

# Equilibrium School

## Newsletter

Issue # 8, October 2020



## Different Sports

Our ESL students love different sports  
Pg-2,3

Legoland California is a theme miniature park, located in Carlsbad, California, based on the Lego toy brand. More on Page 6.

**Karate** means “empty hand” in Japanese. The sport evolved in East Asia over a period of centuries. It was imported to Japan in the 1920s. Karate, like other Asian martial arts has 11 main styles. Karate is not an Olympic sport but is was supposed to make its debut at the 2020 Olympic Games in Tokyo, Japan.

What is the future of the sport? In my opinion many people do this sport and I see a bright future for the sport especially for ladies and young people practicing the main style of karate.

Karate has two categories, full contact, and control. I think most people desire the control category.

I am interested in this sport because martial arts have become an important part of many people’s lives among all age groups. Karate improves your focus and discipline. It also teaches you self-defense skills. Karate improves your confidence, it reduces stress, improves your health, and it is a wonderful way of making friends.

By ALI



## Terry Fox Fundraising Pg. 14-18



Pay it Forward  
like Dina Would ❤️

Monika...Counting honks.



Katalin, Jean, Dawn and Martha ready to raise money.



## Zorbing- By Elena

- 1. **Zorbing** is a highly dynamic extreme fun sport.
- 2. Zorbing was invented in New Zealand in 1994 by Andrew Akers and Dwane van der Sluis.
- 3. One regular zorbing ball costs around \$150-200. This is a double layer ball, made of polymeric materials.
- 4. You can have a dry or wet ride when zorbing. For a wet ride, the operator adds warm or cold water inside of the zorb then sends the passenger on a wind ride.
- 5. It is not an Olympic sport
- 6. I think this sport will become more popular in more countries specifically among young people.
- 7. Because it is different and fun, I would probably try zorbing one day.



## SOCCER – By Gianni



**SOCCER** originated in China, Italy, and Greece in the early 1900s. It is the least expensive sport out there. To play the game you need proper field shoes, a soccer ball, protection gear, a soccer net, a level field, and most of all, lots of passion. I think the future of the sport is forever. The difference is that it is NOT for passion and love anymore but for the money and the media. I have always been passionate about soccer and played it as a child in a small town. I grew up in a country that values soccer as the most important sport.

## CAR RACING

By Jemuel

The world's first automobile race was the brainchild of two French engineers and businessmen. On June 13<sup>th</sup> in 1895, the world's first automobile race took place from Paris to Bordeaux, France, and back, a distance of 1,178 km. The winner made an average speed of 24.15 kph.

Car racing nowadays is different from when and where it started. The NASCAR racer of today is a custom car in every sense of the word. Every inch of it is finely tuned, obsessively engineered, and built for speed

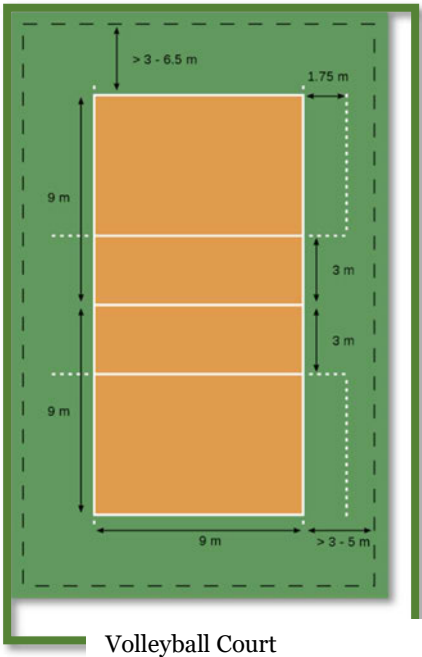
Car racing is not an Olympic sport, but a worldwide recognition sport. There are Formula 1 and NASCAR national and international cup series. The United States is the venue of NASCAR race while Europe is the venue of Formula 1 race.



The future of the sport is questionable due to a variety of reasons such as, safety, the cost, fuel consumption, emissions, engine noise level, pollution, and the use of lead additives in the gasoline.

I become interested in this sport when I was a teenager. I have a natural inclination towards cars and the mechanical side of it. I used to watch car racing programs back home and was really amazed with the speed, the looks and how these cars are meticulously made. I had an experience watching a local car race here in Calgary in 2007 where the owner of the company I worked for was a participant. He owns the PM motorsports, and they compete yearly in the United States.

## VOLLEYBALL



Volleyball Court

Originally, **volleyball** was called mignonette. How did it evolve to volleyball? Well, when they were presenting the game, someone realized that the players were volleying the ball back and forth. The name got changed to volleyball. The game was originally meant for businessmen and older men who did not think that volleyball was as difficult as other sports. The first game took place at Springfield College in 1896. The organizers borrowed the first volleyball net from tennis because the net was not that high, and the average American was shorter in the nineteenth century.

Training is important for any sports. The first training started with passing, hitting, blocking, poaching, and serving. Volleyball is a Summer Olympic sport and usually takes place at the beach. There are 46 million Americans who still play volleyball and 800 million players worldwide.

I like volleyball because it is a fun game, and the ball is soft, and the technique of the game is unique. In addition to that, it is a summer sport, and you get to play at the beach which is cool and nice. - **By Josephine**





SOC CER-By Johan



I have been interested in **SOC CER** since I was young.

Most people around the world had thought that soccer started in England, but records show us the **history of soccer** started more than 2,000 years ago in China, Greece, Rome, and part of

Central America. The English are credited for creating and implementing the first rules of soccer. In many places around the world soccer is called football.

Johan Cruyff was the man who developed modern soccer. The sport was firmly established in 1869. The most important worldwide soccer events are the FIFA World Cup, Olympics Soccer, UEFA Champion League, UEFA European Championship, Copa America, Copa Libertadores, and Africa Cup of Nations. Today there are many talented people that have improved this sport and taken it to the top in the sports world. I have a passion for soccer, and it is a sport I love playing. It is a sport that unites people, cities, and countries.

BOXING – By Nestor

The earliest evidence of **boxing** dates to Egypt around 3000 BC. Professional boxing may not exceed 12 rounds nor may it be less than 8 minutes of actual boxing. Rounds shall be of 3-minute duration with an interval between each round of 1 minute.

