Happy Diwali

Happy Eid al-Fitr

Happy Halloween

The Mid-autumn Festival is one of the three biggest festivals in China, and it is on August 15th every lunar year. There are many legends about Mid-autumn Festival. One of these is: August 15th in a lunar year is in the middle of autumn, and it is the time when rice and corn are ripe. Ancient Chinese people celebrated their harvests with this day. As the moon is very large and bright on August 15th every lunar year, they selected this day to celebrate their harvests and sacrifice to the moon. Nowadays, all family members will return home on that day. They have some delicious food for dinner, and enjoy the beautiful moon in the evening. The traditional food for Mid-autumn Festival is called moon-cake. It is a round cake, stuffed with anything you like, such as sweetened bean paste, some meat products or salted duck eggs and so on. Nowadays, no one prepares moon-cakes. You can buy them at any super market and they are becoming popular gifts during the Mid-autumn Festival.
Thanksgiving in Iraq

The native people in Iraq hold Thanksgiving ceremonies in spring in the beginning of March every year. They pray, dance and go for a journey to the North of Iraq because the land is covered with green grass and with such a beautiful range of mountains. Nouroose is the name of this feast and it is a name for a kind of flower that largely grows there. Iraqi Kurdish people who live in the North of Iraq welcome all who attend these traditional ceremonies, and they believe that a New Year begins from this date. Also all native people thank God for mercy and kindness.

Tagread H.
Level 4
Carla’s class
Halton/Peel Region

Ramadan – The Holy Month of Fasting

The holy month of Ramadan (fasting) has just started for all Muslims throughout the world. In Ramadan all Muslims fast from dawn to dusk. It means that they can’t eat or drink anything at all. This is the month of special prayers too. Our holy book "Quran" was also revealed on prophet Mohammad (peace be upon him) through Angel Jibreel (Gabriel) by Allah in the same month. Ramadan is so special to us, as we practice to purify our souls and bodies, pray five times a day and recite the holy Quran for the whole month. This doesn’t mean that we don’t do it all year long, but this is to remind us that we have to do it the whole year and forever. Special prayers are offered by Muslims in the mosques at night time, lead by Imam Hafiz (the person who remembers the Quran by heart) and these prayers are called Taraveeh. Not eating and drinking anything while fasting teaches us to feel the hunger of poor people who can not afford to have food and are needy. It also teaches us to control our anger and tempers. The whole month is full of joy and holiness for all Muslims. I just pray that Allah will bless everyone with his blessings and forgiveness, Amen.

Rehana A.
Level 5
Rose’s class
Halton/Peel Region

Sharm El-Sheikh

Sharm El-Sheikh is located on the east coast of the Sinai Peninsula, Egypt, overlooking the Red Sea. It is privileged with good weather year round, warm dry weather in the winter and not very hot weather in the summer. Sharm El-Sheikh has recently become popular for various water sports. Particularly, recreational scuba diving and snorkeling which is considered one of the best in the world, famous for its spectacular coral reefs and marine life. In addition to recreational tourism, there is a flourishing scientific tourism with diversity in marine life species of more than 2500 different coral reefs and thousands species of fish. In contrast to the sea life, you can experience the mystery of desert by taking a Desert Safari excursion. In addition, you can enjoy camel and horse riding, and buggy Safari in dawn and witness the panoramic view of the sunrise over the mountains. In Sharm El-Sheikh, you can also watch latest movies in addition to the history of Sharm in variety of entertainment venues. Sharm El-Sheikh has a variety of restaurants and night clubs in addition to casinos.

