




Language
Education
at a Distance

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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 January issue of the LINC Home Study newsletter.

Our feature article focuses on the celebration of New year's Day.

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 December. 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:

The number of seats in the LINC Home Study program for 2010-2011 is 1250. The program currently has 1,162 students enrolled with space availability for 88 students.

Additional Conversation Classes (by phone):

The next Additional Conversation Classes will start January 10th. A waitlist is currently maintained. Teachers are encouraged to continue to enroll students who express an interest in participating when the new session begins.

LINC Seniors:

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

LINC Women:

The LINC Women Discussion Group looks forward to continue classes starting in April. Discussion groups will only be offered to LINC Home Study students. Details of the session will come in the spring.

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 13 LHS Canada TESL-certified teachers, 222 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@linchomestudy.ca or LINCNDhelp@linchomestudy.ca OR visit the website:

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

Feature Article

NEW YEAR'S DAY

The **New Year** is the day that marks the beginning of a new calendar year. In many cultures, the event is celebrated in some manner.

The New Year of the Gregorian calendar, today in worldwide use, falls on 1 January, continuing the practice of the Roman calendar.

With the expansion of Western culture to the rest of the world during the twentieth century, the 1 January date became global, even in countries with their own New Year celebrations on other days (such as China and India).

At present, the celebration of the New Year is a major event worldwide. Many large-scale events are held in major cities around the world, principally including large fireworks displays on New Year's Eve (31 December).

In 2009, over 80,000 fireworks were launched in Sydney at midnight on New Year's Eve, watched by over one and a half million attendees; it was also the most-watched event on television worldwide that year. In Valparaiso, Chile, upwards of two million visitors witnessed the largest fireworks display in a natural setting; a total of more than 21 kilometers of fireworks on the bay, from the commercial port city of Valparaiso to Concón, all in 25 minutes of entertainment. London's New Year celebrations centre around the London Eye, with an impressive fireworks display while Big Ben strikes midnight. In New York City, the celebration is focused around a large crystal ball that descends in a one minute countdown in Times Square. In Rio de Janeiro every year around two million people get together in the sands of the famous beach at Copacabana to watch a fifteen-minute fireworks display.

-Adapted from Wikipedia



Staff Reflections

LIFE CHOICES by Aziza N.

Most of us, including myself are afraid at some point in our life to take chances or as others call it taking risks. Are you afraid to move to a new career or a new land or even launch your own business, etc? Are you afraid of losing whatever money or position you have? Let me ask you this: Why? Sure, maybe you'll lose all of your money and be completely broke. Then again, we all were completely "broke" when we were born too. Plus back then, we didn't have any experience, or know anything. Yet, we turned out just fine. At least now we have a wealth of stories to tell.

I personally took risk when I decided to choose Canada as my home, to start a new life. I believe one should only be afraid from fear itself- from stopping to take chances in life. Aspire for something and take a step. You never know where this step will take you. Just don't stand still, keep moving and growing.

Keep dreaming, some of my best dreams and jobs have come true by admiring the dream and believing I can do it, I was doing my job and working on it, but I was not afraid to take a chance. The eagerness to do something different in my life and lives of others is really the ripple effect in a quiet lake. By throwing a tiny stone into lake or taking another step in life, you don't know how much this can impact the world.

Another way to look at this is to look at the difference between being alive and being dead. The difference is in the ability to try. The option to take a risk is basically a freedom of choice. No matter what the situation is though, if you don't try, you have no chance of succeeding.



Aziza N. is a Designer with LINC Home Study program.

HOLIDAY TIME by Edgar D.

The holiday season is something that I really look forward to each year. Not only does it signal the end of another year but it is also a time to spend with family in celebration, reflection and thanks for everything that you may have received. It is a time to laugh, share stories and make resolutions for a new year.

As usual the season began with the preparations for Christmas. This involved the annual mall run to shop for presents for all who are near and dear to my heart. Luckily, I have a smaller family so I don't have to do as much shopping as most people. In fact, I was able to complete all my shopping in one evening, ahead of schedule.

There were a few parties to be attended. Here at the LINC Home Study offices, we had a very successful and well attended potluck luncheon. There was a lot of interesting food brought in and we all took a break from the daily grind to share a meal and cheer with colleagues. It was a welcome break and many got into the Christmas mood by dressing in red clothing and decorating the office with ornaments and cards.

On Christmas day, I was invited to my sister's home for dinner. After a great meal, we exchanged gifts. Being a fitness buff, I was happy to receive gifts that fed my hobby. We ended the night by watching a movie together.

The very next day we had a larger family dinner with many family members coming from different cities. There was an evening of fun party and board games planned. It was a jolly time because I had not seen many of the family since last Christmas. We spent some time catching up and this was followed by a night of caroling and food.

After the party everyone decided to sleep over. With that many people under one roof, you can be sure that it was most definitely NOT a silent night. This season had its own flavour and will be something I will remember many years from now.

If there was one complaint I had this season, it would be the lack of snowfall. At times, I found it hard to believe it was December.



Edgar D. is a Graphic Illustrator with LINC Home Study program.

Student Reflections

WHAT I LEARNED IN 2010

by Larysa D.W

I came to Canada on February 4, 2010. It was a great, beautiful winter. I enjoyed the sunny and frosty days in February, especially at the end of the month, because I had my birthday and it was wonderful.

