



Language
Education
at a Distance

NEWSLINC

A QUARTERLY PUBLICATION OF LINC HOME STUDY | SUMMER 2015



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About NewsLINC

NewsLINC is a quarterly publication of writing submitted by LINC Home Study students. We are proud of our students and thrilled to publish their writing. The publication encourages our students to practice writing, helps to boost their self-confidence, promotes language skills development and creates a sense of community within the LINC Home Study program. We also hope our readers learn from and feel inspired by the collection of works that are showcased each issue.

About 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 but have barriers to attending classroom courses.

What is the program like?

As a student in the LINC Home Study program, you can learn English from the comfort of your home. You have the choice of completing the program either online (using a computer with internet access) or offline (using a traditional textbook and CD). All study materials are based on the Canadian Language Benchmarks standards. To be successful, you have to study hard and commit your time to improving your English skills. This includes studying independently for 5 to 10 hours a week and finishing homework assignments.

Do I get any help?

To ensure you have the best possible learning experience, you receive support from our experienced and qualified staff. You work with a TESL-certified instructor who contacts you every week by phone or VOIP to review your homework, help you

practice speaking and answer your questions. Your instructor develops a learning plan that is tailored to your individual needs and guides you along the path to achieving your goals. You can also contact our technical and program support staff for assistance with any questions you have about the program policies, features or functionality.

How do I register for the program?

To qualify for the program you must have your language skills assessed at a language assessment centre and be:

- of legal school leaving age within your province or territory
- a convention refugee OR a permanent resident of Canada who has not become a Canadian citizen
- unable to attend classroom-based English language training

How much does the program cost?

There is no fee to enrol in this program. LINC Home Study is funded by Citizenship and Immigration Canada.

Contact Us

If you have questions or feedback about the LINC Home Study program or NewsLINC, please email us at: help@linchomestudy.ca

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CONTENTS

SUMMER 2015

ACTIVITY

- 7 Pan American Games | *Ludwig G.*
- 8 Soccer: My Favourite Sport | *Tie C.*
- 9 Bike Riding | *Joeper G.*
- 10 A Family Trip to Florida | *So L.*

ARTS

- 12 The Movie - Fast and Furious 7 | *Banafsheh K.*
- 13 Canadian Writer Alice Munro | *Vera I.*

BIOS

- 16 Myself | *Melchizedek B.*
- 17 Racha's Biography | *Racha G.*
- 18 Farwin's Biography | *Fathima J.*
- 19 My Life | *Connie G.*
- 20 My Life | *Imran I.*
- 21 My Life | *Maria L.*
- 21 My Life | *Svitlana M.*
- 22 Myself | *Nadia A.*
- 23 The Journey | *Helen C.*

CANADA

- 26 Two Monuments in Barrie | *Sabahattin T.*
- 27 Living in Canada | *Maryam Z.*
- 28 Canada | *Nelson S.*
- 29 The Advantage to becoming a Canadian Citizen | *Freddy O.*
- 30 Canadian Health Care System | *Mei F.*
- 31 Life in Canadian winter changes our lives completely | *Razieh N.*
- 32 What I tell my friends back home about Canada | *Samira B.*
- 33 Why I like Canada | *Maninder S.*
- 34 Describing Canada to my friends and relatives | *Alfie N.*
- 34 Emerald Lake Trailer Resort and Water Park | *Tatiana C.*
- 35 A Weekend To Unwind | *Marierose F.*
- 36 Tap into Spring at Bruce's Mill | *Lei Z.*
- 37 Dr. Tak Wah Mak – Renowned Canadian Scientist | *Mercidita R.*
- 37 My Trip | *Wangyan L.*
- 38 My New Country | *Kim L.*
- 39 Aboriginal People in Canada | *Thiruvaran M.*
- 39 Dundurn Castle | *Yu Q.*
- 40 Summer Fishing | *Kostiantyn S.*
- 40 Summer in Canada | *Mohammad R.*
- 41 Toronto Island Park | *Shagufta S.*
- 42 My Regina | *Julie R.*

CELEBRATION

- 45 Wedding in Rwanda | *Immaculee K.*
- 46 Shab-e-Barat | *Asma H.*
- 47 My Birthday Flight | *Danila O.*
- 48 Sale No Mobarak | *Seyedehsekinah M.*

GENERAL

- 50 An encounter with bees or wasps | *Carlos B.*
- 51 Famous Iranian Scientist | *Ali A.*
- 52 My Travel Adventures | *Ingemar R.*
- 53 Singapore, My Second Home | *Shijie C.*
- 54 Recent Earthquake in Nepal: I am a survivor | *Narhari T.*
- 55 Lyme Disease | *Mahsan A.*
- 56 Facebook Should Be Age Restricted | *Wei W.*
- 57 Family in My Home Countries | *Josiane A.*



9



23



36



54

HERITAGE

- 59 **Where I come from** | *Catherine T.*
- 60 **Romani Cultural Traditions** | *Tunde R.*
- 61 **Patan, India: A historical city** | *Bhumikaben P.*
- 62 **Kathmandu Crushed** | *Raju B.*
- 63 **What Do You Miss the Most about Your Homeland?** | *Shanaz P.*

MOTHERHOOD

- 66 **A Mother's Day I will never forget** | *Erlinda M.*
- 67 **Mother's Day** | *Narges G.*
- 68 **Motherhood** | *M. F.*

RECIPES

- 70 **Yojung's Bibimbap** | *Yojung P.*
- 72 **Greek Salad** | *Aikaterini C.*
- 73 **Pondu (Cassava Leaves)** | *Queltte L.*
- 74 **Ukrainian Salad Vinaigrette (Beet Salad)** | *Tatyana S.*
- 75 **Mexican Wedding Cookies** | *Maria A.*
- 76 **Beef Caldereta** | *Van S.*
- 77 **Cazeula de Mariscos** | *Yamile L.*
- 78 **Kubba** | *Merna L.*
- 79 **Alqose Al-Iraqi** | *Rawah K.*
- 80 **Beet and Sauerkraut Salad** | *Ekaterina N.*

SETTLEMENT

- 82 **Humorous Beginnings** | *Graciela G.*
- 83 **Lost and Found in Toronto** | *Tatiana V.*
- 84 **Miracle of the Flashlight** | *Sergey V.*
- 85 **My New Life in Canada** | *Majd K.*
- 86 **What do I like about Canada?** | *Nategheh M.*
- 87 **My Journey to Canada** | *Aimara G.*
- 88 **My Success Story** | *Alfie N.*
- 89 **Finding My Way** | *Lea S.*
- 91 **My Settlement Story** | *Alfie N.*
- 92 **A Powerful Smile** | *Cuiwen H.*
- 93 **Coming to Canada** | *Kim S.*
- 94 **Advice for Newcomers** | *Dora C.*

SKILLS

- 96 **My Story** | *Van S.*
- 97 **Home Catering Business** | *Hajra I.*
- 98 **How to be a good sushi chef** | *Wen Y.*
- 99 **My Recipe for Success** | *Julie R.*
- 100 **My Volunteering Experience** | *Vadym L.*
- 101 **A personal success story** | *Carlos B.*

- 102 **Glossary**
- 103 **Glossary Crossword**
- 105 **Contact Us**



68



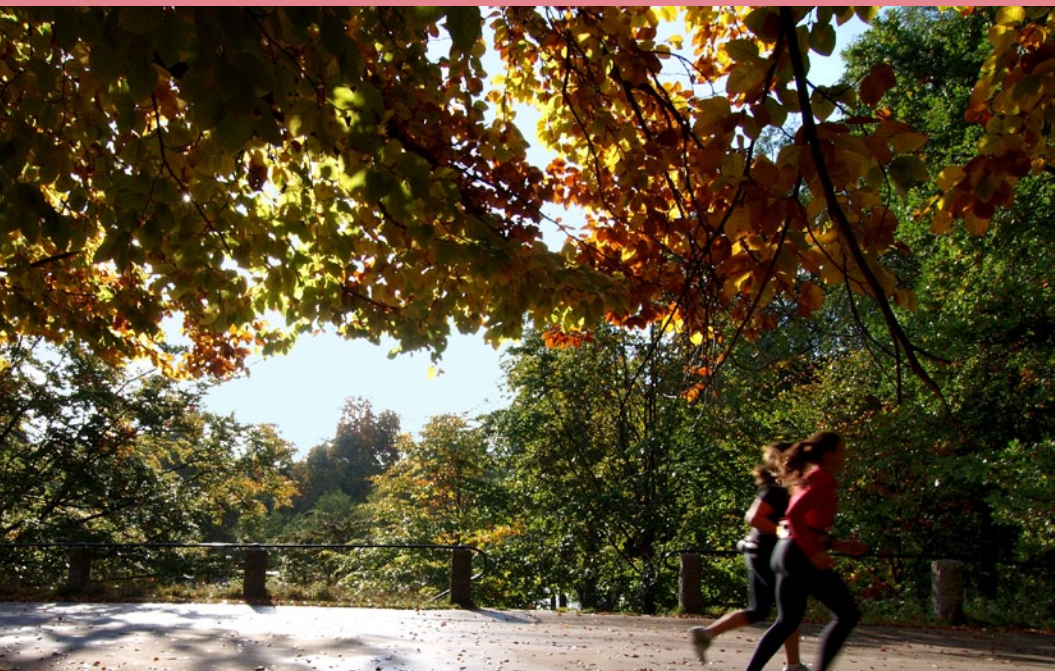
74



87



98



Activity

Pan American Games

Ludwig G. | Level 7 | Emily S.'s Student

History and Canadian Celebration

The Pan American Games are regulated by the same principles as the Olympic Games and are for athletes of all American countries.

The first Pan American games opened in Argentina in 1951, but the idea of founding the Pan Am Games began taking shape two decades before. At the Los Angeles Olympic Games in 1932, representatives of Latin American countries proposed to create a competition between all North, South, Central American and Caribbean countries. That idea has become one of the most important competitions in the world after the Olympic Games.



In 1951 the Pan American Games were inaugurated, with the participation of 22 countries and more than 2,500 athletes.

The Pan American Sport Organisation (PASO) has more than 42 countries including North America, Central America, South America and the Caribbean. The official languages are English and Spanish. These games are held every four years, one year before the Olympic Games. Only people who are from the countries they represent can compete for that country in the Games.

In 2015 Toronto will celebrate the sixteenth Pan American Games between July 10 and July 26 with more than seven thousand athletes from 41 countries with 40 different sports and more than 400 events in different locations in Toronto, Oshawa, Milton, Hamilton, Burlington, Welland, St. Catharines, Oakville, Whitby, Ajax, Markham and Mississauga. Canada was host of the Games before on two occasions, which took place in Winnipeg in 1967 and 1999.

USA, Canada and Cuba are the countries that usually conquer the first places in the Pan Am Games.

Certainly, every four years the organizing country tries to make the Games better than every other country has made them, and spends a lot of money on construction and special events such as the opening and closing ceremonies of the Games. In Toronto, Cirque du Soleil will participate in the opening ceremonies, and people can find tickets from 20 Canadian dollars. It is a good opportunity for people to see some of the best athletes of the world, and for the competitors it is good training for the Olympic Games, for those who are seeking to improve their results and to win a lot of medals for their countries.

Soccer: My Favourite Sport

Tie C. | Level 5 | Erin O.'s student



Soccer is my favourite sport. Before I came to Canada in 2011, I played soccer three times a week at least. When my wife suggested settling down in Fredericton, Canada, the first question I asked was, “Are there many soccer clubs in the city?”

The first day we arrived in Fredericton, I went to the University of New Brunswick in the evening, hoping to come across some soccer players. Unfortunately, what I saw was merely empty soccer fields and no players. I went there again the next evening and found the same situation.

All this made me rather confused. In Chinese universities, a big number of students play soccer in the evening every day. “Where are the soccer players in Canada?” I asked myself. I went back to the hotel and asked the hotel staff the same question. They explained that maybe it was summer vacation, and not many Canadians played soccer here. They suggested I Google for soccer clubs and become a member in a soccer club. At the end of the conversation, they smiled at me, “Welcome to Canada!”

The third day in Canada, I emailed the president of the Old Boys’ Soccer Club, who responded promptly, “Welcome to Fredericton. At the moment you can join the club but we cannot place you on a team as the league rules state no new players may be added to a team after June 1st.”

He also said some club members played pick up soccer at noon, and I was welcome to join them. Although I couldn’t play competitive soccer immediately, I was still very happy to find soccer groups. The first week in Canada I learned something new: First, pick up is not only used for a truck, but also for playing soccer. Second, Canadians play soccer at noon in SUMMER! Because I am from the south of China, it is burning hot at noon in summer. Cultural shock can sometimes be so interesting. I started to like this playing-soccer-at-noon country, and I started to understand “different country, different culture, different soccer.”

Time flies! In 2012, I wrote a second letter to the president before the soccer league started. He gave me feedback quickly, “Hi, Tie, I do remember you. Our club and league requires every member to be at least 35 years old by Jan 1st 2012, so you are too young for us at the moment...” Oh, I had forgotten that every member in the Old Boy’s Club should be over 35. I learned a lesson again. Everyone should respect the rules in Canada (although 34 is very close to 35!).

Still, the year 2012 means a lot to me. I got my first full-time job in Canada and made many friends in Fredericton. We shared experience in fishing, cooking, and most importantly, of course, soccer. We played pick up soccer at university and along the St. John River. Yet, I have to admit that I was still looking forward to playing the soccer league on the turf.

In March 2014, I wrote a third letter to the president, only to find that he retired and wanted to take a break. Sincerely, I hope it was not my fault. In my fourth letter, I shared with the new president, a Chinese man, saying, “if you try for the third time, you will be successful”. After I sent the email, I thought confidently that finally I could play competitive soccer in my third year in Canada. However, life as an immigrant is always full of surprises. The new president told me I had to wait till next year because I was not 35. The fact was: I was born in the spring of 1978, so, $2014-1978=36$. Suddenly, I understood why Canadians usually perceive Asian kids as maths geniuses. I responded him with the explanation. Shortly after that, I received an exciting and favorable response, “Welcome to be a member of The Old Boy’s Soccer Club!”

In 2014 season, I played defence in our team. I learned a lot from my teammates. At the end of the league, we got the championship in the club!

This is my soccer story. By playing soccer, I have met lots of friendly Canadians. From soccer and my teammates, I learn English and Canadian culture. I enjoy the blue sky and my life in Canada. I feel blessed because I am a member of this great country.

Bike Riding

Joeper G. | Level 4 | Michelle C.’s Student

I learned how to bike because my uncle taught me when I was 6 or 7 years old in my province. My bike was a black BMX bike. I loved bike riding because it felt like I was flying. I used my bike every day to go to school. Luckily, I have never hurt myself while riding my bike.

In Canada I use my bike to go to work. Up until recently, I had to use my wife’s bike because I didn’t have one, but now I have my own bicycle. In April, I bought a mountain bike. It is red and has dual shocks. I bought this bike to use every day to ride to work. I use this bike to go to Walmart, Loblaws and for every time I need to go to the grocery store. I chose this bike because it was affordable. I like this bike, but I wouldn’t recommend it to my friends. It is not easy to use because of the dual shocks.

I love bicycling in Canada because of the fresh air and because it is easy to ride here. The roads in Canada are better than the roads in the Philippines.



A Family Trip to Florida

So L. | Level 6 | James H.'s Student



My family went to Disney World and Universal Studios in Florida the last week of April. We hadn't gone on a trip for a while. My husband and I decided to go to the park before my kids grew up. My kids were excited to go there for a month before. However, there are positive and negative aspects to all family vacations.

Every single family member was not happy. I had to prepare many things, for examples, clothes and stuff for my family members for 8 days. Besides, I had to pay tons of money for accommodations and flight tickets so I used up our credit limit. I'm worrying about the credit now. I worried about food for 8 days also. I didn't want to let them eat oily food during the vacation. My husband had to check the booking of a rental car and check all itineraries.

Anyway, travelling is a happy subject for everybody too. We had a great time together. We enjoyed everything, took many family pictures, and shared many things together. It was great weather, sunny and hot. My kids could swim anytime and we could see the great beautiful streets because they don't to spray calcium chloride for snow melting. Most of all, we enjoyed ourselves without worrying. My husband had no worries about his work, my children played with no worries about studying and I threw away my house chores. We really enjoyed it, literally

Our family trip was very important to gather family members. I would recommend it entirely. We live at home together but we do our jobs separately every single day. In Florida, we could do the same things at the same time and share our emotions. If you are planning a family trip, you should go now.



Arts

The Movie - Fast and Furious 7

Banafsheh K. | Level 5 | Lily B.'s Student



Last evening, I went to the cinema with a friend to watch Fast and Furious 7. It is an American film and the seventh in the Fast and Furious Series. I have not seen the other Fast and Furious movies, and I don't have any ideas about them, but I really didn't like the one that I saw last evening.

What is the topic of Fast and Furious 7?

After defeating a bad crew and killing its leader Owen Shaw, Dominic Toretto, Bryan O'Conner and other members have returned again to normal lives. Dominic helps his wife to

regain her memory, and Bryan becomes a good father to his family.

Meanwhile, Deckard Shaw, who is Owen's brother, has sworn vengeance against Dominic Toretto. After he seriously wounded the police chief and tracked down Dominic and his crew, Deckard Shaw sent a bomb to their location. The bomb was in a package that had been sent from Tokyo.

Although Dominic initially decided to have a normal life, this event forced him to enter into battle with Deckard. The rest of the film is a history of fighting between the two crews.

The very exaggerated scenes of confrontation were not believable. The characters appeared to have super powers. There were a lot of falls from high mountains and tall buildings. There was also too much glass breaking, and there was too much stunt driving with cars.

However, I think that all the exaggeration has an advantage. Adolescents who occupy seats in the cinema would probably not be tempted to imitate the dangerous scenes.

But, I am still not sure about something.

The characters who are heroes and villains in the film love their families. They are very loyal to their loved ones and are willing to risk their lives to save them. Nevertheless, they behave very cruelly in battle.

I wonder if cruelty could have a bad impact on teenagers who watch the movie. The film promotes the idea of protecting one's own family, but at the same time, it does not hesitate to destroy the community if the need is there. I wonder what the real impact of the movie will be on adults and adolescents.

Canadian Writer Alice Munro

Vera I. | Level 7 | Emily S.'s Student

My life in Canada has made me familiar with an outstanding writer, Alice Munro. The first time I heard about her was when she was awarded the Nobel Prize in literature in 2013. The Swedish Academy named her a “master of the contemporary short story.” I was happy to know that Munro became the first Canadian to be awarded this prestigious prize. At that moment I was extremely proud to be Canadian too. Then I began in my own way to become more familiar with this author. Today I am one of those who are admirers of her talent.



