

Dec 2010

The Official Newsletter of LINC Home Study

NEWSLINC



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 immigrants who have permanent resident status 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.

How much does the program cost? Nothing. 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**, **curriculum for seniors and women** and instruction for **deaf and blind** clients.

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 December issue of the LINC Home Study newsletter.

Our feature article takes a look back at some of the memorable events that occurred during the past year.

As usual, we have some great submissions from students in the program, including a couple of fantastic recipes to tickle your taste buds.

We would like to say thank you to all those who submitted articles in September. Please continue to send us your articles, feedback and comments every month. Readers whose comments on the featured articles are published in future newsletters may be awarded a prize!

Enjoy!

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Program Updates

Program Updates

No Call Week:

LINC Home Study will have a “no call week” from Monday, December 27th to Sunday, January 2nd. Students and teachers will not have classes during that period.

LINC Home Study Forum:

The LINC Home Study forum was redesigned recently and everyone is encouraged to visit at <http://www.lincomestudy.ca/OnLine/forum/>. The forum has lots of information on settlement services and language learning as well as fun games and interesting news. New posts are added every day so if you haven't visited the forum in a while, now is a great time to take a look.

LINC Seniors:

LINC Seniors discussion group is currently on hiatus. You will be updated as more information becomes available.

LINC Women:

This Discussion Group is delivered in partnership with NIC at their Malton. It is delivered on Wednesdays from 12:30 – 2:30 p.m. This session ends on December 15th.

LINC Home Study Canada:

This program (*formerly National Delivery*), spans the country from the Atlantic Provinces (NB, NS, PE and NL) to the western regions (AB and SK) of Canada. Under the capable supervision of the 10 LHS Canada TESL-certified teachers, 210 newcomers across the country are developing their English skills in listening, speaking, reading and writing from their homes.

For more information on any of these programs, please email the LINC Home Study office at help@lincomestudy.ca or LINCNDhelp@lincomestudy.ca OR visit the website:

<http://www.tcet.com/lincomestudy/>

Seasons Wishes:

We wish all the students and teachers within the program a safe and happy holiday season. Thank you for another successful year and we look forward to welcoming you all back in 2011.

Feature Article

2010 – A YEAR IN REVIEW

Adapted from www.infoplease.com

As we come to the close of another year, we take a look back at some important events that occurred in the past 12 months:

January 12 – The beleaguered country of Haiti is dealt a catastrophic blow when a magnitude 7.0 earthquake strikes 10 miles southwest of Port-au-Prince, the country's capital. It is the region's worst earthquake in 200 years. The quake levels many sections of the city, destroying government buildings, foreign aid offices, and countless slums. Experts estimate a staggering death toll of 200,000 people.

February 27 – An 8.8 magnitude earthquake rocks Chile. Fatalities are relatively low, with some 750 people killed in the devastation. However, as many as 1.5 million people are displaced.

March 8 – Kathryn Bigelow wins big at the Academy Awards. Her film, *The Hurt Locker*, wins Best Picture, while she takes home the Best Director Oscar. Sandra Bullock wins Best Actress and Jeff Bridges takes the Best Actor prize.

April 14 – An explosion in the Eyjafjallajökull volcano in Iceland resulted in a volcanic ash plume in the atmosphere over northern and central Europe. Air travel in the region was halted for several days, causing the cancellation of several thousand flights and disrupting the travel plans of millions of people.

May 27 – The National Oceanic and Atmospheric Administration, revising previous figures, estimates that 12,000 to 19,000 barrels of oil per day are spilling into the Gulf of Mexico due to the collapse of BP's Deepwater Horizon oil rig in April.

June 23 – An earthquake shook Toronto and Ottawa at approximately 1:45 p.m. Eastern Time, June 23, 2010. The USGS reports the quake had a magnitude of 5.0.

July 11 – After four weeks and 64 games, Spain scores in the 129th minute, winning the FIFA World Cup title.

August 12 – After two weeks of catastrophic flooding in the country of Pakistan, the UN estimates that at least 1,600 people have been killed and 14 million displaced from their homes. They warn that there is still more devastation to come in the country.

October 12 – After spending 68 days trapped in a mine half a mile underground, and a massive, multi-million dollar rescue operation, the first of the 33 Chilean miners is rescued from the mine.



Staff Reflections

CHANGING OF SEASONS by Ann-Marie B.

I find that November often brings on the feelings of change. And, although I think it is a personal feeling, I think it also has something to do with being a Canadian. I believe that we are deeply connected with the environment, always adapting to the season. November sees the change from fall to winter, during which we are lucky to witness the change of colours in the leaves, as the trees slowly wither into hibernation, just like all of us. As the weather gets colder, we huddle closer and spend time inside with our loved ones with a fire and some hot chocolate. Of course, there is also the brave bunch that gets outside, and battles the cold with wild Canadian sports.

It is not always a positive change, season to season. At first it is hard to adapt, because we are so comfortable in our routine – and who really wants to say good-bye to t-shirts and flip flops – but, as the next season reveals itself, if you look hard enough, you can see the beauty. And with the changing of the seasons, I am reminded of how blessed I feel to live in a land of opportunity, change, and freedom.

Canada is a country of...

Adventure: every corner we take reveals a new surprise. It may not always be a welcomed one, but with the spirit of change, there are always beautiful things around if you look for them.

Opportunity: you can do anything, and become anyone you want to be. If you are prepared for the challenge, the experience is waiting for you.

Hope: it provides a salvation for the lost souls of broken nations. Canada embraces its new citizens with open arms. With programs and support, Canada wants every Canadian to be successful.

Freedom: we can speak our minds and feel free to move through our land without any angst.

Happiness: reuniting and gathering with loved ones is encouraged and accessible. If you look hard enough, you will

always be able to find a place where you can spend time with the people you love.

And as we look forward to the holidays in this country of adventure, opportunity, hope, freedom, and happiness, we also feel blessed with the opportunity to spend time with our loved ones, as time slows down for a moment and we celebrate winter like no one but Canadians do.

Happy Holidays!



Ann-Marie B. is a Program Coordinator with LINC Home Study program.

This Christmas I will travel home to Cape Breton, Nova Scotia, and spend the holidays with my family and friends. It's been seven years since I have been home for Christmas. It will take two days to drive (12 hours each day) and we will have a stopover in New Brunswick, which is about half way. We are hoping for good weather so we do not delay the trip.

When we arrive, we will be tired but I know that my family will be there waiting for us. My mom already asked what we would like to have for dinner for that evening, I'm thinking, "Lasagna". She loves to cook; she is an expert at making cabbage rolls, perogies and of course her ever so tasty sweets.

On Christmas Eve we will visit my Godparents and Grandfather and go to midnight Mass. Afterwards, we will get together at our family friend's home, the MacMullins. There a few families that will meet and socialize for a few hours. This is a tradition we have done since I can remember and it hasn't change over all these years.

