

Mar 2010

The Official Newsletter of LINC Home Study

NEWSLINC



The LINC Home Study program is funded by:



Citizenship and
Immigration Canada

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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 landed immigrants 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 program for **seniors** (LINCing Seniors), one for **youth** (LINCing Youth) 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 highlights the annuals International Women's Day Celebrations which are observed in many countries around the world.

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!

Note: The Red Pepper Corn Muffin recipe in last month's newsletter was submitted by Marjan B's student Yuwen L. We would like to apologize for any inconvenience caused by the error.

Feature Article

International Women's Day 2010.....pg7

Staff Reflection

Goa by Gwen D.....pg8

My Immigration Story by Edgar D.....pg9

Student Reflections

Never Lost Sight of a Dream by Yu Yan R.....pg10

Winter Olympics History by Lina A.....pg11

What The Olympics Winter Games Mean To Me by Nils P.....pg12

Women's Day In China by Jen Z.....pg13

International Women's Day by Liavis D.....pg13

My First Experience of Winter In Canada by Sana B.....pg14

My First Experience of Winter In Canada by Alvaro D.B.....pg14

My First Experience of Winter In Canada by Deena N.....pg15

My First Experience of Winter In Canada by Jin S.....pg15

A New Experience – Coming To Canada by Illiana S.....pg16

My First Experience of Winter In Canada by Jiang Y.....pg17

My First Experience of Winter In Canada by Jamie V.....pg17

Saint Patrick's Day by Candida R.....pg18

New Experience In Canada by Marko J.....pg19

My First Winter In Canada by Mahreen A.....pg20

Student Reflections

Canadian Heritage by Isela M.....	pg20
Fishing by Mei Feng C.....	pg21
Olympic Fever 2010 by Korotych K.....	pg21
My Passions, My Dreams by Mahmoud G.....	pg22

Recipes

Mixed Veg. Soup by Brinda B.....	pg24
Carne Con Papas by Yuniesky S.Q.....	pg25
Bacalhaus A Bras by Carlos M.D.R.....	pg26
Shrimp Aguachile by Astrid B.V.....	pg27

Activity Central

Word Building.....	pg28
Rhymes With.....	pg29

LINC Home Study

Program Updates

Drop-in Conversation Sessions: Throughout the summer, drop-in conversation classes were offered to LINC Home Study students in levels 2, 3, & 4 who live within the GTA. Classes were held on Saturdays between 10am and 12pm at 2 Robert Speck Parkway, Mississauga (near Square One).

Additional Conversation Classes (by phone): Students who would like extra conversation practice can join an additional conversation class. In addition to a regular teacher, students can have a conversation teacher who will speak with them for another 35 to 45 minutes each week to help with improving conversation skills. Additional conversation classes are offered as 12 week sessions to all students in the LINC Home Study program.

LINCing Seniors: The classes for newcomer seniors 55 years of age and older at all three locations (Robert Speck Parkway, Malton Newcomer Information Centre and Etobicoke Services for Seniors) concluded with success between the end of November and mid-December. The program is planning to start new sessions again in the spring of 2010.

LINCing Youth: This is a language training program designed specifically to meet the needs of newcomer youth between the ages of 18 and 24. Sessions are held Tuesdays from 3:00pm to 4:30 pm and Wednesdays from 4:30 pm to 6:30 pm at a Malton and Mississauga location respectively. These sessions are offered in partnership with the Newcomer Information Centres in Malton and Mississauga.

LINC Home Study National Delivery: The LINC Home Study program now offers its services in the following provinces: Alberta (AB), Nova Scotia (NS) and New Brunswick (NB), Saskatchewan (SK), Prince Edward Island (PE) and Newfoundland/Labrador (NL). There are nearly 150 students in total.

For more information on **any** of these programs, please email the LINC Home Study office at help@linchomestudy.ca

Feature Article

INTERNATIONAL WOMEN'S DAY 2010



International Women's Day (IWD) is marked on **March 8** every year. It is a major day of global celebration for the economic, political and social achievements of women. On this day it is customary for men to give the women in their lives - mothers, wives, girlfriends, daughters, colleagues, etc - flowers and small gifts. In some countries (such as Romania) it is also observed as an equivalent of Mother's Day, where children also give small presents to their mothers and grandmothers.

Started as a Socialist political event, the holiday blended in the culture of many countries (primarily Russia and the countries of former Soviet bloc). In some celebrations, the day lost its political flavour, and became simply an occasion for men to express their love to the women around them in a way somewhat similar to Mother's Day and St Valentine's Day mixed together. In others, however, the political and human rights theme as designated by the United Nations runs strong, and political and social awareness of the struggles of women worldwide are brought out and examined in a hopeful manner.

On occasion of 2010 International Women's Day the International Committee of the Red Cross (ICRC) is drawing attention to the hardship displaced women endure. The displacement of populations is one of the gravest consequences of today's armed conflicts. It affects women in a host of ways. But far from being helpless victims, women are resourceful, resilient and courageous in the face of hardship.

Visit <http://www.internationalwomensday.com/> for more details on IWD 2010

Staff Reflections

GOA by Gwen D.

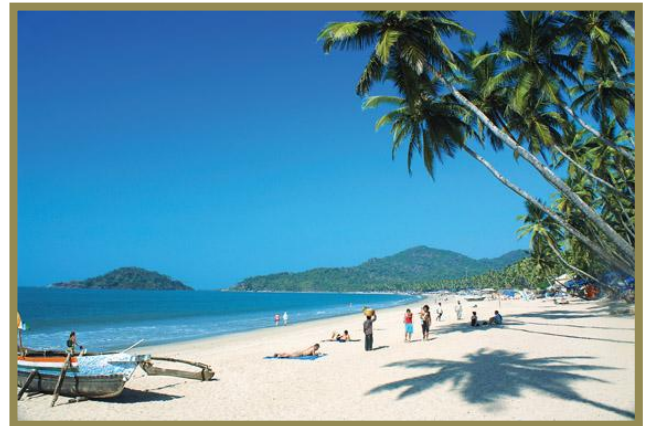
Goa. Every time somebody mentions the name my mind's eye has images of beaches lined with swaying palms, white sand and sparkling waters. Most of my summers were spent in Goa – my grandmother's birthplace. Even though every summer was the same, my cousins and I always looked forward to congregating at our grandma's spacious and carefree house.