Her psychologically subtle stories are about ordinary people; almost all her characters live in Canada in the places around us – Ontario, Lake Huron, and small towns in other Canadian provinces. All these men and women seem to be very close to real people who have lived in Canada for many years and this could be helpful for immigrants who want to know more about their new land, Canada. In her stories I have found a lot of things concerning Canadian history and many facts about how people lived here in the 1930s and '40s, up to the present day.

Moreover, I found out much more about what ordinary people feel, and how they resolve issues in their lives. I like how Munro is able to transform ordinary situations into something impressive and memorable. I started to read Munro's stories and couldn't stop reading. It was so captivating. I was really impressed with her writing. Munro writes in a very sophisticated manner, her stories are really exquisite and they show us about human nature. Some stories seemed to me very sad. Some stories I didn't understand after the first reading, because it was difficult to catch hidden ideas by interpreting some details. After this reading, I had to think again about the main plot and characters who were involved in the story. I needed some time to accept (or feel deeply) all the details from the story, to understand and internalize Munro's ideas. I think nobody can understand each other completely, but our understanding of each other becomes stronger when we try to accept each other's feelings. I found much more to think about after rereading some of her stories. It's a really interesting phenomenon.

Alice Munro has published over 150 stories. From reading just twenty of Munro's stories, I see some stories are coherent and seem autobiographical - but only some of them. It seems to me every writer opens his/her own world, shows his/her own inner individual and very personal vision of life, and we, readers, accept what is really close for us.

I like that Munro's stories seem historically accurate. All the surrounding details of her settings are described

very carefully. I am in awe of her ability to deal with time and jump us far ahead, or back to something we've missed. It seems to me that writing short stories is hard, and Munro shows us very dramatic situations and characters' lives using story frames.

To me the story "Runaway" seems very complicated and psychological. It is not only about relationships between a wife and her husband and their neighbour, but about how a woman can be lonely when she lives without real love and when she is too afraid to change her life. In the stories "Runaway," "Tricks," and "Amundsen," I see that Munro shows us how love is delicate. Maybe she shows this in every story, but in these stories the people don't understand each other and their relationships don't have lovely futures.

Some of Munro's stories are shocking. I think the stories "Child's Play," "Boys and Girls," and "Gravel" are very touching. After reading them, I think how all of us depend on our childhood feelings and fears, and what we carry with us from our early lives.

I like the story "Too Much Happiness." It is about a historical figure named Sophia Kovalevsky, a talented Russian novelist and mathematician. It is one of the examples from Munro's latest stories. It is clear that Munro used a lot of historical data for writing this biographical story. I think she is not only a sophisticated and very kind writer, but she is a responsible and hardworking researcher too.



Bios

Myself

Melchizedek B. | Level 5 | Carla M.'s Student



My name is Melchizedek, and I've been in Canada since 2011. I came to Canada because my wife wanted to come, so that we could build our future and family, and now we are blessed with two kids, a 3 year old daughter and 4 months old son. My wife and I came from Manila, Philippines. It was hard to leave both of my parents and my 6 siblings behind because we're a family close to each other.

When I came to Canada, it was still winter, and I was so excited because it was my first time to experience winter and to see snow, but now I've become used to it.

I am studying online so that I can upgrade my Bachelors Degree in physical therapy. I chose to study online because I have to work full time at my warehouse job. It's not easy to find a job here in Canada that suits to your degree and education when you are an international university graduate.

It's good to live here in Canada because of the multiculturalism. Also, you earn the taxes you've paid for the schooling of your children, for your healthcare, for retirement and much more. I've decided to stay in Canada for a greener pasture and to have a better future, not just for me, but for my wife and kids.

Racha's Biography

Racha G. | Level 6 | Christine L.'s Student

I don't really like talking about the period before I was married. I grew up in an unhappy family because I lost my father when I was five years old. My mother couldn't accept this truth and she spent 18 years crying, depressed, and no one came to visit us because our door was always closed.

I grew up in Lebanon. When I was 17, I went to university and got my Bachelor's and Master's degrees in sociology – economic development, but I wasn't happy. I didn't like this major but I had to choose this faculty because I had to work in the morning and study in the afternoon to assist mother with home expenses.

In 2008 my life changed. I got married to someone special who let me forget all the unfortunate moments that I'd lived. We built together our new life and I decided to be a new person who would be tolerant, optimistic and happy. I couldn't be a mum if my heart was full of cruelty and hatred of life that I considered unfair to me. After two years of marriage I had my first baby boy "Ali". With him my Mum's life changed. She became a new person with new hope in life.

After six months we made a decision to immigrate to Canada. We wanted to start a new life with security and an excellent future for our kids. We decided not to tell anyone, even our family, about our decision, until our papers were ready. Actually, we spent five years waiting, filled with interviews, medical exams and security checks, and nobody knew we were leaving. In 2013 we decided to have our second baby, a boy "Adam", while we were waiting to immigrate.

In October 2014 our papers were ready. I couldn't believe that finally our dreams were coming true and later on I knew we'd forget all our difficulties in our country. When we told our family they were completely shocked but in the end, it was our decision and no one could change it.

On March 11, 2015 we left our home, family, country and all our memories to begin from nothing and to build for the second time a new life in Canada. Although life here is not easy, coming here is the dream of everyone. We feel secure here. Politics in Lebanon made us feel disturbed and worried. I was always scared that my son's school would be bombed. Lebanon life is expensive. You have to pay for everything there. We have very good social services here that we don't pay extra for. Most important of all, we have learned here to show respect for others because people here respect us.

We can have our professional lives and live in peace with our families. I look forward to the day when my mother can visit. I miss her.



Farwin's Biography

Fathima J. | Level 6 | Christine L.'s Student



I am from Sri Lanka. Now I am living in Canada. I am married and I have three kids, 11, 8 and 4 years old. I came to Canada in August 2005 because my husband was already here. We have known each other all our lives. He was in Canada for 15 years before we decided to get married.

Canada is a good country to live in. It has a good economy, good education, a good environment, it's a multicultural country and many more things. I was surprised in Canada that everybody can study here. There is no age limit. Everybody can improve their knowledge.

When I came to Canada I didn't know much English. I went to ESL class to improve. I really couldn't talk in English. That was my big challenge, so I decided to study and improve my speaking. I joined a LINC class and there were so many students like me. I tried to speak with students and improved my speaking a little bit.

I worked at the Hudson's Bay in 2014 and left my job in 2015. Now I am spending more time with my kids. My hobbies are cooking and watching TV in English. My goal is to improve my English and get a good job. I am currently continuing my English class with LINC Home Study. I would like to study more and get a good job in child care or nursing.

My Life

Connie G. | Level 6 | Vinka B.'s student

I was born and raised in a small town called Isabela, in Philippines, and I'm the youngest of nine siblings. When I was ten, my father died in a car accident together with my second oldest brother. That was the saddest part of my life because we've lost two loved ones at the same time. But no matter how difficult life was, especially for my mom who suddenly found herself alone with nine small children, life still had to go on. With her strong determination, she was able to raise us on her own.



After I graduated from high school, I moved to Manila, the capital city of Philippines for my college education. I then worked at Shangri-La as a receptionist where I met my husband. We were blessed with three lovely children, two boys and girl. Because of a growing family, my husband decided to work on a cruise line. In 2005, he met a guest from the cruise line who offered him a job in Canada as a skilled worker. In December 2007, my husband and I arrived in Campbell River, BC.

For the first few months, it was very difficult to adjust. First of all, our kids were left behind in our country. Secondly, the climate was difficult, especially in winter months. Third, the culture was different, but we slowly learned to adjust. With that being said, we're so grateful for the opportunity that was given to us. We became landed immigrants and soon after that our children were reunited with us, Life is good now and we're happy to be living in this wonderful country.

My Life

Imran I. | Level 3 | Inara M.'s student

My name is Imran I. I am from Pakistan. I have three kids, a girl and two boys. My eldest son is seven years old, his name is Hamza. My youngest son is one year old, his name is Ahmed and my daughter's name is Hadia. I live with my family in Regina, SK, Canada.

I finished college in Pakistan in 1995. I got my Civil Engineering diploma in Pakistan in 1998. I worked in Dubai as a site supervisor in a construction company.

I am a hard working man. I like to complete all my work according to the rules. I am soft corner man, I don't like to hurt people. I like greenery, it's my hobby to collect fresh plants and decorate my home. I wish to have a home in Canada and I want to have a small garden in it. I'd also like to have birds in my home.

Nowadays, I am working at Ground Engineering Environmental Company. I am enjoying my life in Canada. I hope that my all wishes will come true.



My Life

Maria L. | Level 4 | Inara M.'s student

My name is Maria, I am 33 years old and I'm from Peru. I came to Canada in 2006. I have a small family here in Canada. I am married and I have 2 kids, a boy and a girl, 6 and 8 years old. We have been living almost 3 years in Prince George. We were living in Abbotsford before, but my husband got a better job in this place, so we had the opportunity to buy a house in this city. We have one dog, his name is Ralph and he is 6 months old. He is a Grand Pyrenees, he is so cute! He likes to play with my kids, but he specially likes to play with me. I love my dog.



My parents are in my home country with my 2 older brothers. When I was in my country, I was working and studying my primary education. I couldn't finish because I came to Canada.

My current situation in Canada is: I am working full time, and at the same time, I am a housewife. I am planning on improving my English to get a different job, but for the moment, I am working in a hotel as a room attendant.

Myself

Nadia A. | Level 3 | Inara M.'s student



I am Nadia. I was born in Pakistan. I am a housewife. I am happily married with Imran Iqbal. I have three kids, a girl and two boys. My son's names are Hamza Imran and Ahmed Imran. My daughter's name is Hadia. Nowadays I am living in Regina, SK, Canada.

I have a bachelor's degree in art. Art is my passion, I like to spend my time in decorating my home with different styles. In addition, I like painting and interior designing in media art. I wish to complete my studies first, then, after getting interior designing diploma I will make my own home.

I like to wear new dresses with matching shoes. I like to have birds in my home. I like to make many friends. I like to eat a variety of foods. I like to visit different countries. I don't like if someone cheats or lies to me.

In Pakistan, I used to teach art in a school. After getting married, I moved to Dubai with my husband. I lived there for seven years. It was an unforgettable time I really enjoyed. I moved to Canada in 2013.

Canada is a good place. In my opinion, people who have some goals or some ambitions they can achieve their goals easily after some time. I am happy to have this opportunity too when it comes to my education, my LINC Home Study Program.

The Journey

Helen C. | Level 6 | Suma B.'s student

There is no place like home. Everyone must move towards the fulfillment of a dream. “Farewell my home and native land”. These were the words hard to utter when I left my hometown. In my childhood days, I often heard people talking about beautiful places. Some said there was a place called the land of milk and honey. Some called it the land of the maple leaf. Wherever it was, I had no idea until such time I set foot on the land of the maple trees on September 14, 2007. I could feel the chilly cold breeze around. I didn’t know if fall was just around the corner, but the most exciting part was I finally reached my destination. I said to myself “Canada here I come”.



Photo Credit: Helen C.

I was born and raised by hard a working couple. I was the fourth child among six siblings. Life was never easy for our family. Making both ends meet for six children with a minimum income was always a challenge. But having very supportive parents and relatives was always a blessing. Pursuing an education was their priority. I didn’t have a very comfortable childhood. I’ve been through a lot of struggle in my childhood days. I had to learn everything what mother was doing. She used to cook native rice cakes and sell them from house to house and I did the same. I used to bring some rice cakes to school and sell them to my classmates. The money I earned from selling was for my day to day allowance when I was in the secondary school. To save part of it for food, my friends and I always hiked through the mountains instead of taking the bus. The struggles didn’t end even when I graduated high school. More challenges came along in my journey towards higher education. Self confidence and perseverance were my tools in making my way towards better education despite poverty and financial problems. In spite of all the challenges in life my dream never ended. I was able to bring home the most awaited reward for my parents and myself. I still remember the day I brought home my graduation diploma and offered it to my parents who supported me through my university.

As a stepping stone towards my dream, I worked in many different countries like State of Bahrain, Hong Kong and Taiwan. Got married and was blessed with two lovely girls. While raising my family, my mother’s role was further extended. She was always there to support me. I had to leave the kids with her and move to another country. This was a priority for their future. It was never easy to live alone in a foreign country with no relatives around. My kids were my strength and my inspiration at work. I wanted them to be happy and live a normal life as kids. I wanted to give them all that they needed. I didn’t want them to experience the life I had when I was a kid with no toys, not wearing nice clothes and never been to parks. However I always tried to be happy despite the struggles because I believe if one is happy from within and engaged in an honest job one will succeed in the end.

I came to Canada through the caregiver program. My initial years in Canada were not easy. I constantly

missed my kids and felt homesick. I went through guilt but all in the hope for a better future for them. Due to advanced technology here, I was so happy I could Skype and talked to my family once in a while at least to ease my loneliness. If only I could have moved mountains I would have done that, for them to come and be reunited with me. Every tick tock of the clock felt like hours precious to me. I spent most of my time at work. Those were very rough times, but I was strong enough to handle everything. It took about a year to hear from CIC. My application was successful. I felt like I was in heaven. Finally the wait was over. It was on November 18, 2011 that CIC granted me my permanent resident status. I was so happy and excited. I booked three plane tickets right away. A month later my family arrived on December 30, 2011. It was a wonderful Christmas present. The best time to start the New Year and new beginning to live here in Canada as a family. The long wait was worth it. To live in a foreign country was not easy. We've been through ups and downs. Language barriers, diversified cultures, foods, weather and standard of living were all different. It took us couple of years to adjust and adapt to our new environment. Another thing I was proud of was my driving skills. I was able to get my driver's license after a series of failed exams and road tests. Now I can drive my family anywhere. The kids and my husband got their licenses too. It makes them more independent. I can still recall those days when I was not driving yet. I had to walk through rains and snowfalls. I almost cried one time when I missed the bus one rainy day. I had to go downtown and send money to my family. It was an hour's wait for the next trip for buses here in our place. I had to be in town before the closing office hours. If I didn't make it I won't be able to send the money for an urgent need. I didn't mind getting wet and walked in the rain. It was as if nature was shedding tears for me. I often make it as a joke and have it replayed during bonding moments with the family now.

Years passed, my dreams didn't stopped here. Now, I look forward to becoming a citizen. I heard about the LINC Home study program through the immigrant welcome center in Campbell River. I had a hard time working on how to get into the program because of my work rotation schedule in the facility. I was lucky a kind hearted teacher from Ontario was willing to work around my schedule. I was very thankful to have her as my teacher in the LINC home study program. She is always most cheerful, motivating and helpful during our sessions. My sincerest thanks and appreciation to CIC for opening their doors to us new immigrants here in Canada. Life must go on. My family enjoys all the privileges and rights as immigrants. We enjoy the Canadian way of life here in Vancouver Island, the so called Salmon capital of the world, the city of Campbell River. This is a great place to enjoy nature during summer because of the beautiful beaches, falls and lakes good for clamming, oyster picking and prawning. All Canadian activities which we had never heard of back home. I am now living the dream of living in the land of milk and honey, the place where the maple leaves are. The friendly Canadian people are as lovely as the maple leaves, who would always greet you and say hello. I am often reminded of this tall Canadian guy who gave me a hand at the ferry terminal and carried my luggage the first time I landed in Canada. That impressed me so much. First impressions are the best, eh? That's me turning Canadian, eh?



Canada

Two Monuments in Barrie

Sabahattin T. | Level 6 | Ana R.'s Student



Photo Credit: Tudor Costache
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I had the opportunity to visit two interesting structures last week. One was called “Memorial Arch” and the other “Spirit Catcher.” They have become a symbol of Barrie in many people’s minds and they are visible from everywhere downtown.

My son is in grade 1, and his class was asked to find a community building or structure, natural or man-made, that was important to our community and share it with the class. This was a nice opportunity for me, because I have not walked downtown with my children since we moved house.

It was a beautiful sunny day, so I parked my car somewhere near the Service Canada building and we began to wander around. After visiting a few important buildings and taking some pictures, we visited Memorial Arch. This arch spans Mulcaster Street outside Barrie City Hall. It has the shape of a mansard roof outline. In fact, my son likened it to a pencil. After that we walked along the waterfront to visit the “Spirit Catcher”. This structure is right at the waterfront, where there are walking and biking paths, a marina, a fishing area, playgrounds, and of course, the beach. The “Spirit Catcher”

is a very strange structure and looks like wings. As a matter of fact, the feathers of the wings actually move, and they creak in the wind. If you are thinking about visiting Barrie, take a walk downtown, or drive by, and check them out.

Visiting both monuments helped me remember my first day in Canada as our first house was near Memorial Arch. When I walked or drove downtown, I used to see them every time. For me, it was great as I could spend time together with my children.

Living in Canada

Maryam Z. | Level 6 | Alena S.'s student

I immigrated to Canada a few years ago, but I never imagined that I could settle in Canada so fast.

The only negative thing about Canada is that it is too cold in winter, which are too long plus there's too much snow. All that makes me feel so exhausted. Other than all these? I like Canada because of peace, nice and friendly people.

It is a good place for raising children in peace and if parents do something extra for their kids' education during their school time, for sure they can continue their education at the famous university in Canada that are well known universities in the whole world.

I also like the strict driving laws, so it is almost a safe place to drive too.

Overall, I like Canada as there is safety here, and you have some good facilities that every person needs and should have access to.



Canada

Nelson S. | Level 7 | Alena S.'s student



Canada is my favourite country in the world. I always was longing to immigrate to Canada. Now I am so happy that I have achieved one of my biggest dreams that I am here in Canada. I am not just satisfied with myself and my family having settled in Canada, but I now encourage my friends and family members to process their papers for immigration to this beautiful country. I tell them that Canada is one of the best countries to live in, where there is no discrimination and people are valued and each of the people's cultural background is respected.

There are many things which I like about this new beloved country. First of all, I love the natural landscape, which is unique to Canada. The clear skies, blue waters, tall pine trees, the plains, the riverside and mountains are eye catching. Secondly, I like the different weather conditions which prevail and I presume that it is distinctive to Canada. Thirdly, I admire the freedom existing here to express one's opinion and thoughts. Finally, I am fond of all the recreational activities, which are available here, both indoors and outdoors, which keep me active and healthy.

The famous Canadian landmark is Niagara Falls, which is known worldwide. I have been to Niagara Falls once and I want to visit it again next summer. It is such a beautiful sight to watch one of the largest waterfalls in the world and I wonder its beauty. It is well known for its magnificence and as a valuable source of hydro electric power. It also has long been an inspiration for tourists, writers, film makers, authors and for residents.