During the 1904 Olympic Games in St. Louis, Missouri, the USA was the only country that entered and took all the medals. Later, the Americans continued to dominate the sport winning 109 medals, including 48 gold, closely followed by the Cubans and Russians.

Boxing has probably not been the most famous sport for the last 50 years; however, the sport seemed to gain more followers. It is not dead yet, but it needs something to make this great sport popular again.



I love boxing because that is how I grew up watching the sport with my family. My grandparents used to call the whole family and we all got together on a Saturday night watching the sport on television. I also like the sport because I can feel the adrenalin when the fighters are punching each other trying to defeat the opponent. It does not matter how tired the fighters are, they never give up.

SCUBA DIVING

By **SCOTT**

In 1942, Jacques-Yves Cousteau and Emile Gagnan built the first successful and safe open-circuit scuba, a twin hose system known as the Aqua-Lung. Most diver training follows procedures and schedules laid down in the associated training standard.

Scuba diving is not included in the Olympic Games. It belongs to other worldwide organizations such as SE – Inner Space Explorers, NAUI Tec – National Association of Underwater Instructors, Pro-Tec – Professional Technical and Recreational Diving, and PSAI – Professional Scuba Association International.

What is the future of the sport? I think scuba diving will spread across the world and it could become a competitive sport if it has the necessary regulations in place.

I am interested in the sport because I want to see the beautiful underwater scenery and chase different kinds of fish in the ocean.



RUNNING A MARATHON-By Nader

You just signed up for a marathon. You are excited and scared. Picture yourself at the start line, waiting for the gun to fire. You trained right, ate well, and you are ready to have your best run every day. The international marathon running every four years. Finishing a marathon is one of the most incredible feelings. Once you have done it, you can shower and put on sweatpants and lay on the couch.



2017 Boston Marathon: Boston Runners

VOLLEYBALL

**Volleyball** is the second largest participation sport in the world after soccer, and the largest indoor sport in the world. It is a sport that can be enjoyed by people of all ages and skills levels. Volleyball was originally called “mignonette”.

The ideal volleyball player is often tall and physically flexible. Volleyball is played internationally and is also an Olympic game. The International Olympic Committee designed volleyball as an Olympic team sport in 1957, to be included in the 1964 Olympic games. Volleyball is for both men and women.

I am interested in this game because I like the sport. It is so exciting because volleyball is not just a sport, it is a way to express your anger without hurting someone. Volleyball requires solid teamwork and cooperation. This sport can change your physical strength, stamina, flexibility, and it also challenges your mental health.

By **PUSHPINDER**





# Cam& Quan

By Cam

In 1991, my husband Quan, and I, got married in Calgary. We invited 200 people to the Red Ruby restaurant to celebrate. After the celebration, we went to Riley Park with all our friends and took pictures. This year was our 29 year anniversary. We wanted to celebrate with family and friends, but we couldn't because of covid. One day, my husband and I would like to go to Holland on our anniversary.



*We are proud of Blake and his GED Diploma. Great job!*

## Remembering 9/11, Corona Virus in New York and Puzzles - LINC Class

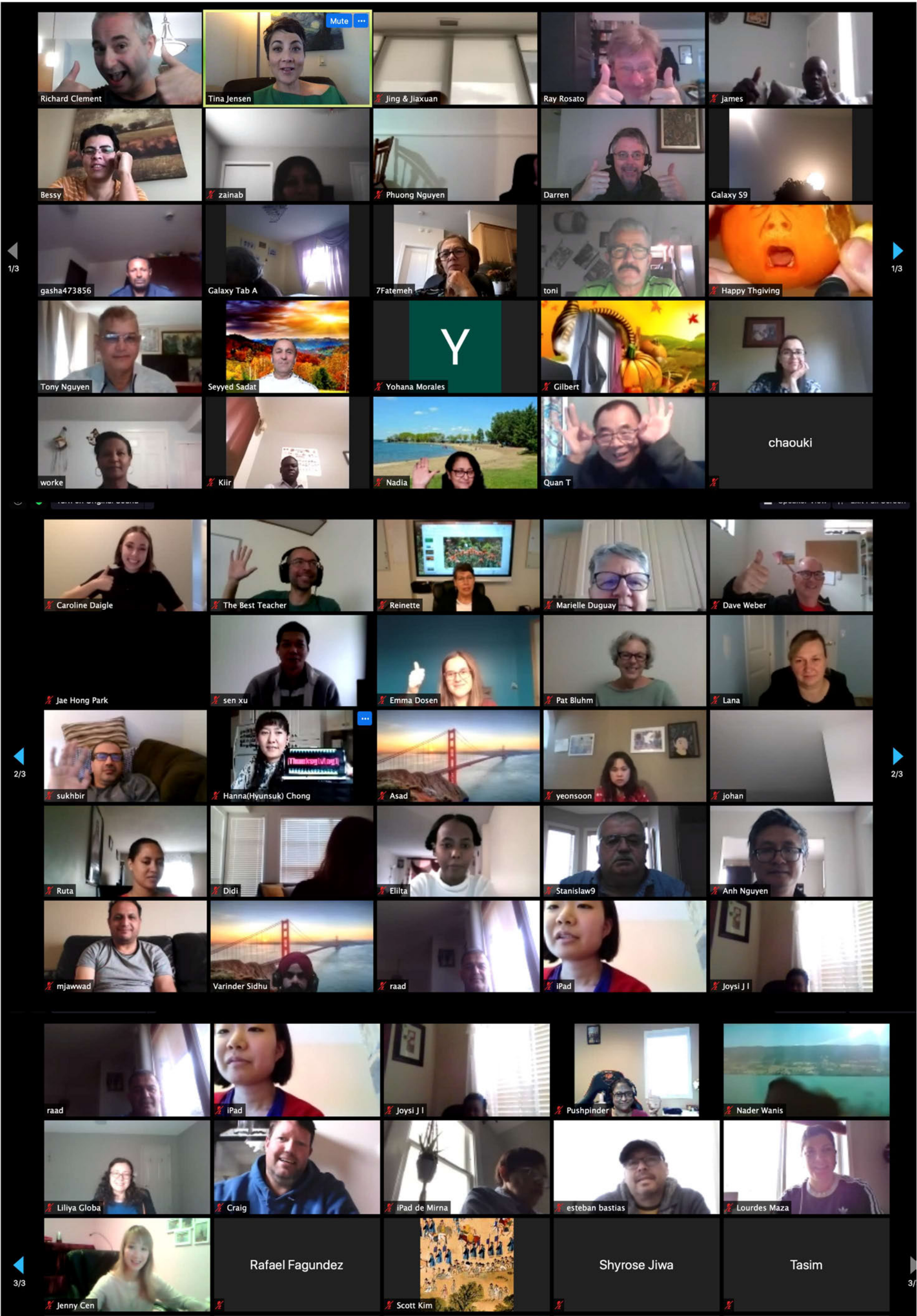
Special guest, Ray Rosato from New York in our LINC Richard's class talked about 9/11 and other topics. He gave our students great information on the World Trade Center, Corona Virus in New York and the importance of reading and doing crossword puzzles!



