



NEWSLETTER

Volume 2: Fall 2012



Happy ELSA students outside the school!

The Vancouver Formosa Academy ELSA students have written about the following topics:

What I Like to do on the Weekend	Page 1
My Favourite Restaurant in Vancouver	Pages 2-3
About Me	Pages 4-5
My Family	Pages 6- 9
My Best Holiday	Page 9
My Goals For the Future	Page 10
How I Practise English on the Weekend	Page 11
My Favourite Meal	Page 12
How to Stay Healthy	Page 13
My Life in Vancouver	Page 14-16
Shark Truth	Page 16

Please read their interesting stories

What I Like To Do on the Weekend

I like the arrival of the weekend. I can sleep late, do some housework: clean my house, wash clothes, and prepare a rich dinner.

I can go to the city parks to play with my family. Because there are many parks in the city, near a beach, a cliff, a forest, we can play ball and ride bikes. Swinging is my daughter's favorite thing to do. Vancouver's parks are very beautiful. *May Guan-Class 1D*



Every weekend, it's a nice day for me. My husband and I wake up at 9:00 am. We like to have breakfast at a Chinese restaurant. We talk about something interesting while we eat.



After breakfast, we go to the park or go shopping. If the weather is bad, we stay at home and watch TV or clean our house. Sometimes we have dinner with our friends. *Ivy Liang – Class 3E*

Every weekend our family likes to go to Queen Elizabeth Park, where there are pigeons, ducks and squirrels.



My daughter likes to see squirrels most. I like to take pictures because there are a lot of flowers. We walk for 20 minutes to the top of the hill. My daughter is very happy when she sees the fountain because she can play with water with other children. *Jenny Feng -Class 1D*



On the weekend morning, I do the laundry and clean the house. In the afternoon, I go shopping at TNT. I buy Chinese food. Then I go home and cook dinner for my family. Sometimes I walk in the park.

Maggie Cao-Class 1D



My Favourite Restaurant in Vancouver

Denny's

My favorite restaurant is *Denny's*. I like *Denny's* because they serve my favorite food. It is baked potatoes and toast. They have many kinds of potatoes. I like mashed potatoes, baked potatoes and plain potatoes. My favorite is baked potato.



They also serve toast in many different ways. I like toast in butter, with eggs, bacon and just plain. *Denny's* has burgers too. For dessert, my family and I like to order banana splits and turtle cake. My family likes to drink milkshakes too. I like to drink strawberry milkshakes. I also like to eat "Moons Over My Hammy." It's my favourite dish at *Denny's*. It is ham, scrambled eggs, processed Swiss and Canadian cheeses served on grilled sourdough with a choice of hash browns or grits. *Jenna Gao-Class 2A*

Jin Hai Ge

It has been over one year since I landed in Vancouver. Sometimes, I like to go to have Chinese tea and sometimes I like to eat sushi. *Jin Hai Ge* is a restaurant in our neighbourhood. It is on 41st Avenue and sometimes my friend and I go together. Sometimes I have dimsum there with my family. My favourite food there is the chicken feet. My daughter also likes it too. There is also fish and peanut congee, spring rolls and steamed dumplings to enjoy. They are all my favourites.



Almost every time I go there, there are a lot of people and it is crowded, but eating that Chinese food gives me pleasure. *Helen Li-Class 2A*



Meloty Fine Tea

Last month, my daughter asked me to go to a restaurant to eat some desserts. The restaurant is in Richmond. The name of the restaurant is *Meloty Fine Tea*. When I got into the restaurant, I saw that there were 2 floors. There were many windows on the walls, and all the windows were covered by curtains. We followed the waitress to a table and sat down. We ordered passion fruit tea, jasmine green tea, Tahitian vanilla cr me brulee, panna cotta and some fruit mousse cakes. While we were waiting for our food, I looked around. Most customers were women. Some were talking with their friends and some were reading magazines. After awhile, our food came, and the waitress introduced the food to us. Then we started to eat. The food was delicious and the gentle music surrounded us. I like this place because it made me feel so relaxed.



Cindy Chen-Class 2A

For the First Food Restaurant Kirin Restaurant

My favourite restaurants in Vancouver are *For the First Food Restaurant* and *Kirin Restaurant*. *For the First Food* makes very delicious dimsum. It's crepes are very smooth. Every time, my family and I go there to eat, we eat breakfast. I also like the different kinds of smooth congee. The food at *For the First Food Restaurant* is very cheap. I like *Kirin* too. *Kirin* makes very delicious dimsum too. Its Chinese food is very good. I live in Vancouver and no other restaurants have food that tastes better, but it is very expensive.



Lisa Zou-Class 2A

Prince Seafood Restaurant

Last Sunday evening, I went out for dinner with my friends and my family from 7 pm to 9:30 pm. We had a very good meal. The restaurant we went to that night is the *Prince Seafood Restaurant* and it is in East Vancouver. I had crab and lobster, and fish which Chinese people love to eat for dinner. They were cooked with garlic, and were very delicious! I also ate salmon and beef that night. Everyone enjoyed eating these dishes. After that, we ate Chinese cabbage; it is one of my favorite vegetables. After finishing dinner, the restaurant served us some fruits for dessert, and also a bowl of red bean soup. These fruits were apple, pineapple, watermelon and orange. Finally, we went home at 9:30. I drove my husband back home, because he drank too much wine and beer. I enjoyed the meal that night. It was very good. by *Hanna Li-Class 2A*



Here are some Vancouver Restaurants that our students liked best

Five Sails Restaurant
(Canada Place)

Kirin Restaurant
(555 West 12th)

Denny's Restaurant
(1296 West Broadway)

Jin Hai Ge Restaurant
(2046 41st Ave)



Prince Seafood Restaurant
(2881 Grandview Highway)

Fish on Rice Restaurant
(4361 Kingsway Burnaby)

Melody Fine Tea Restaurant
(8328 Capstan Way Richmond, BC)

For the First Food Restaurant
(Kingsway and Earls)

Five Sails Restaurant

I have been to many restaurants, and so far, my favorite is the *Five Sails* restaurant. It is the restaurant in the Canada Place landmark building. Both the cuisine and view are wonderful. The décor is very “vogue.” There is a picturesque landscape and the restaurant windows are very big. We can enjoy a beautiful view of Vancouver’s coastal mountains, the ocean, many houses, ships and the seaplanes coming and going etc....