The important places to visit in Ontario includes, Niagara Falls, CN tower, Ripley's Aquarium, Toronto Zoo, Museum, Provisional Parks, Thousand islands and the capital city of Ottawa and many more. I am quite sure that people enjoy visiting each of the tourist attraction spots in this country.

I wish I can bring my mom and dad to visit Canada.

The Advantage to becoming a Canadian Citizen

Freddy O. | Level 5 | Samuel M.'s student



Canada is the largest country in the world. It is a multicultural country and 35% of the population are immigrants.

Every year a lot of immigrants apply to get a Canadian citizen. We ask this question: why they want to become a Canadian citizen?

More people immigrate to Canada because they are looking for a good life. Canada is an attractive place to live. It's a peaceful, non-violent country. Canadian values include freedom and the respect for cultural differences. In Canada, we learn to apologize and respect democratic decisions. It's easy in Canada for the immigration people to reach their dreams.

When immigration people became Canadian citizens, they have a lot of benefits. They can vote, travel easily in a lot of countries, have social benefits, get basic health care, have a public school education for free, have financial help in an emergency and they cannot be deported.

In the end, Canada is the country where people can reach easily a dream. It is so important to become a Canadian citizen because there are a lot of life advantages.

Canadian Health Care System

Mei F. | Level 5 | Babak M.'s Student



I have been living in Canada for two years now, and I really like the national public health system here. This universal public health exists in very few countries in the world. In particular, I like the Canadian system of making appointments to see a doctor. I need to book an appointment before I see the doctor, and I regularly see my specialist in a clinic instead of a hospital.

In Canada doctors only see a certain number of patients every day except emergency doctors. They have enough time to communicate with patients and know their feelings. They don't feel tired and they can make the correct diagnoses. As a result, the wrong rate of diagnosis and treatment has been decreased. On the other hand, the hospital is very quiet and organized. Why? Because people who get sick see their family doctors first, and the family doctors decide whether they should go to hospital. This way a lot of people are not sent to hospital for simple diseases such as a cold. Finally, everyone's medical expenses are paid by the government. Everyone enjoys an equal treatment, no matter what race or financial status they have. Whenever I see my family doctor or a specialist, they are very polite and friendly. I am lucky enough to enjoy the Canadian health care system, and I hope in the future I can work in hospitals, and better serve the community.

Life in Canadian winter changes our lives completely

Razieh N. | Level 4 | Uzma N.'s student

The winter in Canada is cold, but that doesn't stop us from carrying on about our normal daily routines.

When you live in Canada, you can see snow almost every day in winter and you have to put on a lot of heavy clothing to go outside. You can't get away with a light jacket. You need winter boots, a warm coat, ski pants, heavy mittens, scarf, etc. Also you have to shovel side of the your house.

Winter is one of the most exciting seasons of the year in Canada. You can find a lot of things to do according to your taste. You can go to hockey that is very popular winter game in Canada. Also you can enjoy skating, ice fishing, snowshoeing, snowmobiling.

Canadian winter can change our life. Unfortunately, night falls very soon and the days are short. You have to spend a lot of time indoors or at home. Also, you may gain weight so you must do exercise.

In winter in Canada you have to drive carefully. I think when the weather is bad it is better not to drive far. I don't like driving during the winter.

In conclusion, winter in Canada is very hard but you can adapt yourself to it and you can enjoy spending more time with your family at home.



Photo Credit: Charles Z

What I tell my friends back home about Canada

Samira B. | Level 4 | Deborah K.'s student



Photo Credit: Charles Z

I have lived in Canada for 8 months.

I have learned a lot in 8 months.

Canada, especially Toronto is a multicultural city.

There are so many nationalities live in Toronto. For example, in my building every day I see Indian, Korean, Iranian, Russian, and many more people in the elevator.

In Canada we have 4 seasons in one year. Spring is very beautiful, because everything is green again. Summer is hot and humid. Autumn is colourful with the changing of the leaves. Winter is very cold with temperatures below -20.

In Canada you have to take a driver's license test three times G1, G2 and G. In my first country we take only one test.

Many people in Canada take care of their animals. I'm very happy because I brought my dog with me to Canada.

In conclusion, I think Canada is a good country to live in, but not in the winter.

Why I like Canada

Maninder S. | Level 4 | Deborah K.'s student

I am an Indian woman. In 2011, I came to Canada with my family on a permanent visa and I live a happy life here. I would like to tell you about what I like about living in Canada. There are many reasons why I like living in Canada.

Firstly, Canada is a multicultural country of multi immigrants. People of all nationalities put their full efforts to develop Canada.

Secondly, women have equal rights and great self respect in Canada. For example, women are well educated in such a manner that they can easily judge what is good or bad for their country.

Thirdly, Canada's government is very good. For example, industry is so regulated we can't see any type of pollution even from the vehicles. Also, green spaces are well maintained in each and every corner.

Fourthly, government services are very fast and safe. For example, we can get most of our official documents that we need online.

Also, transportation is the centre of every city in Canada. All the buses and other transportation vehicles are kept clean and up to date at all the times. I think roads and highways are repaired and cleaned from time to time also. There are new and good systems in place for the disabled too. For example, there are accessible person doors or ramps in every building and other fields for their better convenience as they are also paying taxes just like us.

Children are very safe in their homes, outside and in schools. There are so many laws for their safety and bright future. For example, drinking and driving is against the law. Police always patrol the streets to catch such careless drivers.

Finally, medical health care is good and free. Emergency services are so fast as they arrive in two minutes.

These are just a few qualities of life in Canada. That's why everyone loves Canada. Although I know life is always full of struggle, but I want to say east or west Canada is the best.



Photo Credit: Charles Z

Describing Canada to my friends and relatives

Alfie N. | Level 6 | Jonathan B.'s student



Photo Credit: Charles Z

Cold!!! That's the first word to describe Canada to my friends and family in Indonesia. The weather in Canada is very different when compared to the weather in Indonesia. Indonesia is a tropical country, when we hear about a tropical country what comes to our mind is "hot".

Indonesia has two seasons, wet (rain) and dry, hot seasons with an average temperature of 27 degrees C. In Canada we have four seasons, winter, spring, summer and fall. Why I kept thinking Canada was cold? It is because I live in Sudbury. Sudbury is in North Ontario. In Sudbury, winters are the longest season. This year we lived with snow for six

months and with an average temperature of -25 degrees C.

Another word to describe Canada is "Nice". The people in Canada are very nice and friendly. In Sudbury there are not many immigrants but people in Sudbury are very welcoming. The other words to describe Canada are "Kind and Helpful". Sometimes, my neighbor helped me to shovel the snow on my driveway. And it is very often that I found my driveway was clean from snow, and I don't even know which one of my neighbors helped me that time.

Cold, nice, kind and helpful are the words to describe about life in Canada to my family and friends living abroad.

Emerald Lake Trailer Resort and Water Park

Tatiana C. | Level 4 | Deborah K.'s student

This is a great water park that is good for an awesome short vacation or day trip. The park offers camping sites, water park, picnic areas, kids playground, beach area, basketball courts and pavilions. I have been there with my family and it was a fabulous time for all of us. We enjoyed because all of us could be involved (all ages). The water in the lake was clear and the temperature was great since it was summer time. My husband and my children enjoyed playing on the floaters the park has in the water. I would definitely recommend this park to be visited because of its large attractions and great areas to experience.



A Weekend To Unwind

Marierose F. | Level 6 | Kirsten M.'s student

Some of my favorite places in Ontario have weekend retreats with beautiful views all year round for visitors to relax and unwind. When in Ontario, tourists can visit Niagara Falls, Collingwood and Algonquin. First, is the famous waterfall at Niagara. Niagara is a two hours drive from Toronto. While in Niagara, visitors will enjoy gorgeous scenery looking at the falls and will be able to take pictures at the same time. Furthermore, a boat ride in the Maid of the Mist is an unforgettable experience where people can feel the strong waves while at the bottom of waterfalls and at the same time feel the cold mist. Likewise, the Butterfly Conservatory in Niagara Falls is a wonderful place to see butterflies flying around indoors. Altogether, Niagara is a place worthwhile to see in one day and makes you come back for more.



Photo Credit: Charles Z

Another place to look forward to in Ontario is the Algonquin Park. To demonstrate, Algonquin has extensive Natural Heritage Education programs, Logging Museum and Art Centre. Accordingly, a day or two in Algonquin park can be spend going to the museum or go hiking on trails. After a visit at the logging museum, the family can go picnic after the long hike trail. As has been indicated, Algonquin's famous park, museums and trail is an unconventional way to experience and appreciate nature.

Lastly, you should go to Collingwood. Collingwood is a destination for winter and summer recreational activities such as swimming, hiking, biking, snowshoeing, cross-country skiing and downhill skiing. For instance, Blue Mountain which is just northwest of Collingwood, is the third busiest alpine ski resort in Canada. In addition, Blue Mountain Village in Collingwood contains hotels, conferences, restaurants and shops to pause for a while after being worn out from skiing.

All in all, Ontario is great atmosphere to spend with the whole family and enjoy nature and recreational activities all year round. It is your choice whether be in summer or winter to visit these wonderful places.

Tap into Spring at Bruce's Mill

Lei Z. | Level 6 | Lily B.'s student



Photo Credit: Lei Z

Last weekend, I visited the Bruce's Mill Conservation area on the recommendation of my friends. By taking part in the Sugarbush Maple Syrup Festival during the March break, I felt a part of a cherished treat that is 100% 'Pure Canadian.'

With Canada producing about 85 per cent of the world's sweet 'liquid gold,' maple syrup and maple sugar are recognized around the world as very distinctive symbols of Canadian culture and heritage.

As far as we know, Maple syrup is a "100% Pure Natural" product that supports environmentally responsible land use. This is why the Sugarbush Maple Syrup Festival is not only a great opportunity to get outside and have some fun, it also supports the work of the Toronto and Region

Conservation to help all of us understand, enjoy and look after the environment in the GTA.

After parking my car, I walked into the Pancake House with my wife, and we tasted delicious some pancakes and sausages. There are several real maple products which you can buy at lower prices than those which are available at the supermarket. When you walk out of the Pancake House, there are many family fun activities you can enjoy with your kids. You can follow the trail, and there are instructors who will introduce you to how maple syrup is produced and what tools are used in the process. If you are interested in horse riding, you can participate in the Wagon Rides here. I believe that this must be an unforgettable experience.



Photo Credit: Lei Z

By the way, you are brave enough, then 'Treetop Trekking' is your choice here. Following the trail, you can watch the 'Wood Carving Demonstration'.

Dr. Tak Wah Mak – Renowned Canadian Scientist

Mercidita R. | Level 7 | Lily B.'s student

Dr. Tak Wah Mak is a genius scientist. He was born in southern China, but he was raised in Hong Kong. He first studied chemical engineering and biophysics at the University of Wisconsin, and then he completed his doctorate at the University of Alberta in 1972. I admire his many talents and his work in microbiology and immunology. His research on how the immune system works and how tumors form has been good for society. In 1984, he became very famous when he solved a very complex problem in the field of immunology. He discovered how the immune system of a human being recognizes pathogens. A pathogen is anything that causes a disease. (i.e. viruses, bacteria, parasites etc.)

Dr. Mak's work is amazing because it helps us to broaden our understanding of why we get sick. Many people around the world suffer from tumors or cancer, so hopefully he will discover many new anticancer drugs. Dr. Mak is the director of the Campbell Family Institute for Breast Cancer Research. He has received many honours for his work. Among these honours are the Order of Ontario and the Order of Canada. He is a Fellow of the Royal Society of Canada. He was also introduced into the Canadian Hall of fame in 2008.



My Trip

Wangyan L. | Level 4 | Theresa R.'s student



Photo Credit: Charles Z

I bought some flower seeds. My mother-in-law took them back! When anyone comes here to Canada, they must go there! I will go again!

Today I will introduce a view of Canada for you. Actually, I should start from about one year ago. My mother-in-law came to Canada in August last year. We all went to a beautiful perfumed garden which is named Butchart Gardens. It is located on Victoria Island near Vancouver. We transferred onto the ferry from the airplane. I think that Butchart Gardens is the most beautiful garden in the world. There are thousands of flowers and different trees. They are designed in all kinds of styles, regular and irregular. At the back of the Gardens there is a fountain. It is so fabulous! We took a lot of pictures. I will send them to my family in China.

My New Country

Kim L. | Level 5 | Vinka B.'s student



Photo Credit: Charles Z

Canada is a big country and a good model for excellent transportation, health, and the government system. It has 4 seasons: spring, summer, autumn and winter. Warm seasons are short, but winters are very long and uncomfortably cold. In the fall, leaves change colour and fall down on the ground .This is very colourful and romantic, so that's why fall is my favourite season.

Canada is a convenient place to live in. First of all, transportation by bus, by train, or by car is convenient. If you don't have a car, you can get everywhere easily. In addition,

we also have a good health care system. For example, Canadians can have a family doctor or they can go to a walk-in clinic or an emergency room when they are very sick. There are also lots of different jobs we can do here. Education system is good because we don't need to spend lots of money when the children are smaller, but when they are in college or university we have to spend more money. However, the government of Canada can help students with financing, or they can get part-time jobs for a short time.

Finally, if we want to live comfortably in Canada, we have to learn English and learn to accept Canadian customs, such as team-work, standing patiently in line, loading up shopping carts or saying sorry even if we didn't do anything wrong. In Canada, we also need to change some of our habits when we talk to people because we need to be polite and respectful of other people's cultures. As the expression goes; "When in Rome do as Romans do."

Happy Canada Day!

Aboriginal People in Canada

Thiruvanan M. | Level 4 | Sarah H.'s student

Inuit people live in the Arctic regions of Greenland, Canada, and Alaska. Their language, Inuktitut, is from the Eskimo-Aleut family. Their clothes are made from animal skin using animal bones as needles. They fish, hunt, and gather to survive. They lived in houses made from snow called "igloos".

The Metis people live across Canada and in the northern part of the United States. Their language is called Michif. They hunt buffalo to survive. Metis women dressed in simple dresses with high neck lines. Metis men wore a short shirt, red woolen cap, deerskin pants, moccasins and a long hooded coat.

First Nations people are the people who are not Inuit or Metis. First Nations people live across Canada, but most of them live in British Columbia and Ontario. First Nations people have over thirty languages.



Dundurn Castle

Yu Q. | Level 6 | Linda C.'s student



A few days ago, my family and I went on a tour of Dundurn Castle, which is located in downtown Hamilton near the lakefront. It is one of Canada's national historic sites.

We followed the lady who was giving the tour. We felt happy and lucky because only 3 of us were touring this castle. We were treated just like VIPs.

The owner of this castle was Sir Allan Napier MacNab who was a baron, politician, businessman and lawyer. It took him three years to build this house starting in 1835. There are 42 rooms all together for his family members and servants to live in it.

We are still very shocked that this mansion is still quite luxurious compared with today's big house except there was no electricity at this time.

Summer Fishing

Kostiantyn S. | Level 4 | Erin O.'s student

Summertime has started and people are thinking about free time. Saskatchewan has a lot of lakes. If you have a free weekend and you like fishing, this is paradise for you.

Greenwater Lake is a big lake. Many people come here every year. They can rent a house for a couple of days or spend a day with family near the water. This place has all the amenities: barbecue, water, stores, a lot of green grass and a place where you can pull your boat on the water. If you have a licence for fishing, you can bring back a small fish or you can cook it here with friends. Typical fish for this place are Jack and Zander.

If you like fishing, sun, and fun company, this is a place for you.



Photo Credit: Charles Z

Summer in Canada

Mohammad R. | Level 4 | Joseph N.'s student



Summer starts in June and ends in September in Canada. After the cold winter and short spring, summer is an interesting season. We have more things to do.

We can repair our homes or apartment and have fun, including barbecuing, camping, fishing, swimming, and going on trips.

Last summer my family and I went to Quebec City. It was a nice drive.

We visited Old Quebec City, which was really nice.

We also went to a water park, where we had lots of fun.

Canada is beautiful in the summer.

Toronto Island Park

Shagufta S. | Level 7 | Jessica W.'s student

I have been living in Saskatoon from the last three years. In May, I went out of my city with my family for the first time in the past three years. I went Toronto by road two weeks ago. It was really a memorable trip. In fact, Ontario is very beautiful province with a beautiful views, colorful scenery, and waterfalls. Both sides of the road have beautiful greenery which gives a soothing effect to the eyes. I have no words to explain the beauty of nature.



I visited many places in Toronto, including Toronto Island. This is one of my favorite places in Toronto. It's only a short ferry ride from the city. It's a great place to explore walking or riding a bicycle. This is such a beautiful park with plenty of things to do and to see. This is, in fact, the park for all ages. We all had great fun there. There is an amusement park, rides for kids, and a small zoo. We had a lot of adventure there.

My husband, three darling kids, my sister-in-law's family and I reached the Island Park early Sunday morning. We lined up and bought the ferry tickets. Because we reached the park early, we didn't wait much to get the tickets. We all were very excited for the ferry ride because it was the first time my family was had ridden a ferry .It was a lovely experience for us. The ferry ride gave us wonderful views of downtown.

We entered the park full of excitement. My children were very happy after seeing the amusement park. There were lots of attractions for us. We took pictures of beautiful scenery. There was a tractor standing there. My kids liked that very much. I took picture of them with that tractor. A big attraction for them was the zoo. They were very happy after seeing the animals. They went on their favourite rides. After exploring the park, we ate delicious snacks which I had made at home. We all were very tired at the end of the day. So we decided to go back. We lined up again and enjoyed the ferry ride. It was a memorable trip.

This park is perfect for a day trip with family, or for a calm walk with a partner. In Toronto people are really lucky to have such an island. Whether you are a Torontonion or a visitor, I would highly recommend spending the day there. It is a great place to relax from the stress of the huge city.

My Regina

Julie R. | Level 5 | Vinka B.'s Student



Regina is the capital of Saskatchewan and also known as the “land of the living sky”. It is in the heart of Canada’s prairies and is the second largest city in the province, after Saskatoon, with a population of 200,000 people.

Originally, I came to British Columbia and I spent 4 wonderful years in Surrey, BC. At that time I had never heard of Regina until my fiancée came to Canada in 2009 to work as a temporary worker at the McDonald’s in the province of Regina, Saskatchewan. Then, he tries to allure and convince me to settle down in this city for which he give me this short

descriptions: “a small town with nice people, clean environment, open prairie land, beautiful parks & tourist attractions, and very few big buildings or crowded establishments”. When I got here I learned that almost everything in this town closes at 6 pm and there are no more people in downtown after that. I also learned that the weather here is extremely cold, and since then I have experienced many extremely cold winters with a temperature of minus 40 degrees. The winter weather lasts from about mid-November to March, but summer & spring are my favourite seasons. When the weather is sunny and cool, it is lovely to hang out or visit awesome attractions like the Government House, the Kramer Imax Theatre, the Legislative Building, the Mackenzie Art Gallery, RCMP Heritage Centre, Royal Saskatchewan Museum and Wascana Centre Park.

