving?

- A. Goose
- B. Duck
- C. Turkey



The traditional turkey dinner



& Scavenger Hunt

Autumn 2021-Calgary, Glenmore Park

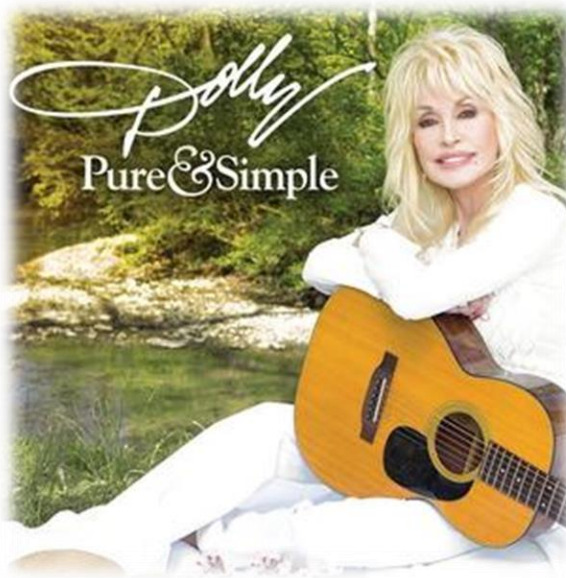
Glenmore Park dressed up in autumn colors. The green canopy has begun to take on yellowish hues, the mornings are cooler, but luckily the sun is not missing. Enjoy it while it lasts.

Slavica



Coat of many Colors - Dolly Parton

When my teacher told me to pick a song for the four seasons of the year, this song came to my mind because it gave so much meaning to the idea of the changing seasons. It is based on Dolly Parton's story, about how little she had when she was growing up and how much a coat (which means her mother's love and attention) meant to her. The coat was made by putting in many stitches and patches, by her mother with love and was of more value to her than all the expensive clothes other people were wearing. It made her feel rich and its value increased over the years. The song Coat of Many Colors is



written by Dolly about her true-life story, over the seasons of the years. The seasons changed, and she also changed but she never forgot the value of that coat or the love that went into making it. IT means to me that no matter how rich or poor you are over the years, like the seasons, life changes and it brings joy and sadness, but we just have to remember how like Dolly's coat we have so much to treasure and be thankful for.

Your Truly,

Cindy Curlew-Computer Student

The People who have changed my Life for the Better

I want to share some of the people I have met and who have changed my life in a good way. They make me stronger and better. I meet lots of people in my life, all have taught me something, but I have learned most from my mom who is a beautiful soul, an angel. I thank her and God for my life and what she did for me. Because of God and her I survived. My mom has always been there for me. When I have a bad day, when I'm sad, hurting, confused or alone, she is there to give me comfort, I always feel safe when she is around me, she is my world, she is my life, she is my universe. I always kiss her forehead and her feet because she is heaven to me. I love my mother.

Another person I want to talk about is, my beautiful husband Dennis, I got married to him in December 2019. I am lucky to have this man in my life, a calm, sweet, caring, understanding and smart person. He respects everyone and is a great listener, the reason I married this handsome man is because he is not only very respectful to me but also my beautiful mom, he adores her and has a lot of patience with my mom. He makes my mom laugh and she even sings for him, and he makes her feel young and claims that my mom loves him more than she loves me. He respects my religion and prays with me; I hope everyone finds a partner like him.

The third person I want to talk about is someone with a beautiful soul that's so rare in this world. My teacher who works at Equilibrium school in Calgary. I'm so blessed to meet this amazing girl, she is very kind human being, with a heart of gold. She likes to help, and it is very hard to find a person like her is this time and this world. She respects her work and everyone she meets at work. I thank her for being an amazing teacher to me. I have very bad English spelling and she is always patient and caring, spelling the words all the time, I'm lucky to have a teacher like her and the school I am attending. God bless her and her family and the people in the school. Thank you for being so amazing and making me enjoy my time. By Latife C. -Computer student



T a l k i n g P o e m s

Part I

Our beginner's ESL students wrote a "Talking Poem".

(A talking poem is a biography in poetic form.) By Donna

Hirut ...

nice, smart, easy going and hard working

daughter of Haile

who loves working in the hospitality business, works hard to help others and is beautiful

who is afraid of dogs, public speaking, and mice

who wants to help people in need, raise her kids, and visit the mountains

resident of Calgary

... Abebe

Written by Alemtsehay



Eva ...

tall, blonde, and very pretty,

good life companion, great mother, and social company

who loves to bake cookies and cook for you, listening to music and dancing

who is not afraid of anything

who wants to explore new places, and is looking forward to grandchildren

resident of Edmonton

... Wlach-Lesniewska

Written by Dariusz



Ritta...

energetic, helpful, friendly, and intelligent,

daughter of Dawod and Miray

who loves to learn, visit her friends, and read everything she can

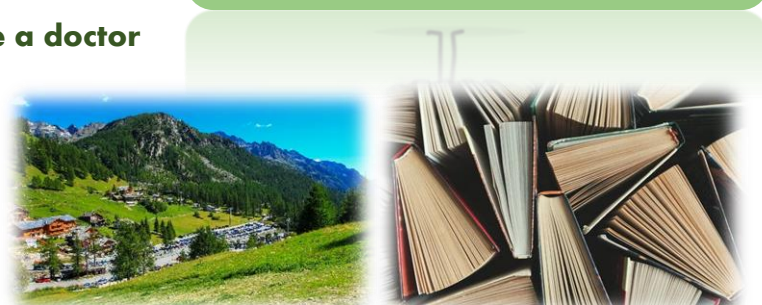
who is afraid of snakes, swimming, and hospitals

who wants to see her grandparents, her relatives, and her village, and to be a doctor

resident of Calgary

... Jubran

Written by Dawod



Ermyas ...

tall, funny, active, nice, and good personality

brother of Elias

who loves listening to music, going to the gym, food, and movies

who is afraid of airplanes and horror movies

who wants to visit Ethiopia and England

resident of Toronto

... Degefe

Written by Elias



T a l k i n g P o e m s

Part II

Hussein...

friendly, generous, thankful, and passionate

brother of Hassan

who likes to spend time with family, make puzzles, and go on walks

who is afraid of fast rides, ending friendships, and swimming

who wants to visit his country, see more of the outdoors, and get a house renovation

resident of Calgary, Alberta

... Abatiko

Written by Hussein

Harnoor...

funny, beautiful, loving, and smart

daughter of Mohini

who loves listening to music, animals, and studying the Jehovah Witness faith

who is afraid of spiders, bees, and snakes

who wants to visit Mexico, Disney World, and to get her driver's license

resident of Canada

... Bedi

Written by Mohini

Erika ...

very beautiful, very smart, has a great heart, and is a devoted mother

Raul's girlfriend and future wife

who loves her family, her job, and to keep her apartment spotless

who is afraid of iguanas, and things that cause her pain

who wants to travel the world and to have a place where she can help many people

resident of Colombia

... Donato

Written by Raul

Lorant...

loving, funny, and smart, but not patient

Robert's brother

who loves to teach his daughter, watch sports, and to cook and eat

who is afraid of wild animals, spiders, snakes, and to fly by plane

who wants to see many places, Barcelona, and a Real Madrid live soccer game, and spend more time with his brother

resident of Sepsiszentgyorgy

... Kosmodi

Written by Robert



Harveen...