The food is great. They have cooked food like lobster, scallops, fish, halibut, duck steak and goose liver. All of it is delicious. They also have outstanding Okanagan Pinot Noir. My favourite dish is the goose liver. It is also called foie gras. The service at the restaurant is also very good.



memorable dinner experience try *Five Sails*.
Lucy Liu -Class 2A

In summary, the restaurant view is fabulous, and the service is wonderful. The food is tasty. Although everything is expensive, it is worth it. If you want a

Fish on Rice Restaurant

Fish on Rice is Japanese cuisine. It is located on Kingsway, near Metrotown. There are two ways to order: "All You Can Eat" or "A La Carte." Customers at "All You Can Eat" tables are charged on a "Per head" basis. There are different charges for lunch and dinner. There are also different prices for weekdays and weekends.



Fish on Rice is an average restaurant, and it is very clean and quiet. It is a good place for chatting. There are free soft drinks, and they serve many different kinds of food such as: appetizers, salads, teriyakis and many others. There are many kinds of sushi and rolls. For example, there is salmon sushi, tuna sushi, spinach roll and avocado roll, etc. There are salmon and tuna sashimi. For me, the main courses are salmon sashimi, sushi and rolls.

My family and I often eat at the restaurant when I go shopping at Metrotown. When we eat at the restaurant, we always choose "All You Can Eat." The waiter serves some tea to us when we sit down. Very soon after we order some food on an order sheet, it is ready. We listen to the music and eat our ordered food. The salmon is fantastic, salad is fresh, and the sushi and rolls are tasty. The beef teriyaki is excellent. Generally, every kind of food is good and the price is cheap. Each person is about \$20.

Do you like this restaurant after you read my essay? You should go and try it. *Sophia Li -Class 2A*

About Me

My name is Yong Liang Zhang. I live in Vancouver. I come from China. I came to Canada in 2010. I am married, I have one son. I don't work. In my free time, I like to fish, watch T.V. and listen to music.
Yong Liang Zhang -Class 1J



My name is Han Hong Hai. I am 55 years old. I am from China. I have lived in Canada for two years. I am married. I have one son. I don't work. In my free time, I like to watch T.V. and listen to music.
Han Hong Hai -Class 1J



My name is Sa Sa. I am 43 years old. I am from China. I have lived in Canada for seven months. I am married. I have one daughter. I work as a sewing machine operator. In my free time, I like to visit my friends and watch T.V.
Sa Sa -Class 1J



My name is Sunny. I'm from China. I'm Chinese. I speak Mandarin. I'm married. I have one son and one daughter. I live in Vancouver with my family. I don't have a job. I'm a student now. I go to school from 1-4 Monday to Friday. I like to study English.
Sunny Sun-Class 1H



My name is Maria. I live here with my daughter, my son-in-law and my two granddaughters. I am from Mexico. I came to Canada six years ago. I have two sons, two grandsons and two granddaughters in Mexico. I have been separated for seventeen years.



I study English in the mornings. In the evening, I cook dinner and I do sewing by machine and by hand, I read a book or watch television.
Maria Robles-Class 1D

My name is Songul. My last name is Yelkenkural. I was born in Turkey. I'm married. My husband's name is Cenk. He works at the library. When I got married I changed my last name. I don't have any children. I live with my husband in Vancouver. I came to Canada in August this year. I don't work. I'm studying English at Vancouver Formosa Academy. I'm an Elsa Level 1 student.
Songul Yelkenkural-Class 1H



My name is Ada. I came to Canada in June 2012. I'm from China. My first language is Cantonese. I am married. My husband's name is Huo. I have two sons. They are 20 and 17. I like to go to shopping on the weekend.
Ada Feng-Class 1H



Hi. I am Len. I am from China. I live in Vancouver now. I am a baker and work in Richmond. I like weekends because on weekends I don't work and I don't go to school. I like to go shopping and I like to go to the park with my family. I like living in Canada.
Len Zhu-Class, 1G



My name is Annie, I'm from Guang Zhou, China. I'm married. I have three daughters. I came to Canada one year ago. I live in Vancouver. I go to school from Monday to Friday, from 9:00 am to 12:00pm. I am a housewife.
Annie Yan-Class 1D



Hi! My name is Angel Zhou. I'm from China. I'm Chinese. My first language is Cantonese. I'm married. I have one son. My husband's name is Vison. My son's name is Ivan. I work at a restaurant. My husband doesn't work. My son is a student. I like to go shopping on the weekend.
Angel Zhou-Class 1H



My name is Ji De. I am from China. I am Chinese. My first language is Mandarin. I am married. My birthday is January 21, 1963. I am forty-nine. I have one daughter. I have been in Canada for three months. I am a student at Vancouver Formosa Academy.
Ji De Yu-Class 1H



My name is Mei Yu Li. I am from Guangdong, China. I came to Canada in 2010. I live in Vancouver, B.C. I am married. I have two children, one son and one daughter. I am a student now. I study English at Vancouver Formosa Academy. I speak Cantonese, Mandarin and a little English. I study very hard because I want to learn more English. *Mei Yu Li-Class 1D*



My name is Amanda. I am from China. My first language is Cantonese. I speak Cantonese, Mandarin, and a little English. I am married. I have one daughter. I came to Canada in 2012. I live in Vancouver with my family. I am a homemaker and a student from 9:00 am to 12:00 pm every Monday to Friday. I like the school, because there are two teachers: Lana and Sian. They are easygoing and I know I have many good friends here. *Amanda Ma-Class 1D*



My name is Alex. I'm from China. My first language is Cantonese. I study English at Vancouver Formosa Academy.



