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The Official Newsletter of LINC Home Study

NEWSLINC



LINC Home Study

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

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

How much does the program cost? Nothing. The program is funded by Citizenship and Immigration Canada, and as such, all study materials are provided free of charge to participants. LINC Home Study students are encouraged to study independently for between 5 to 10 hours a week, and to finish homework on a regular basis. To be successful students have to study hard, and commit their time to improving their English skills. The teacher is there to guide students along on their path to significant language improvement.

The LINC Home Study program offers many other study options, including **drop-in conversation classes**, **additional phone conversation classes**, **curriculum for seniors and women** and instruction for **deaf and blind** clients.

We encourage all LINC Home Study students to take advantage of the options available to them, to participate in the online LINC Home Study **forum**, to contribute to our monthly newsletters, and to their journey in learning English.

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EDITOR'S NOTE

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

Our feature article focuses on the solemn occasion of Remembrance 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 September. Please continue to send us your articles, feedback and comments every month. Readers whose comments on the featured articles are published in future newsletters may be awarded a prize!

Enjoy!

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Program Updates

Program Activity: The number of seats in the LINC Home Study program for 2010-2011 is 1250. The program currently has 1,158 students enrolled with space availability for 92 students.

Drop-in Conversation Sessions: The LINC Home Study students are reminded that the two-hour Drop-in Conversation sessions that is currently offered on Saturdays ended its 2010 season on Saturday, October 30th. The new sessions will begin in the Spring of 2011. Students will be notified when the start date draws closer.

Additional Conversation Classes (by phone):

Students who are currently participating in the Additional Conversation Classes are also reminded that these sessions will end on November 7th. Stay tuned for upcoming information on the next start date.

LINC Seniors & LINC Women:

These Discussion Groups are delivered in partnership with NIC at their locations in Malton and Oakville.

LINC Seniors: Oakville - Tuesdays 10:00 a.m.

Malton – Wednesdays 10:00 a.m.

LINC Women: Malton - Wednesdays 12:30 – 2:30 p.m.

Oakville – Fridays 9:30 a.m. – 11:30 a.m.

LINC Home Study Canada:

This program (*formerly National Delivery*), spans the country from the Atlantic Provinces (NB, NS, PE and NL) to the western regions (AB and SK) of Canada. Under the capable supervision of the 10 LHS Canada TESL-certified teachers, 209 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

REMEMBRANCE DAY

Remembrance Day also known as **Poppy Day**, **Armistice Day** or **Veterans Day** is a day to commemorate the sacrifices of members of the armed forces and of civilians in times of war, specifically since the First World War. It is observed on 11 November to recall the end of World War I on that date in 1918. The day was specifically dedicated by King George V, on 7 November 1919, to the observance of members of the armed forces who were killed during war.

In Canada, Remembrance Day is a public holiday in all provinces and territories except Ontario, Quebec, and Manitoba. The official national ceremonies are held at the National War Memorial in Ottawa, presided over by the Governor General of Canada, any members of the Canadian Royal Family, the Prime Minister, and other dignitaries, to the observance of the public.

A tradition of paying more personal tribute to the sacrifice of those who have served and lost their lives in defense of the country has emerged since erection of the Tomb of the Unknown Soldier at the War Memorial in 2000: after the official ceremony, the general public places their poppies atop the tomb.

The poppy's significance to Remembrance Day is a result of Canadian military physician John McCrae's poem *In Flanders Fields*. The poppy emblem was chosen because of the poppies that bloomed across some of the worst battlefields of Flanders in World War I, their red colour an appropriate symbol for the bloodshed of trench warfare.

The Royal Canadian Legion suggests that poppies be worn on the left lapel, or as close to the heart as possible. In Canada, the poppy is the official symbol of remembrance worn during the two weeks prior to November 11, after having been adopted in 1921.



Staff Reflections

REMEMBRANCE DAY

by Jasmine H.

Reply to Flanders Fields

*Oh! sleep in peace where poppies grow;
The torch your falling hands let go
Was caught by us, again held high,
A beacon light in Flanders sky
That dims the stars to those below.
You are our dead, you held the foe,
And ere the poppies cease to blow,
We'll prove our faith in you who lie
In Flanders Fields.*

*Oh! rest in peace, we quickly go
To you who bravely died, and know
In other fields was heard the cry,
For freedom's cause, of you who lie,
So still asleep where poppies grow,
In Flanders Fields.*

*As in rumbling sound, to and fro,
The lightning flashes, sky aglow,
The mighty hosts appear, and high
Above the din of battle cry,
Scarce heard amidst the guns below,
Are fearless hearts who fight the foe,
And guard the place where poppies grow.
Oh! sleep in peace, all you who lie
In Flanders Fields.*

*And still the poppies gently blow,
Between the crosses, row on row.
The larks, still bravely soaring high,
Are singing now their lullaby
To you who sleep where poppies grow
In Flanders Fields.*

- John Mitchell

Canada now has its own Tomb of The Unknown Soldier in Canada. In May 2000, the remains of an unidentified Canadian soldier who died in the First World War were repatriated from France and with great ceremony were buried in a special tomb in front of the National War Memorial in Ottawa.

