

## SLAVA

first group finished on June 28, 2024 with a full schedule of materials to help students in the workplace and the continued learning of Canadian Culture/History. More on page 7....



**EARTH DAY** : My definition of how to protect Earth is very simple: it's based on feasible things that everyone can use to prevent global warming. First, I need to reduce my spending on everything. More on page 4...

# EQUILIBRIUM SCHOOL

## NEWSLETTER

All the stories in this newsletter are written by our students or our teachers.

August 2024

Our amazing **LINC, SLAVA, CAEC, EAL** and **COMPUTER** students enjoyed a surprise Stampede breakfast at our school.

**Yahoo!**



See our staff and students' stories inside..... PAY IT FORWARD LIKE DINA WOULD





# EQUILIBRIUM Travel log Cuba!

By Tina Jensen

*Cuba had been on my Bucket List for many years, so I finally decided to go this Spring Break. There are about 60 resorts on a 20-mile stretch of beach in Varadero, so trying to pick one was very difficult! Luckily, Teacher Darren had gone to Cuba in 2023, so I went on his recommendation on where to stay and was glad I did!*

Everyone always says, "The food in Cuba is terrible." Let me set this straight: it is NOT terrible, at least not in my experience. It is plain, and there is not as much variety as you might expect from a resort, but remember that this is a Socialist country that has had trade restrictions for about 60 years. It is difficult or impossible to get the variety of food and products that we are used to. My resort had fresh, healthy food every day. There were 3 buffets every day and the selection was a bit repetitive, but always fresh and healthy. Fresh fish, pork, and chicken cooked in front of you. Some beef and vegetable dishes, eggs and sausages, bread, pastries....and flan and ice cream for dessert! Also, the coffee was fantastic and there was fresh fruit and fruit juice every morning (guava, pineapple, papaya).

Also a great variety of mixed (alcoholic) drinks - I am not a big drinker, but I did have a drink on my balcony every evening while I enjoyed the live entertainment in the courtyard!

**Now...let's talk about the beach! So beautiful! The ocean is bright turquoise blue and the sand is white and perfect. I spent some time every day floating in the ocean, collecting shells and just relaxing.**

I took a trip to Cuevo (Cave) Ambrosia - this is a spectacularly beautiful cave with dark blue, clear water that you can swim in. The deepest part is 22 metres! I spent about 2 hours swimming and floating, talking to some other tourists and just marveling that I was in this amazing place.



I also took a day trip to Havana. It's about a 2hr drive from Varadero. I decided to splurge and hire a tour company that provides a vintage car and driver/guide to take you to Havana and spend the day with you. **Continue PAGE 2.**

As you may know, **Cuba** is famous for the vintage cars driving around as they have not had any new car imports since the 1960s. They are carefully repaired and restored by the owners and updated with things like AC and GPS. Many of these cars are hired out for tourists and I totally recommend this!

Where else can you drive down a beautiful coastline in a 1955 Plymouth Belvedere? My tour guide was extremely knowledgeable – there was no question he couldn't answer. We went on a 3hr walking tour of Havana – honestly, it was a bit too much information for me to take in and I won't go into details here but I was fascinated by the history, architecture, culture, and people. I ended the day with a famous 2hr show called "Tropicana" – it is a beautiful display of traditional costumes and dancing. It has been around since 1939.

# Travel Log



## Cuba!



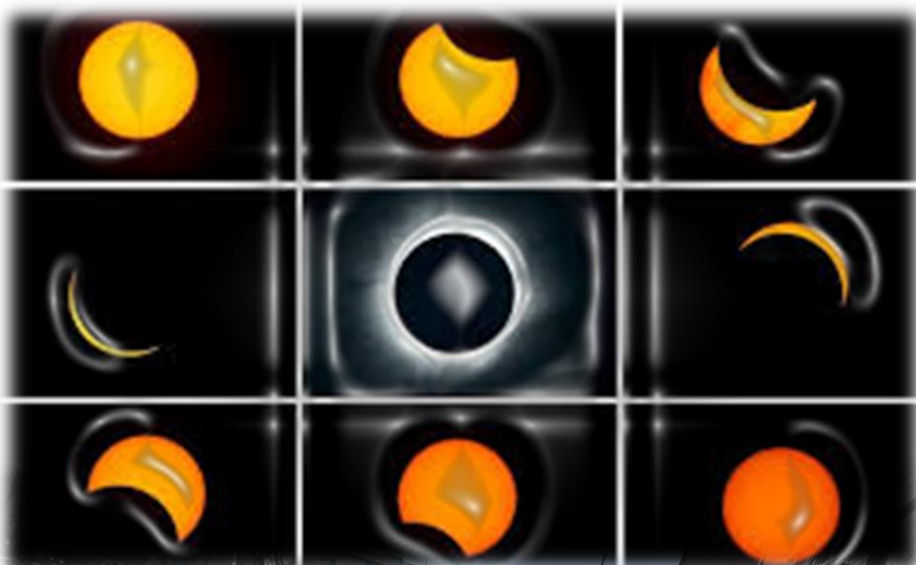
*As a single female traveler, safety is always a concern but I did not have a moment's worry in Cuba. I was told it is one of the safest countries in Central/South America. The people are friendly, kind and helpful. I do not speak Spanish (something I want to change!) but I had no trouble using English.*

*I admire the Cuban people for their resiliency, strength, optimism and resourcefulness. Life is not easy there but they work hard and make the best of it.*

*I had a wonderful time in Cuba and will definitely return!*

## Waiting for a total eclipse, 2024

We waited for the total eclipse on April 8, 2024. Well... we did not see it, but we had a lot of fun... matching outfits, eclipse glasses... thanks Fatima. The eclipse was visible from parts of North America, including Mexico, the United States, and Canada. The path of totality, where the sun was completely obscured by the moon, stretched from Mexico up through the central United States and into eastern Canada.



# Easter

is a Christian holiday that celebrates the resurrection of Jesus Christ from the dead.

It is considered the most important and oldest festival of the Christian Church. Easter is observed on the first Sunday following the full moon after the vernal equinox (around March 21st). The holiday is typically associated with various customs and traditions, including church services, the giving of Easter eggs, Easter egg hunts, and the Easter bunny in some cultures. Thank you, **George**, for your informative presentation.



