




Language  
Education  
at a Distance

Mar 2011

The Official Newsletter of LINC Home Study

# NEWSLINC



The LINC Home Study program is funded by:  
 Citizenship and Immigration Canada    Citoyenneté et Immigration Canada





## LINC Home Study

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

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

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

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

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

# Index

## EDITOR'S NOTE

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

Our feature article focuses on the observance of Lent.

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 February. 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!

## Feature Article

7

**The Observance Of Lent**.....pg7

## Staff Reflection

8

**A Tale Of Friendship** by Liz P.....pg8

**Kyoto** by Yukari H.....pg9

## Student Reflections

10

**Coming To Canada** by Lamia S.....pg10

**Canada – A New Home For Immigrants** by Larysa S.....pg11

**Iranian New Year – “Nowruz”** by Shirin A.....pg11

**Tips For Buying A PC** by Jose Luis R.....pg12

**Karate: Activites Of The Family Program** by Rasmi G.....pg13

**Skiing** by Sunnam H.....pg13

**A Visit To The Museum** by Rasmi G.....pg14

**Holi** by Manju T.....pg14

**Childhood Games** by Oxana Z.....pg15

**“Martisor” A Spring Time Custom** by Valentina D.....pg16

**The Moment Of Being A Canadian Citizen** by Sandra S.....pg17

**Spring Festival In Argentina** by Karen G.....pg18

**Saint Patrick’s Day** by Chang Ha S.....pg18

**How to Integrate In Canadian Society** by Xu H.....pg19

## **Recipes**

**20**

**Patjuk** by Chang Ha S.....pg20

**Spring Rolls** by Jojit S.B.....pg21

**Halo Halo** by Irenie M.....pg22

**Gujarati Kadhi** by Pratiksha P.....pg23

## **Activity Central**

**24**

**Word Search**.....pg24

**Hidden Pictures**.....pg25

## **Student Corner**

**27**

## **Student Feedback**

**29**

## **Glossary**

**30**

## Program Updates

### Program Activity:

The LINC Home Study program currently has 1090 seats filled. The waitlist has 138 students to be enrolled.

Due to an overall reduction of CIC funding to Settlement services and programs in Ontario, students referred to the LINC Home Study program as well as those students who took extended vacation are now experiencing longer than normal wait period to enter or re-enter the program. Students on the referral list will be contacted at regular intervals and given updates as to their position on the list.

### Additional Conversation Classes (by phone) & Drop-in Conversations:

Additional Conversation Classes and the weekly Drop-in Conversation classes will resume soon. Stay tuned for further updates.

### LINC Seniors:

The LINC Seniors materials will again be incorporated in the LINC Home Study program.

### Citizenship Prep Pilot:

Citizenship Prep looks forward to offering program modules to volunteer students. Selected on a first come, first served basis, students will receive information about the pilot and the program itself in the coming weeks.

### LINC Home Study Canada:

This program (*formerly National Delivery*), spans the country from the Atlantic Provinces (NB, NS, PE and NL) to the western regions (AB and SK) of Canada. Under the capable supervision of 13 LHS Canada TESL-certified teachers, 235 newcomers in the eastern and western provinces of the country are developing their English skills in listening, speaking, reading and writing from their homes. The current waitlist now stands at 33.

For more information on any of these programs, please email the LINC Home Study office at [help@linchomestudy.ca](mailto:help@linchomestudy.ca) or [LINCNDhelp@linchomestudy.ca](mailto:LINCNDhelp@linchomestudy.ca) OR visit the website: <http://www.tcet.com/linchomestudy/>

# Feature Article

## THE OBSERVANCE OF LENT

**Lent** is the Christian season of preparation before Easter. In Western Christianity, Ash Wednesday marks the first day, or the start of the season of Lent, which begins 40 days prior to Easter (Sundays are not included in the count).

Lent is a time when many Christians prepare for Easter by observing a period of fasting, repentance, moderation and spiritual discipline. The purpose is to set aside time for reflection on Jesus Christ - his suffering and his sacrifice, his life, death, burial and resurrection.

**Ash Wednesday** marks the first day, or the start of the season of Lent. Ash Wednesday derives its name from the practice of placing ashes on the foreheads of adherents as a sign of mourning and repentance to God.

**Palm Sunday** is a feast that always falls on the Sunday before Easter Sunday. The feast commemorates the triumphant entry of Jesus into Jerusalem in the days before his Passion. In many Christian churches, Palm Sunday is marked by the distribution of palm leaves (often tied into crosses) to the assembled worshippers. A procession also takes place. It may include the normal procession of clergy, the parish choir, and the children of the parish or indeed the entire congregation.

**Good Friday** also known as Holy Friday, Great Friday, is a religious holiday observed primarily by Christians commemorating the crucifixion of Jesus Christ and his death at Calvary. Good Friday always falls on the Friday before Easter Sunday.

**Easter** is the central religious feast to Christians around the world. According to Christian scripture, Jesus rose from the dead on the third day after his crucifixion. Christians celebrate this resurrection on Easter Day or Easter Sunday. Newer elements such as the Easter Bunny and Easter egg hunts have become part of the holiday's modern celebrations, and those aspects are often celebrated by many Christians and non-Christians alike.

*Adapted from Wikipedia*





# Staff Reflections

## A TALE OF FRIENDSHIP by Liz P.

Every year I look forward to spending a few days with a very special friend of mine, Joan. We met years ago, when our children were still babies and toddlers. Over the years, we developed a strong friendship while watching our children grow up together. These days, those children of ours are now adults themselves, and Joan calls the Okanagan Valley, in British Columbia, home. But despite the years that have passed and the distance between us all, the bonds of friendship persist: between both our now-grown up children, and Joan and I.