Rana S.
Level 5
Rana’s class
Halton/Peel Region

Cottage Life

On the last long weekend, I had a nice opportunity to get to know cottage life in Canada. Everyone had been telling me about the cottage, but I didn’t know what they were talking about. To go there, it took around one hour and forty-five minutes from Mississauga. I went with my boyfriend and his cousin’s family. We parked the car and then took the boat to the cottage which took us around five more minutes. This place is located on an island, so this is the reason that we had to take a boat to get there. It was a wonderful experience. The river is beautiful, calm, clean, and I could feel the freshness of the water. In addition, I saw Swift Rapids Falls, which are natural, falls in the river like Niagara Falls. The government built a big lock to pass the boats from the lowest to the highest water level and vice versa. It takes around 20 minutes. The water fills up on one
side until the boats flow to the top to meet the water level on the other side of the dam. The lock system is wonderful and a great technology. It was a lovely experience to be in contact with nature and it was also a nice opportunity to get to know cottage life in Canada.

Dianah S.
Level 4
Carla’s class
Halton/Peel Region

My first Trip In Canada
Some accounts and some tips!!!

As newcomers, we are very interested in knowing as much as we can about our new country – Canada! Even though, travel is very expensive and our budget is restricted, we decided to learn more about Montreal and Ottawa by actually visiting these cities. This was a memorable experience because we took the Canadian Highway, which is a highway that crosses the whole country. To our surprise it had two lanes only and maximum speed allowed was 80 Km/hr, so we had to travel at 80 Km for five hours to arrive at Ottawa around 2:00 p.m.

In Ottawa we had the opportunity to see the Parliament building and a beautiful place where the government offices are located. We toured around Ottawa’s downtown and saw the Royal Canadian Mounted Police officers with their beautiful horses. The guards were very friendly and allowed us touch the horse’s nose. At around 7 p.m. we crossed a small bridge and entered the first city in Quebec, called Gatineau. We asked for tourist information because my husband wanted to stay for the night in Ottawa, but honestly Ottawa and Gatineau were more expensive than Montreal, so we decided go to Montreal the same day. It is important to note that in Montreal and Gatineau, you can easily find people who speak English, but of course not as easily as in Ontario.

We arrived in Montreal at 9 PM and upon entering, I got the impression that Montreal is bigger than Ottawa, but we did not go anywhere that night because we were tired, so we registered in a hotel and went to bed right away.

Next day, which was Sunday, we woke up at 8 AM, we had our breakfast at the hotel and left to discover Montreal. To start, we went to Old Montreal; this is a place with many beautiful streets, art galleries, small shops with handicrafts and aboriginal stuff, excellent restaurants and the Notre Dame Cathedral! My impression about this part of the city was very good, I liked it very much. However, it was very difficult to find a place to park our car, but definitely it is better to go by car to the place early, park and then walk in the small streets. There is lots of tourist information and maps available that show where you are located and the places to see are classified by topic, so, it is easy to decide where you want to go.

The Notre Dame Cathedral is beautiful, you must go inside; there are tours in English or French in which they explain how the building was constructed and provide the history, which is quite interesting. Additionally, there is Catholic mass early in the morning and at 7 o’clock in the evening, they have organ concert.

Afterwards, we went to the Olympic Village, we took the elevator and crossed over three bridges and a tunnel, and because my husband is an engineer, he was very interested in the infrastructure of Montreal.

On Sunday night we slipped into a very good hotel, The Service, the bedroom was very good and the best part was that it was not expensive at all. Monday morning we went to the McGill University Campus and to end our trip we went to a huge park which is located in a monastery. There is a big building on a mountain, but honestly, there was nothing special about this place, except that you can see the whole city from it.

Two days weren’t enough to know Montreal completely, so we are planning to go back and visit the rest of the city and probably travel to Quebec City. So, for now, my recommendations are: First, have complete plans with hotel reservations confirmed because the first night, our hotel was not good and very expensive. Second, the road trip is short by 401, direct to Montreal and from here you may travel to Ottawa and Quebec City. Anyway, Montreal is a beautiful City, with many interesting things to do and see – a good tourist destination! People are very friendly and patient with tourists and the traffic is well organized. You will however, need a good city map because getting lost is easy. The food is very good and you will find very good restaurants. Please stay tuned for my next travel account of Quebec City!