## What is Easter?

APRIL			
WE	TH	FR	SA
1	2	Good Friday	4
8	9	10	11

- There is no fixed date for Easter
- In Western Christianity, it always falls on a Sunday between March 22<sup>nd</sup> and April 25<sup>th</sup>
- The next day, Easter Monday, is a holiday



## Easter Bunny

- The Easter Bunny is the equivalent of Santa Claus during Easter
- In some cultures, children will put out empty baskets for the Easter Bunny to fill while they sleep



## Some non-religious symbols of Easter

### Easter Eggs

- Eggs symbolize new life and rebirth
- They became associated with Jesus' crucifixion and resurrection



- Easter is a Christian holiday celebrating the resurrection of Jesus Christ from the dead
- It happened on the 3<sup>rd</sup> day of his burial after his crucifixion



# Earth Day 2024

Tina's PM class did the lesson from [ellii.com](https://www.ellii.com) about Earth Day and wrote about what they can do to help save our beautiful blue planet!

## Adamira

I'm learning to help the environment by using the 3Rs: reducing to zero all kinds of plastic bags, using reusable bags for groceries and in general, recycling clothing, water, food, and everything that I can. For example, my daughter bought a small machine to make sparkly water and ban all cans from home, and in the other way we can make our sparkly water fresher and cleaner. Also, I don't drive to school; I'm taking transit every day. On the other hand, it helps me to exercise my body and make me feel better, and I see different people every day.

## Hailu

Have a bicycle! Economical, environmentally friendly, no need for lots of parking spaces, no need for wider roads, cheap to maintain and affordable. I strongly recommend anyone to reduce his or her footprint on climate change protection by riding a bicycle. Nowadays, our globe is getting warmer and warmer which leads us to have droughts, floods, lack of rain, unusual snowfall, volcanic eruptions and erosion...the blame is on us. The more we don't take action, the more we are going in a trap which might not be reversible anymore. So just by riding a bicycle we can reduce our footprint to save our planet Earth.

## Makram

*Honestly, I never heard about Earth Day till I came to Canada. In fact, I was surprisingly amazed about how Canadians celebrate this day and give it the importance that it deserves. I've been living in Canada for 2 years and to be honest, I'm starting gradually to measure the real importance and value of preserving the environment. Actually, I don't want to be alarmist, but the planet Earth is dying because of the capacity and greed of people and more precisely the different governments. The reason being is we need as a consumer and citizen of Earth to be more committed and engaged in favour of saving our planet for our well-being and the future generations as well. I do believe that this call might be considered as a voice in the wilderness, but we should start from somewhere by thinking globally and acting locally.*

## Mohamed

My definition of how to protect Earth is very simple: it's based on feasible things that everyone can use to prevent global warming. First, I need to reduce my spending on everything. I'm not trying to be stingy, but the less I spend, the more I contribute to the protection of our planet. For example, I don't use my car to commute to school. I consume less gas. Second, I don't get rid of everything I stopped using. Instead of throwing my used clothes, I reuse them for other purposes like using pants as shorts or cloths. Third, I recycle everything that can be recyclable - for instance, bottles, paper and so on. There are many ways to be responsible in our daily life toward our planet.



# MOTHERS DAY

## TO MY DEAR MOTHER

I'm writing you to tell you that I love you so much. You make the sun shine on a cloudy day. When I'm sick you blow kisses to take away my pain. Your tender voice took away my fears. Your hand wiped away my tears.

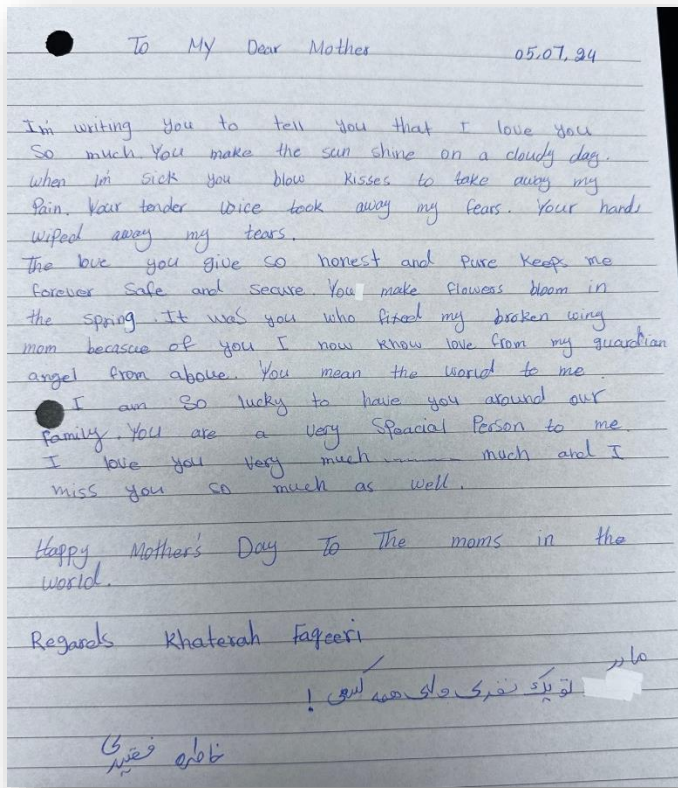
The love you give so honest and pure keeps me forever safe and secure. You make flowers bloom in the spring. It was you who fixed my broken wing mom because of you I now know love from my guardian angel from above. You mean the world to me.

I love you very much.....much and I miss you so much as well.

HAPPY MOTHERS DAY TO THE MOMS IN THE WORLD!

Regards,

Khaterah Faqeer



## ♥ Happy Mother's Day ♥



Happy Mother's Day to all the incredible moms out there! Today is a celebration of your unwavering love, boundless strength, and endless sacrifices. Your nurturing hearts and selfless dedication shape the world with tenderness and wisdom. May this day be filled with joy, laughter, and cherished moments as you are honored for the extraordinary individuals you are. Thank you for all that you do, today and every day. You are truly appreciated, admired, and loved beyond measure. Happy Mother's Day!

