



Language
Education
at a Distance

Sept 2010

The Official Newsletter of LINC Home Study

NEWSLINC



The LINC Home Study program is funded by:



Citizenship and
Immigration Canada

Citoyenneté et
Immigration Canada



Centre for
Education & Training™

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.

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

The LINC Home Study program offers many other study options, including **drop-in conversation classes**, **additional phone conversation classes**, **a seniors program** 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 September issue of the LINC Home Study newsletter.

Our feature article focuses on the joyous celebration of Eid Ul-Fitr.

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 August. 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

Poster Contest: Our Green Earth, the children's art contest hosted by the LINC Home Study program is open to children between the ages of 6 – 14 years of age. There are up to 13 prizes to be won including being featured in the annual LINC Home Study 2011 calendar. The deadline for submissions has been **extended to September 12, 2010**. Please click [here](#) for details.

Forum Updates: The LINC Home Study web forum has been re-organized. New features include event calendars, education, childcare and women's issues. Please make sure to leave your comments and suggestions under the feedback section.

Program Activity: The number of seats in the program for 2010-2011 is 1250. The program currently has 1,112 students enrolled.

Drop-in Conversation Sessions: The LINC Home Study Drop-in Conversation sessions have become an on-going service for Peel and Toronto students during the spring and summer months. These sessions will continue into the Fall. The main focus for these sessions is to provide students with the opportunity to build their listening and speaking skills; meet the teachers and fellow students.

The sessions are well attended as students continue to use this opportunity to improve their communication skills and build their self confidence. The weekly feedback is positive and is reflected in the repeated attendance.

Additional Conversation Classes (by phone): Registration for the next additional conversation session that will begin in September is now in progress. Students who were previously enrolled in the program can re-enroll. Additional conversation classes are offered as 8 week sessions to interested students in the LINC Home Study program. Students are encouraged to speak with their teachers if they are interested in participating in these sessions.

LINC Seniors & LINC Women: These Discussion Groups are delivered in partnership with NIC at their locations in Malton and Oakville.

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|---------------|--|
| 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 - Saturdays 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, 182 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

EID UL-FITR

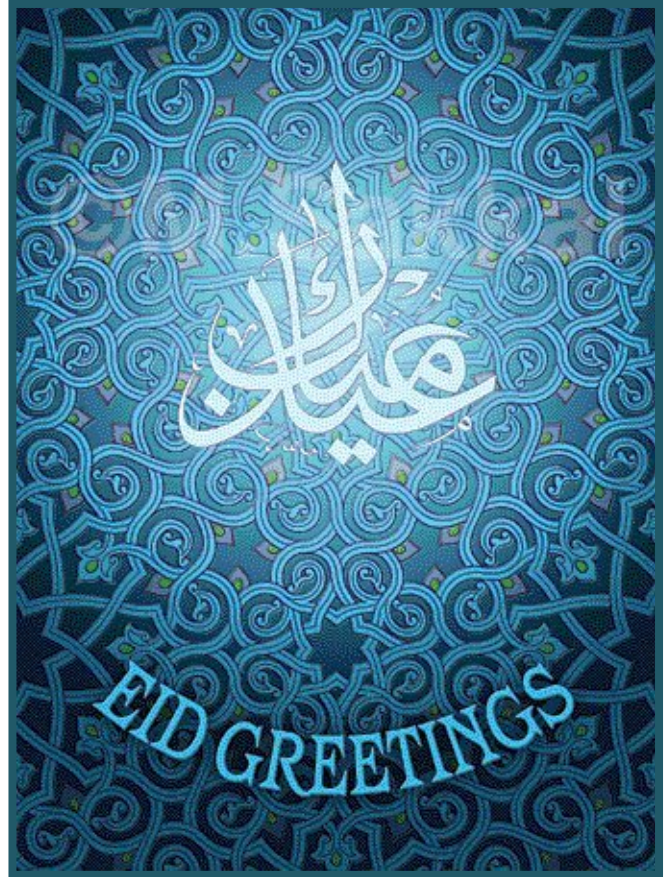
Muslims celebrate 'Eid ul Fitr on the first day of Shawwal -- the tenth month of the Islamic calendar, following the month of Ramadan which is also the month of fasting. Following a Lunar calendar, Muslims mark the beginning of the month with the sighting of the new crescent.

The month long fasting of Ramadan culminates into the festival of 'Eid-ul-Fitr, the Festival of Fast-Breaking. It is a festival of joy, family reunion and thanksgiving to Almighty God. On the first morning following the last day of Ramadan, Muslims traditionally wake up early in the morning and have a small breakfast (preferably of date fruit) to end their month-long Ramadan fast. Then they dress up in their best attire, preferably new clothes which are specially purchased for the occasion. After this, they head to a local mosque or any other large open area (such as a field in the neighborhood) to attend the "salah", a special Eid prayer that is performed in congregation. Before the Eid prayer begins, every Muslim who has some means must pay "Zakat al-fitr", a sum to be donated for the month of Ramadan, to destitute Muslims living nearby. The "Zakat al-fitr" equates to about 2 kg of a basic foodstuff (wheat, barley, dates, raisins, etc.), or its cash equivalent, and is typically donated at the mosques. The donation is given during the early days of Ramadan so that the recipient can use it for Eid purchases.

The "salah" is held only for a short duration and is traditionally followed by the khutbah (sermons). This is followed by the "dua", a prayer asking for God's forgiveness, mercy and help for all living beings of the world. When the "dua" is completed, all Muslims greet and embrace the persons sitting on either side of them.

The prayers over, it is time for 3-day long festivities to be observed in every home. People pay a visit to the houses of their friends, relatives and acquaintances. Many Muslims also pay a visit to the graveyards, a custom known as "ziyarat al-qubur". Greetings of "Eid mubarak," or "a blessed Eid" are exchanged joyfully.

Adapted from Wikipedia



Staff Reflections

WORLD EXPO by Edith L.

World Expo: A large-scale and non-commercial exposition that is held every five years. The purpose of the Expo is to showcase the development of each country's economy, culture, science and technology.