I started learning from my first day in Canada. I knew a little English when I came to Canada. I had only studied English for two months, so my vocabulary and grammar were very poor. I got into trouble when I was talking with a Canadian immigration officer in Calgary. He asked me, "Have you been in prison?" Unfortunately, I didn't know about the present perfect in English grammar, and second, I was very tired because I didn't sleep two nights on the plane. So, I heard "Do you have many presents?" Therefore my answer was "Yes, I have many presents". It was my first hard experience in English. I will remember it forever. I understood how very important knowledge of English is, especially, if I want to be doctor in Canada, and I decided to go to college. I was very happy; it was very helpful to use a program online and have an English teacher who could help me when I needed to understand. I learnt of Canadian culture, and I traveled to Saskatoon three times. I looked at Canadian hospitals, ambulances and rest homes. I wondered at the great equipment that each hospital and rest home had. I think that Canadian people are very lucky to get good treatment when they need it. I travelled to Cypress Hill and enjoyed nature in the clean, beautiful landscape. I learnt something new each day. I liked to talk with people. I was with my husband in the big stores, at parties, at concerts, and at the rodeo. I think that each event helped me to learn something new. So I studied every day.

After three months of studying in college, I was assessed in my college in Swift Current. I didn't get good marks in writing, because I hadn't written before. So, I needed more writing practice. I am very lucky to have the opportunity to study with LINC Home Study National online. It is very helpful for me because I can write better now, and I like to study and enjoy it. I hope to improve my English as my goal. I want to be a doctor in Canada. Every week, I get my homework and extra homework. It is usually very hard for me on the first day, but later I understand how it is interesting, and I enjoy it.

When I came to Canada I wondered how hard and important it was to get a driver's license. I studied for one month and learned more vocabulary for the written driving test. It was very hard, but I passed the written test and got my learner's license in April. I drove for six months and learned about life on the Canadian highway, and life on the roads in the centre of cities. I learned to drive in the different weather conditions. I tried to pass my driver's test twice, but only on the third try did I pass my test. I got my driver's license in October. I am very happy now.

I will apply my driving skills to each day of my life. I will improve my English for my future. I need to improve my English skills for communication. It is especially needed for my goal to be a doctor in Canada.

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



LET'S ENJOY WINTER IN CANADA! by Liudmila K.

Winter is one of the most exciting seasons of the year in Canada. You can always find a lot of things to do according to your taste. Let's start from the most popular winter game – hockey. Almost every Canadian family uses every opportunity to go to the rink and enjoy this truly national sport. Even people who just came from other countries know exactly what it means to be a “hockey mom.” Also, it is great fun to watch the game with your favourite team either on the rink or on your lovely sofa with a cup of hot chocolate.

If you don't like hot chocolate, leave it in your fridge and let's go back to the rink but now for skating. This sport is more for the female part of Canadian society, because every real man should play hockey. And now new fun—to save yourself from falling down on the big busy rink. Watch out for the whole team of strong young men who are skating like crazy to demonstrate all brilliant hockey skills.

Are you scared to be injured? Forget about skating. I can offer you something safer – cross country skiing. This land has huge amounts of beautiful and lovely plains and hills which will give you plenty of new and fresh emotions. Don't forget your hot chocolate, breathe deeply and have fun!

Is it boring for you? Do you need more adrenaline? Let's move close to the mountains. Downhill – that's what you need! Buy (or rent) special equipment and hit the slopes. The sun is shining and the wind is whistling. All of the most beautiful pictures are around. Pleasure...

Are you tired? Ice-fishing is what you need right now! Let's bring your warmest clothes and a lot of patience. Now you have some time to think about something very nice. For example, what do you suppose you'll do with your future catch? What's the buzz? It's your family waiting for you to play snowballs. The best fun is for kids to roll in the snow and throw some snowballs directly to the best parents in the whole world (I mean, to you).

Unfortunately, night is coming and you are really tired. Where is your cup of hot chocolate? What, what? You heard about snowboarding, snowmobiling, dog sledding? Let's leave it for tomorrow, or... see you tomorrow.

Prince Edward Island– Liudmila K. is a Level 6 student. Her teacher is Nancy V.



Comics



Student Reflections

COMMON COLD HOME REMEDIES

by Huma N.

Common Cold treatment using Lemon

Lemon is the most important among the many home remedies for common cold. It is beneficial for all types of colds and fever. Vitamin C-rich lemon juice increases body resistance, decreases toxicity and reduces the duration of the illness. One lemon should be diluted in a glass of warm water, and a teaspoon of honey should be added to it. This should be taken once or twice daily.

Common Cold treatment using Garlic

Garlic soup is an old remedy to reduce the severity of a cold, and should be taken once daily. The soup can be prepared by boiling three or four cloves of chopped garlic in a cup of water. Garlic contains antiseptic and antispasmodic properties, besides several other medicinal virtues. The oil contained in this vegetable helps to open up the respiratory passages. In soup form, it flushes out all toxins from the system and thus helps to bring down fever. Five drops of garlic oil combined with a teaspoon of onion juice diluted in a cup of water, should be drunk two to three times a day. This has also been found to be very effective in the treatment of common colds.