# My Xeriscaped Yard!

by Tina Jensen

My front lawn was never very pretty or healthy because of the two huge pine trees on either side. The trees would drop their needles on the grass, and these needles damage the grass and other plants. However, I didn't want to have the worst lawn in my neighbourhood, so for 17 years I watered, fertilized, mowed, raked and aerated it. I also planted a flower garden: I researched which plants are better in shade or full sun and which flowers bloom early or late. I bought perennials that were supposed to come back every spring. I watered and fertilized and weeded, but every year some plants would die, and I'd have to spend more money and time to replace them. But it just seemed like a waste of time and energy because it never looked nice. It made me sad and frustrated. Also, I always thought it was a terrible waste of water. Plus...I really don't enjoy gardening!

*(this is a photo of my yard in April 2023 – the “before”)*



One day last spring, I was complaining to my friend my sidewalk was crooked, some stones were to his friend Eric - he had made a xeriscaped yard similar projects for other people. I had never heard maintenance-free landscaping. Sounded perfect how I could transform my front yard. I gave him

For weeks, Brad and I gathered dozens and dozens them home. We took many, many trips back and actually quite fun looking for the “perfect” rocks for we made friends with a local construction crew blocks away. They let us come after hours and to deliver massive rocks and blocks of sandstone start work, we had the help of my wonderful time at all to rip up my grass and reshape my yard. making the vision a reality. I'm sure my neighbours going to look like!



Brad about my terrible lawn and poor garden. Plus, broken, and it looked shabby. He suggested I talk at his house in Canmore years ago and had done of “xeriscaping,” but basically it means to me! Before long, Eric had drawn a “blueprint” for total freedom and trusted his vision and skill.

of rocks of all sizes from various places and carried forth in the evenings and on weekends. It was this project. Completely by luck and good timing, who were doing a major excavation project a few collect more rocks, AND we hired one of the crew to my yard in the evening. When the time came to neighbor, who happens to own a Bobcat. It took no Brad and Eric worked long days in heat and rain, were wondering what this muddy, dirty mess was

We were able to use my existing sidewalk stones to build a new sidewalk. And I came home one day to see that Eric had even built a little bridge over what now looked like a dry creek bed, complete with driftwood and carefully placed rocks.



The final touches were covering the dirt with cedar mulch and planting some native plants that will spread out and require no watering.

I now have a wonderful, fragrant (because of the cedar!), zero-maintenance yard that is beautiful 12 months a year. I don't have to spend hours picking up pinecones and raking pine needles. And...I don't have to waste any more time, money and water looking after it.



*This is the day the bridge was added!*

*This is my friend Eric sitting in my beautiful completed xeriscaped yard!*

I look out my front window every day and am so happy and grateful for the hard work and kindness of my two friends, Brad and Eric!

**PAY IT FORWARD LIKE DINA WOULD** ❤️

Ukrainian Intangible Cultural Heritage in Emergencies

Le patrimoine culturel immatériel ukrainien en situation d'urgence

OLEKSANDR BUTSENKO, ANDRIY NAHACHEWSKY

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The Two Roles of Intangible Cultural Heritage in Emergencies

Les deux rôles du patrimoine culturel immatériel en situation d'urgence

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Musical Intangible Cultural Heritage of the Polissian Region Near Rivne: Status and Study

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Intangible Cultural Safeguarding in Emergencies: The Ukrainian Case

Envoi de Poste-publications

Convention n° 40064744

# ethnologies

## UKRAINIAN INTANGIBLE CULTURAL HERITAGE IN EMERGENCIES

### LE PATRIMOINE CULTUREL IMMATÉRIEL UKRAINIEN EN SITUATION D'URGENCE



GUEST EDITORS / RÉDACTEURS INVITÉS :  
OLEKSANDR BUTSENKO, ANDRIY NAHACHEWSKY

ethnologies

### The Ukrainian VerTep – Nativity performance

On the Question of Incorporating the Christmas / Koliada Celebrations into the National Register of Intangible Cultural Heritage of Ukraine  
Andriy Sendetskyy

Department of Culture Studies and Intercultural Communication of the National

Academy of Managerial Personnel for Culture and Arts, Kyiv

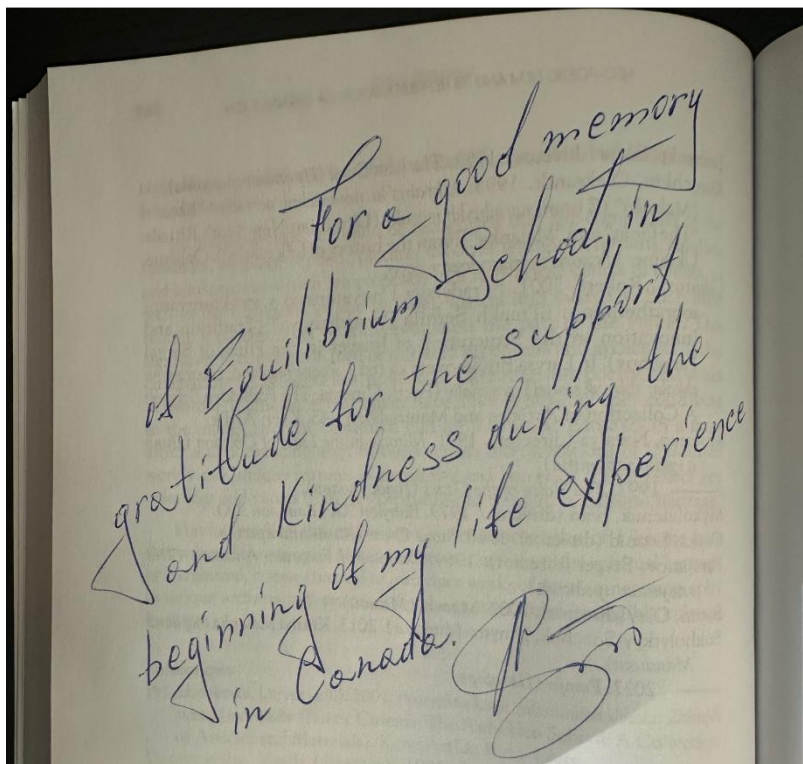
Artistic Director of the Lviv Author's Dramatic

Theatre "ScenA8" of the Centre for Cultural and Artistic Initiatives, Lviv

Introduction



Nativity performances are a common activity of the Christmas and New Year's holidays in the calendar cycle, part of a large complex of traditions associated with a variety of Christian denominations and cultures. Winter traditions are regionally diverse, connected directly with the history of the cultural group and local preferences. Even in the 21st century we can observe the religious syncretism of winter feast days, based most heavily on the Christian Christmas (*rizdvo*, р і з д в о) and pre-Christian *koliada* (к о л я д а) – the celebration of the solstice when the day starts to become longer and the night becomes shorter. Such longevity in the tradition bears witness to its vitality and relevance even in the current era of digital technology...