It is five in the afternoon and forty degrees Celsius in Shanghai. According to echinacities.com, meteorologists claim that this has been the hottest summer in Shanghai since 1930. "Four consecutive days of temperatures above 39°C broken new records this summer. As of August 24th, there have been 27 days in the summer season with temperatures above 35°C." This, and I thought the heat wave we experienced in Ontario this summer was bad!

With that in mind, my friends and I waited until late in the afternoon before we began our adventure into the land of the World Expo. We might have seen the pictures, and heard stories, but nothing compared to physically standing at the entrance to the Expo. My mouth dropped as mountains after mountains of architectural masterpieces stood before me. The highlights of the Expo for me were: China's traditional red dougong (interlocking wooden bracket) roof building, Macau's giant rabbit lantern-inspired exterior, Nepal's exquisite craftsmanship in the folk houses, and Italy's beautifully grand interior display of their creations and achievements.

And how can I forget the Canada Pavilion? From a mile away, we could smell the familiar fragrance of Canadian red cedar that had wrapped the building in its entirety. The three-story building was created in collaboration by the Government of Canada and Cirque du Soleil. The theatrical aspect of Cirque du Soleil can be seen in every corner and every inch of the Canada Pavilion. As Canadian citizens, we also had the privilege to bypass the ridiculously long lineup, and head directly into the building.

Of course, there were many other breathtaking 'destinations' that I've left out on this list, but truth of the matter is, we simply didn't have enough time to visit them all!



Edith L. is an Administrative Assistant with LINC Home Study program.

Three years ago I visited my family, relatives, and friends back in my home country, Kosovo. They implored me to visit them almost every day for three years. This summer I was very fortunate to visit my parents and extended family again. The second the plane touched ground in Kosovo, I was overwhelmed with joy and excitement. I knew that in a matter of minutes we would get the opportunity to see our extended family again. We were so excited. We rushed to pick up our luggage and scattered out of the airport to wait outside anxiously for my brother, my two sisters, and my mother and father to pick us up and escort us back to my parent's house where we would be staying for the period of time we were there. After roughly 5 long minutes of waiting (which felt like hours because of the adrenaline that had rushed up in our system), we heard a joyful cry. I turned my head slightly and there they were. All of them were running towards me, my kids and my husband. We dropped our belongings and raced to give them hugs and kisses. After the tears of happiness and the welcoming, we finally made it back home. It was really late at night, and to add on to that, my children and I were extremely jetlagged, so we had to get some rest.

It's hard to depict the emotions among all of us upon meeting and hugging each other. You just realize how close you are emotionally with your extended family, and yet so far away physically. I think that if family bonds are strong, there is no distance that can break them. On the contrary, they just grow stronger and stronger. The very next day went by surprisingly quickly, but we definitely made it worth it. My family and I all got together, my nephews, nieces, two sisters, my brother, parents, and a ton of cousins from my husband's side too! We all went to a nice restaurant right outside a bigger-than-average sized pool which was remarkably set up. We had a nice meal and then went for a dip in the pool; it was outstanding. I've never felt so refreshed. My kids and their cousins were playing in the water with huge smiles on their faces. Seeing them happy and positive is un-describable to me. The day passed and we decided to all see each other again every day.

After a week in Kosovo my family and I all packed some belongings, got the camera, and went to Albania to spend the rest of our vacation in the virgin beaches of Southern Albania in Ionian Sea, that leaves everybody speechless. The water was so blue and sparkling, that no matter how deep you went, you could see the bottom amazingly clearly. It was a great opportunity to visit Ksamil Islands, Jale, Saranda, Butrint, Blue Eye and of course, Valbona river after which I got my name. I was impressed with the beauty of the scene that Mother Nature has made. We were excited to see the amphitheater in Butrint, that dates back to the 3rd century B.C. that would have held an audience of 1 500.

We also visited Skenderbeg's castle, the restored Castle and Citadel in Krujë, and it was really beautiful. This old town rises more than 600 meters above sea level on the slopes of Sari Salltiku Mountain that provides visitors with the great view of majestic landscape and rich collection of historical and cultural objects. Kruja's old bazaar, a narrow street of antique shops, the wooden buildings of a very high architectural quality was breathtaking.

Weeks passed by incredibly quickly, and the time came to say goodbye again, with best wishes to see each other soon!

Glad to be back to my second home in Canada with great memories from this summer.



Valbona G. is an Administrative Assistant with LINC Home Study program.

Student Reflections

THE SECRET GARDEN by Elzbieta M.W.



A year ago, taking pictures of trees on the Camilla Road in Mississauga, I discovered the wonderful, fairy-tale like secret garden. Because it was a private ground, I called the owner and got a permission to shoot some pictures in the garden. Through these photographs I was able to paint some oil paintings for my first exhibition in Canada. Living right in the city center, where we spent most of our time at home, at work, or in the car, it felt wonderful to have a great opportunity to have a beautiful, lush garden in walking distance from my house.

It felt great spending a moment in the garden, stepping on the soil, not the sidewalk, hearing the birds singing, not the sounds of the street, and seeing so many species of plants and colors. I saw a wild rabbit running and it was an unforgettable moment for me.

I was very sad when the spring garden was closed, and I could no longer see the high rhododendron, which was my inspiration to paint a picture I named "Spring in the Garden". I could not see the beautiful magnolia with white satin petals anymore.

Charmed by the area, I wish to share my thoughts about a metaphor for the garden, which is still a hidden treasure: a quiet heart of the city and its lungs. This beautiful spot, as I feel, should continue to serve the people and animals.