Since we most often reached Goa in the morning, the ritual was to get a local to climb the coconut tree, remove a few coconuts and my grandma would then clean them to give us fresh coconut water. After meeting all our neighbours we were out roaming the streets or climbing trees. Breakfast, lunch and dinner comprised of eating mangoes and we ate so many mangoes that our faces were filled with pimples!

Towards the middle of our vacation, we would spend a few days by the beach, eat street food and home-made sandwiches and play in the sand to our heart's content.

My recent visit to Goa was equally fun, but in a different kind of way. Each day we walked to the beach, read and took naps on beach loungers and if we felt like it, got our feet wet. Besides, I have long forgotten how to climb trees!

Goa will always be my best vacation spot until I find one to rival its serenity!



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

MY IMMIGRATION STORY By Edgar D.

My name is Edgar D. I immigrated to Canada along with my family from Kuwait 10 years ago. It was a big step to take in terms of the distance we would have to relocate as well as the climate, customs and lifestyle we would have to get used to. After having lived in the Middle East for all of my life, it was difficult to leave my extended family and friends behind to start a new life.

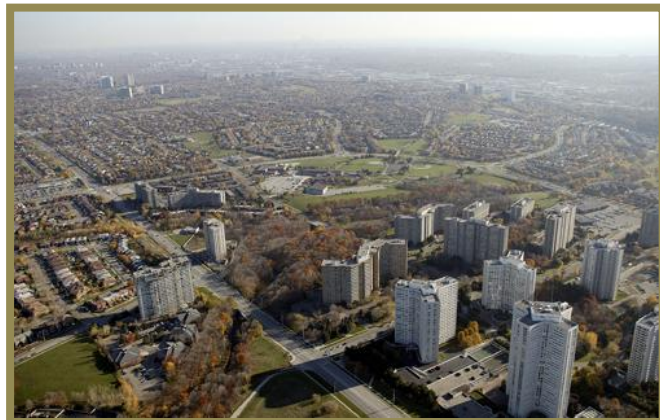
Making the most of it, my mother, sister and I arrived in Canada on Thanksgiving Day in 1999. When we first stepped out of the airport we were excited to see what Canada looked like. While driving down the highway we peered out of the windows to take in the cityscape and the scenery.

For the first year, we rented a basement apartment in Mississauga. My mum went about finding herself a job while my sister and I attended high school. It was very difficult learning about our new environment and everyday brought new learning experiences. I was well aware of the settlement stories of many immigrants who had previously settled in foreign countries as well as the horror stories of being a new immigrant in high school. On my first day of classes, I was happy to find out that this was not entirely true. The students did look at me differently but instead of teasing and making fun of me, they were eager to help me understand my new surroundings and help me fit in with the rest. As a result, I have many fond memories from those days.

Soon we purchased our first house and settled into the daily life that millions of Canadians lead every day. The primary reason for us immigrating was the lack of post secondary education and career choices in our home country. During high school while all my friends were directing their studies towards careers in business and medicine, I developed an interest in the arts which was not really a viable career option a few years prior to coming to Canada. Due to the vast resources and research material available I decided to pursue an education in the Graphic Arts. Before I knew it, I was off to college and after 4 years I was a graduate of the Graphic Design Program at George Brown College.

After graduation, I worked for many years as a freelance artist doing many varied things from toy design and packaging to advertising and marketing. My arrival at LINC Home Study Program was a fortuitous one as I was looking for a new challenge. I found a new direction that would allow me to utilize all the skills I had acquired thus far in helping to create a new learning environment for the students in the program.

Even after 10 years, I am still learning new things and I continue to work hard to ensure that I am able to make the settlement experience easier for new immigrants whose stories I am able to hear on a daily basis.



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

Student Reflections

NEVER LOST SIGHT OF A DREAM by Yu Yan R.

Normally, I'm not a person who is crazy about sports, but at this winter's Olympic somebody has caught my eye.

His name is Brian McKeever. The 30-year-old Canmore, athlete, resident was selected to Canada's Olympic Cross-County ski team. He will be the first athlete to compete at both the Olympic and Paralympics' Winter Games. For a blind skier, his wish has come true.

Mr. McKeever suffers from Stargardt's disease and he is legally blind. While he competes in the Paralympics with the help of a guide, his brother Robin, he will have no such assistance at the Olympics. When asked in the past what he can see, he replied in the Tim Hortons terms, "I can see the doughnut, but not the Timbit." Even though he lost his vision, he is still very optimistic and confident. He has won seven Paralympics medals, including two gold and a bronze in 2006 in Turin, Italy. He made history in 2007 when he became the first Canadian to ski in an able-bodied race. That was at the FIS world championships in Japan.

"It's important for people to know the Paralympics is as high as it gets. It's the Olympic Games for people with physical disabilities," he said, "and I hope people realize through my story that the gap is not that big. Just because somebody has a disability doesn't mean they're not training hard or are not extremely fit." Mr. McKeever lost his vision when he was 18. His father and grandfather both had the disorder and both were exceedingly active. That helped him shoot high, push hard and set a dream of one day competing at an Olympics. That day comes next month, and I'm very excited about it.

Mr. McKeever's story is remarkable and exciting. It tells us about dreams. We should never give up our dreams, no matter how difficult they are. There are no miracles. There is no such thing as fate. There is only one way to make dreams come true which is work hard.

Halton Region – Yu Yan R. is a Level 4 student. Her teacher is Carla M.



WINTER OLYMPICS HISTORY by Lina A.

The Winter Olympics is a multi-sport event held every four years. Many countries have played home to the Winter Olympics.

The first Winter Olympic Games were held in 1924 in Chamonix, France. France hosted the games three times. The United States has hosted the Games four times, more than any other country. Several countries including Italy, Japan, Austria and Norway have hosted the games twice. Canada's first winter games were held in 1988 in Calgary, Alberta and it was a success and full of high performance.

Now, the Winter Olympic Games are being held in Vancouver, British Columbia starting Feb 12, 2010. This will be the second time the games will be held in Canada. The games will then be hosted by Sochi, Russia in 2014. This will be the first time that Russia will host a Winter Olympics. The Olympics has sports like Alpine skiing, Cross-country skiing, figure skating, bob sledding and ice hockey.

Winter Olympics 2010 is a huge event and a challenge that is worth seeing.

Peel Region – Lina A. is a Level 4 student. Her teacher is Carla M.



Comics



Student Reflections

WHAT THE OLYMPIC WINTER GAMES MEAN TO ME by Nils P.