Andriy celebrating the end of **SLAVA** program at EQUILIBRIUM.

SLAVA first group finished on June 28, 2024 with a full schedule of materials to help the students in the workplace and the continued learning of Canadian Culture/History.

There were personal achievements like Andriy getting his first article published in a book while in Canada. Also, few of our SLAVA students found jobs. We are happy to see our students achieving their goals by being part of our school.

**Our next SLAVA course is starting on July 2, 2024.**

There are just a few open spots left for our September 23, 2024 - December 13, 2024, class and

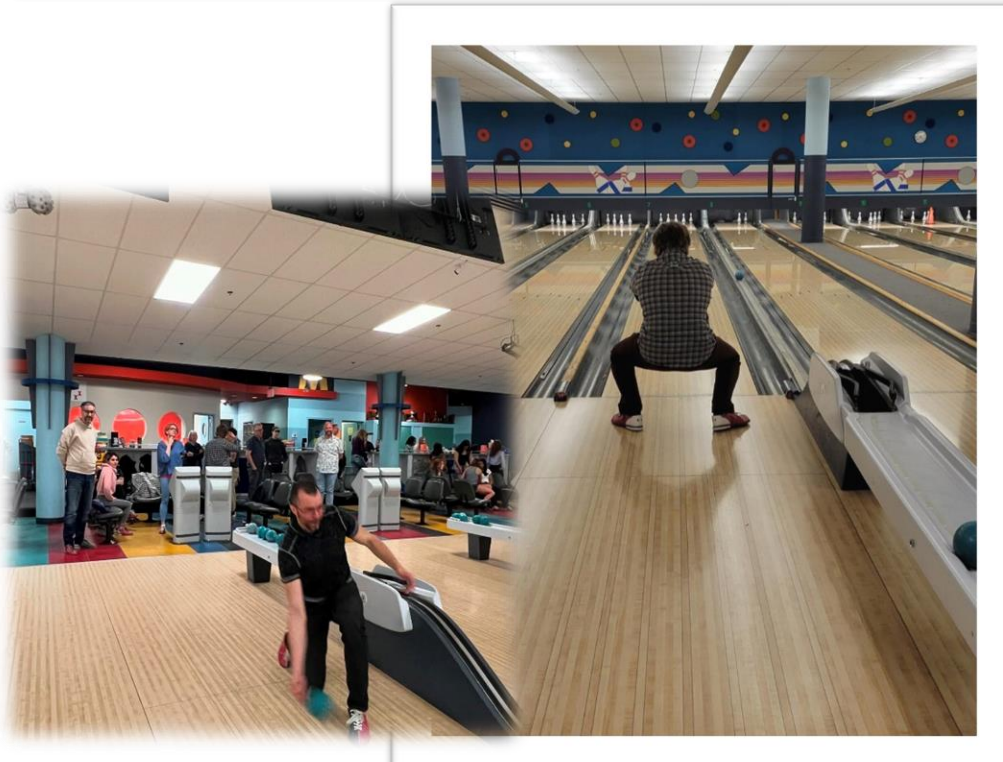
December 16, 2024 - March 21, 2025, class. Please contact our school for more information about SLAVA program.

*We are very proud of everyone in our first SLAVA class and looking forward to meeting some new great people in our next class.*

# FUN TIMES EQUILIBRIUM TEAM



Equilibrium School's dream team the best Bowling is always fun!



All For New Game										
3	4	5	6	7	8	9	10	HDCP		
15	30	40	70	93	101	116	151	151		
21	22	23	35	51	22	22	143	32		
9	33	38	56	64	71	75	90	95	95	
36	55	51	53	55	55	21	21	83	5	
8	33	46	54	64	74	76	86	94	94	
15	28	51	58	41	41	48	55	55	65	65
3	23	28	41	41	48	55	55	65	65	
15	51	51	52	56	3	11	5	25	35	1
1	1	1	1	1	1	1	1	1	1	1



Figure 1-Mohamed. He is an avid fisherman and caught this pike on Saturday, July 27

*This is a picture of Tina's sunflowers (and a bee)!  
It's the only thing I can grow. I have them in  
memory of my friend Dr. Dale Lonis because he  
loved them too.*

*It's also the national flower of Ukraine.*

*Tina J.*



# Coordinating Conjunctions

Tina's class reviewed coordinating conjunctions (FANBOYS) and wrote some sentences about their experiences.

Khaterah

**Describe two activities you enjoy on the weekend and explain why.**

- I love cooking and baking because they are my hobbies, and they are enjoyable for me.

Write about a decision you had to make recently and the two options you considered.

- I couldn't save some money to buy my own house, but I decided to try.

Explain a time when you had to do something you didn't want to do, yet you did it anyway.

- Sometimes I didn't feel like going to the grocery store, but I knew we needed food to survive, so I went.

# Coordinating Conjunctions

**Khaterah**

**Discuss a time when you and a friend disagreed on something.**

- My friend and I decided to have a picnic in the park, but she didn't agree to go with me because she didn't like one of my other friends.

Describe a situation where you were tired but had to keep going.

- I was extremely exhausted from the heat on the Stampede grounds, but my daughter loved to stay there longer.

**Juan Carlos**

Explain a time when you had to do something you didn't want to do, yet you did it anyway.

- I don't like to be alone, but I've learned some things hurt, but at the same time they make you stronger.

Describe a time when you had to help someone, but it wasn't convenient for you.

- Human beings are imperfect, but we still have to help each other.