Ali practicing karate. You can read more about Ali's love for the sport on PG.1.







Thanksgiving presentation By Ray Rosato, New York.



IDIOMS

“Not my Type”  
Idioms

Varinder

Let’s go shopping – today is a final sale and it’s good for us.

Staying home is too boring for my taste.

My car got damaged by hail. I have my eye on a new one.



Worke

My old man has two sisters and two brothers.

People who talk too much are not my type.

I think the school will open before we know it.

Driving in the winter is not my taste.

My sister had a baby boy. I told her, “Good for you!”

I miss my mom. It’s high time I see her.

Rocio

Let’s go swimming – it’s good for your health.

My friend always says, “Don’t worry – there are plenty of fish in the sea.”

That man was too extravagant for Susan’s taste.

I don’t think that person is my type.

It’s high time you visit your father.

I’m going to swing by John’s house because he hasn’t shown up in school.

I have my eye on a new swimming facility that I would like to register in.

Quan

If you miss a girl you like, don’t worry about it. There are plenty of fish in the sea waiting for you.

That blue jacket you are wearing suits you.

Hi John, are you home? I am going to swing by your house soon.

Tony

I am following in the steps of my old man.

It’s high time for me to get a fishing license.

Before I know it, I’m getting too old to do things I used to do.

One of these days, I will swing by Tina’s house if she invites me.

Even though I don’t like it, I often hit the books.

Igor

My son always swings by my house after work for a short visit.

Scary movies are not my type of movies.

I have my eye on my neighbour’s house when they are on vacation.

My old man used to love to eat good food.

My brother got a promotion at work and I told him, “Good for you.”

Joysi

There are plenty of fish in the sea, that’s why it’s too difficult to choose one.

Good for you, son! You are able to swim.

It’s high time I visited my friend.

I asked my friend to swing by whenever she has a chance.

I used to hit the books long ago when I was a student.

I better ask my old man for advice because he has more experience.

My family wants to watch a new movie, but I told them it’s not my type.

I have my eye on a new car, but I don’t have money to buy it.

Sukhbir

Everyone has their eye on the new phones in the stores.

I’m studying English – good on me!

That shirt is not your type.

Drinking tea and coffee with sugar is not my taste.

Jagjeet

I like to hit the books in my free time.

I have my eye on a new car.

Horror movies are too scary for my taste.

Mario

Sushi is too rare for my taste.

I just passed my final exam – good for me!

Whenever you come to Calgary, swing by.

All year we had so much fun but it’s time to hit the books for the final exam.

Sewak

The Calgary Stampede is too fun for my taste.

I have my eye on a new laptop.





# SENTENCES FROM “EVERYDAY IDIOMS”

**Sewak**

I am tired of staying home. Now I am planning a change of scenery  
COVID has left many people high and dry without a job.  
Many students in this school pass tests with flying colours.  
I want to improve my English, but I have a long way to go.

**Lourdes**

I need to pay off my debt before I leave the country.  
We still have a long way to go before COVID is gone.  
I need a change of scenery in my home.  
My son passed his test with flying colours.  
I need to clean up my act with my friends from school.

**Anh**

I know how to do this. I have been down this road before.  
I worked hard and I paid off my car.  
I have a long way to go to master English  
He aced all his English tests.

**Zaidi**

My nephew has passed his exams with flying colours.  
I don’t like anyone pulling my leg.  
You have to improve and clean up your act.  
My daughter aced her exam. I was proud.  
I have gotten admission to ESL in the fall but I still have a long way to go.  
I have to work hard on my daughter’s education so by the end of the year it will pay off.

**Igor**

I like living here, but I think about having a change of scenery once a year.  
I will clean up my act and be more responsible and respectful.

**Varinder**

I paid off my credit card last month.  
My friend tried pulling my leg by telling me a funny story.  
My friend aces all sports he tries.

**Cynthia**

M parents’ sacrifices paid off.  
He ced his opponent on the last point of the match.  
Wehave long way to go to accomplish our goal.  
He passed his exams with flying colours.  
After her mother talked to her, she immediately cleaned up her act

**Gashaw**

Don't close an old account that has been paid off  
I took a chance, and it paid off.  
Don't worry about what he said. He is just pulling your leg.  
There is still a long way to go before summer is over.

**Tony**

My ex-wife left me high and dry.  
I have a long way to go if I want to learn English.  
I like to joke with my friends – many times, I pull their leg.  
After a year in school, I don’t know if I can pass a test with flying colours.  
I am an ace at working on cars.  
Studying at Equilibrium pays off with my English skills.

**Josephine**

I am sick of being in the city. I want a change of scenery.  
Because of our imperfections as humans I always try my best not to leave anyone high and dry.  
I told my son if he works hard in school now it will pay off later.  
Don’t worry about what you are going through. I have been down this road before. You will be okay.  
It is pleasant to be with my friend because she is always pulling my leg.  
Grammar is not easy for me. I have a long way to go to be able to use grammar the right way.

**Catherine**

John is working hard because he knows it will pay off in the future.  
She raised her kids with flying colours. They are all educated.  
I disappointed my parents by stealing from the store. I have to clean up my act.  
Mary is acing this game. She always wins.  
I passed my exam with flying colours last year. I was happy.  
Ellen is a good driver. This is rubbing off on me.  
I pulled my son’s leg by telling him I’m travelling somewhere.  
I’m not fluent in English. I still have a long way to go to be confident.  
People are facing this pandemic now but our ancestors have been down this road before.



You’re pulling my leg!  
(You’re joking!)