This project began several years ago at the instigation of The Royal Canadian Legion, who developed the idea as a Millennium project, and it has been taken up by the Canadian Government under the lead of Veterans Affairs Canada.

The Tomb of The Unknown Soldier has been created to honour the more than 116,000 Canadians who have sacrificed their lives in the cause of peace and freedom. Furthermore, the Unknown Soldier represents all Canadians, whether they be navy, army, air force or merchant marine, who died or may die for their country in all conflicts - past, present, and future.

Adapted from Veteran Affairs Canada



Jasmine H. is an Administrative Assistant with LINC Home Study program.

LESSONS FROM CANADIAN GEESE

by Susan M.

Geese flying in a V-formation have always been a sign that heralds the coming winter or a welcome sign of spring. Not only is this a marvelous sight but there are some remarkable lessons that we can learn from the flight of the geese, because all that they do has a significance.

1. As each goose flaps its wings, it creates uplift for others behind it. There is 71% more flying range in a V formation than in flying alone.

People who share a common direction and sense of purpose can get there more quickly.

2. Whenever a goose flies out of formation, it feels drag and tries to get back into position.

It is harder to do something alone than together.

3. When the lead goose feels tired, it rotates back into formation and another goose flies at the lead.

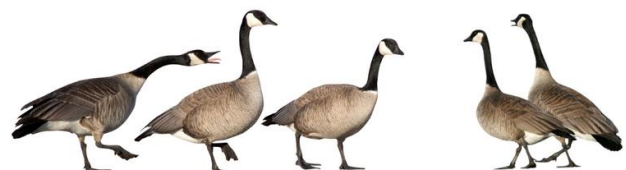
Shared leadership and interdependence give us each a chance to lead as well as an opportunity to rest.

4. The geese flying in the rear of the formation honk to encourage those up front to keep their speed.

Encouragement is motivating. We need to make sure our "honking" is encouraging and not discouraging.

5. When a goose gets sick or wounded and falls, two geese fall out and stay with it until it recovers or dies. Then they catch up or join another flock.

We may all need help from time to time. We should stand by our colleagues in difficult times.



Susan M. is a Teacher with LINC Home Study program.

Student Reflections

REMEMBRANCE DAY

by Nadine Q.

Remembrance Day is an important day here in Canada; it's a nation day to commemorate the sacrifices of members of the armed forces and of civilians in times of war. Every November 11th recalls the end of World War 1, which ended at 11:00 AM on the 11th day of the 11th month in 1918.

Last year on November 11th, I had the wonderful opportunity to attend the ceremony at my children's school for Remembrance Day. Part of the ceremony is to remember John McCrae, who was born in Guelph, Ontario, and was a soldier who fought in the First World War. I live in Guelph, Ontario.

When I arrived, I didn't know my son, Peter, was going to be dressed as a soldier. I arrived early and sat where the show was going to take place. There was a boy who looked like a good-looking man in a navy uniform; he stood firmly and quietly with his legs open while looking very serious.

There were also some students practicing the ceremony in the middle of the gym, so I took a look to see if Peter was there, but I couldn't find him. Suddenly, the door opened and I thought it was Peter, but he wasn't there. Instead I saw other students in a line up quietly and respectfully entering the room. Unexpectedly, a loud voice interrupted the deep silence! My younger son, Eduardo, who had entered the gym with his class, screamed Peter's name when he saw his brother wearing a navy uniform. Suddenly, I realized that the man in navy uniform was my own son, Peter. I felt silly because I didn't recognize my own son from the beginning.

Furthermore, I couldn't believe that the guy who was acting as a soldier and saying lots of things was my son because he acted so naturally. This is a facet I didn't know my son had. At the end of the ceremony, one of the moms told me he could be a good actor, so I felt very proud of my son.

The ceremony made me think how important Remembrance Day is; I wish we had this in my country. It's really important to remember those who sacrificed their lives for us so we can have a better life nowadays.

Guelph Region –Nadine Q. is a Level 7 student. Her teacher is Joanne A.



INDIAN SUMMER

by Alejandro C.R.

Indian summer is a period of mild weather occurring in late autumn in the Northern Hemisphere. It is characterized by periods of sunny and clear skies, temperatures above 21°C, and the changing colours of the leaves. All of this takes place before the first snowfall.

The phrase 'Indian summer' could also be known as the 'false summer'. This expression has been used for more than two centuries. It may also be so named to commemorate the traditional period when the American Indians harvested their crops of squash and corn.

In Europe, this climate phenomenon is well-known too, but it has a different name. It is called 'Saint Martin's Summer' - name that originated in France where it is still widely used.

Barrie Region– Alejandro C. R. is a Level 3 student. His teacher is Andrea R.

SANTA CLAUS PARADE

by Igor R.

Last November we took our daughter Liza downtown to watch Santa Claus Parade. It was the first Santa Claus Parade we had ever seen and we were very excited. It was a pleasant warm day and Liza was playing with yellow leaves. There were lots of people around us waiting for the parade to begin.