very nice, studious, and hard working

daughter of Inderjit

who loves to help her parents, study, and work

who is not afraid of anything

who wants to be a family doctor

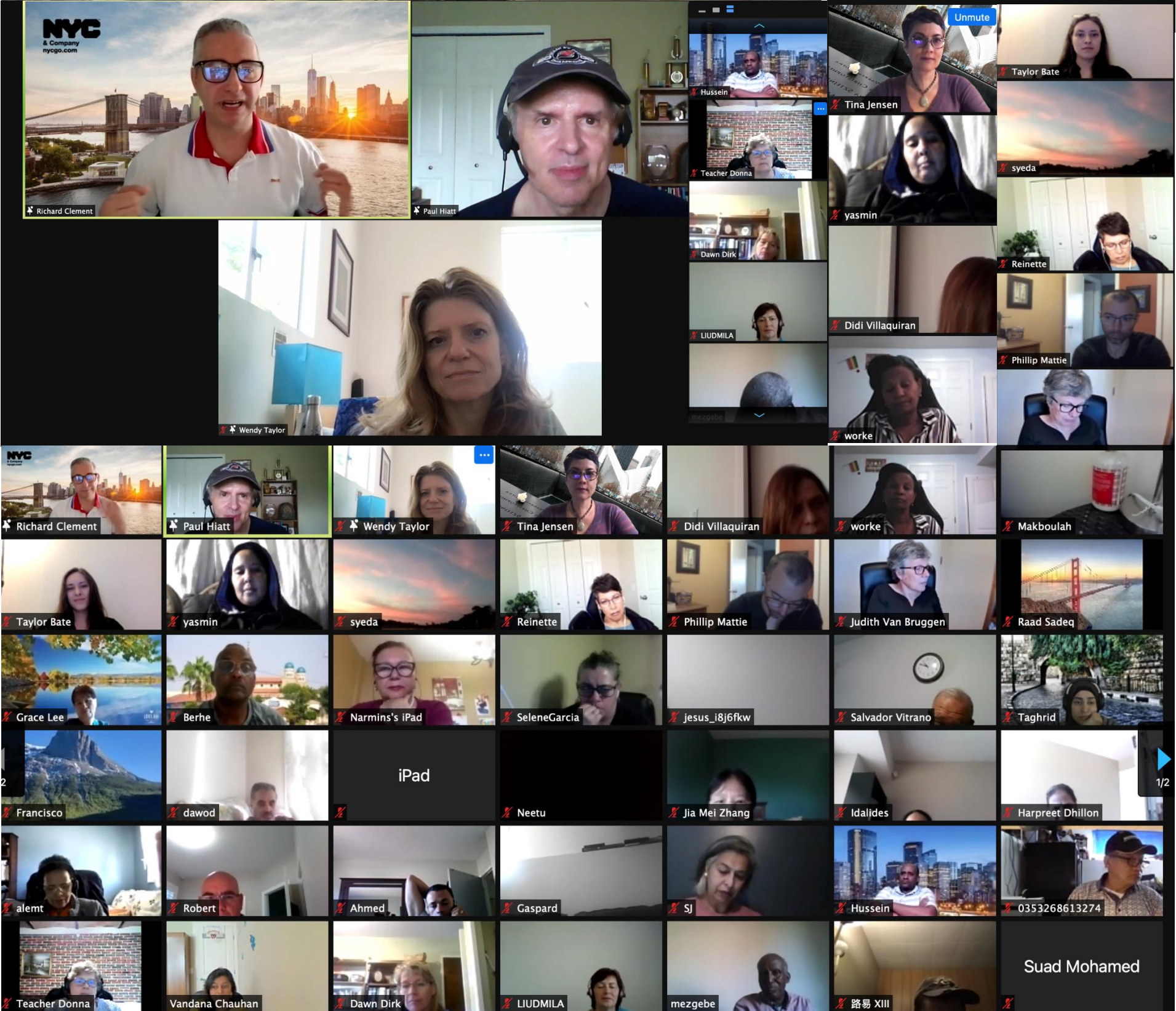
resident of Calgary

... Padda

Written by Inderjit



Remembering 9/11



On Monday September 13th I gave a presentation on 9/11 from a New Yorker's point of view. I was lucky to be joined by Paul Hiatt & Wendy Taylor on the live ZOOM and a video by Alexandra Cremer. Paul, Wendy, and I all worked and met in Children's theater years ago and lost touch. I was nice to get reconnected to old friends and have them reveal their stories of the 9/11 experience. I didn't have prior knowledge of their stories and was happy to get the scoop at the same time as all the students. Wendy was in San Francisco and wanted to run back home to New York. Paul was taking a picture of the Twin Towers just an hour before the tragedy. The video by Alexandra was very special. First, you could hear all the honking of trucks in the background, and then we got the beautiful view from her Brooklyn apartment overlooking Manhattan. We could even make out the Freedom Tower across the Hudson River. One student asked an important question "Why did 9/11 happen"? The answer is simple: That day some terrorists tried to make people fear and hate, they failed! At Equilibrium School we accept people no matter their race, color, or creed, just like New Yorkers did and continue to do. By Richard Clement- Instructor

APPEARANCES CAN BE DECEIVING: THE DRESSES OF FRIDA KAHLO

SINCE NOVEMBER 2012 – By Martha

The exhibition Appearances Can Be Deceiving: The dresses of Frida Kahlo is the first of its kind to be dedicated to the artist's wardrobe. This show presents an interpretation of Frida Kahlo through the dresses discovered in her bathroom at the Blue



House in 2004. This exhibition explores the Mexican painter's identity as expressed by the visual image she constructed, based on the garments she chose.

Appearances Can Be Deceiving: The dresses of Frida Kahlo proposes that her heritage and disability were two of the basic components that sustained the painter's taste for traditional Mexican garb.

Why the bathroom of Frida Kahlo was locked?

In 1954, following her death, Frida Kahlo's possessions were locked away in La Casa Azul (The Blue House) in Mexico City, her lifelong home. Half a century later, her collection of clothing, jewelry, cosmetics and other personal items was discovered.

In 2004, the revelation of an overwhelmingly intimate collection of Kahlo's personal belongings dramatically changed our understanding of her life and her art. These objects, which include clothing – distinctive and colorful indigenous Mexican garments, some flecked with paint and visible signs of wear; jewelry – pre-Columbian necklaces that Frida strung herself; examples of intricately hand-painted medical corsets and orthopedic devices; love letters and several items of make-up – still in their original packaging, had been locked away for 50 years following Kahlo's death in 1954, according to the wishes of her husband, the Mexican muralist Diego Rivera, and Dolores Olmedo, friend and patron of Rivera.



"Dear Mayor" letters

Part 1

Judith's afternoon ESL students have been doing some writing. They wrote "Dear Mayor" letters. Each student identified something that they like about Calgary and something that they would like to change.

Dear Mayor

- What I like about Calgary is that it is very quiet and small.
- What I want to change in Calgary is public transportation. The access needs to improve.



Dear Mayor

- I came to Canada in 2013 and I came straight to the city of Calgary.
- I love Calgary but I want it to be a cleaner city, with good roads. I don't like this.



