

Aug 09

The Official Newsletter of LINC Home Study

NEWSLINC



Level 5 to 7

The LINC Home Study program is funded by:



Citizenship and
Immigration Canada

Citoyenneté et
Immigration Canada

LINC Home Study

LINC Home Study is an English language program for newcomers to Canada who wish to improve their listening, speaking, reading and writing skills. This program provides students with the opportunity to learn English in the comfort of their homes and is open to landed immigrants and convention refugees 18 years or older.

Classes are taught by certified TESL instructors, who contact students every week to review homework, practice speaking and answer questions. Students have a choice of using their computer to study English or having a traditional textbook. All the study materials are based on the Canadian Language Benchmarks standards.

Is there a fee for this program? No. The program is funded by Citizenship and Immigration Canada, and as such, all study materials are provided free of charge to participants. LINC Home Study students are encouraged to study independently for between 5 to 10 hours a week, and to finish homework on a regular basis. To be successful students have to study hard, and commit their time to improving their English skills. The teacher is there to guide students along on their path to significant language improvement.

The LINC Home Study program offers many other study options, including drop-in conversation classes, additional phone conversation classes, a senior's program, instruction for deaf and blind clients and a business writing course. We encourage all LINC Home Study students to take advantage of the options available to them, to participate in the online LINC Home Study forum, to contribute to our monthly newsletters, and to their journey in learning English.

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EDITOR'S NOTE

Welcome to the August issue of the LINC Home Study newsletter.

There are many important articles in this month's newsletter that focus on a variety of subjects and issues. Be sure to check out the student reflections section for stories, information and advice from fellow students.

Please be sure to send us your articles, feedback and comments every month.

Enjoy!

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LINC Home Study

Program Updates

Drop-in Conversation Sessions: Throughout the summer drop-in conversation classes are being offered to LINC Home Study students in levels 2, 3, & 4 who live within the GTA. Classes are held on Saturdays between 10am and 12pm at 2 Robert Speck Parkway, Mississauga (near Square One).

Additional Conversation Classes (by phone): Students who would like extra conversation practice can join an additional conversation class. In addition to a regular teacher, students can have a conversation teacher who will speak with them for another 35 to 45 minutes each week. Additional conversation classes are offered as 12 week sessions to all students in the LINC Home Study program.

LINCing Seniors: Weekly in-class English Conversation sessions for newcomer seniors have begun for LINC Home Study students who are over 55 years of age. Sessions take place every Tuesday and Thursday between 10am and 12pm. at 2 Robert Speck Pkwy,



Business Writing Course: The LINC Home Study Business Writing course is available to LINC level 6 & 7 students. In this online course students learn about professional business communication, including topics such as resume writing, composing proper letters and email, and how to write reports.

For more information on any of these programs, please email the LINC Home Study office at help@linchomestudy.ca

Staff Reflections

CELEBRATING CANADA DAY by Lionel Zhang

Did you know?

The lowest temperature ever recorded in Canada was -63 degrees Celsius.

Canada has six time zones.

Lake Ontario is the size of Switzerland.

40% of the world's newspapers are printed on Canadian paper.

6,502,865 Canadians speak French as their first language.

Yonge Street in Toronto is the longest street in the world.

With 2 million lakes, Canada has the largest amount of freshwater in the world. (466,697 sq km)

The Trans-Canada Highway is the longest national highway in the world. (7,841 km)

On the morning of July 1st, 2009, our family along with our friends decided to have a walk on the trail along The Humber River. Later that evening we watched the fireworks display in Downsview Park along with many others to celebrate Canada Day.

Around 10 o'clock, we got off the train from Old Mills subway station. After a short walk, we arrived at the Humber River. It was a beautiful day and we walked along the trail for around 4 hours, stopping at parks and getting great exercise.

Before we left, we discovered a place called the Old Mills Inn and Spa. It is located in the setting of the Humber Valley with stunning architecture, old English style, and with beautiful gardens to match.

We took some pictures and planned to have lunch there one day.

We reached Downsview Park at around 9 o'clock. The opening ceremonies began in the morning, so a lot of people were already there. This year, celebrations here had an array of entertainment and activities. A lot of people painted their smiling faces red and white, and I don't think we went anywhere there that did not have a Canada flag on display.