We keep in touch regularly through phone calls, email, and packages through snail mail. But our annual trips are what really keep Joan and I connected. Several years ago, we began a tradition of meeting in a different city each year. Our trips are inspired by art exhibits, local culture, sightseeing, or just having some “girlfriend time”. So far we’ve explored eight cities in three provinces, visited one city in the USA, and we’re looking forward to venturing off to Europe in the future. Each trip offers opportunities to bond over old memories and new, exciting experiences alike. Regardless of our destination, we’re always encountering plenty of adventure, and a whole lot of laughs.

Although we both grew up in Montreal, neither of us had experienced the city as tourists. When the World Press Photo Exhibition was scheduled to make a stop in *La Belle Province*, we decided to make a trip out of it. That trip inspired us to explore Niagara Falls with a fresh perspective. In one day we had the opportunity to experience the Falls two ways. First, we got a bird’s-eye view of the Falls from a helicopter, and then experienced the deafening, overwhelming force of the water as we broke through the currents (and got totally wet!) on a Jet Boat tour up the river. In our nation’s capital, Ottawa, we visited art galleries, museums and Byward Market, one of Canada’s oldest outdoor markets. On the west coast of Canada, we toured the wineries in the Okanagan Valley and had traditional English High-Tea at the Empress Hotel in Victoria. The dinner we ate atop of Queen Elizabeth Park in Vancouver was as delicious as the view was breathtaking. The four days we spent in Chicago were non-stop; tours, galleries, theatre, shopping... and there was so much more to do. We’ll be back, Chicago.

Joan and I head back to our respective homes after each trip filled with memories and stories to share, but not before starting to plan our next adventure. On the agenda this year is a Glass Blowing class in Seattle, Washington. 2012 will include a very special trip, as Joan’s eldest daughter will be getting married in Hawaii. We’ll be there to celebrate – Joan and I, and all of our now-grown children. From diapers to weddings, our adventures continue.



Liz P. is a Coordinator with LINC Home Study program.



## KYOTO by Yukari H.

There is a city in Japan where I always visit when I get a chance. That is Kyoto, which is known as an ancient city that attracts millions of tourists from not only Japan but all over the world.

I am very grateful that I spent my university years in this city, away from my hometown. In spring, cherry blossoms are in full bloom in parks, shrines and temples. It is the tradition that friends, families and colleagues gather with food and drinks in parks to see these beautiful cherry blossoms. The timing is crucial as cherry blossoms are in full bloom only for a short period of time. In fall, Japanese maple leaves turn brilliant red in parks and temples. They offer gorgeous views each year. Having lived in close proximity to these spots, I was lucky to see them at their best each year.

Our recent trip to Kyoto was in early fall. It was a little early for colourful Japanese maple leaves. However, it was one of the best times to visit the city. The weather was nice and mild most of the time. Kyoto is not only for cherry blossoms and maples leaves. Kyoto has more to offer all year around.

Our trip started out in the city with tofu and bean curd dishes at one of the famous restaurants. These are low calorie and healthy foods. They are cooked in different ways, which allows us to enjoy their different flavours and textures with other seasonal ingredients. After visiting the Golden Pavilion and Kiyomizu Temple, we headed back to a Japanese traditional hotel to have a Kaiseki dinner, a traditional multi-course Japanese dinner, and to take a hot spring. At this time of a year, matsutake mushrooms are cooked in various dishes. In particular, the matsutake mushroom soup was the best. The aroma of matsutake mushroom with a hint of lime was very comforting. I am always fascinated by the attention paid to every little detail in each dish no matter how small it is.

Kyoto has always been my must visit destination in Japan with full of fun filled memories each time. The city itself is not as big as Tokyo or Osaka, but has tons of reasons why you cannot miss this marvellous city!



Yukari H. is a Administrative Assistant with LINC Home Study program .

# Student Reflections

## COMING TO CANADA by Lamia S.

When I had my interview of immigration before coming in Canada, I was asked if I had an idea of tips of integration in Canadian society. I responded that it depends on the kind of society where we live.

Firstly, in Canadian society, we should be bilingual because that helps very much one's integration. At least, people who immigrate to Canada have to speak English because even in the province of Quebec we can live in English.

Secondly, to succeed our integration, we should be open, sociable and friendly. We should like to talk to foreign people and not be afraid to be close to people. In Canada, people are not accustomed to immigrants yet, so they keep distance and that's why they take too much time to come near someone.

Furthermore, we can begin by doing voluntary work when we arrive. This way helps us to understand Canadian society functioning : everyday functioning, health system, education system, etc. Voluntary work may help us to find a job too.

Besides, I think that studying or participating to different workshops can be a good way to be integrated in Canadian society.

Finally, in my case when I arrived to Canada I contacted some persons who are specialized in literature in many universities. I met these persons and asked them for help. So they explained to me how things work in Canadian university and some of them helped me to get a job in a university as a research assistant. After two years I got my job as a professor in University Sainte Anne after I have worked as a french teacher in many schools in Montreal in addition to my job as a research assistant.

Integrating needs mind opening, courage and patience.

***Nova Scotia –Lamia S. is a Level 5 student. Her teacher is Samuel M.***



## CANADA – A NEW HOME FOR IMMIGRANTS

by Larysa S.

Canada is a new home for many immigrants from all over the world and I'm one of them. I still remember the first year of new life when our family decided to move to Canada. Our English was poor and we had a lot of problems with filling out the different types of documents for school, work, government, insurance, etc. We have been living in a small Canadian community for five years now and we have lots of friends who help us with any problem what we have.

Two years ago, our provincial government gave some funds to our town to help with organizing a community service for newcomers. Our town has had about four hundred immigrants from ten different countries in the last five years, and most of them have had the same problems - renting a house or an apartment, finding a job, activities for children, day care, and car insurance.