Finally the parade started. First came the clowns, who threw candy to the kids. According to my Liza it was the best part of the parade. All the parade participants wore different costumes and played their parts. Kids also participated in the parade and were riding on the floats. I think no less than ten big orchestras and small bands took part on the parade. The parade was a lot of fun. We enjoyed it very much, especially our daughter.



Peel Region– Igor R. is a Level 4 student. His teacher is Constance W.

Comics



Student Reflections

VIOLENCE IN CANADA by Jazmin L.

Usually everybody thinks that the violence in Canada is in the big cities, but I read a report this week about Canada's most violent region, and I was stunned when I read that Nunavut, Northwest Territories and Yukon are the most violent regions.

I thought people living in the North region of Canada were safer than those living in the South region because they are a few and there are small communities but the reality is completely different. According to Statistics Canada Crime Severity Index (CSI) in 2009 the North region had the highest violent crime rate.

The factors that experts say have caused the epidemic of violent crime in the North region are the trauma of sexual and physical abuse, the frequency of suicide, the pervasiveness of addiction, the geographic isolation, and the lack of social services.

To have an idea about this terrible situation the CSI show that in 2009 Nunavut, N.W.T and Yukon had the highest rates of sexual and aggravated assault, Nunavut and Yukon had the first and second highest homicide rate following by the N.W.T in fourth, also Nunavut and the N.W.T had first and second highest rates of breaking and entering and auto theft in the country. Although the minority of individuals is those who cause the majority of problems, it is imperative to take action to lower these rates.

At the root of all this crime is "alcohol, alcohol, alcohol", and even places that have decided by plebiscite to prohibit alcohol are often sabotaged by bootleggers. Also, in many cases the trauma has been passed on to their children. Fetal alcohol spectrum disorder plagues many young people and can cause behavioral problems. Add to this, there are limited recreational activities and the most communities have limited roads, plus a lack of affordable housing obliges many people live in cramped housing causing irritation that escalates to violence.

Since April, we have begun to improve the conditions; such as, a new mental health unit in Nunavut, staffed with two suicide prevention specialists, several reviews are under way, more numbers of police, lawyers and judges.

Halton Region –Jazmin L. is a Level 7 student. Her teacher is Fiona E.



PICKING APPLES

by Isela M.

I have some good memories about a nice trip me and my daughter had. One year ago we went with a friend to pick apples on a beautiful farm in the countryside.

I remember when we arrived at the farm. We could see many apple trees. All trees were full of apples and some were green and other not.

I was very curious about the meaning of something. Some trees were marked with red ribbons and others with orange, yellow, and pink. All ribbons were different colors.

I asked the farmer why he did this, and he told me the colour of the ribbons was the degree of maturity of the apple. My daughter and me were very happy to be there and began to pick apples in a basket they gave us. After a long time we had to return to our home with two bags full of beautiful apples and very happy with this new experience. We really enjoyed this trip, because it was our first time picking apples. This is an experience I will never forget.

New Brunswick – Isela M. is a Level 3 student. Her teacher is Samuel M.



CHANGES FOR FALL

by Tamar K.



The big change that I noticed with the coming of fall is that people are talking about the weather and they are wondering if it will be an easy winter or extremely hard. They are sad that summer is over already, and the winter is around the corner. People like to complain about the weather, because they do not like the winter, so they feel sad and lonely.

People spend less time outdoors during the winter. The day is shorter, so it starts to be dark at 4:30 P.M – 5:00 P.M. So, at 5:00 P.M you feel like the day is over and that it is night time. People should stop complaining all the time, and should enjoy the beautiful weather. Fall in Canada is the best time of the year. The nature is gorgeous; you should dress well and enjoy spending time outside. People from all over the world came to Canada to enjoy the colourful leaves on the trees. Take a break, take a family trip in the nature and expose yourself to the beauty of the nature.

York Region – Tamar K. is a Level 4 student. Her teacher is Carla M.

Student Reflections

EID UL-ADHA by Fauzia H.

Eid-ul-Adha is one of the special festivals of Muslims, which is about festival of sacrifice. It is also known as Bakr-Eid (bakra means goat). During this festival, Muslims sacrifice domestic animals like goat, sheep, cow or camel. This sacrifice, made by Muslims, symbolizes the sacrifice made by the Prophet Abraham on the order of Allah (God).

Eid-ul-Adha is always on the same day of the Islamic calendar. The date on the Gregorian calendar varies from year to year since the Islamic calendar is a lunar calendar and the Gregorian calendar is a solar calendar. The lunar calendar is approximately eleven days shorter than the solar calendar. This year Eid-ul-Adha falls on November 14th or 15th, 2010 depending on the moon sighting.

Eid-ul-Adha is the second of two Eid festivals (the first one, Eid-ul-Fitr, was in September this year). It is celebrated on the tenth day of Dhu'l-Hijj, which is the last month of the Islamic year. The same day, one of the five obligatory Muslim rituals of Hajj—the holy pilgrimage to Mecca—also occurs. The date is approximately seventy days after the end of the month of Ramadan.