Dear Mayor



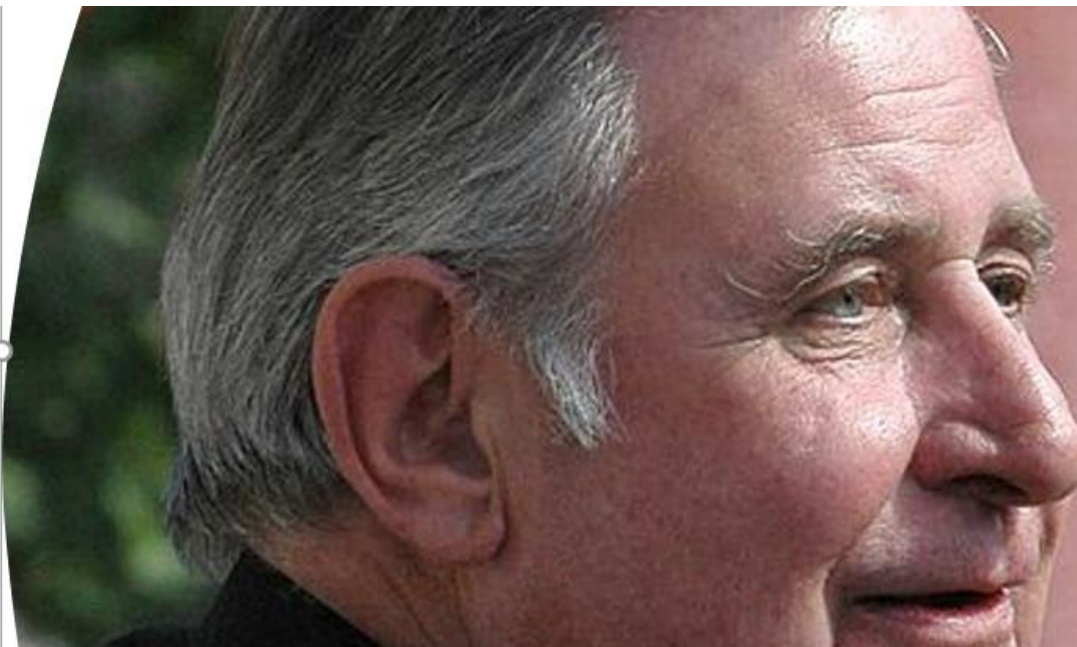
I like Calgary because it is a safe city, and its people are very nice. Also, it is a quiet city, but I wish it was more lively and more effective. I hope that the prices of housing would be lower.

"Dear Mayor" letters

Part 2

Dear Mayor

I want my city to be cleaner and have more snow removal and be on the top. It wasn't after he become mayor. This time I hope he will be a better mayor than the last time because he was not a good mayor. Mayor Cline was better.



Dear Mayor

Hi my name is Shakila, and I want to mention about the city of Calgary. I love the development in Calgary so far. How beautiful are the bridges and buildings we have gotten lately but I want more work on the up-keep of the streets making it a clean and green city for the future. Also, having the best transportation. Good luck.



Dear Mayor

First all congratulation on being the new Mayor. I would like to mention I have lived in Calgary for the last 20 years and for me Calgary is my home.

I would like to make a petition for your administration if it is possible to put more security in the C train because late at night is not safe, it is always dangerous.

Thank you in advance and my best wishes for you and your team.

Dear Mayor

How are you and congratulations. I hope you do the best for the city.

What I like about Calgary... Calgary is a very nice, clean and organized city and not really busy. It is easy to find a job and the people who live in Calgary are very helpful. It is very nice in the summer and very cold in the winter.

I would like to see a change in the gas prices, and another thing I would like to see is a cleaner city and more street snow removal.



Dear Mayor

I came to Calgary in 2014, I like Calgary because is a clean, quiet and safe city.

I like all the new improvements, but I would like more on transportation and snow service.

Thank you.



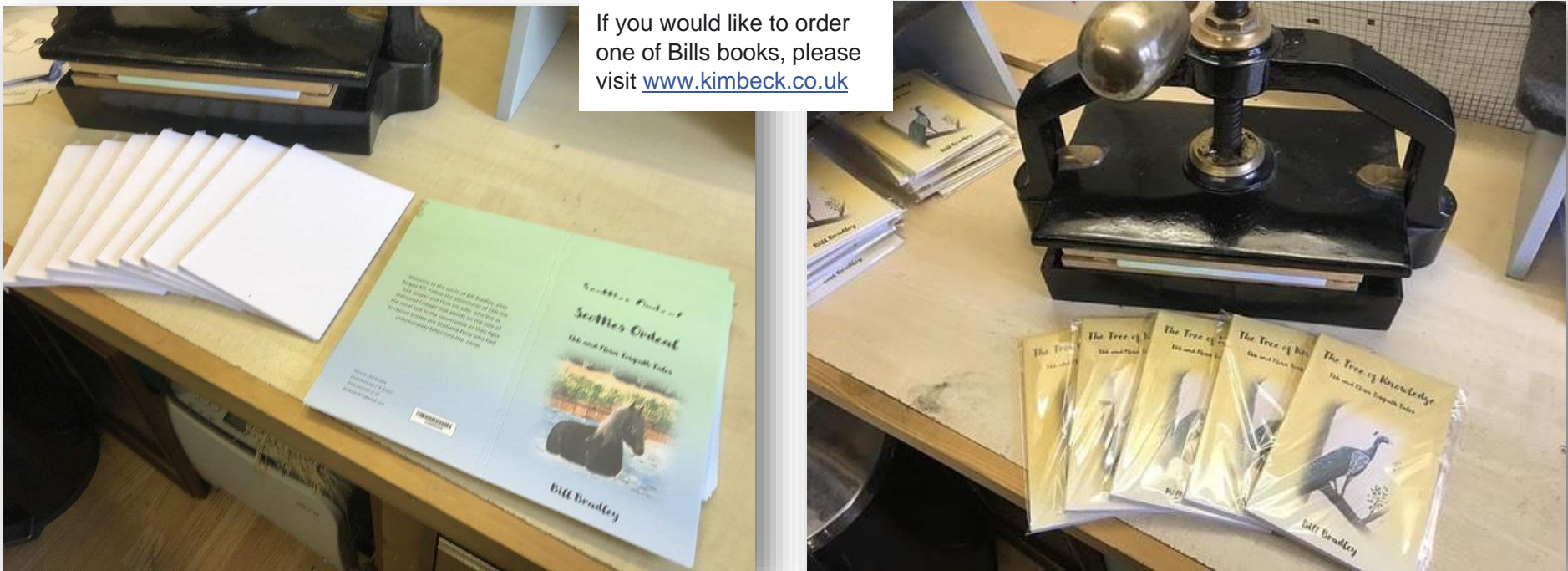
Mr. Bill Bradley (The author)

Part 1



Here are some letters Donna’s ESL students wrote to Mr. Bill Bradley along with a class picture. Donna has also included a picture of Bill and his wife when they visited our class and answered the students’ questions.

All the books are individually handmade.



If you would like to order one of Bills books, please visit www.kimbeck.co.uk

Adhanon
c/o Equilibrium School
707 – 14 Street NW
Calgary, Alberta

Good afternoon, Mr. Bill Bradley. My name is Adhanon. I am from Ethiopia. I am a student at Equilibrium School. I read your book Lucky Present from Puss. I like it.

My favourite part of the book was when Bob, sensing something was wrong ran around the side of the house.