I come from Chile. Because of our culture and weather conditions in this South American country, only summer Olympics are considered really important. However, I have to say that the Canadian Winter Olympic Games have been incredibly beautiful. This is my impression watching them so close and with full coverage by the media for the first time in my life. Moreover, it is the first time that I am in a host country. I have been impressed how athletes can perform in many different modalities of sport at such a high level, especially the Canadian ones.

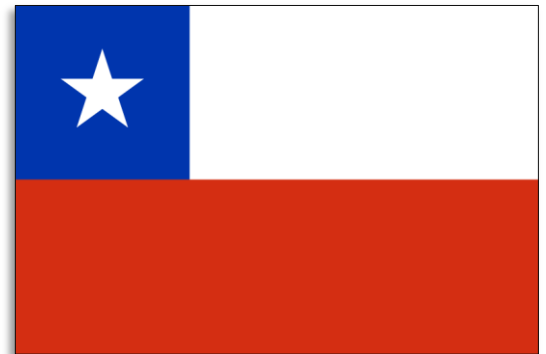
Since the opening ceremony, I have been enjoying fantastic competitions such as: ski jumping, speed skating, figure skating, and so on. However, most remarkable to me is the participation of the Canadian Athletes. I am really surprised how these athletes with little government financial support, and weak policies oriented to facilitate access to the practice of these sports have gotten medals.

Winter sports are very expensive. The prices of tickets to have access to ski centers, equipment and special clothes make these elite activities only affordable for a high socioeconomic class. Most of the time athletes have to invest their own money from their family budget to support their sports careers. In addition, many of them have a double life that means they are full time students and full times athletes. Therefore, it is extra hard for them to keep going in both activities.

I want to highlight the message coming from our “Canadian Gladiators,” who with self motivation, perseverance, professionalism, constancy, and a few dollars have performed well in the Olympics. They know how to overcome problems and barriers. They do not complain about lack of resources. They are amateurs with professional performance. They do not have excuses, only results. For all these reasons, they are a source of motivation and inspiration for all of us (newcomers and Canadians) and they deserve our support.

I can say, after watching the Olympics, I am deeply motivated to contribute to them with my knowledge and field of expertise as a physiotherapist and my belief of equal opportunities for all Canadians to practice any kind of sport without economical limitations. The physical education classes in our children’s schools are fundamental to encourage them to practice and learn through sport. Our children are the future of Canada, so they are our future Olympic champions, too.

Halton Region – Nils P. is a Level 7 student. His teacher is Brenda V.



WOMEN'S DAY IN CHINA by Jen Z.

March 8th is Women's Day in China every year. People celebrated Women's Day after 1949. Long time ago, women cannot decide things in their family and always stayed at home to take care of family and children. But after 1949, women started to walk out of their homes and try to work outside. Women became a strong group in society little by little. Women could manage a company. Males and females were equal. One day the government decided March 8th is Women's Day every year. It meant females got respect from society.

What do people do for Women's Day on March 8th? The employer usually gives female employees half a day off from work. In some companies the employer will buy lunch for the female staff on Women's Day. In some companies women take a short trip in the city on March 8th. Some companies give extra money to the female employees. I am sure women have a good time on Women's Day.

In my hometown, the city government office used to make up games for women to play. The traditional things that women played on March 8th were basketball tournament and BAHE. It was a lot of fun. Sometimes the city government office had fireworks on Women's Day. The colour of the fireworks turned red, yellow, purple and orange, when they were flying in the air. It was so beautiful. It meant women have a good life in a new China.

London Region – Jen Z. is a Level 3 student. Her teacher is Constance W.



INTERNATIONAL WOMEN'S DAY by Liavis D.



Almost all countries of the world celebrate International Women's Day on March, 8th every year. It is a special day, when men and children express to their mothers, grandmothers and every special woman of their lives all the love that they inspire in them. It is a beautiful opportunity to give flowers and chocolates. In some countries they even celebrate this day as a holiday.

Many years ago, International Women's Day was considered a political and social affair, but this vision has changed with the years. Some women's organizations prepare important activities on this special day like conferences and debates about the role of women in the new society. On the other hand, in some countries, women's rights are still far from being recognized.

I think the celebration of March 8 is an important symbol of women's efforts. Each day, women have more participation in all the activities of every country. Women are strong, brave and tender at the same time. Maternity is one of the most important things that make them so special. The heart of each woman is as big as the sky.

In Cuba this special day is synonymous with happiness. Women have strong participation in all spheres of the economy, and they play an important role in the sectors of health and education. The picture above is of Vilma Espin Guilloys, one of the most important women in the Cuban Revolution.

I am a woman, and I am very proud of being one

Barrie Region – Liavis D. is a Level 6 student. Her teacher is Gregory S.

Student Reflections

MY FIRST EXPERIENCE OF WINTER IN CANADA by Sana B.

I already have seen a winter in Canada. That was the middle of the month of November of the last year, when I was excited of snow falling and a little bit scared of winter, because many of the citizens told me their feeling and experience. Well, my first winter started with hailing. I enjoyed it, because I never saw it before. Then *the* next day I saw flurries. I was so excited and wanted to get off the car, but you know what! My family and I were on the highway, so there was no way to do such a silly thing on the highway.

After one or two days I heard forecast that it will be snow tonight. I could have hardly waited that day for the night. Then I went outside in the night that was all white and a very beautiful soft white light because of snow. I loved it. Day after day there was snow everywhere and guess what? I am the person who never wore any sweater in the winter, had to wear thermal suits, jacket, cap, gloves, boots, scarf and do not ask what more. Well I heard that there was not too much snow last year, but for me that was so much fun. I had to walk so much in the snow. I had to travel by buses and I had to wait for second bus, but I never got bored. Honestly, whatever I heard from other people, my experience was different from others. At last that was all the fun from the beginning to the end of the winter.

Peel Region – Sana B. is a Level 4 student. Her teacher is Angie C.

MY FIRST EXPERIENCE OF WINTER IN CANADA by Alvaro D.B.

My arrival to North America but exactly to New York was in full winter I came the 14th of February. Up till then never in my life I had seen snow only the snow-covered (mountains) of my country but always static not falling. My first direct encounter with a snowfall was February 16 at nine o'clock in the morning in New York. To me it seemed a marvelous spectacle. Not having my camera, I bought a disposable one. I took all the possible photos and that same one I sent them to my family in Colombia. Seeing the roofs of the full houses of snow it brought to mind the cards of Christmas of my first years where are shown these things that seem impossible that be reality at least in the tropic where never falls snow. I was as happy as a boy in a park. Always I recalled that I gave as one of the happiest times in my life. Not even did I sense the cold. In E.U., they spoke to me of the terrible thing of the cold in Canada. The truth I do not think because the cold that did follow the snowfall for me was terrible. I could not understand that a blue sky with a brilliant sun could be so cold. I could not imagine it.