By: Maria F.
Level 5
Zahia’s class
Halton/Peel Region
This was the first time we had gone back to China since we came to Canada last year. We just had three weeks to stay there, but we intended to do a lot of things. It was an exciting and busy trip. We arrived to Beijing in the afternoon, on August 3rd, and it was a beautiful day, sunny and not very hot. My husband, who lives in China, told me that it had been raining for a month. The sun meant Beijing welcomed us back, I thought.

In the morning of August 4th, we started our trip to Shandong Province as we had planned. My husband drove our car, I sat beside him with a map in my hands, and our lovely son sat in the backseat. My husband prepared everything we needed during the trip. We talked, laughed and enjoyed the scenery from the window. After 10 hours of driving, we arrived at our destination city---Yantai that is nearly 1000 km. away from Beijing. Yantai is a small city near the sea, and it is quiet and beautiful. We lived near the beach and we could see the sunrise from our room. We stayed in Yantai for two days. In the daytime, we swam in the sea, took a speed boat to a small island, and caught crabs at the beach. In the evening, we walked along the beach and had some delicious seafood at the restaurant. We also drove to Weihai City which is very close to Yantai. Weihai is also a small city near the sea, and is famous for its beauty. Each building was novel and different from others. It was amazing.

On August 6th, we drove to Taian City, which is 600 km. from Yantai. We intended to climb the Tai Mountain the next day, which is one of the four most famous mountains in China. Everyone in China knows . There are a lot of articles and poems that describe its beauty. It is 1545 meters high and it took us 4.5 hours to climb it. We were all very proud that we had climbed it all by ourselves.

On August 7th, we drove to Qufu City which was only 60 km. away from Taian City. Qufu was the birthplace of Confucius who was a famous philosopher, ideologist and educationalist in ancient China. His analects have had great influence on us. After our five-day trip, we arrived at Beijing on August 8th. From August 9th to 23rd, my husband went to work everyday; my son went to class in the morning, and played with his friends in the afternoon; I accompanied my son to class, went shopping and chatted with my mom and my friends every day. It was really a wonderful trip. We are all looking forward to our next year’s trip.

Chun L.
Level 5
Carla’s class
Ottawa Region

**Describing the Paradise**

After one “crazy” week spent in Vancouver City visiting (all day round) totems, museums, suspension bridges, gardens and other tourist attractions all day round, we decided to have a rest on the Vancouver Island.

Why “Vancouver”? The island was named in honor of George Vancouver, the British Royal Navy officer who explored the Pacific Northwest coast between 1791 and 1794. This is the largest island on the western side of the America 460 km long and up to 80 km wide.

We choose Tofino as destination, a small city on the extreme West Coast because from there you can have a spectacular, unrestricted view to the Pacific Ocean. The way from the ferry station to Tofino goes through the Pacific Rim National Park, the only national park on Vancouver Island, providing protection for substantial rain forests and an amazing marine environment on the west coast of Vancouver Island. A rich natural heritage that evolved in Vancouver Island became isolated from the mainland, retaining a great diversity of mammals, birds, reptiles, amphibians and fish species.

On our way we stopped to see the oldest cedars in Canada that are 800 years old and around 120 meters high. Perhaps, nowhere else on earth the meeting of mountains and sea has created the magnificent beauty of Canada's Pacific Coast.

Vancouver Island is just a fantastic place for all people that love the
tranquility of the nature or like to go fishing, surfing, hiking, biking or ... coming here for honeymoons. We had some relaxing days there, walking along the shore, watching whales, reading and staying on the beach under the pines.

Victoria City was our last visit in BC. We visited the most beautiful garden I have ever seen in my life: The Butchart Gardens. It has fifty five acres of superb floral display, bronze cast fountains brought from Florence, streams and ponds.