I agree with you for everything in this book. Thanks so much.

Mr. Bill Bradley have fun and thanks.

Sincerely,
Adhanon

Alemtsehay
c/o Equilibrium School
707-14 Street NW
Calgary, AB T1Y 4H2
September 02, 2021

Dear Mr. Bill Bradley,

Good morning. This is Alemtsehay. I am from Ethiopia. I am an English student at Equilibrium School. I read your book, Lucky present from Puss. I learned a lot of new words from your book, for example, leapt, gazed, oblivious, squeal, fuss, trotted, glancing, delight, devour, furrows, and autumn. I think your book helps ESL students like me.

My favourite part of the book is chapter four. The get together about Lucky and Bob. They started sharing each others food and Lucky lay beside Bob in the front yard to the delight of many people as they came down the lock on their holiday.

What lead you to write this book? Did you grow up on a farm with different pets and animals? Did you write any other books?

Thank you for reading my letter.

Sincerely,
Alemtsehay

Mr. Bill Bradley (The author)

Part 2



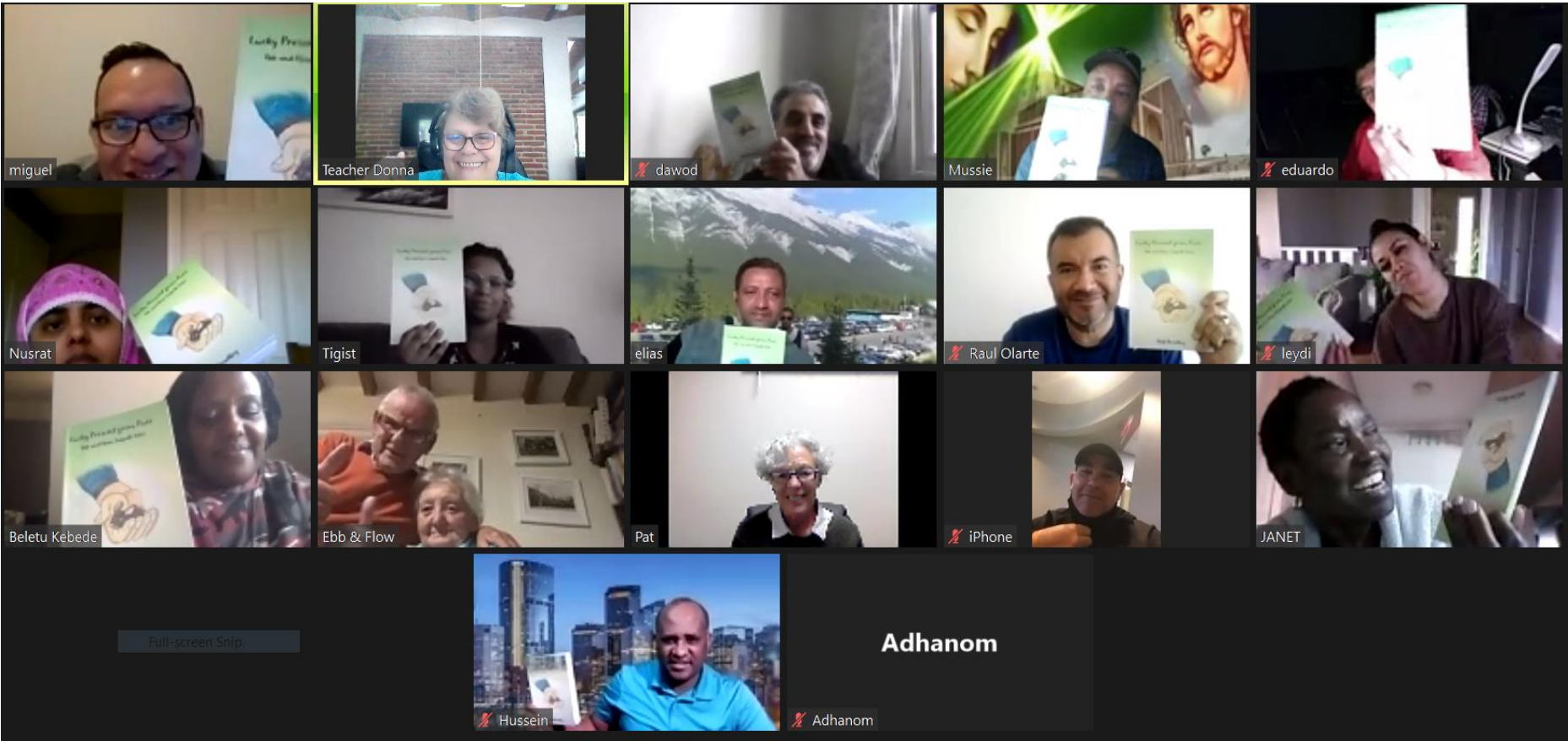
Dawod
c/o Equilibrium School
707-14 Street NW
Calgary, AB T2N 2A4

Good afternoon Mr. Bradley. My name is Dawod. I am from Syria. I am a student at Equilibrium School. I read this book because I need to learn more new words and to read more.

My favourite part of the book is The Chaos. The garden was very beautiful, when Ebb and Flow decided to do some gardening in the front garden, but in horror she screamed, Ebb look at my beautiful garden. What happened to it? A problem! Lucky has ruined my garden. I learned that chaos and disorganization are annoying, that ruin things very easy. And I learned patience and more words.

Thank you for making this book. I have three questions:
a) Do you have a plan to write other stories?
b) Do you have a new book and what is its title?
c) Do you have proprietary protection for all your letters?

Sincerely,
Dawod



Good morning Mr. Bradley.

I am very happy that I can write you a few words. I am very interested in your book under the title - "A Lucky Present from Puss". Maybe at the very first I will introduce myself. My name is Dariusz. I come from the city of Wroclaw in the beautiful country of Poland. I came to Canada 13 years ago. I live with my wife in Edmonton. I have four adult children. My profession is a roofer who has been roofing for over 35 years. Unfortunately, my accident at work caused me to become an invalid. I have a damaged knee, foot, shoulder all on one side. I am currently a student at the English language school, Equilibrium. At school with teacher Donna, I read your book. I liked it.

I wonder what I was interested in this book, and I do not know how to say it. The book is a very nice read for children and for us students who are learning English. I can say it, after all, I have four children, it is nicely written, in a simple way reaches the reader. It has a lot of interesting things to say. Very beautifully shows life in the countryside. It shows the relationship between humans and animals. I know what I'm saying because in my house in Poland there have always been children (three daughters and one son) and full of animals. As I read your book it reminded me of the adventures of my family and animals. Now in Canada, I live alone with my wife Ewa, but with the cat Agata and the dog German Shepherd Rubi. My children already live in their own homes. My adventures with a cat and a dog are similar. I know what love for animals is and for this I really liked the fate of your characters Ebb, Flow, Bob and Lucky.

I hope that my letter will encourage you to write more stories with the participation of Ebb, Flow, and animals. I can assure you that your way of writing is very willingly received by children and adults.

I have a few questions for you. I liked the way you made your book. My mother is a bookbinder and I know how much work it takes to create such a book. Where did you get such a thought for the binding of the book, illustrations? Who so sensationally illustrated this book? Where did the idea come from for the book? What is your profession and where do you live?

I will have to finish this letter. Thank you very much that I could write to you.