# World Tour Continues

The Virtual Tour of the World 🌍 continues @equilibriummyc. Let's explore the amazing LEGOLAND in California!



**Legoland California** is a theme park, miniature park, located in Carlsbad, California, based on the Lego toy brand. Opening on March 20, 1999, it was the third Legoland park to open, and the first outside Europe. The park is currently owned by Merlin Entertainments, which took a controlling interest in 2005. A second park in the United States, Legoland Florida, opened in 2011.

Yes, these pictures are not the real city scene. The scenes are made of Legos. Amazing! Photos by Anna

Equilibrium is visiting Warsaw, Poland.

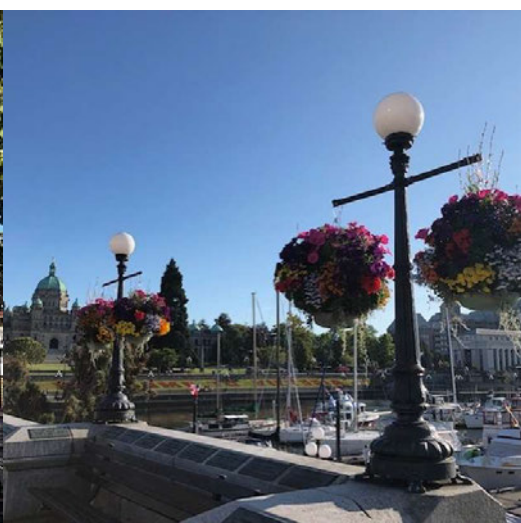


**Warsaw** is the largest and the capital city of Poland. Its population is estimated around 1.8 million. Warsaw's historical old town was designated a UNESCO World heritage Site.

We visited Hiroshima Peace Memorial in Japan. By Anna and Kasia



**The ruin of the hall serves as a memorial to the over 140,000 people who were killed in the atomic bombing of Hiroshima on 6 August 1945.**



Kasia visited Victoria, British Columbia.

**Victoria** is the capital city of the Canadian province of British Columbia, located on the southern tip of Vancouver Island off Canada's Pacific coast. The city has a population of 85,792, and the Greater Victoria Area has a population of 367,770.



We visited the beautiful beaches of Ft. Lauderdale.



**Fort Lauderdale** is a city in the U.S. state of Florida, 25 miles (40 km) north of Miami. It is the county seat of Broward County. As of the 2019 census, the city has an estimated population of 182,437.

We also visited Mostar, Bosnia & Hercegovina. By Slavica

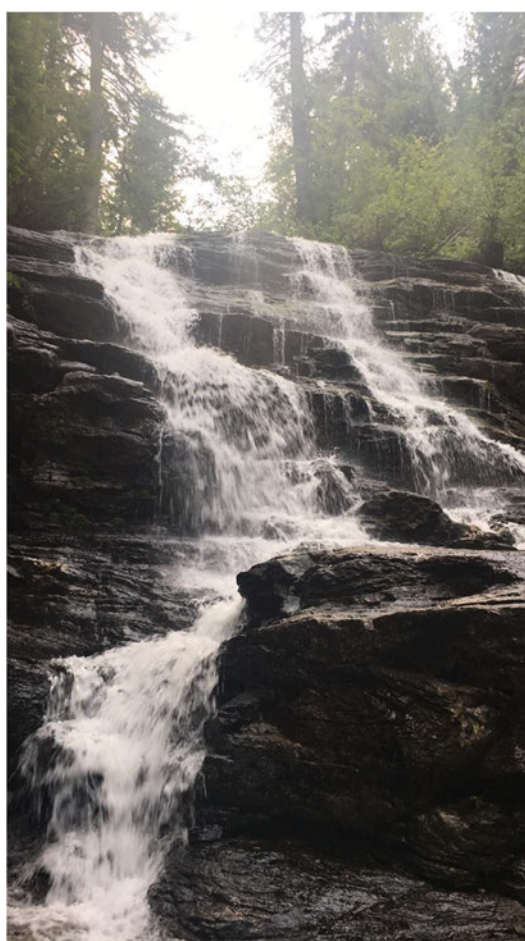


Mostar is a city in southern Bosnia and Herzegovina. It's known for the iconic Stari Most (Old Bridge), a reconstructed medieval arched bridge from 16<sup>th</sup> century, originally built by the Ottoman Empire. It was destroyed during the 1993 war in Bosnia and later rebuilt. The nearby alleys are full of shops and market

The Butchart Gardens in Victoria never disappoint!



Jean visited the beautiful gardens in July. The pink flower is Dahlia and the blue one is Passion Fruit. The gardens are located near Victoria on Vancouver Island on 55 acres of land. The gardens started in 1904 when Robert and Jennie Butchart came to Vancouver Island because of the rich limestone deposits. When the limestone deposits were exhausted, Jenny set about turning the sunken space into gardens. The gardens are the National Historic Site of Canada.



## Summer Holiday

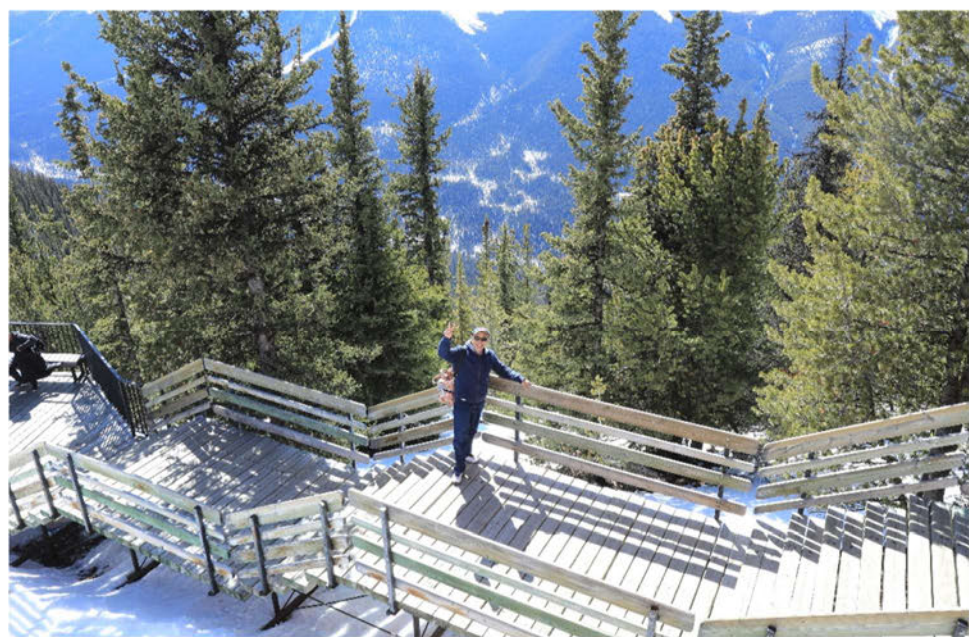
By Nisa -LINC in Revelstoke \*BC.

