




Language
Education
at a Distance

Feb 2011

The Official Newsletter of LINC Home Study

NEWSLINC



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 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 **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 February issue of the LINC Home Study newsletter.

Our feature article focuses on the origins of Black History Month.

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 January. 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 Activity:

For the current year, April 2010 to March 31, 2011, the number of seats allotted is 1250. To date, the LINC Home Study program has filled 1153 seats. The waitlist has 22 students to be enrolled.

The LINC Home Study is highly regarded by our funder, Citizenship and Immigration Canada (CIC), and in particular by the regional office located in the Peel/Halton region. Over the years, we have experienced a steady growth as the program's seat count increases. There will be changes within the program at the start of the new, fiscal year, April 1, 2011. This is due to an overall reduction of CIC funding to Settlement services and programs in Ontario. Please stay tuned for updates.

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 13 LHS Canada TESL-certified teachers, 230 newcomers in the eastern and western provinces of the country are developing their English skills in listening, speaking, reading and writing from their homes. The current waitlist now stands at 40.

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

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

Feature Article

ORIGINS OF BLACK HISTORY MONTH

by Jasmine H.

Black History Month is a month set aside to learn, honor, and celebrate the achievements of black men and women throughout history. Since its inception, Black History Month has always been celebrated in February.

The origins of Black History Month can be traced back to a man named Carter G. Woodson (1875-1950). Woodson, the son of former slaves, was an amazing man in his own right. Since his family was too poor to send him to school as a child, he taught himself the basics of a school education. At age 20, Woodson was finally able to attend high school, which he completed in just two years

He then went on to earn a bachelor's and master's degree from the University of Chicago. In 1912, Woodson became only the second African American to earn a doctorate from Harvard University (W.E.B. Du Bois was the first). Woodson used his hard-earned education to teach. He taught both in public schools and at Howard University.

In 1915, he traveled to Chicago to participate in a three-week celebration of the 50th anniversary of the end of slavery. The excitement and enthusiasm generated by the events inspired Woodson to continue the study of black history year-round. Woodson and four others created the Association for the Study of Negro Life and History (ASNLH) on September 9, 1915 before he left Chicago. This association is also meant to train Black historians and collect, preserve, and publish document on Black life and Black people. The following year, 1916, the ASNLH began publication of the *Journal of Negro History*.

Woodson realized that most textbooks at the time ignored the history and achievements of blacks. In addition to the journal, in 1926 he promoted the idea of a "Negro History Week," which was to be held during the second week of February. The idea caught on quickly and Negro History Week was soon celebrated around the United States. With a high demand for study materials, the ASNLH began to produce pictures, posters, and lesson plans to help teachers bring Negro History Week into schools. In 1937, the ASNLH also began producing the *Negro History*

Bulletin, which focused on an annual theme for Negro History Week.

In 1976, the 50th anniversary of the beginning of Negro History Week and the bicentennial of the United States' independence, Black History Week was expanded to Black History Month. Since then, Black History Month has been celebrated in February in the United States and Canada.

Mr. Woodson died on April 3, 1950 and Black History Month is his legacy.

Adapted from:

<http://inventors.about.com/od/blackinventors/a/BlackHistoryMonth.htm>

More on Black History: www.biography.com/blackhistory/black-history-timeline.jsp



Staff Reflections

TO THE LAND OF HOBBITS AND THE ZORB

by Gwendolyn D.

Since the summer of last year, I was looking forward to my next vacation. Luckily, the destination was a done deal or I would have to play darts on an atlas! New Zealand was calling and I could not wait to visit and meet my 4 year old niece who is simply adorable and whose daily antics deserve another article altogether.

This is truly God's country.....blue skies, crystal waters, mountains that reach the sky, refreshing green meadows everywhere and sheep. Plenty of sheep. So many sheep that after my initial fascination with them I was tired of seeing them everywhere. Though we were in New Zealand predominantly for a silver wedding we visited quite a few places in both the North Island and South Island. Immediately after Christmas we left for the South Island – Christchurch, Dunedin, Te Anau and to Queenstown for New Year. The week started out in adventurous Christchurch where we experienced a magnitude 5.0 earthquake followed by several aftershocks. From there we proceeded to Punakaiki Pancake rocks and blowholes on the west coast of the South Island.

To get to the Franz Joseph Glacier we drove through winding roads bordering the spectacular Tasman Sea. And on we went driving; day in and day out from one picturesque place to the next stopping frequently to dip our feet in those crystal blue waters and to stare at the magnificent mountains. Once back in Auckland, we rested, prepped for the silver wedding and went back out on another road trip up to Paihia Bay to see the magnificent Bay of Islands. Finally, after the reception on the 7th, we drove south to Rotorua to experience Maori culture in the thermal village of Whakarewarewa. The naturally occurring geysers, mud pools and hot springs are all fascinating to the senses.

New Zealand is a land of adventure, beauty and awe. I hope you get a chance to visit sometime.

Kia Ora!



Gwendolyn D. is a Teacher Consultant with LINC Home Study program.

WINTER by Ann-Marie B.

During the winter, the true Canadian comes out in us. When could we feel more connected to being a Canadian than surviving the Great White North? And to me, witnessing someone who has experienced snow for the first time makes me feel a great appreciation for the brilliance of our Canadian winters. As we get older, there become fewer things in our daily lives that we experience for the first time. So, I really think it's rather amazing to be able to witness someone having a new first.

As an experienced Canadian, I have seen the snowflakes fall from peaceful skies, heard the crunch of fresh snow under my boots and felt the silence in the whiteness around me. I have seen the roads turn white and icy. I know why I should keep my pants tucked into my boots, and I know how important it is to oil my car before the salt trucks come out. These experiences are what being a Canadian is all about.

Working with newcomers to Canada, I am always reminded of the things that I take for granted and the knowledge I gain from experience. Knowing this, I always try to pass on "tips" that make winter an enjoyable experience, rather than an "I wish it would just be over" time.