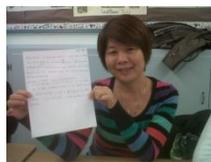
I'm married. I have two daughters. They are 21 years old and 16 years old. I live in Burnaby, BC with my family.

On Saturday morning, I like to watch English soccer games on TV. In the afternoon, I do homework for my ESL class. On Sunday, I play soccer in Bonsor Park. I'm tired but I'm happy. I like tennis and table tennis. I like badminton too. I love sports. *Alex Chen-Class 1H.*

My name is Song Gan. I live in Vancouver. I come from Guang Xi, China. I am 36 years old. I am single. There are four people in my family: my mother, my father, my brother and I. I work as a decorator and painter. In my free time, I like to watch football on T.V. *Song Gan-Class 1J*



My name is Judy. I am from China. I am a 44 year old mother. I live in Vancouver. I like Canada. I work in a Chinese restaurant. I have one child. I'm a good cook. On the weekend, I like to go shopping and buy food. Sometimes I clean the house. I want to travel to many countries. On the weekend, I am very happy because I sleep until 11:30 a.m. After lunch I go to a Chinese restaurant and drink tea. I like to go with my family and eat dinner. I like to make telephone calls to my friends every night. Sometimes I like to take a bus to look around Vancouver with my husband. *Judy Zhang-Class 1G*



My name is Yan Mei Liang. I am from China. I came to Canada three years and four months ago. I live in Vancouver. I am a student and a homemaker. I speak Cantonese and a little English.



I am married. I have a beautiful family. I live with my husband and two daughters. My older daughter is twenty years old. She is a student at UBC. She studies psychology. My younger daughter is fifteen years old. She is a student in Grade ten. They are working hard.

I like winter in Vancouver because I am very happy to see snow. I have never seen snow before in China. When it is snowing, we make a big snowman in our yard. It looks happy. When I open the door and I see the snowman smile. I smile, too. My favorite food is fish. I am good at cooking Chinese food. *Yan Mei Liang-Class 2C*

My name is Rainbow. I am from China. I speak Chinese Mandarin. I live in East Vancouver. I am a 49 year old mother. I have one child. I have one job. On Sunday morning, I go to church. In the afternoon, I go shopping with my daughter. Sometimes I like to watch TV at home. I go to school three days a week to learn English. *Rainbow Tang-Class 1G*



I'm from Vietnam. I'm 35 years old. I'm working as a server at a Vietnamese restaurant. Every day my work is very busy. On the weekend, I am very happy because I can be at home with my daughter. We talk about school, watch TV, and eat barbeque. I am new in Canada. I don't have friends here. I like life in Vancouver because the views are very beautiful. The leaves on the maple trees turn red in the autumn. *Kim Mai-Class 1G*



My Family

My last name is Huang. My first name is Rita. I am from China. I speak Mandarin and Cantonese. I am married. My husband's full name is Dan Liang. We have three children.



One is a daughter and two are sons. My daughter is twenty-six. My older son is twenty-four. My younger son is ten. My daughter and older son work in China Both work as sale representatives. My younger son is in school. Their names are Yune, Jimmy and Ricky. They like China. I like Vancouver. *Rita Huang-Class 1H*

My name is Jason. I am Chinese. I am 49 years old. I run a mining company in China. I am married. I have two sons. My father's name is Zilong. He's 75 years old. My mother's name is Yedang. She's 72 years old. My wife's name is Yonghua. She's 48 years old. My older son's name is Yiwen. He's 28 years old. He's married. My daughter-in-law's name is Fanlei. She's 27 years old. My granddaughter's name is Sixuan. She's 4 years old. My younger son's name is Yiwu . He's 23 years old. He's a student. He studies at UBC.



Jason Chen- Class 1H

I have a happy family. There are three people in our family: My husband, Tom; daughter, Jennifer; and me. We are living in Vancouver now. We bought a small house last winter.



My husband sometimes lives in China. He is a company manager. He is a good husband and a kind father. We are proud of him.

My daughter is 16 years old. She is a student. She is in grade 11. She is pretty and sensible. She likes singing and playing the violin. I love her very much.

I am a housewife. I like my new life in the Canada. From Monday to Friday, I study English from 9 o'clock to 12 o'clock. I always eat lunch at 1 o'clock. After that, I drink a cup of coffee and watch TV. Sometimes, I clean the house or do the laundry. I usually cook dinner at 6 o'clock. My daughter really likes my cooking.

Tom and Jennifer make me happy every day. I love my family.

Tina Tan-Class 2A

Everyone has a family. We live together and feel very warm. There are four people in my family. They are my husband and two children. We live together happily.



My husband works in China. He is not a romantic man, but he works hard and is responsible. I am very grateful to be with him. Because of his hard work, we have the opportunity to come to Canada.