I arrived in Canada on October 17 already very near the winter. Here I know the one that is a true snowfall. In New York there is a lot of cold but not a lot of snowfalls. December 22, 2004 there was a great snowfall in Kitchener. The snow arrived but above the knees and for the first time I saw the mountains of snow of about two meters accumulated in set against the city hall of the city. Look at with amazement the difficulty to handle in the snow. I was impressed too of the freezing rain and the full streets of ice where you could not walk.

I want to take advantage of this story to tell all the Canadians and especially to the people that have helped me, like my teacher of English and to all the people that work in Linc Home Study, Merry Christmas and Happy New Year.

Toronto Region – Alvaro D.B. is a Level 4 student. His teacher is Angie C.

MY FIRST EXPERIENCE OF WINTER IN CANADA

by Deena N.

My first winter in Canada was in 2007. I was excited to see the snow on the ground, as I had never experienced it earlier. I started to ask everybody when it was going to snow and was eager to find out what the lowest temperature was and how cold it could get. It was really difficult for me to purchase winter clothing, as I was not convinced by anybody. I went to a number of shops and planned very well for the winter. Everybody made me quite uncomfortable about the winter and I got very scared. I asked many people how long the winter was going to last.

It is very important that we wear good clothes to keep ourselves warm and completely covered up from the cold. I kept myself active by climbing the stairs of my building when the weather would not permit outdoor activities.

During winter, I felt really bored. The snow and the cold made up the unpredictable winter weather. Every morning was a new surprise because you could never tell what the weather was going to be like. Everybody wanted to reach home early before it got dark. When travelling in the bus, sometimes it was very difficult to see what the stop was. I really got hom esick and felt like returning back to my country as we always have warm weather.

Now I have taken the weather positively and enjoy what Mother Nature has to offer us. The snow, relaxation and festive seasons all make up the most wonderful time of the year. They all seem to come to my mind whenever I think of winter. These are the reasons why I think winter is amazing.

Toronto Region – Deena N. is a Level 5 student. Her teacher is Angie C.



MY FIRST EXPERIENCE OF WINTER IN CANADA

by Jin S.

Although I have been in Canada for more than four years, I will never forget my first experience of winter in Canada. I came from the northern part of China. In my hometown, it was cold and snowy in winter. Even so, I was still surprised at winter here. First, it was so cold. The lowest temperature was about minus thirty degree centigrade. Especially that piercing wind, I had to wear a warm winter coat, wear a hat and scarf, and wear winter boots when I walked on the street. Some people here would like to choose indoor activities in winter. But in my hometown, average low temperature in winter was about minus ten degree centigrade.

Second, there were too many heavy snowfalls. I still remember when I opened the door one-day early in the morning; a white world appeared in front of me. I stepped out of my home and snow reached my knees. It was amazing! You can imagine my feeling at that time. Although heavy snow caused great inconvenience for people, you didn't worry about the road condition on your way to work. The snowplow could clean up the snow on the road as soon as possible. Some people would like skiing. Maybe it was the best outdoor activities in winter. But in my hometown, there were snowfalls about twice or three times a whole winter. Finally, winter here was so long. It lasted about five months, so I could understand why lots of people were very excited when winter was almost over. In my hometown, winter was almost three to four months.

After experiencing the first winter in Canada, I have understood winter condition here. Now I have been used to a long, harsh and a much snowy winter in Canada.

Toronto Region – Jin S. is a Level 4 student. Her teacher is Angie C.

Student Reflections

A NEW EXPERIENCE – COMING TO CANADA by Illiana S.

I decided to immigrate to Canada almost three years ago. The first reason to make this decision was my son. I wanted him to have a better life, a life with more opportunities. I knew that was the opportunity that we were looking for.

My son was in kindergarten. He had a great teacher and he was loved by all his friends and his teacher. The day before leaving, all of them were at my mom's house to say good bye to Daniel and me. Daniel was so excited about that and also for the trip. I never went out of Cuba. I spent much time far from my home when I studied at the University, but it was never so long. I knew that I would always come back home every weekend, but now it is different. I'll never return to Cuba to live.

I did not know what I would find in Canada. All my life I worked and helped my family. To make friends there was so easy to me. My temperament helped me to do that. I thought very positively about making friends and living in Canada. It would be easy. "It can't be difficult", I thought.

I am a Veterinary Doctor. I was working as manager of a swine farm. All my life I worked surrounded by animals and people, helping them to be healthy. Here I decided to change my career. I will be nurse, and I hope I can be a good nurse.



I worked under stress or hard time, but I was so happy because I always found the solution to the problem and also my attitude made the difference between the good and bad behavior. Being in contact with people and to be busy all time made me a stronger and happy person.

I am writing this because sometimes I believe that I need the power to continue, and sometimes I believe that I will have everything that I dreamed, and sometimes I talk to myself and I say that I am just daydreaming.

All kinds of things can happen for any reason, so we need to be flexible and make good choices. I know feelings can be passing or fleeting, but some people can get sick from their feelings.

My son is so happy to be here and it makes him feel better. For him it is easy to live here. He loves the snow, loves to play soccer, and to swim, and I love to look at his leaps and the angels that he makes in the snow.

But you know what? I already found a solution to my unhappy times. I started to make a list where I am writing the things that I miss from Cuba, but also I am writing the things that I will miss if I left Canada. All our family still lives in Cuba. I miss my country. Now we need to be always positive.

New Brunswick – Illiana S. is a Level 5 student. Her teacher is Samuel M.

MY FIRST EXPERIENCE OF WINTER IN CANADA

by Jiang Y.

I came to Canada on September 16, 2005 in the evening. It was just the beginning of the fall. I remember the weather was a little bit cold but still very comfortable, it was not cold as I thought before, and I just wore one jacket and a T-shirt. It was very beautiful in fall. I saw many different colours of the maple leaves, there were yellow, red, green and brown. It was so beautiful and let me love the scenery when I saw the many maple trees far away. I thought Canada's fall was the most beautiful season of the year.

But the winter in Canada was so cold outside. I won't forget that I waited for the bus to come and stood in the wind and snow, I almost could not open my eyes because the wind was so strong and cold. The wind was like a cold knife touching my face, my face was red and hurt, my hair and my cap were covered with white snow, and I felt wet in my cap.