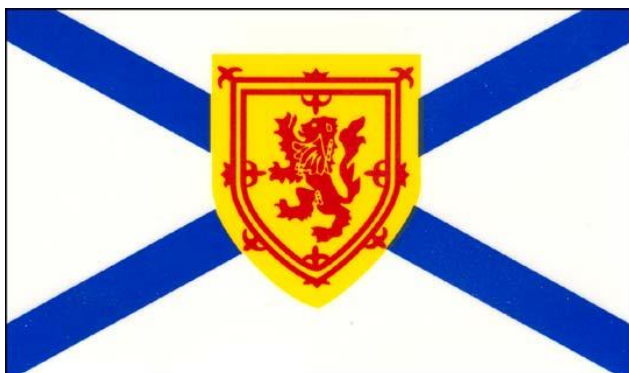
On Christmas day we will visit my Grandfather who lives just outside the city in North Side East Bay. My family on my father's side will be there and it is the only time we will all get to see each other. Many of my cousins travel far just to be there that day and I cannot wait to see them. My Grandfather always cuts a spruce tree fresh from the forest and we decorate it.

After Christmas day, we will relax for a few days and then get ready to travel back to Ontario. I really miss home and all of my family and friends. It will be nice to visit at Christmas when so many people are around. I hope to go to a few Celtic concerts as I love the music so much.

It will be quite a few years before I travel home again for Christmas so I will treasure the time I will spend there so deeply.



Glenda M. is an Administrative Assistant with LINC Home Study program.



Student Reflections

MY FIRST WINTER IN CANADA

by Tamra K.

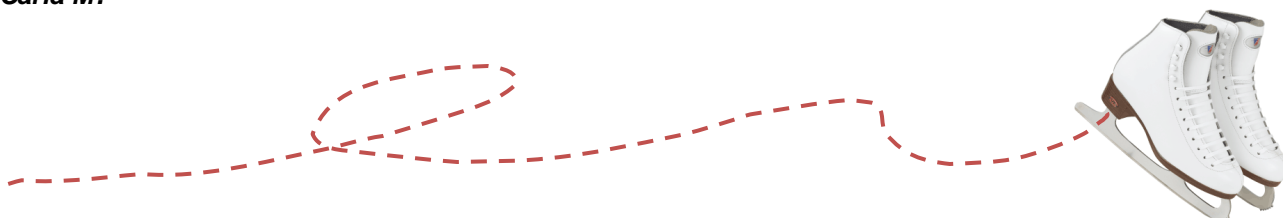
My first winter in Canada was a big surprise and very exciting with a lot of new experiences. I came from Israel; the winter in Israel is like the summer in Canada. There is no snow there. If we want to see snow, then we would need to take a trip to another country.

Everyone told us to get prepared for the winter, so we went to the mall, and we bought coats, boots, hats, and gloves. One day when I woke up in the morning, I opened the window, and I saw a beautiful picture in front of my eyes. The whole ground was covered in snow, the roofs were white, and the trees were covered with snow. I never saw something like that before, and it was as beautiful as a postcard. My whole family went to the backyard to play with the snow. My kids made snow angels, and we all made a snow man.

Every time that there was a lot of snow, the whole family went outside to shovel, and to play with the snow. We took many pictures, and sent them to my family back home. We took the kids tobogganing, and they really had fun. A friend of mine, told us to try tubing, so we took the kids and it was nice family time together, but for me it was too cold. I really like the atmosphere before the holiday time, and I like to listen to the music on the radio. We went downtown Toronto, and we saw the beautiful decorations. It was so nice and special.

One of my friends told me to take the kids to the Santa parade, so we took them, and it was too cold for me. I felt bad that we needed to celebrate Hanukah without my big family. It was very hard for me, and it is still hard for me, especially on holidays. The thing that surprised me the most was the driving. I was so afraid to drive the car. Then I decided when it was a bad day, then I wouldn't go for a drive. I love the winter, it is very nice and gorgeous, to see the first day of snow. I like the holiday environment, but I really don't like driving during the winter.

York Region– Tamra K. is a Level 3 student. Her teacher is Carla M.



CHRISTMAS IN COLOMBIA by Tatiana H.

Colombian Christmas is a great and traditional celebration. It's time for family reunions and carols. The most important dates are on the 7th, 24th, 31st of December. Christmas begins officially on the 7th of December. It's called candles night and it's a religious holiday for the Virgin Mary. Everyone puts candles in front of their houses with special street lights that create a colorful night.

When I was a child, I would meet with a lot of friends and family on December 16th and eat custard, cheese dumplings and desserts. Another important date is on the 24th of December because we celebrated Christmas with some typical and special meals, wine, beer and tropical music: sometimes until the next day.

I used to make Christmas decorations with my mother and our house looked magical because I had a Christmas tree, a manger under the tree, gifts and Christmas lights. On the 31st of December is our Thanksgiving. I used to make a big meal and eat at midnight with my whole family at home. I think this is the most important date in Colombia. I have high expectations this year. Everything will be a new experience in this country.

Durham Region– Tatiana H. is a Level 3 student. Her teacher is Rozita B.

HUMAN RIGHTS DAY by Fanny R.S.

The Human Rights Day is celebrated on December 10 by the countries which belong to The United Nations. This day has been celebrated since 1948 in almost every country in the world. It was designed as a special day to remind people that all humans in the world have the same rights; no matter the gender, age, ethic, disable, sexual orientation, economic situation, religious beliefs, etc.

Talking about human rights is always a controversial matter, because when we think about rights we usually think about them from our personal point of view according to our education, which may not be an objective opinion. In fact, that tendency makes it more difficult to understand the topic, and as a consequence, it can be more difficult to have a balance between my rights and the rights of others. Sometimes the things that are fine for me could be wrong for others.

The United Nations is doing an amazing job of labouring to finish discrimination by encouraging countries to make commitments to their citizens to respect their rights. In my opinion, human rights are a combination of freedom and tolerance. All of us have to make an effort to understand each other and respect our choices. Each one of us can make a difference to finish the injustice in our planet.



Alberta – Fanny R.S. is a Level 5 student. Her teacher is Jessica W.

Comics



Student Reflections

THE NUTCRACKER

by Maria K.

For some people winter is cold with lots of snow, wind and frost, traffic jams and cold hands. For others they are looking forward to winter. Winter is a time of mysteries and fairy-tales and the joy of celebrating Christmas. It's the time of Christmas when children are waiting for presents and sweets, decorating the Christmas tree and writing letters to Santa Claus where they describe the presents they thought about the whole of last year.

Christmas is always like a fairy-tale. It has its own magic and charm. It doesn't matter how frosty or cold it is during winter. People are always waiting eagerly for this celebration and magic. In the school where I work, one of these events is the Russian ballet, "The Nutcracker". The teachers are training the kids to act on the basis of this beautiful Christmas story about The Nutcracker and a little child's dream.

"The Nutcracker" was originally written by the German romantic author Ernst Theodor Wilhelm Hoffman as far back as 1892. The music was written by a Great Russian composer Petr Ivanovic Cajkovski especially for this ballet. Although the ballet was written more than 100 years ago, people and especially children can relate to it even to this day. It is a great story and as I watch the children practise daily, even I am beginning to believe in fairy tales.