Staying warm is key to enjoying the winter. Snuggle up close to a fire place with some hot chocolate and enjoy the company of your loved ones. It is a time for hibernation and relaxation. And for the brave, it is a time to get outside and enjoy the snow. Go out to the ski hills and try a new sport like snowboarding, tobogganing, or snow tubing.

Take time to slow down and enjoy the calmness before the hustle and bustle that our spring brings us, as we move back to full speed and bloom into the summer.

It is just around the corner.



Let It
SNOW

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

Student Reflections

UNFORGETTABLE EXPERIENCE

by Sandra S.

When someone is thinking about traveling they have a lot of questions like: What type of sunscreen should I buy? Or what type of money do they use in Malaysia?

I never thought about Canada as a destination, but when I decided to come to Canada the first thing that my friends told me was about the cold winters.

Finally I was here in Canada by the month of October and I started to feel the weather changing from cold to colder. I had never felt that cold in my life before. It was a little bit too much for someone like me who comes from a hot weather country but I was curious, anxious and desperate to see and feel the snow. When I asked someone about the winter they said to me "I don't want to think about it or it is too early to think about snow". It seemed to me that not many people like the cold winters.

Honestly I couldn't wait to see the snow. Finally the day came. When I opened the window from the room where I was sleeping the first thing that saw was a big brightness coming through to my face. Everything was covered in snow. The bright light from outside impact my eyes, my thoughts and my emotions. I couldn't stay inside; I had to go out and feel the cold through my veins. Once outside, I saw over and over again the beautiful, sparkling, powdery white snow.

The next day I went to the park and I was wearing red mittens suddenly the big thick snowflakes where coming down. I said to myself: Every tree in the world is different, every day is different and every snowflake is different. They have a unique shape and structure. I opened my hands so wide because I wanted feel the snowflakes on my hand. I really wanted to keep them for good -oh right! It didn't happen because they melted so fast. They are a crystal treasures made by snow.

The only thing that I could keep forever was the memory of what happened in the park. It has been seven winters in Canada and I love it. There are a lot of fun things to do like winter sports, and other activities. My first winter in Canada was a cold experience, but it was an unforgettable experience.

Kitchener Region –Sandra S. is a Level 7 student. Her teacher is Fiona E.



MY FIRST WINTER IN CANADA by Ke Y.

The first snow I saw in Canada was three years ago when I had come back from a trip. I was in the airplane and watched the snow flying around. The cities down on the ground were all in white. I had never seen such a heavy snow before in my life. The snow piled up taller than me beside the driveways. The small deck disappeared from my backyard. Everything was covered with the white, puffy snow.

Children in my neighborhood built snowmen, snow forts, and snow angels. Even grown-ups were kids again. It was a bone-chilling cold outside, but I enjoyed watching the feather-like snow dancing and falling from the gray sky. The snowflakes were swirling in the wind, floating in the air and joining their friends silently. When nights came, the magic snow was sparkling under the cold moon, the whole world fell asleep. Those were my favourite moments.

Driving, you would think, would be a problem after snowing. Surprisingly, the roads conditions were not too bad at all during my first winter here. Streets were cleaned up quickly and people drove cautiously. Unfortunately, I didn't get a pleasure from the slushy messy road when the snow melted, but one cannot ask too much.

Winter is a long season here, but I enjoyed my first winter here in Canada a lot.

Peel Region– Ke Y. is a Level 7 student. Her teacher is Alena S.

EVERYDAY SHOULD BE FAMILY DAY by Carly D.

We went to the swimming pool yesterday. That is my son's and my daughter's favourite place. My son was like a fish when he was in the water. He liked to jump in the pool, to splash water in the pool, and to pretend to swim in the pool. I love to hear his jingling laugh. It is the most beautiful music in the world. My daughter liked to sit in a baby boat, floating in the water and looking around. Sometimes she gave me a big smile to tell me how happy she was. I love to see my daughter's smile. It reminds me of a beautiful sunflower in the garden.

My husband always stayed with my daughter in the pool. I could tell she stole his heart already. My husband is a strong man, and he is the toughest man that I have ever seen. Everything we went through together is my special and valuable memories. I do not really have any special feelings about Family Day. But I believe every day is my family day, because we enjoy every day together.

Saskatchewan– Carly D. is a Level 6 student. Her teacher is Samuel M.

Comics



Student Reflections

SAINT VALENTINE'S DAY by Larysa D.W.

Everyone wants to love and to be loved in our life. It is very important to give people a laugh and happiness. Everyone hopes to meet his or her life-long love. Life without a love is dampened and boring. Our children are growing up and they need our love. Parents need the love, attention and care of their children. Everyone can work better when they feel loved. Last, love makes our life longer and happier! I would be very surprised if I found out that someone does not like this holiday, St. Valentine's Day.

February is the coldest winter month, but it is the most long-awaited romantic holiday for all enamoured people. I love this day! Officially, Valentine's Day has existed for more than 16 centuries, but holidays of love have been known since ancient pagan cultures. The history of the Valentine's Day and Valentine himself is covered with mystery. I like the romantic legends of Saint Valentine. There are a lot of legends about the origin of this holiday and one of them refers to those times when Rome was pagan.

A Christian a priest, Valentine, was put in prison. The prisoner's daughter Julia fell in love with him. She was blind. Valentine had vowed celibacy and could not share her feelings. Julia's father asked Valentine to cure the girl's blindness and Valentine recommended making a special cream, but it did not help. Valentine was sentenced to death on February 13th. On the eve of the execution, Valentine sent Julia a gentle farewell letter. In this letter he asked her to be loyal to the Christian faith, and he also put a yellow crocus into the envelope. He signed with the words, "Your Valentine". Julia wanted to see the flower and to know what her friend had written. Her wish was so strong that it helped her to gain her sight. Later she planted an almond tree on Valentine's tomb as a symbol of sincere and true love.

Nowadays, in Valentine's honour, lovers give each other flowers, especially roses (because they symbolize true love), offer confectionery and send greeting cards known as "valentines". Traditionally, men propose to women. Men often choose Valentine's Day to make their marriage proposal. But on Valentine's Day in a leap year, women, can propose marriage to their lovers!