Now our town has a community service for newcomers where anyone can find an answer or a help from professional people. That office offers lots of programs about life in Canada, the different standards and laws, type of insurance, tax regulations, child care, school programs, immigration, permanent residents and citizenship papers. It's so much easier now for all newcomers to go to one place in a town and find help than to go to every organization and try to explain their needs. This program is a benefit for everyone in our town.

Welcome to Canada!

**Saskatchewan– Larysa S. is a Level 5 student. Her teacher is Andrew V.**

## IRANIAN NEW YEAR – “NOWRUZ” by Shirin A.

Iranian New year is the first day of spring each year. For the New Year, Iranians clean their houses and they make or buy new clothes for themselves and their family.

A few weeks before the New Year, Iranian people grow wheat or lentils in a little dish.

On the last Wednesday of the year, it is a fireworks night; everybody jumps over the fire and wishes to receive warmth from the sun and fire. The news of the coming spring will be announced by "Haji firuz" by singing and dancing in the streets.

A special table is set up with seven articles which all start with "S" in the Iranian language called "Haft sin". At the time of the beginning of the New Year, family members get together around the Haft sin table to start the New Year.

There is a ten-day holiday for all of these festivals.

**Toronto Region– Shirin A. is a Level 4 student. Her teacher is Lisa M.**

## Comics





# Student Reflections

## TIPS FOR BUYING A PC by Jose Luis R.

Hello my friends. Starting with this article, I will try to write a sequence of short but useful technical tips regarding PCs. Why? Because my large experience working with them (around 17 years); it is part of our daily life for most of us; it is almost the main way you will use to get a job or for studying something (that is what you are using right now to read these lines!), and because a lot of “know-it-all” people around, talking about PC-related things that they do not really know, then getting people confused and maybe costing a lot of money to them because a bad advice.

Obviously the target of these articles is mainly newcomers, since money is a very important factor, especially for just-arrived people, and spend it in the best way plays a crucial role. So investing in a PC in a proper way will save you money and a lot of headaches.

At the moment of deciding for a PC, you should answer to these questions:

- a) **What will I use my computer for?**
- b) **Brand new or used/refurbished?**
- c) **Desktop or Laptop?**
- d) **Macintosh or PC (Windows)?**

Let's start:

### ***What will I use my PC for?***

The answer will decide how much money you will invest on it. If you are planning to use it for e-mails, Facebook, normal internet browsing, that means what 99% of people do, then you do not need to spend much money. Starting from \$250 you will get good PC. Like everything in life: more expensive, better.

### ***Brand new or used/refurbished?***

Brand new PCs work out-of-the-box. Refurbished is a lottery and even more, if you take a closer look, sometimes you might be not paying much less for refurbished than brand new, for the same item! Used PCs is a choice that should be

considered as last resource (except, for instance, extraordinary good deals like when you know the owner, etc.)

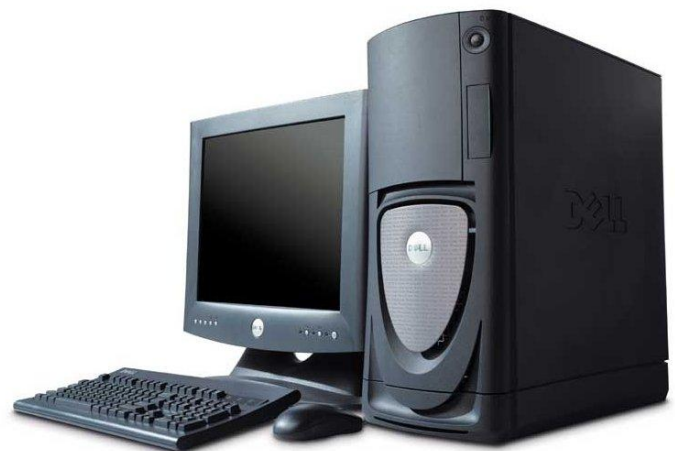
### ***Desktop or Laptop?***

Depending how many hours you use a PC a day you decide between Desktop or Laptop. Many hours of use a day (8 or more a day): desktop. Less than 8 hours: maybe a laptop is more convenient.

### ***Macintosh or PC?***

The always “taboo” question. In short: Macintosh costs average 100% more than PCs. Why? Many reasons: different Operating System, different technical support but fundamentally, marketing. Then if you never used a Macintosh before, the answer for this question is simple: go for a PC with Windows. Leave this “taboo” theme for a further article.

***Ottawa Region – Jose Luis R. is a Level 6 student. His teacher is Mark N.***



## KARATE: ACTIVITIES OF THE FAMILY PROGRAM by Rasmi G.

Each Saturday morning my family and I go to Karate at King College It is not too far from our house but if by walking it takes 40 minutes to get there. The kind of Karate is called Shotokan Karate. We start Karate at 8.00 and finish at 9.00. First we make a line, kneel down and bow. After that we warm up, by jumping and then we stretch. We split up by different groups, it depends on what color your belt is. In karate there is something called a kata. A kata is a sequence of movements that has blocking and attacking techniques.

Sometime we do 'kumite' and one step sparring. You have to practice your kata each day so you can get better at it. There are seven belts, the first belt is the white belt then the yellow, the orange, the green, the purple, the brown and the last one is the black belt.

People that wear white belts have to do a kata called Heian shodan and the other belts have their own kata. Now I and my family all have green belts, so the kata we do is called Heian yondan. At the end of the class we have to make a line according to your rank. Then, you must say the dojoku. The meaning of Dojoku is:

to strive for perfection of character,  
to defend the path of truth,  
to foster the spirit of effort,  
to honour the principles of etiquette,  
to guard against impetuous courage.

We enjoy practicing karate all the time!