The winter was so cold but I was still excited to wait for the winter coming, because I never saw the white snow in winter as I lived in the south of China and it never snow before I came to Canada. When everything was covered the snow and everything was white, all I could see was white, only white snow. I could not see the bottom of the white snow, I felt Canada was so big, I could not find where was the last place of snow. Although I often heard somebody said snow was so boring but I was still excited for snow. I was like a little girl to stand and romp in front of the window to see the first snow coming. Oh, Canada snow is so white, so soft; the white snow is pure in my heart.

Halton Region – Jiang Y. is a Level 4 student. Her teacher is Angie C.

MY FIRST EXPERIENCE OF WINTER IN CANADA

by Jamie V.

When I came to Canada there were new things for me, for example, new country, language, culture, and customs however I had to go to public school and learn every new things that culture show me. That moment was very hard for me, but when the days were coming I learned a lot. I began to learn the English language. I learned how to get an apartment rented, how I had to go to the stores, how I had to go downtown, get my food and so on, even that season was very hard. I was missing further my sons, family and friends.

I came to Canada as a refugee, I had the responsibility to start a process to get my status here in Canada. It was the direct way I could get my legalization in Canada. Finally on April 13, 2004 I got my permanent resident.

Early I came to Ottawa, the winter was coming and I saw for the first time snow falling. It was wonderful, but the cold did not make my feeling well. I bought winter clothes, shoes, hat, scarf, gloves, long underpants, and so on. In my apartment I had to turn on the heat for the first time in my life. I went to the Canal and saw it full of ice. I saw how the people with ice make different shapes as animals, soldiers, fighting war, player of games, singers, presidents, birds, bears, deer. I enjoyed looking at the beautiful and nice things.

Right now I am accustomed to life here in Ottawa, but when the winter comes, the weather is very hard to me. I don't tolerate lower temperatures and cold. For me is better the spring and summer. In these seasons I am comfortable. I can go outside from Ottawa to other new places.

I am very happy in Canada because right now I am a Canadian citizen. It is a great goal I get here. I am proud to be new a Canadian citizen. I am thankful to the Canadian Government.

Thanks Canada!

Ottawa Region – Jamie V. is a Level 3 student. Her teacher is Angie C.

Student Reflections

SAINT PATRICK'S DAY by Candida R.

Maewyn Succat was born in Britain in approximately 385-390 AD to wealthy parents. At the age of sixteen, he was taken prisoner and used as a slave by a group of Irish raiders. He remained in prison for six years, and through a vision, was directed to escape. During his lonely time in prison, he prayed often and one day received a vision to convert Irish pagans into Christians. He took his vows as a priest and adopted Patrick as his Christian name.

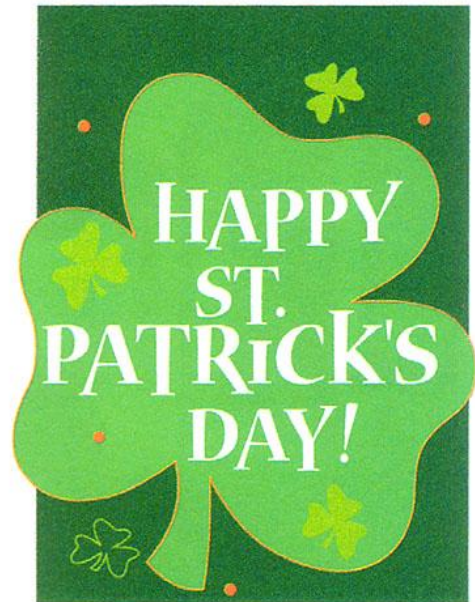
In his autobiography "The Confessor," Patrick wrote about converting Irish pagans into Christians. It is reported that Patrick used the shamrock as a symbol to explain the trinity even though he never wrote anything to confirm this.

In 1840, Ireland was struck by the potato famine and thousands of Irish immigrated to Canada, Australia and America.

Every year, Ireland, the United States and Canada celebrate Saint Patrick's Day on March 17. This commemorates the day that Patrick died in 461 AD. The first Saint Patrick's Day celebration was held in Colonial America in Boston in 1737. This was followed by New York in 1762. Today the New York Fifth Avenue parade is the largest, most gorgeous and traditional in America.

The traditional food for Saint Patrick's Day is beef, cabbage and potato. Another traditional dish for Saint Patrick's Day is Irish stew made with lamb, potato and carrot. The drink of preference is green beer.

Barrie Region – Candida R. is a Level 5 student. Her teacher is Andrea R.





I never had the opportunity to enjoy snow before, because my country is not like here. We don't have that much snow when it is winter. We have some snow, but not like here, so we don't have that many winter sports, and I never had that opportunity to enjoy watching some of the sports. I like to ski. I learned when I was a kid, and still have that passion about skiing. It's a lot of adrenaline, and snow is really nice, I love it.

When I arrived in Canada last year, even then, everybody was already talking about Vancouver and the Olympic Games. I never had the opportunity to watch hockey, and still I don't know the rules, but I started enjoying hockey. I was watching junior World Championship, and I was hoping they win till the end. They are awesome, and I am still thinking when I have a kid I would like him to train to be a hockey player and be good like those young guys. They have so many good skills, and they are so passionate. I love sports. All my life I was training something, and I would like that my kids trained something.

About the Olympic Games--I would really like to see all winter sports. They look really interesting and hard to do, but when professionals are performing everything looks so easy and smooth. Only I know that it is not like that. Curling, which is similar to bowling, but on ice, looks so boring to me. I don't have Serbians in Olympic games, so I will hope the Canadians will do well.

I heard about the Olympic Torch that is going through the whole of Canada. That is really impressive, and a really nice act. I like that Canadians are supporting sport, and they are so proud about all sports, even those they are so bad at, but that is the spirit of sport. I like all kinds of sports. For these Olympic games I would like to watch hockey, downhill skiing and ski-jumping. I wish that the most medals go to Canada.

Nova Scotia – Marko J. is a Level 6 student. His teacher is Samuel M.