This magical story was written in 1816. The main character was created by the author after listening to his friend's children. The author was always a welcome visitor to that family. The children had waited for perfect gifts, fairy-tales, toys that he'd made himself. The names of the children are imprinted in "The Nutcracker". This is the story about a magical world of childhood filled with bright colors and real magic, about the eternal confrontation of good forces and bad forces, and about the victory of the beautiful feeling of good over evil. This is one of the most famous Christmas fairy-tales.

At Christmas little Mariyen receives toys as a present. But more than all the other toys she has received; she liked the ugly looking nutcracker. She only wants to play with this toy. The next night she dreams about an army of mice going to war with her toys. The brave nutcracker protects all her toys. The serious battle begins where the nutcracker is a winner. Then, the magic happens and the ugly nutcracker is transformed

into a handsome Prince. Mariyen is transformed into a beautiful Princess. The Prince chooses the Princess to live with him in a beautiful castle. Oh! I wish life was that simple and everybody's dreams came true, mine first. In the morning the little girl woke up and understood that it was only a dream. The girl kissed the toy and promised to be with it all the time.

Even contemporary art is not different when compared to this magical story. On the basis of this story animation movies, computer games and circus shows have been created. But plunging into the Christmas world of magic together with characters of this story helps the Russian ballet and takes you to another world, full of hope, dreams and magic. Thanks to ballet this fairy-tale has become immortal. It is one of the most expensive gifts for kids as well as for adults, the magical world of dreams where anything is possible. From Thanksgiving Day to Christmas Day and New Year's Day everywhere the music of the Great Russian composer can be heard and the characters of "The Nutcracker" visit us again and again.

Toronto Region –Maria K. is a Level 5 student. Her teacher is Jonathan B.



CHRISTMAS (NAVIDAD IN MEXICO) by Beatriz O.T.

Back in Mexico when I was a little child I remember that my sister and I would wait impatiently for Christmas because of the “posadas,” which are the celebrations in the twelve days before Christmas, in which the whole town or, should I say, the whole country has a big parade every night.

Usually, every block organizes so each house participates because the family in charge has to provide the Piñatas and some kind of snack for everybody else. Some churches do the same thing and if we were quick, on some days we could join two posadas on the same day.

The piñatas are really interesting but it's kind of scary since the person who is hitting it has to have her/his eyes covered. At the same time, everybody is excited and waiting for the moment when the piñata is broken so we can get as much candies and fruit as we can.

Christmas was different and from my point of view way more funny for kids than it is here. I have to say that Navidad wasn't really safe for kids and the public in general since there were a lot of people outside in the streets and so many kids by themselves. That was the way in those days anyway.

Hamilton Region – Beatriz O.T. is a Level 7 student. Her teacher is Joseph N.



BOXING DAY by Lani H.



Boxing Day is celebrated every year on the 26th Day of December. It is a statutory holiday. In Canada, **public holidays** are legislated at the national, provincial and territorial levels. Many of these holidays are observed nationwide, but each province and territory has its own holidays as well. Boxing Day is a statutory holiday in Ontario.

People are busy and get excited to buy lots of stuff at a very good price. It is a shopper's delight and favorite day. In the Philippines we don't have a day like Boxing Day to celebrate, but we have occasional sales only. Here in Canada my friend and I write a list of what we would like to buy from different stores, on Boxing Day as gifts for ourselves and for our friends and others for Christmas and New Year. We wake up very early in the morning to prepare for the big event, shopping. We also line up outside the store to be the first to get inside and to be sure to get what we really want to buy. Some people think that it is a lot of trouble but we think it's funny and we really enjoy it.

Peel Region – Lani H. is a Level 4 student. Her teacher is Jonathan B.

Student Reflections

A SPECIAL EVENT IN MY LIFE by Olga F.

My family and I decided to come to Canada in 2004. We lived in Colombia in Cali. We decided to leave my country, because it was not safe living there. You can't go out at night by yourself. There are a lot of guerrilla fighters who rob people and kidnap them for money. Sometimes people get kidnapped and they make soldiers even of children who are as young as 12 or 13 years old.

For this reason we chose Canada because we heard it was very safe. Here in Canada it is a good place to live. My family and I came as refugees. I was very nervous when I had my hearing. When I arrived in the court, the judge told us that we were welcome in Canada. It was a very emotional moment for me when I heard the judge.

Canada is a good country. My family and I feel safe here. And I can go anywhere by myself at anytime of the day. Canada has given us the opportunity to start a new life, and also the opportunity to learn English to achieve our objectives.

We met some very special people who helped us in different ways. One such person is my teacher Teresa R., whom I thank very much for her teaching.

Peel Region – Olga F. is a Level 3 student. Her teacher is Theresa R.



MY FIRST WINTER IN CANADA by Bayan S.

The word winter always reminds me of peace and calmness. My first winter in Canada brought me joy and challenge. Although I have always loved winter, I never thought winter could be that cold. I spent my first winter in Canada in Montreal, and I was surprised with the heavy snow in Montreal. Everywhere was white and shiny. I realized that I have to adapt myself to the new weather condition. I started to go out and to sleigh in Mount Royal Park while having hot drinks with my family. My son always had enough snow to make a big snowman.

Driving, traveling, shopping and many other things become difficult during winter in Canada. For example, you have to spend much more time dressing, especially if you have kids.

The long winter in Canada may mean a challenging time. However, if we adapt ourselves, it could be full of fun.

London Region – Bayan S. is a Level 5 student. Her teacher is Carla M.



"Shab Yalda" is one of the Iranian festivals celebrated since ancient Iran. Iranians celebrate this event on December 21 of each year, which is the first day of winter and the eve of the longest night of whole year. An old belief in Iran says, "the sun was born at the end of this long, dark and cold night." In fact, Iranians celebrate the sun's birthday every year. For this birthday party, families often gather with their oldest relatives, like grandparents, and they dance and drink and eat nuts, watermelon and pomegranates.

I remember when I was a child for Shab Yalda celebrations; we went to the home of my oldest aunt, and we children played and danced together, and after supper we sat around, and my dad said to us, "We are here to celebrate the sun's birthday. We have to stay awake to be sure that the darkness of night leaves and the sun comes out." Then he read some old Iranian stories and sweet Iranian myths. I have very good memories of Shab Yalda. Now almost all Iranians in Fredericton celebrate Shab Yalda together with a very big dance party every year.

New Brunswick – Kavyon A. is a Level 4 student. His teacher is Rachel B.



IF I WON THE LOTTERY... by Lina A.R.



If I won the lottery, many things would change. I would buy a big house and pay for it in cash without a mortgage. I would pay for my education as I would not need a loan anymore. I would travel around the world. I would establish my own business. I would help to change the lives of few other people such as family and friends. I would contribute to building hospitals and schools. Simply, I would enjoy today and I would not have to worry about tomorrow.