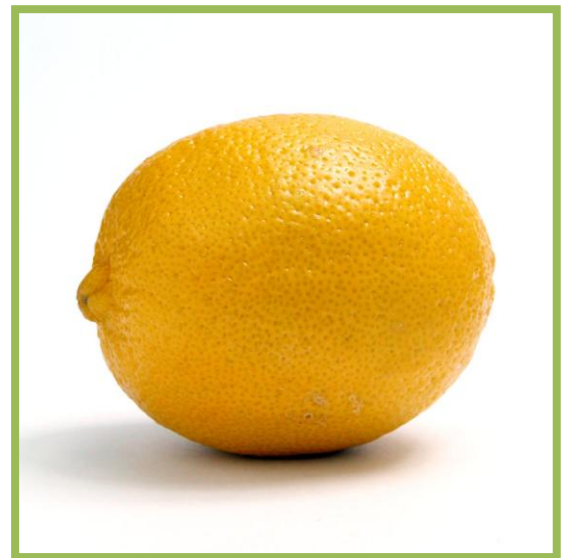
Common Cold treatment using Ginger

Ginger is another excellent remedy for colds and coughs. About ten grams of ginger should be cut into small pieces and boiled in a cup of water. It should then be strained and half a teaspoon of sugar added to it. This decoction should be drunk when hot. Ginger tea, prepared by adding a few pieces of ginger into boiled water before adding the tea leaves, is also an effective remedy for colds and for fevers resulting from cold. It may be taken twice daily.

Common Cold treatment using Turmeric

Turmeric is an effective remedy for colds and throat irritations. Half a teaspoon of fresh turmeric powder mixed in 30 ml of warm milk, and taken once or twice daily, is a useful prescription for these conditions. Turmeric powder should be put into a hot ladle. Milk should then be poured in it and boiled over a slow fire. This mixture should then be drunk by the patient. In case of a running cold, smoke from the burning turmeric should be inhaled. It will increase the discharge from the nose and provide quick relief.

Peel Region –Huma N. is a Level 4 student. Her teacher is Jason L.



BOXING DAY by Terence B.C.

Boxing Day is on December 26, 2010 the day after Christmas. Boxing Day was called St. Stephen's Day. St. Stephen was very charitable and helped poor people who celebrate Christmas. Churches on that day open the charity boxes or alms and giving the contents to the poor. In England after Christmas people would give gifts or boxes of food to servants and other employers.

Canadians like to shop on Boxing Day because many stores have sales. Thrifty people buy Christmas items on Boxing Day such as wrapping paper, cards and decorations, for use the following year. Other people on that day prefer to stay home, eating leftover turkey and resting from the celebrations of Christmas day. Canadians helped the needy at Christmas by giving money and the money is spent on Christmas packages include toys, food, and clothing for poor families.

In Philippines we don't celebrate Boxing Day just like the celebration here in Canada. But people back home have a family reunion on the 24th of December. Gathering together until midnight without sleeping, they just prepare, eat all kinds of special Christmas foods. And also they do exchanging of gifts and cards. And all kids and teenagers will go outside and go carolling, singing Christmas hymns at every house and getting gifts from them. It is a lot of fun doing these things. And after Christmas people just want to go shopping, they prefer to go out than to stay at home. But some people start to prepare for New Year stuff after Christmas. They make handmade firecrackers and fountains just to save money. That's all they do while they are waiting for the New Year to have some more fun.

York Region – Terrence B.C. is a Level 6 student. His teacher is Jonathan B.



MY FIRST SNOW IN CANADA

by Ratchakorn D.



First time when I arrived in Canada, I wanted to see the snow. Back in Thailand I paid \$5 to play in the artificial snow dome for only 30 minutes. By October, I kept asking my husband when we would get any snow. With a big smile, he told me we will get more snow than I will able to play with. On **October 20, 2010** my dream came true! I saw my first snow in the morning. It was only very light snow that melted as soon as it fell on the ground, but it was a real snow. I was very happy to watch it. I went outside in our backyard and tried to pick up the snow with my hand and eat it. Lots of fun!! At that time, my husband said I was like a little girl.

Now, I can see the snow every day, and I realize I don't like too much of it. It's very hard to walk anywhere as I still don't know how to ski. And I have to put a lot of heavy clothing to go outside. By the way, I have seen all 4 seasons in Canada already. I think summer is the season that I love most. It's warm, but not as hot and humid as in Thailand. I love the many beautiful wild flowers we have here.

Thunder Bay Region – Ratchakorn D. is a Level 3 student. Her teacher is Kim H.

Student Reflections

WINTER SURVIVAL TOOLS AND TACTICS

by Dulce M.L.

No matter how many times we go through it, winter always seems to catch us by surprise, so prepare yourself for this season with helpful tricks, here are some survival tips:

1. Make shovelling easier, spray Pam (oil cooking spray) on your shovelling blade; this is a proper weapon in the war against precipitation.
2. Always have bottles of water in stock and homemade cold and chill remedies like Honey/lemon/ginger infusion, this infusion is great and really keeps you warm.
3. Winter proof water: wear long johns, use a lot of lotion and lip balm in order to moisturize your skin and lips.
4. Really use your freezer, Left on its own, it's easy to let your freezer become little more than an overflow box for the stuff that's just about to go bad in the fridge and recipe ideas that never quite launched
5. Have emergency kits for home and your car, candles and warm blankets are great as well, there are some kits ready to use in your convenience store.
6. Keep exercising and of course keep your hands warm (and useful)
7. Keep lower your heating bill by lowering your thermostat likely won't notice a huge difference if you turn it down just a few degrees, a move that can shave 5 percent to 10 percent off your heating bill. It's especially wise to turn down the heat whenever you leave your home for several hours.