Slowly I learned to love this city and the people who live here. They are friendly and welcoming as they greet you with a smile on their face. In Surrey nobody said hello to me, but in Regina it feels good to be recognized when you step outside or catch a bus. Drivers here give way to pedestrians on the streets, and at the mall many people say hello or hi even if I don’t know them.

People in Regina like to boast about fabulous restaurants in town. Because we live in an ethnically diverse city, our restaurants provide a range of Asian, Chinese, Italian, Indian, Mexican, Japanese, Thai, and French cuisine. We all have our own favourites when it comes to food and free-time activities. There are many nice areas where people can enjoy parks & plentiful green spaces for picnics with family and friends. There are also biking paths, playgrounds, skiing venues and other recreational facilities throughout the city. We have a popular Wascana Lake, where boating activities are being held during summer and in winter time, skating and tobogganing is offered at the Wascana Centre and downstream on the banks of Wascana Creek.

Economically, the cost of living in Regina is low, compared to Surrey and other Canadian cities. For example, we pay lower cable, phone, and insurance bills, as these are all government run companies and the costs are regulated to remain lower than in most other companies in Canada. The rent is also affordable and the city is a cultural and commercial centre for southern Saskatchewan. The economy is fuelled by agriculture, oil

and gas production and development, as well as telecommunications. As a result, we have many businesses, commerce opportunities and the fastest growing population in the province. All this growth has created jobs that need to be filled.

To sum up, living in a small city like Regina provides an easy, convenient and a simple lifestyle. I think this is the place where I want to stay and raise my family. My life here is good; the environment is clean and everything is close to work & home.



Celebration

Wedding in Rwanda

Immaculee K. | Level 4 | Samuel M.'s student



Marriage is a very important cultural institution in Rwanda. Wedding in Rwanda has three ceremonies: the traditional engagement ceremony, the civil engagement and the church ceremony.

Traditional wedding ceremony: during this ceremony, the parents officially acknowledge the couple, who have to get the consent of parents to get married. Each family has a representative who speaks on their behalf, usually an old, wise man. This ceremony is a battle of wits often involving traditional tongue-twisters as well as riddles and pranks from the girl's side. The family of the would-be bride, as well as the people of her neighbourhood were all consulted.

The next phase would be the bride-price. This one is always strictly a cow, or several cows. In modern times, the groom does not give a cow but money. The groom's representative gives thanks and eventually gets the matter of their son being in love with her girl. He gives the cows, symbols both of something to replace the loss of beloved daughter as well as mixing of families through their herds. Poets come and sing of how beautiful and special the cow is. Finally, the bride is able to come out with her entourage, generally four female guards, a girlfriend who is a mother, four other girlfriends and two young girls. Once the bride and groom have introduced one other to their families, the festivities can really begin with drumming and dancing.

The bride's side would invite the groom's side to share a drink. Then, before the groom's side left, they would often be given a drink to enjoy along their journey home. In modern times, if one side has travelled a great distance, they may even be invited to share a meal together with their future in-laws before they return home.

Civil ceremony: Before this ceremony, each party must be registered and declared to the council that they are legally free to marry. They produce the required documents too. The bride and the groom are considered legally married after the civil ceremony, but they don't live together as a husband and wife until after the church ceremony.

Church ceremony: This one follows the format of a normal church service with a choir singing and some sermons read by the priest. The bride and the groom say their vows and then they are joined in prayer. They kneel down and are blessed by the priest. After this ceremony, there is typically a reception. Each family shares some drinks and food and asks other family some questions to be sure that everything is all right. They share the wedding cake.

Finally, the guests present their gifts to the new couple and make a toast. The new couple, accompanied by their families, go to the groom's house.

Shab-e-Barat

Asma H. | Level 6 | Jason L.'s Student



There are 365 days in a year and we are always busy in our daily routines. It is important for Muslims to devote sometime for the creator Allah, who has created us for his worship. While there are many nights we devoted to worship in Islam, I want to talk about Shab e-Barat.

Sacred Shab-e-baraat is an important and revered night which is known as the night of forgiveness. According to the Islamic lunar calendar, Shaban is the 6th Islamic month which is same as August. Shaban's night is called Shab-e-Barat which is during the night of the 14th and 15th of the

month of Shaban. Muslims believe at that night ALLAH TALA (God) appears in the first sky (Muslims are believe there are seven skies and we are under the first sky) and asks us who wants forgiveness? In his words, he tells us "I am here to listen to you".

Narrated by Hazrat Ali, he has heard from the Holy Prophet (peace be upon him) to offer prayer during the night of 15 Shaban and to fast the next day as ALLAH appears in the sky after the sunset and asks (till the morning) "if there is someone who is seeking my forgiveness of their sins, or needs livelihood? Is there someone who is in trouble? If so, I can get him out of it". Allah also asks "if there is someone who is seeking long life? I will grant them a long life".

The Holy Prophet said that the person who observes three fasts in the month of Shaban and offers Darood on him, Allah forgives all his past sins and increases his livelihood.

We should forgive each other and resolve that from now onwards we should take special care of the rights of other human beings.

I pray with my family for the whole night during Shab-e-Barat. At midnight, we practise Sahree (eating at midnight). After, we start our morning prayer and begin to fast. We prepare some dishes for our family and friends. We also give food to neighbours and poor people. The men visit the cemetery and pray for the dead.

My Birthday Flight

Danila O. | Level 6 | Morley M.'s Student

My name is Danila. March 3rd is my birthday. This year, as a gift, my wife gave me an introductory flying lesson with a qualified flight instructor at the Buttonville Municipal Airport. I had never been to the Buttonville Airport. I tried to go twice before but those flights were cancelled because of poor weather conditions. Finally, on March 3rd, thanks to my wife, the time for me to go came.

I got up early that day. I first went to work in my auto repair shop in the morning, but by noon I was at Buttonville. Inside the airport I first saw a small shop selling pilot accessories. I also saw long corridors with many classrooms filled with student pilots. There was an impressive professional flight simulator in one of the classrooms. It looked like a real pilot's cabin. At home I have a much less impressive personal computer flight simulator with all the tools needed for learning and flying. My instructor named Roman was waiting for me when I reached the front desk. Roman explained what we would be doing in the lesson and where we would be flying. After his briefing, we went to the aircraft.

The aircraft was a Cessna 172 built in the 1970's. Before takeoff, we inspected everything step by step including: the propeller, alternator belt, wings, and fuselage. Everything checked normal and reliable for flight. I started the engine and felt the tremendous engine power as we taxied to the runway. At 12:25 PM we took off. The feeling of flying and being behind a control wheel was exhilarating. As we ascended, everything below got smaller and seemed a little less important. We flew up to underneath the clouds. Flying and seeing clouds and other aircraft, instead of buildings and cars was an incomparable experience. Our forty minute flight ended too fast for me. I landed only to return to my ordinary life and ordinary problems. Still, my flight was unforgettable. I enjoy my life and love my wife, who gave me the most unforgettable birthday gift ever, very much.



Sale No Mobarak

Seyedehsekineh M. | Level 5 | Supriya H.'s Student



Celebration of New Year is the best time for many countries. Different countries celebrate New Year in different ways. Some countries celebrate it as a religious occasion and some celebrate it when the season changes. There are some countries such as Iran which celebrate the New Year when spring starts, and they have some traditional things in their culture before and after the New Year.

Nowruz is the name of the Iranian New Year. It is formed of compound words which are, now means new and ruz mean day. Before New Year in Iran, Iranian families have some

traditions for Nowruz. They start with (khane tekani), which means cleaning the house. They clean their house thoroughly. They also have some special decoration called Haft Sin. Haft means seven and sin means the letter S. They prepare seven items which start with S and each item represents an important symbol of life. Sabzeh (Wheat sprouts) which is the most important , grown in the dish or pot, symbolizes rebirth; Sib (Apple) symbolizes beauty and health; Sir (Garlic) symbolizes medicine; Serkeh (vinegar) symbolizes patience; Sumac means the color of sunrise; Senjed (Silver berry) represents love , and Samano (Sweet Pudding) symbolizes affluence. The Haft Sin table is usually decorated with some other things like candle, mirror, important books such as the Quran, colored eggs, Gold fish in a jug of water and also, a bowl of water with sour oranges, nuts and cookies. The family gathers around the Haft Sin table and makes a wish for the New Year and the oldest person in the family gives gift (usually money) to other members of family. On New Year day they visit each and the senior members of the family are visited first. The Iranian holiday for New Year is for 13 days, and on the 13th day family and friends go for a picnic because they believe this day is an unlucky day to stay at home. Also they bring their Sabzeh (wheat Sprouts) and gold fish and return them to nature. Iranians celebrate the last Wednesday before Nowruz and call it Charshanbeh Suri (Red Wednesday). Families and friends gather together, light a bonfire, dance and jump around the fire and sing 'Give me your beautiful color and take my pale color' because the red color of the fire is symbolic of healthy skin and pale skin symbolizes sickness.

Indeed, Nowruz is celebrated not just in Iran, but also in some other countries like Turkey, Afghanistan, Tajikistan and Kazakhstan. These countries may not have the same traditions as Iran, but they do have a common New Year.



General

An encounter with bees or wasps

Carlos B. | Level 7 | David S.'s student



Bees and wasps are one of the common insects; they are common in their color yellow and black stripes; they are buzzing around the people, and if you are not lucky enough they will sting you, and you will not like being stung with a bee. Based on my experience, a wasp stung my ear, so my ear was swollen and I was suffering for a week with swollen ear; I felt like I was an elephant or an elf. After that I started to hate bees and wasps.

I registered in the LINC Home Study to improve my communication skills and during my class I watched an article about the bee and the title is "To Bee or Not To Bee ". After I watched that short film documentary, I realized how the bees are important to mankind and to the world; bees are irreplaceable, and now they are dying because of few reasons why they are starting to get extinct. I felt bad because I said to myself I will be cruel to the bees after I got stung, but I did not know why the bee stung me was because he felt threatened and that is why they have a stinger to protect themselves.

About a month ago, my daughter saw a bumble bee was inside our house and I don't know what to do, so I asked myself if I ignore that bee or if the bee feels threaten, we might get stung; if I will kill the bee I will be part of the reason why the bees are gone. I said to myself I want to be part of good individuals. I managed to let the poor bee out inside our house without harming him and after that I felt great because I saved the world by saving a bee. Einstein said "If the Bee Disappeared Off the Face of the Earth, Man Would Only Have Four Years Left To Live", so please save the bees.

Famous Iranian Scientist

Ali A. | Level 3 | Tuula L.'s student

Muhammad ibn Zakariyā Rāzī (854 CE – 925 CE) was a famous Iranian scientist who lived approximately 1,200 years ago. He was born in Rey, and his name Razi means a person who came from this city. Rey was a big city near Tehran, today the capital of Iran. His father was a jeweler, so he started the same business as his father but Razi didn't like it. He was more interested in studying chemistry. He wanted to be an alchemist who could convert metals to gold.

His studies helped him to become the first scientist who discovered alcohol and sulfuric acid. When he worked with chemical materials, he became temporarily blinded, so he had to go to see a physician. The doctor cured his blindness but took a lot of money from Razi, and he told Razi that it was Alchemy but not something that he would follow. This statement was very important to Razi and changed his life, so he started to study medicine.

He went to Baghdad, a city in Iran at the time, to study medicine, and after he graduated, he became the chairman of a famous Baghdad hospital. The king of Iran sent a message to him that he had to return to his country and he accepted. He worked hard in the hospital in Rey. When he discovered alcohol, he became the famous physician known all over the world. He was very successful because he was a physician who knew a lot of information about chemistry, so he combined chemistry and medicine. He also had a lot of books which were later used as references in European universities. The most famous of his books was Alhavi which was a medical textbook.



My Travel Adventures

Ingemar R. | Level 7 | Vinka B.'s student



Being a South African, I can sum up our culture in two words: sociable and friendly. We can visit friends and spend hours around a BBQ or just with a cup of coffee in hand. Receiving unannounced visitors is common to us. Rugby, as a sport, is a huge influence on many and there is always a BBQ that goes along with a rugby match. The two main languages in SA are Afrikaans and English. South Africans like big houses and many houses will have swimming pools which are often used during the 9 months of very hot summers.

My husband and I always wanted to travel, and soon after our second child was born, we set off on an unforgettable adventure, leaving South Africa to experience life in Europe. We soon found out that living in a different country, among people with different cultures, is easier said than done. We moved to the west coast of Ireland and lived in Galway City, the most beautiful part of the Connaught region. In this part of Ireland, families still speak Gaelic and traditional clover leaves and little leprechauns are everywhere. Everything was so beautiful there and soon enough we became used to the ways of the Irish. “Don’t come into my house, I’ll meet you at the pub for a pint”. “Please take your shoes off at the door”. Phrases that formed a huge part of everyday conversation were: “Look’it, “your man”, “What’s the craic” and “lad”. The Irish are friendly people and very sociable, but when it comes to the point where you can become friends, they tend to withdraw quite quickly. We never understood the reason for this behaviour.

Moving from Ireland to the land “downunder”, we felt closer to home culturally, but there was still a significant difference with the way Australians did things and the way they expressed themselves. BBQ was also a big social pastime and phrases like “Hello Mate” and “Whaz up Mate?” became part of our daily routine. We also found that some Aussies are set in their own ways and do not adapt to change very easily. We especially loved the opportunity of being able to live close to nature and enjoy the wide open spaces and many beautiful ocean views in the coastal areas of Australia.

Then, one day, we heard of a place called Yellowknife and did not even know where exactly it was until we searched it up on Google Maps - Oh boy!! Never in a million years did we think that we will end up so far north in the world.

I was very excited to meet Eskimos but soon found out that using terminology “Eskimo” was offensive and wrong and that we should refer to the local people as First Nation, Inuit or Aboriginal people. In South Africa, even to this very day, we learn that people living in the Arctic are called Eskimos, so I never thought that I would be offending them. Down-filled parkas, snow pants, mittens, neck warmers and toques were never really part of our lives or vocabulary until we landed in Yellowknife. We fell in love with the cold, the darkness in winter time and the almost 24-hour daylight in summer months.

Anyway, to sum up, my family and I have realised that when traveling and exploring different countries and cultures, the best thing to do is to adapt to your surroundings and not to wait for the surroundings to adapt to you.

Singapore, My Second Home

Shijie C. | Level 7 | Alena S.'s student

I had lived in Singapore for fifteen years before immigrating to Canada. Today, I'm happy to take the chance to briefly share with you what I know and how I feel about Singapore.

Singapore is a city-state island country, located at the tip of the Malay Peninsula in Southeast Asia, with a total territory of 718 km² and population of 5.5 million. It consists mainly of Chinese, Malays, and Indians, with the minorities from the rest of the world. Four languages are spoken in Singapore - English, Chinese (Mandarin), Malay, and Tamil, among which, English is the official language of administration and commerce and widely used across the island.



Singapore gained independence as a country from a small fishing village in 1965, and has since developed rapidly. Singapore today is a vibrant cosmopolitan city and an economic giant, ranked the world's fourth-largest financial center and the fifth busiest port. Its national airport has continuously been rated as the world's best airport since 2006.

Like Canada, Singapore is a multicultural society, where people of different ethnicities and beliefs coming from all over the world integrate and live harmoniously under one roof. One of the perks of multiculturalism is the abundance of selections of yummy dishes - durians, black pepper crabs, laksa soup, and much more. I miss them so much!

Given its tropical geographic location, the weather of Singapore is warm and humid throughout the year, which may sound enjoyable to some and uncomfortable to others. Nevertheless, it is one of the top two cleanest cities in the world, sharing the prestige with the Switzerland.

Singaporeans are generally considered nice, friendly, polite, and well-behaved. Singapore is also known as one of the safest cities, and that's what I liked the most about this country. You can even wander around alone at night without having to worry too much.

I love Singapore, and would proudly call it my second home.

Recent Earthquake in Nepal: I am a survivor

Narhari T. | Level 7 | Alena S.'s student



These days when I am writing this, Nepal is observing one month anniversary of the 7.8 magnitude earthquake that killed almost nine thousand people and demolished more than half a million homes.

The scale of devastation from the recent earthquakes in Nepal is substantially greater than expected. With the second earthquake of 7.3 magnitude on May 12th, 2015, The Ministry of Home Affairs in Nepal reported that the death toll and the total number of injured had climbed to 16,808 (as of May 18th count). The Ministry also confirmed

that a total of 488,789 houses were destroyed and 267,477 damaged. Providing temporary shelter to these affected families and long-term reconstruction will require billions of dollars.

I am one of the survivors of this devastating earthquake. I was in Kathmandu, on the way back to Toronto after completing a volunteer assignment in Bhutan. On April 25th around noon I was out there shopping in my final hours before the departure. Suddenly, the building started shaking. For first few seconds, I had no clue what was happening, but the earthquake was so powerful and within 10 seconds everyone realized it was indeed the earthquake. It was almost impossible to get out of the building.

When I was able to come out of the building, it was very sad to look around: many buildings were completely collapsed. I was just behind the Kathmandu City Tower called Dharhara, which was similar to CN Tower in Toronto. I was emotionally down when I saw the tower was completely destroyed. After spending almost 5 hours in the open field, I was able to manage to get a taxi to the airport. At the time, there were not any commercial flights operating. Thousands of people were waiting for their flights in the airport parking.

Unfortunately, the aftershocks continued and there was a little hope to get out of the country. There were many reasons commercial flights were on hold: airport authorities were not sure about the airport physical conditions, safety issues and fear to land a plane during the aftershock, so all in all airport staff were scared to work and we, passengers, had great fear that the building might collapse during the immigration clearance or boarding process.

Finally, after spending 2 days in the airport parking, we heard good news that commercial flights would resume and I could take a flight soon. During this emergency situation, water, telephone and electricity were completely out of service or unavailable, only with very little cellphone connectivity.

Upon arrival in Toronto on April 27th, I was delighted to see my wife and son. I am sure everyone was stressed including my coworkers and friends. I had a very long list of emails and voice mail in which people expressed their worries and good wishes from different parts of the world. Slowly, I am back to my normal schedule, hoping all hard experiences may be bad dreams, and hoping this will never happen again.