We are in front of the waterfall.

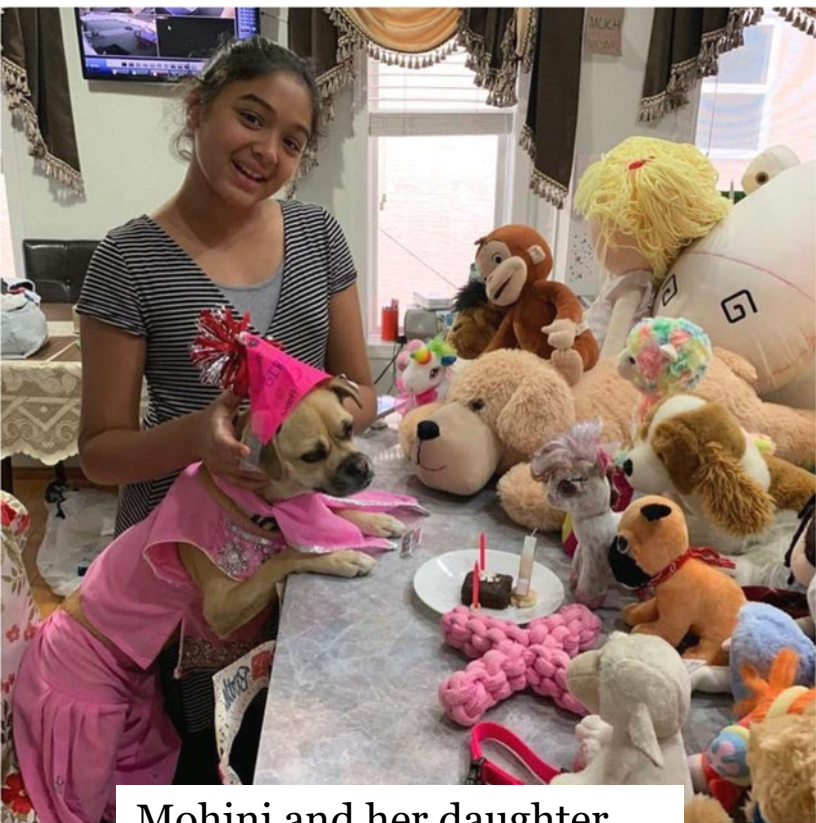
I am in the lake. It is not cold. The water is okay. There is a beach.

\*Revelstok is a small town in BC. The city was founded in 1880s when The Canadian Pacific Railway was built. The city is situated on the banks of the Columbia river. Population 6719.





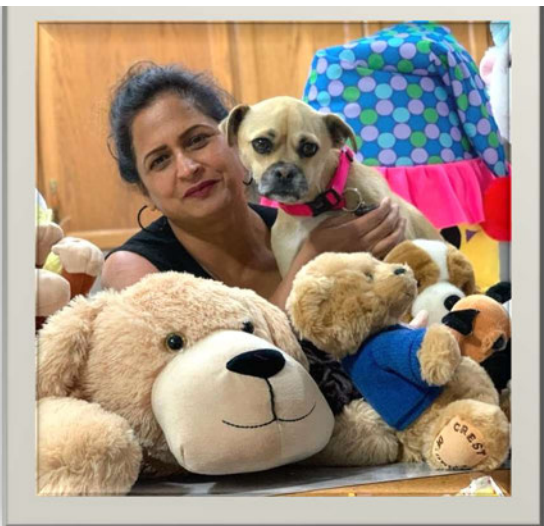
Jiaxuan and Jing:  
We stayed at home in the summer. In 2017 we went to Banff. Trees and mountains behind us.



Mohini and her daughter  
celebrating their puppy's  
2<sup>nd</sup> birthday.

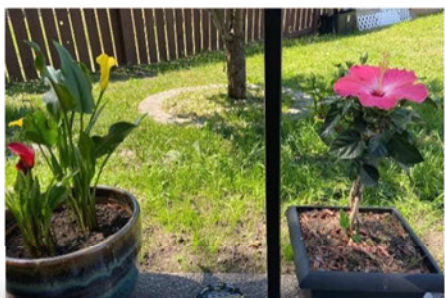


Mirna: I am in front of the flowers. I am  
visiting my daughter Monica in Vancouver BC.





Many of Caroline's students have gardens that they really enjoy taking care of. Here is Bessy's beautiful garden and her big harvest!



## My Garden -By Slavica

I never expected that growing vegetable in a pot can bring you joy, but it did. There is a simple pleasure in biting into a tomato still warm from the sun—picked and eaten on the spot.

Bessy, you did an awesome job with your garden and I can learn from you.















Even Tony (our ESL student) drove by in his antique car to support the Fundraiser.













# LINC Students discussing the topic about Terry Fox

This year we devoted the whole week to discussing the topic about Terry Fox. The students watched videos, read stories, answered the questions, participated in group and pair work activities. Many of them watched the videos about Terry Fox together with their families, and then shared what they had learned with other students. They also participated in a fundraiser. I asked my students what new things they have learnt about this great Canadian.

By Liliya -LINC teacher

## Be Strong -By Fatemah

I learned from Terry Fox that a person should be strong against problems, love people and help them. I learned that he was a hero to himself and his country, and that Canada is proud of him. Terry Fox was a big

and strong man with a wonderful idea to raise money for cancer research. Participating in charity events is a good idea to raise more money.

## After Learning about Terry Fox



I didn't know anything about Terry Fox before, and no one in my family knew about him either. So, we watched a video about Terry Fox last night. I learned about Terry Fox in class and then understood why he was a Canadian hero. I was touched by his strong will and challenge.

I'm going to donate every year and if possible, I would like to participate in the Terry Fox Run.