Muslims celebrate the Eid festival with a lot of enthusiasm, zeal and religious fervour by enjoying each and every moment. Before Eid people buy new clothes, domestic animals or book their orders to the meat shop according to their income level. They decorate their houses in their own special ways to create a feel of Eid Festival.

On the Eid day, Muslims dress up in new clothes. Early in the morning, people pray in a mosque in a big congregation to remember God and then the day begins with the breakfast of Sheer Korma (a special dessert). Soon after the breakfast, the animal is sacrificed in the name of Allah and then the meat of the slaughtered animal is distributed among three equal parts: neighbours/friends, family members and poor people. In the evening, Muslims visit the homes of their near and dear ones, cook and eat meat of the sacrificed animal.

Children also enjoy this festival by wearing new clothes and playing games. During Eid, children have a really fun time as they get gifts, clothes, sweets, and love from their elders. Children also make Eid Greetings cards for all their friends and try not to forget any friends during this special event. They also notice all the Eid traditions, followed by their parents, and are excited to follow the same when they grow up.

Peel Region – Fauzia H. is a Level 5 student. Her teacher is Joanne A.



MY FAVOURITE CITY

by Kossi W.

London is a city in Ontario, located in the west of Ontario. A month ago, I went to visit a friend. As soon as I got down from the bus after the two-hour trip, I realized that London is a very pretty city, with a mixture of new buildings and old ones. That makes the sight of the city unique. While going around I realized that the population is a variety of different people, a beautiful melting pot. The places I will recommend to anyone who gets chance to visit such an amazing city like London are:

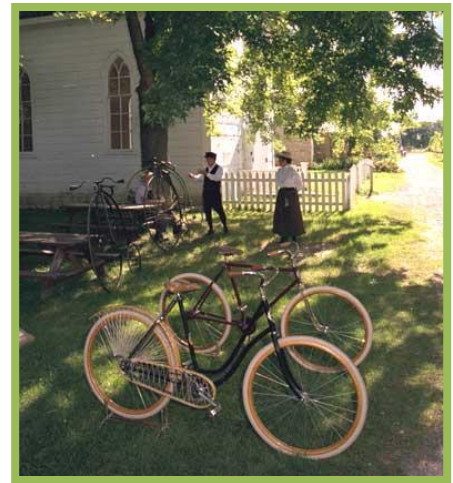
The London Arts Council. An amazing place that is dedicated to enhancing the quality of life and the creative vitality of London by bringing an awareness of, involvement in, and commitment to, excellence of all levels of Arts and Culture – to Londoners, visitors, and the arts community.

The London Museum of Archaeology. As someone said "It's very important to know your past and use the present to build your future." The museum provides information, education, consulting and networking opportunities to Londoners and visitors.

Fanshawe Pioneer Village, opened in 1959, is a 40-acre living history museum with over 30 original and recreated historic structures which tell the story of the people of London and Middlesex.

Those are a few of the famous places you can visit alone or with family when you are in London. There are also many other places that should be mentioned, like The Grand Theater, Eldon House, Banting House National Historic Site of Canada, and London University just to name a few. My journey was short but I promised myself to go back with friends during the fall.

Durham Region – Kossi W. is a Level 7 student. teacher is Christopher S.



YOMARI PUNHI by Ninan S.

Thanksgiving is similar to Yomari Punhi in Nepal. It is a traditional and historical festival in Nepal. We celebrate Yomari Punhi on the full moon in December. People pray to the god of wealth "Kuber" on that day, and they prepare food which is called "Yomari". Yomari is made of rice flour and inner contain is a gravy of chaku mixed with a paste of roasted sesame seeds.

Each and every household makes Yomari to have and to distribute to other people. All people are invited to their relatives for dinner, within a week from when the festival starts. Mostly, Newari people celebrate the festival. Yomari is the main dish on that day. According to Newari culture, people believe that when the farmers finish hardship after long months of harvest they decided to set aside a time for rejoicing and giving thanks for their successful harvest as in Canada.

Nepal's Thanksgiving meal consists of Yomari, chicken, and goat meat, potatoes, vegetables and mixed pickle (radish, cucumber and potatoes) and black eye beans. Yomari and Punhi are similar and both are feasts of thanksgiving.

Peterborough Region – Ninan S. is a Level 5 student. Her teacher is Carla M.



Student Reflections

DIWALI : THE FESTIVAL OF LIGHTS

by Renu B.

Diwali is a very important festival. It is a festival of lights. It is also known as **Deepavali**. It is celebrated by Hindus, Sikhs, and Jains around the world, including in Canada. Diwali or Deepavali means "garland of lights." No wonder that at Diwali one sees lights everywhere! Diwali falls on the date of the new moon between the months of asvina and kartika. Diwali lasts usually for five days. In Canada this year Diwali festival falls on November 5, 2010.

During Diwali, Hindus give thanks to **Lord Rama**. An ancient Indian book, the **Ramayana**, tells how Lord Rama was forced to leave his home. He returned home after 14 years of brave deeds and became the new king. Hindus light little oil lamps, called **diyas**, to celebrate his return. Hindus also honour the goddess **Lakshmi** on this day. Lakshmi is the goddess of wealth, luck and happiness. Families clean their houses and open doors and windows on the first night of Diwali, hoping that she will give them a special blessing. They also display beautiful flowers. **Rangoli** is made on the floors to decorate houses and to give honour and to welcome Lakshmi.