Your reader,
Dariusz

Mr. Bill Bradley (The author)

Part 3



Hussein
c/o 707-14 Street NW
Calgary, Alberta

Dear Mr. Bill Bradley,

I hope you are having a good day. I’m Hussein and I live in Calgary, Alberta. I’m an Equilibrium School student. I read your book, “Lucky Present from Puss” because it was something I’ve never read before, and I want to improve my English as well.

When I was reading, I loved the part where Bob the dog and Lucky the pig were becoming close friends. It was really nice because I like making new friends too. Even though I don’t have a pet dog or pig it showed me that animals can also create friendships.

Thank you for reading my letter, I really liked your book.

I also want to ask a few questions. First, do you usually write books that have drawings, or do you do both picture books and novels? Second, what inspired you to write this series on Ebb and Flow? Last, will there be more books from you?

Sincerely,
Hussein

Robert
c/o Equilibrium School
707-14 Street NW
Calgary, AB T2N 2A4

Dear Mr. Bill Bradley,

Good afternoon Mr. Bradley. My name is Robert. I am from Hungary. I started studying English 10 months ago. It is hard for me, but I like this big challenge. I met your book “Lucky Present from Puss” at Equilibrium School. It’s a very interesting and funny story. Thank you.

My favourite and most interesting part of the book is chapter four – The Get Together. In this chapter, Lucky gets a new home, a new owner, and a new friend. The new home is in Flow and Ebb’s house in the plant room. The new owner’s names are Ebb and Flow, but a new friend will be Bob. In this chapter I learned a lot of new words, and that a dog and a pig can be friends.

I am happy to have read this funny book. I am glad your read my letter. I would like to ask a few questions. Mr. Bradley – How many books have you written in total? Where do you get your ideas for books? What do want to write about in the future?

Sincerely,
Robert

Tigist
c/o Equilibrium School
707-14 Street NW
Calgary, Alberta

Dear Mr. Bill Bradley,

My name is Tigist. I am from Ethiopia. I study English at Equilibrium School. I read your book, Lucky Present from Puss.

My favourite part of the book was chapter seven.

Sincerely,
Tigist

Elias
c/o Equilibrium School
707-14 Street NW
Calgary, AB T2N 2A4

Dear Mr. Bill Bradley,

Good afternoon Mr. Bradley. My name is Elias. I am from Ethiopia. I am studying ESL at Equilibrium School. I am reading your book, Lucky Present from Puss. It is a very good book.

My favourite part is Bob and Lucky’s very good friendship. I am interested that they played soccer. I have never seen animals play soccer.

How come you wrote this history?
How long does writing a book take?
When did you write this book?
Thank you for reading my letter.

Sincerely,
Elias

Raul
c/o Equilibrium School
707-14 Street NW
Calgary, Alberta

Dear Mr. Bill Bradley,

I am an adult student of English, who wants to improve more every day. I am from Colombbia, but I am already 14 years living in Canada. I’m not a very good reader, but stories about animals seem very interesting to me. That’s why I found your book interesting.

My favourite part is when the animals integrate and share without placing barriers. It seems very interesting to me because animals teach us, that not a language or racial class makes us different or more than anyone else. I learned that there are stories that can be short, but they can leave you better lessons than a book with many pages leaves you.

Thank you for taking a few minutes of your valuable time to read these lines. I really value your work and I am in admiration of you for telling stories that leave us beautiful messages.

Sincerely,
Raul

Different activities - Intermediate ESL class

Tina's ESL students are playing Bamboozle to review superlatives.

SeleneGarcia

Tina Jensen

Jose


alent

Asma Khalid

Suad Mohamed

Francisco

15



The tropical fish is _____ (colorful) sea animal

Tina's class participated in a "mini-poll" about the Civic Election.

Zoom Meeting

Original Sound

View

Suad Mohamed

Tina Jensen

Alem

Taghrid Shakrah

Asma Khalid

Minhye Kim

SeleneGarcia

Hussein

Hilmi Ersh.

Francisco

Suad Mohamed

Tina Jensen

Alem

Taghrid Shakrah

Asma Khalid

Minhye Kim

SeleneGarcia

Hussein

Hilmi Ersh.

Francisco

CIVIC ELECTION 2021

Jose

Calgary's Civic Election 2021 in... 00:06:56

Attendees are now viewing questions 11 of 11 (100%) voted

5. Should Calgary keep fluoride in the water?

YES - keep it (4) 36%

NO - remove it (7) 64%

6. Do you want to keep Daylight Savings Time?

YES - keep it (11) 100%

NO - remove it (0) 0%

7. Do you think Nenshi would win IF he had decided to run again?

YES - he would win (9) 82%

NO - someone else would win (2) 18%

End Poll

Calgary's Civic Election 2021 in... 00:10:00

Attendees are now viewing questions 11 of 11 (100%) voted

5. Should Calgary keep fluoride in the water?

YES - keep it (4) 36%

NO - remove it (7) 64%

6. Do you want to keep Daylight Savings Time?

YES - keep it (11) 100%

NO - remove it (0) 0%

7. Do you think Nenshi would win IF he had decided to run again?

YES - he would win (9) 82%

NO - someone else would win (2) 18%

End Poll

HEALTH

BY TINA'S INTERMEDIATE ESL CLASS

Tina's PM class - writing about Health

We discussed some questions about physical and mental health and the students did a 20-minute writing on one of the questions.

TAGHRID

Most people these days want to do plastic surgery. In my opinion, we don't have to do this kind of surgery and put our self in danger. In addition, we should accept our looks, whatever we look like. Every person has something beautiful and special. Moreover, people will be the same, looking nothing differentt than toys. Lastly, I would say we are humans and there is nothing prettier than natural beauty.

DIEGO

What is more important to take care of: mental health or physical health?

I think that both are very important, equally important, but we have always had more focus on physical health than mental health. I think this is because physical illness is more notorious and bothers us more, in the majority of the cases., However, mental health is more quiet, more fatal, and slowly can grow and we cannot even notice. Depression, anxiety and even suicide are becoming more frequent day by day. It is scary but true. Even before the pandemic mental illness was on the rise in different countries. For example, in the US these two illnesses in the majority of the cases sadly ended in suicide, so we have to take care of our mental health too. We should have a good sleep, good work environment, and healthy relationships with all the people around us. We have to take care in all that we do, what we eat, how much time we spend in front of the TV or computer, how much time we actually spend reading and just relaxing our brains, and how much exercise we do a week. All of this counts, and nobody can do it for us, so we have to be very honest with ourselves. Only we really know if we are doing ok or not. Talk with someone if you think that you are having bad days more frequently than before, if you feel sad more than happy, or if you think that you are alone. Just talking to someone helps a lot, and then you can realize if you need more professional help or not. Some people think that looking for psychological help is for people that are crazy, but it is not like that. All of us can talk with a psychologist and this person can teach and help us to improve our mental health and start having better habits that change for good all our health in general.

Remember: "Healthy mind, healthy body"

GRACE

Who is the healthiest person? What do they do to stay healthy?

I have never seen a healthier person than my uncle. He was an exemplary living person for health. First of all, he had a regular life/schedule. He thought it was important to get up, eat and sleep properly. Secondly, he didn't eat harmful things for his health. For example, he did not smoke, drink or eat fast food very much. Last of all, he exercised every day without exception, in bad weather too. He drank three bottles of water in a day. He didn't overeat while having meals. He was always a careful driver. However, he got into an accident while riding in the passenger seat in a friend's car. The friend who was driving is alive, but my uncle died. After that, I came to believe that life is in the hands of the Creator.