**Describe a time where you had to decide between 2 different options and what influenced your decision.**

- Life is hard, and making mistakes makes it more difficult, but you have to move forward. It doesn't matter how – you always give the best of you.

**Anna**

**Describe two activities you enjoy on the weekend and explain why.**

- I like watching movies and reading books because it helps me relax.

Write about two places you want to visit and why these destinations interest you.

- We couldn't decide on a country, for I like to go to Paris, but my husband prefers to go to England.
- I want to visit France for its architecture and Maldives for the amazing ocean.

**Describe a situation where you were tired but had to keep going.**

- I was exhausted from studying English, but I will practice every day.

**Explain a time when you had to do something you didn't want to do, yet you did it anyway.**

- I didn't like to do exercises, yet I do it every day now because it makes me healthy.

**Describe a time where you had to decide between 2 different options and what influenced your decision.**

- After a hard week I have some choices about how to relax myself. I could go to the bar or stay home and watch TV, so I chose to go to the bar because I want to meet my friends.

**Mohamed**

**Describe two activities you enjoy on the weekend and explain why.**

- The two things I like the most in life are watching TV and fishing. Both activities make me relax and forget life's hardship.

**Describe a time where you had to decide between 2 different options and what influenced your decision.**

- In 2018, I had the option either to stay back home and make a bunch of money or to move to Canada and have a better future for my children, but I chose the second option.

**What are two things you don't want to do?**

- I haven't stopped smoking, nor have I the will to do so.

**Write about two places you want to visit and why these destinations interest you.**

- In the future when my financial conditions get better, I would like to visit Japan for its beautiful location and culture, and I would like to go to Greenland to satisfy my curiosity.

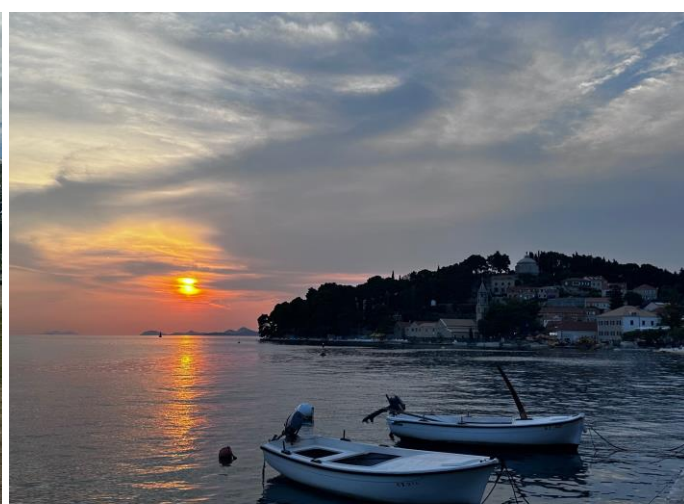
**Describe a situation where you were tired but had to keep going.**

- Lately, I have had overnight shifts, yet I went to school every day.

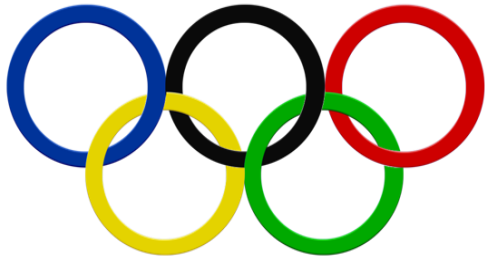
**Makram**

**Write about two places you want to visit and why these destinations interest you.**

Travelling or visiting different places around the world is actually one of my favourite hobbies that I like to do, and it brings me joy and happiness. For this reason, visiting China and Australia is on the top of my favourites, and because of that I'm trying to save some money so as to be able to realize this goal. I'm aware that it's in fact not easy to achieve at least financially, but I'm still trying and doing my best. I would like to visit China for its culture and cuisine, and I'd like to see Australia for its wild nature. These tourist destinations represent to me a dream that I consider important and worthy. That's the reason why I keep working at whatever the obstacles that I would face until the



Pictures by Slavica



**During the first week of the 2024 Paris Summer Olympics, Tina's class read an editorial entitled 'The Olympics Challenge us all to do Better' It was about the larger purpose and meaning of the Olympics. The students completed writing tasks based on some questions about the article.**

**Mohamed**

*Do you think it's important to show respect and sportsmanship in all areas of life?*

*Showing respect towards others makes us human, and showing respect and sportsmanship in all areas of life makes us civilized humans. It's the only way that differentiates us from the animals. When people treat others with respect, it demonstrates the best in us. This leads me to mention something I learned about athletes who compete in the Olympic Games. They give up everything to reach these games such as social life, work opportunities and even friendships sometimes, but once they are competing, they start developing this quality of respect toward their opponents, no matter if they win or not. I believe that the Olympic Games are one of the greatest events around the world that make everyone proud of self-achievements, whether we are competing in or just watching the games. Everyone will be affected by the spirit of the Olympics.*

**Juan Carlos**

*How can watching the Olympic Games inspire you to set and achieve your own goals?*

- Don't give up on anything, even if it's too hard.

*Do you think it's important to show respect and sportsmanship in all areas of life?*

- Yes, it is important because no enemy is too small

*How can teamwork and cooperation be useful in everyday life?*

- Loyalty, cooperation, trustworthiness and confidentiality work perfectly in every aspect of life. If you find all these aptitudes, you are always going to win.

*What are some ways we can try to solve problems in our communities like the athletes solve challenges in their sports?*

- Leading by example, working together, accepting opinions, liaison, accepting criticism but acting with actions, not just talk.

**Khaterah**

*How can watching the Olympic Games inspire you to set and achieve your own goals?*

- The Olympics provide an opportunity to inspire and allow people and cultures to share stories and encourage the sports economy.

*Do you think it's important to show respect and sportsmanship in all areas of life?*

- Yes, it's important to show respect in general in life because respect will build good feelings of trust and safety.

*How can teamwork and cooperation be useful in everyday life?*

- For me, trust and respect make teamwork stronger and useful anywhere in the world.

*Can you think of a time when you worked hard to achieve something? How did you feel?*

- I feel more excited and happy.