***Nova Scotia – Rasmi G. is a Level 5 student. Her teacher is Samuel M.***



## SKIING by Sunnam H.



At the time of my twenties, skiing became one of the most popular sports in my country, South Korea. As my husband fell in love with skiing at the same time he did with me, he persuaded me to go skiing on our honeymoon. Although both parents objected to his idea, I agreed to it without any hesitation. Whenever we visited our parents, they tried to recommend many other options for our honeymoon because they had heard about some severe accidents from the media that enlightened citizens about the safety issues of soaring winter sports. I promised my mom I would be safe and return without a cast.

Unfortunately, it wasn't long until I realized that skiing is one of the most vivid sports and it was not easy to learn from my own husband, same as it was to learn driving a car from him. The week was about fighting to control the speed and keep balance on the skis. In addition, it left me sore and in pain during the night. Fortunately, I came back home alive and I added myself to the ski population. It has been 15 years, and I've been skiing accident-free; however, I hired an instructor when the time came for my children to learn how to ski. All my family does alpine skiing and would like to try cross country skiing sooner or later. Living in Canada is beneficial for us as ski lovers.

***New Brunswick – Sunnam H. is a Level 6 student. Her teacher is Rachel B.***

# Student Reflections

## A VISIT TO THE MUSEUM by Rasmi G.

It's the Canadian Winter Games in Halifax and all of the schools were closed for two weeks. I get only two days of vacation. I plan to visit the museum of natural history on Monday with my son and I. At noon we go by walk to there because it is close to my house. The first thing we visited at the museum was a big T.rex skeleton head that was moving. We decided to take a picture of it. After, we saw a big skeleton body of a T.rex. This dinosaur is called SUE. It was name after the person found her. Sue is the biggest dinosaur in the world.

In the next section we saw a lot of different kinds of minerals that you can find on a mountain. There were some rocks that were shining. In the other section we saw had the statues of the marine animals like the grey whale, a dolphin, sea turtle and so on. We also saw a lady that brought a turtle with her. We saw her give a banana to the turtle. But the turtle didn't want to eat the banana, because he wasn't hungry. And the last section there was animals that lived in the woods. The bear was one of them. We enjoyed staying at the museum.



***Nova Scotia – Rasmi G. is a Level 5 student. Her teacher is Samuel M.***

## HOLI by Manju T.

Holi is the greatest festival for Hindus. It is celebrated at the end of the winter season on the last full moon of the lunar month Phalgun during late February/March. Different colours and powders are used to celebrate Holi, so it is also known as the colours festival. It is believed that Holika, sister of Hiranyakashipu carried a young Prahlad to burn in the fire, but Holika was burnt and Prahlad was alive without any injuries because Prahlad was the god Vishnu, from that day Holi was celebrated.

In the context of Nepal, Holi is an important festival like Dashain and Tihar. More than 80% of Nepalese people celebrate Holi as their greatest festival. Holi is a national festival in Nepal. In Nepal, Holi is celebrated at the end of the last full moon of Phalgun so it is also known as Phagu Purnima. On this day people go to their neighbourhoods and exchange colour powder and colourful water with each other. Lola (water balloons) is also the attraction of Holi. People fill colourful water in balloons, and spray coloured water on one another. Traditionally, different kinds of herbs were used to make different colours such as, Neem, Kum Kum, Haldi, etc. Bhang is a special item used during Holi, different kinds of foods and drinks are prepared with a mix of Bhang and served to all. It is believed that the combination of different colors, take all the sorrow away and make life more colorful and bring happiness forever.

***Peel Region – Manju T. is a Level 3 student. Her teacher is Jason L.***

## CHILDHOOD GAMES by Oxana Z.

I would like to tell you about my childhood games. I was born and grew up in a village in Russia, where my parents currently live.

There were a few children my age in our neighbourhood. We really liked to spend our free time together. In the winter we played in the snow, and went skiing and sledding. In the summer we rode bikes, played hide-and-seek, volleyball and tag. We skipped with skipping ropes and played hopscotch. When we couldn't go outside on rainy days, we played board games like "Monopoly".

Now I live in Canada and I see that children still play these games and that they are still popular, not only among Russian children, but among Canadian children too. Of course, they play many new games also.

"Gorodki" is a popular game in Russia nowadays. Actually, Gorodki is an old game. My grandparents remember that game from their childhood.

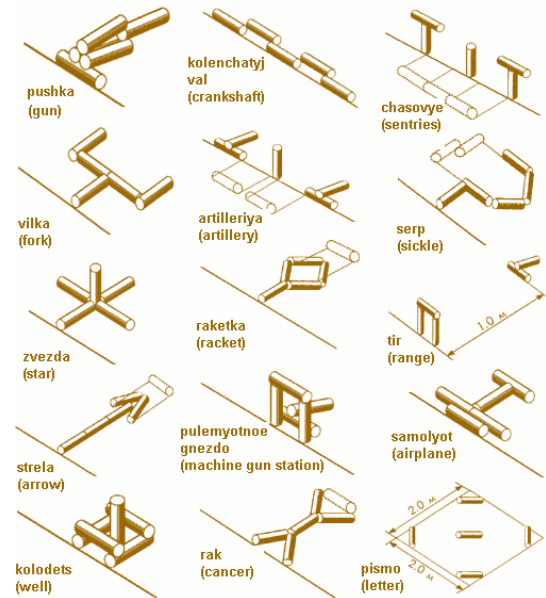
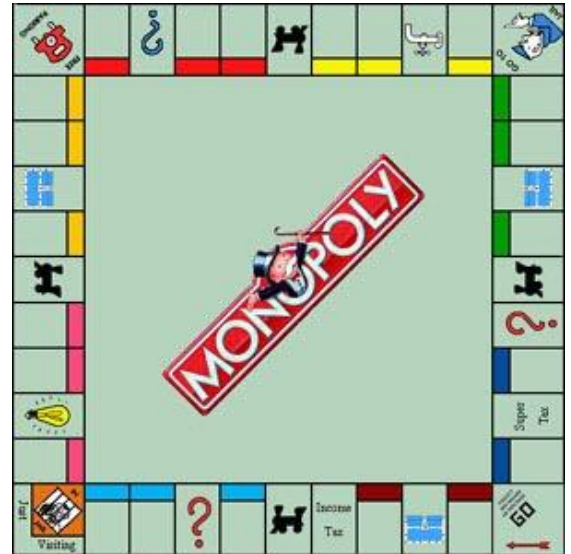
People in Canada say "Everything old is new again". There is a similar saying in Russia "Everything we consider as a new thing can be just a forgotten old one"; - I think that is why they began to play this old game again.