My daughter is 21 years old. She is very sensible and studies very hard. She can play the piano and zither. She is studying in university now.

My son is 14 years old. He likes to play computer and sports. His favourite sport is badminton. He is studying middle school.

I am studying English now. I have a very good teacher and classmates. I met a lot of good friends here. I like singing and playing golf. I like Vancouver. I love my family.

Linda Zhu-Class 2A

My name is Rainbow. I come from China. There are eight members in my family: my mom and dad, one older brother, one older sister and two younger sisters. They live in Ning Xia, China. I have two sons. My husband and older son work and live in Shen Zheng, China. I have been living in Vancouver with my younger son for three years. I like Vancouver very much. I enjoy living here. I also appreciate my teachers who teach me English . *Rainbow Zhang-Class 1D*



There are six people in my family. I am married. I have a son, who is 21 years old this year. He is studying English at Langara College. My husband's first name is Hong Hai. He and I study English every day because we want to improve our English skills. My mother has come to Canada to visit me for three months. She always says Canada has fresh air and good living conditions. She has a wonderful time. I also have a sister. She lives in China with her son. She enjoys travelling. I like my family very much. *Xiao Yan Li-Class 2C*



There are three people and a dog in my family. The three people are my wife, my son and I. We're new immigrants. We come from Canton, China. We came to Canada in March, 2012. My wife and I aren't working. We study English in ELSA program. My son is nineteen years old. He studies science at Langara College. He started in September. We usually speak Cantonese.



My dog is a new immigrant, too. We brought her from Canton. Her name is Dolly but sometimes my wife and I call her "daughter". My wife and I enjoy walking our "daughter" after dinner every day. *Ji Jun Zhou-Class 2C*

There are six people in my family: my husband, my daughter and son, and my mother-in-law and father-in-law. My mother and father-in-law are in China. Sometimes my husband stays with us in Canada. My daughter is in Grade 12 and my son is in Grade 11. My children attend classes at PW Secondary School. I am a homemaker and an ESL student. *Gui Hua Liu-Class 1D*



I am married. I am a homemaker and a student. My husband's name is Jian Chao. He can't speak English so he always tells me to study English hard. He likes to exercise. He goes to Central Park twice a day. I sometimes take a walk with him. My son's name is Hansen. He is thirteen years old. He is taller than me and my husband. He likes to exercise too. He is a good basketball player. In winter, he likes to ski. I hope my son grows up quickly. I love my husband and my son! I have a happy family! *Queenie Fan-Class 2C*



Upcoming Family Activities in Vancouver

Date	Event	Place
Nov 24-Dec 24	Christmas Activities	Grouse Mountain
Nov 28-Dec 24	Vancouver Christmas Market	Downtown
Nov 28-Jan 2	Christmas Train	Stanley Park
Dec 1 (4-8pm)	Collingwood Winter Carnival	Kingsway & Tyne St.
Dec 2 (1pm)	Santa Claus Parade	Downtown

My Family

by Jack Wu and Qing Xia-Class 1F

Family
happy, quiet
returning, drinking,
kissing
having a party
My family



Halloween is a fun family holiday.
Class 1H students show their
Halloween jack o'lanterns

My Family

by Emily Wang, Eve Lin, and David Chen Class 1F

My Family
small, happy
cooking, cleaning,
watching
sleeping on the bed
relaxing at home



This is my family. I am married. I have one daughter. My husband's name is Yuan. He is short and thin, but he has a sweet smile and is healthy. My daughter's name is Alison. Her hair is long and covers one eye. She's tall and has fair skin. She is 20 years old. She is a student. She likes shopping. She doesn't like sports. She really cares for her parents.
Eve (LIN, Yi Hong -Class 1F



This is my family. I am married. My husband's name is Hao. He is tall and funny. My mother is 83 years old. She is happy and healthy. My father is 86 years old. He is thin and intelligent. I wish my parents well. I love my family very much. *Nora (HE, Nan Hu) -Class 1F*



This is my family. I am Ken. I have 2 sons. William is 26 years old and Toby is 15 years old. My wife's name is Holly. My two sons are tall. They have big eyes. They are very healthy. My wife has a round face and is happy. I love my family. I love my two sons. I love my wife. *Ken (XIA, Qing Hua) -Class 1F*

My Family

This is my small family. I am married. I have one son. His name is Ollie. Ollie is 11 years old. He has a big head and a full face. His hair is short and black. His eyes, nose and mouth are medium. He is an intelligent boy. My husband's name is Zhao Jin Qiao. He has a long face. His hair is short and black. His nose is big. He is tall and thin, but he is handsome. My family is happy. I love my family very much.
Emily (WANG, Cheng Fen) -Class 1F

This is my big family. I'm married. I have two sisters and one daughter and one son. My mother is 83 years old. She likes to draw pictures. She draws very well, but she is weak. My older sister is a dance teacher. My younger sister is a dance teacher, too. My cousin looks like a foreigner. My brother-in-law is retired. My husband is strong. My daughter looks like her father. She's graduating from university this year. She is very beautiful. I have a happy family. *Lisa (HU, Xiao Ou) -Class 1F*





This is my family. I am married. I have one daughter and one son. My daughter's name is Hedy. Hedy is seven years old. My son's name is Kevin. Kevin is five years old. My husband's name is Peng. My two children are cute and naughty. Hedy is average height. She has long straight hair and big round eyes. Kevin has short black hair and a round face. He really likes Superman. I love my family very much. *Grace (RUAN, Gui Yi)- Class 1F*



This is my family. I am married. I have two children. I have one son and one daughter. Li is 24 years old and Ji is 11 years old. My wife's name is Ji Yan Li. My son studies economics in S.F.U. He is tall and strong. He has my face but my wife's features. My wife often works at home every day. She is tall and smart. My daughter is average height and chubby. She is a happy child. Now she studies in DeBeck School. She speaks a little English because she has been here only 5 months. She must study English hard. I love my family very much. *Jack (WU, Wei) -Class 1F*



My family has three people. Helen is my wife. We are reading ESL English in the same school. She has big eyes and short hair. Her hair is black. He nose is long and thick. I think she is a good wife.