By Hanna

I didn't know about Terry Fox before we started discussing this topic in class. I learned that the Canadian Mint launched a one-coin dollar with the image of Terry Fox. I collect coins, and I'm interested in finding this coin.

By Nargiza

*I learned that Marathon of Hope is a great help to cancer patients and research.*

*I only knew his name but this time, I was so touched and realized a lot about his life, his challenge the meaning of his running.*

*I haven't participated in Terry Fox run so far, but my sons are participating in running and raising money at school every September.*

*If I have a chance, I'd like to participate too.*

*By Zainab*



# Happiness

by Tina's Class



## SENTENCES

1. Covid 19 makes me miserable.

2. I got a prescription from my doctor to help with pain.

3. I have to pick up my prescription from my doctor.

4. I am grateful to be healthy.

5. My teacher prescribes what kind of homework I need to do.

6. Most doctors will prescribe painkillers.

7. I am going to ask my doctor to prescribe some medication for me.

8. Brown hair colour is genetic.

9. My sister has the same genetics as me.

10. My specialist prescribed some medication for pain,

11. My daughter's eye colour is genetic - it's the same as mine.

12. People grow according to their genetics.

13. My wife prescribes the roles in the house.

14. I don't like miserable people.

15. We are grateful for what we have.

16. The pharmacist needed my new prescription.

17. I wear appropriate clothes for school every day.

18. These days, COVID 19 makes everyone experience misery.

19. We studied genetics in high school.
20. I am miserable from this vocabulary because it is hard for me.

21. The type of body I have is genetic from my parents.

22. Everybody transfers their genetics to the next generation.

23. I will be grateful when my English writing gets better.

24. The doctor will check your blood to find out your genetics.

25. I am grateful because even though my life is tough I am still here.

26. I am grateful to be learning English online these days.

27. I am grateful Tina is my teacher.

28. I need to express my gratitude to everyone for their help.

29. My kid helps me pay the phone bill. He is a grateful boy.

30. Cancer may be due to genetics.

31. Speaking English appropriately is useful.

32. My child's black hair is genetic.

33. We should be grateful to God for all our blessings.

34. I am grateful we are all doing fine these days.

35. My genetics are full-blooded Italian.

36. We should behave appropriately with others.

# PRESCRIPTION FOR HAPPINESS

( group work )

### Quan's group

- \* We should think positive
- \* We should eat healthy
- \* We should do exercise
- \* We should spend more time with family
- \* We should call good friends



- \* We should watch comedy movies or funny channels
- \* We should save money for the future
- \* We should worship God

### Pushpinder's group

#### Tony:

My prescription for happiness is when COVID19 is gone.  
I will be happy when I win the lottery.  
When I wake up in the morning and see a sunny day, I am happy.  
When my wife is happy, then I am happy.  
Whenever I book tickets to my home country to see my family, it makes me happy.

#### Joysi:

Happiness of our family is a prescription of my happiness  
Forgiveness gives me happiness.  
When I put a smile on people's face or when they are happy, it makes me happy as well.  
Whenever I wake up in the morning and see myself here, I am happy.

#### Pushpinder:

When my family members are healthy and making progress, that is my prescription for happiness.  
Doing or giving something for others gives me happiness.  
At the end of the day when I finish all my duties I feel happy.  
Whenever I hug my kids, I feel so happy.

### Sewak's group

- \* When we get a job we will be happy.
- \* We are grateful for our family.
- \* We are very happy to meet our classmates four days a week.
- \* We are really happy at this moment if we spend time with our family.
- \* We are very happy everyone is staying safe.
- \* We are happy when we improve our English.
- \* We will be happy when we finish our school program and WCB sends us some courses.
- \* When we laugh, it makes us happy.
- \* When we met all our friends from a long time ago, we all feel happy.



I'd like to share some of my photos that I take as part of my hobby. This is for your newsletter, or wherever you would like to place them These pics. were taken at my place and coming back from physio in Calgary. I have been taking pictures for roughly 15 years with various Nikon Cameras. Currently I'm using a Nikon D600 with various lenses.



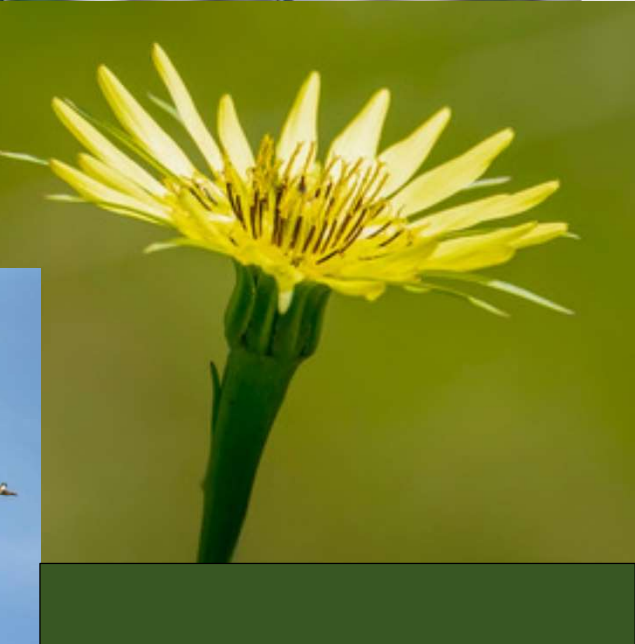
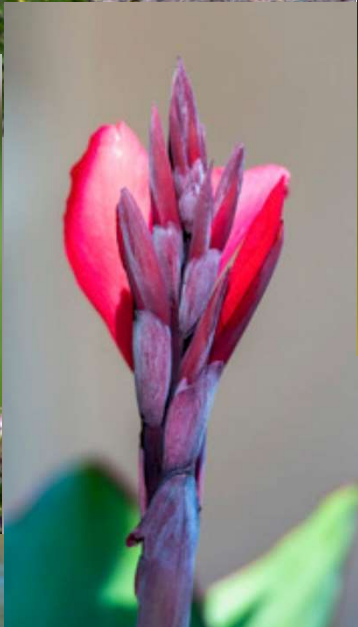
# Hobby - Photography