JOSE

What is more important to take care of, mental health or physical health? First of all, both are important, a healthy mind and physical health. They both depend on each other. Secondly, it requires discipline to keep a healthy mind and good physical health. Also, physical health means a good, healthy food diet and exercise routine; the same goes for mental health. In addition, good habits and hobbies are also necessary. Finally, it is very important to have a balanced life.

DARLENE

Do you trust doctors?

I do trust doctors, but not all of them. I used to trust all of them when I was young. I was sick almost my entire life. I am not afraid going into a surgery or any tests that would help me prevent or heal me from my illnesses, but one day, I had to go for a gall bladder surgery in our country. My husband and I trusted them with my life. The surgery lasted for 15 hours, and I had a relief from extreme pain. After 3 months, I had the same symptoms, and my instincts told me to run a test. I went to a hospital and requested an ultrasound which backed my theory that they didn't remove my gall bladder and it was still intact. I immediately contacted my cousin who is also a doctor and sent her the result of my ultrasound and she referred me to another surgeon. The surgeon advised me not to have another surgery as the bladder got attached to the adjacent internal organ and may cause more serious problem. I was in pain for months and I had to be hospitalized every couple of months because of terrible pain. After a few more months, our permanent resident application to Canada got approved. We flew to Canada and made consultations with regards to my recurring pain. I was then scheduled for another operation and this time they took ¾ of my gall bladder as they cannot remove all of it due to the first surgery. The second reason is when I got a bilateral-CTS my doctor believed is not painful. He did not believe the symptoms I got. I mean, if you don't believe my symptoms, how could you even help me? I looked for my former doctor whom I fully trust and fortunately, I found him and made him our family doctor. It is better to find a doctor who can understand you than to be with a doctor who invalidates your claims. It is your body and only you can validate what you feel anyway.

ASMA

If you want to be a healthy person, you should develop some good habits. Eat healthy food which has less spice, sugar and oil. Use olive oil in your diet. Avoid junk food as much as you can. I know everyone loves to eat junk food. Eat vegetables and fruit rather than vitamins. Everybody has bacteria in their mouth so brush your teeth after a meal, at least 2 times a day. Exercise is the best way to keep yourself healthy. Do exercise at least 4 times a day. Sleep is one of the best ways to keep yourself healthy. Drink lots of lukewarm water and don't drink cold water all the time. Get your vitamins if prescribed. Wash your hands after blowing your nose or touching handles and garbage. Try to get your flu shot.

If you want to be healthy, it depends on you for sure. Give your immune system a boost and be healthier all year.



RAPHAEL

Do you trust doctors?

First of all, my trust in doctors is split between the results which are often disappointing for me. Two years ago, I lost my mother because she had gotten cancer and then she had to take chemotherapy. After she took the first chemo, she felt worse. I have no words for it. No later than 2 weeks after that, she had to take another kind of experimental chemo, and a couple of days after that...

I really lost my trust in science of the medicine, and we had to make a half turn to see if natural medicine could work. Fortunately, we found out a lot in this way, but the worst was done.

For my positive part about doctors, I had a skin graft about 20 months ago. The surgeon did a very good job.

Finally, the reasons why I'm half and half on that is in major part about the chemicals in the prescriptions where we had a lot of perverse effects.



HEALTH

BY TINA'S INTERMEDIATE ESL CLA

LOURDES

Are you a healthy person? How often do you get sick?

I am a healthy person. I'm a physically active person. I don't use drugs or alcohol. I usually go to bed at the same time and wake up at the same time. I eat very healthy and don't eat junk food. I take a lot of vitamins and I love water. I don't sick often. The stress has been my problem in recent years.

ALECS

A healthy person can do anything. Being a healthy person has a huge impact on our lives. There are many ways that we can prevent our life from getting sick. First, by eating healthy food. Secondly, by doing exercise. Every day take a half hour walk and finally visit or getting a check up properly with your family doctor. They may give you tips or advice. In conclusion, as long as you pay attention to your health, you may not get sick.

SYEDA

I want to begin with the old saying, "Health is Wealth." If you are healthy, you are capable of doing everything, or in other words you are able to achieve anything you want. I consider my uncle as the healthiest person I have ever met in my life, no question has arisen there. Why am I focusing on my uncle? The first reason is he is 84

years old. He has energy with a great sense of humour. My uncle is an optimist. He has the ability to handle the difficult situation in a very easy way. In other words, I would say he is a spontaneous person. He has a tremendous ability to make decisions in a correct way. In my personal opinion, there are a few things that make him healthy. The first thing is his lifestyle. He sticks on that old phrase, "Early to

bed and early to rise makes a man healthy, wealthy and wise." He always follows this. My uncle always wakes up early in the morning and eats

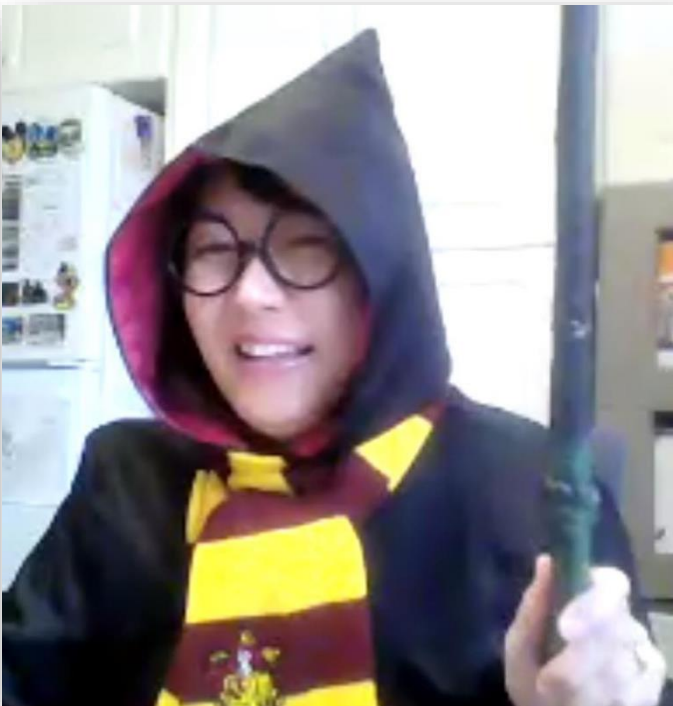
healthy he begins his morning with a walk, eats an apple and healthy breakfast and he goes out to do some philanthropy work. He loves to help others who are in need. He always keeps himself hydrated. So, in a nutshell, positive thinking, healthy diet, hard work plays an important role in order to keep you healthy.

ROSSANA

The foods that are good for our health are fruits and vegetables. Green leafy vegetables are an excellent source of Vitamins A, B, C, and K. It helps us to have a strong and healthy body. Of course, we also need protein, fats and carbohydrates. Fish like salmon and mackerel are good source of fish oil. Eating white meat is better than red meat. So, eating a balanced diet is very important to have a healthy life. For example, in a chart, half for fruits and vegetables, one fourth for starch and one fourth for protein.



H a l l o w e e n



In which country did Halloween originate?



