



The Maple Leaf

No.97

Curitiba, September 2006

THE CANADIAN ENGLISH CENTRE'S MONTHLY NEWSLETTER

Picture Vocabulary

The two key ingredients in the basic "recipe" to fluency are structure and vocabulary. Grammar structures are learned through audio models, which are found in our exclusive audio exercises. Vocabulary can be learned in many different ways. First of all, it is important to understand that nouns may be concrete or abstract. An abstract noun is a word that names a quality, idea, or feeling instead of a person, animal, place, or thing. This kind of vocabulary must be learned in sentences that carry crystal-clear meanings. We learn it in many different proposed exercises in our textbook, reading books, practice books and video books. A concrete noun refers to an object that you can see or touch rather than to an idea or feeling. This vocabulary must be learned by connecting the sound to the image that it represents. You will find large pictorial sections in our practice books, with audio support on CD. Now here is how you can get the best out of your picture vocabulary material. First, listen to the entire vocabulary lesson, looking at the pictures in your book. You may do this as many times as it takes to get you familiar with all the sounds. Next, you must cover the written reference at the bottom of the page and stop the audio CD. Look at each picture, pronounce the word, then listen to just that word on the CD. Push the pause button and repeat the sound again. Do this to the end of the page, until you feel you have good command of those sounds. Finally, find a classmate to play a fun vocabulary game. Cover the bottom reference and take turns identifying the pictures. Each correct answer gives you a point. You can play using any of the weekly vocabulary picture sets that you and your classmate have already studied. Lessons that you studied long ago will make a very challenging game. Now, let's make use of our practice books!

The Student of September

Maressa Vendramini is the STUDENT OF SEPTEMBER. Maressa is a Book-Four student whose outstanding dedication to mastering the English language resulted in exceptional progress. Today, Maressa's English is fluent and her pronunciation is fabulous. The Canadian English Centre is very proud of her – She has really earned this victory!
CONGRATULATIONS MARESSA!

SEMI-INTENSIVE!
1 semester in 3 MONTHS!
Beginning in OCTOBER!
Mondays & Wednesdays
6:30 to 9:30 PM + Extra Lab



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Tips on English Idioms

To give the game away – To reveal a plan or strategy. *Now, all of you have to keep quiet. Please don't give the game away.* **Everything from A to Z** – Almost everything one can think of. *The biology exam covered everything from A to Z.* **To cut up rough** – To act in a nasty, angry, or threatening way. *The thief cut up rough when he was caught.* **To call someone names** – To call a person unpleasant or insulting names. *Mommy! John is calling me names again.* **To be into something** – To be interested in something; to be involved in something. *Did you hear that? Tom is into skydiving!* **Ball of fire** – A very active and energetic person who always succeeds. *Sally is a real ball of fire – she works late every night.*

It's True!

- **In many ways**, the Bible is a surprisingly modern story. Like Noah in the Ark. It took him forty days to find a place to park.
- **You remember Eve**. The first woman who ever said, "I haven't got a thing to wear", and meant it.
- **Do your duty** and leave the rest to heaven.
- **An apple a day** keeps the doctor away. So does *not* paying your bills.
- **The day** has eyes; the night has ears.
- **As soon as** there is life, there is danger. (*Ralph Waldo Emerson*)
- **The pursuit**, even of the best things, ought to be calm and tranquil. (*Cicero*)

This Issue

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Canada's Nunavut

On April 1, 1999, Canada's newest northern territory, Nunavut (pronounced Noonahvoot), came into existence. This is the first time the map of Canada has changed since Newfoundland joined the confederation in 1949. Nunavut encompasses about one fifth of Canada's landmass, according to a report in the Toronto Star newspaper, and this makes it larger than the country's largest province, Quebec. It also has the distinction of having the smallest and youngest population in Canada. Approximately 27,000 people live in this territory, 56 percent of whom are under 25 years of age. Nunavut, which means "Our Land" in Inuktitut, is the realization of an agreement between the Inuit and the federal government involving land settlement and Aboriginal rights.