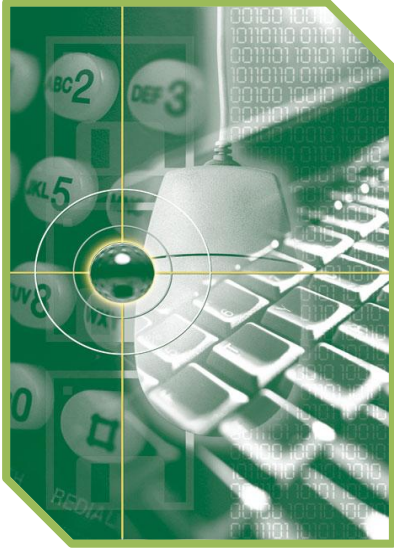
The spectacular fireworks started at 10 pm. The stars in the navy sky were joined by tens of dazzling fireworks, in spectacular shapes and colors, exploding loudly, some more than once. It's surely unforgettable and is incredible to witness while we proudly honor our beloved country.



Happy Canada Day!

Student Reflections

TECHNOLOGY IS MAKING US LAZY by Rene S.



I love this present modern society with its advancing technology. I doubt that I could live without it. However, when I think about how things in everyday life have changed because of technology that is when I just realize how lazy we really have become.

Technology makes the body lazy and the brain sluggish. Also, it is creating a generation incapable of communicating face to face. First, because of technology, our brain is not thinking sharply. We cannot memorize simple things and we cannot sum-up simple additions or subtractions without a calculator. Also, we are not able to remember phone numbers, addresses or the birthdates of our relatives because it is easier to have this information in a tiny little sim-card.

Second, technology makes our body lazy. I remember the library as an ideal place for researching information when we were young. However, now we prefer Google or Yahoo to research information on the Internet instead of going to the library. In my personal case, I need to confess I just go to the library when it is absolutely necessary. Moreover, we prefer to drive the car when we could walk to something close by and we choose to pay our bills online because we think that going to the bank takes too much time. In addition, we decide to watch a movie on the computer instead of going to the movie theater, and we also would rather play computer games instead of going to the YMCA to get involved in a physical activity.

Another example of our laziness is perhaps our increasing inability to communicate face-to-face. I remember that not too long ago, if we wanted to contact somebody, we just wrote a letter, or called by phone because there was no such thing as I-phone, email, or text messaging. Today, communicating involves portable computers, cellular phones, notebooks, and palm tops. Also, the normal social networking that we usually use in our business life involves web sites like MySpace or FaceBook. However, it is not possible to share time over a cup of coffee with our new contacts while we are chatting in an impersonal way.

A special friend of mine thinks that technology only contributes to laziness to those who are already inclined to be lazy, and, frankly, I cannot recall ways that technology has made me more active. Rather, it tends to make me lazy. After all, who wants to go to the restaurant knowing that a meal is ready

in five minutes in the microwave?

I know we are not living in the Cromagnon era anymore and technology is just used to assist us. However, because of technology, ultimately, I have been feeling unhealthy, sedentary, and a little fat. I love technology and I doubt that I could live without it anymore. Nevertheless, I believe it is imperative to be aware of its implications if we are only thinking of technology as being the primary tool in achieving an easier lifestyle.

Niagara Region - Rene S. is a Level 5 Student. His teacher is Alena S.



WORKING IN A RESTAURANT by Alena L.

When we go out for dinner we expect to get quick service and a good meal preferably at a low price. Not too many of us think about how much hard work is behind all this. There is a whole team of people trying to make you feel good and satisfied during your stay in their establishment.

Working in a restaurant is a physically and mentally challenging job and requires a lot of sacrifices, such as giving up weekends and summer vacations, going to work early in the morning to do all preparation for the day, returning home late at night, not to mention the pay, which is not to kill for. This does not sound very encouraging, but I do know some people who enjoy working in this fast paced environment. To be successful in the food service industry, you need a group of people dedicated to their job, who do not mind putting in some extra time. The chef is the brain of the kitchen; he/she creates the menus, supervises the kitchen staff, cooks the ordered meals and runs the whole kitchen. Hostesses and waitresses are the messengers between the customers and the chef. They must not only be polite to the customers, but their appearance must be clean and neat. The last links in this circle are the dishwashers and the cleaning staff. Their job is to wash and clean up all the mess we leave behind. Those people work hard and many times under big pressure, especially through the rush hours.