Peel Region –Lina A.R. is a Level 5 student. Her teacher is Carla M.



Student Reflections

TIPS FOR HEALTH AND SAFETY IN WINTER

by Nancy C.

As immigrants it is important to learn how to protect our families and ourselves. Winter can be a new experience for many immigrants who come from tropical countries; it is beautiful and different from where we used to live. However, it could turn very dangerous if we do not know how to protect ourselves against the cold.

The following are some tips for health and safety in the winter for newcomers to Canada:

- In the winter never trust the sun; it can still be very cold even if the sun is shining.
- Always remember that the wind chill makes it feel colder than the temperature.
- Always check the weather channel before going out to be prepared for weather warnings and to dress appropriately for the weather.
- Use appropriate clothes and shoes. They are expensive but you will not regret buying them when you are in negative 10 degrees Celsius weather. You will avoid frostbite.
- Dress in layers to keep warm. Start with a thin wicking layer (silk, polyester or nylon, not cotton) next to the skin, the goal is to stay dry. Next, wear fleece topped by waterproof layers. Do not forget snow pants, jeans alone will not cut the cold.
- Feet should be covered with wool socks (cotton socks may make your feet cold) and water-resistant, insulated boots with good traction for icy steep streets.
- Hat, scarf, and mitts are a must. A great part of your body heat is lost through your ears and hands. In addition, ears and hands are more likely to get frostbite.
- Keep some extra provisions in your car such as non-perishable foods, blankets, and a flashlight. If you are stuck in the middle of the road, you will have some comfort.
- Be careful with the tires you are using on your car. In the GTA you can get away without winter tires; however, you will need a good set of all season tires. Check them (air pressure and condition of the rubber) before and during the snow season because roads get slippery and sticky.
- Also, be careful with the car's brakes. Check them frequently. You may need to make a sudden stop at any time, and never step and hold on them or your car will slide and very likely you will lose control
- In case of frostbite or hypothermia, remove all wet clothing and constrictive jewellery. Give the person warm, non-alcoholic, non caffeinated fluids to drink. In case of frostbite apply a dry, sterile bandage, place cotton between any involved fingers or toes (to prevent rubbing). Keep the injured part away from sources of heat until you arrive at a treatment facility where proper re-warming can take place. Do not rub the frozen area with snow (or anything else). The friction created by this technique will only cause further tissue damage.

Peel Region – Nancy C. is a Level 7 student. Her teacher is Brenda V.



BOXING DAY by Karima A.E.

I have been in Canada for one year. This December 26th will be the second Boxing Day for me here. I heard that Boxing Day was a big sale day only. It's my first time searching for the origin of Boxing Day.

Boxing Day falls on December 26, one day after the Christian Christmas holiday. It has also been called the Feast of St. Stephen, who was known as the first Christian martyr. Several theories exist as to how Boxing Day got its name. It may have come from a tradition in the U.K. in which household employers boxed gifts for their servants. One thing is for certain, the name comes from storage boxes, not the sport.

Boxing Day, like Black Friday (the day after the U.S. Thanksgiving), is a big shopping day in Canada. Stores, malls and most retailers are open early and generally continue their sales till New Year's. Many, but not all restaurants stay open for the hungry shoppers. Many people in Canada have the day off work and enjoy visiting stores which start their biggest annual sales on this day. Some shoppers even start lining up outside the stores in the small hours of the morning, waiting for the doors to open, and the sales to begin.

Not only is it a day of shopping, but it's also a day for watching various important sporting events on television. The International Ice Hockey Federation world junior hockey championships often start on December 26, and the Canadian national men's hockey team has also performed well on this day in recent years. Although Boxing Day is one of the busiest shopping days of the year, many prefer to simply avoid the malls, and enjoy this holiday relaxing at home.

Kingston Region – Karima A.E. is a Level 4 student. Her teacher is Andrea R.



LIVE YOUR LIFE by Geeta S.

The past's gone, but now is forever
The future does not lie in our hands, but the future
lies in the hands of the present
Go out and grasp the seconds of the day as if you had only
that day to live
Experience and enjoy the moments of your life
We have only one life to live, so live it like a champion
Everyone was put here for a purpose, so let that
Purpose rise up above and show everyone what you're
made of
I am not telling you how you should live, but how you
Should feel when you look back at the memories of a
once upon life of yours
Don't regret things later
If you feel it's right, do it
It's your life and nobody else's
Make decisions that please you
Don't anybody let you down
Don't live on anybody's shadows or dreams.

Peel Region – Geeta S. is a Level 6 student. Her teacher is Mark N.



Student Reflections

REMEMBERING MUHAMMAD ANWAR AL SADAT

by Emad A.

Muhammad Anwar al Sadat was born on December 25, 1918 from a poor family in Mit Abul Kom, a very small village north of Cairo, the capital of Egypt. He has twelve brothers and a sister. He married two times in his life. He graduated from the Royal Military Academy in Cairo and became a second lieutenant. In Sudan was where he met Gamal Abdel Nasser, and along with several other junior officers, they formed the secret Free Officers Movement committed to freeing Egypt from British domination and royal corruption. With his fellow Free Officers, Sadat participated in the military coup that launched the Egyptian Revolution of 1952 which overthrew King Farouk I. Nasser at that time became the president of Egypt in which Sadat was appointed Minister of State at first, thereafter as Vice-President. After Nasser's death in 1970, Sadat was declared President of Egypt. His life was full of danger and achievements. He reinstituted the multi-party system and launched the *Infatih* – the policy of "opening the door" to private investment in Egypt. He changed the history of Egypt and of the world by attacking Israel on the 6th of October 1973. Egypt won the war in six hours and put America and the world in a critical situation which led to the negotiations and peace talks at Camp David in 1978. The final peace treaty was finalized in 1979. Eventually, Sadat won the Nobel Peace Prize in 1980, side by side with Menachim Begin, the Prime Minister of Israel. He became the hero of war and peace in the Arab world.

It has been almost thirty years since he was assassinated on Oct. 6, 1981. Many may argue that Sadat was not perfect in his governance of Egypt but no one can deny that he was sincere in his struggle for peace with Israel. Some may say that he made some mistakes in his policies and committed some misjudgments but he did his best to change the Egyptian economy and the people.

I think the greatest person in history is Sadat, who governed my country for eleven years. The Egyptians knew him as a brave person and loved him faithfully as a president. He changed the world's image of Egypt to an advanced and modern country. He fought for peace and he won the war against Israel. He fulfilled his promise to return Sinai to the

Egyptians. In sum, Muhammad Anwar al-Sadat is one of the most important leaders in the world and one of the greatest politicians in our lifetime.

"Let us put an end to wars, let us reshape life on the solid basis of equity and truth. And it is this call, which reflected the will of the Egyptian people, of the great majority of the Arab and Israeli peoples, and indeed of millions of men, women, and children around the world that you are today honoring. And these hundreds of millions will judge to what extent every responsible leader in the Middle East has responded to the hopes of mankind." – **Muhammad Anwar al Sadat (25 December 1918 – 6 October 1981)**

Hamilton Region – Emad A. is a Level 5 student. Her teacher is Ethel D.