*What are some ways we can try to solve problems in our communities like the athletes solve challenges in their sports?*

I think working together is the best way to solve problem

**THROW BACK AT OUR OLYMPIC GAMES**



Our instructors, Susan and Jessica, carrying the Olympic flame.



Our Instructor Liliya!

# Taylor R. students writing about their happy places.

Guido

## My Happy Place

*I think a place I want to be every summer is Summerland, B.C. Me and my family went almost every year. There is a campground where we stay near the lake. Although I don't know how to swim, I enjoy being near the water. Also we would go cherry picking and it was a lot of fun for me and the kids. Warm weather makes me happy.*

Archana

My **happy place** is Bow River Place. I want one cup of coffee. I see greenery and birds floating in the river. I feel peaceful. I enjoy my life. I am going to go in summertime. I listen to music and drink a cup of coffee.

Youness

My favorite **happy place** is the Hassan 2 Mosque in Casablanca, Morocco. It is the second-largest mosque in the world, and it stands on a fantastic view of the Atlantic Ocean. Praying overlooking the sea creates a profound psychological connection for me. When I visit it, the mosque's architecture evokes memories of ancient Moroccan civilization, especially the remarkable roof, which reveals a stunning view of the sky when unfolded. Additionally, I enjoy the fantastic sunset view from this magnificent location.

Drartu

My **happy place** is the sea. I love sitting beside the sea alone. When I was a child, my school was beside the sea. And I liked to sit and look around at the natural things. I love the sky. It was very blue and the sea is very blue. I enjoy this national view.

Magda

My **happy place** is the beach. I love being outside with my family. It was a great experience to be with my family in Hawaii. Every once in a while, we really enjoy it. Whether, water, food, atmosphere, green all over, watching the sunrise and the sun set, it is amazing. God created everything that is good. You don't want to leave the island and the sights. They keep you going from time to time. I really enjoy it.



Bow river! Peace Bridge.



Beautiful beaches of Hawaii and Mexico. Pictures by Slavica.



Mosques in Travnik, Bosnia and Herzegovina.

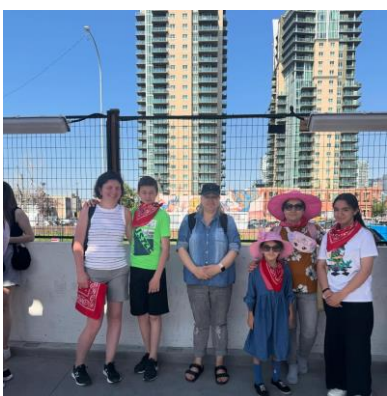
# Calgary Stampede 2024

The Calgary Stampede 2024, held from July 5-14, was a spectacular event, living up to its reputation as "The Greatest Outdoor Show on Earth." This year's Stampede attracted over 1.33 million visitors, featuring a mix of traditional events and new attractions.

Our students visited Stampede and had a lot of fun.



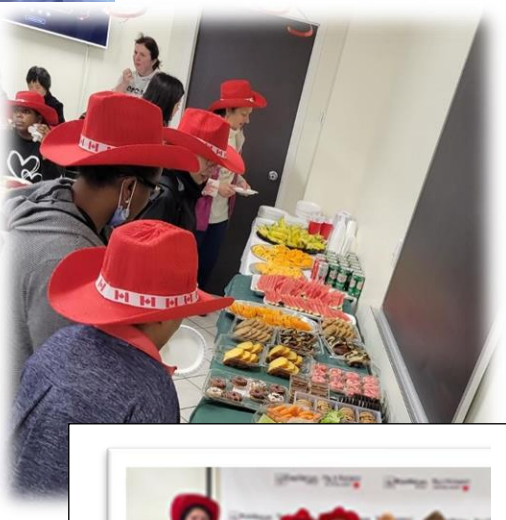
# Calgary Stampede 2024



# Calgary Stampede 2024



A surprise Stampede breakfast.



# Julia's Thoughts on Taste of Calgary

Over Heritage Day Weekend, I went to a very cool event in Calgary. The event was called Taste of Calgary – I'm sure some of you have heard of it! There are many restaurants and food trucks whose food you can try, there is live music, and there are activities for kids! Even though I have lived in Calgary for almost my whole life I somehow did not know about this event until I happened to drive by it one day and got curious. I'm glad I went to go check it out that day, because I had a great time both times that I went that weekend. I sampled many foods and drinks from many different countries. Luckily, I was taking pictures of the whole event to show to my students, so I have lots of pictures to share with you today!



I took a picture of the sign that caught my eye and of the colourful entrance! There were two bouncy castles, crafts, and face painting for kids! Unfortunately, I am too old to participate (hahaha), but all the kids looked like they were having a great time.

**Below are some pictures of some of the delicious food I tried!**



**Nutella Iced Coffee**



**Pork Carnita**



**Cheddar and Bacon**



**Butter Chicken with Fresh Naan**



**Pork Dumplings**

I'm so happy to have stumbled upon such a great Heritage Day event, and I look forward to going again when Taste of Calgary comes back next year! I hope you enjoy Julia's Thoughts on Taste of Calgary – maybe I'll see you there next time! ;)

# WORD OF THE DAY- July-August

## July 3, 2024

*"loonie and toonie"* - one and two-dollar Canadian coins

e.g.: It is a nice idea to leave a loonie or a toonie as a tip when you go out for a coffee.

## July 4, 2024

*"Canuck"* - a Canadian

e.g.: "We Canucks love hockey and should be cheering for our hometown teams.

## July 8, 2024

*"This ain't my first rodeo"* - it isn't someone's first time doing something, and is often used when someone is being given unjustified and unwanted advice.

e.g.: "She said I have to watch out for pickpockets when I travel through Spain, but I assured her that this trip ain't my first rodeo. I went to Madrid last spring".

## July 9, 2024

*"All hat and no cattle"* - all talk and no action

e.g.: "He says he's going to win the competition without any practice. He says that every year, but he's never won a competition because he's all hat and no cattle".

## July 10, 2024

*"loonie and toonie"* - one and two-dollar Canadian coins

e.g.: It is a nice idea to leave a loonie or a toonie as a tip when you go out for a coffee.

## July 11, 2024

*"Canuck"* - a Canadian

e.g.: "We Canucks love hockey and should be cheering for our hometown teams. GO FLAMES!