I like to eat out too, and many times I have witnessed how people complain about everything they can. The water was warm, the meat was not cooked enough or it was over cooked, the coffee was cold, the knife was not sharp and on and on. They bossed the poor waitress so much, that she was close to crying. I know from my experience (I work in the kitchen), that even though your intention is to cook the perfect meal, it does not always turn out as you wish and many people who have some idea about cooking will agree with me. So please, when you go to eat out next time, try to show a little appreciation not just in the form of a tip but also in the way you treat the restaurant personnel. Remember, how you treat people, is how they will treat you.

Niagara Region - Alena L. is a Level 6 student. Her teacher is Angela R.



Student Reflections

ALTERATION OR MANIPULATION? by Nury G.

I consider photography an art; however, nowadays photos can be altered at the taste of the computer technicians. Could it be a new art, too? I like to go to photography exhibitions where you can see the art of an individual who tried to make her or his own impressions of a specific situation or moment. It is wonderful to appreciate how the camera catches something special from the person or landscape that nobody else does.

It makes me uncomfortable to see a picture in the newspaper or magazine that you know is not real. I think that could be manipulation of the truth with commercial purposes in which the editor wants to show just one face of the truth. However, these practices are common in the advertising industry and fashion magazines. Since there is some kind of intellectual property I deeply regret the fact that sometimes the purpose behind a picture could be more dangerous.

For example, it was a scandalous debate in Colombia when a journalist denounced that our government used the Red Cross emblem by police officers that were present in the liberation of kidnapped politicians last year. They used the emblem without permission of an International Organization that has been recognized to be impartial in cases of conflict. Also the Red Cross emblem is warranty for medical and First Aid Organizations that expose their lives helping people that are trapped in dangerous situations. So then, the Government denied it and made alterations erasing the emblem in the newspaper pictures. However, there was a video tape recorder with the proof that the emblem was used in an inappropriate way. The journalist was declared an enemy and was held in a police station for hours. He was accused to be an ally of the guerrilla. He was put in a very dangerous situation and then he left Colombia to be in exile.

In conclusion, it is regrettable that owners of the media are willing to do whatever they can to use their power to manipulate not only the messages but also the public opinion. Also, it is known that history is written by the winners and rewritten by the losers.

Niagara Region - Nury G. is a Level 7 student. Her teacher is Susan P.



Nowadays we can't imagine our life without computers. Computers have become so important that nothing can replace them. They seem to be everywhere today. Since the first computer was invented our life has changed so now we can call or contact each other quickly and easily.

The first computers were different. They were so huge that they occupied big rooms or buildings. They were not faster than modern calculators. Now they are small and millions of times faster.

There are many advantages and disadvantages for this machine. The advantages are: Computers help us with calculating, teaching, and calling and contacting people.

Computers assist with teaching. They improve our skills of concentration and our assimilation of knowledge. With computers we have access to lots of information and we don't need to worry about storing or process the information.

With computers, we can watch videos and listen to the music; we don't need video player or TV. Computers help us to find a job quickly or to find a house easily.

Now the disadvantages for computers: Computers are dangerous to our health. The monitors used to be dangerous for our eyesight. Nowadays, due to technological developments, they are very safe.

The main threats to younger users of the computer are internet pornography and bloody games, so parents should pay attention to this issue.

The other threat is that you can be a computer addict. If you spend most of your free time using the computer you should go to see a psychologist.

I think that the situation is very serious. We can't get along without them anymore. They are everywhere, in our homes, our schools, at work, and in our cars. It is very possible that the next stage of human evolution is some kind of half human and half machine. On the other hand, although I don't think it will happen in the near future, the truth is that those computers will rule the world sooner or later.

**Halton Region - Muna A. is a Level 5 student.
Her teacher is Rose D.**



Watch a video on Computers at: <http://www.youtube.com/watch?v=12i3s6rZW-A&NR=1>

Student Reflections

DIARIES OF MY RETIREMENT by David A.

The day of my retirement will arrive soon. After working for many years, usually in unpleasant jobs, I remember having some ups and downs. I've met some weird bosses, but also some pretty good co-workers. Actually, some of my co-workers are my best friends, including my wife; I've really enjoyed their friendship. I learned a lot about working techniques and about how to be productive, which was fun. But what I value most is to have learned gardening and handling of maintenance tools. This knowledge will be very useful for the upcoming days.

I can imagine some of the days of my retirement very clearly. I'll be with my wife having breakfast at home without any rush. Then, we'll enjoy the morning in our garden taking care of our plants. Beautiful flowers and fragrant plants will be everywhere. Maybe, I will use our push lawnmower; we don't want to invade the place with disturbing noise. There will be some gardening, lots of water, not only for me, but also for our plants.