I imagine that this is a small botanical garden, where children from nearby schools and homes can see the changes

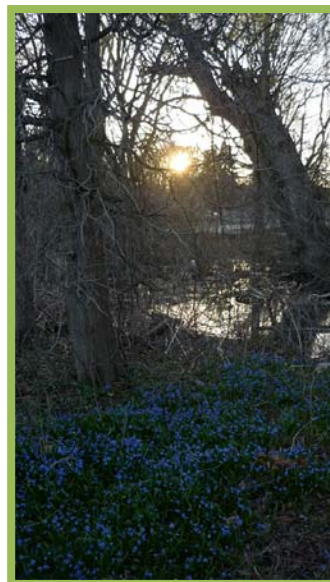
associated with the passing seasons. It is an ideal place where you can stroll and relax in silence, where you could see a herb garden similar to what was made by the first settlers near their homes.

I imagine photography classes, lessons in drawing and painting landscapes happening in the garden. I see the competitions and educational exhibitions. I can see how a garden is alive, and meets the needs of the general public. I see a summer theater, recitation competitions, which can be organized on the opposite side of the street in a park near a river.

I see the joy of children and their parents. I can see how a garden grows. I see its impact on the minds of people who become responsible for the environment in which they live.

I feel that 70 years of love and work done in the garden should continue to serve the public.

Peel Region –Elzbieta M.W. is a Level 4 student. Her teacher is Marjan B.



DRAGON BOAT RACING by Mei Y.G.

Dragon boat racing is traditionally held as part of the Duawu Festival. The Festival relates the most popular story about a Chinese patriotic poet called Qu Yuan, who committed suicide by jumping into the river after tying himself to a big rock on the 5th day of the 5th lunar month.

Many fishermen raced to the spot to search for his body. They tried to splash the water with their paddlers and beat the drums to scare the fish away to avoid having them eat the body. From then on, people have enjoyed playing the water sport more and more.

A dragon boat is similar to a canoe. It's a paddle water craft, and is decorated with a dragon head on the front and a tail on the rear. Team work is particularly important in dragon boat racing. The crew of a boat is generally 22 people. Ten pairs of paddlers face the bow of the boat, one drummer faces toward the paddlers, and one helmsman faces toward the destination at the rear of the boat. The drummer is like a commander, all paddlers must defer to the drum beats. It's absolutely critical that all paddlers are synchronized in the race to reach the destination, or the boat is like a centipede climbing on the surface and can't move well. The helmsman is the only one in the boat who is able to look around to control the boat during the racing time. He or she is generally on the side and off centre, and balances the boat with the oar, and must keep an eye on the boat's surroundings for the safety of the crew and to direct the boat.

Dragon boat racing is held worldwide now. The traditional event has been enhanced as a modern sport. People are trying to apply for it to become an Olympic game.

Nova Scotia – Mei Y.G. is a Level 5 student. Her teacher is Jessica W.



Watch a video at: <http://www.youtube.com/watch?v=n7vDRYDJM9Q>

Comics



Student Reflections

THE LIBRARY SYSTEM IN PHILIPPINES

by Jay L.T.

There is a big difference of the library system in the Philippines compared to Canada. In the Philippines you can rarely find a public library. There may be some in the municipalities but they are not properly maintained, even the provincial and national libraries are not properly maintained. The Philippine government has a little program and budget concerning libraries. Big libraries in the country are owned by rich private persons, colleges and universities. It is very costly to put up a library there because this is not a priority of the government. If there is a library in a locality, most of the books and other reading materials are donations. They can't even afford to buy daily newspapers and tabloids so the people can be updated with the everyday events. The only use of library in the country is solely for research and book reading.

My personal experience in the Philippines regarding libraries is not that broad. It was during my high school days when I first entered a library. Maybe three or four times only and the main lesson I got is how to use the library card or how to borrow a book. It was during my college days when we were forced to use the library because of research work. It is sad to say that I was not able to enter a public library there because of its rarity and far from where I dwell.

My short stay here in Canada gave me the realization of how important is the library. In Canada, every town has its own library and is supported by the government. All information you need to know is in the place. Libraries here have a wide variety of books and free computer usage is available. When it was my first time to go to the local library, I just wanted to get information and be familiar with this town, surely all the questions I have in my mind were answered. The map of the town with road guide, location of its parks, where are the vital establishments, banks and groceries/stores, history of the town, the leaders previous and past, historical places, I found them all. Libraries in Canada as I observed is a place of total information. It is a big help for newcomers like me, immediately to get familiarized not only with the place but also with the programs of the government. How I wish that the country where I came from will have a government program like the library system of this country.

Kitchener Region –Jay L.T. is a Level 6 student. His teacher is Jonathan B.



COMING TO CANADA

by Christine K.

I came to Canada on November 16th 2002. I took an Ethiopian airline from Rwanda to Adisababa in Ethiopia, and I changed to American Airlines to Toronto. I landed at the Toronto airport after two days .My fiancé who is my husband now came to pick me up, and took me to his place in Hamilton.

I came to Canada as a landed immigrant. It was very hard for me to leave my family, but I thought the life in Canada would be easier than Rwanda. I thought I would go to school, and get my degree. In my first year, it was very hard for me because it was very cold. I had to wear a warm jacket, a hat, and boots. I had to take English lessons because I could not speak or write English. I missed my family, and I used to cry every day. After one year I went back to Rwanda to visit my family and my friends. I had a good time and I realized how important it is to have a family close by. I decided to help my brother to come to Canada and it took two years for a process for him to come.

I got married on the 15th of November 2003 in Hamilton. I now have three kids; my first is five and half years old, my second is three and half and I have a four month old baby. I have a job and I am planning to go back to school.

Now I feel Canada is my second home. It is a beautiful country, and there are a lot of opportunities for people who want to go to school or to start a business.

Hamilton Region – Christine K. is a Level 4 student. Her teacher is Carla M.



SHORT STORY by Sunnam H.



I like to see animals around my house because there were not many chances to see any wild animals in my country. We used to take my children to the zoo to show them other species. It was a phenomenon when I saw for the first time a white fox with sparking eyes in the dark near the mailbox that was just across the porch of my house here, in Canada. I love to see the groundhog which lives under the deck in my backyard and hear unknown birds which drop their poop anywhere on the deck in the early morning. One day I saw black strips made by garbage bags hanging on every corner of my neighbour's deck rail. Wondering about the purpose of them, I asked my neighbour.