It's popular because it's easy to play and accessible for people of different ages. Players can be outside for the game regardless of the season. Also, it is good for your health. "Gorodki" is a fascinating, athletic game, demanding strength and endurance, accuracy and self-control. It requires good coordination of movements.

The rules of this game are very simple. The object of the game is to knock the wooden bars out of play area (gorodok). Each player goes through a sequence of 15 different shapes, made of five wooden bars. The complete game includes shapes of "Cannon", "Star", "Well", "Artillery", "Nest", "Clock workers", "Shooting - range", "Fork", "Arrow", "Crankshaft", "Rocket", "Crawfish", "Sickle", "Airplane" and "Letter".

The winner is the player or team, who knocks out all of the shapes with the least number of blows.

**Halton Region – Oxana Z. is a Level 4 student. Her teacher is Michelle C.**





# Student Reflections

## “MARTISOR” A SPRING TIME CUSTOM

by Valentina D.

In our world there are many customs that differ from one country to another. My country has one that, in my opinion, can be adopted by many other countries. My country's inhabitants call this custom “Martisor”. The “Martisor” custom takes place in the spring; men give women or girls a gift of a piece of white and red string, which means revival of the environment. I chose to talk about “Martisor” because this custom is a symbol of life, health, happiness and generosity.

In our competitive world, when we often forget to enjoy the simple things in our lives such as: flowers, trees, fresh air, sunbeams, birds' songs, and walking with friends and family, “Martisor” is a simple gift. Our lives are very complicated and stressful, and this gift can remind everyone that it is better to enjoy the small and beautiful things.

Another important reason to participate in the custom of “Martisor” is that you can make a lot of friends by giving them this inexpensive gift. Also, you can create it by yourself because it is very easy to construct and you do not need special knowledge to do it. I feel very happy when somebody gives me such a gift. This is not because I like surprises. When somebody gives you a gift, this means they are proud of you, love you, want to make you happy, see your smile or the look in your eyes.

In conclusion, I can say that if I had the opportunity to choose one custom, I would select “Martisor” (meaning trinket) because by participating in this custom everybody can make a lot of friends, enjoy life and have a good time by giving this symbol of life and health.

**Hamilton Region– Valentina D. is a Level 7 student.  
Her teacher is Brenda V.**



Canada is a country which has people from all over the world. It doesn't matter how you got into Canada. The process of becoming a Canadian Citizen is the same for all newcomers. What I mean is that we have to wait years to become a Canadian Resident or Canadian Citizen if you choose to. For some people, the process is faster and for others the process can be stressful. The fact of learning a new language, new laws, new customs and being in a different country makes everything thoughtful, youthful and skillful. Why thoughtful? For people who have to change places it can be a little bit difficult, they are going to face new challenges that they are not used to like: weather, making friends and school. Why youthful? My personal opinion is that I am having a lot of fun in Canada, even in the winter; there are many things to do in so little time. If you are a newcomer, it is good to know about community centers which help people to socialize and get them involved in their communities.

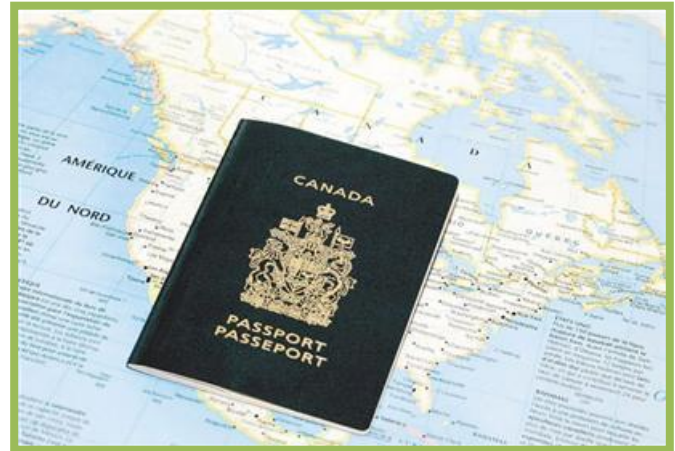
Why Skillful? There are a lot of newcomers who come to Canada holding a degree. They are gifted with a lot of abilities and potential. Some of them have to work harder to reach their goals and dreams in their new home.

Let's talk about the process of becoming a Canadian Citizen. The time that you become a Canadian resident counts as one day. If you leave Canada because you want to go away for holidays the time doesn't count for you. You have to count the only time that you have lived in Canada. When you send the application for you and your family, you have you calculate your time. If you don't have the time that the government requires you can't send your application. You must send information clearly and correctly.

Because every case is different, feel welcome to check the website [www.cic.gc.ca](http://www.cic.gc.ca) where you can find a lot of information. There is a resident calculator where you can check your time in Canada. The steps on the website are pretty straight forward-just follow them. Check your application twice. You can also call the total free: 1888-242-2100 if you are ready to fill your application in. They can mail the application to you or you can print the application form from your computer. Remember that they can help you in English or French. After sending the application, if everything went fine, you are going to receive a study guide which is very rich in history. Every single line describes Canada itself and the wonderful people who are part of this amazing country.