Christmas and New Year holidays are one of most exciting and eagerly awaited times in Bulgaria for both children and adults. While Christmas has mostly a religious nature, the New Year's celebration is secular. Although Bulgaria has the Orthodox Church, Christmas is celebrated on December 25. It is preceded by Christmas Eve.

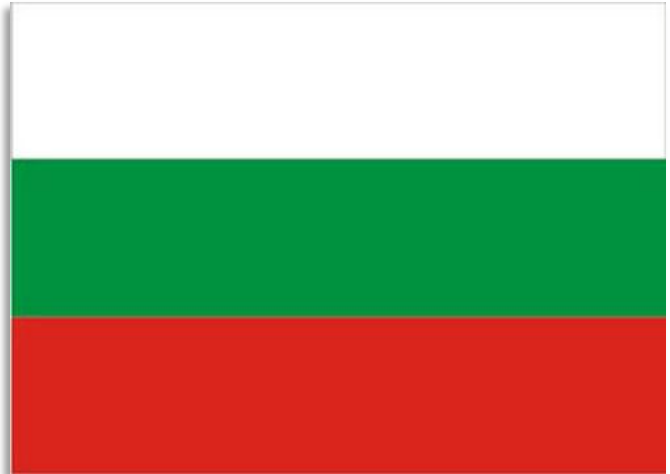
Christmas Eve (December 24) is also called Little Christmas. Then Christ was born, but his birth is generally understood to have taken place on the next day. Christmas Eve is celebrated with a family dinner with traditional vegetarian dishes and a round loaf with a cross on it. In the loaf we put a small silver coin – for luck. The oldest person in the family breaks the bread. The first piece is for Mary (mother of Jesus), the second is for the house and the following pieces are for the members of family. It will be a most happy and rich year for the one who gets the lucky coin. The Christmas Eve table should be plentiful with an odd number of vegetarian dishes – 7, 9 or 11. The dishes mainly include foods that swell when cooked: corn, beans, lentils, dried fruit, raisins, dried peppers. They are a symbol of fertility and life. Everyone takes one nut. If the walnut is complete, the person holding it will not be sick this year. The remainder of the dinner stays on the table during the night, left for deceased relatives to gain their blessing. On this night in churches across the country, the festive Holy Liturgy is held.

Christmas starts after midnight. In fact, Christmas in Bulgaria is called Koleda. Koleda is a tradition which still remains in villages but not in big cities. Koledari (young men dressed in national costumes) spread Christmas cheer around the village and sing folk songs. This is a family holiday and all members of the family gather together round the table and celebrate it. A traditional pie called “Banitsa” with fortune slips is put on the table. It's a very delicious meal made from puff paste with white cheese rolled in it and baked in an oven. On this day families visit each other and exchange presents. And if the festive table on Christmas Eve is meatless, dishes on the Christmas table have meat and continue throughout the day.

After five days New Year's Eve comes. The New Year is celebrated with large parties and fireworks. It is a joyful holiday when people gather together, eat a lot and go to the center of the town or city at 12 midnight or earlier. Five minutes before the New Year comes, the Bulgarian President gives a speech, which is transmitted on all state and private TV channels, and at midnight people cheer with “Na zdраве”.

For the first day of the New Year, there is a custom called “survakane”. Children gather in small groups, visit the homes of relatives and neighbours, and each carries “survaknitsa” (a cornel tree twig decorated with popcorn, dried fruits, red thread, and coins or small bells). The children sing songs and say New Year's blessings.

Toronto Region – Tsenka P. is a Level 6 student. Her teacher is Gillian B.



Student Reflections

TORONTO SANTA CLAUS PARADE

by Maria K.

The most important event during Christmas holidays in Toronto is, of course Santa Claus Parade. This year the annual Santa Clause Parade will take place on November 21st. Fantastic carnival processions, floats, crowds of enthusiastic children and the show's star – Santa Claus – will occupy the city one full day. Majority of tourists and local residents will gather together in the downtown area, in order to witness the carnival procession.

Today the Parade was broadcasted all over America and Australia. Santa Clause Parade in Toronto is one of the most grandiose and entertaining parades in the world. More than half a million people attend the parade every year. The length of the Parade in downtown Toronto is around 6 kilometres.

The first Santa Clause Parade was organized and sponsored by Eaton's on December 2, in 1905. In that Parade only Santa Claus who participated came to Toronto on a train. Then he travelled downtown on a special car distributing sweets for the children. In 1923 Santa Claus travelled on Yonge Street on a carriage which carried eight real caribous from Labrador. The coachman was a bearded elf.

Before the Parade lines of audience pass postmen of Canada Post who pick up letters from children for Santa Claus. In a few weeks the kids get replies to their letters from the North Pole. This is the address: Santa Claus, North Pole, H0H 0H0.

Majority of participants are students from more than a hundred schools of Toronto. They dress up in costumes as bears, kings, princesses, dragons, robots. In the parade nowadays there are a lot of clown personages in many-coloured costumes and wigs.

Santa Claus as the master of this celebration finishes the Parade. He drives a high huge sled with caribous. He greets all the participants in a loud and cheery voice using a microphone, "Merry Christmas and a Happy New Year!"

Canadians and all others watching the Parade, come a bit earlier in order to get a comfortable piece of sidewalk space, spread counterpanes out or place chairs, drink coffee because it is sometimes cold. Last year we spent three hours waiting,

before we saw the Parade. But this celebration is loved and enjoyed by all people because of Christmas...

***Toronto Region – Maria K. is a Level 5 student.
Her teacher is Jonathan B.***





I'm still learning about activities and winter games in Canada as I don't know much. I watched the Winter Olympic Games that were held in Vancouver, Canada last year. I'm especially interested in curling, figure skating, ice hockey, freestyle skiing, short track, and ski jumping etc. These sports were very exciting to see while I was watching the actions. I had never seen these sports before.

First, the game I like best is curling. Do you know why I like this game? We can play until we are older and players must be very smart and stable to play compared to other games. Tim Horton's sponsored curling for the Winter Olympic Game. I read that the game of curling is more than 500 years old and started in Scotland. At the Olympic Winter Games, curling consists of two events: a women's tournament and a men's tournament. Each tournament starts with a game was played on ice and the two teams take turns pushing stones towards a series of concentric rings or circles. One game consists of 10 "ends". During each end, each four-person team "throws" the stones. The members sweep the ice clean in front of each stone to control the stone's direction, known as its "curl," and the stone's speed. The team with the most points – more stones closer to the centre of the rings at the conclusion of 10 ends, is the winner. A men's tournament from Canada won the gold medal last year. To play this game well, you must be calculating and concentrating on the best way to throw the stone towards the concentric circles all the time.