To Hindus, Diwali is also the time when the old year ends and the New Year begins. People may exchange gifts, such as sweets and clothes. People wear new clothes. They worship the goddess Lakshmi together. Outdoors, children light fire crackers. Traditionally, the loud noises are to scare away bad spirits and to allow only good luck to arrive in the New Year.

On the last day of Diwali, brothers honour their sisters, share a meal with them and exchange gifts. Sisters express wishes for the long and happy lives of their brothers. After Diwali, people hope that there is a little more light and understanding in the world.

Peel Region – Renu B. is a Level 4 student. Her teacher is John W.



'Diwali', the festival of lights, is the most popular, important, glamorous and enjoyable festival of Indians. Different religions and states in India have their own significant meanings and beliefs to celebrate this pleasant festival with enthusiasm and happiness. All across the world Indians celebrate Diwali in the month of October or November every year. Diwali is considered a national festival in India and Nepal.

The meaning of the word 'Diwali' is 'row of lamps', which itself express the importance of lights related with this festival. It depicts the victory of good over evil. People decorate their homes and shops, wear new clothes and distribute gifts, sweets and snacks with family and friends. Some Indian business communities begin the financial year on the first day of Diwali and pray for prosperity and happiness for the year to come.

The ancient story of how Diwali evolved into such a widely celebrated festival is different in various regions and states of India. In the north India, Diwali is the day when King Rama's coronation was celebrated in Ayodhya after his epic war with Ravana, the demon king of Lanka. In Sikhism the importance of Diwali is related with the return of Guru Har Gobind Ji to Amritsar after freeing 52 Hindu kings imprisoned in Fort Gwalior by Emperor Jahangir. The Sikhs celebrated their return by lighting the Golden Temple and this tradition continues today. This is the reason Sikhs also refer to Diwali as 'Bandi Chhorh Divas', 'the day of release of detainees'.

These days, not only for Indians but for some other communities as well, Diwali has become commercialized as the biggest annual consumer event because every family shops for cloths, sweets, gifts and fireworks. Every business, particularly those related with Indians, want to provide more and more attractive deals to attract their customers. Even some big international companies are also aware of the importance of Diwali in the perspective of their business. I would say the significance of 'Diwali' for Indians is similar to the importance of 'Christmas' for Christians.

This year, in 2010, Diwali is on November 5th and luckily this is on a Friday. We are also planning big time for this Diwali. My wife has already made a list of things and gifts to buy for this festival. We will celebrate this with our family, friends and relatives. We will go to the 'Gurudwara' to pray and there will be fireworks. It is always great fun to celebrate Diwali with sweets and fireworks in the presence of your friends and family. We wish everyone a very happy, healthy, wealthy and prosperous Diwali.

Hamilton Region – Harjinder G. is a Level 7 student.



Student Reflections

PARTNERSHIP FOR FAMILY INVOLVEMENT IN EDUCATION

by Millie P.

I was not the perfect mother who looked after any one of her children during their years in school when they were growing up. But, from my own experience I know and I can say that if your parents don't support and reinforce what they want you to do and keep reminding you every day, nothing will be done. Your parents need to help you to set goals and to achieve your goals.

When I was young, I had the opportunity to study for free and always my parents encouraged me to study as much I could, because they never had that opportunity. They looked after me and talked to me about what happened at school every day. This was a big one for me because they didn't know how to help me with my homework, but in their own ways they gave me a lot a support. I'm very proud of my older children today. I brought them up the same way my parents brought me up. My son is a mechanic and my daughter is a psychologist. My youngest one who lives with me here in Canada is in high school now. I have to admit that my daughter is a better student that I ever was.

Every day when I pick her up from school, we share what we did independently during the day. She corrects my pronunciation most of the time. She usually does her homework at school during her lunch break. But, still I always ask her if she has some homework to do. We visit the Library for picking up a movie or serials. Sometimes twice a week we sit down and watch the movies together. It is amazing how we enjoy on the sofa like teenagers sitting and watching movies that we like. I ask her what she would like to be in the future when she grows up. But every time she changes her future plans and profession. One day she wants to be this and the next day she wants to be that. I think the important thing between us, is the good communication we have and the time we spend together.

Sometimes we go for a walk and make plans for our lives in the future and where we will go on vacation when we have some money or what kind of business I will do to make some more money. We really enjoy talking with each other and spending time together. Last course I was very involved with her school. I was looking after her test and helping her with

her activities because she missed many days at school as she was sick with chicken pox. This course she is in the dancing class, and as far as I can see, she loves it. I'm so happy with my daughter. I have high expectations about her future like all parents. Any time I get, I teach her to see wrong from right because I want her be a better person than I am.

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



The world population keeps growing. People use more energy and water and generate waste products faster than nature can break them down. The environment is very polluted, especially in big cities. This is the price we pay for progress in civilization. But this progress makes our life comfortable. That is what everybody wants. Because of this, we need to take care of our planet. We need to go green.

