

Your News

The Trip

By: Maryam Ghandha



When I lived in Iran, I travelled with a group of relatives. They included my mother, my father, my sister, my brothers and their family, my grandmother and grandfather, my aunt's family and my own family. There were nearly 20 people.

We went to northern Iran to the Caspian Sea. The Caspian Sea is the biggest lake in the world. It's between Iran and Russia. During the summer humidity is usually high, but during winter the weather is mild.

The winter season in Iran is similar to spring season in Canada.

In the morning, the ladies made the breakfast table and the entire group ate breakfast together. My mother and my aunt made lunch and then the group of ladies and the group of men went to the beach to swim separately. After lunch, we needed to take a nap. In the evening, we drank tea with traditional sweets. The tea had been made by my father and the sweets had been bought by my grandfather.

We went to the local bazaar to buy products from the villagers. The ladies were selling many kinds of vegetables, eggs, hens and other things. I saw a boy who brought fresh fish that had been caught by a fishing rod and his sister sold her necklaces that she had made herself.

The memory of those days is still very pleasant for me.



May 2016

Attention ELTOC students!

We would like to send the newsletter by email as much as possible. If you have an email address, and would like to receive the newsletter by email, please let us know!

Just send an email to esl@eltoc.ca stating you wish to receive the newsletter by email, and you'll receive it in full colour electronically from now on. Thanks!

- The ELTOC Staff

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Student Submissions

Buying a house: a dream becomes a reality

By Tuli Chakma

New Students

Owning a house is one of the nicest things in every person's life. Everybody is very fascinated with owning their own house. However, it is also one of the difficult decisions of their life.

My husband and I had been thinking about buying a house for a long time and eventually we bought a house. We are very satisfied with our purchase.

Buying a house was one of the hardest decisions of our life. We thought, researched, discussed and talked with some friends who already own their houses. It was very complicated and difficult at first to take the decision whether we should buy or rent a house! We discussed for days before we decided to buy our very first new house. We had several questions on our minds. For instance, first, are we ready to take the responsibilities that will come with the house? Second, can we afford to buy a house? Third, how big and what kind of house should we buy? Fourth, should we consider resale or new? Fifth, which location should we consider?

After all these considerations there was one more important question: did we really want to live in Ottawa? We decided that yes, we want to live in Ottawa. It is our favorite city.

We talked with different builders and looked at a few model houses. We had to consider a number of options that they gave us, such as the price with some incentives, or a discount on the base price, or a choice between a fully specified, partially specified or not specified house. Fully specified means we can't choose anything in the house; partially specified means there are a few options which we can choose; and not specified means everything in the house would be based on our choices and would be more expensive than other options. So, we bought a partial spec house because this best met our requirements and budget.

We had always wanted to buy a new house, not a resale. It had always been a dream for both of us to live in a new house and we wanted to choose the exterior and interior of our house - for instance, the layout of the whole house and kitchen, color, stairs etc. Furthermore, we like to have a lot options, not just one or a few!

The staff at ELTOC would like to extend a most heartfelt welcome to our students who joined us for the first time between March and May 2016:

Baraah Al Farawan

Neama Al Falah

Khaildana Sadiqi

Kwel Sey

Micheline Nabakire

Carine Sudi Zeane

Zainal Abedin

Mahasen Al Haj Ali

Seyeda Moriam Begum

Suha Alzubaidi

Nyayalyal Biel Gang Lual

Amina Mohamad

Alaa Alfadi

Hanan Al-Fatlawi

Nazifa Maften

Sonia Vieira Trillo

Rihab Yusuf

Pushpa Fonseka

Zakia Iqbal

Nour Al-Majadi

Priscila DosSantos

Nga Ngo

Nugzar Gogitidze

Adelfa Acosta-Contreras

Maryam Nawrozi

Hamida Iqbal

Maryam Ghandha

Hawo Shakir Anshur

Raneem Arshaed

Rodiyah Siti

Buying a house: a dream becomes a reality (continued)

New Tutors

The staff at ELTOC would like to extend a most heartfelt welcome to our tutors who joined us for the first time between March and May 2016:

- Joan Urbach
- Barbara Kausch
- Karen Shigeishi-Waite
- Tom Curran
- Fontaine Macaskill
- Marcelle Morin
- Stephen Chappell
- Dorothy Sibbitt
- Helen Parr
- Amelia Hope
- Lisa Thumm
- Nancy Powell
- Heather Jermyn
- Ania Weronska
- Thomas Jardine
- Kyra Kinderman-McCormick
- Jill Cook
- Dawn Burnett
- Kathryn Young

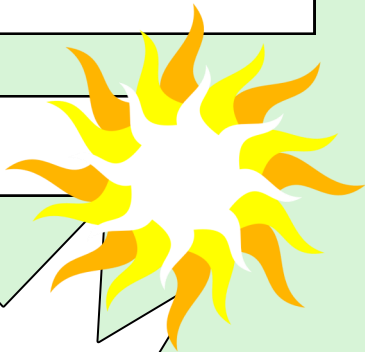
*****And a very BIG thank you to all returning tutors who've taken on a new student!*****

We like the neighborhood that we chose because it is close to my husband's office, there are many schools and parks nearby, it is not too far from the city and everything we need we can access easily. Also, we had to consider the property taxes, the monthly bills we will receive, and our expenses based on our budget and income.