She said that birds have disturbed her sleep at dawn. The wind moves the garbage bag strips and scares away the neighbourhood birds from her deck. She has been browsing some ideas from the Internet to keep her asleep until morning. She even showed me a trap at the corner of a water drain to trap the groundhog which digs in her backyard frequently. I couldn't say anything about my adoring them because she would have shared some ideas about how to get rid of them without harming them. I told my husband about my silly emotions and how I thought my neighbour's feelings towards animals were strange, especially since she has lived in this great natural environment all her life. The next morning I whispered to the groundhog that had came out for food "Don't go to her deck; there is a trap to catch you".

New Brunswick – Sunnam H. is a Level 5 student. Her teacher is Rachel B.

Student Reflections

HEALTHY EATING FOR BACK TO SCHOOL

by Jazmin L.

It is very important to take time to think what kind of snacks or lunches we are going to prepare for our children, because depending on the types of food we packed them -- they will be healthy kids or not.

First of all, the idea of having a snack is not only to feel full or satisfied. A snack must be any food that gives you energy, but is low fat. For example, seeds or granola bars; fruit such as apples, pears or bananas (in September these fruits are cheap); vegetables such as baby carrots, celery in pieces; also yogurt, piece of cheese or jelly. You can use a combination of any items above to get a different snack for each day of the week.

Avoid having chips, candies, bagels, pastries, sodas, etc as snacks because this food satisfies your hunger quickly but after minutes you feel hungry again so you will have to eat again. This food has a lot of fat, sugar and carbohydrates and it is addictive so you will gain weight, get bad habits and you don't receive the nutrients essential that your body needs to keep healthy.

Second of all, the lunch must be nutritious because the body has been working for 6 or more hours so it needs protein, vegetables and fruits. The food groups can be looked at the following way:

Protein: Depending on what our children like to eat, we can prepare different plates as (spaghetti with meat, chicken or fish). Usually children like to eat food easy to keep and eat without utensils like a sandwiches; this is a good selection because we can put inside protein (ham, chicken and meat), cheese, vegetables (lettuce and tomato) and any sauce.

Vegetables: baby carrots or celery with cream cheese are good selection.

Fruit: a bottle of natural juice is excellent because it quenches our thirst and gives us many vitamins and minerals. Instead of soda, a bottle of water is the better choice.

Avoid having sodas, hamburgers, hot dogs and French fries because they have a lot of fat and sauces. The soda makes

us thirsty. This kind of food for the weekend is OK, but children need healthy foods in order for them to have enough energy to concentrate and pay attention in school.

Children who eat healthy food can learn more easily than children who eat junk food. Their brain is able to receive a lot of information without feeling tired.

Do not forget to give any candy if lunch is already healthy because children can feel bored if they only see healthy food in their lunch.

Finally cheer up your children to eat healthy food, using the same food but in different presentation. For example, instead of rice with beans and meat we can make burritos or tacos (plate of México) which has beans, cheese, tomato, lettuce and meat wrapped in dough.

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



FRUIT PICKING IN SEPTEMBER by Maria K.

September is a very important time for fruit picking. It is an important time not only for farmers, but for the rest of the people too. You see our future life and the economy of a country really depends on the quantity and quality of their agricultural produce, such as fruit and vegetable growing and picking. If the year is fruitful, it means that the stock of vegetables, fruits and grains will be enough for the next year. The Government doesn't need to buy extra from other countries. So, we save on foreign exchange.

My mom always had a vegetable garden. When I lived with my parents, we always worked in the garden from spring to fall in our free time. Fruit picking always was the most joyful event in the whole year. We could see the results of our labour and could taste what was grown by our own hands.

Every spring we cultivated the earth, made beds, planted seeds and seedlings. Then during the summer we only looked after our plants, removed weeds, grass, watered the plants and protected them from pests. My mom selected the best fruit and saved the seeds from them so that in the next year the harvest would be better.

The end of August and the beginning of September were always happy times. It was also difficult and we had a lot of responsibility during these months. During this period, we not only picked fruit, harvested crop, but had to save and work as well. Part of the harvest, such as potatoes, carrots, onions and beetroot, were very carefully put together and stored in a cellar. From tomatoes, cucumbers and peppers we made the salted foods, pickles and winter salads. From the apples we prepared 'compotes' and jams.

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



MY LIFE IN SOVIET UNION by Konstantin K.

I was born in a big country called the USSR. This country included fifteen republics with population of 250 million people. Approximately one hundred nationalities lived in Soviet Union. I was born in Kazakhstan republic. It was one of fifteen republics. When I studied at school my parents and I moved to another republic called Moldova.

My childhood and youth passed in this country when it was in its heyday. A lot of people can say that life was very bad in the USSR. Yes of course in the USSR not everything was perfect. Life in the Soviet Union had its own difficulties, nonsense and confusion, but there was a lot of good.

There were a lot of free social services for people, such as medicine, education, sports and culture. All children had the opportunity to attend sports club, different technical sections and culture sections. I was fond of swimming. I attended the swim club during school and college time and I took part in competitions in my city and in different cities in my country. After school I graduated from marine college to marine academy and this did not cost me or my parents not even a ruble (penny).

In the Soviet Union almost all the factories, the plants and other businesses were the property of the government. Because of this, there were a lot of subsidized buildings which belonged to the government plants and factories. People who worked in these factories could apply for an apartment and after several years, they could become the owners of this subsidized apartment. My parents had such an apartment.

I don't regret that I lived in the USSR, and sometimes I remember my childhood.

York Region –Konstantin K. is a Level 4 student. His teacher is Theresa R.

Student Reflections

CHEAP AND FUN HOLIDAY IN CANADA

by Maria R.

My name is Maria. I am from Poland. I have been in Canada since 2006. I like travel; that means Canada is like a paradise for me. My husband, Pawel, and I already travel a lot from coast to coast in Canada. Based on our experience, I think I have a couple of useful tips which I would like to share with others. First, you have to choose the kind of transport you like. We travel by car, canoe, bicycle or RV.