What Goes Up, Comes Down

It has been common in some areas of the United States and in several Latin American countries for revellers to celebrate the start of a new year by firing their guns into the air. But police are urging them not to do so. "When you fire a gun into the air," said Los Angeles Police Chief Willie Williams, "that bullet does come down someplace." And that someplace may be in someone else's head. Over a dozen people have been killed in this way over a few years' time in the United States. Additionally, hundreds of cases of injury and property damage have been reported, sometimes caused by bullets that came from miles away. Often, people who fire into the air mistakenly think that the bullets disintegrate in the air or that they will not harm anyone as they descend. But a bullet shot straight up can return with a tremendous impact that is "enough to break the skin, put out an eye or penetrate the soft part of a baby's skull," according to Fred King, spokesman for the Houston Police Department.

Angry Mind, Weak Heart

"Men prone to angry tantrums or sulky hostility are more likely to develop an irregular heart rhythm called atrial fibrillation," reports the *Daily News* of New York. Researchers found that men who say they are hotheaded or quick-tempered or who lash out at others when frustrated or become furious when criticized are 30 percent more likely to de-

velop an irregular heart rhythm. The director of the study, Elaine Eaker, says: "There has been a perception that you can dissipate the negative health effects of anger by letting it out instead of bottling it up. But that is definitely not the case in the men in this study – they were at higher risk not only of atrial fibrillation, but of death from all causes."

Do you like to sing?
If so, you might want to check the new editions of
Ray von Schmalz's Karaoke Party 2, 3 & 4!

Getting Enough Sleep?

People who "routinely want to nap during the day, doze off during meetings, or are having difficulty concentrating" are not getting enough sleep at night, says *The Toronto Star* newspaper. Most people consistently need between seven and nine hours of sleep each night to function well during the day. Here are some suggestions the experts give on how to get it: Make sleep a priority. Take time to unwind before bedtime. A leisurely walk may help, but avoid vigorous exercise in the last three hours. Go to sleep and get up at the same time each day. If you wake up at night, do not fret or try to solve problems – instead, attune your mind to pleasant thoughts. If you're still awake after half an hour, get up and do something relaxing, such as reading for pleasure. Be careful not to eat or drink too much near bedtime, but don't go to bed hungry either.

Pets & Your Health

Puppy love may keep a person out of the doctor's office," says *The Toronto Star*. Over the past decade, various studies have shown that "companion animals are associated with lower stress, fewer doctors' visits and even better survival rates after heart attacks. An animal may help stroke victims build strength and psychiatric patients quell anxiety." Dr. Alan Beck, of Purdue University School of Veterinary Medicine in Indiana, U.S.A., believes that "animals relax people. They're a focus of attention, a focus of touching." Such effects can occur even if the animal is not a family pet, and this has led to the rise of "animal-assisted therapy." Some mental-health workers have thus encouraged patients with psychiatric disorders to spend time with a pet, with positive results.

The Maple Leaf Tattoo Removal

"Some surveys show that 80 to 90 per cent of the people with tattoos want them removed at some point in their lives," says Canada's *Vancouver Sun*. "Because there's been an increase in the number of tattoos people are getting, there has been a coinciding increase in the desire for removal," notes one dermatologist. A typical example is 27-year-old Dan, who had a bright-green emblem removed from his arm. He says: "It just doesn't represent who I am anymore." However, even with modern laser treatment, tattoo removal can be painful, expensive, and time-consuming. "Removal of even a small tattoo can cost up to \$1,400," says the paper. It adds: "More modern, multicoloured tattoos, especially if they are large, are almost impossible to remove."

*** NEW LAB TIME ***

Now our lab opens from Monday to Friday, from 2 PM to 10 PM, and on Saturday from 9 AM to 1 PM

Pause for a Joke ☺

☐ You have to stay in shape. My grandmother, she started walking five miles a day when she was sixty. She's ninety-seven today, and we don't know where the hell she is.



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Friday Practice

3 to 5 PM [with Jim]

7 to 9 PM [with Ray]

September 15: SPECIAL CLASS about Canadian & North-American Customs

September 22: Free Conversation about Different Countries and Cultures

September 29: Free Conversation & Vocabulary Games Using Newspapers

October 6: Video About Canada – An amazing trip that you can't miss!

October 13: Free conversation & Canadian Trail [Board Game]

October 20: BINGO with special prizes!

Editorial: *This newsletter is a monthly publication of the Canadian English Centre, in Curitiba, Brazil.*

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