We can go green by remembering the 3 Rs and making them a part of our life. The 3 Rs are:

- Recycle: plastic, glass, aluminium cans, paper and cardboard. Place them in the recycle bin; do not throw them into the trash.
- Reduce: energy consumption
- Reuse: plastic bags

Others ways to go green include using less water and energy and driving cars that use less gas. By doing this, we reduce air pollution and save water, which is important. Water resources are limited. Without water there is no life.

What else can we do for our environment? We can use energy-efficient appliances and low-flow toilets and buy eco products, organic food and hybrid cars.

Somebody said: "Successful green living starts at the grassroots—with you." This means having the "green" attitude with simple day-to-day tasks. Everyone can make some changes in life which will be not only good for the environment, but also for the pocket as well. Here are some tips:

- do not let the water run when you are brushing your teeth
- do not run a dishwasher if it is not full
- use energy-efficient light bulbs
- drive your car no faster than 100 km/h
- walk or ride your bike whenever you can
- take public transportation instead of driving your car
- write on both sides of your paper
- use a lunchbox instead of paper bags
- keep the refrigerator door closed. Know what you want before you open the door
- try to leave public properties cleaner than you found them
- take your own mug to Starbucks or Tim Hortons
- always have a reusable bag in your car on in your purse

It is not very easy to live green but it is manageable. Creating a safe and beautiful environment should be our goal.

Peel Region – Iwona W. is a Level 7 student. Her teacher is Joseph N.



Recipes

CHAMPORADO TUYO

by Nenita F.

Ingredients

- 1 cup glutinous rice
- 4 cups water
- 3 tbsp. cocoa powder
- 3 batangas chocolate balls
- 6 pcs. dried and salty fish
- 2 tbsp. oil
- Evaporated milk
- Sugar to taste

Directions

In a small pot boil rice and water until rice is cooked. Stir in cocoa powder until it is dissolved. You have to stir this constantly to prevent the rice from sticking to the bottom of the pot and burning.

Add water if it become too thick, add the Batangas chocolate balls and stir until dissolved.

Add sugar and 1 cup of milk. If desired or you can just put milk on top of your champorado when served. Fry dry and salty fish in oil for a minute on each side. Serve with warm bowls of CHAMPORADO.

Barrie Region – Nenita F. is a Level 6 student. Her teacher is Jonathan B.

***Champorado** is a sweet chocolate rice porridge in Filipino cuisine. It is traditionally made by boiling sticky rice with cocoa powder, giving it a distinctly brown color and usually with milk and sugar to make it taste sweeter. It is served usually at breakfast and sometimes together with salty dried fish locally known as tuyo.*



Ingredients

- 4 medium size boiled potatoes
- 1 tbsp. red chili powder
- 1 tsp. garam masala powder
- 1 tbsp. green coriander (chopped)
- Large green chili
- Salt to taste

For the Batter

- 250 g gram flour
- 1tsp. red chili powder

Directions

Slit green chilies.

Peel and grate boiled potatoes and add red chili powder, Garam Masala Powder, green coriander and salt. Mash and mix well. Divide this into equal portions.

Stuff a little of this mixture into the green chilies and also cover the chilies with this potato mixture.

Now prepare a thick batter using gram flour, red chili powder, salt and water as required to prepare a thick batter. Set aside the batter for about 10 minutes.

Heat oil in a pan (Kadhai) to a medium temperature. Dip stuffed green chilies into the gram flour batter and deep fry until golden brown.

Peel Region – Chandubhai P. is a Level 3 student. His teacher is Lilian W.

Pakora is a fried snack (fritter) found across South Asia. Pakoras are created by taking one or two ingredients such as onion, eggplant, potato, spinach, cauliflower, tomato, chilli, or occasionally bread or chicken and dipping them in a batter of gram flour and then deep-frying them. Pakoras are usually served as snacks or appetizers.



PAKORAS

by Chandubhai P.

Recipes

FLAN DE LECHE

by Yohanka E.

Ingredients

- ¼ cup sugar
- 1 can sweetened condensed milk
- 1 cup whole milk
- 5 -6 eggs
- ½ cup sugar

Directions

Preheat the oven at 350 F. Place ½ cup of sugar in a saucepan and put it over medium heat on a stove. Heat it up while mixing until the sugar starts to turn medium-brown. Cover all the walls and bottom of the saucepan with this caramelized sugar.

In a blender, mix all the other ingredients and put into the saucepan that has the caramelized sugar in. Fill a bigger pot with water and put the saucepan with the mix inside it.

Let it cook in the oven until the knife inserted in the mix comes out clean. Take the pots out of the oven and let the flan mixture cool down on the countertop.

Later put the mixture in the refrigerator for a few hours, run a knife around the edges of the flan, place on a serving dish and serve.

Toronto Region – Yohanka E. is a Level 5 student. Her teacher is Alena S.

Flan, or crème caramel, is one of the most common dessert dishes in the Latin world. Coming originally from the border area of France and Spain, this simple yet elegant dessert has spread in popularity as far as the Philippines and Japan.