We had been renting for quite a while now. I won't say renting is bad, but we were not building any equity out of it. To buy a house is a long term commitment with a financial institution and with yourself. I think, for us it is good to start as early as possible to fulfill the commitment. We had to have a preapproval from a bank before we proceeded, because it is important to let your builder know that you can afford to pay the price of the house. We needed to get a lawyer to review all kinds of documentation that we got from our builder to make sure everything is perfect and legal.

Eventually, after quite an adventure in the real estate market, we bought our house. We learned a lot of new things and met new people. Now, I could say we have made one of the best decisions ever in our life.

Congratulations!



Flora U. became a Canadian citizen!

Raneem A. had a baby boy in May!

Emebet T. became a Canadian citizen!

Sima M. had a baby boy in May!

Acupuncture

By: Ying Lu

My name is Ying Lu. I came to Canada in 2009. I have been working as an acupuncturist for 23 years. I would like to introduce some traditional Chinese medical theories to you.

Acupuncture can treat many diseases including all kinds of pain, chronic fatigue, anxiety, depression, insomnia, infertility, quitting smoking and losing weight. Let me explain how acupuncture can treat them.

The common problem is pain. In the body, when energy is blocked, pain is caused. The needles used by acupuncture cause energy to flow and go to the location needed and resolve the issue.

The next topics are anxiety, depression and other emotional problems. The liver's role is to keep the flow of energy (qi) and blood running. Sometimes when you feel unhappy or angry, you may feel some tightness in your chest. The mood affects liver's function. We use the liver's meridian and points to boost energy flow and to improve the liver's ability. Once energy flows smoothly around your chest, you do not feel tightness anymore.

Chronic fatigue is a problem of modern life. The spleen is responsible for transforming food into energy for the body. According to our theories, if this energy is not enough, you feel tired. Acupuncture strengthens the spleen's function and generates more flowing energy.

Acupuncture has been a very rewarding profession for me. For example, I am happy to tell you that I have helped more than a dozen women to get pregnant. Three of their ages are 41, 42 and 43 years old. Another woman was suffering from polycystic ovary syndrome. Acupuncture is a natural way to have a healthy baby. Acupuncture also increases the positive results for intrauterine insemination (IUI) and In Vitro Fertilization (IVF).

Thank you for letting me tell you about the work I do and its benefits.

Student Submissions

A Throat Infection

By: Nimo Sheikhnur

One morning I saw that my son's neck was swollen, so I took him to the hospital. The doctor checked him and told me that he had a throat infection. So the doctor gave him medicine to take for a week, but my son refused to take any medicine. Then the doctor told me that we would have to stay in hospital for a week.

We stayed in the hospital where they gave him medicine through his arm. I was worried at first, but I became more hopeful after the first two days when he responded well to the medicine.

While I was in the hospital, I had a lot of help from my family and friends. My son is now better and back to school.

ELTOC would like to give special thanks to all those students and tutors who contributed to this newsletter!

We need student submissions!

Our Next Issue will be published in August 2016

ELTOC's NEXT ISSUE: Summer goodness!

We'd love to hear all about your summer, or why you love summer!

We are also always looking for more yummy recipes!

Please send us your submissions by August 24th



Counsellors' Corner

EBO Financial Education Centre

EBO Financial Education Centre is a budget counseling community service, a non-profit that helps individuals and their families to achieve financial autonomy. It offers its budget counseling services free of charge to those who are facing socioeconomic challenges and promotes better financial literacy through education.

For more information, visit them at:

300 Olmstead St, 2nd floor
Ottawa, Ontario K1L 7K1
Website: www.centre-ebo.com

Telephone: 613-746-0400
Fax: 613-746-9284
Email: info@centre-ebo.com

Tutor Recommendations

<http://www.sparklebox.co.uk> - a tutor has used some of cue/flash cards from this website for teaching literacy student about daily routines in the morning and daily routines at night.

<http://bogglesworldesl.com> also has some stories about morning and night that you can have the student read for CLB 1. For literacy students, summarize the story using key words that you have covered so far about morning and night.

Find us online!

ELTOC is both on LinkedIn and on Facebook.

ELTOC's Facebook page can be found at:
<https://www.facebook.com/eltoc.ottawa/>

Don't forget to like us!



ELTOC Inspirational Quarterly Quote:

"If you want to change the world, be that change."

- Mahatma Gandhi