I have a daughter studying at Point Grey High School. She is in grade 9 this year. Her name is Lily. She has big eyes and long black hair. She is very beautiful. I think she is a smart girl. *David (CHEN, Lun Wei) Class 1F*

My Best Holiday

In September I travelled to eastern Canada with my cousin's family and my niece. We took the car to Montreal, Ottawa, Toronto and Niagara Falls.



of Canada. We visited the Parliament Hill. It's a Victorian Gothic building. We took the elevator to the top of the Peace Tower. We saw the Ottawa landscape and the Ottawa River. We were very happy. This was my favourite trip. *Janet Liu-Class 2C*



The Niagara Falls are very beautiful. There are many big trees, grass and flowers. There are two Falls: The United States Fall and Canada Horseshoe Fall. In the afternoon we took a boat to the near Horseshoe fall. The drops of water splashed our bodies. We saw a beautiful rainbow. We were very happy. The Niagara Falls are very beautiful. Many people took photographs, some people walked in the street, some people sat on the chairs and enjoyed the sun.

On the second day we went to Montreal. This is a beautiful city. There are many old buildings like Notre-Dame Basilica. This is a magnificent Gothic Church. The next day we went to Ottawa. It's the capital city

My favorite holiday is the summer vacation spent in Vancouver. Summer is the best season in Vancouver. There is little rain, It's usually sunny. I often fished in the river, and caught crab in the ocean. I walked along the beach in West Vancouver with friends, and went to Suspension Bridge in North Vancouver and to Burnaby Mountain. There were flower everywhere, There was a lot of grass. During my Summer vacation, I ate a lot of fruit, such as blueberries and cherries.



Two months of summer vacation ended, and I hope that next year's summer vacation comes soon.

Leon Deng-Class 2C

My Goals for the Future

Last year, I immigrated to Canada, and I began my new life. The first thing I did was travel to Toronto, Ottawa, Montreal and Banff. This is a beautiful country, and I like living in Vancouver. I thought I should do something for my future, so this year, I started going to a cosmetology class. I learned nail techniques, how to do facials and make up. In this class I got to practice on clients. Everyone is so nice. They all encouraged me, by saying "You did a good job!"



Next year, in the May, I will graduate from this class. I will get three diplomas. My school owner will introduce me to a beauty salon because I need to get more experience.

In the future, I plan to open a high-end salon here with the owner of my school. Another goal, if possible, is to open the same class in China. When the students graduate in China, they can get the same Canadian Diploma. It is good for people who want to come to Canada. If I persist, I think I have chosen a right way for my future. *May Zhang-Class 4B*

My biggest goal is to make my mother proud

My name is Oliver

Geovanny Valladares Zuniga and I'm from Honduras, and I'm a new immigrant. When I came here, I thought every thing would be easy, but when I started living in my new place and country, I saw I needed to work hard for my future and my Goals.



When I lived in Honduras, everything was easier for a lot of reasons. One of the reasons is the language because almost every one speaks the same language. Another really important reason for me is my family, because all my life, my family supported me and helped me in almost everything, and they encouraged me and tried to make my future good.

The biggest reason is because everything is easier in my home country. My mother taught me everything I know. She would give me advice and grounded me, so I could be a better person. She treated me like a child when it was the right moment and treated me like a man when I needed it and when she taught me it was the right opportunity. She is the best thing I have because she fought for me and worries about me. She has worried about me since I was a little boy and she still does. I hope to finish my studies so I can make my mother feel proud of me. I love my mom. *Oliver -Class 4B*

My name is Maria Elena Alavarez and I'm from Mexico. I have been living almost 4 years in Vancouver. Currently I study English in ELSA. I also work overtime which means I'm tired all the time. I'm happy because I'm learning a lot. When I miss one day of school, for me I miss a lot. I have better opportunities in my job. Jobs I can't get because I don't have good English skills. It is sad to sad when you need to say no when you work hard and you need money to support your family. I pressure myself to study more and more because this obstacle will stop me for be better. I want to grow always. You know I'm dreaming about teaching or helping my kids with their homework. I want to show them everything in this life is possible. *Maria Elena Alavarez -Class 3F*



A long time ago, while I was living in Honduras, I got tired of studying and studying. After that, I decided to make

money to buy stuff and everything I needed for my daily life. I like computers found they were the best way to make money.



I started to fix computers, formatting, updating, change the language, memory ram upgrading software, and so many other kinds of repairs. After that, I tried to do the same on cell phones. This was kind of similar to computers, but they are smaller and more sophisticated. I was trying to fix my own phone first when I got some water damage or a broken LCD. Then many new models came out, and some people started to ask me if I could fix their phones, and said I could try.

After that, so many people started looking for me, but this was just when I was in my country.

When I came here to Canada, I started doing the same thing, but with new models, and also with ipods and game consoles. This was my way to try to fulfill my dream. Now I need more knowledge about electronics so I can have my own businesses and shops some day.

But before this I need to learn English because I want a different life so, I'd like to learn anything to get a better job like roofing, dry walling, carpentry, engineering, computer programming, computers repairs or cell phones repairs.