TURSHIYA

by Zornitsa B.

Ingredients

- 10 lbs. Gambia pepper
- 1 cauliflower
- 2 lbs. carrots
- 1 garlic clove
- Celery

Marinade (Each measure is approx. 400ml.)

- 1 measure wine vinegar
- 7 measures water
- 1 measure sugar
- 8 tbsp. salt
- 1 – 2 bay leaves
- 10 – 15 black peppercorns

Directions

Cut the vegetables into pieces, and wash them. Arrange them in jars. Put in equal part of all of them in a jar. Mix up and stir the ingredients of the marinade in a saucepan. Place the saucepan on the stove. The marinade has to boil no more than 5 minutes. Allow the marinade to cool down and then pour it into jars. Close the jars very well and place them in a large pot. Put some water in the pot and place it on the stove. Allow the water to boil and immediately remove the jars from the oven. After a week the Turshiya should be ready and you can serve it as salad. Bon appétit!

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

***Turshiya** refers to pickled vegetables in the cuisine of many Balkan and Middle East countries. It is a traditional appetizer.*



Activity Central

Games and Puzzles

Word Search

Find the words listed below:

Autumn Words

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

apple

brown

chilly

colors

fall

geese

harvest

hay

leaves

maple tree

October

orange

pear

pumpkin

red

rice

school

sweater

vegetables

yellow

Multiple Choice

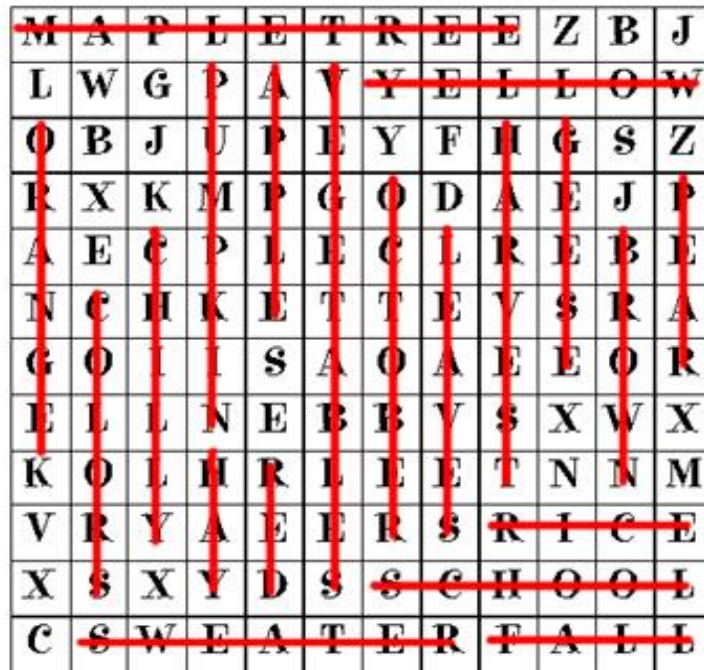
Choose the correct answer for each question from the multiple choices below:

- ___ 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

Activity Central

Answers

Word Search



Multiple Choice

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

If you would like to participate

in the Student Corner,

please contact us at:
help@linchomestudy.ca

Student Corner

Larysa D.W.

I was born in western Belarus. I grew up in a little town called Drogichin. We lived in a little flat on the second floor of the school where my parents worked. My parents were teachers. They are retired now. My sister Natale was born in the summer when I was 6 years old. I went to elementary school when I was 7. My parents built a new house and we moved into this house. My sister Tatyana was born when I was 12. I finished elementary school when I was 17. I worked at a medical university in Grodno for 3 years. I helped with eye surgeries and washed the premises. I was accepted to the medical university in Grodno when I was 21 and was very happy because medicine is my greatest interest in life. I like to help people and give them attention.

I got married when I was 23. I graduated university when I was 26. My ex-husband got a new job in Krivoi Rog in the Ukraine. We left Belarus. I got a job in a hospital where I treated children and was very happy. I got pregnant and we had our daughter, Anastasia, when I was 27. I stopped my job for 2 years. After 12 years, my ex-husband and I divorced in 1999. My daughter left school at 17 and went to university to study Economics.

I met Robert 2 years ago in Kiev. Robert came to Kiev to meet me. It was very romantic. We went out for 8 months and we met in Kiev three times. It was excellent. I got married on the 13th of December, 2008 in Kiev. I came to Canada on the 4th of February, 2010. I am very happy now. I help my husband to make jewellery. It is my little hobby. I like to cook too. However, the most important thing is my dream of being a doctor in Canada. I miss my job and I want to help people. My goal is to know English. I am studying English because it is needed for my goal of becoming a doctor in Canada.

Saskatchewan – Larysa D.W. is a Level 3 student. Her teacher is Jessica W.

Student Corner

Hongjun W

My name is Hongjun and I came from southern China – Guangzhou, but it is called Canton. It is a beautiful city and it is famous for cuisine. Actually Guangzhou is not my hometown city. I was born in Wulumuqi which is located in the north-west of China. I finished my elementary and high school education there, then I went to Beijing and got my bachelor degree. Then I went to Guangzhou and got a job and worked there until I came to Canada.