Remember timing and good planning could help you to save your life and your wallets

***Thunder Bay Region – Dulce M.L. is a Level 5 student.
Her teacher is Junko T.***



Winter in Canada offers a lot of activities in the snow. These activities can help you enjoy the Canadian winter.

I have the following ideas for winter outdoor activities:

a) **Skiing or Snowboarding.** You can go to any ski resort, but I like go to Blue Mountain where you can spend a day or night or more. Blue Mountain has trails and lifts, and you can ski on beginner, intermediate, or expert terrains.

Because I live so close to Blue Mountain, I enjoy skiing at least twice a week. You can do the same. Find the closest resort to you and try to ski on a daily basis because if you ski a lot, you can become a better skier after one season. I know this from experience.

b) **Outdoor Skating.** You can start learning outdoor skating at your city centre. With the first frosty day, city-owned public ice rinks invite you to enjoy the cold weather. But when it is very cold, you can be even more creative and build own ice rink. Outdoor skating can be very fun and enjoyable. There is nothing better then skating under the sky on a sunny day. Another idea is go to a recreation centre to play hockey with friends.

c) **Snowshoeing.** This is both a wonderful way to explore the great outdoors and an effective exercise.

d) **Ice Fishing.** Ice fishing is a wonderful experience to enjoy the Canadian winter with nature.

e) **Winter Festivals.** You can find winter festivals across the country. Canadians don't hibernate in winter. We create reasons to get out and enjoy the outdoors. One way is with festivals, light festivals which you can find across the country.

f) **Making a Snowman.** Making a snowman is a good way to spend time with kids outdoors.

g) **Dogsledding** is one of the most memorable Canadian adventures. It is an activity available almost everywhere in Canada where there is a lot of snow.

h) **Snowmobiling** is a common kind of transport during winter. If you like "skidooing," you can enjoy driving these machines in the snow.

Even though winter is cold in Canada, people are not bored because there is so much to do.

Barrie Region – Maria R. is a Level 5 student. Her teacher is Joseph N.



Student Reflections

CELEBRATING THE NEW YEAR

by Hala N.

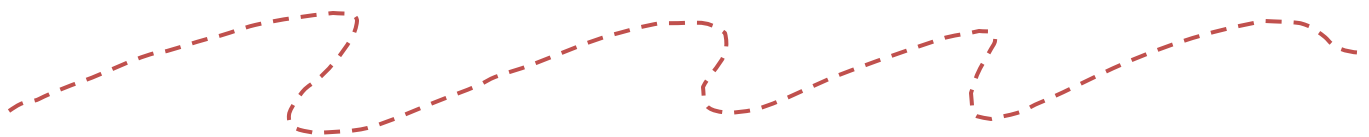
New Year, my favourite holiday, is one of the most celebrated days in the world. All around the world people celebrate the coming of a new year with traditions from their country. Each culture celebrates this holiday in its own unique way. The people start to prepare for this holiday at least one month in advance. The preparation begins by buying presents, making new costumes and decorating houses. The Christmas tree is the special unique symbol of the New Year. The whole family participates in decorating the tree with toys, candies, lights and different ornaments. Children consider a tree to be mysterious, because Santa Claus hides the presents under this tree.

New Year's Eve is a time when we celebrate the end of one year and the beginning of another. The beginning of a new year is a great time for new beginnings with a clean slate of hopes, expectations, and goals. On this day, many people make resolutions to give away bad deeds and renew life with good ones. It's the time to remember the achievements and make merry for the New Year.

New Year's Eve is the most wonderful day in my life. I have never forgotten when all my family met and celebrated the coming of a better year. We were laughing out loud from our deep hearts. There was nothing to worry about. I really miss this day and each member of my family, especially the one who passed away.

A New Year is expected to bring good luck and charm for people and this is the reason why people around the world love to celebrate it with fun and enjoyment.

Nova Scotia – Hala N. is a Level 4 student. Her teacher is Nancy V.



I have been in Canada for 3 years, and 2010 has been the best time for me. I took different courses that help new immigrants to adapt in Canada. One of these was an art instructor course at Niagara College. I was an immigrant in Canada, and had had the opportunity to study this course. It has been a blessing in my life as an artist and a teacher. It is an important goal that I have for my life, here in Canada. I learned so much about teaching art and how to encourage my students. I had information about educational roles in Canada because in my country, I worked with different roles. Now in Canada, it has been a new experience for me.

First, I learned about strategies called, hooks and tactics. Second, I learned the different ages and stages of children and, when I need to teach art for these age groups. Third, I learned the discipline that I need to have with my students in the classroom without losing their motivation. I need to be a motivator.

One of the most important strategies that I have learned in this course as a teacher of art was the use of tactics. I was a professor in art and I taught drawing, painting and art history, but I didn't know how to teach using tactics. In this course, I applied a tactic call "walk-about". I think it is a good experience. The students bring a photograph of a special place outdoors. Each student walks around the room with the photograph. When the music stops, the students explain their photograph to the nearest partner. They asked questions such as: When did he or she take this picture? Where was he or she when this picture was taken? What did the student feel when the photograph was taken? (Share 4 times). After, I explain how the student should begin to draw their picture in three steps, with a background, middle ground and fore ground. I will apply this kind of Hook (walk about) to introduce students in the drawing their sketch.