If you want to become a Canadian Citizen, don't wait any more time, remember every day counts, get the feeling of being a Canadian Citizen and get ready to do your votes around your loved ones.

***Kitchener Region – Sandra S. is a Level 5 student. Her teacher is Fiona E.***



# Student Reflections

## SPRING FESTIVAL IN ARGENTINA

by Karen G.

Every March in Argentina we have a big party in Gualeguaychu city. It is a night time festival with many colours, lights and sound. People dance on streets, everybody is infected for happiness, and the weather is favourable for this party is summer in South America!

The costumes of the dancers are made with brilliant materials, exotic jewellery and they were designed many months before. Also, many costumes are worn from generation to generation and they were made with luxurious material. It is a little like the Brazilian Carnival, in fact, many Brazilian dancers tried their performance in Gualeguaychu city. It is the first stage for a good show in Rio-Brazil.

Although it is a big a party, it does not meet like Brazilian carnival yet but this tradition has been growing up year by year since 50 years ago and countries as Argentina, Brazil and Uruguay share this tradition. Their dancing is a mix of African heritage and Latin root. The groups of dancers show Kings, queens, warriors, ogres and giants. All of them want to be the winner. They show their best performance and this event let Gualeguaychu city receives thousand and thousand of tourist every year.

***Nova Scotia – Karen G. is a Level 5 student. Her teacher is Samuel M.***



## SAINT PATRICK'S DAY

by Chang Ha S.

It is a religious holiday on the 17<sup>th</sup> of March. This day is celebration for Saint Patrick who was a missionary in Ireland. It is a big national holiday in Ireland. People all over the world put on clothes, hats, scarves with green color.

Patrick was born in Roman Britain and his family were deacons in the church. He was kidnapped as a slave by Irish raiders when he was 16 years old. He returned to Ireland, for he wanted to be a missionary in Ireland. He was a bishop at this time in Britain. He died on 17 March 461.

Patrick used shamrocks to explain the Holy Trinity to the pagan Irish. And he changed Ireland Christianity. He is very important in Ireland. He lived as a man of integrity and died poor. Patrick is one of the respected missionaries in the world.

There is a famous event that is "Saint Patrick's Day Parade". The first Saint Patrick's Festival was held in Montreal in 1824. Korea have celebrated Saint Patrick's Day since 2001 with Irish Association of Korea. In Fredericton there is a parade held every year. I saw the parade first when I came in Canada. That day our family wore green clothes.

When I lived in Korea, I don't know Saint Patrick's Day. But I have known this day in detail as I have reviewed this topic.

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



How to integrate in Canadian society, this is a question any immigrant had to face when he or she came to Canada. Many of my friends told me it is important to know clearly about Canadian society and do what they do. However, my opinion on this question is immigrants should consider more about how they contribute to this society instead of only thinking of just adapting to this society.

Of course, adapting to Canadian society is a very important step for every immigrant. In fact, adapting to this society is necessary home work for every immigrant; they need to adapt well with this society in order that they will not damage this society. However, only adapting to Canadian society is neither the aim of Canada which takes in immigrants from other countries nor the aim of immigrants who came to Canada. Immigrants will finally become Canadian, so Canadians and immigrants indeed have a common aim: making this country more colorful and then every person in this country will live better than before. Then how do we make this country more beautiful? Every member of it is needed to add a color to it. Therefore, every immigrant should learn to contribute to this society before mentioning integrating in Canadian society.

As a member of this society, an immigrant actually has certain responsibilities to this society, and he or she must do some work for this society. If an immigrant brings something new to this society, it would be better for the development of this society. Many LINC students have done did in this respect. They learn English not just only for communicating with people and understanding others, but also for improving themselves to serve better in this society. So many of them started from LINC class, entered university or college and then went into work stream in this country. They are indeed contributing to this society.

If we remember the aim of immigrants, we should not limit our actions only in certain private circles. In contrast, we should make all kinds of friends. If you like your hometown food, traditions and stuff, why not try to introduce those to all your friends, including Canadians or your immigrant friends. In this way, you may possibly bring something new to this society. Canadian society is a democratic and open system; Canadians will welcome real positive and new things to merge into their society. So immigrants with different backgrounds can also contribute to Canadian society in this way.

In summary, I consider integrating in Canadian society as a process of contributing to this society. Contributing doesn't mean we should do a big thing for this society. Trying our best to finish our job well is indeed a contribution to Canadian society. Someday when one immigrant enjoys his or her job in Canada, enjoys helping others and helping this society, he or she has integrated in Canadian society already.

***London Region – Xu H. is a Level 5 student. His teacher is Lisa M.***



# Recipes

# PATJUK

by Chang Ha S.

## Ingredients

- 3 cups red beans
- 1 cup sugar
- 1 cup glutinous rice flour
- 4 cups hot water
- 1/5 cup salt
- ½ cup pine nuts
- 2 cups peanuts

## Directions

Soak red beans put into water for 6hours.

Boil red beans for 30 minutes with water in a medium pot.

Mash the boiled red beans to a pulp.

Boil mashed red beans and sugar in a medium pot.

Mix glutinous rice flour with hot water and salts in a medium bowl.

Stir the pine nut into the mashed red beans.

Put pine nuts, peanut in the pot and stir.

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

*In Korean cuisine, red bean soup is called **patjuk** and is commonly eaten during the winter season. In old Korean tradition, patjuk is believed to have a mysterious power to drive evil spirits away. According to Korean traditional folk beliefs, the color "red" is a symbolic color of positive energy which can defeat negative energy.*



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## Ingredients

- 2 lbs ground pork
- 100 pc. Spring roll wrapper
- 1 pkg. frozen mixed vegetables
- ½ lb. raisins
- ½ tsp. salt
- ½ paprika
- 1 tsp. pork powder
- 1 onion (diced)
- 5 cloves garlic (minced)
- 1 tsp. soya sauce

## Directions

Brown minced pork in a skillet over medium heat. Add minced garlic and onion diced. Sauté until onion is soft and then add the mixed vegetables and raisins. Flavour it with soya sauce, salt, paprika and pork powder. Tilt the skillet to remove excess liquid.