Tips:

1. Hiking:

Wherever you are, you can go outside your home and walk for a couple days and enjoy the beautiful country in which we are living. Hiking, which is completely free of charge, is good for the environment and for your body.

2. Cycling:

Bicycling doesn't cost you anything: Fuel is free when we travel from city to city in the Niagara Region. Our expenses were on food, which we prepare at home anyway. Travelling off-season allows you to enjoy fewer crowds and more quiet.

3. Canoeing:

If you want, you can buy a used canoe from Kijiji for 1/10 the cost of a new one. Canoeing saves on gas because you use your muscles. You don't have to stay in provincial parks or national parks because Northern Ontario offers you 1,000 lakes free of charge. Camping there is also free because nobody is there to collect a fee. If you are lucky, you can catch some tasty fish for dinner.

4. Driving:

You have to choose a cheap car, either a diesel or a small car. You can sleep in your car to save on hotels, or you can sleep in a tent at a campground. You can share the gas money with friends if you car pool. In provincial parks you can share a campsite with friends with 2 or 3 cars, and you can prepare your own food instead of eating out.

5. RVing:

Recreational vehicles (RV's) are like homes on wheels: First, you save on gas because you can share an RV with up to 8 persons. Another thing is you sleep comfortably inside, so you save on hotel. You save on restaurants because you have a full kitchen. You can park at truck stops, where you don't have to pay anything for the parking.

You can be a member of Passport America, where you pay only 50% at many campgrounds in Canada, U.S.A and Mexico. RVs are very kid-friendly, where they feel like home and you can bring along a lot of their favourite toys, games, etc.

The best tip: You only need a willingness to do this and have fun!

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





"Can you imagine how silly and gluttonous she was?" my parents said to my husband. Once they started it, I knew my silly childhood story would be repeated again.

"After she visited a chicken farm, she thought she knew how chickens could be hatched from eggs, so she started to hatch chick at home." my mom said. Every kid wanted to have a cute chicken, so did I. If I had an egg and kept it warm enough, I would have my own chick soon. I wrapped an egg with cotton, and then hid it in a corner of our wardrobe. To make sure my little chick wouldn't come out suddenly, I checked the egg several times every day. Although it was winter, I believed the egg didn't feel cold behind a lot of clothes. My daydream was everybody would be surprised when they saw my chick and compliment on how smart I was. So I didn't tell anybody and waited for that coming day. Until the day my mom found that egg from our wardrobe, and my dreams were dashed. From that time, this story became the most persuadable one to prove I was silly. "Fortunately, she didn't visit that farm in summer, otherwise, our clothes would have had very bad smell on it", my mom supplemented.

"She was not only silly but also gluttonous," my father continued, "No matter where I stored snacks, she always could find them." There was a "game" between my father and me. Every time, he tried to hide snacks away from me, my job was to find it out and eat it. Fortunately, our house was small and had limited space helped me a lot. After many "games", I became smarter and smarter. One day, my father used a new method to store our snack which could prevent me from getting it easily. When he found some snack gone, the first idea in his mind was that it was a mouse. While my Dad told my mom maybe there was a mouse in our home, I was hiding under the table and just had finished eating the snack. My parents bought a trap to deal with the mouse meanwhile they told my sister and I to be careful with it. Of course, they didn't trap any mouse, because they taught "the mouse" not to touch the trap. When my parents found out I was that mouse, I had finished all the snacks already. "So we decided to have no any snacks at home" my father said.

"Could she live without any snacks?" my husband asked. "Oh, she couldn't, she forced us to buy it again." It was just like a battle although there were no guns and bullets. I liked to eat snacks, but many times after I ate snacks, I didn't have good appetite for dinner. To avoid me only eating snacks, my father thought if he hadn't bought any snacks, I would have had dinner well. So a new policy at home was no snacks any more. The higher ups have policies, while the lower class had own ways of getting around them. I thought over and over how to deal with it. One day, there were no snacks at home. My mom always measured how much she should cook for dinner every day. Based on her experience, she did our dinner as before. However, empiricism wasn't always right, I ate a lot of it before; therefore, there wasn't enough food for dinner. My parents were surprised how good my appetite was. The next day, my mom cooked more for dinner, but something was wrong with my tummy, I couldn't eat much. A lot of food was left. We had no refrigerator at that time, food was easy to perish. My parents had to throw away some food. After several times repeating this, my parents had to give up their idea and I won my snacks back again. "I wasn't always silly, I was smart too, see, this was the best evidence." I said to my husband.

Those were small parts of my childhood. Every time, when we recall it, it makes us laugh a lot.

Kitchener Region –Xuemei W. is a Level 6 student. Her teacher is Lisa Gayle R.

Student Reflections

MY NEW HOME

by Jin R.Z.

Canada is a very beautiful country. I enjoy my life here. On the last long weekend, my husband and I went northwest of Toronto. There are few famous small towns in this area. The first town is Stratford. We just passed through the town, but we did not stop there. We found some stores, a hotel and a park that is named Shakespeare. Shakespeare was born in Stratford, England, but this town has the same name in Canada. When we came there, the town was celebrating Canada day. We joined the ceremony. Everyone took a flag, sang, and did some games. We just stayed there, but not for very long because we went to our next destination, the other small town of St. Jacobs.

We drove 20 minutes and arrived at St Jacobs from Stratford. It is a nice, quiet town. This town is very special. Many people originally came from Germany. They refuse modern day conveniences. They never drive cars because they prefer to use a horse and buggy. Their clothing is nice, but looks like it came from Europe in middle ages! They look like people from a movie. I saw their skin looks very bright and exquisite. I can see their life is pure and nice from their eyes. They don't have too much stress in their life, and also they enjoy the living very much.

I saw most of those people brought some fresh fruit or vegetables. We just followed others and came into a farmer's market. Oh, it was a very busy market! You could find all kinds of fruit and vegetable in the market. We bought some, and the taste was really fresh and nice.