Why “Butchart”? That was a private land belonging to Robert Pim Butchart, a successful pioneer in North America in the manufacturing of Portland cement who established his home on Vancouver Island in 1904. By 1908, reflecting their world travels, his wife Jennie had created a Japanese Garden on the sea-side of their home. An Italian Garden was created later on the site of their former tennis court, and a fine Rose Garden replaced a large kitchen vegetable patch in 1929. The popularity of Mrs. Butchart’s gardening increase quickly. By the 1920s more than fifty thousand people came each year to see her creation. Today, over a million people visit it each year, enjoying not only the floral beauty, but the entertainment, lighting displays and weekend fireworks.

The Butchart Gardens has grown to become a premier West Coast display garden that has established an international reputation for its year round display of flowering plants. Each year over 1,000,000 bedding plants in some 700 varieties are used throughout the Gardens to ensure continuous bloom from March through October. The Gardens were designated in 2004 as a National Historic Site of Canada. (http://www.butchartgardens.com/)

This amazing garden is in the capital of British Columbia, Victoria. And, again, why “Victoria”? Victoria is Western Canada's oldest city. The City began in 1843 as a Hudson Bay Company trading post, named in honor of Queen Victoria. With the Fraser Valley gold rush in 1858, Victoria grew rapidly as the main port of entry to the Colonies of Vancouver Island and British Columbia.

When the colonies combined, the City became the colonial capital and was established as the provincial capital when British Columbia joined the Canadian Confederation in 1871. Established in the late 1700's by British settlers - in the spring of 1778 Captain James Cook, was the first known European to set foot here - the city maintains its rich sense of history with beautiful Victorian architecture, tree-lined streets and old British charm. This gorgeous city that offers great views of the Olympic Mountains has become a number one vacation destination in Canada and one of the premier tourist spot in the Pacific Northwest.

There are so many things to visit in this city. Butterfly Gardens (There are up to 35 different species from around the world and hundreds of butterflies) Royal London Wax Museum Anne Hathaway's Cottage (The antique furniture in the cottage originally came from England and most of the pieces date back to the 16th and 17th centuries) or Miniature World.

Unfortunately, we spent almost whole day in the Butchart Gardens and we just had a short walk through downtown Victoria. This has a beautiful marina where many young, beautiful girls, dressed in traditional Irish clothes were playing guitar or harp. The parliament building is amazing in the night with all its wonderful lights. All over the streets, there are a lot of horse carriages decorated with coloured flowers.

Vancouver Island, with temperate climate and mild year-round temperatures provides a perfect medium for unique flora and fauna. Here the nature made the mountain and the sea to live together. In this part of world it is not bizarre to see, black bears, deer and cougars, but also whales, sea lions, eagles and marine fauna.

I don’t even try to describe in words this place because I know it is very hard. Somebody told me that Vancouver is also called “the paradise”. Therefore, how can you describe the paradise?

Anca P.

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ACTIVITY CENTRAL

CROSSWORD PUZZLES

HALLOWEEN

Across
1. People wear these to Halloween parties
4. What children want (see 5 down)
7. A spirit that haunts a house
8. A small ugly fairy that plays tricks on people

Down
2. Halloween colors are black and ___
3. The bones of a body
5. The children say "___ or treat!" on Halloween
6. One Halloween party game is ___ for apples.

COLORS

Across
1. My little brother is the ___ sheep of the family.
3. He's rarely so pessimistic! Why is he in such ___ mood today?
6. Do we have to go through all this ___ tape to get his permission?
7. I bought this at a ___ elephant sale.

Down
1. That movie always makes me feel ___.
2. Congratulations! You passed your math examination with flying ___.
3. He has a ___ thumb and likes to garden.
4. He has a ___ streak in him and is often afraid.
5. Look at him! He has become ___ with rage.
OPPOSITES - Think of a word meaning the opposite of each given word in the list. Then find the words in the grid.