Take a wrapper and spread it on a cutting board. Lay about 2 teaspoons of the mixture in each wrapper. Take a brush dipped in water and brush three sides of the wrap. Secure firmly on all sides. These can be frozen until needed. Deep fry in corn oil on medium heat until golden brown. Place Spring Rolls on paper towels to soak up excess oil. Serve with a sweet and sour sauce.

**York Region – Jojit S.B. is a Level 5 student. Her teacher is Christine L.**

**Spring rolls** are an appetizer, eaten either fresh or fried depending on the country of origin. Spring rolls can be found in several Asian countries, most notably China, Vietnam, Singapore, Indonesia and Cambodia.



# SPRING ROLLS

by Jojit S.B.

# Recipes

## Ingredients

- 1 ripe banana
- 2 ripe mangoes
- 1 cup firm gelatin (cut into ½ in. cubes)
- 1 cup canned jackfruit
- ½ cup sweet corn or chick peas
- 1 cup shredded coconut
- 1 cup cooked sweet yams
- 2 cup shaved ice
- 2 cup milk
- 4 scoops ice cream
- ½ cup chopped peanuts

## Directions

Peel mangoes and slice the fruit into 1/2-inch cubes. Discard the seeds. Prepare 4 tall glasses. Divide each ingredient into 4 equal parts. In each glass place 1/4 of each ingredient, adding layer by layer starting with corn or chick peas, cooked sweet yams, jackfruit, bananas, coconut, and gelatin, or the way you would like it.

Top with 1/2 cup shaved ice. Pour 1/4 cup milk over shaved ice and top with a scoop of ice cream.

Sprinkle nuts over it.

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

**Halo-halo** (from Tagalog word *halò*, "mix") is a popular Filipino dessert that is a mixture of shaved ice and evaporated milk to which are added various boiled sweet beans and fruits, and served in a tall glass or bowl.



# HALO HALO

by Irenie M.



# GUJARATI KADHI

by Pratiksha P.

## Ingredients

- 1 cup yogurt (beaten)
- 3 cups water
- 4 tbsp. chickpea flour
- $\frac{3}{4}$  tsp. salt
- $\frac{1}{8}$  tsp. turmeric powder
- $\frac{1}{2}$  tsp. ginger (grated)
- 1 – 2 green chillies
- 1 tsp. sugar
- 1 garlic

## Filling Seasoning

- 2 tsp. oil
- 1 tsp. ghee
- 1 whole red chilli
- 2 cloves
- 1 piece cinnamon
- $\frac{1}{2}$  cumin seeds
- 5 fenugreek seeds
- $\frac{1}{8}$  tsp Asafoetida (Hing)
- 1 sprig curry leaves
- Coriander leaves (chopped)

## Directions

In a pot, mix together Yogurt, Water and Chickpea Flour well until there are no lumps. Add Salt, Sugar, Turmeric Powder, Ginger, Green Chilies and chopped garlic. Bring mixture to a boil on medium flame, stirring continuously. Reduce flame to low. In a separate small pan, heat Oil and Ghee. Add Whole Red Chili, Cloves, Cinnamon, Cumin Seeds, Mustard Seeds and Fenugreek Seeds – allow them to splutter.

Turn off flame and add Asafoetida, Curry Leaves and Cilantro – mix well to coat leaves with oil. Immediately, add the seasoning to the boiled yogurt mixture and allow it to boil once more. Garnish with coriander leaves and serve hot.

**Peel Region – Pratiksha P. is a Level 4 student. Her teacher is John W.**

*Kadhi is an Indian dish made in several parts of India. It is a spicy yogurt-based gravy which often contains chickpea flour and vegetable fritters called pakoras, and is eaten with rice and roti.*



# Activity Central

## Games and Puzzles

### Word Search

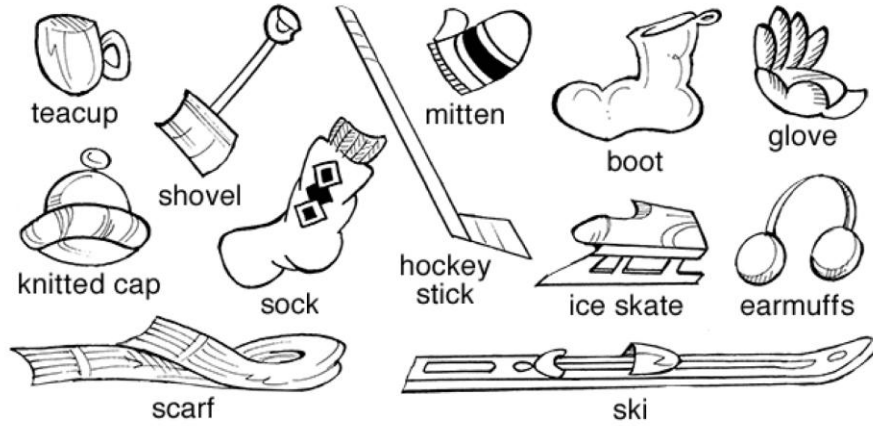
Find the following words in the puzzle below.

Spring      March      May      Birds      Umbrella      Rain      Daylight Savings  
Aprils Fools Day      Flowers      April      Seasons      Windy      Showers      Kite      Easter

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

Find the following hidden items in the big picture:

Can you find these Hidden Pictures?