Our next destination was a restaurant. The name was The Olde Heidelberg Restaurant Tavern and Motel. My husband enjoyed having smoked pork hocks and a small glass of beer. When we walked out of restaurant, there was a family buggy just on the road, not far beyond. They were friendly, gave us a big smile, then they went on. We just watched them disappear behind the green field. We prayed for them to enjoy life forever.

Today we still remember such nice travelling, and still remember the special people with their beautiful and friendly smiles! We have already had a new idea to visit another beautiful small town. I enjoy travelling, and enjoy my new life in Canada.

Toronto Region – Jin R.Z. is a Level 4 student. His teacher is John W.



Immigration is an important decision for everyone who wants to come to Canada, but it becomes more important and difficult if you are in your 40s, like me. When you are an immigrant you should begin a new life or another life maybe from scratch, and it is so difficult to leave your first life because you are accustomed to it. By this age you were formed in your country, you did your best to build your conditions, you had your job, family and friends – you had your own life. But one day you noticed you could predict the future of your life. Then little by little you felt bored and maybe by immigrating you would face a turning point of your life. You need new air to breathe; you want a new opportunity to live better. You become an immigrant.

Like each of us I had my own reasons for coming here. I had thought deeply about its advantages and disadvantages many times and I decided to come. But the reality that I faced was different from my imagination. During the past few months I have had both positive and negative feelings. I can name some good aspects of being here such as:

- A new and different life experiment; this becomes more important if you consider my previous predictable life
- Having a peaceful feeling astonishes me most of the time; there is no sign of the many pressures that I had in my country
- Going through the learning process of adapting to a new culture, rules, and community is attractive to me; somehow I feel more challenged and alive
- People seem happier and more satisfied with their lives
- Observing more discipline in society
- Many people are involved in charity and volunteering
- Government support programs for immigrants that are very useful
- A government that is more trustworthy than my previous one
- An educational system for children that is more acceptable and helpful

In spite of what I mentioned above, many times I feel sad and



fearful because of my new —situation. Below are some of the causes:

- Communication problems due to language and cultural differences
- Lack of information and knowledge about rules, which causes more stress
- One should almost begin his life from zero in different issues such as finding house, a proper job, and good schools
- Feeling loneliness because you miss your family, friends, home, job, society, and culture
- No support because there are no family and no friends here
- Losing previous social class and stature
- Feeling I sacrificed my life to give my children a better opportunity
- Being afraid of an increasing gap in generations as a result of the different learning language speed of the two generations
- Fear of losing your values and raising your children with the ones you may not accept – for example my family are Muslims and based on our religion, boys and girls' relations are not permitted, and we are concerned about the drug problems in high schools

Now when I look at my list again, I understand an interesting point: most of the positive issues are about joining a new society and the negative aspects are related to personal difficulties. Being strong and patient enough can help to overcome the problems. I hope others and I pass through this phase well. I trust I can accept easily what should be admitted to handle the situation and make a better future for my family and my society.

York Region – Behshid A. is a Level 6 student. Her teacher is Laura W.

Recipes

EGG MASALA

by Neeru M.

Ingredients

- 6 – 8 boiled eggs
- 2 onions (sliced)
- 2 tomatoes (chopped)
- ½ tbsp. turmeric powder
- ½ tbsp. black pepper
- Chopped green coriander
- 1 spoon olive oil
- 2 – 3 green chilies
- 2 – 3 tbsp. grated cheese

Directions

Heat oil in the pan and put onion and ginger in it. Fry for 5 minutes, then mix in all ingredients except eggs. Cook for 10 minutes and then switch the gas off. Place the sliced pieces of eggs in a shallow plate and pour masala mixture on them.

Spread coriander leaves on it and grated cheese on the top.

If you want you can squeeze some lemon juice on them before serving.

Toronto Region – Neeru M. is a Level 6 student. Her teacher is Lesley H.

Egg Masala is a dish popular in north and western India.



Ingredients

- 2 lbs. ground pork
- ¼ tsp. ground cumin
- 1 tsp. ground oregano
- 5 large pasilla peppers
- 1 tsp. ground black pepper
- 6 garlic cloves (minced)
- 1 tbsp. coriander seeds
- 1 ¼ cups white vinegar
- 4 tsp. salt

Directions

Put the meat into a large glass bowl and set aside. Bring a medium pot of water to boil and cook the pasilla peppers until soft. Drain the peppers. Transfer cumin, oregano, peppers, black pepper, garlic, coriander, vinegar and salt to a blender and mix until smooth. Combine the mixture with the meat. The “Chorizo” can now be stored and frozen in Ziploc bags or cooked and eaten right away.

Heat a little corn oil in a medium skillet over medium heat, add the pork and cook about 15 minutes, stirring occasionally until cooked. If serving with eggs, beat eggs in a medium bowl, add a pinch of salt and pour the eggs into skillet with the meat, stirring often just until the eggs are set.

Kitchener Region – Astrid G. is a Level 5 student. Her teacher is Christine L.

Chorizo is a sausage dish which combines herbs, vinegar, pasilla pepper (found in a Latin store) and pork. It can be served for breakfast, lunch or dinner. For example, you could combine fried chorizo with scrambled eggs for breakfast or serve with crushed beans and corn or flour tortillas for lunch or dinner.



CHORIZO

by Astrid G.

Recipes

COMPOTE

by Maria K.

Ingredients

- ¼ cup water
- 2 tbsp. lemon juice
- ¼ cup honey
- ¼ fresh herbs (mint, sage etc.)
- 5 cups peeled fruit (mango, pears, grapes etc.)
- 1 ripe banana (sliced thick)

Directions

Combine the water, lemon juice, and your herbs into a small saucepan. Make sure you do not chop cut or dice the herbs. You are adding herbs to fragrant the pot so leave them as is.

Place over medium heat and bring to a simmer. Remove the mixture from the heat.

Now stir in honey and let that steep for about 30 minutes or until your liquid is flavorful.