Another tactic [that] I liked was Popcorn. It is a good hook to learn more about the student, what they feel about art and how they want to learn about art. I will use different tactics to teach my art as I consider it very important to connect the student with the teacher and the art because the art is a means of expressing emotions. I will implement different activities that contribute to a climate where students are actively engaged in meaningful learning experiences. I will provide a positive environment in which students are encouraged to be actively engaged in the learning process. I will ensure that student growth and achievement is continuous and appropriate for each age group, subject area, and I will prepare lesson plans and establish course goals. I will identify and select the best tactic to meet the needs of the students as an artist, their backgrounds, learning styles, and special needs. I can teach my classes as an Art Instructor in different spaces, such as the community, associations, art school, college and universities.

I am now involved with a Multicultural Folk Art in St. Catharines. Others are SISO, St Joseph Immigrant Centre, and Immigrant Art Association. These are in Hamilton. Another is Lakemount Worship Center in Grimsby, which has allowed me to teach art. I have been able to teach art to children between 8 and 12 years old. It has been a wonderful time. There, I have enjoyed my time as a teacher. I have also been a volunteer in art in the Art Gallery Grimsby, too.

Overall, I could explain more about this course because it has enriched my life. I recently received my first pay cheque in this area. Actually, I have been working with The Salvation Army and I have spoken to people and they have been very interested in this activity. 2010 was great and I hope 2011 is even better.

Niagara Region – Katia P.M. is a Level 5 student. Her teacher is Lara Lyn Y.



Student Reflections

RESOLUTIONS by Michael C.

As 2010 draws to a close, it is time to make resolutions for the next year, 2011. People tend to make many resolutions, among which these are the most common:

1. Improve one's health and enjoy life more
2. Spend more time with family and friends
3. Quit smoking, drinking, and eating junk food
4. Get a better job and improve one's finances
5. Improve oneself: be more organized with better time management, and be more independent
6. Take a trip
7. Improve one's education and learn something new
8. Help others by volunteering

According to the statistics, only about 20% of people who are really serious with these resolutions will plan, act, and achieve some of these. The majority are either too busy or even forgetful about what they have determined to achieve. Therefore, I will only pick a few to work on.

Improving One's Health

This is always on top of my list. I have to exercise more in order to get healthier, especially in the winter, when most outdoor sports hard to do, except skiing. Even though I am not a good skier, I can go swimming two times a week early in the morning before I go to work. Winter will make some people feel miserable and even depressed. Therefore, I have to motivate myself by exercising more. In summer and autumn, I can resume my outdoor sports, including hiking, cycling, and doing Tai-chi with my friends in the park.

Spending More Time with My Family

My family and I left our home country four years ago, and family life is by far the key motivator that keeps us happy in Canada. I need to spend much more time with my younger

son, who is now in grade 10 and needs much help dealing with his adolescent issues. Even though he is not a very sharp student in his studies, he has put much effort and shown improvement. I wish he could make his own resolution to improve his study.

Learning Something New

It is my belief that life is a continuous learning process, and I always think of picking up some French, one of the official languages in Canada. I know it is not going to be easy and need do much research to look for FSL (French as a Second Language) classes. It will be much more fun to travel to Montreal or Quebec if I could master some basic expressions like:

How are you?(Comment Ta Le Vous) Thank you(Merci)

How much?(Combien) Too expensive(Trop cher)

I understand any plan will not work without tactics and a timeline, so this is what I need to start thinking about.

York Region – Michael C. is a Level 7 student. His teacher is Joseph N.



Our family has been in Canada for one year and four months now. I think I'm happy to be in Canada and I'd like to tell you why.

The First reason is that prices of food items and other things are reasonable in Canada. In other words, cost of living is not very high. When we landed in Canada, we didn't have a job for first 3 months, but we needed to buy food. When we went to supermarkets, we found so many items with affordable prices. Then we found out that every supermarket had weekly specials, and that made it even easier. So we could enjoy our shopping even though we didn't have income.

Second reason is that Canada has a very good education system. My daughter was enrolled in grade 6 when we came here. Just after one year, she got 3 awards – one, for her co-operation, another for her kindness, and a Citizenship Award for helping other students to study English, and for being a good library assistant. From these rewards that my daughter got, I learned more about Canadian values like co-operation, kindness and good citizenship. My daughter always did the same things in my country, even more, but she never got any reward. I think good qualifications and achievements should be recognized especially for children. Right now, my daughter started grade 7, and recently her article was selected by her English teacher for publication in a newspaper for next year. She was the only student in her class whose article was selected. I always knew my daughter had a gift of writing because her articles were always used as examples in my country, but I appreciated that a teacher in Canada discovered her talents so well and soon; and recognized it. That is why I am so happy to be in Canada.