Student Reflections

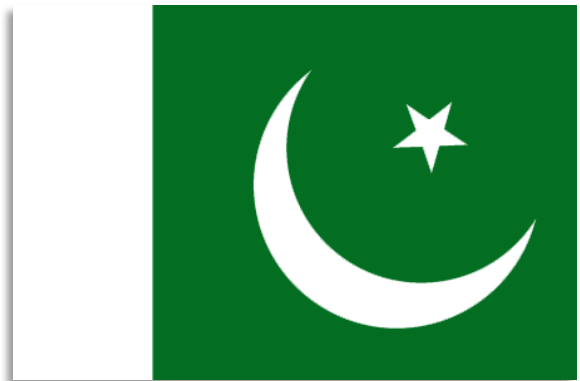
MY FIRST WINTER IN CANADA by Mahreen A.

I came to Canada with my husband and sweet little daughter last year. I arrived on October 7, 2008. I had heard about Canadian winter but I was not expecting it to be so severe and start so soon. I left Pakistan in the summer but cold winter winds welcomed me in Canada. I was not used to such severe weather. Canadian winter including cold fall weather feels to me like it lasts for almost 6 months. In Pakistan cold winter weather is only for 2 or 3 months. I had never seen snow before coming to Canada. Only northern mountainous Pakistan gets snow. In Pakistan people usually wear a sweater in winter, but in Canada people have to wear snowsuits, snow boots, and parkas, hats, and gloves before going to outside.

In my first year in Canada, I learned about many new winter things like snow shovels and snow blowers. These all were new to me. I spent more than one year in Canada and I enjoyed four seasons here winter, spring, summer, and fall. Every season has its own specialty but I liked winter the most because it's different from the winter in Pakistan.

When there's snow on the ground, I like to pretend I'm walking on clouds.

Ottawa Region – Mahreen A. is a Level 6 student. Her teacher is Morley M.



CANADIAN HERITAGE by Isela M.

Canada Heritage is the commemoration of different special days in Canada's history. Canada's Government gives everybody the opportunity to enjoy and celebrate those special days. Canada Heritage Day celebrates the architectural heritage and historic places of Canada. It is on the third Monday in February each year.

For Heritage Day, this year Canada's Olympic year, HCF is celebrating the Heritage of Sport and Recreation. Other example of Heritage is Multiculturalism: The Government of Canada is committed to reaching out to Canadians and newcomers and is developing lasting relationships with ethnic and religious communities in Canada.

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

FISHING by Mei Feng C.

I found fishing was interesting to me, but my husband found it boring. When I was young, I always went fishing with my sisters and brothers while my parents took a nap. I found some material from nature to make my fishing pole. I used a bamboo stick, a string from a rice bag and an earthworm. It was amazing and fascinating. I caught some fish from the river near my home but sometimes I couldn't get any fish and instead caught a turtle and a snake.

When I was ten years old, I caught a poisonous snake on my hook. I was shocked and frightened by the one-meter poisonous snake. I asked for help. My father used a big bag to catch it. My father sold it for one hundred dollars. Once I caught a four-kilogram turtle on my hook. My father said, "You can't catch any fish anymore". I didn't believe it and kept trying it. But I never caught any fish until my son was four years old. I taught him how to go fishing in England. He caught a small trout from the Cam River. He was excited and surprised.

My family visited Old Mill village last weekend. I found many people catching big salmon from the Humber River. There were many upstream migratory fishes from the Lake Ontario. I felt relaxed and pleased when I went fishing. It reminded me of something that I used to do as a child with my family in my country.

Peel Region – Mei Feng C. is a Level 7 student. Her teacher is Susan M.



OLYMPIC FEVER 2010

by Korotych K.



The 2010, Winter Olympics in Vancouver, British Columbia, Canada has started on February 12, 2010. My favourite sport which I enjoy watching is snowboarding. On Tuesday, February 16, 2010 Maelle Ricker, of Canada, won a gold medal during the women's snowboard cross final. It was exhilarating to watch snowboarders make turns and flips on their way down to a finishing line.

Another, sport which made me jump up and down on the couch is hockey. The intensity of the game and the fact that Canadians are moving up the winning ladder make it all more interesting to watch. The reason, I like this game so much is because I myself used to play when I was younger. Now, I am just an observer and an occasional player.

Canadian media makes it very accessible to watch Winter Olympics. It can be watched on the TV and the internet as well. In addition, if someone wants a bigger screen and a louder sound, and cannot go to Vancouver they can go to a cinema and view live Olympics.

It seems as if they were in the stadium cheering Canadian sports men and women.

Toronto Region – Korotych K. is a Level 4 student. His teacher is Esther B.



Student Reflections

MY PASSIONS, MY DREAMS

by Mahmoud G.



I am an immigrant – almost new – living in Canada. If I want to say a couple of sentences about myself, I will talk about my hobby - mountaineering; my passion, helping needy people, and my feelings about Canada, my new home.

I've been interested in nature since I was a child. I grew up in a family who respected and enjoyed the wilderness, and who've influenced me to learn to love nature and to protect it. My hometown in Iran is surrounded by mountains. I soon developed a passion for mountaineering when I was six or seven years old. I started to climb small hills whenever I had an opportunity. Then at 16 and 17 years respectively, I climbed the highest summit in my province (Zardkooh 13,850 ft.) and the highest summit in the country (Damavand 18,600 ft.).

Adventurism has led me to professional mountaineering which totally changed my life. Long story short, I improved my abilities to conquer Everest. In spring 2005, I was in my fourth expedition to the Himalayas to climb Mount Everest. I can't explain how amazing it is for climbers to be in mountaineers' paradise, the Sagarmata National Park. It is an extraordinary environment. The Nepali people's hospitality and historical cornerstones of the area have engraved memories in my mind, calling me forever to repeat them.

Finally, I have stood on the highest point of the earth, Everest summit where the tears of happiness froze on my cheeks. Being one of about 2,000 people who have climbed Everest is fascinating, but I also consider myself lucky enough not to have been one of those climbers who died there.

Besides my passion for nature, I would like to help people who are suffering, particularly by means of humanitarian work. I am patient, but I cannot stand other people's sufferings. I have been a member of the Red Cross for 12 years and have completed some valuable projects back home. For example, I've helped injured people in the devastating earthquake of Bam in September 2003 and have participated in several mountain rescues. In my future plans for charitable works, I would like to volunteer with MSF (Doctors without Borders). Working in these kinds of activities would not make me rich or famous, but it would satisfy my soul.

Finally, I am in a new country now because of my life-changing decision to immigrate. I have lived in Canada for more than two years, and during this period I've learned a lot about this huge, beautiful, multicultural and, of course cold country. Canada with its thousands of lakes, beautiful waterfalls and the Rocky Mountains is a place full of beauty and variety. Unfortunately, I have not traveled to Western Canada, where I desire to go, but I have plans to climb in the Rocky Mountains. Who knows, I might even move out west since I miss the mountains while living in Ontario. In Canada there are opportunities for every one who wants to progress. I am so grateful to be here, trying to make a new life while proving myself useful in a new society.