1. Beautiful ___________
2. Formal ___________
3. Excited _____ ______
4. Dull _____ ______
5. Happy _____ ______
6. Attack _____ ______
7. Innocent _____ ______
8. Export _____ ______
9. Difficult ___________
10. Give _____ ______

ROOMS – Please find the words below and circle them.

1. Attic
2. Basement
3. Bathroom
4. Bedroom
5. Boxroom
6. Cellar
7. Cloakroom
8. Conservatory
9. Dining room
10. Hall
11. Kitchen
12. Library
13. Living room
14. Lounge
15. Nursery
16. Study
17. Toilet
SQUASH SOUP (Empal)

Serving size: 4

Ingredients:
1 medium-sized butternut, buttercup or acorn squash
1 tbsp oil
1 onion, chopped
1 tsp ginger, grated
2 apples, peeled & chopped
2 1/2 cups vegetable stock
1/2 tsp dried thyme leaves
salt & pepper to taste
2 tbsp parsley, chopped

Instructions:
Pierce squash in several places with sharp knife.
Microwave at high (100% power) for 3 minutes to soften peel.
Peel and chop 3 cups of squash.
In a medium saucepan, melt butter over medium heat.
Add onion and ginger.
Cook until softened, about 5 minutes, stirring constantly.
Add chopped squash, apples, stock and thyme.
Bring to boil, reduce heat, cover and simmer until squash is tender, about 20 minutes.
Remove from heat and puree in batches in food processor or blender until smooth.
Season to taste with salt and pepper.
Serve hot.
Garnish each serving with chopped parsley.

By: Lesley H.
DE Instructor

SWEET FRIED BEEF

Serving size: 4

Ingredients:
1 lb. boneless beef chuck
2 cups water
1 tsp. tamarind, dissolved in 1 Tbs. water
1 tsp. sugar
1 tsp. salt
2 cloves garlic, crushed
2 tsp. coriander
1/4 cup vegetable oil

Instructions:
Place the beef chuck in a large pot filled with 2 cups of water. Boil the beef until it’s tender. It is approximately 30-60 minutes.

Remove the beef and cut into 2-inch squares. Pound each piece of beef slightly to tenderize and flatten it.
Prepare a paste of the tamarind liquid, sugar, salt, garlic and coriander and put the paste into the pot filled with the left over liquid.
Stir the liquid.
Place the beef squares back into the pot and boil it again until the liquid or sauce becomes thickened.
Heat the oil in a frying pan. Fry the beef squares over medium heat for approximately 5 minutes, or until the beef is brown and soft/crisp. Drain on paper towels.

By: Lianita S.
Level 5
Rani’s class
Halton/Peel Region

APPLE CRISP

Ingredients:
1 cup flour
1 cup Brown sugar
1 1/2 cup Oatmeal
6-8 Medium apples
Sugar
Cinnamon
Thin Slices of butter (1 stick)

Instructions:
Preheat oven to 350 degrees. Mix flour, brown sugar and oatmeal together in a bowl. Peel and cut the apples. Place apples in a cake pan.
Sprinkle the apples with white sugar and cinnamon. Put oatmeal mixture on top of apples; place thin slices of butter on top. Bake for 40-45 minutes until apples are soft.

***Notes
Suggest using Granny Smith apples

By: Glenda M.
Program Assistant
Please e-mail your submissions for the November Newsletter by Monday, November 6th.

Have a Recipe to Share?
If you would like to submit your own recipe, please send a copy of your recipe via email to your teacher.

ROOMS – Pg. 7

OPPOSITES – Pg. 7

1. ugly 5. happy 8. import
2. casual 6. defend 9. easy
3. calm 7. guilty 10. take

OPPOSITES – Pg. 7

- Ugly
- Casual
- Calm
- Excited
- Happy
- Defend
- Guilty
- Easy
- Import
- Take

ANSWER KEY

HALLOWEEN – Pg. 6

COLORS – Pg. 6

OPPOSITES – Pg. 7