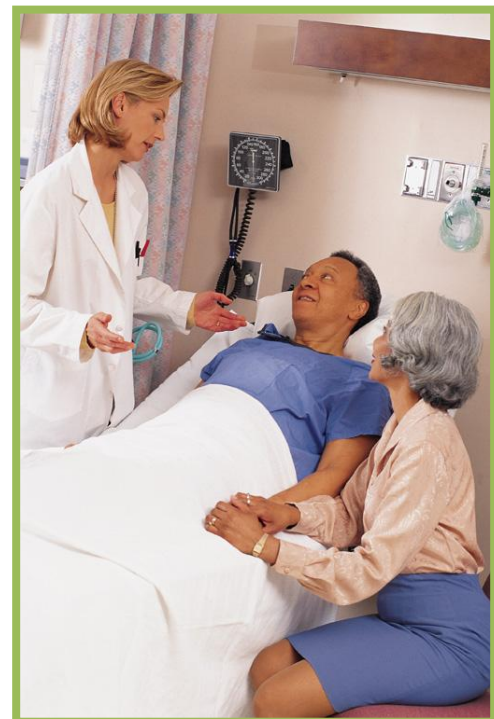
Third reason is the health system in Canada, which I think is very good. My friend, who is a more than 60 years old lady, got breast cancer in April this year. After two weeks she was operated in hospital. When I saw her in October, she told me Canada's medical system amazed her. There were latest equipments with very efficient treatment, and everybody was very kind, to her inside and outside of hospital; all at no cost to her. She didn't pay anything. Her brother on the other hand, had kidney cancer surgery in my country. He was charged almost \$100,000. I think I will not be concerned if I have no money for treatment if I get ill, that is why I'm happy to be in Canada.

People here always have positive attitude, and that is one more reason why I like Canada. I have known an elderly couple for some time. The man is 84 years old, the woman, 75 years old, and with a disability. The woman always sits in the wheelchair. They have no children, nor much money. They both are seriously sick, but they are always happy and dressed up with clean and beautiful clothing. We have become good

friends. I see them like my parents. I gave both of them birthday presents. Because they always have positive attitudes, it encourages me in my life.

I do believe there will be more and more reasons in my future life to make me happy to be in Canada. I'm looking forward to more excellent things that will happen in my life in Canada, because I know this is a country with full of hope, and is blessed by God.

Toronto Region – Ren Y. is a Level 5 student. Her teacher is Zakia S.



SNOWFLAKE CAKE

by Thenkuttige N.

Ingredients

- 1 pkg. yellow cake mix (2 layer size)
- 2 pkg. Vanilla instant pudding (4 serving size each)
- 1 pkg. white chocolate (6 squares)
- ¼ cup icing sugar
- 1 cup cold milk
- 3 cups thawed cool whip topping
- ¼ cup pure red raspberry jam

Directions

Heat oven to 350 F. Batter cake mix and bake as directed on package for 2 (9-inch) round layers, blending 1 pkg. of dry pudding mix into batter before pouring into prepared pans. Cool cakes in pans for 10 minutes; invert into wire racks. Gently remove pans; cool cakes completely.

Draw 3 or 4 snowflakes shapes on paper, ranging in size from 1 to 3 inches in diameter. Place on tray; cover with waxed paper. Melt chocolate as directed on package; cool for 5 minutes. Spoon into a small resalable plastic bag; cut small corner off bottom of the bag. Trace over snowflake patterns with chocolate, rearranging patterns as needed to make a total of 35 chocolate snowflakes. Freeze 10 minutes or until chocolate is firm. Carefully transfer snowflakes to a plate. Refrigerate until ready to use.

Beat remaining dry pudding mix with sugar and milk in a large bowl with whisk for 2 minutes. Stir in Cool Whip. Place layer of a cake on a plate; spread with jam, then 1/3 of the pudding mixture. Cover with remaining cake layer. Frost top and side of cake with remaining pudding mixture. Decorate with chocolate snowflakes. Keep refrigerated.

Peel Region – Thenkuttige N. is a Level 5 student. Her teacher is Ian Z.



Ingredients

- 1 cup unsalted butter
- 1 cup sugar
- 1 egg
- 1 tsp. vanilla
- 2 cups all purpose flour
- ½ tsp. baking powder
- ½ tsp. baking soda

Directions

First, cream butter and sugar together. Then, beat in egg and vanilla.

In a separate bowl, mix flour, baking soda and baking powder together.

Gently blend dry ingredients into the butte mixture.

If dough is a bit soft, then refrigerate for hour before rolling.

Roll dough one quarter inch thick. Cut with your favourite cookie cutters. Decorate with sprinkles or coloured sugar. Lay on baking sheet one inch apart. Bake in a preheated 325 degree oven for 5-8 minutes. Once lightly browned around edges, remove from oven.

Allow to cool on pan for one or two minutes, then remove to wire rack to cool completely.

Halton Region – Nery M. is a Level 7 student. Her teacher is Monica L.

Sugar Cookies are a sweet and tender cookie that has wonderfully crisp edges. They are an American favorite and although they were once made primarily during the Christmas season, they are now a year round favorite. They are delicious whether dressed simply with a sprinkling of colored sugar or frosted with royal icing.



SUGAR COOKIES

by Nery M.

Recipes

Ingredients

- 1 ½ tbsp. canola oil
- 1 tbsp. thai green curry paste
- 3 cups unsweetened soy milk
- 1 lb. skinless boneless chicken (cut into strips)

Directions

Heat oil in a large saucepan over medium-high heat. Add green curry paste and stir-fry briefly to release the fragrance.

Add 1 cup of unsweetened soy milk; stir until a film of green oil appears. Add chicken, stirring to incorporate. After that, add remaining soy milk. When the curry sauce comes to boil, reduce heat to medium and allow simmering 3-5 minutes, or until chicken is thoroughly cooked.

Add Thai eggplants (or vegetable of your choice such as bamboo shoots, broccoli, carrots, etc.); stir until softened but still firm and colorful. Do the taste-test; add fish sauce and palm sugar as necessary.