Lyme Disease

Mahsan A. | Level 7 | Lily B.'s Student

Lyme disease is an inflammatory infection. If it isn't diagnosed properly and left untreated, it can cause major health problems. The number of infected people with Lyme disease is rising in Canada. That's why it is very important to inform people about its causes and symptoms.

People can develop Lyme disease when they are bitten by a black legged tick or a deer tick. In fact, the source of this disease is *Borrelia* bacteria, which lives in wild animals like deer or in smaller mammals as well. When a tick bites these animals, the bacteria goes into their bodies. Then, the infected tick bites a person, and as a result, it transfers this bacteria to the human being. People usually get this sickness when they go hiking or camping in woods, but they can also even be bitten by ticks in overgrown and bushes in urban areas. This is because migratory birds, like robins and sparrows, can carry infected ticks from forests and bush areas to cities. Lyme disease can be most likely contracted by people in May, June, July and August, when the weather is warm enough for ticks to be more active. However, some cases of this sickness have been seen in the colder months of year as well.



Knowing the symptoms of this dangerous disease is very important. First of all, tick bites are not painful, as they are small in size, or are not usually accompanied by a rash. For example, only 30% of people who are bitten, develop a "bull's eye" rash. As a result, most victims of the tick bites don't know they have been bitten, so awareness of the symptoms becomes vital. Moreover, the time when treatment is started, has a high importance in the healing process. In other words, in cases when treatment is delayed for months, more severe symptoms are gradually experienced. By knowing the symptoms of Lyme disease, people can have medical help sooner.

Lyme disease can cause mild symptoms including a rash, fever, the chills, headaches, joint and muscle pain, weakness, and swollen lymph nodes, to severe dizziness, fatigue, arthritic joint pain, cognitive problems and even paralysis.

A course of antibiotics can effectively kill the bacteria if the patient is in the early stages of the sickness, which could be about six weeks from the start of the illness. However, people who have been suffering from Lyme diseases for a long time, are less likely to heal completely, and their heart, nervous system, and joints can be involved. This is because the *Borrelia* bacteria has different strains, and each strain can affect different organs of body. Another dilemma of this disease is that a person can carry the bacteria of Lyme disease but may not have any symptoms for several months. This can make the healing process harder and even impossible. The last but not least fact about this serious illness is the flawed way of its diagnosis. As there are several different strains of Lyme disease, evidence has shown that people can have several false negative test results before getting a positive result for Lyme disease. As a result, preventing Lyme disease seems easier than curing it.

Health officials suggest that when someone goes to a place with a potential risk of ticks, he or she should take some simple steps for the prevention of tick bites. This can be done by wearing closed toe shoes, long sleeved shirts, longer pants, and light coloured clothing in order to spot ticks easily. Moreover, you should tuck pants into socks and shirts into pants to stop ticks crawling up to your skin. Applying insect repellent is a good idea especially if the repellent contains DEET or Icaridin. There are also some useful tips to be done at home after spending a day outdoors. You should thoroughly inspect your body, children and pets for ticks. If you find any ticks, remove them within 24 to 36 hours and go for medical help.

Facebook Should Be Age Restricted

Wei W. | Level 7 | Fernand V.'s Student

I think Facebook should be age-limited for three reasons.

First, Facebook is unsafe for teenagers and underage kids. Teenagers and underage kids are often unaware of the harmful effects of using Facebook. Many Facebook users have suffered from identity theft and bullying. Their machines became victims of viruses. Abusers utilize this popular social network for age inappropriate sexual activities. Therefore, parental supervision is important to restrict the age.



Second, Facebook can change some realistic information. Although Facebook has systems designed to try to detect people who lie about their age, they are far from the fact. Parents must monitor their kids and teach them to use an eraser button to click, delete the sites, which present embarrassing information.

Third, the most important reason is that Facebook is physically and mentally unhealthy for young people. Some interesting sites keep the children busy on the screen for a long time. This can limit their outgoing activities and communicate with the people surrounding them. They see pictures and videos, which lure them to lead a luxurious life. In conclusion, Facebook is an unsafe, unsupervised and an unhealthy technology of social networking for younger generations and so there must be restrictions on the age for using this social networking site.

Facebook should be age restricted.

Family in My Home Countries

Josiane A. | Level 4 | Supriya H.'s student

The family is the nucleus of civilization - Will Durant

All over the world a family is defined as people who have some kind of relationship. A family unit has existed in all societies and all times. However, the structure of a family, the dynamics of relationships, and cultural expectations from family members differ from one country to another. I would like to share with you the differences I saw and experienced in families in Cameroon, Brazil, and Canada - the three countries I call my home.

In Cameroon, a family is very large. It can include more than 6 generations and sometimes people without the same ancestor, but living in the same village for many years.

Polygamy is common. The elderly are very important in each family; they always live with someone in the family, and they can change or go to any family member's house when they want without informing them in advance. It is mandatory to have children whether a couple is rich or poor. Children are for the entire family and the family helps to look after them. Sometimes the older children have responsibilities to their younger siblings; the eldest takes care of them when the parents are away. The family structure is based on mutual solidarity and respect. It observes submission to the elders and duty towards children.

In Brazil, family members are usually people that have the same grandfather or grandmother. The first consideration is given to the nuclear family. Grandparents are closer to the nuclear family than cousins, uncles and aunts. In fact, they maintain a regular interaction with their grandparents and great grandparents, but they keep only occasional contact with their extended family and see each other on special occasions. Unlike African families, it is the couple who decides whether or not to have children. But once they have them, their grandparents and great grandparents are very involved. The children have more rights than other family members.

In Canada, the nuclear family is the most common. Generally a family unit consists of people in a relationship living in the same household. The decision to have children completely depends on the couple. Usually, the family doesn't have many children, and they can occasionally get some help from the grandparents to take care of children. Unlike Cameroon and Brazil, the elderly are isolated when their children become adults and have to leave the family home. Usually elders have to live in the retirement homes/residences with other people taking care of them. As in Brazil, family members keep a basic contact on the phone with the elderly and meet with them on special occasions.

We can see that there are many differences in the family structure of Cameroon, Brazil and Canada. However, we must remember that a family bonds on the basis of love and affection, whatever may be its structure, the relationship between its members, or cultural expectations.





Heritage

Where I come from

Catherine T. | Level 7 | Alena S.'s Student

It is summer in my homeland right now. People at the beach are a common sight. I remember being on a beach with my husband during our honeymoon. I was really excited; it was my first time going to a small island named Boracay. We travelled by plane, and then when we arrived at the place I was so amazed at the sight. Oh! I can still feel the fine white sand of Boracay on my feet. I can still remember the clear water with the fishes swimming with me. We did an island hopping, diving and parasailing. And when it was the nighttime, the island was alive with all the parties going on. You could meet different races and faces.



When you are not a beach lover, you can go to a mountain resort, such as Mambucal resort. As you enter the resort, you can feel the coolness of the place. You can breathe the fresh air and smell the sulfuric scent of the rivers. Mambucal is well known for its 7 falls. You can hike up the mountain and you can pass 7 falls with their cold and refreshing water. It also has a hot spring where you can relax and enjoy its therapeutic water. You can experience the wall climbing, boating and butterfly garden there. And in the evening you can have your night swimming in their big pool and grill fish for dinner.

When you want your vacation to be a little private or intimate, you can go to Pata-an Mountain Resort. There are just few people who go there because it has a few rooms intended for its customers who want to enjoy themselves and relax with their family with smaller crowds. In Pata-an you can enjoy the Falls and the swimming pool. You can stay in their rooms and listen to the gushing yet relaxing sound of the river. From your room you will have a breathtaking view of the beautiful mountains and the vast blue ocean. Then you can pick or just look at the colourful flowers that are growing inside and outside the resort.

Spending summer time in my homeland is very important to every family even if it means just spending it at a nearby beach or just going back to your farm or the countryside. What is important to us are not the places we see and go to, but the bond and memories with our families and friends we make.

Romani Cultural Traditions

Tunde R. | Level 5 | James H.'s Student



Let me briefly introduce myself. My name is Tunde and I came to Canada from Hungary 5 years ago. I'm from a traditional Romani family. My husband has the same background but he is Jewish from his maternal grandmother's side. During World War II, both Jewish and Romani people were taken to Auschwitz and killed in the millions by the Nazis. I must share this information before I start to write about Romani traditions because there are still racist ideas in this world and because of this, our traditions and habits have existed in a very closed world. I'd like to share briefly my thoughts and certain facts about the Roma people who can be found in every part of the world.

Approximately 10% of Hungary's population of 10 million is Roma and according to statistics around 15 million Roma live in Europe. The original belief about their origin came from the "Gumi" story which tried to connect the Romani people to the Indian people because they travelled through India, but so did many other groups and nations. Today this assumption has been proven false and thanks to modern folklore research, it is now believed that the Romani people are in fact related to the Jewish people. They have always believed in one God since Abraham and some assume the two groups were together during the Exodus from Egypt. The Bible says that "with the Jews, other "medley" people were marched out with Moses." This theory has been approved by lots of Jewish organizations. Besides, these two nations traditions and habits are also very similar.

Let's start with the tradition of marriage. It usually happens at a very young age (between 15 and 20 years old). The girl has to be a virgin and not be close with any other men, preserving her reputation while she waits for her groom. The groom visits her house with his family in order to ask permission to marry her, first from her father. He must prove to the bride's father that he came with fair intentions and offers a lifetime marriage proposal. In the best case, they accept with hospitality and cheer and they begin to talk about the details of the wedding (Bijav). The wedding itself is celebrated in the richest and most gorgeous way possible and after that the young couple is usually given some property from the parents.

On special holidays, males wear black suits with white shirts and a hat (the same as the Jews). A woman wears a kerchief on her head to indicate that she is already married. According to the Bible, women are not allowed to wear men's clothes (the same as the Jews). At familiar gatherings, males and females sit and talk separately. In the case of death, they wear black clothes only, men grow beards and they hold a vigil for at least 3 days and nights but usually for 6. They host the deceased's relatives and friends with food and drink, however, the main topic is commemorating and talking about the deceased's life. These traditions have been modernized over time, but most families keep them in some form today.

I'm very thankful for Canada because it mostly accepts immigrants, and doesn't make a difference between racial origin. This is good news for the fight against racism around the world. The door of freedom is open and the world will see Romani people in a positive way. We may not have a country, but we have a huge heart which if you get to know, you will find not just a friend but a true sibling.

Patan, India: A historical city

Bhumikaben P. | Level 5 | Brenda V.'s Student

Patan is my home town and it is located in Gujarat, the west part of India. According to history, Vanraj Chavda founded the city of Patan in year 746AD. The city was the capital of Gujarat for about 600 years until 1411AD. As per historian Tertius Chandler, Patan was the 10th largest city in the world in the year 1000AD, with a population of approximately 100,000.

Patan is a historical city which has many ancient sites and historical places that people from all over the world come to visit. Among them are Rani-ki-Vav (queen's step well).

Rani-ki-Vav is included on the list of UNESCO World Heritage Sites. Indian Prime Minister, Narendra Modi endorses Rani-ki-Vav as one of the best tourism places in Gujarat. Also, Patan is known for the Patola, which is a unique clothing design. Most of the famous Indian celebrities come to visit Patan to buy the Patola.

Routine life in Patan is so simple and interactive. Farming is the main occupation in my home town. During the evening, people meet together and enjoy each other's company. People of Patan are very fun loving and they enjoy each and every festival. Diwali (Hindu New Year) is the most popular celebrated festival in Patan. People celebrate it for eight days. They meet with friends and relatives during these days. One of the most unique things in Patan is how much people enjoy celebrating fairs.

Patan is a city which has ancient sites, traditions and cultures. People in Patan enjoy all the festivals and holidays with more joy than other cities. Because of this, I always miss my home town. I think that if you visited Patan, you would like it.



Kathmandu Crushed

Raju B. | Level 7 | Lily B.'s Student



The devastating 7.9 magnitude earthquake that violently shook Nepal on Saturday April 25, 2015 killed more than 7,000 people, and over 10,000 people have been injured. Millions of people have lost their homes.

The earthquake has destroyed billions dollars of property all over Nepal. Moreover, it has devastated a number of its iconic UNESCO world heritage sites as well as the most popular tourist attractions, most of which were built more than 1700 years ago. All of them represent the history of the cultural and artistic life of Kathmandu. These monuments

carry the story of Kathmandu.

The Kathmandu Valley includes seven groups of monuments that show a variety of religious, cultural and artistic traditions that have made this area world famous. This devastating earthquake not only killed thousands of people, but it has also devastated so many UNESCO World Heritage Sites such as Dharahara, a 100 foot Tower previously open to the public for almost a decade, which was tragically cut down to a 30 foot pile of jagged brick.

The historic destruction in Kathmandu is big. The Kathmandu Durbar Square, a former old royal palace of the Kathmandu Kingdom, and the Kasthamandap temple in the Kathmandu Valley, are both UNESCO World Heritage Sites that have been devastated by the earthquake.

In Bhaktapur, which is also known as a city of deep culture and temples of devotion, there was also a massive impact of the earthquake.

In Bhaktapur Durbar Square, which is the plaza in front of the royal palace of the old Bhaktapur Kingdom and another UNESCO World Heritage Site, both the historical gate and statues of the kings were destroyed, and the 55 Windows Palace was partially devastated by the earthquake.

In the UNESCO World Heritage Site of Patan Durbar Square, which is found in the centre of Lalitpur city, there was extensive damage to the Patan Museum, which is full of wonderful treasures.

I am deeply crushed by the damage the earthquake has done to my native city. It is very tragic that so many UNESCO World Heritage Sites have been damaged. So much history has been lost. It is a great tragedy not only to Nepal, but to the whole world.

What Do You Miss the Most about Your Homeland?

Shanaz P. | Level 6 | Nataliya B.'s Student

My name is Shanaz. I came from Bangladesh, which is located in South-East Asia in the Indian subcontinent. Bangladesh became independent on December 16th, 1971. Bangladeshi people had a bloody war to become independent, and more than 3,000 people were killed during these wars. Bangladesh is a democratic country now, and all citizens above 18 years old can vote to select their parliament. There are many beautiful cities in this country, with Dhaka being the capital and the largest city. I grew up in Bangladesh and there are many things I miss about my homeland.



The first thing I miss about my homeland is its natural beauty. Bangladesh is renowned for Cox's Bazaar beach. It's the largest in the world. It is also known for Sunderban forest, which has many royal Bengal tigers. I really miss this natural forest, the beach and green areas. In Canada, I live in Saskatchewan where winters are very long, so we cannot enjoy beauty of green space like in my country.

I also really miss my friends and family, of course. I miss my language too. When I hear someone speak my mother language, Bengali, in Canada, I feel so happy. I miss eating together with my family. We set eight or nine people together to eat at our dining table at lunch and supper time. Someone would make a joke and everyone starts laughing. Everyone shares everything at dining table as to what happened in their workplace, college and university. Friends give us company and emotional support, so I need to find some new friends in Canada. Bangladeshi people are very friendly, and they also find time for their family and friends no matter how busy they are.

If you ever visit Bangladesh, try different types of food. Food is very tasty there. Even though I can cook some food here, I still miss my food, particularly different kinds of vorta, hotch-potch kabab, chotpoti and Biryani. In Bangladesh, we celebrate many holidays, for example Eid-ul-fitor, Eid-UI--Azha, Pohala Boishakh, Sobe borath, Sobe kodor ect. I miss Azan before each prayer too.

I miss my little everyday life, which used to make me happier. Now here I am busy all the time - I go to work, come home then again need cook and clean the house. In my country, we rely on domestic helpers all the time. Domestic helpers make our food, clean the house and do laundry. I do not need to be busy all the time, just need to go to work. All the chores are done when one comes home. Everything is ready, just eat tasty food and enjoy. I miss that environment very much.

I miss the rickshaw. It's one kind of transportation in my home country which allows us to go everywhere. You can get a richshaw very close to your house; you do not need to take a bus.

HERITAGE

I also miss book fair (Boi mela), which starts on February 1st. We visit with our family, buy some books by our favorite writers to give as gifts to my family members and friends. That experience brought me amazing pleasure and I waited for one year for those book fairs.

I miss Pohela Boishakh, which is a Bengali New Year. People get up in the morning and wear new clothes and go to the Romnar Botomule (area in Bangladesh) to celebrate the New Year. There are many traditions associated with this day; people start their days by eating panta elish (hilsha fish) and then they listen to songs, watch short movies and visit different stalls to buy their favorite things.

I came to Canada in 2011, and I have not visited my country since then. I have very fond memories of my homeland and hope to be able to visit soon.



Motherhood

A Mother's Day I will never forget

Erlinda M. | Level 6 | Zakia S.'s Student



Mother's Day is a very special day for all the mothers or mother like figures. This is the day they are made to feel very special. I have also had some reasonably good Mother's Days in my life; however, I will never forget this year's Mother's Day as it was really very special for me. This year's Mother's Day was full of happiness and relaxation for me. I must tell you that I never expected to feel so much delight in my life and I would like to share why this day was so special for me.

On this Mother's Day, my husband gave me a beautiful ring with the names of my all children including my beautiful angel in heaven. My husband and my older son didn't let me cook or clean or do anything. They even looked after the little ones for me. I could feel the amusement in my heart and it was filled with euphoria. I could feel they were telling me "thank you for everything you do for us." First time in my life someone had taken care of the smallest details for me, so this was as close as I could be from heaven. When I think about it, I get tears of happiness in my eyes.

I wish every woman in this world could experience the delightful feeling of being a spoiled mom on Mother's Day. We work so hard for our families and a little pampering on this day becomes so memorable for us. I hope all my fellow students also a wonderful Mother's Day.

Mother's Day

Narges G. | Level 6 | Vinka B.'s student

Being a full-time mother is one of the highest salaried jobs... since the payment is pure love.

-Mildred B. Vermont

Mother's Day is a special day for me because it is a chance to express my love, respect and appreciation to the most important person in my life, my mother. I believe that our moms are the most important people in our lives because they have sacrificed so much for our happiness and success. In my country people celebrate Mother's Day on a different day depending on the lunar calendar, so every year it changes. This year it was one week earlier than in Canada. Children give their moms gifts such as flowers or jewellery or something that their moms need. Most importantly, we visit our moms and spend time with them or we have a meal together. Some people spend a lot of money to buy a gift, but in my opinion, it doesn't matter how much money we spend because we can make our mom happy with a small priceless gift like a hug or a heartfelt card.

For me personally, I like my kids to help me with house chores, draw a picture for me or just say that they loved me. If they buy flowers, I will be happy because I'm a flower person, but love is the most precious gift they can give me. Hopefully, they will remember to send me a card even when they're all grown up and not living with me anymore.