Saskatchewan – Larysa D.W. is a Level 4 student. Her teacher is Jessica W.



SNOWBOARDING IS AWESOME by Ruben M.G.

I am from Puerto Rico. I moved to Canada in September, 2004. I never saw snow before. I used to do water sports back in Puerto Rico, but Canada is very different. The water is very cold or frozen. I like sports, so in the winter there is nothing for me to do yet.

I want to learn snowboarding. It is similar to water skiing or wind surfing. I took a few classes at Crabbe Mountain. It was very difficult because I was trying to snowboard the same way as I windsurf or water ski. I put my weight on my back foot for turning. When snowboarding, you do the opposite, so your weight goes on your front foot. This is how you can control the speed, turn, do tricks and, of course, stop.

After a few seasons and a lot of very bad falls, my run is softer and easier. I have more speed and better jumps. Now the Government of Canada wants me to represent Canada to compete against Shaun White from the USA. Good luck to me.

I am interested in taking a course to learn how to teach snowboarding, but only for fun. I really like snowboarding. It is addictive because it is very similar to surfing in the ocean. You wait for the next (bigger) wave, so in snowboarding you want to go faster, make faster turns, and make bigger jumps. You also keep falling down



New Brunswick – Ruben M.G. is a Level 3 student. His teacher is Samuel M.

INTERNATIONAL MOTHER LANGUAGE DAY by Chang H.S.



I didn't know there was an International Mother Language Day. It was instituted by UNESCO on 17th November 1999. It is on 21st February every year. UNESCO is worrying what languages and traditional cultures disappear. So, UNESCO tries to protect language and culture.

My family talks to each other in Korean. A long time ago, Koreans wrote Korean using Chinese characters. This system was called "Hanmun." Korean has its own alphabet now. It is called "Hangul". It was made by King Saejong in 1443. He thought that people needed to read and to write Korean more easily than the "Hanmun" system.

We have a day to celebrate the invention of our alphabet, called Hangul day. It is on 9th October. Hangul consists of 24 letters, 14 consonants and 10 vowels.

Korean and English are different languages. The biggest difference is "word order". So, it is difficult for Koreans to speak and write in English. The differences are very confusing.

New Brunswick – Chang H.S. is a Level 3 student. His teacher is Samuel M.



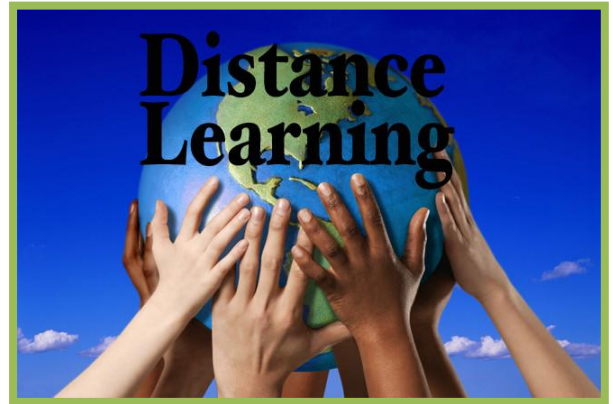
Student Reflections

MY EXPERIENCE WITH DISTANCE LEARNING by Hala G.

Distance learning is a new trend for education all over the world. In my home country I heard about this new method to upgrade some people education but actually I couldn't imagine how it worked. When I came to Canada I heard about the online method but I didn't like the idea. Then I tried to learn English so I began Home Study Program. I felt that it is a very good idea to help anyone to improve herself. I am a mother of three children so it is so difficult to leave them and go out to study. Studying at home is an excellent way to study at any time suitable for me and very helpful to take a good chance to improve myself. Also some people have irregular work schedule so they cannot afford a fixed schedule to study and they need to upgrade themselves so they can learn online.

This way has many good things as it may help anyone to improve himself at any time and it is very useful to me. My teacher is so intelligent and knows any problems in my study and handles it so I am so happy and I encourage most friends who can't participate in a regular class to try this type of study.

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



HISTORY OF AN IMMIGRANT by Julio G.

When I was young I never thought I'd live outside my country. We have dreams and think that family should always be together, but things change and we make decisions to protect the future of our children and family. Through some friends I heard about the process "Skilled Worker" that allows all professionals around the world to apply for residence in Canada. I had a language barrier, but after finding out about life in Canada, I decided that it is a very good country to live in and raise children. After applying I got permission from immigration to come to Canada in October 2009. Immediately I got the legal documents that allowed me to find work.

I heard about a company that fixed computers and where there were other Cubans like me. I went up there and I was accepted. I started to work twenty four days after I arrived in Canada. Now I share the rent with other Cubans to save money to bring with me for the rest of my family. This has been a difficult year where I have worked hard and I missed my family, but I thank God for selecting the correct country. Canada is a blessing. It is safe and everyone can get where they want. Since I arrived I have been studying English which is my main problem, but I feel I have improved a lot and I thank the YMCA program that allowed me to work and study at the same time. When it came to the end of this hard and first year in Canada, I was glad because despite the distance from my family I felt happy. I cannot say anything but thank you to my teacher and thanks, Canada.

Toronto Region – Julio G. is a Level 4 student. His teacher is Lisa M.

SKIING AND WINTER IN CANADA by Justyna S.

Summer was very hot and long this year, and at the end you probably had enough of this hot weather and were wondering when winter would come. By the end of August most people who like to ski couldn't wait for winter. Well, I have some good news for you: winter has finally arrived! Hopefully, you have your winter equipment ready and can head right to the slopes. In Canada, winter is usually quite long and cold, but that makes this country a perfect destination for skiers.

I learned skiing in Quebec (at Le Massif) seven years ago when I was visiting my then boyfriend, now my husband, who, by the way, taught me how to ski. As it turned out, I was pretty good at it and learned quickly. I never expected that I would enjoy skiing so much. I'm still afraid of the speed and I have to be in control, but I like it very much. Each year we try to go at least once on a longer ski trip, and on weekends we usually go for night skiing at one of the resorts nearby.