This is the way to reach my goals and get a better life for me in this new country. *Juan Carlos Andino-Class 4B*

How I Practice English on the Weekend

Websites and a paper dictionary are my main routes to practice English. I never speak English on my daily work so I have to practice my listening and speaking from the website dialogues and stories. I



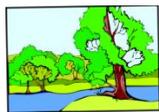
listen with headphones where they say and repeat again and again until I understand what is the meaning. Next I will go back to the website and look at dialogues and stories and read them a few times. If I see some new words, I will mark them in a paper dictionary because after I can review these words. I recommend www.rong-chang.com to study by yourself. It is good for learning English.

Mai, Guo Liang (Marko)-Class 3F

On the weekend I often go to the supermarket to buy some food for my family. After I go home sometimes I watch TV about one hour on the weekend because I want to talk fluently in English with everyone. Now I want to find a job. *Le, Thi Nhung -Class 3F*

The most beautiful trail in Vancouver

Last year, my friend and I went to Cypress Mountain. We found a small trail---Yew Trail. This trail is the most beautiful



trail. There is a small river, many Yew trees and small lakes, many kinds of plants and a lot of flowers there. There are inverted reflections of trees and sky in the water.

The beautiful trail is good for everyone. Especially for seniors and people who need a wheelchair.

Janice Sun – Class 3E



A Funny Thing

A lot of funny things have happened since I came to Canada, and I want to share one with everyone. One day I bought a body wash from Superstore because it was on sale. Then I told my friend, and showed it to her. She was so excited. She took my body wash and then screamed after about a minute. She told me, “It ‘s not a body wash, it’s a hand wash. I read the



bottle carefully. Oh, she was right. I didn’t pay attention when I bought it. I just remembered the colour and the bottle looked like what I usually use, so I bought it. My friend said, “You should go home and check your body wash, is it the same?”

So I went home and looked at my body wash. I saw the bottle had hand wash written on it. Oh no, I had almost used all of the hand wash instead of body wash. I phoned my friend quickly and told her. I remember the last time I bought “body wash” it was on sale too. I just paid attention to the marked price and didn’t read the bottle. Now, I think it was someone else who made the mistake by putting the hand wash on the body wash stand. My friend said, “It proves one thing: Canadian products are so good because you used almost a bottle of hand wash instead of body wash, and you didn’t get an allergy.” Eventually, I returned the hand wash, and the old hand wash I used to wash my feet. *Serena Deng-Class 4B*

How I practice English on the weekends is pretty much by talking to as many people as possible. Luckily, I have two jobs in Canada which forces me to get out of my place, and gives me more opportunities to meet people, and also



when I am at home, I watch and read the news on the internet. For vocabulary, I highly recommend using flash cards. In my case, I do not have

much time to stay at home, so I use them when I’m on the bus or skytrain. I think that the more vocabulary I have, the better I can understand English. Right now, I would say that I am facing an intersection in my life. I want to get into a college for the first time in my whole life so I can get a better job. It will be hard for me to do it, but I am so excited about the challenge, and will be proud of myself if I achieved it.

I believe that “life is study”, therefore we should study as long as we can to help us improve our life, whatever the subject is.

Sosuke Tomioka (Tommy) -Class 4B

A friend I have met in Vancouver

When I came to Vancouver. I felt lonely and I was sad because I didn’t have friends. I couldn’t speak English and I didn’t even know how to go shopping, but then I went to the ELSA class and I met a friend—Jenna. She is my first friend in Vancouver. She is positive and helpful. she told me where to go and how to do things. she helps me with everything. I am lucky to have met her because I am happy and adaptable now. *Connie Peng – Class 3E*



My Favourite Meal

Lunar New Year's Eve Dinner

Lunar New Year is a traditional Chinese holiday. On the Eve of the Lunar New Year, many families get together and have a big dinner. The meal is different from any other meal. It means saying good-bye to last year and saying hello to the new year. So it is my favorite meal.



In my hometown, Lunar New Year Eve's family dinner is very important. There are fish, New Year's cake, dumplings and a lot of other food. The fish means that our living things will be opulent every year. New Year's cake means that our living standard will be better year by year. Dumplings are special Chinese food. There are many kinds of stuffing in them. For example, they can have seafood, pork, beef, and vegetables in them. It depends on everybody's taste. We have to eat dumplings on this day. Our family gets together. We are happy while we cook this dinner. We set the table after we finish cooking. This meal looks very delicious and healthy.

All the people in a family sit down around the table. First, we pick up a glass of wine to give thanks to our parents. Then we wish everyone a healthy and happy New Year. We eat and talk. We enjoy every Lunar New Year's Eve family dinner. We wait for the new year that will come. This is a wonderful night. This is a tasty dinner. *Sophia Li -Class 2A*

I am a newcomer who is from China. I like Chinese food. My favourites are SiChuan and Hunan food, because I like spicy food. I like to eat steamed fish, Kung-Pao chicken, stir-fried green beans, braised beef, Duojiao fish and "ants on a tree." Ants on a tree are a type of stir-fried noodles. I also like to eat all types of fruit. I always go to Chinese seafood restaurants in Vancouver because my husband's family is from Hong Kong. They like to eat dimsum. We go to eat dimsum every weekend.



I have been in Canada for three years. My home is here. My family is my mother-in-law, my sister-in-law, my husband Tom my and my sons Alfred and Bruce.

We all like Vancouver. We are very happy to live here.