Motherhood

M.F. | Level | Janet M.'s student

There are some significant moments in everybody's life that they always keep in mind; for me of course, my son's birthday and all the moments of his growing up like the way he played, talked, laughed... etc are unforgettable. I was a skinny girl when I got pregnant and nobody expected me to give birth a chubby boy but he weighed 4.264 kg when he was born. My mom told me the nurse took his birth document and ran in hospital hallway telling the other nurses that a 4.264 kg boy had been born. After 2 days, a nurse came to vaccinate him and he cried after injection. That was the instant I wanted to do everything to prevent him having pain, I cried when I saw his discomfort, and it was a moment that I felt motherhood from my heart and soul.





Recipes

Yojung's Bibimbap

Yojung P. | Level 6 | Erin O.'s student



Ingredients (for 8 servings):

6 cups short grain brown rice
10 ounces lean ground beef
6 ounces ground chicken breast
32 ounces soybean sprouts or mung bean sprouts
4 cucumbers
4 zucchinis
4 carrots
2 onions
1 bunch spinach
2 heads of romaine lettuce
1 bunch spring mix (salad greens)
8 eggs
salt and pepper
olive oil
minced garlic
sesame seeds

Instructions:

1. Cook the rice in a rice cooker. The rice for bibimbap should be a little drier than usual for best results.
2. Cook beef with a pinch of salt and pepper in a skillet for 5-8 minutes over high heat. Cook chicken breast as same as beef and then place meats on a plate.
3. Chop the romaine lettuce and cut the cucumbers in half lengthwise and then thinly slice crosswise. Place them on a plate for fresh vegetable with spring mix.
4. Soy bean sprouts: Bring 2 cups of water to a boil with a teaspoon of salt. Add the bean sprouts and boil for 5 minutes. Drain quickly and shock in cold water. Drain again. Toss with 1 clove garlic minced, 1 teaspoon of sesame oil, 1/2 teaspoon of sesame seeds, salt and pepper to taste.
5. Spinach: Put the spinach in salted boiling water only until wilted, 30 - 40 seconds. Drain quickly and

Bibimbap means “mixed rice with meat and assorted vegetable” in Korean. The traditional recipe takes more time and dedication, and you can only get some of the traditional ingredients like gosari (fernbrake) and Korean red chili pepper paste (gochujang) at a Korean market. Moreover, everybody has different tastes and dietary requirements. For this purpose, I created Yojung's Bibimbap. This is an easy and simple way for your family or guests to enjoy Bibimbap.

Two different kinds of Bibimbap sauce

Spicy sauce

4 tablespoons of Korean red chili pepper paste (gochujang)
1 tablespoon of sugar
1 tablespoon of sesame oil
3 tablespoons of fried sesame seeds
3 tablespoons of water

Mild sauce

4 tablespoons of soy sauce
1 tablespoon of water
1 tablespoon of sugar
1 tablespoon of sesame oil
3 tablespoons of fried sesame seeds

rinse in cold water. Squeeze out water. Toss with 1 clove garlic minced, 1 teaspoon of sesame oil, 1/2 teaspoon of sesame seeds and salt and pepper to taste.

6. Zucchini: Slice the zucchini with a food processor. Generously sprinkle salt over sliced zucchini and set aside for 10 - 15 minutes. Squeeze out excess liquid from salted zucchini by hand. Add 1 clove garlic minced. Sauté in a lightly oiled skillet for 1 - 2 minutes over medium high heat.
7. Carrots: Shred the carrots with a food processor. Sauté in a lightly oiled skillet for 2 - 3 minutes over medium high heat, sprinkling salt and pepper to taste.
8. Onions: Slice the onions and then sauté in a lightly oiled skillet for 2 - 3 minutes over medium high heat, sprinkling salt and pepper to taste.
9. Place cooked soy bean, spinach, zucchini, carrot, onion on other plate.
10. Cook 8 sunny side up eggs and place them on a plate.
11. Combine all of each sauce ingredients in a small bowl and mix thoroughly.
12. Make two different bowls of sauce: one for spicy(#1) and the other for non spicy(#2)

How to Serve:

1. Place the cooked ingredients on the table in the following order: the rice cooker with 8 bowls, vegetable plates, meats plates, two small bowl of sauce, 8 fried eggs.
2. Put some vegetables and meats over some rice in a bowl with their preference. Top with an egg fried sunny-side up with the red pepper paste sauce or the soy sauce.
3. Mix all together gently with their spoon and enjoy their own Bibimbap!

Greek Salad

Aikaterini C. | Level 3 | Vinka B.'s student

Dressing:

- 6 tablespoons olive oil.
- 1 1/2 tablespoons fresh lemon juice.
- 1 tablespoons red wine vinegar.
- 2 garlic cloves.
- 1 teaspoons dried oregano.

Salad:

- 1 head of lettuce, torn into bite-size pieces
- 3 large plum tomatoes seeded and coarsely chopped
- 1 cucumber, peeled and coarsely chopped
- 1 medium red onion cut into rings and put in the water for 10 minutes
- 1 small green pepper cut into the rings.
- 3/4 cups Kalamata olives
- 3/4 cups crumbled feta cheese.



Directions:

First, whisk dressing ingredients together until blended and season with salt. Second, drain onion rings from the water and put onto paper towels to dry. Third, combine all salad ingredients except cheese in large bowl. After that, toss all the ingredients together with the dressing. Finally, sprinkle cheese over the top and serve alone or with your favourite meal.

Pondu (Cassava Leaves)

Queltte L. | Level 3 | Erin O.'s student

Pondu is a nice, green, leafy vegetable. You can eat it on rice, potatoes or semolina. Pondu is very popular in the Congo.

Ingredients:

1 box of cassava leaves
2L water
2 or 3 onions
2 heads of garlic
1 cucumber
1 eggplant
1 green pepper
some green onions
1 tablespoon of salt
570 ml of palm oil
some dried fish or sardines



Photo Credit: Queltte L.

Instructions:

1. First, put the cassava leaves in water for 1 hour.
2. Then, cut all the other vegetables.
3. Next, you add the other ingredients to the cassava leaves. Cook for 1 hour.
4. Finally, you mix in dried fish or sardines and cook for another 30 minutes.

Ukrainian Salad Vinaigrette (Beet Salad)

Tatyana S. | Level 4 | Tuula L.'s student

Ingredients:

- 2-3 medium beets
- 2-3 medium carrots
- 2 medium potatoes
- 2 large dill pickles
- 1 large red onion
- ½ cup sauerkraut drained
- 1 (8 ounce) canned peas, drained
- 2 tbsp. sunflower oil
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- ½ teaspoon of sugar



Instructions:

1. Start off by steaming or boiling the carrots and potatoes; let them cool down to room temperature and peel. If you use fresh beets, boil them separately under tender and peel.
2. Dice beets and put them in a deep bowl, and mix with 1 tbsp. of sunflower oil.
3. Add finely chopped onions.
4. Add diced pickled cucumbers, potatoes and carrots.
5. If sauerkraut is too sour or salted, rinse it with cold water, then squeeze the liquid out, chop and add to the bowl.
6. Add can of green peas drained.
7. Add seasoning.

Mexican Wedding Cookies

Maria A. | Level 7 | Brenda V.'s Student

Traditionally, at a Mexican wedding you would have these cookies as dessert. You will like the deep, nutty flavour, and crumbly, melt in your mouth texture of these cookies. They are easy to bake, but have lots of flavour.

Ingredients:

- 2 cups chopped pecans or walnuts
- 2 cups of all-purpose flour
- 3/4 teaspoons of table salt
- 2 sticks or 1/2 cup of unsalted butter (softened)
- 1/3 cup of sugar
- 1 1/2 teaspoon of vanilla extract
- 1 1/2 cups of confectioners' sugar

Instructions:

1. Preheat the oven to 325 degrees Fahrenheit
2. Line 2 baking sheets with parchment paper
3. Finely grind the nuts in a food processor
4. In a large bowl, beat the butter, add the salt and sugar mixing all together.
5. Then add little by little the flour and mixing with your hands.
6. Finally, add the vanilla extract, and with 1 tablespoon of dough use your hands to make little balls and lay them on the baking sheets.
7. Bake cookies around 20 minutes, or until golden brown.
8. Let the cookies cool for around 10 minutes, and then roll the cookies in the confectioners' sugar to coat.



Enjoy!

Beef Caldereta

Van S. | Level 6 | Jonathan B.'s Student

One of my favorite Filipino dishes is the Caldereta/Kaldereta. It is a hearty meat dish using chevon (goat meat), beef and pork or combined with potatoes, carrots, tomato sauce and liver spread or liver paste. This a popular dish served during special occasions and regularly seen in every Filipino cookbook. My son loves this dish and I must say that I'm an expert in cooking this dish. As special as it may seem, preparing something like this takes time so I would recommend using a pressure cooker to save some time in making the meat tender. This is how it looks like when it's cooked and ready to eat.

Ingredients:

- 2 lbs beef cube
- 3 garlic cube crushed and chopped
- 1 onion finely chopped
- 2 cups beef broth
- 1 small red bell pepper
- 1 small green bell pepper
- 1 cup tomato sauce
- ½ cup liver spread or liver paste (processed using blender)
- 1 tsp crushed chili pepper or red pepper
- 3 large bay leaves
- 2 cups potato sliced
- 2 cups carrots sliced
- 1 cup cooking oil
- 2/3 cups green olives
- Salt and pepper to taste



Instructions:

1. Heat the cooking oil in cooking pot or pressure cooker.
2. Saute the onion and garlic.
3. Add the beef for 5 minutes or until brown.
4. Add the liver spread and stir.
5. Pour in the tomato sauce and beef broth.
6. Cook the beef until it becomes tender (about 30 mins if using a pressure cooker) about 2 hours if using an ordinary cooking pot.
7. Add potatoes and carrots for 8-10 minutes.
8. Put the green olives, carrots and bell peppers in the cooking pot. Stir and continue cooking for 5 minutes or more.
9. Add salt and pepper to taste.
10. Serve hot and enjoy.

Cazeula de Mariscos

Yamile L. | Level 5 | Morley M.'s Student

Cazuela de Marisco is a typical Colombian coastal city seafood dish. It is made with a delicious creamy mix of different seafood. In the Easter holy week, the Christian community enjoys preparing this dish. Following my cultural tradition, I would like to teach LINC home study students to make delicious creamy Cazuela de Mariscos.

Ingredients (4-6 servings):

- 1 cup chopped onion (green and white).
- 3 minced fresh garlic cloves.
- 1 can coconut milk.
- 3 three pounds jumbo shrimp, peeled and deveined.
- 1 cup chopped tomato.
- 3 tablespoons of cilantro.
- 2 bag of seafood mix washed.
- 2 pieces of red snapper cut into pieces.
- 1 lime.
- 1 cup heavy cream.
- Black pepper.



Directions:

1. Put the whole bag of washed mixed seafood in a large sauce pan over medium heat.
2. Add tomato, onions, garlic, until tender and translucent. Stir occasionally.
3. Add salt and black pepper.
4. Add coconut milk bring to boil. Mix in the heavy cream, the fish and the shrimp.
5. Finally add fresh cilantro.
6. Serve hot and ENJOY!

Kubba

Merna L. | Level 4 | Supriya H.'s Student

Ingredients for the cover:

1 kg very lean ground beef
600 g fine white and red bulgur
2 medium onions cut into 4 pieces
1 teaspoon 7 spice mix
½ teaspoon paprika
1 teaspoon ground basil
Salt according to taste

Oil for frying

For the cover:

1. Wash and drain the bulgur.
2. Add all the spices and salt to the bulgur and mix well with your hands.
3. Grind the bulgur, onions and the beef, and mix well with your hands.
4. Add ice cubes or cold water when mixing the dough.
5. Process the dough in a meat grinder on the medium setting.
6. Take a small part of the dough and form a lemon-sized ball.
7. Poke a hole in the ball.
8. Put the filling in the hole.
9. Pinch the top to seal the ball.
10. Repeat the same process with the rest of the dough.

11. Fry these balls in oil.

The kubba is ready to eat!

Enjoy it as a side dish with salad and a dip.

Directions for the filling:

12. Heat the ghee and sunflower oil in a pan.
13. Add chopped onions and sauté till they turn transparent.
14. Add the ground lamb meat. Sauté till it is cooked.
15. Add all the spices and salt.
16. Add the pine nuts or walnuts.
17. The filling is now ready.

Ingredients for the filling:

800 g ground lamb meat
3 finely chopped onions
1 teaspoon ghee
2 teaspoons sunflower oil
1 teaspoon 7 spice mix
½ teaspoon cinnamon
½ teaspoon red pepper
½ teaspoon black pepper
Salt according to taste
Pine nuts or walnuts



Alqose Al-Iraqi

Rawah K. | Level 5 | Sarah H.'s Student

Alqose Al- Iraq i is one of the most popular Iraqi foods that is presented in parties and special occasions. This dish is known to have a delicious combination of roasted meat and rice.

Ingredients:

- 3 kilograms of meat (full lamb shoulder)
- 1 diced onion
- 3 cloves garlic
- ½ tablespoon ginger
- 20 cardamom
- ½ tablespoon cinnamon
- 2 bay leaves
- 1 tablespoon salt
- ¼ tablespoon black pepper
- 2 tablespoon olive oil
- 3 cups of Basmati rice



Prepare the meat:

1. ½ teaspoon of salt
2. ½ teaspoon of black pepper
3. 1 teaspoon of tomato paste

To decorate the dish

1. ¼ cup of boiled peas
2. 1 potato (cut to cubes and fried)
3. ½ cup of fried raisins
4. ½ cup of fried almond

Preparation

We fry the onion, garlic and ginger with some oil in the pan for a few minutes and then we add the meat while mixing everything for about 3-4 minutes until the meat changes color. Then we will add the cardamom, cinnamon, black pepper, salt and bay leaves over the meat and we leave it to cook for about 90-120 minutes on low. When the meat is ready we put the meat in a tray and we brush it with a mixture (1 cup broth + pinch of salt + black pepper + 1 teaspoon tomato paste) and we cook it in the oven until the meat is roasted.

In a different pot we will cook the rice with 6 cups of broth of meat + 1 teaspoon of tomato paste + ½ teaspoon of salt.

When presented put the rice with the roasted meat and decorate it with the fried raisin, almonds, peas and potatoes.

Enjoy!

Beet and Sauerkraut Salad

Ekaterina N. | Level 4 | Theresa R.'s Student

Ingredients:

- 2 medium size potatoes
- 1 small onion
- 1 large pickled gherkin
- 1 large cooked beet
- 200 g sauerkraut
- 200 g canned green peas (drained weight)
- 4 tsp sunflower or vegetable oil
- Salt and freshly ground black pepper to taste

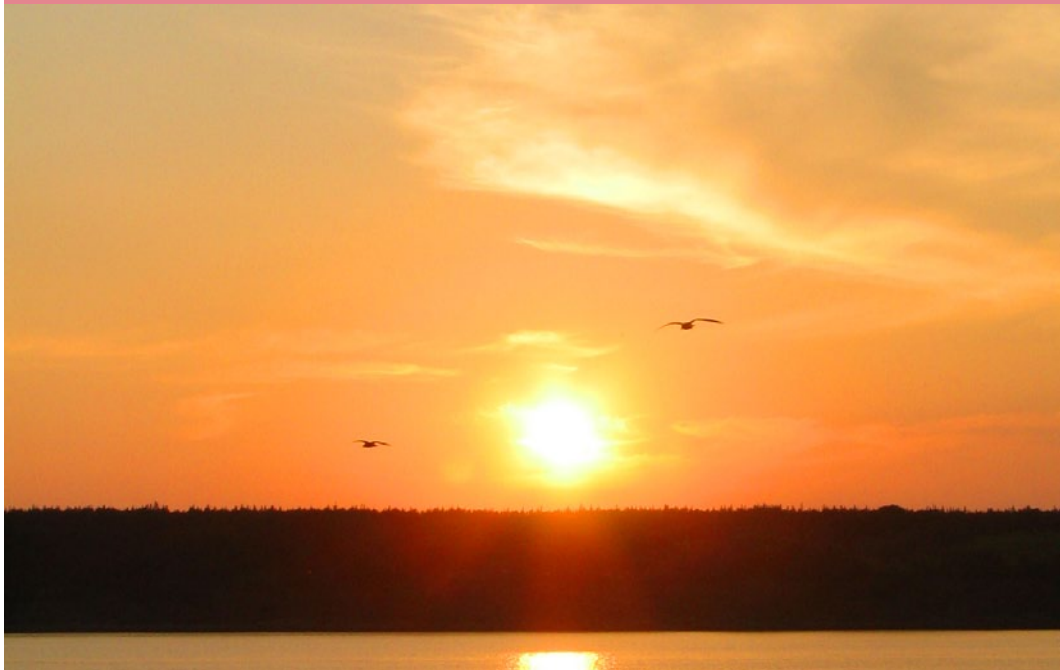


Directions:

1. Cook the potatoes, carrots and beets
2. Cut the potatoes, carrots, beets and pickled gherkin into small cubes and place all the ingredients in a large bowl
3. Add 200 g sauerkraut without liquid
4. Add 200 g canned green peas without liquid
5. Add the onion, finely chopped and add it into the bowl
6. Add the sunflower oil, salt and pepper and mix well.
7. Put the salad in the refrigerator for 2 hours.

Note: Salad can be eaten right after cooking, but if you put it in the refrigerator for 2 hours the taste becomes saturated.

Good Appetite!



Settlement

Humorous Beginnings

Graciela G. | Level 7 | Joseph N.'s student



Let me start off with a little background to where my family and I live, Campbell River, British Columbia. Campbell River is the Salmon Capital, and there are allusions to this sprinkled throughout the entire town. Salmon come in different sizes and are named and categorised accordingly. The smallest is called a Pink, then comes the Chum, next is Coho and so on all the way to the largest salmon; which is a Tye.

My family's first summer in Campbell River was amazing! The weather was beautiful, the sun was shining, and the water was calling to us. During this time, my son decided to join the local summer swim club, the Salmon Kings. I pursued the idea and contacted the president of the club for information. He was accepting of my son and repeatedly told me that he would start off in the Pinks, and at that point his swimming skills would be assessed. I was getting more bothered by the fact that my SON would be a PINK. I finally said to the president, "You are aware that I have a son, right?" He responded in the affirmative, so I asked, "Then why is he in the PINK and not in the BLUE?" He was kind enough to explain to me the salmon categories and how the Salmon Kings adhered to those categories. We had a spectacular laugh over this! My son joined the Salmon Kings as a Pink and continued with the club until he became a Tye.

I understand now when someone makes reference to a Spring, Tye, or Pink!