I can definitely recommend Mont Tremblant and Le Massif in Quebec, and Blue Mountain and Mount St. Louis in Ontario. But if you're already quite good at skiing, it's better to visit bigger mountains, like Sunshine or Lake Louise in the Rockies. I also had the chance to ski on some of the nicest slopes in Europe (France and Austria). The best place I've ever been to is Meribel in France. It's in the middle of the region called the Three Valleys. You can ski there for a whole week and be on different ski trails each day. And you get to see Mont Blanc, one of the tallest mountains in the world.

For me skiing has become the best way to survive the winter. On the slopes, especially when the weather is nice and the sun is shining, you get so much energy that those dark and short winter days don't seem so bad after all. If you haven't tried skiing yet, maybe this year will be your first chance to experience this great winter sport. I hope you do, because skiing might change your attitude towards winter in Canada.

Here are some useful links:

Le Massif: <http://www.lemassif.com/en/accueil>

Mont Tremblant: <http://www.tremblant.ca/index.htm>

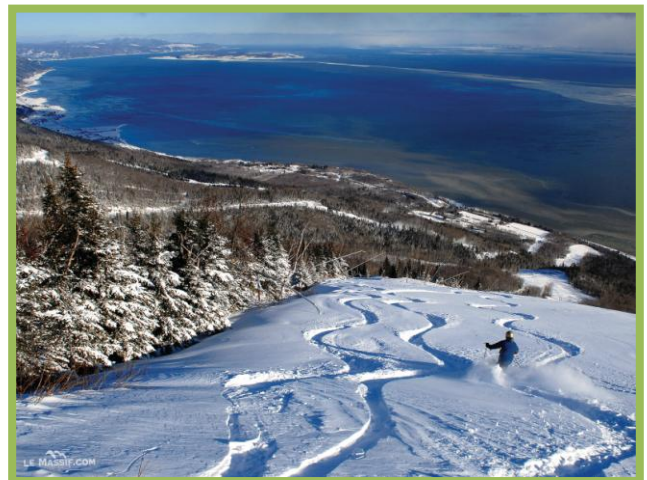
Mount St. Louis: <http://www.mslm.on.ca/>

Blue Mountain: <http://www.bluemountain.ca/>

Lake Louise and Sunshine, Banff: <http://www.skibig3.com/>

The Three Valleys, France: <http://www.les3vallees.com/ski/ski-resort-france.html>

Hamilton Region – Justyna S. is a Level 7 student. Her teacher is Joseph N.



Student Reflections

TERRA COTTA COOKIE COMPANY

by Maria E.A.

In Canada, I work at the Terra Cotta Cookie Company. In April it is two years that I am working there. I work with about 25 other people at the factory. We make between eleven and fourteen thousand cookies a day.

I like my work because the people are fun to work with. They have taught me many different jobs at work.

Also, my job gives me a lot of exercise. But I don't have benefits at work. I work 34 hours a week. I am satisfied with my salary. They pay me every fourteen days.

I want to continue with this job because I like it. The owner is a good person and the co-workers are my friends. The environment is good. It is a big place. We have a lot of space to work in. It is also very clean.

The temperature is OK. In the winter we have heat. In the summer we have air conditioning. All the staff needs to arrive at work, before 8:00. At 8:00 we begin to make the cookies. We always wear hairnets, gloves and aprons. Everything is clean.

All the people in my work are women. Only the drivers are men. All the people are my friends. Last year the Terra Cotta Cookie Company celebrated 25 years of business. The owner gave us souvenirs such as: shirts, pens, bags, etc. We were happy because we went to a restaurant where we ate different food and we saw a show. It was fun.

The first step in making cookies is for Teresa to measure the ingredients of the recipe. Then three other women put the ingredients in the mixer. When the dough is ready these women put the dough in the machine to cut it into cookies on the tray.

When the tray is full, I put each tray on a rack. I continue to put more trays on the rack until the rack is full. Then, Anne and Julie put the rack in the oven. After fifteen to twenty minutes the cookies are ready to leave the oven and Anne and Julie put them in another machine to cool them down. When the cookies are cool I put them in the freezer.

We make different boxes for types of cookies too. After a couple of hours, I bring them to the packaging department and another machine puts them in bags. Afterwards, we put them in boxes and then we put them in the freezer again. Now they are ready for sale.

Terra Cotta Cookies sells and delivers the cookies to children in schools. The factory also has a store to sell cookies and cookie dough to the public.

For more information go to:
<http://www.terracottacookies.com/index.html>

Halton Region– Maria E.A. is a Level 2 student. Her teacher is Natasha A.



To be successful in this mission knowing that the immigrants are from other cultures different to Canadians, Canada has developed programs for the newcomers to facilitate the transition from their original country to Canada. This service is provided by the Association of Newcomers in each province and they do not have the intention of changing the people and their cultures but to facilitate information and services for the newcomers to adapt to their new home in Canada. This is very important because the weather in Canada is very extreme throughout the year; therefore all the activities and the dynamic lifestyle of the Canadians are developed according to the climate.

Some of the newcomers understand these circumstances because their home country has a similar climate to Canada but the community resources, the laws and the culture in Canada are probably different. Here is where the Newcomers Association is useful to the immigrants making their lives easier, avoiding legal problems and helping Canadians to accept them. Prince Edward Island (PEI) Newcomers Association is small but very important in this process.

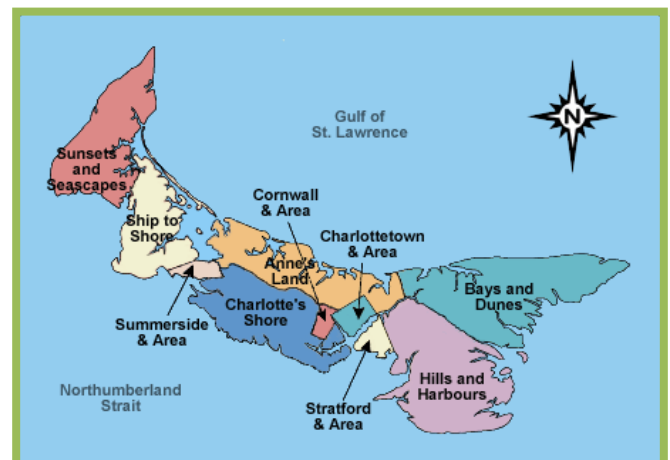
The people in PEI have a very unique culture where those who are "from away", Canadians or not, will always be a stranger and to accept them is not easy. Change and diversity in PEI comes with a lot of difficulty for those who are native to PEI. Therefore PEI Newcomers Association has to work on not only the orientation of the newcomers but also educate the people from PEI to be part of a multicultural community. This goal is complex and involves everyone.