Sports should be present in our lives. We've thought about golf, tennis and swimming. With some precautions we can continue with physical activity without any risk. By the way, I wouldn't go for any gold medals in seniors' games like that man who is trying to get one now, when he is over 100 years.

Some brain games will be welcome. Solving them is one of my hobbies and is helpful for keeping our brain active and healthy. Recently I read that there is a consensus that some exercises can stimulate aged brains and improve some areas of importance, especially memory. The idea is to start naming people, places, events, close and very important in our lives, childhood, etc. The information should be related to short-term memory and long-term memory. For me, it is very important to have my brain in very good shape. I don't want to be a heavy load for anyone.

When my retirement arrives, I need to see the whole world in a different state of mind. But it is not good to wait until that day arrives. I am ready now. I have a will, a power of attorney, and a living will.

I have written decisions on my very intimate wishes about the most important topics of estate planning, including of course the least taxes to be paid.

The idea of having the three cited documents came to me when our first son was born and we immigrated to Canada. No relatives and no friends in this country made me think about the different options facing the future. Any accident or any terminal illness would take our son into an unexpected situation. The Government of Canada would take possession of him, his future, etc. Consequently, he would be adopted by someone in Canada, which is not bad per se. However, my wife and I have other ideas about this topic. Our children would live with my brother back home. I know that he will take care of

them in a very lovely way with his wife and their kids. I'll leave them some money for the future. Besides, in case of any situation where my life is threatened and I am in a vegetative state with no option for recovery, I will donate all the organs that I can. I believe this is a way to give life even after my death.

Generally speaking, people think that filling out these documents is a very expensive matter, but I found very helpful websites on the Internet. There are free texts that you can adjust to your own needs and wishes. Any of these documents signed in the presence of two witnesses is absolutely valid and accepted by any Canadian judge. My decisions were made in full mental health and without any pressure from anyone.

I am ready for the big day. My wife and I have decided to live in a quiet neighbourhood with senior people, where our children, their spouses and our grandchildren can enjoy our company and vice versa. We'll enjoy our neighbourhood, and our city. My wife and I have decided to live in Niagara-on-the-Lake. We discovered this place a couple of weeks ago and I can assure you it was love at first sight.

It is a very beautiful and lovable place with lots of places to enjoy, such as parks, the river, the lake, and the golf course. But everything related to our dream home should be written in the next diary of my retirement.

Halton Region - David A. is a Level 7 student. His teacher is Lesley H.

As a country that pays great attention to courtesy, our cuisine culture is deep rooted in China's history. As a visitor or guest in either a Chinese home or restaurant you will find that table manners are essential and the distinctive courtesies displayed will invariably add to the enjoyment of your meals and keep you in high spirits!

Respect First

It is really an admirable custom to respect others at the table, including the aged, teachers and guests while taking good care of children. Although the hosts in China are all friendly and hospitable, you should also show them respect. Before starting to eat dinner, the host may offer some words of greeting. Guests should not start to eat until the host says, 'Please enjoy yourself' or something like that, otherwise it suggests disrespect and causes displeasure.

When hosts place dishes on the table, they will arrange the main courses at the center with the supporting dishes evenly placed around them. When the main dishes are prepared in a decorative form either by cutting or other means they will be placed facing the major guests and elder people at the table. This also embodies virtue.



On Chopsticks

China is the home of chopsticks. The culture of chopsticks has a long history in China. The tradition of using chopsticks as tableware was introduced to many other countries in the world such as Vietnam, North Korea and South Korea. The invention of chopsticks reflects the wisdom of Chinese ancient people. A pair of chopsticks, though they look simple, can nip, pick, rip and stir food.