In conclusion, I believe that I have accomplished much in my dreams such as reaching the highest peak in the world, being a part of rescue teams in several calamities, and immigrating to a country I have always wished to live in. Given that dreams have no ending, I am planning to accomplish my other dreams. I believe that life will be counted not just in years, but by how I have fulfilled my dreams.

A former student of LMS instructor Anne F., Mahmoud was promoted to Level 6 in the fall of 2009. Mahmoud is an extraordinary individual: a medical doctor, a humanitarian, naturalist and mountaineer. He is one of an elite group of world citizens who has successfully climbed to the summit of Mt. Everest - the highest mountain in the world at 8,848 metres (29,029 ft.) Mahmoud is presently studying to receive his Ontario medical license and is also looking forward to joining "Doctors Without Borders" – an organization that sends doctors and medical personnel to countries around the world whose citizens need help because of earthquakes, tsunamis and other crises.

We wish him much success in his efforts to help make our world a better place.



Recipes

MIXED VEG. SOUP

by Brinda B.



Ingredients

- 1 tbsp. corn flour
- 1 onion (cut into small pieces)
- 1 tbsp. chopped garlic
- 1 tbsp. chopped ginger
- 1 small bowl cut broccoli
- 1 small bowl cauliflower
- 1 small bowl carrots and cabbage
- ½ litre water
- ½ tbsp. oil
- ½ small bowl tomatoes

Directions

Put a cooking pot on the stove on medium heat and fill it with water. When the water starts boiling put in 1 tbs. of corn flour and mix it in the water. Reduce the heat to minimum.

Heat up another pan and put 1/2 tablespoon of oil in. Fry the onion, garlic and ginger until they turn light brown then put in the tomatoes and stir. Put all the vegetables in the pan and cook for 2 mins. on medium heat.

When the vegetables are cooked pour them into the cooking pot with the water and corn flour. When it starts boiling it is ready to eat.

(SALT is optional)

This is a hygienic and healthy food for the winter season to get the cold out of you.

Peel Region – Brinda B. is a Level 5 student. Her teacher is Terese C.

Ingredients

- 3 tbsp. olive oil
- 1 or 2 lbs cubed meat (pork or beef)
- ½ chopped onion
- 5 garlic cloves
- ¼ green pepper
- ¼ red pepper
- ½ tsp. cumin
- ½ tsp. black pepper
- 1 tbsp. tomato paste or sauce
- 4 medium potatoes (peeled and cubed)

Directions

You can use a pressure cooker.

Put the oil in the pressure cooker and wait until it's a little bit hot.

Add the onion and fry until transparent;

Add the garlic and peppers and fry them briefly.

Add the meat and potatoes and cook until the meat is browned and then add the tomato sauce.

Keep adding the rest of the spices and fry them for a minute.

Put the pressure lid on and cook for about 25 minutes or until you see that the meat is already tender.

When you are using this type of cooker, you don't have to add water. If you are using a normal pan add water and simmer the meat until it is tender and you can see the gravy.

Enjoy!

New Brunswick – Yuniesky S.Q. is a Level 5 student. Her teacher is Jessica W.



CARNE CON PAPAS

by Yuniesky S.Q.

Recipes

BACALHAU A BRAS

by Carlos M.D.R

Ingredients

- 500 g cod fish
- 4 medium size potatoes
- 1 medium size onion
- 2 garlic cloves
- 2 tsp. olive oil
- Fresh parsley
- 2 eggs
- Black olives

Directions

First cut the potatoes and cod into strips. Fry the potatoes until they are golden brown. In a separate frying pan, add some sliced onions and chopped garlic. Cover the bottom of the pan with enough olive oil to fry the onions and garlic. Marinate for about five minutes. Once the onions are lightly fried, add the cod. Next add some more olive oil to make the cod softer. Let it cook for about ten minutes in medium heat. Stir occasionally. When the cod is cooked, add the potato strips, stir and add some more olive oil if needed. Cook for about five minutes. When it is cooked enough, spread it out onto a large plate. Separate chopped parsley and add some black olives. It's ready to serve. Hope you will enjoy it!

New Brunswick – Carlos M.D.R. is a Level 5 student. His teacher is Babak M.



Ingredients

- 400 g uncooked, deveined shrimp
- 1 cup seedless cucumber (thin slices)
- 1 cup red onion (thin slices)
- 6 whole limes
- 1 tbsp. Maggi seasoning
- 5 sliced Serrano peppers
- Salt and pepper
- Tostadas (fried tortillas)
- Mayonnaise

Directions

Peel shrimp, then cut the backs and fold them open. Put them in a shallow dish. Add cucumber, onion, Maggi seasoning and salt and pepper (to taste) on top of the shrimp. Meanwhile, squeeze the juice from the 6 limes. In blender, combine lime juice and Serrano peppers and blend until smooth. Add it on top of the shrimp. Let stand for 5 minutes and serve.

Aguachile is best served cold.
Eat it with tostadas and spread mayonnaise on top.

Hint: Keep your shellfish chilled at all times as it will not have enough time to cool properly while marinating. If it's a particularly hot day, rest your shellfish on a plate of ice as you work to ensure that it remains cold.

Kitchener Region – Astrid B.V. is a Level 4 student. Her teacher is Laurie F.



SHRIMP AGUACHILE

by Astrid B.V.

Activity Central

Games and Puzzles

Word Building

How many words can you make out of *ST. PATRICK'S DAY*?

S T . P A T R I C K ' S D A Y

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Find rhyming words that match the clues:

- (1) A season that rhymes with bring.
- (2) A flower that rhymes with silly.
- (3) What birds lay that rhymes with legs.
- (4) A meal that rhymes with winner.
- (5) Something you send that rhymes with hard.
- (6) Another word for rabbit that rhymes with honey.
- (7) Something to hold things and rhymes with gasket.
- (8) The opposite of find that rhymes with side.
- (9) A place to pray that rhymes with lurch.
- (10) A search that rhymes with bunt.
- (11) A jelly candy that rhymes with seen.