Canadian history has showed us that Canada has been a country of immigrants with opportunities. These circumstances still exist today but are more complex and challenging.

The important thing is that the Canadians and the immigrants want the same objective: to have a home in a safe place where people respect each other; not only to have the opportunity of a good life quality but also the possibility to be a better person in a progressive world for a good future keeping the balance between ourselves and mother nature.

By the way, I am very grateful to the PEI Newcomers Association because through them I found a job and this English course

Prince Edward Island – Magdalena F.V. is a Level 6 student. Her teacher is Nicole H.



Student Reflections

MY TEA STORY by Hai Yan X.

Tea is common for Chinese, as many people drink only tea in China. Regardless of its origin jangling tea is the second drink next to water in the world.

Tea is divided into green tea, red tea, black tea, oolong, yellow tea and white tea in China. Each tea is made in a different way and is named by its colour. Usually tea is classified as basic tea. In addition, we name other teas as processed tea, such as flower tea, fruit tea, medicine tea and tea drinks. It isn't known who discovered those teas. Medicine tea often has medicinal qualities. People often sweeten flower tea, fruit tea, medicine tea or tea drinks to make them better.

Different kinds of tea have a different effect. Drinking tea is influenced by local environment, climate and customs in Traditional Chinese Medicine theory. There are 56 nations, 34 provinces and regions in China, and there are different tea cultures. They do not drink the same tea and they follow an intricate way and distinct rituals.

People like to drink green tea in the south of China and flower tea is accepted by the north of China. The most consumed tea is green tea in China. Famous green tea is considered as a gift. Now red tea is popular in Canadian markets, and is being consumed in a large quantity in the world.

China tea uses tea leaves, water, tea technology and a tea set. Each family has tea and a tea set. We used to drink green tea in China. In Canada, we began to like maple tea. It has maple aroma, tastes sweet and has a golden color. Ginseng Tea is my favourite, too. I think it invigorates me, warms me for a whole day. But we and our Chinese friends always make famous green tea for our friends as a custom wherever we are.

Peel Region – Hai Yan X. is a Level 3 student. Her teacher is Theresa R.



There are many challenges when a person decides to immigrate to a new country. Things like missing relatives, getting used to a new culture, making new friends, getting a job, all these factors are crucial to a good adaptation. Among these factors one of the most important is knowing how to communicate with others, not only in terms of learning a second language, but also the non-verbal communication which includes gestures, touch, body posture, body language, face expressions and eye contact.

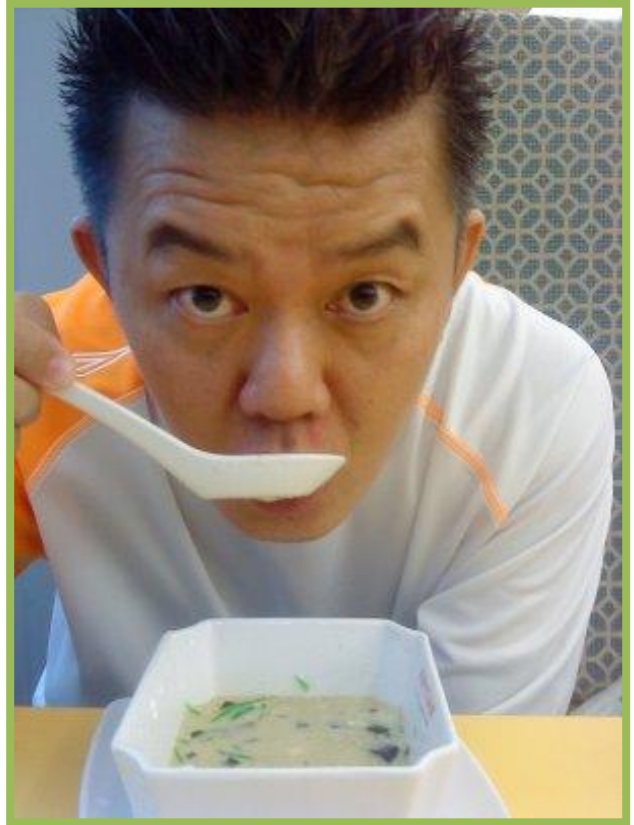
When talking about communication, the first thing that comes to our minds is verbal communication and how to speak efficiently to people in different situations like doing grocery, applying for a job, talking on the phone. It is really hard to learn a second language because it involves studying the grammar, building a new vocabulary, improving your accent and not being afraid of making a lot of mistakes. Sometimes it's difficult to be understood by people and understand them.

However, there's another way to express yourself that is underestimated or forgotten by many people: the non-verbal communication. This is an important way to communicate and most of the time, it is unconscious. Some researchers say that non-verbal communication is more important than verbal communication because some gestures or facial expressions are universal. For example, the way to show happiness is the same throughout the world, or the way to express sadness or fear isn't necessary to translate between the different countries.

Although there are many universal gestures, there are some peculiarities that are different from culture to culture. At this point, sometimes newcomers have to relearn how to behave in different situations or they won't fit into the new culture. Dressing properly for a job interview or keeping eye contact regardless of the gender of the person are some examples of how things can affect the success of a person in a different country. Some gestures can also be different between cultures. A good example is the gesture that means "OK" in North America has a sexual meaning in South America. Another example is about making noise while eating soup is acceptable in some south Asian countries and in the western part of the world; it is a very rude way to eat.

In conclusion, when people immigrate from one part of the world to another, they have to keep in mind that they will have to learn not only how to talk correctly, but also how to behave properly in a new culture. It isn't an easy task and sometimes it is harder to change the non verbal way to communicate than the verbal communication because it is unconscious. For all that, people need to study the new culture and not only the new language.