Jade Jing Zhang-Class 2A



My favourite meal is Chinese-style cuisine. As we know, we have our personal things to handle every day. Sometimes we don't want to cook after work, and just go directly to a restaurant. I do like spicy food. So I often go to a Sichuan restaurant. They serve very good food. They have boiled fish, pork cubes with green peppers, diced chicken with green peppers, kung-pao pork cutlets and julienned pork in pepper sauce, etc. I especially love to eat boiled fish with some rice and an ice-cold coke. It's a good combination. Sichuan cuisine is so amazing. Everyone should go to try it. I think more and more foreigners are beginning to like it. *Carina Han-Class 2A*



My favourite meal is the Chinese New Year's Eve dinner. It is the most important in China. The New Year's Eve dinner has a chicken, duck, pork, fish, seafood, shrimp, lettuce, mushrooms, soup, rice, dessert and noodles. The dinner is very rich and delicious. It is also a reunion for happiness, fortune, prosperity. Those are common wishes we give each other on Chinese New Year's Eve. My favourite is the New Year's Eve dinner. *Fanny Chen -Class 2A*



My favorite meal is a Japanese meal. Japanese meals must use fresh ingredients. I like to eat fresh fish. Japanese meals are also popular in Canada. There are many Japanese restaurants in Vancouver and Japanese food is also sold in many supermarkets.



Sushi is fresh fish served after it is cut into small pieces. Sometimes the skin is on and sometimes it is cut off. Some sushi is served on top of a small amount of rice. Some other sushi is rolled with seaweed in the middle. Due to the different colors of different kinds of fish, sushi is also colorful and very nice. You can eat sushi dipped in soy sauce and smeared with wasabi.

I often go to Japanese restaurants with my family. I usually order some sushi and sashimi. I like salmon belly sashimi the most. Usually, before I eat sushi, I sip some green tea. Sometimes, when I am busy or do not want to cook, I like to go to the supermarket to buy sushi. So sushi is also convenient and can fill us up with food. I enjoy sushi because of its sound, smell, taste and feeling when enjoyed together. *Flora Yi Hua Huang-Class 2A*

How to Stay Healthy

People can go to the doctor for checkups and for vaccination shots.

*Tashu Paw,
Ramsaroop*

We should wear more clothes. Always wear a thick jacket, a toque, a sweater, a scarf, mittens and boots.

Ankur Chitaniya, Tina Liu

Sleeping is important. Sleeping 8 hours from 10:00 pm to 6:00 am is very good for your body. *Fiona Li*



We should eat more fruits and vegetables. People should eat one apple and drink milk in the morning.

Bai Song Su

The school should be warm. We should keep the classroom temperature between 20 and 25 degrees. *Lily Qi*

Fall is here and winter will be coming soon. Class 2B has some good ideas on how to stay healthy in the cold seasons.



You should drink hot water, hot soup and eat hot pot. You shouldn't drink cold drinks or eat ice-cream. *Paul Guo*



Exercise is good for our bodies. We need to exercise 30 minutes every day. We can run, swim, walk, do sit-ups, and play sports. *Nicole Feng*

We need to wash our hands after we touch door handles, and after we come from public places. *Sandy You*

I came to Vancouver two years ago, I feel happy living here. Vancouver is a very beautiful city. There are lawns, flowers and trees. There are a lot of activities in community centers.



People can leisurely stroll in the park and go to the community center to participate in various activities. I usually go for a walk in the park with my family or go to the library to read the newspaper. In the afternoon, I go to school to an ESL class to learn English. On the weekend, I visit my friends and people from my hometown or I visit another city. In the summer, I can go camping, fishing and have barbecues. In the fall, my family and I can appreciate maple leaves. I can go skiing in the winter. In short, I have leisurely but colorful life here. I love Vancouver. I enjoy my life here.

Rory Wang-Class 2C

My First Month in Canada

My name is Joanna Liang. I first came to Canada on April 12, 2010. I brought my daughter and son. The friend of my friend in China came to the airport to pick us up. We went to her house. We stayed for five days at her home. We found a house to rent then moved. We found an ESL school and I found work cleaning houses. I lived there for maybe four months then moved to Vancouver. *Joanna Liang -Class 1A*

The time passes so fast, I came to Canada two and a half years ago. Now I am already used to living here. Vancouver is a beautiful city. Although I don't have a job, I feel lucky. But every Monday to Friday, I get up early. I make breakfast and lunch for my son. In the afternoon, I go to school to study English. On the weekend, I usually go to the park for a walk, and talk to my friends. Sometimes I go to Canada Place to enjoy the wind and sunshine. I think I am happy and relaxed. I hope my son studies well and that my family is all well. *Li Jian Pan-Class 2C*



I have immigrated to Canada and have been in Vancouver since 2010. However, I was worried because I learned English a little when I was a kid and I had forgotten all about English. I never used it in my country. When I first came to Canada, the biggest problem was I didn't understand English, so I thought English was quite important and difficult, but interesting. I'm studying at VFA in a level 3 class, and I have been studying English for more than two years. I'm looking forward to be able to graduate in level 4. It's my goal to achieve, and I'm trying to do my best. *May Shen - Class 3E*



How My Life has Changed Since I Came to Vancouver

My name is Stella Lui, I came from Hong Kong. I have two daughters and a husband. Hong Kong is a small country with many people and very crowded streets. Every morning, I made breakfast. My two daughters went to school and my husband went to work. Then I swept my house and cleaned the clothes. I went to the supermarket to buy food every day. This work was very normal.