Lost and Found in Toronto

Tatiana V. | Level 7 | Lisa G.'s student

My husband and I landed in Toronto early in the morning, feeling tired, but happy to be in Canada. We were pleased that we had arrived without any problems. Our friends picked us up at the airport and brought us to their house. We had breakfast together and then they went off to work. We took showers, which washed off all the stress of travel from our bodies.

Our dog, Lucky, had travelled with us all the way from Tel Aviv, Israel. We took him for a walk and he was so happy to be outside. The flight had scared him. Lucky wasn't the only one who had been scared. I worried about him every minute of the 11 hour flight.



Feeling clean and full, we were prepared to enjoy a relaxing first day in Canada. I just needed to do one thing before we headed out - plug in my beloved iPhone. With increasing panic, I started searching for my iPhone. However, I couldn't remember where I had put it. Then, Sergey, my husband, said it was in my purse. We both started looking for my purse. We couldn't find it anywhere. We called our friends to find out if I had left it in the car, but no luck.

I felt sick when I thought about everything that was in my purse, now missing. It held all my jewelry, my notebook and important documents, even my birth certificate. I could not even think straight. Our friends told us not to panic. They suggested we call the "Lost and Found" at the airport. So we did.

Customer Service told us we had to wait 24 hours before they could tell us if the purse was there or not. I could not wait that long. We decided instead to drive to the airport immediately and ask in person. The airport is huge. We ran around for what seemed miles trying to find the right place. By the time we located the Lost and Found Department it was almost closing time. With just a few minutes to spare, we raced up to the window.

I started babbling right away. I didn't even care about my English skills. I started describing everything that was in my purse to the smallest detail. The lady in the window stopped me right away. "I'm not interested in your belongings," she said. She looked very indifferent. "You can check yourself," with these words she put my purse on the counter.

So many feelings were going through me. I felt disbelief, happiness and shock. This was like magic. I had grown up in Russia and then lived for 17 years in Israel. This happy ending would not have happened in either country. In both Israel and Russia my purse probably would have been stolen. Also, in Israel, when unattended bags are discovered, the area is evacuated and the bag is destroyed by a remote controlled robot.

For us it was a happy sign that we had come to the right country.

Miracle of the Flashlight

Sergey V. | Level 7 | Lisa G.'s student



My wife and I moved to Canada 5 years ago. Our journey concluded on the East coast, where we settled in the beautiful province of Prince Edward Island. I can go on and on about how amazing, generous and compassionate the people of PEI are, but this story is about one specific act of kindness, which turned out to be the only miracle I have ever witnessed.

One hard day's evening, sitting on wooden chairs in an empty living room of our newly rented apartment, we realized that we definitely needed a couch. At this point of our lives as newcomers, we were a bit short on resources. Therefore, we were ready to get a used couch, since it would be better than simple wooden seats anyway.

The city of Charlottetown is a tiny place where sometimes you have the feeling that all people know each other. One day, after sharing our thoughts about the couch with our friends, we were given a phone number of the lady who knows everybody in town and who could help us find a used couch. We called this woman and explained to her what we were looking for. Soon after, we had a call back with the contact information of a person who was willing to get rid of his couch and would be glad if we came to pick it up.

This man turned out to be the pastor of the local Baptist church. He was an extremely nice old man. When he opened his church and showed us the couch, we were surprised. There was not only an almost brand new couch with built-in recliners but also a chair and other household items that he wanted us to take. I expressed my surprise and asked him why he was giving us all this stuff? He replied, "Because we love you".

Even though it was a major struggle to load this extremely heavy couch into our rented van, we somehow managed to bring it to the back yard of our apartment building. We took it out of the van and realized that it would be absolutely impossible for the two of us to move this massive piece of furniture upstairs to our apartment. Disassembling the couch, or at least dismantling the two built-in recliners was the only way it could be done. I took my tools and got ready to start.

Meanwhile, the sun slowly had set and left us in the dark in the middle of the process. I had some tools, but I had no flashlight, and the hope of getting this couch in before the sky opened up, as forecasted, quickly evaporated. I tried to disassemble it by feel without success. I exclaimed, "I can't do this without a flashlight!" And then the miracle happened – from behind of one of couch's cushions, a flashlight fell onto the ground. I picked it up and checked – "it works!" We were absolutely stunned.

With the help of the flashlight, we managed to take the couch apart and take it upstairs. We were tired and happy. I realized that this flashlight was accidentally dropped there by someone before, but who cares. This kind of coincidences is extremely rare. In our family, this episode will always be called the “Miracle of the Flashlight” and the person who gave us this couch will always be remembered as an angel.

My New Life in Canada

Majd K. | Level 5 | Nataliya B.'s student

When we moved to Canada from Jordan in August of 2012, we faced some challenges as a family. Firstly, I was not as good in English as I am now, so it was hard for me to get along with other people and communicate freely. As I learned English, it became easier for me. However, although my daughter has known English ever since she was young, she faced some problems at school. All the kids were in groups and isolated themselves from others, so it took her some time to make friends. As for my sons, they did not face many problems adjusting to new school life in Canada.



Other challenges we faced were finding a house and sleeping in a hotel for a couple of weeks. When we came to Canada, we did not have any furniture, therefore looking for furniture was also difficult. We did not know where to buy it and what is of good quality. Same went for clothes, as we did not know which stores sold at best prices and best quality.

My husband chose Fredericton particularly because it is a small city, which is good for a family. The crime rate in New Brunswick is also low, therefore it is safe. A smaller city is easier to get around in and get to know people too. Our lawyer in Jordan helped us find all the information we needed about our new city.

The advice I would give people from my culture coming to Canada is to choose a small city and learn English even before they come, if possible. In our case, a couple months after settling in Canada everything became simpler, and we got to know the town and people in Canada much better. I would also advice to think about possible challenges, learn from other people and plan ways to overcome those challenges before settling in Canada.

What do I like about Canada?

Nategheh M. | Level 7 | Alena S.'s Student



During the past year and half since I moved to Canada, a lot of things have changed and I accepted this country as my new home, I love it more and more every day. The first year of staying here passed with difficulties and problems like settling down, home-sickness and so on, but as I got used to the life here, it turned into a better experience.

The first thing that made me like Canada was that there were a lot of people who experienced the same difficulties as me. So, I didn't feel like I'm the only person struggling with these problems. Finding government's support

for newcomers, orientations for newcomers, education, job-hunting and social life made my life more comfortable. Consequently, it changed my vision of my new country.

Friendly environment formed by people from different nations is the other factor that I admire. Various people from all over the world gathered in this multicultural country and altered it to a smaller version of our globe full of diverse individuals with a closer bond. Even though there are various languages and facial features, the common sense of belonging to a country makes people relate more and be more sensible to each other. Particularly that people try to give hands to the members of their community and possibility of volunteering in most public places, hospitals, schools all over the country, gives a sense of satisfaction and consent to experience a new kind of lifestyle.

Safety and security in workplace, home and public areas is one of the most important concerns for all Canadians, specifically when it comes to their children, seniors, women and even animals. It makes your minds free of any anxiousness, worries and makes everything more enjoyable.

Beauty of Canada, especially during springtime is the third and one of the most important thing that had an influence on me. Even though Canada has a long winter, it is still beautiful and the summer after is worth going through the harsh winter conditions. Amazing landscapes covered by flowers and blossoms in eye-catching colours, flying birds over the lakes and rivers full of fresh water in the spring and summer time revives everybody. There are so many parks that everybody goes to and enjoys the nature with family and friends.

Besides, this country is full of museums, art galleries, movie theatres, amusement parks, such as Wonderlands, aquariums, zoo, safari, and landmark buildings like CN Tower. Though they are expensive and are not accessible to everyone, Canadians can enjoy them on special days for free. For example, there are many free of charge places to visit during "Doors Open Days" in Toronto.

Driving habits and respecting rules is an excellent way comparing them with many countries change into a dream country for many people. However, the laws are very restricted to young generation and they become punished with fine and points in case of lawbreaking. Not only it makes driving easier, but also the streets are easy to reach, because of numbering method and parallel main streets; for instance in Toronto, parallel and cross streets with the main street, Yonge street create blocks that are arranged in an ordered manner.

Overall, government help, collaborative people, safety and security, beauties of Canada, touristic sites and life facilities are the factors which helped me to settle, accept the new life that we started from the scratch and love it the way it is.

My Journey to Canada

Aimara G. | Level 6 | Sarah H.'s Student

The day that I first came to Canada, was a memorable day for me. It was also the first time that I traveled by airplane and left my country. Everything was exciting and new. I did not sleep for one second. I felt like a child on her first day at school. When the airplane finally took off after three hours, my excitement turned into agony. The immigration official was somehow convinced that our file had a problem. She asked us so many questions, which my husband and I answered with great difficulty thanks to our pioneer English. For around two hours I forgot the beautiful experience that I had lived. All that came to my mind was the fact that the official said that she could send us back to Cuba anytime, if she couldn't clear the doubts. To be honest it was understandable her doubt and the work that she had to do to clear it up, but it was intimidating for me how she handled it. I was very sure about every word in our file because I did it by myself, and was also sure that everything was accurate and true. Finally after calling Havana she got the answer, apologized and welcomed us to Canada. My eyes opened again and I started to discover a very wonderful country.



My Success Story

Alfie N. | Level 6 | Jonathan B.'s Student



My name is Alfie and I am from Indonesia. I was very happy when my family and I got the opportunity to move to Canada. I imagined that my children could speak English but on the other side I was worried because of my poor English. Yes, my English was very bad and it was hard for me to have a social life in Canada. At that time, I lost my independence. I had to wait for my husband to go everywhere and it was so boring.

Time goes by and finally my husband told me about the institution for the newcomers in my city. I went there and I got a lot of information. They also told me about LINC where I could learn English. I signed up immediately for doing a test for my placement level. I was very nervous at that time, but my nervousness was gone when I met someone who was going to test me. She was very nice and kind. Finally, I was placed in level 6. I chose taking an online class because I have three children and with taking the class online I could take good care of my family while learning English; not

only for being able to talk in English, but I am also learning English because I would like to take a cooking class and I hope that one day I can build my dream of become a chef.

After a couple of months I joined the LINC Home Study online class. I learned to communicate with other people, talk to the doctor and pharmacist, talk with the teacher at my children's school, and I could build my social life. I learned a lot of things in the LINC online class, from reading, dialogue, grammar and pronunciation. Sometimes, my teacher made me talk with other student in other cities in Ontario, and they are from different countries. I would like to say thank you for the LINC Home Study online class and my teacher for making this thing happen.

Finding My Way

Lea S. | Level 6 | Jonathan B.'s Student

Leaving your home country and deciding to relocate for whatever reason can be a very interesting experience. All those new places always require a lot of adjustments and learning new skills. Whether they are physical, social or mental skills, it doesn't matter. I am going to tell you my personal story of learning a skill-find your way.

It happened many years ago. My first introduction to Canada was as a tourist. Wearing a backpack, having a paper map and a small dictionary, I couldn't afford a cell phone working in the local system. So, no Google map, Google Earth or any other apps. Well, back then, that's how most of the people travelled. I do recall beautiful summer days with the sweet smell of cinnamon buns and freshly made coffee in the air.



I used the public transit and the subway. People could see that I was not from here, and they helped me all the time. The only issue I had was when they gave me directions. I could never understand what they meant, talking about "O". "O, no worry it's very, very close, right at the northwest corner of the street" they would say. But by looking at me, and seeing my facial expression as they were pointing out with a hand, they knew that I did not understand.

Few years passed, I got getting married and moved to Canada. Who would believe? At the beginning my husband was driving me everywhere and that was very convenient. One week passed and I needed to go out to run some errands. My husband got me a cell phone (thank God for that) and I was on my own. I walked to the place, however on my way back I got confused because I forgot what street I should take. Not panicking at all, I called my husband and left him a message, "Hi, don't worry, I am ok, but I don't know where I am!" Three second later he calls me back and asks, "What do you mean you don't know where you are? Are you in Canada? What street you are on?"

I looked around, but couldn't find a street name or number or anything.....only houses and they all looked the same to me! Where I came from every house had a number and the street name and a number was written on the house!!!! I said that I didn't know what street I was on and if he could come and get me. How he was supposed to do that, I hadn't thought about that!

The best part is still to come: he had the nerve to ask me did I go East or North? Are you kidding me, how would I know where was that? In my native country I was taught that at night, if there was a clear sky and you can see a large, bright star that was the "North". But, to tell you that in the middle of the day would be crazy? Or, even better the South? I felt that I didn't like Canada anymore and I wanted to go back home.

SETTLEMENT

The end of my story was all good. He did come and also he found me, I don't know how. He figured out I couldn't be far away from home. And I wasn't. Apparently, I was just one street behind our house. If you don't get lost, there's a chance you may never be found.

Same day I got a "new present"; a compass and a map of Toronto! But let me say something, why does it have to be so difficult? Why can't people just say: "O" go left, or right or up or down the hill or whatever? Tell you the truth, till today I still have a hard time trying to figure out these directions. And yes, I did need (many times) to turn around to go in the correct direction. But, let's just keep this between you, me and the lamps!

My Settlement Story

Alfie N. | Level 6 | Jonathan B.'s Student

Five years ago my husband got promoted in his company in Indonesia and was offered to move to a company in Canada. And I had a lot of challenges at that time. First challenge that I faced when trying to settle down in Canada was my children. First challenge for me was that I have three little children. My son was one year at that time so it would be very hard for me to take care of him while we on the plane.

Second challenge was the trip to Jakarta, Indonesia to Toronto, Canada is a long time flight, and it was twenty-three hours.

Third challenge was the weather in Canada which is totally different from Indonesia. Canada has four seasons and a long, cold winter and Indonesia is a tropical country so it was always hot.

The day came and it was time for me to say goodbye to all my family in Indonesia. The challenges of starting to live in a new country and I just prayed to God to help me and make life easier.

My little son started to cried because he was bored seated for a long time and he wanted to walk but the stewardess didn't let him walk in the hallway. He got very angry at that time and started to cry out loud and I could see people started to get disturbed. Finally, my son got tired and had a long sleep until fifteen minutes before landing at Pearson International Airport in Mississauga.

I was very shocked at that time, and I told to my husband that I will wait for my son until he is four years old to travel again with him by plane. But, the bright side from that experience was that I forgot about my plane phobia, yes I have plane phobia and I was very scared every time I had to travel by plane. Until now, I still get frightened to travel by plane.

Now, my third challenge until now I had not yet faced. The cold weather in Canada was very scary for me. It is very cold in Canada and the winter is very long. I think, I'll never pass this third challenge forever-getting used to the cold winter in Canada.



A Powerful Smile

Cuiwen H. | Level 5 | Louise A.'s Student



Was I standing in a crystal ball? All around me the snow was flying with the wind and shining under the yellow street light. It was my first time ever experiencing snow. The fairy tale landscape made me feel like a princess for a moment. As I was waiting for my school bus, I was scared and excited, and started to imagine what my new school and new life would be like.

I entered the school and everyone looked at me with curiosity. I was the only one who came from China and didn't speak English very well here. I was so grateful that they were nice and excited to introduce themselves. I was having a hard time recognizing their faces and pronouncing their names, because the appearance of Canadians is different from mine, Asian. I felt embarrassed when someone said "hi" to me but I couldn't recall her name. Also, English is not my first language, which made me very nervous to speak. I am still afraid to pronounce words wrong or make grammar mistakes.

Classes are very different compared to those in China. Teachers and students are talking and laughing around me, everyone is free to express their opinions and discuss. But that day, my first school day in Canada, I kept to myself all day since I only understood half of what they were saying. I felt a bit left out because I couldn't participate in their conversations. I was disappointed because my English was not as good as I expected. Language was a big obstacle for me in order to join in the new community.

Being honest, it's hard to accept everything in my new environment, with no friends and a different language. I'm not a social person, and I'm not good at making new friends. I had many friends in China because I was studying at the same school with the same classmates for almost ten years, so we got to know each other very well. However, I did not know anyone at my new school. I had no idea what their interests were or what they liked to do because we grew up in different countries with different cultures. The students and I barely had anything in common. I met many new and amazing people but no one I could open my heart to talk and have fun with, the way I did with my old friends in China. I wanted a best friend, someone who would always want me around, and want to have fun with me.

However, everything changed when a nice girl gave me a big smile. She would become my best friend. She met me in the hallway, and discovered that I was alone and upset. She talked to me and told me her story. She was also from another country and it took her a long time to learn English as well. We found common interests and talked throughout lunch time. It was enjoyable for me because I got to know more about the

new environment from her. She treated me kindly, and she spoke slowly so I could understand. She smiled while she was talking. I felt so warm. It was the first time that I realized how powerful a smile could be. Her smile melted away my anxiousness to speak in English. Her smile was so amazing that it built up a bridge of conversation, and it broke any embarrassment when I didn't understand what she meant.

My life changed thanks to that powerful smile. I learned to smile at people when I couldn't recall their names, and smile when I got lost in their conversations. I became more confident than before because of her. I was not nervous to speak English any more. I opened up my heart to everyone, allowing them to get to know me better. Eventually, my friend circle grew. My feeling of loneliness has disappeared. I enjoy being part of my school family with kind teachers and friends. I can really call my school my second home due to the colourfulness and joy that it brings to my new life in Canada.

I'm coming to the conclusion that I am perfectly fine in experiencing my life-changing move to Canada. I'm not going to lie, it's still hard to accept everything in Northern Ontario, with the extremely cold and boring winter, and the confusing languages of English and French. However, I let my heart move on. Life is not always perfect but you can find the shining points that you like and enjoy them. I let myself enjoy the beautiful snow, lakes and friendly people in Sudbury, and I fell in love with them. I try to smile at every wonderful thing in my new environment and pass the power of my smile to each and everyone, and let them know: love your life and enjoy it.

Coming to Canada

Kim S. | Level 4 | Diane R.'s Student

I came to Canada in 2008. I did many things to prepare. First I took English classes. I applied for Permanent Residence. I checked the weather and bought new clothes. When I got here I was very happy because I was safe with my husband. After I was homesick and I missed my family. I was very unhappy when I went out with no English and no friends. Now I am happy to be in Canada, because I know how to speak some English and I have some friends. I have two children and I have a wonderful family in Canada.



Advice for Newcomers

Dora C. | Level 7 | Terese C.'s Student



An immigrant is a person who migrates to another country usually for permanent residency. Everyday thousands of people come to Canada for different motives. Some of them move to Canada fleeing wars, discrimination, racial or political problems; others come just because they are pursuing a lifetime dream. It is true that the new immigrants have a difficult time understanding how things are done in Canada. Everything is new. It is like starting twice in a lifetime: language, society, law and culture. Even though, we have a welcoming immigrant program, it is always a good idea making new friends, getting to know people, socializing, and looking for advice from people that once were in the same boat like you today. There is so much advice for newcomers, but the three most important ones for me are volunteering, education, and knowing your options.