Peel Region – Daniela R. is a Level 6 student. Her teacher is Susan M.



Recipes

TRGANCHICHI

by Natasa M.

Ingredients

For soup

- ½ litre canned tomato sauce
- 1 ½ litre water
- 1 small bell pepper
- Mixed dried vegetables
- Salt and pepper
- Chopped parsley

For dough

- 1 egg
- ½ kg flour
- 2/3 spoons cold water
- Pinch of salt

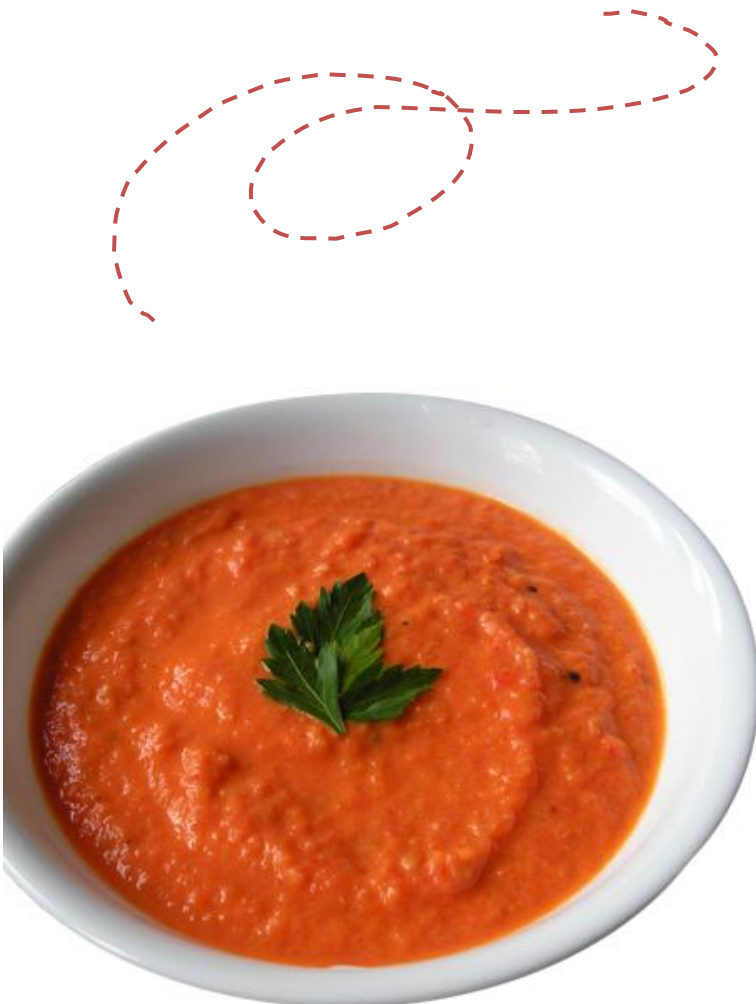
Directions

Combine tomato sauce and water in a pot and bring to boil. Next, add the bell pepper, salt and pepper and let it all cook.

While that is cooking, mix flour, egg, salt and water and knead the mixture until it is firm to the touch. Roll the dough flat and cut in wide strips. Then hold the strips over the boiling soup and break off little bits in soup until all the dough is used up. Finally, cook it until the dough is tender.

Add chopped parsley and serve with pickled hot peppers on the side. Serves 4

Peel Region – Natasa M. is a Level 6 student. Her teacher is Rima B.



Ingredients

- 1 lb. shelled peas
- 1 onion (cut in small pieces)
- 1 green pepper
- 1 red pepper
- 3 pods of garlic
- 1 tbsp. salt
- ½ tbsp. cumin
- ½ tbsp. oregano
- 1 medium foot or bone of pork
- 1 lb. jam
- 4 tbsp. tomato paste
- ½ tbsp. black pepper

Directions

Put the pound of Peas on the Low cooker for less than one hour.

In the large sauce pan put all ingredients, mix well.

Cook for less than 5 minutes or till you get the smell of the seasoning.

When the peas are tender add the ingredients. Leave at Low cooker for 10 minutes stir the peas and ingredients to mix well

You can eat this thick soup with bread or white rice. If you have a beer it is great, better digestion.

London Region – Millie P. is a Level 6 student. Her teacher is Jonathan B.



PEA SOUP

by Millie P.

Recipes

Ingredients

- 2 ½ lb. flank steak
- 1 carrot
- 1 celery stalk
- 3 tbsp. olive oil
- 1 onion
- 2 cloves minced garlic
- 1 green pepper
- 4 crushed tomatoes
- 2 tbsp. tomato paste
- 2 green chillies

Directions

Boil the flank steak with carrot and celery. When it is cooked put aside.

In a large frying pan, heat 2 or 3 tablespoons of olive oil and a large diced onion, 2 minced garlic cloves, chopped green pepper, add green chillies, chopped 4 tomatoes and add 2 tablespoons tomato paste, salt as you like.

When the steak is cold, shred it with hands and fork.

Then mix it with the (seasoning) that you ready have in the large frying pan including the shredded carrot and celery until it thickens.

Add peppers as you like. You probably will like this with white rice and avocado.

If it remains for the next day you can make a delicious sandwich at lunch.

**London Region – Millie P. is a Level 6 student.
Her teacher is Jonathan B.**

Ropa vieja is a Cuban beef stew dish that can be served over white rice. Literally translated, ropa vieja means "old clothes" in Spanish.



ROPA VIEJA

by Millie P.

PANI PURI

by Sangita M.