▲ Germany

● Ireland

◆ Scotland

■ England

Taylor Reimer

Tina Jensen

Suad Mohamed

Hilmi Ersh.

JANET

Danning

Out of which vegetable were Jack O' Lanterns originally made?

WHAT DO YOU SAY ON HALLOWEEN DAY ?

PUMPKIN

\$700

✓

✗

HAMMAM

\$200

✓

✗

MOSASAURUS

\$200

✓

✗

PTERANODON

\$0

✓

✗

▲ Potatoes

● Pumpkins

◆ Turnips

■ Squash

Hilmi Ersh.

Tina Jensen

Suad Mohamed

Taylor Reimer

Asma Khalid

Hussein

Alent

Beletu Kebede

syeda

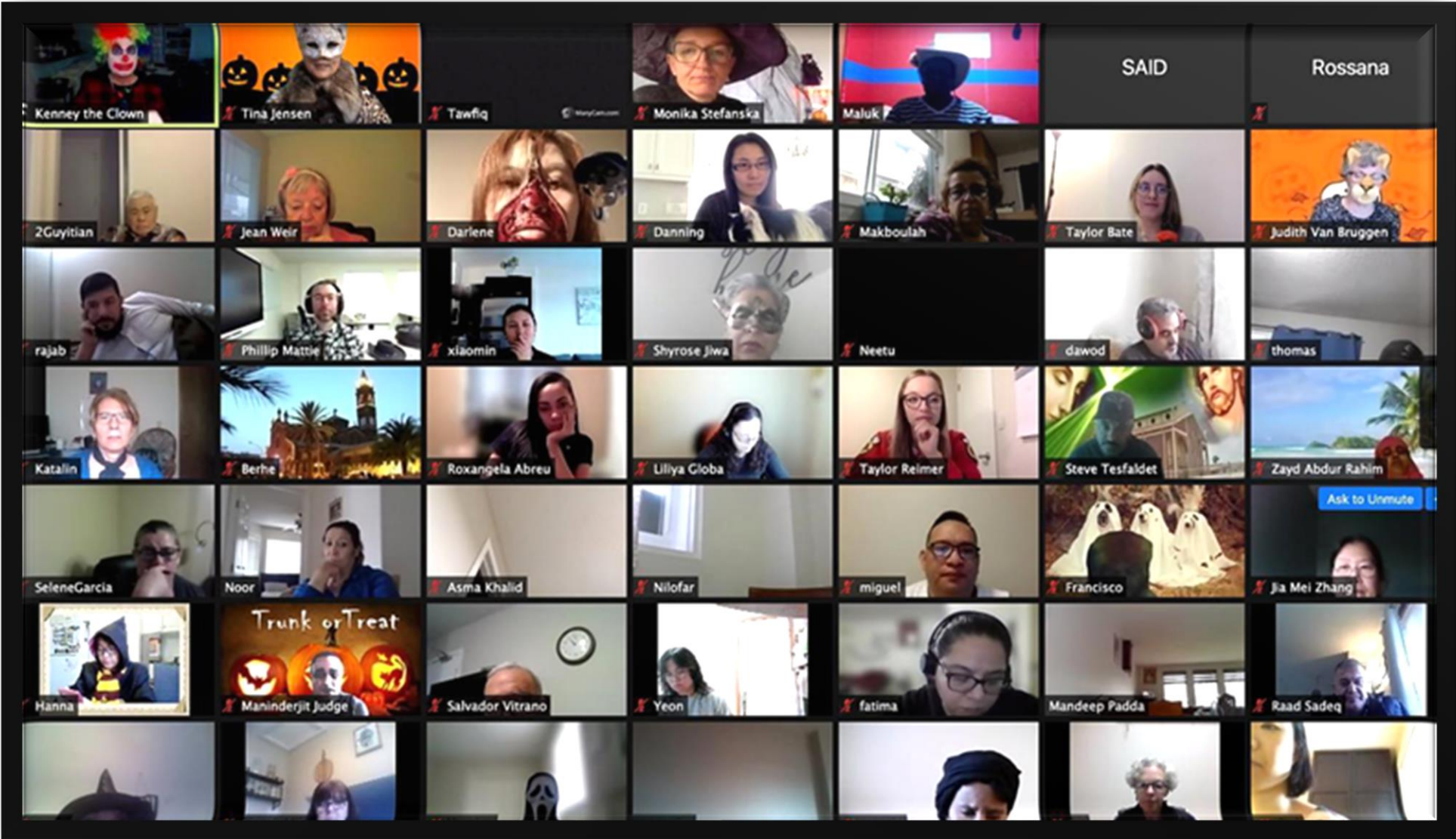
Olga & Mike

Pat

Suad Mohamed

iPad

Ghostface



Which of the following colors cannot be the color of a pumpkin?

Red

White

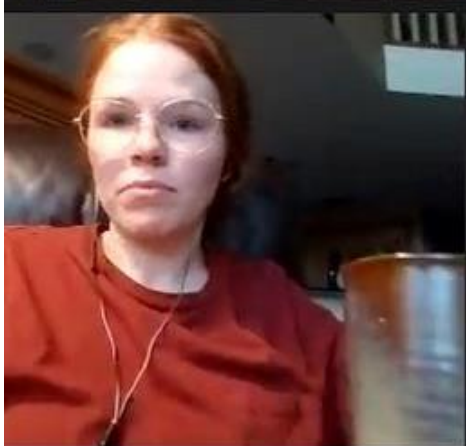
Blue

Purple

Halloween

EQUILIBRIUM TEACHER'S BOOKCLUB

Ph What a book ! We are into history now and getting ready to read “Young Stalin.”





Phillip (our teacher) and his brother and father.

OUR LINC STUDENTS' MEMORIES

In this photograph, my brother, my dad, and I are all sitting at a table. We look really happy because, well, we are celebrating a very special occasion in the photograph, my sister's wedding! This photograph shows the three Mattie boys, and we are all dashing and handsome!

The celebration was semi-formal, so that meant we didn't need to wear suits. In the photo, my brother is wearing a button-up shirt and dress pants, and my father is wearing a suit jacket and a cowboy hat. Of course, he has an amazing mustache. And then there's me. I'm wearing a white shirt, and I have a beard. Back then, my beard was all black. Now, there is some grey in it ☺.

My sister had her wedding in Cancun, Mexico. It's called a destination wedding. That's when you travel to another country, usually somewhere very beautiful, and you get married there. It can be very expensive, but you always get some great memories out of it.

This is a great memory to me. It's very special. I got to see my little sister get married, visit my cousins, uncles, aunties, and brother. My parents were there, too. We had a huge party. I want to go back and celebrate it all over again!

MHRET'S BEST MEMORY



The photo **was taken** on 1st January 2015. In the photo is me and my best friend Beti. She is the only one girl friend in my life, we are friends for 25 years. The photo **was taken** on my engagement day; she didn't know about my engagement. It was surprised for her, I told her to come for coffee ceremony with my family. And she **felt** confused, the photographer was late to take a photo her emotional face, but at that time my friend was crying and laughing, and she was hugging me tight in a photo. It was my last photo with her, I'm really miss my sunshine Beti.

MAKI'S BEST MEMORY

In this photograph, my friends and I are all sitting around the table we look really happy because we are celebrating very special occasion in the photograph. My husband took a party for me because it was my second day in Canada. I'm wearing a suit in blue and white color. We are eating Afghanistan foods. My friend's little son is wearing glasses. My handsome and dashing husband was a photographer in this picture.