Next you want to strain the mixture, and then just place it into the refrigerator to cool until it is very, very cold.

Combine fruit into a large bowl. Now gently pour the honey mix all over the fruit and gently toss with a big spoon to coat. Cover and chill for about an hour. Serve and enjoy!

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

Compote is a dessert originating from 17th century England made of whole or pieces of fruit in sugar syrup. Whole fruits are immersed in water and with sugar and spices added to the dish, over gentle heat.



Ingredients

- 1 pkg. penne pasta
- 1 lb lean ground beef/chicken/turkey
- 1 liter canned tomatoes
- 50 g onions (diced)
- 50 g carrot (diced)
- 50 g celery (diced)
- 15 g garlic (mashed)
- 50 ml olive oil
- 15 g flour
- ½ liter chicken stock
- 3 sprigs thyme
- ¼ bunch basil (sliced very thin)
- 1 bay leaf
- Salt, pepper, sugar

TOMATO COULIS PENNE

by Alena S.

Directions

Saute the vegetables in the olive oil until translucent; add the garlic, the thyme and the bay leaf. Dust with flour, stir well until the flour is absorbed and free of lumps. Add the canned tomatoes (slightly crushed) and the chicken stock and bring it to boil and simmer for 45 minutes. Season with salt, black pepper and sugar.

After that, remove the thyme sprigs and the bay leaf and puree the sauce in a food processor until smooth. Return the sauce to the pot, bring it back to a simmer and adjust the seasoning.

While the sauce is simmering, cook pasta according to the package instructions. When it is done, drain it well and transfer it to the casserole dish.

Preheat the oven to 350 F. Meanwhile, also heat a little oil in a frying pan and brown the ground meat. When the meat is brown, add cooked sauce to it and cook it together for several minutes. Pour the meat mixture over pasta and mix it well. Grate some cheese over it. Bake at 350F for 20-30 minutes or until the dish is nicely bubbling. Serve it hot with a side dish of vegetables, salad and more cheese on top if you like.

Alena S. is a teacher with the LINC Home Study program.

***Penne** is a type of pasta with cylinder-shaped pieces. Penne is the plural form of the Italian penna, deriving from Latin penna (meaning "feather" or "quill"). Penne is traditionally cooked and served with pasta sauces such as pesto and marinara.*



Activity Central

Games and Puzzles

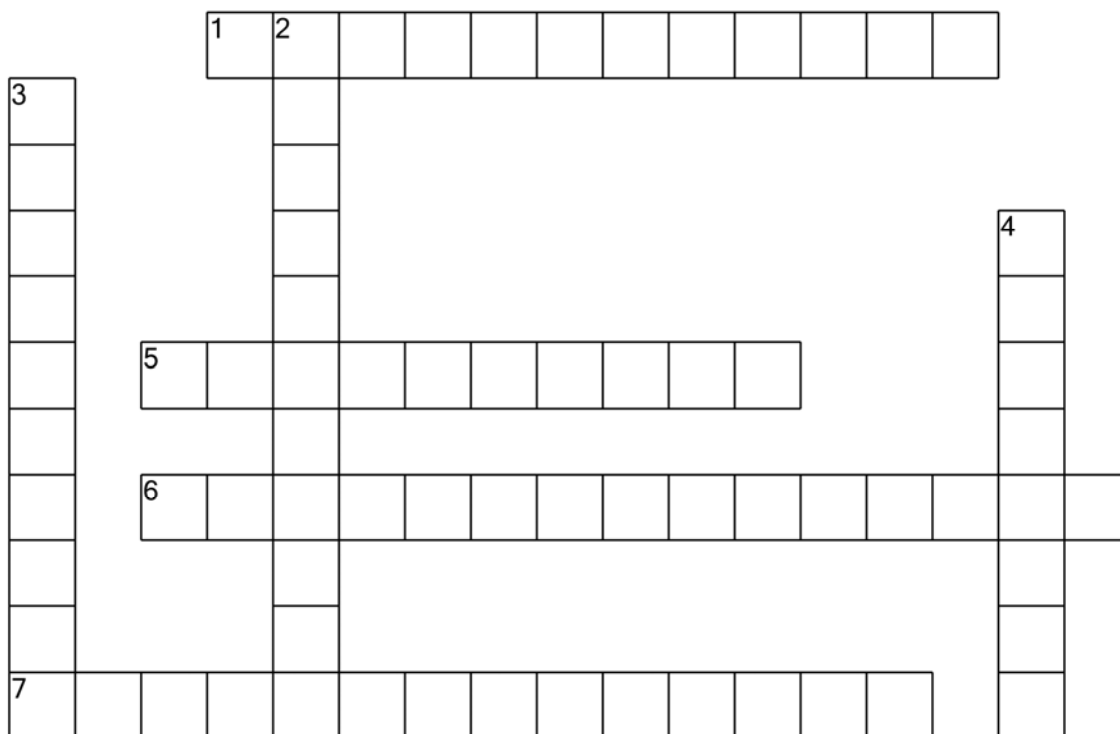
Word Search

Find the following words within the puzzle below.



Stop, Drop and Roll
Fire Drills
Meeting Place
Crawl Low

Escape Route
Check Doors
Smoke Detectors



ACROSS

1. Plan a place to meet your family after leaving the house
5. Feel the door. If it is hot, don't open it.
6. What to do if you clothes catch fire
7. Change the batteries twice a year

DOWN

2. Plan two ways to get out of every room in your house
3. Practice your escape plan to make sure everyone can get out of the house and to the meeting place
4. Get under the smoke, crawl on your hands and knees to the nearest exit

Activity Central

Answers

Word Search



Crossword

ACROSS

1. MEETING PLACE
5. CHECK DOORS
6. STOP, DROP AND ROLL
7. SMOKE DETECTORS

DOWN

2. ESCAPE ROUTE
3. FIRE DRILLS
4. CRAWL LOW

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 when I was 26. 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. My daughter and I lived with my ex-husband for 12 years, but towards the end my husband and I had lots rows and we split up. We 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 jewelry. 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 2 student. His teacher is Jessica W.