Ingredients

For Puri

- ¾ cup sooji
- ¼ cup all purpose flour
- ½ cup water
- Oil for deep frying

Filling For Puri

- 3-4 mashed potatoes
- 1 cup boiled chick peas

For Spicy Water

- 1 cup mint leaves
- 4 pieces green chilli
- 3 tbsp. tamarind pulp
- 1 tbsp. lemon juice
- 1tbsp. ground cumin
- ½ tsp. black pepper
- 1 tsp. salt
- ¼ tsp. dry ginger powder
- 1 tsp. black salt
- 1 tbsp. sugar
- 3-4 cups water

Directions

For Making Puri

Mix sooji and all purpose flour together and make a soft dough using water. Cover dough with white cloth for 10 to 15 minutes. Make 60 small sized balls from dough. Roll them into 1-inch diameter. Heat oil to deep fry rolled puri's until they turn light brown and crisp. Take out the puri's and put them on a paper towel so that it dries out the oil. Store them in an air-tight container

Making Spicy Water

Blend all ingredients (except water) for spicy water into a fine paste. Add a little water into this (thick) paste as needed. Strain spicy paste using water through a wire-strainer to remove any extra-unwanted items. Add 3 to 4 cup water. Stir it well to mix the paste with water. Spicy water is ready to enjoy with puri's.

How to Enjoy Pani-Puri

Break puri's shell a little from one side. Put a little meshed potato, couple of chick peas into the puri's shell. Fill the shell with spicy water. Your Pani-Puri is now ready to eat!! ☺

Toronto Region – Sangita M. is a Level 5 student. Her teacher is Jonathan B.

Pani Puri comprises a round, hollow puri, fried crisp and filled with a mixture of water, tamarind, chili, chaat masala, potato, onion and chickpeas. It is small enough to fit completely in one's mouth.



Activity Central

Games and Puzzles

Multiple Choice

Complete the multiple choice activity

- ___ 1. Keeps your neck warm
A. Rain B. Scarf C. Ice D. Snowman
- ___ 2. Water frozen solid
A. Mittens B. Scarf C. Storm D. Ice
- ___ 3. Frosty
A. Winter B. Scarf C. Season D. Snowman
- ___ 4. The coldest season
A. Storm B. Winter C. Snowman D. Season
- ___ 5. Frozen precipitation that falls in flakes
A. Rain B. Snow C. Scarf D. Season
- ___ 6. Precipitation
A. Scarf B. Season C. Rain D. Snow
- ___ 7. One of the four divisions of the year
A. Winter B. Season C. Rain D. Storm
- ___ 8. Keeps your hands warm
A. Snowman B. Snow C. Mittens D. Season
- ___ 9. A violent disturbance of the atmosphere, attended by wind, rain, snow, hail, or thunder and lightning
A. Scarf B. Ice C. Winter D. Storm
- ___ 10. Feeling no warmth
A. Snow B. Scarf C. Cold D. Season

Word Search

Find the following words within the puzzle:

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | H | A | R | E | C | R | O | P | P | E | R | R | A | M |
| R | O | Y | Y | T | I | L | A | U | Q | E | E | T | L | O |
| E | A | U | S | T | H | G | I | R | E | V | L | K | I | D |
| R | F | W | T | E | T | O | V | S | R | O | I | P | S | E |
| O | R | E | L | H | T | O | R | A | V | N | C | N | S | E |
| B | I | H | X | I | P | E | C | E | G | A | E | E | K | R |
| A | C | S | L | A | V | E | R | Y | A | W | G | X | W | F |
| L | A | A | D | O | T | I | C | N | O | R | T | S | A | N |
| N | O | R | T | H | C | L | C | I | E | B | O | O | N | R |
| L | I | N | C | O | L | N | L | G | T | G | I | U | Z | H |
| S | E | U | L | B | Z | J | A | O | U | S | R | L | A | C |
| S | N | A | M | B | U | T | U | P | P | O | U | O | A | R |
| T | S | I | N | O | I | T | I | L | O | B | A | J | H | A |
| H | U | Z | W | O | R | C | M | I | J | A | Z | Z | N | M |
| K | B | X | N | N | O | I | T | A | R | G | E | T | N | I |

| | | |
|--------------|-------------|--------------|
| ABOLITIONIST | INTEGRATION | OWENS |
| AFRICA | JAZZ | POLL TAX |
| ALI | JIM CROW | REVOLT |
| ASHE | KWANZAA | RIGHTS |
| BLUES | LABORERS | RIOT |
| BOYCOTT | LINCOLN | SEGREGATION |
| BUS | MARCH | SHARECROPPER |
| CARVER | M L KING | SLAVERY |
| CIVIL WAR | NAACP | SOUL |
| EQUALITY | NEGRO | SOUTH |
| FREEDOM | NORTH | TUBMAN |
| INJUSTICE | OVERSEER | VOTE |

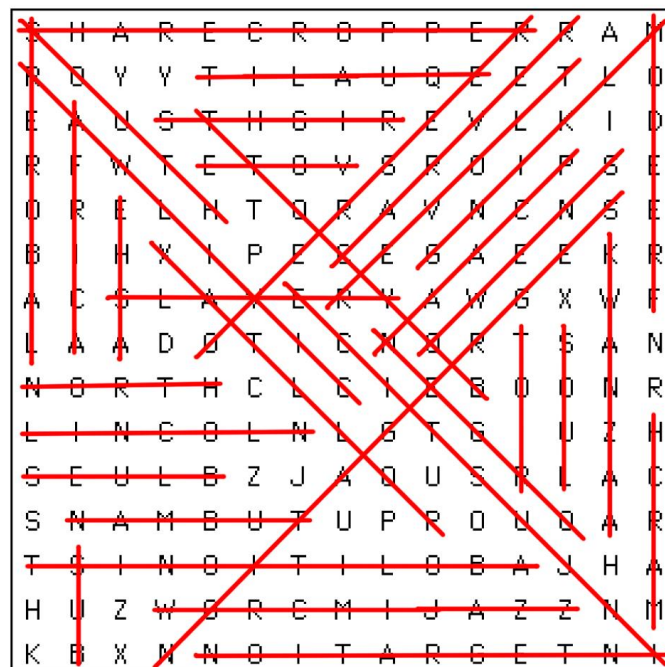
Activity Central

Answers

Multiple Choice

1. B.
2. D.
3. D.
4. B.
5. B.
6. C.
7. B.
8. C.
9. D.
10. C.

Word Search



If you would like to participate

in the Student Corner,

please contact us at:
help@linchomestudy.ca

Student Corner

Alexandra C.