Nabiha's Best Memory

This picture is one of my favourite pictures. My family and I are standing at the top of the wooden stairs. From this spot, I am seeing the bow river, the city center buildings and the Calgary Tower.

This picture was taken in summer 2010 where the weather is nice. We are wearing casual clothes. My daughter is standing between her father and her son. My grand daughter and I are on the right. We are smiling and happy for the first visit and our get together.



FAYE'S UNFORGETTABLE MEMORY- LINC STUDENT



This is a photograph that was taken in 2017. Me and my husband Jeff were dating at that time. I think he was dashing before now haha! The location of this photo was at the Universal Studio factory in Los Angeles. We spent good time at Universal Studios that day, even if it was cloudy and rainy. There are a few theme parks in the studio including Transformers, Jurassic Parks, and yellow minions. The photo was taken at park entrance. We are wearing informal clothes. We were playing all day in the park. It reminds us of a good memory until today!

My Hobbies by Chelsey Walker (GED student)

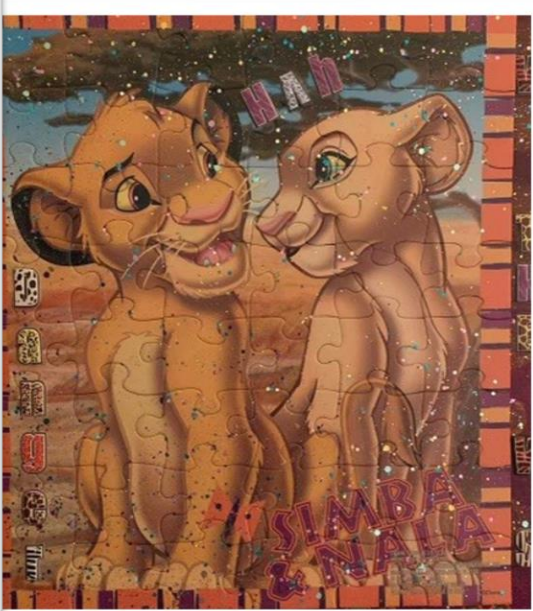
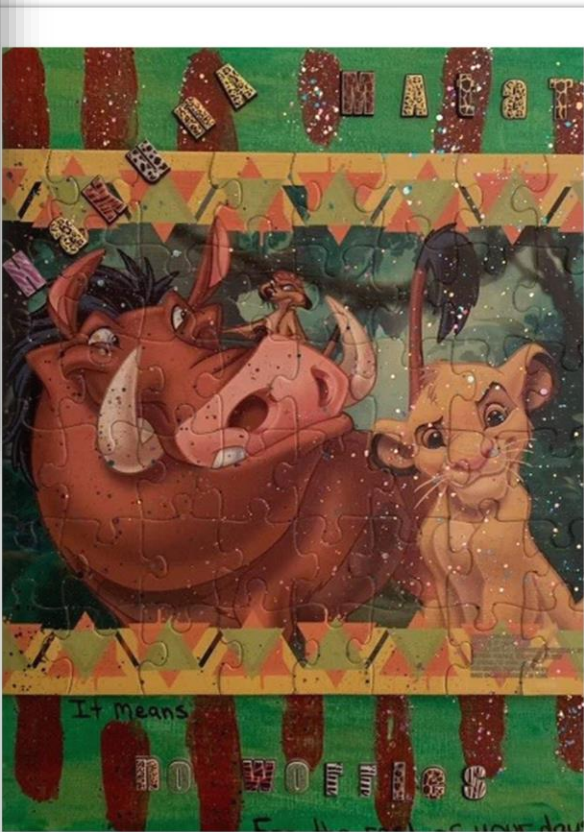
In my spare time I love to do crafting which involves puzzles and painting. These activities stimulate the brain. In addition, I love working with my hands. The time I spend on these pursuits is very relaxing.

These hobbies energize brain cells. Puzzles are especially good for problem solving and improving mental speed. As well, puzzles are great for improving short term memory. Painting sparks my imagination and helps me express my emotions.

Working with my hands allows me to be creative. I enjoy inventing unique pieces of art. For example, after I have completed a puzzle, I mount it onto a canvas and create a painting around the puzzle. I like the freedom of creating something that is personally meaningful to me. I take pride in what I can do.

My hobbies are a great time to relax and destress. Painting became a way for me to recover from back surgeries. I could do it sitting down or standing up. Before my back injury, I had different hobbies. Starting to paint has been the silver lining in this situation. Doing puzzles by myself or with my family can be an outlet for stress.

Overall, I have several hobbies that I enjoy. Not only are these hobbies good for the brain, but they allow me to work with my hands which is a passion of mine. My imagination is reflected in the creative projects I produce. My hobbies give me a chance to unwind and spend time with my family.





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Full-Time Learner

- ❑ The Government of Alberta has established eligibility criteria to identify individuals who are eligible to receive funded training and require income support while attending their training program.
- ❑ To be eligible for Income Support as a full-time learner, an individual must meet all of the Eligibility Criteria and Financial Eligibility Criteria

Eligibility Criteria (1)

- ❑ **Need for Training**
 - ✓ An individual must have a need for training to obtain and maintain sustainable employment.
- ❑ **Financial Need**
 - ✓ An individual must meet the financial eligibility criteria and be assessed as having a financial need.

Eligibility Criteria (2)

- ❑ **Approved Training Program**
 - ✓ An individual must be enrolled in an approved training program offered by a recognized institution.
- ❑ **Age and Out of School**
 - ✓ 18 years of age and have not attended an education program under the Education Act for 12 consecutive months.

Eligibility Criteria (3)

- ❑ **Residency**
 - ✓ have an established Alberta address or an established address within the city of Calgary
 - ✓ be in Alberta at the time of acceptance into the approved training program.
- ❑ **Citizenship**
 - ✓ must be a Canadian citizen, permanent resident or refugee.

Eligibility Criteria (4)

- ❑ **Social Insurance Number**
 - ✓ An individual must have a valid SIN.
- ❑ **Employment Status**
 - ✓ unemployed or
 - ✓ working on average less than 20 hours per weeks over the last 12 weeks and planning to remain employed while in training.

Eligibility Criteria (5)

- ❑ **Skill level**
 - ✓ An individual must be 'unskilled', defined as: not having the competencies to achieve sustainable employment in the labour market.
- ❑ **Labour Market Destined**
 - ✓ Unemployed or have a clear, definable and realistic employment goal.
 - ✓ Understand that employment is the primary outcome of their training.

Training

- ❑ **Training Duration**
 - ✓ a full-time basis for up to 20 months

Procedure

- ✓ To apply for funding to attend an approved training program, the individual (including a recipient of Income Support as an 'Expected to Work' or 'Barriers to Full Employment' client) must complete a [Learner Income Support Application for Full-Time Study](#).

Contact: Slavica Sero
Email: ssero@equilibrium.ab.ca
Phone: 403 283 1111

- ❑ We will help you to check your eligibility
- ❑ We will help you to fill up the application
- ❑ We will send your application to LISO (Learner Income Support Office)
 - Eligibility**
 - ❑ You could be eligible for the tuition fee, textbook fee and living allowances.

FUNDED ESL PROGRAM EQUILIBRIUM SCHOOL