In July 2012, I immigrated to Canada with my family. I feel very happy here. The weather is very good. The temperature is about 16 degree, not too hot and not too cold. Many people are very polite and helpful. Every day now, my daughters, my husband, and I go to school. This is now my life has changed since I've been here. *Stella Lui - Class 3E*

Two years ago I came to Canada with my family. My husband and I could not speak English, so my son always had to follow us to translate when we went out to do anything. I still remember I was nervous and red in the face when people spoke to me in English. By this time I lost weight because I worried about doing everything including driving, shopping, hospital.....later I started to learn English at Vancouver Formosa Academy. Sian and Lana taught me a lot of English. They were friendly, kind, and patient in class. Day by day I improved my English skills. Now I am glad I can do many things by myself in Vancouver. *Helen Wu - Class 3E*



My life has definitely changed a lot since I came to Vancouver! As a newcomer, I've changed from an office worker to a housewife, and I have no job now because I am studying English and I have trouble with listening and expressing myself in English. I think finding a job at present is difficult for me, so I must study hard and improve my communication with other people. I've changed from a busy person to a relaxed people. Because I don't need to work so busy now, I have time to realize and learn more about CANADA and I can do anything I like to do. I enjoy my new lifestyle now and I believe I'll get better in English in the near future.

Su, Fang Fang -Class 3E



Learning English in ELSA Class

I have been learning English in an ELSA class since 2008. When I first came to the class, I was both nervous and excited because I had never used English in my country and I now could meet friends at school. In the first year, I just learned basic words and short sentences. Even though I was studying hard, I felt it was difficult, and I was not good at communicating with teachers and classmates, but I knew learning English was the most important thing in my life. After a year, my English was better than in the beginning, so I was getting interested in English. In the second year, I could speak and write short sentences, and I had found a job. At that job, I had to speak and listen to English every day. It was a good way for me to improve my English. After two years, I could read and understand longer sentences, and sometimes I used English to communicate with people. Now, my English and communication skills are getting better and better, and I am so happy because now I can write short stories and letters, and I can watch TV, movies and listen to videos in English. I really like learning English in my class because English is the most important language the world. *Ling Wei-Class 4B*



Some Websites for Learning English

Easy Sites

www.manythings.org/
<http://www.pdictionary.com/>
<http://a4esl.org/>
<http://www.esl-lab.com/>

More Difficult Sites

<http://esldivlabs.vcc.ca/>
<http://web2.uvcs.uvic.ca/elc/studyzone/>
<http://www.eslvideo.com/>
<http://www.cbc.ca/ottawa/esl/>

An Amazing Woman

It was so lucky that when I came to Canada last year, I met a beautiful old lady who was my ELSA teacher. Her name was Joan, and she was a pretty good English teacher. She taught me and helped me a lot because she knew I was a newcomer, and everything was not easy for me. First of all, she was so smart that she could speak four different languages and she had two university degrees, and it only took her three years. I really believe that she knew a lot about many different areas. Then, she is a very nice lady which she always helped us to understand more things. Such as Canadian culture, history, law and geography. Although she was always busy at school, she told me how and helped me to find a job in Canada after I had finished school. She told me how to prepare the interview, and she practiced the answers with me.

Finally, I got my first job in Canada. If it wasn't for her, I wouldn't have found my first job. I am really happy about that. Next, she is a pretty kind person because she donates money to poor people and volunteers at a seniors' center on the weekend. Since seniors are truly lonely every day, she hopes more and more people will take care of them if they have free time. Moreover, it is really clear that she is a very intelligent, nice and kind lady. I will keep in contact with her and always try my best while living in Canada. *Joy Yang-Class 4B*



The Night I Got Lost

My name is Elaine Li. I came from China. I live with my brother's family. I like Vancouver because it is very quiet and the air is clear. When I was in Vancouver for one week, I got lost at night. It was raining in winter. After we had dinner at my sister-in-law's, father's house, I rode in my brother's car to my home. Suddenly my brother had something to do and he asked me to get off close to my house. I forgot how to go home. I was very scared! At first, I turned left instead of right. I walked alone in the alley. I told myself, "Don't worry! You can find it!" In Vancouver, everywhere is the same if you don't understand the street names. I didn't have a phone so I couldn't call anyone. Then I found a school. I remembered. I found my home. Since that time, when I am not lazy and I have time, I walk everywhere on foot. *Elaine Li-Class 1A*



Shark Truth

The day before yesterday, four volunteers who came from the organization, *Shark Truth*, talked to our ELSA class. They taught me a lot of knowledge about sharks. When I found out what is happening around the world every day, I was shocked.



Humans kill so many sharks just in order to satisfy their appetite. As we know, sharks are on the top of the food chain, and that means sharks control the amount of living creatures below them,

and there are no other creatures that can take their place. In other words, sharks control the marine environment, so sharks are very important for us - we need them.

In some Asian countries, shark fin soup is a traditional delicacy; they think shark fin soup is a delicious food. But in fact, shark fin has no taste, and in the process of the production, they add bleach to make the shark white. This bleach is harmful to our health, so we have to raise our awareness. Shark fin soup is not really delicious, it is not that necessary in our life.

Now, we recognize how important it is to protect sharks. It is not too late to take action right now. Stop the killing, and let the next generation see a real shark, not a specimen in a museum. *David Zheng-Class 4B*



Level 3 and 4 students with *Shark Truth* volunteers

*Thank you to all Vancouver Formosa Academy ELSA students who contributed to this issue!
We hope you enjoyed reading it!*

An online colour copy of this newsletter can be seen at www.vfa.bc.ca →Adult ESL→ELSA Program

Vancouver Formosa Academy
5621 Killarney St. Vancouver, B.C. V5R 3W4 604-436-2332 www.vfa.bc.ca