Second, I prefer to watch figure skating. When I watched their performances and events during the Olympics, it was very relaxing for me. I like their dancing steps, jumps and spins on ice to music. I wish I could skate like them, but I can't skate. In my opinion, this sport can help to create good health by relaxing our mind and body. I love to watch figure skating again and again. I'm interested in skiing and snowboarding too.



Finally, ice hockey is a very attractive game for me. I learnt that the word "hockey" comes from the old French word "hocquet", meaning "stick". The British most likely brought the idea of using a stick to propel a snowball along the ice of a pond or lake to North America in the 1600s or 1700s. In 1879, college students at McGill University in Montreal organized competitions and developed the first known set of hockey rules. I read about the hockey tournaments in the Olympic Winter Games in the news. A team must not have more than six players on the ice while play is in progress. The object is for one team to get the puck (a hard black rubber disc) past the other team's goaltender and into the net, similar to soccer. A play consists of a 20-minute period, and then the players change with other players. It's a hard kind of game to play. Furthermore, the players's activities are very quick when they play. It is exciting to see this game and both the Canadian men's and women's teams won gold medals last year.

The government and business teams are supporting young athletes for the winter games as they are key events in the development of Canada's young athletes. Their objectives are producing the next generation of national, international and Olympic champions.

Prince Edward Island – Kyi Kyi L. is a Level 4 student. Her teacher is Jessica W.

Recipes

MAKLOUBEH

by Majdoleen S.

Ingredients

- 1 lb. meat (lamb or beef)
- 2 cups rice
- 3 cups water
- 1 egg plant
- ½ tomato
- 1 potato
- ½ green pepper
- 1 onion

Directions

Cook (boil) the meat. Wash Potato, tomato, egg plant, green pepper and onion. Cut in the form of circles then fry all of it. Wash rice, drain it and fry in the pan with little oil. Add three cups of water and 1 spoon tomato paste. Leave until water is reduced or rice is cooked. Reduce the temperature until it is cooked. In another pan add all fried ingredients starting with tomato, meat, green pepper, egg plant, onion and potato in the bottom of the pan.

Over fried ingredients add the rice and mix seasoning, salt and water over **Maklobe**. Leave for ten minutes on low temperature. Finally, turn it upside down in the tray and the **Maklobe** will be in the form of cake under the fried rice.

Peel Region – Majdoleen S. is a Level 4 student. Her teacher is Jonathan B.

*The appearance is unusual. **Makloubeh**, which means “upside down” in English, is a dish made with layers of chicken or meat and vegetables. What is unique about this meal is that it is flipped upside down onto a large platter before being served.*



MANGO STUFFED CHICKEN

Ingredients

- 1 ½ cups plain yogurt
- ¼ cup lime or lemon juice
- 1 tbsp ground coriander
- 1 tbsp curry powder
- 2 tsp. peeled ginger (finely grated)
- 1 tsp garlic powder
- 1 tsp. salt

Directions

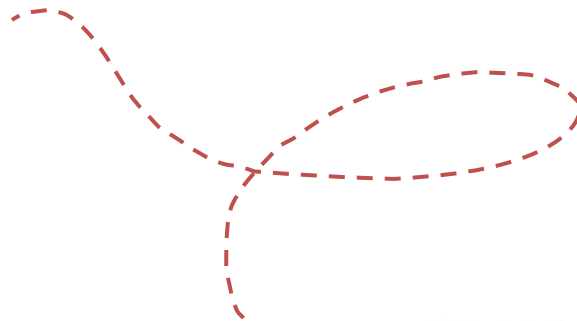
Put the first 5 ingredients into a medium sized bowl. Stir well. Place the chicken, backbone-up, on a cutting board. Cut down both sides of the backbone with kitchen shears or a sharp knife to remove. Turn the chicken over. Press it out flat. Carefully loosen the skin but do not remove it. Stuff the mango mixture between the meat and the skin, spreading mixture as evenly as possible. Place the stuffed chicken in a large shallow baking dish.

Lime Yogurt Marinade

Combine all the 7 ingredients in a small bowl. It makes about 1 ¾ cups (425mL) marinade. Pour over chicken. Turn until coated. Cover with plastic wrap. Marinate in the refrigerator for at least 3 hours, turning occasionally. Drain and discard marinade. Preheat barbeque to medium. Place the chicken, skin-side down, on 1 side of greased grill over drip pan. Turn off the burner under the chicken, leaving the opposite burner on medium. Close the lid. Cook for 45 minutes. Turn the chicken over. Close the lid and cook for 45 to 50 minutes until the meat thermometer inserted into breast (not stuffing) reads 180 degrees F (82 degrees C). Remove from heat. Cover with foil. Let it stand for 15 minutes. Cut into serving size portions. It serves 6 people.

Toronto Region – Tahira B.A. is a Level 4 student. Her teacher is Babak M.

These marinated and glazed chicken breasts are filled with flavor and low in fat. This dish would go well with grilled vegetables or a simple salad.



Recipes

HUSEINI KABAB

by Shyamala S.

Ingredients

- 2 or 3 cups yogurt
- 2 green chilies
- 1 in. piece of ginger (chopped)
- 1 onion (chopped)
- 3 garlic cloves
- 1 tbsp. coriander leaves (chopped)
- 1 tsp. turmeric
- 1 tsp. salt
- 2 lb. lean lamb meat
- 1tsp. garam masala (dry ground roasted mix)

Directions

Put the yogurt, chilies, ginger, onion, garlic, coriander, turmeric and salt into a blender and blend to a smooth puree. Transfer to a large bowl. Stir in the lamb (cubed) to coat them thoroughly. Cover the bowl and chill in the refrigerator for 6 hours.

Remove from the refrigerator and toss and turn the lamb cubes in the marinade. Thread the cubes on to skewers and discard the marinade. Preheat the grill (broiler) to high. Arrange the skewers on the grill rack and grill for 10 minutes, turning occasionally, or until the kebabs are cooked through.

Slide the lamb cubes off the skewers on to a warmed serving dish and sprinkle over the garam masala before serving.

Hamilton Region – Shyamala S. is a Level 5 student. Her teacher is Susan M.

The word 'kabab' seems to originate from the Arabic language and it means fried meat. The meat is marinated with herbs and spices for hours and then typically grilled to give it a smoky flavour.



STEAMED SPONGE CAKE

by Ju Zhen M.

Ingredients

- 6 eggs
- 1 ¼ cups white sugar
- 2 ½ tbsp. water
- 1 ½ cups cake flour
- ½ tsp. baking powder
- 1 ½ tsp. almond extract
- ¼ cup confectioners' sugar

Directions

Arrange a large bamboo steamer or a large vegetable steamer over simmering water. Make sure it is large enough to hold the baking pan. Line a 9 inch square pan with waxed paper.

Separate the eggs. Place the yolks in a large bowl along with the sugar and water. Beat with an electric mixer on medium speed until the mixture has increased about three times in volume. Whisk together the flour and the baking powder; sift this over the egg mixture, and fold in gently. Blend in the extract.