## By Peter Kleinloog

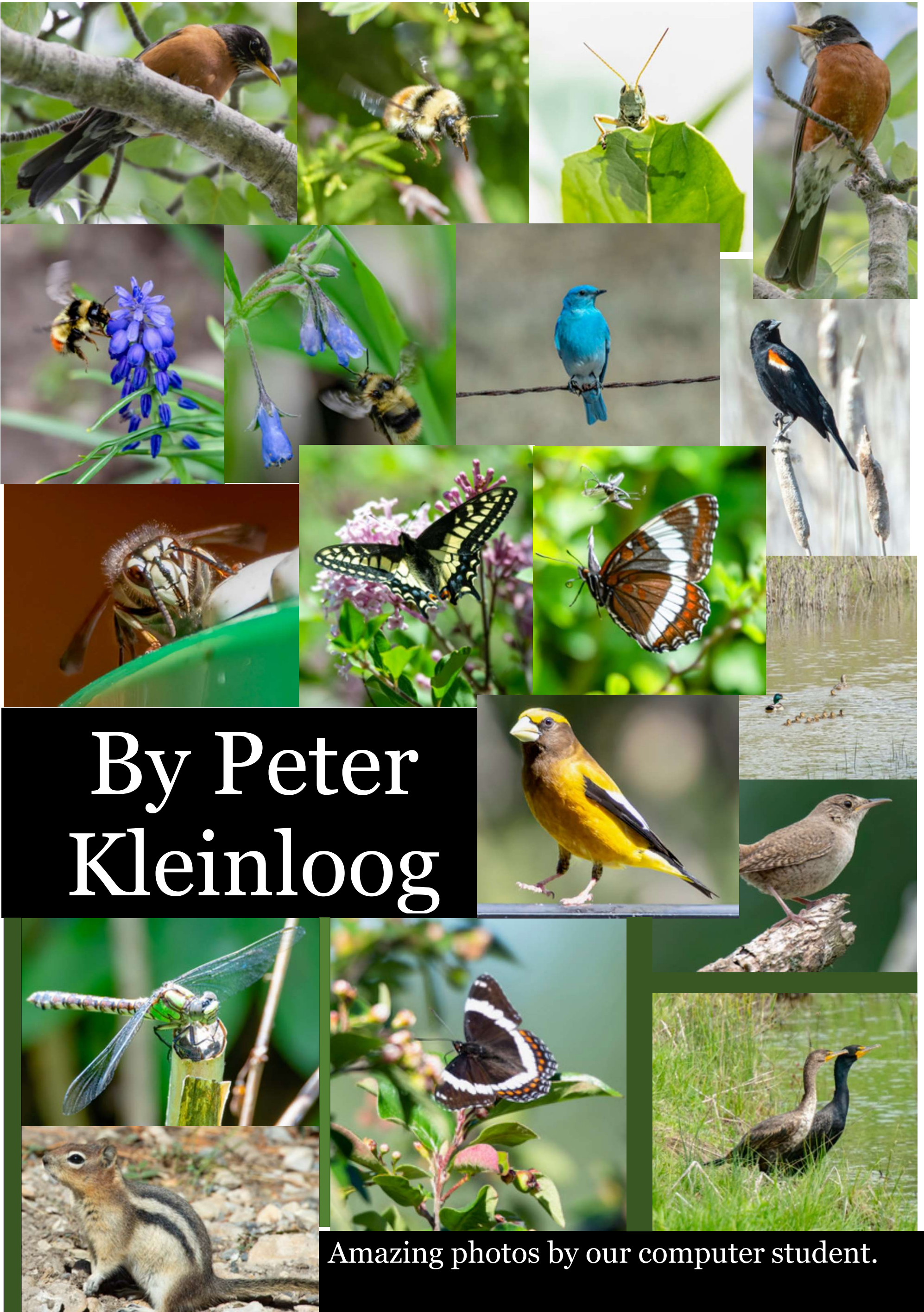




By Peter Kleinloog







By Peter  
Kleinloog

Amazing photos by our computer student.



# My Hobby

By Don Hicks

My hobby is building furniture. Here are some of the reasons I like building furniture. The quality of furniture I build is much better than most store bought furniture. It is also always made out of solid wood, as compared to particle board. One of the main reasons I like making my own furniture is each piece is unique.

First of all, building my own furniture is always about quality of work being done. This shows my ability to build something out of wood that is perfect to the eye of

others and myself. You must have great wood finishing abilities to make it a quality piece of furniture.

Secondly, building furniture out of solid wood is most important for furniture I want to last a lifetime. It is always going to be sturdier and stronger than store bought furniture. Also, I can pick the grain which makes a difference when staining.

Lastly, I can make every piece unique, as this can show my own designs and

thoughts. Having unique pieces of furniture is nice because I know not every second person has a piece of furniture like that. Also, the way I do finishes on solid wood furniture can make it very extraordinary.

Building furniture is a great hobby. I like it when someone comes into a room and says, “Wow that’s nice!” This happens when the quality is great and the materials used are much better than store bought furniture. This always will give a unique piece of furniture.

# My Pets - Tina Jensen (ESL teacher

I have always had pets. We had many pets in our family when I was a child: cats, dogs, budgies, a chicken, 17 rabbits (we started with two, and, well...), gerbils, fish, a hamster...

As any pet owner knows, having a pet means a house full of unconditional love. Sure, pets can be messy, smelly, noisy and expensive, but the rewards are much greater than any of those things. Your heart will break when their little lives come to an end, but you will have experienced so much love and joy.