At Important Moments

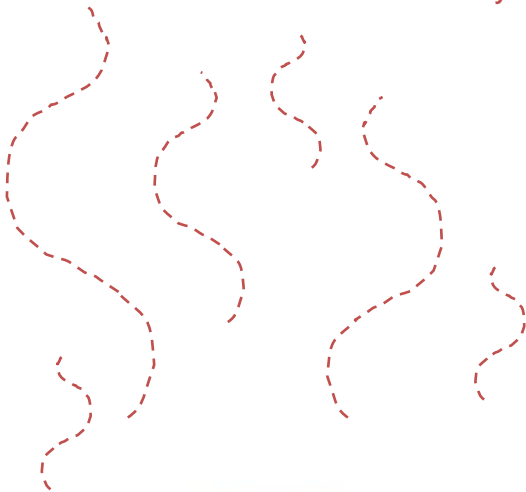
- On the wedding day, it is also customary to serve Chinese dates, peanuts, longan and chestnuts together as wish that the couple will soon have a baby in accord with the Chinese proclamation.
- During the Dragon Boat Festival, though many people cannot reach the river zone to watch the boat race, almost all of them eat the unique food -zongzi, a pyramid-shaped dumpling made of glutinous rice wrapped in bamboo or reed leaves. The festival on that day it is to venerate the patriotic poet Qu Yuan and the people fearing his lack of food, made the special meal for him. Now the food is made in various shapes and sorts.
- In Central China, when a baby is born, the happy father will send red boiled eggs to announce the news. Eggs with a black pointed end and dots in an even number such as six or eight, indicates a boy's birth; those without a black point and in an odd number like a five or seven will say the baby is a girl.
- In addition to these, fish has always been used to suggest the accumulation of prosperity and wealth with meals on New Year's Eve.

Halton Region - Min L. is a Level 5 student. Her teacher is Angela R.

Recipes

SHAHI PANEER

by Darshanaben P.



Ingredients

- Tomato paste (400 ml)
- Whipping cream (250 ml)
- Salt, sugar & red chili powder
- Garlic & ginger paste
- Paneer (250 gm) (Cottage Cheese)
- Kasoori methi (Dried Fenugreek Leaves)
- 2 tsp salt

Directions

Take 4-5 tsp. oil and heat it in a pan. Add 2-3 tsp. garlic and ginger paste and stir it until it turns a light brown colour.

Add tomato paste and mix it well. Let it stand for 6-8 min., stirring occasionally.

Add 1-2 tsp. red chili powder and mix. Then, add whipping cream and mix well.

Add salt and sugar according to your taste and leave it for 4-5 min.

Take paneer and cut it into small pieces then fry it. Next, add it to mixture and stir carefully.

Remove pan from stove and let it cool for 4-5 min. Finally stir in the kasoori methi.

Serve with naan.

Enjoy!

Halton Region - Darshanaben P. is a Level 5 student. Her teacher is Andrea R.

Shahi paneer is a preparation of cheese, cream and tomato curry. It is thick, creamy and spicy, and is a mainstay of Indian cuisine. Shahi paneer is primarily a Punjabi dish, most popular in the northern part of India

Ingredients

Main Dish

3 large onions -- sliced
1 quart water -- divided
Oil for frying
2 cups rice
2 teaspoons salt
1 1/2 cups brown lentils
8 ounces small macaroni
one small can of chick peas

Sauce

6 cloves minced garlic
2 tablespoons white vinegar
1 can tomato paste (6 oz)
2 teaspoons cumin
Chili red pepper (if you like it hot!)
1 cup chopped parsley
1 cup chopped fresh coriander
(cilantro)
2 tablespoons olive oil

Directions

First, fry onions until brown, drain on paper towels. Put 3 cups of water in a pot with a few drops of oil and bring to a boil. Add rice and 1 teaspoon of salt. After water returns to boiling, lower the heat and simmer until done. Wash lentils and cook them in another saucepan until they are tender. In a separate pot, cook macaroni until tender, drain them. Boil chick peas and add it to the cooked macaroni.

Sauce

In a blender, puree minced garlic, two tablespoons of olive oil, vinegar, tomato paste, remaining 1 teaspoon salt, cumin, parsley, coriander, 1 cup of water, and chili pepper if desired. After blending well, bring the mixture boiling and lower the heat. Simmer it until it is cooked. This sauce can be stored in a jar in the refrigerator and will keep for months.

To serve, layer rice, lentils, and macaroni. Spread the sauce on top and garnish with fried onions.

Kitchener Region - Maryam A. is a Level 7 student. Her teacher is Alena S.

Kushari is a popular traditional Egyptian national dish. It consists of a base of rice, brown lentils, chickpeas, macaroni, and a topping of Egyptian garlic and vinegar and spicy tomato sauce. Caramelized onions are commonly added as a garnish.



KUSHARI

by Maryam A.

Activity Central

Games and Puzzles

Haiku

What is a haiku?

The haiku originated in Japan and is a verse (poem) written **in three lines**. The haiku does not rhyme. Instead, the haiku sets a mood or portrays a feeling or describes scenery.

The entire haiku is composed in **17 syllables**. The first line contains **five** syllables, the second line has **seven** syllables, and the third and final line has **five** syllables. (5-7-5).