Whip the egg whites in a clean bowl to stiff, not dry, peaks. Fold into yolk base. Pour the batter into the prepared pan, and smooth out to edges. Rap the pan on the counter to get rid of large air bubbles.

Place the pan into the steamer. Cover the top of the steamer with a kitchen towel, and place the lid on top; the towel will absorb any steam that collects on top from dripping onto the cake. Steam for about 20 minutes, or until a toothpick inserted into the center comes out clean. Cool on a wire rack. Dust with confectioner's sugar.

Toronto Region – Ju Zhen M. is a Level 4 student. Her teacher is Jonathan B.

The secret of this recipe for Chinese sponge cake lies in the fact it is steamed, which makes it very moist. Traditionally the sponge cake is eaten plain, but you can also serve it with strawberries or other fresh fruit for a light dessert.



Recipes

POCHE NAVIDENO

by Mary R.D.S

Ingredients

- 16 cups water
- 4 cinnamon sticks
- 2 cups sugar
- 1 pineapple (peeled and diced)
- 2 cups apple (diced)
- 2 cups coconut (diced)
- 1 cup papaya
- 1 cup cantaloupe
- 1 cup raisins

Directions

In a large pot heat the water. Add sugar and cinnamon. Boil 15 minutes.

Add pineapple, apple, coconut, papaya, melon and raisins. Boil 20 minutes.

Serve Caliente hot and with a spoon so you can eat the fruit.

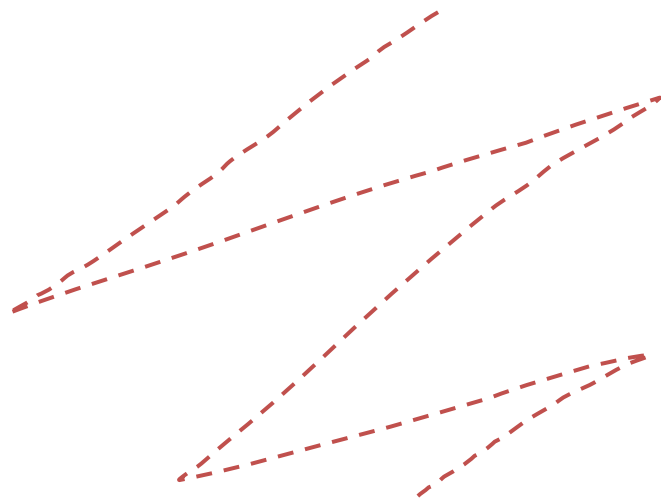
Hamilton Region – Mary R.D.S. is a Level 4 student. Her teacher is Andrea R.

***Poche Navideno** is a very special drink which is enjoyed at Christmas at midnight in the country of Guatemala. This warm, aromatic beverage warms you from the inside out on those chilly winter nights.*



SEVEN GRAIN SALAD

by Ana R.



Ingredients

- 1 cup quinoa
- 1 cup wheatberries
- 1 cup wild rice
- 1 cup white rice
- 1 cup bulgur
- 1 cup barley
- 1 cup couscous

Prepare

- ½ red pepper (chopped)
- ½ orange pepper (chopped)
- ½ yellow pepper (chopped)
- 1 small red onion (chopped)
- ½ bunch scallions (chopped)

Dressing

- ½ cup mango chutney
- ¼ cup prepared plum sauce
- ½ cup orange juice
- ¼ cup sesame oil
- 1 tsp. fresh ginger (roughly chopped)
- 1 tsp. garlic (chopped)

Directions

Blend all of the dressing ingredients in a food processor. Add salt and pepper to taste.

Mix the grains, dressing and chopped vegetables. Garnish with some extra chopped scallions.

Ana R. is a LINC Home Study teacher.

Activity Central

Games and Puzzles

Word Search

Find the words listed below:



Christmas Cards
Xmas
Holly
Christmas Tree

Mistletoe
Stockings
Poinsettia
Yule Log

Candy Cane
Wreath

Multiple Choice

Choose the correct answer for each question from the multiple choices below:

1. _____ St. Nicholas
2. _____ Santa's snack
3. _____ Santa's helpers
4. _____ Santa's jolly exclamation
5. _____ Eight pull the sleigh
6. _____ Christmas toys are made
7. _____ Red-nosed reindeer
8. _____ Santa's transportation
9. _____ Snowman
10. _____ Bah, humbug

Santa
Rudolph
Frosty
Scrooge
Elves

Reindeer
Cookies and milk
Sleigh
Workshop
Ho, ho, ho

Activity Central

Answers

Word Search



Multiple Choice

1. Santa
2. Cookies and milk
3. Elves
4. Ho, ho, ho
5. Reindeer
6. Workshop
7. Rudolph
8. Sleigh
9. Frosty
10. Scrooge

If you would like to participate

in the Student Corner,

please contact us at:
help@linchomestudy.ca

Student Corner

Mei H.

I was born on nice and cool day in September in Taiwan, Tonton county. Tonton was very beautiful country in Taiwan. There were one brother and two youth sisters. Until I was 7 years, my family moved to Peiton County after a tornado invaded my home country, Tonton. [J]After few minutes, our house collapsed. Fortunate, it did not destroy my entire family and only my brother got little hurt on his foot and youngest sister little scared. After we moved to new county, my family stared to another stage of my life. They were married and my father died 18 years ago.

My name is Teresa. I started school when I was seven years old. Like other children, I finished high school when I was 19 year old. I attended the college and university in economic major. After my graduation, I was a teacher in vocation high school for one year. Later on, I decided to go USA to get Master degree. And I continued to stay in USA to work for 7 years. Because of failure to apply Green card, I gave up the application and went back to my home country, Taiwan five years ago. It was very hurt in my mind. But I did not give up my dream -- to have my own life in North America. Finally, I landed in Toronto begin last year.

After went through many failures and succeeds in my own whole life, what kind of life I like to have for my rest of life is stable and peace life. I do not have much physical strength to pursue more and better qualified live any more. To help people who need to help is my next duty because I get friends and my high school classmate support when I had difficult time in pass time. I need to pass this love to next person who need help and to pay back to society.

My next job in no- profit organization will start from Jan 2 2009. The job is to help people who need help. I hope that I can develop my potential capability as much as I have and I also ask god to give me much power and endurance to help people. It is the time to donate myself to society.

Toronto Region – Mei H. is a Level 4 student. Her teacher is Babak M.

Hala G.

My name is Hala. I was born in Egypt. I began my school study in 1980 to be finally Veterinarian in 1998. In the beginning of my career, I worked as a medical researcher at a pharmaceutical company for three years. During this time, many incidents occurred in my personal life, and I begun to deal with life problems in a good way. I married ten years ago and I had my first daughter seven years ago.

After that, I took the opportunity to practice my veterinary studies, and I graduated in bacteriological science in 2002. At this time my husband finished his master's in Anaesthesia, and we began travelling to find a good job.