Reduce heat and add sweet basil leaves; cover and simmer for a couple of minutes. Before serving, garnish with sweet basil leaves and red chili slices. Enjoy the dish with Jasmine rice, grain starch noodle, Roti (Indian flatbread), sticky rice or toast; they all are great sides for accompaniment.

**Peel Region – Thanika A. is a Level 7 student.
Her teacher is Meghan W.**

Thai green curry chicken is one of Thailand's most popular dishes. This hot and spicy dish will warm you up and help you prepare for the cold and flu season.



THAI GREEN CHICKEN

by Thanika A.

KOFTA CURRY

by Saima A.

Ingredients

- 1 kg ground meat
- 2 medium onions
- 1 medium tomato
- ½ tsp. chilli
- ½ tsp. salt
- ½ tsp. turmeric powder
- 1 tbsp. ginger paste
- 1 tsp. coriander powder
- ½ tsp. cumin seeds
- 7-8 whole black peppers
- ½ tsp. cinnamon powder
- 3-4 bay leaves

Directions

Wash ground meat, try to squeeze out as much water possible.

Take 1 medium onion, 1/2 teaspoon of garlic, 1 teaspoon of salt, 1/2 teaspoon of red chilli, 1/2 teaspoon of turmeric powder, 1/2 teaspoon of coriander powder, 1/2 teaspoon of cumin seeds, 1cm cinnamon stick, and chop them in a chopper until it looks like almost a paste, Mix this paste into the ground meat and make 17-18 firm balls, and keep them aside.

In a large pot fry the other medium size onion in oil until golden brown add 1/2 teaspoon of salt, 1/2 teaspoon of red chilli, ½ teaspoon of garlic paste, ½ teaspoon of ginger paste. Now place these balls in this mixture, and add 1/3 cup of water cover and cook on very low heat for 5 minutes, change side of the Koftas, and cook for another 5 minutes.

Then add medium size chopped tomato, cover, and cook for another 5 minutes. Stir carefully, so as not to break the koftas. When all sides are cooked very well, add two cups of water cook more for 7-10 minutes on medium heat. Remove from the stove, and delicious Kofta curry is ready to eat.

London Region – Saima A. is a Level 5 student. Her teacher is Zakia S.

Kofta refers to mincemeat that is made into balls. They are then cooked in a yoghurt and spices masala sauce. You can serve kofta curry with naan or chapatti or even simple boiled rice.



Activity Central

Games and Puzzles

Word Search

Find the words listed below:

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

Parade
Times Square
Resolution
Midnight

Auld Lang Syne
Noisemakers
January 1
Fireworks

Celebration
Confetti

Write down your New Year's Resolution below:



To resolve: To form a purpose; to make a decision; especially, to determine after reflection; as, to resolve on a better course of life.

Starting in the New Year, I resolve to:

Activity Central

Answers

Word Search

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

If you would like to participate

in the Student Corner,

please contact us at:
help@linchomestudy.ca

Student Corner

Lidiesky G.L.

My name is Lidiesky Garcia Luis. I was born in Santa Clara, Cuba, on August 14th 1976. I studied and received Degree in Pharmaceutical Sciences at the Central University in Cuba. I decided to study this subject matter chasing the dream of becoming a good pharmacist. I wanted to get involved in an active and open field, that would combine my pleasure for the study of chemistry and my sensitivity to help and maintain the health of people.

I have 11 years of experience working in the pharmaceutical field. During this time I directed the production of natural medicines in a Laboratory. I chose the field of natural medicines because they are friendlier to the body and they have therapeutic effects equal or superior to conventional drugs. I believe that is why that makes them the medicine of choice for many people.

I currently live in Hamilton, Ontario, Canada. In the future, I would like to practice my profession in this great country. It's hard to achieve this objective but with effort it is possible. Obtaining a license working as a pharmacist will make me feel more useful in society, especially, in a first world country where there are possibilities for the development of research and technological support needed for this specialty.

I consider myself a creative and hardworking person. I feel frustrated not knowing or understanding things and I always try to fill these gaps by reading. I see it as an open door to understanding and it gives a richness to the spirit. It provides me the knowledge that fulfills all my personal goals and professional life.

In the end, a new chapter of my life has begun, where hard work and dedication are the master keys to open roads. Right now I ask God to keep my family together and strengthen us to face life in this new place.

Hamilton Region– Lidiesky G.L is a Level 3 student. Her teacher is Deborah K.

Majid B.

I am writing about myself.

First of all, I have to say that I am writing about myself for the first time. I mean I do not have any experience in this respect.

My name is Majid. I am 44 years old and married. I was born in Tehran. I have a sister and two brothers. My father passed away a long time ago due to cancer. My old mother lives alone in Tehran. After graduating from high school, I was admitted to a medical university .I got married to my classmate when I was an intern. What it boils down to is that we graduated, and then my wife gave birth a few years later. Then, I started to work hard. After a while, I noticed that I had a very boring life so I decided to look at immigration. Although it was not so easy, I did it. My family and I came to Canada about 3 months ago.

Nova Scotia – Majid B. is a Level 3 student. His teacher is Rachel B.

Student Corner

Ruhul A.K.