Here is an example:

Old¹ tom²cat³ sitt⁴ing⁵ (5 syllables)

Watch¹ing² au³tumn⁴ leaves⁵ blow⁶ by⁷ (7 syllables)

Wish¹ing² they³ were⁴ mice⁵! (5 syllables)

Read more: http://childrensbooks.suite101.com/article.cfm/write_a_haiku#ixzz0NJdIrMLf

Create your own haiku using a combination of words provided below:

Little, Strange, Delicate, Bright, Yellow, Red, White, Lost, Quiet

Butterfly, Flower, Mountain, Leaves, Moon, Sun, Frog, Lake, Cloud, Seed



Haiku Poem:

Clouds appear
And bring to men a chance to rest
From looking at the moon
(Matsuo Basho)

Sudoku

The rules of Sudoku are simple. Place a digit from 1 to 9 in each empty cell so every row, every column, and every 3 x 3 box contains the digits 1 to 9.

Sudoku

			3				4	
5		6						
				2				7
8					7			
		5		6		9		3
	2		9				8	
	3			7				5
9			4		1		7	
		2				6		

Unscramble

CITY SEARCH

Can you unscramble the letters to find ten world cities?

BADUPSET

OPENCHANGE

BEHINDRUG

LOWGAGS

STUBNAIL

REALBACON

OKTOY

SAWWAR

MADMASTER

SHINLIKE

Activity Central

Answers

Sudoku Solution

2	1	7	3	8	6	5	4	9
5	4	6	7	1	9	2	3	8
3	8	9	5	2	4	1	6	7
8	9	1	2	3	7	4	5	6
4	7	5	1	6	8	9	2	3
6	2	3	9	4	5	7	8	1
1	3	4	6	7	2	8	9	5
9	6	8	4	5	1	3	7	2
7	5	2	8	9	3	6	1	4

Unscramble

BUDAPEST

EDINBURGH

ISTANBUL

TOKYO

AMSTERDAM

COPENHAGEN

GLASGOW

BARCELONA

WARSAW

HELSINKI

Student Corner

If you would like participate in the Student Corner, please contact us at: help@linchomestudy.ca.

Daciana N.

1. When did you come to Canada?

I came to Canada in October 2007.

2. What is your favourite thing about Canada?

Here the money you make in a month is good. You can live well and you can put something away.

3. If you could change one thing about Canada, what would it be?

I think the health care system here isn't good. I would change this system to reduce waiting times and get test results faster.

4. What advice do you give people who want to improve their English?

It is good to get a job and make money, but it is very necessary to go to school to know how to speak and write correctly.

5. What are your hopes for the future?

I hope in the future I will be working in the health care system as a Nurse.

Submitted by: Daciana N.
She is a Level 5 student.
Kitchener Region.

Her teacher is Lesley H.

Glossary

Sluggish	moving or reacting more slowly than normal (pg.6)
Sedentary	spending a lot of time sitting down, and not moving or exercising very much (pg.6)
Imperative	extremely important and needing to be done or dealt with immediately (pg.6)
Scandalous	completely unfair and wrong [=shocking] or involving stories about dishonest or immoral things that someone has done (pg.8)
Denounced	to express strong disapproval of someone or something, especially in public (pg.8)
Emblem	picture, shape, or object that is used to represent a country, organization etc. (pg.8)
Courtesies	things you do or say to be polite (pg.11)
Hospitable	friendly, welcoming, and generous to visitors (pg.11)
Accumulation	to gradually increase in numbers or amount until there is a large quantity (pg.11)

LINC mailbag



What are your thoughts or comments on the articles printed in this month's newsletter? Do you have suggestions for articles or sections you would like to see?

Let's hear from you.

e-mail us: help@linchomestudy.ca

LINC Home Study Forum users! Remember, you can interact with other students in the LINC Home Study program and discuss topics such as Family, Fun, Health & Travel, Job Search & Networking and more! Please go to the following website and log in from Quick Login.

Have fun!

<http://www.linchomestudy.ca/online/forum/>

submissions

Please e-mail your submissions for the newsletter by Monday August 31st.

NOTE: Articles should not exceed 500 words. Articles that exceed 500 words may be subject to editing for inclusion in the newsletter.

For any questions regarding submissions and guidelines please e-mail us:

help@linchomestudy.ca

Brought to you by the LINC Home Study team.

A special thank you to all the students and staff who submitted their stories, recipes and activities for this issue.