I think travelling is an opportunity to know more, so we travelled to Oman and there it was the first time for us to see and interact with many cultures. At this time, I felt it was a big barrier, but then we made many good friends. My second child was born during our work in Oman. She was a beautiful girl but she was a big responsibility. Then we travelled to UAE to have a satisfactory job, but there we decided to come to Canada to settle. We came here and my husband tried to get his license and our son was born. Now I have begun English class from few months ago and I have begun to study English at home. I hope to learn English well and take my veterinary license within two years. I think Canada is one of the best countries I have visited and hopefully we settle as fast as we can.

Peel Region – Hala G. is a Level 3 student. Her teacher is Marjan B.

Student Corner

Carlo F.G.

Blue is my favourite colour, but green is the engine of my dreams. This idea came up while driving back from a short visit to a friend in Illinois (USA) a few days ago. Beautiful trees and animals made me remember my country, Colombia, especially my home town, Cali. I was born in this warm city and spent most of my life there until I got married, then moved to live in San Andres Island. We lived for 11 years right on the Atlantic Ocean feeling the salty breeze; walking on the beaches, running along the shorelines, and swimming everywhere. We were so happy and thankful because we were able to enjoy the magnificence of the sunrise and the sunset every single day.

No one can understand why we left this paradise piece of land, but I do. Living in a place like this you are able to enhance your spirituality, however, your options are limited to 25 square kilometres. We were blessed because our closest friend, who lives in a heaven called Canada, led us through this experience which made our spirit stronger to move forward.

Having kids is an amazing responsibility and you always want the best for them, especially about their future. The future is one of the main reasons we came to this green country; wishing to find it, but achieving it is a horse of another colour. Canada is a place of many opportunities for everyone, but you need to find the power inside you to achieve your goals. My friend mentioned above, the green of the forests and the parks are my motivation to attain our goals which are to be happy and successful in a place where you want to fit into.

After four years in this peaceful place, we are still thinking that we made the right decision to start our lives over, even though we knew that communication would be one of the major barriers that we would have as newcomers. However, if you face this temporary obstacle with good energy, enthusiasm and sacrifice, sooner or later it will become part of your memories. In fact, going back to college for two years was my first decision to overcome this situation, and then an Ontario College Diploma in Business-Accounting was gained. At the same time that I have been taking the courses, the LINC Home Study Program helped me to gain the English level required to finish the program, to be able to communicate in English, to find a good job, and to be part of the Canadian family. Moreover, pursuing my certification as an accountant has been my second goal since I finished college.

Accountants are highly appreciated in Canada, but any certification received from Colombia is not recognized as such, therefore you need to start your designation over. There are three options to choose from CMA, CGA and CA; however the Certified General Accountants of Ontario "CGA" filled my expectations. After sending out some of my grades from Colombia and from Niagara College, I was enrolled in level four of the program. It has been a tough time since I started studying because of my family, my job and the high English level required in every course taken. In fact, my English is getting better because of this experience, especially as I did not give up from continuing with the LINC Home Study program. All my ESL teachers have helped me to improve my communication skills, but I need to recognize that my current instructor is guiding me to achieve this goal; without her support this idea would have been even harder.

Many of my dreams have come true, including the purchase of a house here in Ontario. My wife and our two sons have settled into life in Canada now. Therefore, green means to me more than just a colour. It makes me feel alive, active and able to achieve many things in my life.

Guelph Region – Carlo F.G. is a Level 7 student. His teacher is Terese C.

Student Feedback

In the October edition of Linc News, Lorna M. a student of the Linc Home Study Program, wrote an article entitled “Halloween in The Philippines and Canada”. She gave us a description of how people celebrate Halloween in her home country and here in Canada.

In the article, the student described the importance of Halloween celebrations in the Philippines. For them, this tradition means to visit family and friends who have passed away. It’s a solemn time and a time of meditation of their loved ones. This day is not a regular day; it is actually a holiday in Lorna’s home country. All schools and other places are closed for the day.

Because she was describing her country’s tradition, Lorna has the knowledge to let us know all the details of how they celebrate Halloween in the Philippines. For example, the presence of food, music and games and the set up of tents, chairs and tables in front of the graves, are some of the activities in this celebration. I don’t think she mentioned the time frame of this celebration and if there are rules for certain ages to be at the cemetery, but the main point is very clear; in the Philippines, Halloween is a strong family tradition.

Since her arrival here, she has noticed how different it is to celebrate Halloween in Canada and she seems to like the new tradition as well. Because her children are growing up in Canada, for them Halloween used to mean time for parties and it has a different connotation, opposed to dressing up in a scary costume and going out to collect candies. I don’t doubt that Lorna will introduce them to how they celebrate Halloween in the Philippines.

I would have liked to see more details of Halloween celebrations in Canada, to make the comparison more interesting, because she didn’t mention too much. For example: the fun of some families getting together to decorate their homes, the tradition of others getting together and baking pumpkin pies, going to night clubs and other adult celebrations, etc. are only part of the Canadian traditions.

I was very pleased to read this article; it shows me the differences of Halloween celebrations in two different countries and especially how the Philippines celebrate this day with all the details that the student mentioned. Because it is new to me, I want to thank Lorna for sharing her traditions with the rest of the students.

Peel Region – Grettel C.G. is a Level 6 student. Her teacher is Terese C.

Glossary

Here is some vocabulary from this month's newsletter. Do you know what the words mean? Match the definitions below with the correct word on the left.

Beleaguered (pg.7)

a condition caused by extreme cold, that makes your fingers and toes swell, become darker, and sometimes fall off

Catastrophic (pg.7)

willingness to allow people to do, say, or believe what they want without criticizing or punishing them

Staggering (pg.7)

to move, drive, or push something forward

Fatality (pg.7)

to become larger and rounder than normal

Devastation (pg.7)

a member of a small unofficial military group that fights in small groups

Hibernation (pg.8)

to seem important or impressive, but to be impractical

Salvation (pg.8)

excessive damage and destruction

Angst (pg.8)

the activity of moving over snow on a large inner tube for fun

Toboggan (pg.10)

a terrible event in which there is a lot of destruction, suffering, or death

Tubing (pg.10)

food, drink, and other supplies

Tolerance (pg.11)

the force that prevents something such as a wheel sliding on a surface

Guerrilla (p.14)

experiencing a lot of problems or critics

Adapt (pg.14)

existing or continuing for a long time or for ever

Traction (pg.16)

something that prevents or saves someone or something from danger, loss, or failure

Frostbite (pg.16)

a person, usually someone famous or important

Provisions (pg.16)

to slide down a hill on a toboggan

Non-perishable (pg.16)

sleeping for the whole winter

Swell (pg.19)

a death in an accident or a violent attack

Grandiose (pg.20)

strong feelings of anxiety and unhappiness because you are worried about your life, your future, or what you should do in a particular situation

Personages (pg.20)

extremely great or surprising

Propel (pg.21)

to gradually change your behaviour and attitudes in order to be successful in a new situation

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 December 20th

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

If you would like to submit your biography for the "Student Corner", please **DO NOT** include information on your birthday or age.

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.