## July 18, 2024

*"Quixotic"* - exceedingly idealistic; unrealistic and impractical

e.g.: "Despite everyone's warnings about the project's unfeasibility, March remained quixotic in his pursuit of building a time machine".

## July 22, 2024

*"make a long story short"* - tell something, like news or info, in a shorter way without giving all of the details.

e.g.: "When my friend asked how my weekend was, I replied: *To make a long story short, it was very eventful*".

## July 23, 2024

*"to miss the boat"* - to be too slow or to miss a good opportunity.

e.g.: "My friends are going to the lake this weekend. I miss the boat this time, but I'll go with them next time".

## July 24, 2024

*"easy does it"* - slow down, be careful.

e.g.: "While we were moving out, my sister was helping carry a box with lots of breakable items. I told her: "Easy does it!" when she loaded it onto the moving truck".

## July 25, 2024

*"Canuck"* - a Canadian

e.g.: "We Canucks love hockey and should be cheering for our hometown teams. GO FLAMES!

## July 29, 2024

*"drop the ball"* - to make a mistake; miss the opportunity.

e.g.: "The food I ate at that restaurant was terrible - I think the chef really dropped the ball that night".

## July 30, 2024

*"Higher, Faster, Stronger"* - from the Latin: Citius, Altius, Fortius; this is a motto of the Olympics. It captures the spirit of pushing yourself to do better! And... you can see these words engraved on the pillars at Olympic Plaza in Calgary, from the 1988 Winter Olympics that were held here.

## July 31, 2024

*"Go the distance"* - to complete something successfully or see it through to the end.

e.g.: "Training for and competing in the Olympics takes a lot of work, effort, and sacrifice, but she's determined to go the distance and win a medal for Canada!"

## August 1, 2024

*"Hit the ground running"* - to start a new activity or task with a lot of energy and enthusiasm; getting off to a fast and efficient start.

e.g.: "She hit the ground running on her first day on the job and got a lot of work done right away"

## August 7, 2024

*"take a rain check"* - to politely decline an offer.

e.g.: "Thank you for the party invitation, but I'm going to take a rain check".

## August 8, 2024

*"procrastinate"* - to keep delaying something that must be done.

e.g.: "When it comes to homework, I usually procrastinate".

*Higher, Faster, Stronger*

*Quixotic*

*All hat and no cattle*

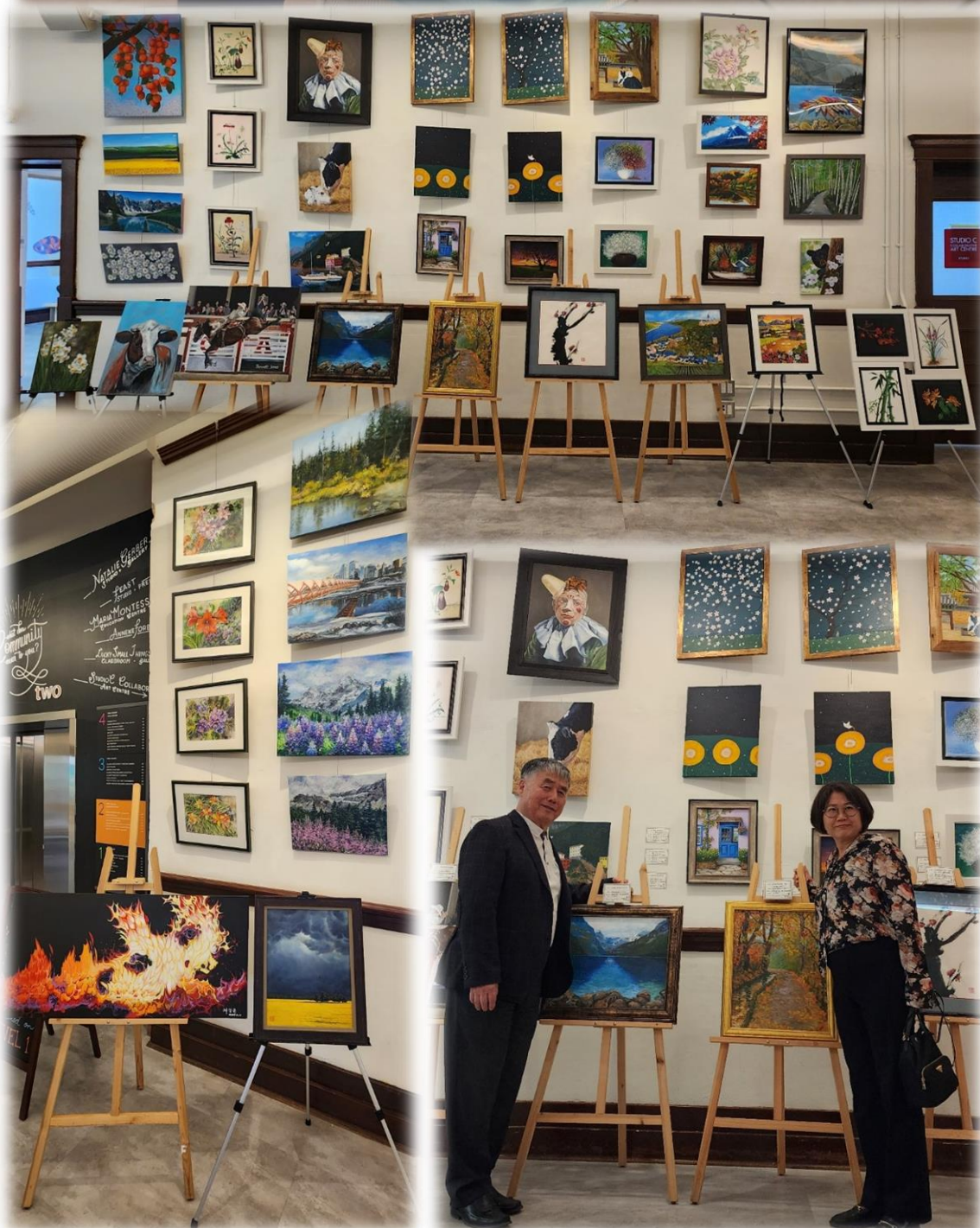
***take a rain check***

Olena's student Irada sent Olena a photo of her grandson in Equilibrium school's cap. She says he loves her school and this cap.