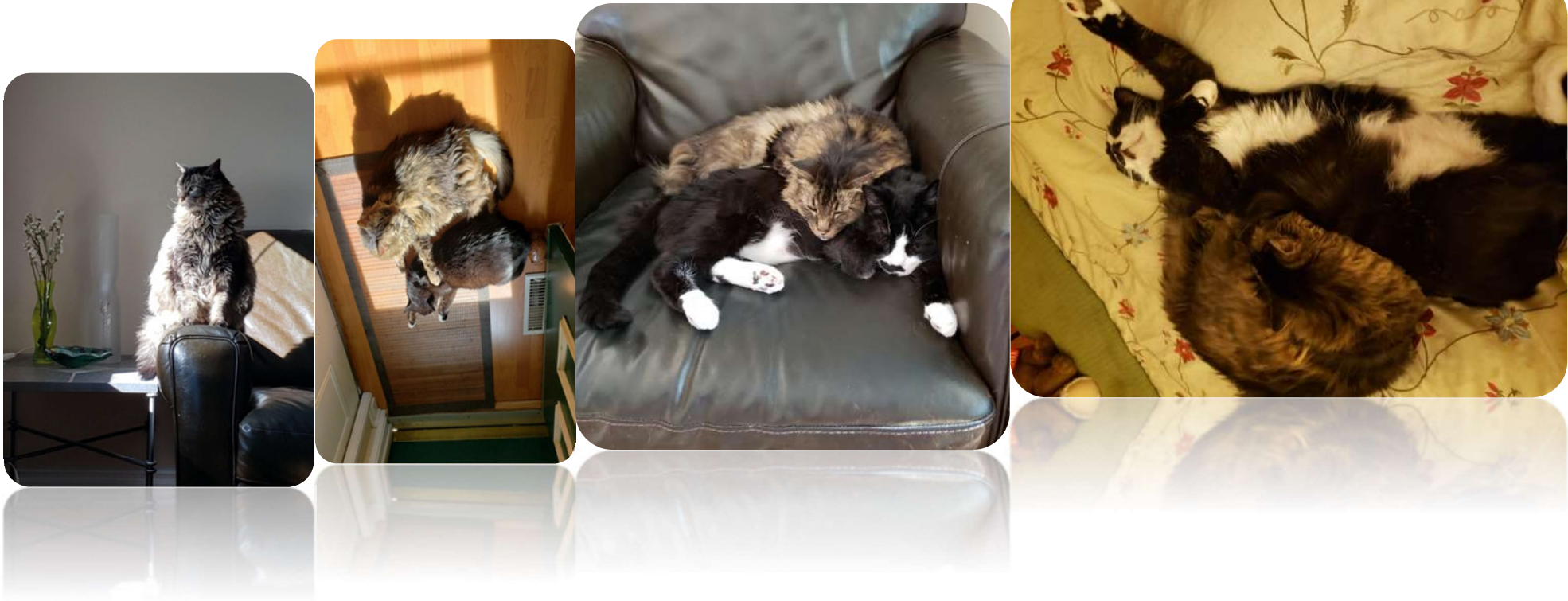


Right now, I have two cats: Odin (a black and white “tuxedo” cat) and Dill (a long-haired Norwegian Forest cat). I got them both separately from the Calgary Humane Society (the animal shelter) in 2010. I have been volunteering there since 2010, and you can imagine it is hard to see so many sweet animals that need homes. Odin had been found on the street and had been in the shelter for several months. He was overweight and stinky and had a slight problem with his heart, so he was having trouble finding a home. He was also extremely friendly, cuddly and affectionate. I fell in love with him right away. At that time, I already had two older cats, but Odin soon became part of the family and made himself at home. He slowly lost weight (because I put him on a strict diet!!) and now his heart problem has disappeared.

A few months later, I met Dill. His original owners had returned him to the shelter because they didn’t want him, but he was also very friendly and sweet. He came home with me and joined the others.

Although they were “strangers”, Odin and Dill are now best friends. They play together, curl up and sleep on each other, chase each other around the house and are never far from me or each other. As I am teaching from home, Odin usually sleeps on my lap ALL DAY. He still weighs about 13 pounds, so sometimes my legs get tired, but it’s so nice to have him keep me company! Dill is always nearby or sleeping on a sunny spot on the floor. Around 3pm, they know it’s almost time for me to get up and feed them, so they start to run around the house and make noise. They are funny and adorable. My life would be so quiet and boring without my two little buddies.

At one time, I had 4 cats and a dog in my house, which probably seems a little crazy! Perhaps, but it was fun, interesting and rewarding. I am lucky to have had so many pets in my life. They all have such different personalities and I love them all so much.





## Colombia

I want to talk to you about my country. Colombia is a country that has many riches such as gold, coffee, oil, coal, flowers, and bananas. It has a great diversity of birds, landscapes, and climates. We have excellent beaches and places for tourists. We have great food and very friendly people.

By Raul



I like plants. They give life to the house. They make it feel like a natural environment. I like especially natural flowers. My favourite flowers are roses. Colombia exports flowers to different countries. Colombia has more than 1400 kinds of flowers. Colombian flowers are appreciated all over the world. The most requested are roses, carnations, astromelias, chrysanthemums, and hydrangeas, among others. Colombian flowers are recognized for their quality and beauty.

By Idalides



Columbia

## My Hero

I would like to talk about Robert Lewandowski. He is the best football player of 2020 in the world – not Messi, not Rolando, but only Lewandowski. He comes from Poland and has won all the club cups in the world this year. He has over 500 goals in his career.

He is a modest man, with a big heart. He is a good role model for the young people in Poland. Young people want to be like him.

Robert Lewandowski is my hero.

By Dariusz



## Donna's ESL Class

## The History of Vanilla

The history of vanilla started in the south of Mexico and the north of Guatemala. The first people who were working with this product were Olmecs and Mayas. However, in 1427-1440, the Totonacs in San Rafael, close to Vera Cruz, also found uses for vanilla. When people from Spain arrived in Mexico, they exported vanilla to Europe and France. The first person to discover pollination manually was Charles Morren, in 1836, but it did not work. In 1841, a slave named Edmond Albius from Reunion Island, found a way to manufacture and quickly produce the vanilla in Madagascar. This was good, because the flower needed to be used quickly or it would die within 6 – 9 days.

By Williams



## Celebrations in Colombia

On October, the 12<sup>th</sup> in Colombia, Honduras and the rest of the countries in America, we commemorate the Discovery of the Americas. by the explorer, Christopher Columbus in 1492.

On October the 12<sup>th</sup> we celebrate “Dia de la Raza”. In the small towns, the children dance and sing. Everybody celebrates this day. They are very happy. Also, on that day Esperanza's family remembers the birthday of her brother, who died on February 22, 2020.

By Esperanza & Jaime



## Celebrations in Mexico

The 3 important celebrations in Mexico.

One is on May the fifth in Puebla. The Mexicans won against the French soldiers.

The second is Independence Day. We start celebrating on September the 15<sup>th</sup> and we finish on 16<sup>th</sup>.

The third is the Day of Dead. We start celebrating on October the 30<sup>th</sup>. We finish on November the second. All families go to the graveyard. They bring some flowers, bread, food, and music.

Some families bring special food or drinks for the person who died.

By Roberto



Our teachers and staff.