# Activity Central

## Answers

### Multiple Choice

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

### Hidden Pictures





If you would like to participate

in the Student Corner,

please contact us at:  
[help@linchomestudy.ca](mailto:help@linchomestudy.ca)

# Student Corner

Jaimini P.

My name is Jaimini. I am from India. I came here in Canada last June 10th, 2010. I finished college back home. Here, I have been working at Tim Horton's for the last 5 months. My father's name is Jatin. He has a jewellery shop. My mother's name is Bharti. She is a housewife. I have one brother and one sister. My brother's name is Anjan. He is a student. My sister's name is Shweta. She has a master's degree. This is about my family back home.

Now I want to write about myself. I am married. My husband's name is Amit. He is a very intelligent person. He has a M.B.A from India. He studied here clinical research. He works for Covance company. It's a U.S company and my husband's family live in the U.S .That's why he likes here. I like here because my husband is here. I miss my family every day.

**Peel Region– Jaimini P. is a Level 3 student. Her teacher is Marjan B.**

Gholamreza P.

My name is Reza and I'm from Iran. My hometown is a famous, traditional city called Esfahan.

I was educated in two Medical Universities in Iran, and I have a PhD in Medical Laboratory Science. My wife has the same PhD as me (in Medical Laboratory Science), and I also have two sons. The older son is in grade 12 and the younger son is in grade 9. I immigrated to Canada several months ago with my wife and two sons.

To tell you the truth, I have had several major ups and downs in my life. In other words, life is a kind of game; sometimes you win and sometimes you lose. One of the major events occurred in my life eight years ago, when I had a severe accident with my car, and was left with a spinal cord injury. Another major event occurred last year, when my family and I immigrated to Canada.

Of these two major events, the first was an example of a loss in my life and the other was an example of a win. However, the rearrangement of my family situation was very difficult for me after these occurrences.

Basically, all people have ups and downs in their lives, but I think it's not important that a person has problems; rather it's important that one tries to solve their problems in their own way.

I really believe that love is the only way to save us and protect us from all human problems. Loving life or other things in life, or loving someone or something is the best way to treat human pain. Whenever there is love, there is hope. So, with love and hope, there are no problems that can't be solved. So, long live love, and long live hope.

**Toronto Region– Gholamreza P. is a Level 3 student. His teacher is Andrea R.**

# Student Corner

Yue T.

Yue was born in Tianjin, the third biggest city in China. He had a good education in high school. During high school he was interested in sports. He played soccer, basketball and volleyball.

Then he went to the University of Tianjin, the first university founded in China, to study mechanical engineering for four years.

After graduation he worked in the design department of a big state company to develop and improve their products until in June, 1999. During this time, he developed new products to the market and improved many components. At the same time he also accumulated experience of machining and inspection

He went to a private company when he got an offer in July, 1999 to promote his career. He used his experience to develop new products for the customer and he also trained some inspectors how to inspect the components. His colleagues liked to work with him as he is a team worker.

After 2002 the market was not good because the work policy had been changed. He got another offer in a joint-venture company. It's a famous company in its field. He designed many new products for the company. His manager was from the UK and he learned many managerial skills from him.

For future development and a good education for his daughter, he applied to immigrant to Canada. He got a visa to immigrate to Canada in early 2007. He landed in Toronto, Canada with his family in April 2007. Now he lives in Kitchener, Ontario.

He has been in Canada for over three years. He works for a famous company. He thinks that Canada is a peaceful, beautiful and developed country and people are nice and kindly. He and his family are glad to live in Canada. There are many world famous landscapes in Canada, such as Niagara Falls and the CN Tower. He likes to travel with his friends. He goes to the beach or hikes in the summer. He has been to Niagara Falls several times.

His favourite foods are Chinese foods although he likes Canadian foods. Cooked foods have over a thousand years of history in China and they have nice colors, are nice smelling and delicious, for example: roast duck, hot pot, dumplings, Chinese noodles and cooked fish.

***Kitchener Region –Yue T. is a Level 5 student. His teacher is Brenda V.***

# Student Feedback

Dear LINC Home Study,

It is so sad to hear about your being unable to offer your students “Additional Conversation Classes” because in my opinion the principal barrier for new comers is the language. In my case, I have an excellent teacher, but that class time is not enough and I need more time in speaking.

Thanks for your wishes for my success in my English studies. I hope God bless your finances and the newcomers can have more rapid progress in their language.

I hope I will be notified about my registration in “Additional Conversation Classes” .

My best wishes,

**Melba G**

Good day

Thanks for the opportunity you gave me to learn English with your valuable program.

I have learned a lot and feel more confident to speak fluently in my daily life. Furthermore I am planning to study some ESL courses.

I am going to miss my classes and calls from my teachers, please tell them: Thanks and good bye.

Thanks again,

**Alfonso Guibert Ríos**



# Glossary

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

Adherents (pg.7)	someone who supports a particular belief, plan, political party, etc.
Repentance (pg.7)	when you are sorry for something you have done
Perspective (pg.8)	a way of thinking about something
Colleagues (pg.9)	someone you work with
Marvellous (pg.9)	extremely good, enjoyable, impressive, etc.
Proximity (pg.9)	nearness in distance or time
Refurbished (pg.12)	something that has been repaired or improved
Beneficial (p.13)	having a good effect
Sequence (pg.13)	the order that something happens or exists in, or the order it is supposed to happen or exist
Sorrow (pg.14)	a feeling of great sadness
Inexpensive (pg.16)	cheap
Missionary (pg.18)	someone who has been sent to a foreign country to teach people about Christianity
Merge (p.19)	to combine or join things together to form one thing
Components (pg.28)	one of several parts that together make up a whole machine, system, etc.
Joint Venture (pg.28)	a business agreement where two or more parties come together to form a partnership

# 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](mailto: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 Wenesday March 30<sup>th</sup>**

**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](mailto: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.**