Being a volunteer is very important. The statistics show that over 13 million volunteers gave their time and their passion for a better community in 2010 here in Canada. Volunteerism gives you the opportunity to practice your English in the real world. Having a conversation with co-workers, listening to them, sharing ideas and stories promote opportunities to practice standard expressions and give you the opportunity to improve your English, giving you more confidence to speak out in public.

Another piece of advice that I can give you is invest in your education, because it is the only way to meet your dreams, to get a better job position and to be part of a new society. Canada has many ESL programs. The schools provide a welcoming and supportive environment where you are able to work your schedule around the classes and learn at your own pace. The programs gives you the opportunity to learn or improve your English and help you to finish your secondary school or assist you in matching your academic skills and educational background.

The last piece of advice for you is to know your options in this country. As newcomers we do not know how this community is organized. We need to know what our choices are from where to live, where to look for advice, and how we can start our family life here. I would advise that the first step a newcomer should take is to go to a local newcomer Centre and speak with a professional. If you have a family member or friends already living in Canada, ask for their advice. The best piece of advice if you have time, is to research the different communities in Canada.

We might have big expectations and hopes in this new country, but if we do not know our options, or invest in our education or get involved in some volunteer work, our dreams will be delayed.



Skills

My Story

Van S. | Level 6 | Jonathan B.'s Student



I started working when I was 21 years old. I did not finish my degree in electrical engineering. I enrolled in a one year course in computer technology and finished this course. My first job was a messenger in a medical clinic. This job was not easy because I needed to deliver documents, communications, etc. to different clinics and hospitals. I traveled a lot rain or shine. It was a very tiring job and did not pay much. But, I was not discouraged I saw these hardships as trials to prepare me for something good in the near future. At this job I met my wife she is one of the reasons that I stayed with this job for almost four years.

Those years continued without a raise in my salary and there were no benefits. I struggled a lot just to make ends meet. This made me decide to look for something better but before leaving this job I wanted to make sure that I could find a job before quitting. Luckily, it was not too long to look for a new job I phoned my friend working in a Neuro Psychiatric company and asked her if there were vacancies and luckily because of my previous experiences with my first job I was hired as liaison officer and encoder in my second job.

After that, I did all the requirements and responsibilities of my new job. My supervisor noticed all my hard work. He gave me an increase in my salary and not only that I got all the benefits of a full time employee. The owner trusted me so much. I accompanied him on his business trips and he valued my opinion about our clients and the company. He also gave Christmas bonuses and 13th month pay. I felt that I was now ready to start a family. I married my wife and we had a son.

Furthermore, when my wife heard that Canada was open for immigration we grabbed the opportunity to apply for an immigrant visa. It was not a long wait for our visa to be approved so we decided to migrate to Canada. A month after our landing here in Canada I was referred by my uncle to their company and I was hired. Again, I am still the same person who works tirelessly. I started as a general laborer position for a year but when I saw the opportunity to train as a retort machine operator I decided to apply without hesitation. After the training I got the position and it pays higher.

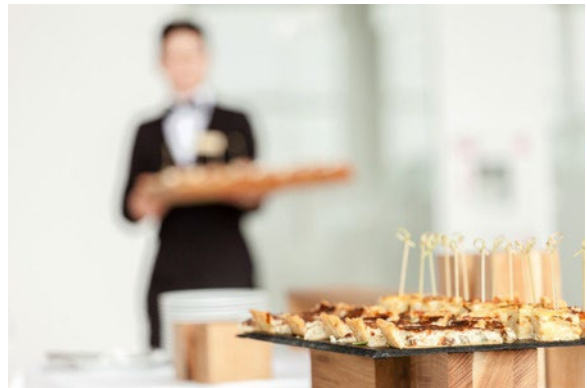
I value my work so much and I love what I am doing. I am also planning to upgrade my skills to have more opportunities for career advancement.

Home Catering Business

Hajra I. | Level 6 | Maha S.'s Student

When I came here in October 2012, I saw most women doing something, either doing work from home or outside. As a new immigrant, we also faced problems like others, but luckily my husband got a job. Nevertheless, I was thinking that I should do something to support my husband.

One day, I was in the park with some of my friends talking about working women. One of my friends was running an Avon business, the other one was selling clothes, and I was talking about my food and how people appreciate the taste of my food. So, I mentioned how I am deciding to start home catering for working women. Suddenly, I saw an old lady coming toward me and said, “Can you make food for me and some frozen food also.” It was surprising for me but I agreed that I’d make it for her. The next day, I delivered the food to her home and she gave me money. I was so excited to make my own money. The next day, she called me again and told me that I make very delicious food with low prices, and that if I want I can increase my prices and I should promote my food.



My first order gave me motivation, so I decided to continue with it. Before establishing my business, I needed some home preparation. First, I made a list that I would need to begin catering. For example, I needed extra large pans, serving dishes, and small containers. So, I started to search for the lowest prices of food and spices that I can buy because I need everything in bulk. The freezer I had at home was not enough so I had to purchase a separate freezer, so that I can buy meat and chicken in bulk. I started to make frozen items first, and then I researched what my competitors were offering in the market. I collected the menu cards from different restaurants and checked the prices of the items so that I can decide on a profitable price for my food.

For further establishing my catering business, I attended a couple of indoor festivals. People tasted a few items of my food and appreciated it, and then we exchanged our cell numbers for the food ordering. These festivals were very successful for me to establish myself in the home catering business.

Now I am running my home catering business successfully with my husband’s support. We can do anything if we want. There is a very famous saying that says, “God helps those who help themselves.”

I know it’s not easy to move to another country with your family; one may face many problems in the beginning. I always say we should not lose hope, stay patient and keep it up. Everything will be all right; do whatever you can do.

How to be a good sushi chef

Wen Y. | Level 5 | Jessica W.'s student

There are many kinds of chef around the world. To be a good chef, you need to have a very high sense of food safety. After all, people eat to live not to be killed or to get ill. A good sushi chef needs to pay more attention to food security, because many people eat sushi, most of which hasn't been cooked.

We eat sushi not only because of the taste but because of what the sushi looks like. People enjoy food with colourful surface. A good sushi chef needs some ability to create. They can combine different food materials to become a variety of sushi; or they can invent some new kinds of sushi that you have never seen but wanted to try.

Sushi chefs are not like other chefs; most of them make meals in front of customers, face to face. In my opinion, a good sushi chef should be friendly, or kind at least. I will enjoy my meal, if the chef is concerned about my feelings.

I was a sushi chef before I got in an accident. I'm friendly, have a very high sense of food safety and a little bit of ability to create. So, I think I was a pretty good sushi chef.



My Recipe for Success

Julie R. | Level 5 | Vinka B.'s student

5 cups of effort
3 cups networking
2 cups of assertiveness
1 cup of cultural awareness
A handful of patience
A pinch of luck

To find a good job, you need to think about how exactly you will go about looking for it and what necessary steps you will take to achieve your goals. As we all know, finding a good job is difficult because there is a lot of competition. From my experience, I had to start on minimum wage, so for eight months, I had a job as a live-in homecare worker in order to gain experience and new skills. Then I started looking for a job that would offer me more than minimum wage, plus nice benefits. I attended training sessions, updated my resume and enrolled in job search workshops to make myself more marketable in the field. Also by networking, I was able to create new connections and I asked my friends, relatives and acquaintances for help. In addition, newspaper ads and internet job sites were useful and effective ways of looking for a job. It is important to remember that it can take months of waiting before you have a good job, so don't give up. Stay positive, motivated and keep trying.

Although good, secure and well-paid jobs are difficult to find, it is not impossible if you are willing to take necessary steps to get where you want to be. That's one of the reasons they're paid-well paid and even though some people make it look simple and easy, it is hard work which requires a lot of effort, determination and patience. Good luck with your job search!



My Volunteering Experience

Vadym L. | Level 7 | Milanka V.'s Student



Every year we have our own Stampede in our town. It is a huge and an important event for our community which everybody looks forward to long before it starts. Simultaneously a rodeo, a trade fair and different kinds of entertainment for children and adults take place. It lasts three days and lot of people attend the event. In my opinion, there are more guests than town residents during the festivities.

Of course, as is customary, volunteers help to keep all in proper order. Who can be a volunteer? It can be anybody who offers to do something useful without being paid. I would say people enjoy doing it, and so do I. Volunteering does not just give you good feelings – it is good for your career as well. It is an excellent opportunity to build your resume and become acquainted with local employers, which can help you find a good job. It is a great way to make new friends, and to discover Canadian local traditions. I believe that my volunteering experience is really meaningful and an exceptional way to give back to the community. It is also an excellent way to gain first Canadian work experience which is of great importance for newcomers. During the Stampede it is usually simple work which includes cleaning up or selling small goods like candies or hot-dogs and does not require special skills. That is how we collect money for local non-profit organizations such as Air Cadet Squadron, KidSport, KC Charitable Foundation, etc.

This year I am selling cotton candies at the Air Cadets booth and cleaning up at the end of the event. It is the second volunteering experience for me in this event. I am looking forward to participating and I know it will be a lot of fun. It will also be a good occasion to socialize with people and practice my speaking and listening skills. After all, volunteering is an important part of Canadian life and I would recommend it to every newcomer for successful integration into broader Canadian and also local community life.

A personal success story

Carlos B. | Level 7 | David S.'s student

My first job in Canada was a shelves stocker, and I thought that this was my future because I was content with my salary because it is way more compare to my previous job way back home as a computer technician and at the same we had a computer business. After a year, I became a welder's apprentice and at the same time I was working as a crew member in a bakery. As time passed by, I managed to work in the hospital even though I was struggling answering questions, and during my interview, they have to rephrase the question, so they can get right answers from me. After 9 months, I achieved my dreams to become a part of the Information Technology in the hospital. It has been three years since I was hired as a technician. I am currently working in the clinic, hospital and homecare with many different departments just by myself I managed to give their necessity and services to perform their duties and responsibilities and I am nothing without the help of the entire IT Department and I am very thankful for that. I am proud of myself because that I am fulfilling my dreams to become a successful individual living in Canada and this is worthwhile to celebrate, and not only because you have a better job, but also because we are living in Canada and that is another reason to celebrate.



Glossary

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

Inaugurate (pg.7)

to open a building or start an organization, event etc for the first time

League (pg.8)

a group of sports teams or players who play games against each other to see who is best

Turf (pg.8)

a surface that consists of soil with grass on top, or an artificial surface that looks like this

Vengeance (pg.12)

a violent or harmful action that someone does to punish someone for harming them or their family/group

Stunt (pg.12)

a dangerous action that is done to entertain people, especially in a film

Internalize (pg.13)

a particular belief, attitude, behaviour etc, that becomes part of your character

Mansard (pg.26)

a roof whose lower part slopes more steeply than its upper part

Prevail (pg.28)

a belief, custom, situation, condition that exists for a certain time

Patrol (pg.33)

to go around the different parts of an area or building at regular times to check that there is no trouble or danger

Logging (pg.35)

the work of cutting down trees in a forest

Unconventional (pg.35)

very different from the way people usually behave, think, dress etc

Trekking (pg.36)

making a long and difficult journey, especially on foot

Microbiology (pg.37)

the scientific study of very small living things such as bacteria

Immunology (pg.37)

the scientific study of the prevention of disease and how the body reacts to disease

Baron (pg.39)

a man who is a member of a low rank of the British nobility or of a rank of European nobility

Prank (pg.45)

a trick, especially one which is played on someone to make them look silly

Sermon (pg.45)

a talk given as part of a Christian church service, usually on a religious or moral subject

Ascend (pg.47)

to move up through the air

Extinct (pg.50)

a type of animal or plant that does not exist any more

Alchemist (pg.51)

a scientist in the Middle Ages, who tried to change ordinary metals into gold

Perk (pg.53)

something that you get legally from your work in addition to your wages, such as goods, meals, or a car

Lure (pg.56)

to persuade someone to do something, especially something wrong or dangerous, by making it seem attractive or exciting

Polygamy (pg.57)

the practice of having more than one wife at the same time

Solidarity (pg.57)

loyalty and general agreement between all the people in a group, or between different groups because they all have a shared aim

Commemorate (61)

to do something to show that you remember and respect someone important or an important event in the past

Euphoria (pg.66)

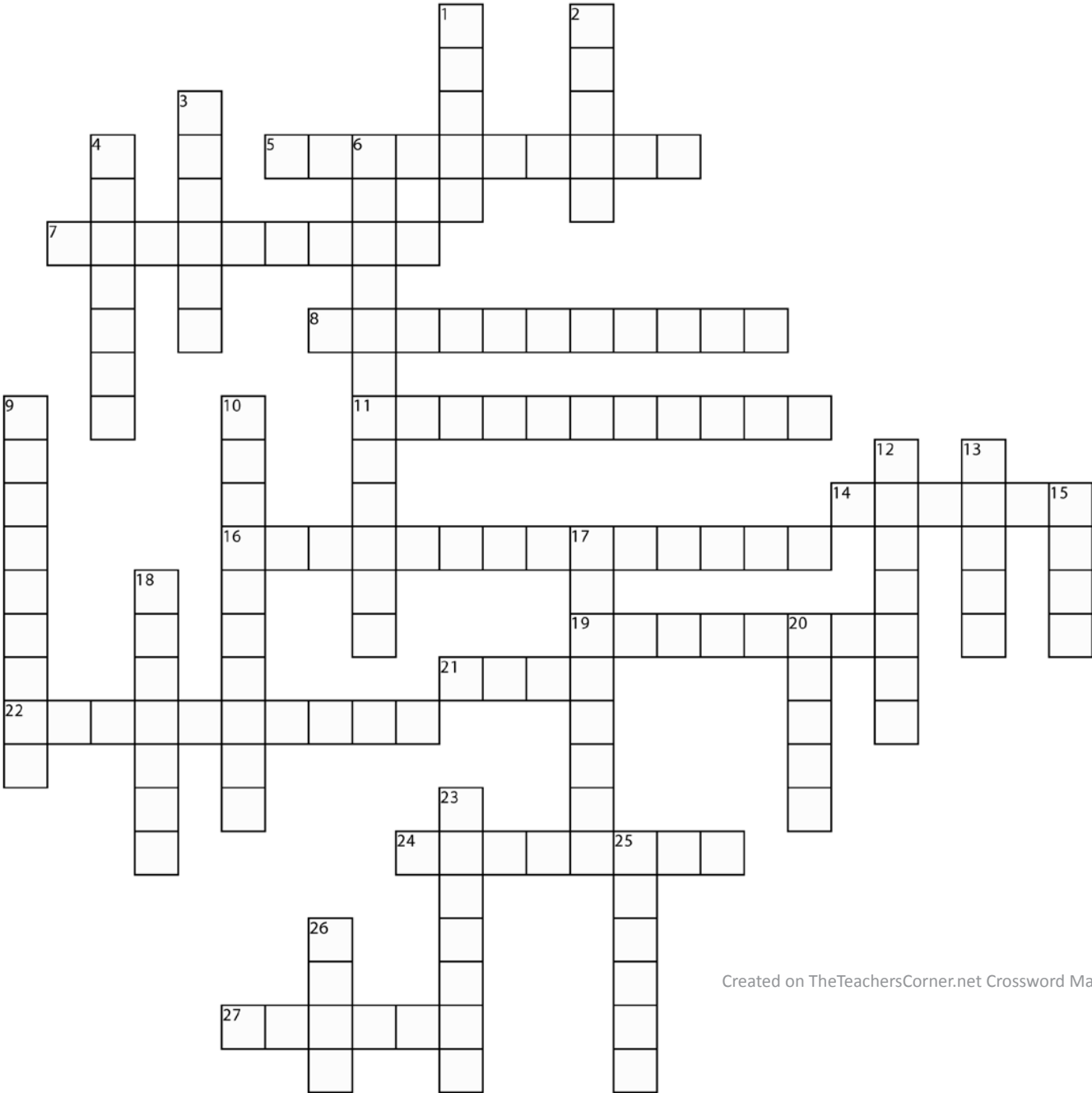
an extremely strong feeling of happiness and excitement which usually only lasts for a short time

Rodeo (pg.100)

a type of entertainment in which cowboys ride wild horses, catch cattle with ropes, and ride in races

Glossary Crossword

Complete the crossword below



Created on TheTeachersCorner.net Crossword Maker

GLOSSARY CROSSWORD

Across

5. the scientific study of the prevention of disease and how the body reacts to disease
7. a violent or harmful action that someone does to punish someone for harming them or their family/
group
8. to do something to show that you remember and respect someone important or an important event in
the past
11. a particular belief, attitude, behaviour etc, that becomes part of your character
14. to go around the different parts of an area or building at regular times to check that there is no
trouble or danger
16. very different from the way people usually behave, think, dress etc
19. an extremely strong feeling of happiness and excitement which usually only lasts for a short time
21. something that you get legally from your work in addition to your wages, such as goods, meals, or a car
22. loyalty and general agreement between all the people in a group, or between different groups because
they all have a shared aim
24. the practice of having more than one wife at the same time
27. a talk given as part of a Christian church service, usually on a religious or moral subject

Down

1. a dangerous action that is done to entertain people, especially in a film
2. a man who is a member of a low rank of the British nobility or of a rank of European nobility
3. a group of sports teams or players who play games against each other to see who is best
4. a belief, custom, situation, condition that exists for a certain time
6. the scientific study of very small living things such as bacteria
9. a scientist in the Middle Ages, who tried to change ordinary metals into gold
10. to open a building or start an organization, event etc for the first time
12. a roof whose lower part slopes more steeply than its upper part
13. a trick, especially one which is played on someone to make them look silly
15. to persuade someone to do something, especially something wrong or dangerous, by making it seem
attractive or exciting
17. making a long and difficult journey, especially on foot
18. a type of animal or plant that does not exist any more
20. a type of entertainment in which cowboys ride wild horses, catch cattle with ropes, and ride in races
23. the work of cutting down trees in a forest
25. to move up through the air
26. a surface that consists of soil with grass on top, or an artificial surface that looks like this

Comments

We'd like to hear from you. Send us your feedback, thoughts, comments and suggestions.

[E-mail: help@linchomestudy.ca](mailto:help@linchomestudy.ca)

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Note:

- Writing should not exceed 500 words.
- If submitting your biography, do not include information about your birthday or age.
- To avoid copyright infringement, only personal photographs will be considered for publication.

A special thank you to all the students who have contributed to this publication and the forum.