# LINC

student Myongsil Kim, she is an artist and this summer she took part in an exhibition of paintings in the Korean center.





Sasha loves blue and yellow.

Porcelain class for our teachers!

THANK YOU **linda and Toni!**



Aleksa is ready, not so sure about Kyle. 😊



Amazing instructors!



Competition – Mother & daughter , Monika and Julia.



Elahe and Olena - Team LINC.

Huge thanks to **Alberta Porcelain Artists of Calgary** for teaching our teachers and staff how to paint on porcelain 🙌 Thank you Toni & Linda for your great workshop



A break for a photo session.

# Summer 2024 Aleksandra

As some of you may have noticed, I was away from the school for the whole month of May! I was in Italy and Greece for a total 3 weeks for a group study with the University of Calgary; "Ecocriticism and the Ancient City"! We had a week of block classes before we left (8 hour days of doing one class, where we were becoming familiar with the software we would be using in the field), and then 3 weeks in the field.

In Italy, our first stop was Pompeii! We stayed in a hotel right across the historical site, so we were able to get in quite early.



Figure 1 The site had working clear, drinking water fountains which have been in place since the Ancient City of Pompeii.



Figure 2 Stepping stones in the middle of driveways in Pompeii, as waste/garbage would be in the streets.



Figure 3 A cast of a person affected by the eruption of Mount Vesuvius found on site.



Figure 4 The Civil Forum of Pompeii, where all the government buildings as well as Temples (such as Apollo's Temple) are located.

*Pompeii and surrounding areas like Herculaneum and Oplontis (located in the town of Torre Annunziata) were hit by the eruption of Mount Vesuvius, which its volcanic ash completely covered the environment as well as buildings and including people. This preserved the area exactly the way that it was, back in 79 AD.*



Figure 5 The preserved city of Herculaneum from above.

*Figure 6 The bathhouses of Herculaneum, in which one can see preserved skulls and bones of those who weren't able to escape in time. As well as the black earth, is volcanic ash.*



Oplontis, or better known as Villa A, was completely preserved with a lot of the original frescoes and artwork that were residing in the villa.

We also visited Naples, to check out the National Archaeological Museum of Naples which houses thousands of frescoes, tile mosaics, marble statues, household items made of bronze/glass, and other artwork as well

Figure 7 Villa A from above.



Figure 8 Original fresco inside the villa.



Figures 9, 10, 11 Original marble statues from the villa.



Figure 12,13 The main street of the historical centre the city of Napoli (Naples).





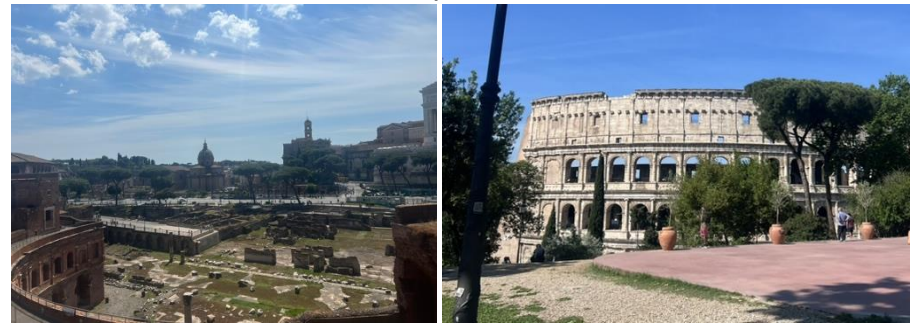
Figures 14-19 Things we saw at the museum.

# Summer 2024

Aleksandra

Chiusi was our second stop in Italy. This town was one of the most powerful cities in the Etruscan League of twelve peoples. Later it came under the rule of Romans. We went to the underground tunnels where the Etruscans were digging for fresh water, which later on they were used as a dumping ground by the Romans.

Next stop, Rome! We visited all the major sites like the Roman Forum, the Colosseum, the Capitoline Museum and others.

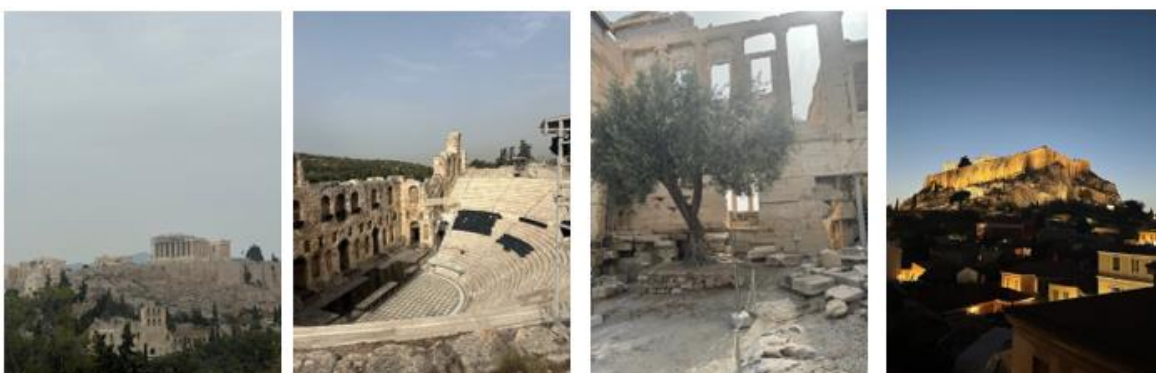


# EQUILIBRIUM SCHOOL



Figures 20-27 Pictures from Chiusi, the museum of Etruscan history there as well as the tunnels.

Last stop was Athens! So the Acropolis first and foremost as well as other sites!



Overall, it was an amazing experience where I got to make memories and friendships that will last me a lifetime! I was able to experience a new culture, as well as experience the culture I grew up with through a different light. I will forever cherish this trip as I learned an immense amount about the history of these two countries, and seeing these monuments is an experience I will never forget! Even a week after, I am still a little bit in shock that I saw such important pieces of human history with my own two eyes and not just in books or pictures.