My name is Alexandra C. I'm from Chile. I'm going to talk about my life, when I was 9 years old, my life in Nicaragua, and when I came to Canada.

To begin with, I have two brothers. My older brother's name is Juan Pablo, and my younger brother's name is Claudio. When we were children my brothers and I, aged around 8, 6 and 4, liked to climb the roof of our house and trees. We enjoyed our time on the roof where we talked and thought about what we did. I had the naughty ideas, but my brothers were punished by my mother. When I was younger, I used to play in my house, in the park, or in the street with my friends, jumping, running, and hiding. It is now very different as children like to watch TV or play video games.

The other thing I miss is walking in the polar grove with my grandfather every day for one or two hours. We walked very slowly, sometimes counting the trees, looking for special birds or any stones. I listened to his stories about his travels when he came to Chile from Spain. He always changed it and I was very curious to hear the end it. He didn't get tired if I said repeat it again. He started a new story. I had a lovely time with my grandfather. He was from Spain. He went to Chile on the Second World War. I have many anecdote of my life to tell my own child.

I finished my high school and lived in Nicaragua. Then in 1987, I studied Architecture for five years. I studied Auto Cad, Inventor and Landscaping Courses in English. I needed to improve my English vocabulary for these courses. For me it was not difficult. All the courses were about drawing and I didn't have to write. But my first days in the college were terrible because I didn't understand. The teacher spoke in class too fast for me. In the second week, my listening improved, so I passed all the courses.

I have been in Toronto since June 2005. I live with my husband in Ajax. In the past 5 years I have been doing many things. In the first two years, I lived in Scarborough in a condominium. I enjoyed the condo because I went to the pool, gym, and sauna, and the best of all was I didn't shovel the snow. My husband worked in Ajax, so we decided to buy a house in the city and to sell the condo.

I have also traveled since I came to Canada. I have visited Niagara Falls, Ottawa, Montreal, Quebec, Kingston, Thousand Island, Wasaga Beach, Blue Mountain and Muskoka. We have visited all of these places three or five times because when my mother, my husband's family or some friends came to Canada, we went to visit these places whit them again. All these places are beautiful and fantastic. When I went to Muskoka in the fall, the view was spectacular because you can see all trees in tones of degradation of color like red, orange, brown and yellow. Old Quebec is my favorite city because you can walk anywhere and you can see the art in the streets. In the future, I hope to go to Prince Edward Island and New Brunswick.

I think I need to study more English. After that, I expect to find a good job matching my background and continue enjoying and knowing Canada.

Durham Region– Alexandra C. is a Level 4 student. Her teacher is Marjan B.

Student Corner

Daniela

I was born in Brasília, capital of Brazil and the youngest metropolis in the country. Brasília is only 50 years old and was especially designed to become an administrative city for the different government agencies. My mother and father are from the northeast part of Brazil and they moved to Brasília in 1974 looking to work for the government. In some ways, they are immigrants like me. But unlike me, they didn't face a lot of changes in their lives because the main aspects were the same: language, food, culture, weather, etc.

I have been in Canada for one year. Actually, I landed in Canada on June 2008, but at that time, I was four months pregnant and decided to return to Brazil and have my babies close to my mother and two sisters. I thought that I would need a lot of help to take care of two babies at the same time and when they were born, I realized that my decision was totally right. It would have been very hard for me to be in a different country with two newborns and no help. I returned to Canada when the babies were one year old on October 2009.

My life in Canada is very different from my life in Brazil. There I used to work in a public hospital in Paranoá, a small poor city in the suburb of Brasília. I was a registered dietician and my main duty was to prescribe diets to patients according to their condition. There were patients with diabetes, high blood pressure, kidney diseases, and patients that had suffered a stroke and could only eat through a tube. I loved to help people to have a better quality of life through a better diet.

Here in Canada I am a full-time mom of two beautiful girls: Alice and Sofia. And they are the reason I am here: my husband and I have come to Canada to give them a better quality of life. Brazil is a great place. I love my city and my country. However, Brazil has many challenges to overcome, like violence, better health system, better education, and public services accessible for everyone in the community.

There are a lot of challenges as an immigrant, but for me the hardest part is the language. Sometimes I think that my brain will never be able to assimilate a second language: new structures, new grammar and vocabulary. I am working hard to improve my skills. The LINC program is helping me a lot because I can study on my own pace at home.

I believe that life is not easy in many aspects and you can only grow when you try to overcome the many challenges that you have. And that's what I am trying to do with my life.

Peel Region –Daniela R. is a Level 6 student. Her teacher is Susan M.

Student Feedback

Dear Sir/Madam:

My name is Bintao L. and I just graduated from LINC Home Study last week. I am writing to express my thankfulness and appreciation for your support and help in my language learning. You have a fantastic study material and excellent teaching staff. Here, I would like to give a special thank to my teacher Alex H. He is not only a very good English teacher, but also such a good friend who encourage you in the difficult time. He helped me to keep the momentum to go forward with my English study and also to meet the different challenges in my new life in Canada.

I have benefited a lot from this program and really appreciate all effort your organization has done for new immigrate like me. Wish all best to this program and all the people who make this happen.

Many thanks

Bintao L.

Glossary

Here is some vocabulary from this month's newsletter. Do you know what the words mean?

Inception (pg.7)

the start of an organization or institution

Enthusiasm (pg.7)

a strong feeling of interest and enjoyment about something and an eagerness to be involved in it

Destination (pg.8)

the place that someone or something is going to

Predominantly (pg.8)

mostly or mainly

Fascination (pg.8)

the state of being very interested in something, so that you want to look at it, learn about it etc

Anxious (pg.10)

feeling strongly that you want to do something or want something to happen

Enamoured (pg.12)

liking something very much

Intention (p.17)

a plan or desire to do something

Progressive (pg.17)

supporting new or modern ideas and methods, especially in politics and education

Gestures (pg.19)

movements of part of your body, especially your hands or head, to show what you mean or how you feel

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 Friday February 25th

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.