Shirley B.

My name is Shirley B. I am married, and my husband is Alfonso.

I have three kids. My eldest is Ken, my second is Nikka, and my youngest is Nick. We came from Philippines last June 2009. We travelled about 18 hours to where we're living now in St. Brieux, SK. My husband's job is here in St. Brieux at Bourgault Industries. He is a laser machine operator, and I'm a housewife who cares for all of my family. I'm so thankful to be a mother. I'm so thankful to the Lord that I have a happy family and a responsible, loving husband.

Saskatchewan – Shirley B. is a Level 3 student. Her teacher is Rachel B.

Student Corner

Veronica G.

I am Verónica G. I was born in Mexico City. I finished College as an Industrial Administrator. Just two months before my graduation, I started working in a company who fabricated belts for drive applications and industrial hoses. I first started in an environmental position, although this was not my speciality, my peers helped me to understand the basic duties of the work. It was in this company where I first turned my eyes to the field of health and safety. Unfortunately, the company closed its manufacturing site just one year after I started.

In 2000, I joined the security team of the IBM corporate offices in Mexico. That working experience gave me the opportunity to expand my knowledge in health, safety and security. IBM was a good place to work, but I wanted to go back into the manufacturing sector. In 2003, I found a job as a health and safety specialist in a pharmaceutical company. Getting that job was one of my major achievements. The recruiting process was so hard. Just one year later, my husband obtained funding to start his PhD in the Netherlands.

In 2004, we moved to the Netherlands. At the beginning I did not want to leave my home, my friends, my family and my job. In the Netherlands, I applied for a Master's program in Public Health. I started my studies just one month after our arrival. It was a tough year. My English at that time was not so good; writing a 500-word composition could take me hours. Moreover, my husband and I split the daycare of our son, Mauricio, as well as all home duties.

When I finished my Master's program, my husband and I decided to do as much traveling as possible with our 3-year-old son. With two backpacks, a student budget, a baby and a stroller, we tried to visit as many countries as possible. In 2006, we went back to Mexico. Unfortunately, my father lost his job and my mother was sick. These and other family situations made me decide not to go back to the Netherlands. I decided to work to help my family. I found a job in a pharmaceutical company, so my husband went back to the Netherlands alone. That was the most difficult decision I have ever made. Luckily the company I was working for was an excellent stepping stone in my professional career. After two years of work, they offered me the position of Health and Safety Manager. That same year, my husband came back to Mexico.

One day, I received an email inviting people to immigrate to Canada. I went to one of those information sessions offered by the Canadian embassy in Mexico. With no plans in mind my husband and I applied for the visa.

Finally, in August 2009 we moved to Montreal, Canada. In September I started my mornings with full-time French classes and during the evenings, I enrolled in a Health and Safety certificate program at Montreal's University. In March 2010, my family and I moved to Ottawa due to a job opportunity for my husband. Myself, I will be a mother for the second time soon. While waiting for the time to go back to work, I will start on a Health and Safety certificate in a distance education program. I am also taking some English courses to improve my language skills. It's busy life but it's never boring.

Ottawa Region – Veronica G. is a Level 6 student. Her teacher is Terese C.

Student Feedback

I read the article of "Historic and Beautiful Niagara" and liked it. The author Natasha A., looking from both historical and natural view, described how and why the Niagara region has become a famous tourist and vacation place in North America. There are not only the famous Niagara Falls and vineyards of quaint Niagara-on-The-Lake, but also many historic sites and well protected natural parks. As the author talked about in detail, the Queenston Heights is such a typical park in this Niagara area. Throughout the summer months, the park is filled with families and friends taking self-walking tours in this area and having picnics as well as a variety of sporting events.

Meanwhile, people can look back to the war of 1812 and well known historical hero, General Isaac Brock. The monument of Brock is a very good spot for people to climb and lookout over a magnificent view of Lake Ontario and Niagara Falls. In addition, there is the only natural walkway named the Laura Secord Homestead where you can explore the home of this courageous woman in Canada's history, who walked 20 miles to warn our troops of an American attack. This park is fully equipped with all kinds of facilities including the Queenston Height Restaurant with its well-known wine cellar for people's use. The Bruce trail comes across the park and extends over many miles to Tobermory, passing through the Niagara Escarpment. The Brock monument is a museum opened public all year round. In the museum the Canada Park Staff is preparing to celebrate a special event – the 200 Years of Peace in 2012. People can ask about and join the big event through the contact information there.

I love the Niagara area. How beautiful and historical the place is! No wonder it is world famous and attracts people from all over the world. Each time I really enjoy going there. It is a very good place for people to have vacation activities, sightseeing the beauty of nature and knowing the history of North America. That's a really worthy place to visit.

Brighton Region – Jin M.W. is a Level 5 student. His teacher is Susan M.

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.

Exposition (pg 8)

– a public exhibition or show

Bracket (pg 8)

– a fixture (as for holding a lamp) projecting from a wall or column

Cedar (pg 8)

– tall coniferous trees noted for their fragrant and durable wood

Sparkling (pg 9)

– to give off or reflect bright moving points of light

Metaphor (pg 10)

- a figure of speech in which a word or phrase literally denoting one kind of object or idea is used in place of another to suggest a likeness or analogy between them (f.ex. *drowning in money*)

Cultivate (pg 15)

– to prepare or prepare ad use for the raising of crops

Harvest (pg 15)

– to gather (crops), catch or hunt for human use or sport

Hiking (pg 16)

– to go on a hike (walking tour)

RV (pg 16)

– Recreational Vehicle, also known as motor home (a large motor vehicle equipped as living quarters)

Hatch (pg 17)

- to emerge from an egg

Predictable (pg 19)

– able to declare or indicate in advance based on observation or experience

Trustworthy (pg 19)

– worthy of confidence



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

Let's hear from you.

e-mail us: help@linchomestudy.ca

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

Have fun!

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

submissions

Please e-mail your submissions for the newsletter by Monday September 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.