CLUE # 1



CLUE # 3



CLUE # 7



CLUE # 5

Activity Central

Answers

Word Building Solution

Here are a few examples of words you could make out of "ST. PATRICK'S DAY"

CAR	PAIR	PARK	PART	AIR	START
DARK	DAY	RIP	SAP	DRIP	SPAT
STRICT	KIT	TIP	TRICK	PAT	PAD
STACK	TRAP	TAP	CAP	STAR	YARD
TAR	RAT	SICK	KID	KISS	RAID
PRICK	AIR	DART	YAP	YAK	APT
TAD	TRIP	SKIRT	TRAY	SAT	SCAR

Rhymes With... Solution

- | | |
|-----------|-----------|
| 1. SPRING | 7. BASKET |
| 2. LILLY | 8. HIDE |
| 3. EGGS | 9. CHURCH |
| 4. DINNER | 10. HUNT |
| 5. CARD | 11. BEAN |
| 6. BUNNY | |

If you would like to participate

in the Student Corner,

please contact us at:
help@linchomestudy.ca

Student Corner

Carlos R.

My name is Carlos R. I am from Portugal. I have lived in Canada for 1 year and 3 months. I was born in Lisbon, the capital of Portugal, and I live in the city of Mississauga with my wife and daughter. In Portugal, I used to work in the International Airport of Lisbon as an airport security officer. I also served in the Portuguese Army for 10 years as the Military Police. I was proud of serving in the army because it was one of the greatest experiences of my life.

One of the best things that I did in the army was serving in Bosnia and Herzegovina as a peacekeeping NATO soldier for 6 months. I am very happy I made a decision to immigrate to Canada. I like to live in Mississauga because it's a beautiful place to live in and is not so far from the city of Toronto. One of the reasons that I chose to move to this country was the fact that my wife is Canadian. I decided to move to Canada to give her and our daughter a better future. I have now gotten used to the Canadian lifestyle, but in the first few months, it was a bit hard because I left my parents and all my friends in Portugal. The weather is perfect for me as I really like cold weather, and I like the good organization in services that the government of Canada offers to the community.

I like to read about history and I love to work out in the gym and go jogging. I have a goal to reach in Canada, which is joining the police force. Serving the community, helping people, and representing the government of Canada are my goals in Canada. So far the LINC program has been very useful for my new life in Canada, and it has improved my English language skills. I hope I can make my dream come true in this beautiful country and land of opportunities.

Peel Region – Carlos R. is a Level 4 student. His teacher is Babak M.

Vibha S.

My Name is Vibha. I was born in India and I also completed all my education in India. I was a teacher in India. I picked that profession because I love kids and I also wanted to teach unfortunate kids who couldn't get an education. My mom is also a teacher and she inspired me a lot. My hobbies are listening to music, watching T.V., cooking and gardening. I love spicy food.

I came to Canada in 2005 with my family. My husband found a good job here. It was a really hard decision for me to change my country and culture. In the beginning, I was kind of lost here because everything was new to me and I was also not able to communicate really well. After a year and a half I decided to go to work. I worked for almost one year and then I decided to start studying because I was not satisfied with my job. After one year of studying, I got my teaching certification in 2008. However, I am still struggling in my job search. My goal is to get a job in the teaching profession and to be perfect in English.

New Brunswick – Vibha S. is a Level 4 student. Her teacher is Jessica W.

Student Corner

Maria P.

My name is Maria P; I was born in Puerto Vallarta, Jalisco, Mexico. I lived there almost all my life. I moved to Canada in 2003, because I married a Canadian. We decided to live in Canada for the best of our employment and our son's education. I've been living here since. I have a 3 year old son named Maximilian; He keeps me busy day and night. I am employed at the Thunder Bay International Airport as a Janitor. I've been working there for the last 7 months. I enjoy doing things with my family like camping, fishing and traveling. I also enjoy cooking traditional dishes for my family and friends.

Besides working my favorite hobby is working out at the gym. I enjoy meeting people of different nationalities and sharing my culture. I love eating foods of different nationalities. My favorite dish is "Pozole" which is a Mexican soup.

I am proud of my first employment in Canada, and being a mother. My future goal is to become an immigration official.

Thunder Bay Region – Maria P. is a Level 5 student. Her teacher is Saiema N.

Kapila E.

My name is Kapila E. My wife, my son and I emigrated from Sri Lanka three months ago. It was a dream in my life which came true, but at the same time it was the most painful feeling that I had ever had in my life. Although it looks like a challenge, I always take it as an opportunity in each and every moment. I am looking forward to a bright future with a highly positive attitude, and it will help me face the upcoming challenges with confidence.

I am a marketer by profession having over thirteen years of experience in marketing management and operational functions especially in sales management. I hold an MBA in marketing and am a member of the Canadian Institute of Marketing and also Chartered Institute of Marketing UK. My academic background coupled with my experience will hopefully help me to find a field related job in Canada.

Though I have been in Canada for just three months, I have achieved many things and been able to focus on the right direction to move on. Firstly I have collected the necessary information that I want. My wife and I have attended lots of job related workshops, and we are determined to be successful. In these workshops we got an idea of what the main important tools are to tap the job market. I have already identified the necessary skills required for the Canadian work place. I will be continuously upgrading my communication skills specially speaking and writing. The courses like LINC Home Study program will help me to improve my communication skills to a great extent and I have improved a lot since I engaged with this program.

Finally my son is performing very well in school and it's my great pleasure to hear that he has already adjusted to the culture very well. My wife and I started a co-op program which is important to find a job. There we are eligible to have a two month placement in an actual Canadian work place. With these important initiatives, I am very glad that I can get in to the Canadian job market with confidence. Our family is enjoying each and every moment of life in Canada and looking forward to achieve our personal and collective goals in Canada within a very short period of time.

Peel Region – Kapila E. is a Level 5 student. His teacher is Babak M.

Glossary Game

Match the word on the left with the correct definition on the right.

Consequence (pg.7)

alike in meaning or significance

Swaying (pg.8)

something produced by a cause or necessarily following from a set of conditions

Sparkling (pg.8)

relating to or practicing an art of prevention, cure, or alleviation of disease and injury in animals (especially domestic animals).

Paralympics (pg.10)

to give off or reflect bright moving points of light

Synonymous (pg.13)

a series of international contests for athletes with disabilities that are associated with and held following the summer and winter Olympic Games.

Veterinary (pg.16)

to swing slowly and rhythmically back and forth; to move gently from an upright to a leaning position

LINC mailbag



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

Let's hear from you.

e-mail us: help@linchomestudy.ca

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

Have fun!

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

submissions

Please e-mail your submissions for the newsletter by Wednesday March 31st.

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.