I like China because my sweet family, close friends, and dream job are there. That doesn't mean that I don't like Canada any more. Here, fresh air, healthy food and efficient government attract me very much. I would like to be a hardworking bee to make my life brighter.

But I feel like a kid in Canada, I don't even know how to make pizza. I totally have no idea about which kinds of sauces I would like to pick when I go to the grocery store. So many things to learn! Coming to Canada is my biggest challenge in life so far.

Guelph Region – Hongjun W. is a Level 5 student. Her teacher is Lesley H.

Sadat R.T.

My name is Sadat. I am from Iran. I am a dentist. I graduated from Tehran University 25 years ago. I worked as a dentist for 20 years. I got married when I was at university. I have 3 children. My daughter is the oldest one. She is 26 years old. She graduated in industrial engineering with a master degree. Also she got married when she was in her first year of university. Her husband was studying civil engineering at that time, but right now he is finishing his PHD. They live in Iran.

My older son is studying mechanical engineering. He is in final year of university. He got married too. His wife graduated with a degree in English.

My younger son is 17 years old. He lives here with us. He goes to high school. My husband is also an engineer. He was a manager of a big factory in our country.

I have 3 sisters and 1 brother. My mom passed away 3 years ago, but my father is still alive. I am the oldest in my family and I am the first one who went to university. Therefore, my sisters and my brother were encouraged to go to university after me. My father and my mom were interested in us continuing our education.

Anyway, I immigrated to Canada last year. I am living in Fredericton right now. I like the city and the people who live in here. They are so nice, friendly, pleasant, and polite.

I hope we have a good life in Canada.

New Brunswick – Sadat R.T. is a Level 6 student. Her teacher is Rachel B.

Student Feedback

In the August newsletter, my favourite article is “ A CANADIAN VILLAGE” by Sandra H.Z.

I went to St. Jacobs last summer; it is a beautiful and peaceful town. I can understand her feelings of the town. She lives there because her husband grew up in the village. For people who used to live in a big city, St. Jacobs might be too small and quite a boring place. However, it has a special harmony and beautiful scenery. At the Farmers' Market, which is favourite place, I can buy very fresh and juicy fruits and vegetables. A lot of Mennonite people sell their products there. I really enjoy spending all day long to see something different from a big city. Downtown of St. Jacobs is very beautiful, too. There are many lovely stores on the main street. Whenever someone asks me to suggest some place for visiting, I always tell them to go to St. Jacobs.

Toronto Region – Su Ling C. is a Level 6 student. Her teacher is Alena S.

I filled up and submit today the evaluation for English Course Survey by LINC. I am very grateful that you have this kind of teaching for English to us. I have improved my speaking ability, reading, writing and I build up my confidence.

More power to the LINC Home study program and keep up the good work Teachers!

Barrie Region – Nenita F. is a Level 6 student. Her teacher is Jonathan B.

I can only say that I have great teachers and the program is so good. I learned and develop my English knowledge and I am feeling more confident with my conversation.

THANK YOU VERY MUCH to Susan B. & Lydia A., my great teachers! It was a great pleasure to have lessons with both of them. I will look forward to continue the program. However, for now, I will take some time off, as you mentioned, and I will let you know as soon as I will be prepare to come back in the program (I hope will be OK).

In the mean time, I wish you and all the people involved in this "great" LINC program: "ALL THE BEST" !!!!

Durham Region – Cristina S. is a Level 6 student. Her teacher is Lydia A.

I am writing to let you know how much I appreciate my teacher, Ms. Laura W. She is knowledgeable, has solid skills and demonstrates a desire to be an outstanding teacher of English. She is a competent English teacher with a strong work ethic. She possesses an open and accessible personality. As a result of her support and encouragement, I have the opportunity to continue my education in the International Midwifery Pre-registration Program at Ryerson University.

I would also like to thank my previous teacher, Ms. Elizabeth C., for encouraging and supporting me in my studies. She helped me succeed in taking my English Entrance Exam. Thank you for the opportunity to share my appreciation with you. I truly enjoy learning with LINC Home Study.

York Region – Maryam S. is a Level 7 student. Her teacher is Laura W.

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.

Remembrance (pg.7)

a place of interment

Tomb (pg.8)

a circular or spiral arrangement of flowers or leaves

Honk (pg.9)

pervading or tending to pervade (fill every part of)

Commemorate (pg.8)

a vote by which people of an entire country or district express an opinion for or against a proposal

pervasiveness (pg.12)

marked by desire to investigate and learn

plebiscite (pg.12)

a memory of a person, thing or event

curious (pg.13)

intensity of felling or expression

fervour (p.14)

a place where a variety of races, cultures and individuals assimilate into a cohesive whole

melting pot (pg.15)

strong excitement or feeling

garland (pg.14)

to mark by some ceremony or observation

enthusiasm (pg.17)

to make the characteristic cry of a goose

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 Wednesday November 20th

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

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

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

help@linchomestudy.ca

Brought to you by the LINC Home Study team.

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