I was born in the village of Madan Khali in the capital district Dhaka, Bangladesh. Up to age 8, I was in the village, and most of the time I spent at my maternal grandmother's home. Sometimes I was with paternal grandparents. Although my grandmothers passed away in 1982 and 2003 respectively, I still remember them. I cannot control my tears when I remember them. I went to Khulna, another district of Bangladesh where I spent my whole student life and got my 1st job appointment also there. I was there with 2 sisters and 4 brothers. My father and mother are still alive by the mercy of our Creator, but sick which hurts me all the time. Every day I feel them from my inner heart and momentarily go to back home to mentally visit them but this only increases my sadness.

I entered in my job life in February, 1984, in the Bangladesh Power Development Board. I left for Kuwait in January 1998. I worked there in Siemens until August 2009. During my Siemens days, I visited Japan, Germany and Austria for job training. All the visits were very nice but Japan was the best. In Germany, I was in Berlin. All the natural beauty is there but I didn't agree with their moral values. Anyway, I enjoyed in all the 3 country.

I am now in Canada. I landed here in August, 2005, but left only after 2 months. Again, I came back here in August 2007, left my family in Toronto and I again left for Kuwait. I permanently started to live here in Canada from 19th August, 2009. I have 4 kids----3 daughters and one son. They are all are students. The first one is a daughter, now a first year university student. Then my son is in grade 9 and the last 2 daughters are in grade 6 and 3. My wife is now doing an English language course in LINC. Good and not good, both are here in Canada but the environment is not friendly, too many changes.

Toronto Region – Ruhul A.K. is a Level 6 student. His teacher is Susan M.

Shah M.

I was born on in Balakot, which is a town in Pakistan, and completed my early education in Balakot. I finished my MBA in marketing in 1999. Shortly after that, I started my job in Callmate Telips Telecom Limited as a customer service representative and later on stepped into the field of sales for the same company. My family and I began our new life in Canada in 2007 to establish a better future in education and career development not limited to myself but also to my wife and kids.

After moving to Canada, the most difficult and challenging part of my life started. Over the past three years, I tried my best to get settled here and have been successful to a certain extent. First I applied for a security job for two months then landed a job in a factory for a month. Soon afterwards, I got a job in customer service (Sprint & Nextel) at Minacs which gave me experience and enhanced my speaking and listening skills. After doing this job for one and half years in the same company, I later on landed a job in Bell Mobility as an inbound customer service representative in 2009. Unfortunately, this position didn't last for long and I got laid off due to the economic recession. Fortunately, in January 2010, I got a job at Bell Mobility for the same position.

Recently I took a course in CPIM (Certified in Production in Inventory Management) and passed the exam for the first module. I later took the second module exam but I couldn't clear it. There are five modules in the CPIM program and I am planning on studying the rest of the modules so I can complete my certification. Canada is a land of opportunities and I am working hard to realize my dreams.

Toronto Region –Shah M. is a Level 7 student. His teacher is Meghann W.

Student Feedback

LINC Home Study is a good program. I'm very happy with this program because I'm learning very well. My English is improving. Thanks LINC Home Study and teacher Andrea. I wish you a very Merry Christmas and a happy and prosperous New Year 2011. God bless you!

-Mary M.

I am very lucky to learn English at LINC Home Study because the teacher Mark B. is very responsible and very nice. He helped me improve English. Besides the office tried to contact me which was very nice. I appreciate it so much. Thanks!

- Qun, M.

I appreciate Sondra because she is a very good teacher. She teaches me how to learn English by myself. She teaches me how to live in Canada and do my small business. On Thanksgiving, I am thankful for her. I am thankful LINC HOME STUDY.

- Xiao D.

I do believe that there are some people who come into our lives and become unforgettable. These people who touch our lives don't go away no matter what happens. They live in our deepest memories and hearts. I would like to talk about one of the persons that really touched my heart since I have started to take English lessons online. Although I haven't met her yet, I have only heard her voice over the phone, which is enough to notice, to feel who I am talking to. My English teacher, Atika, is one of the most inspiring persons in my life as I have seen dedication to her job, to her students and her ability to identify with all of us as an immigrant as well.

I consider her as a strong-hearted person who has the gift to empower me to go on, to focus on life through her wisdom. I always remember this – “Sonia, we can be whoever we want to be in this country and also nothing is impossible in life; all we need to do is to just focus!!” These kinds of words we need to hear from time to time, especially when we are going through a rough time and wonder about so many things and feel discouraged.

Finally, I can't express all my admiration and gratitude to my Miss Atika as words are not enough sometimes; just I feel so blessed to have her as a great teacher, friend and as a wonderful human being. As I said before, these kinds of people who come into our lives stay through the distance, the space or time. One of my special persons that I wouldn't forget because of her great personality and just so special the way she is for me. Thank you so much for everything my dearest teacher!!

-Sonia B.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.

Rink (pg.11)	always following the behaviour and attitudes that most people in a society consider to be normal, right, and socially acceptable, so that you seem slightly boring
Antiseptic (pg.12)	using money carefully and wisely
Decoction (pg.12)	a promise to yourself to do something
Charitable (pg.13)	to take action or make changes that you have officially decided should happen
Alms (pg.13)	relating to giving help to the poor
Thrifty (pg.13)	a specially prepared area of ice that you can skate on
Hymn (pg.13)	a medicine that you put onto a wound to stop it from becoming infected
Infusion (p.14)	money, food etc given to poor people in the past
Implement (pg.17)	the extraction of the water-soluble substances of a drug or medicinal plants by boiling
Resolution (pg.18)	a drink made with herbs in hot water that is usually taken as a medicine
Conventional (pg.27)	a song of praise to God

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 January 28th

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.

