



# The Maple Leaf

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## THE CANADIAN ENGLISH CENTRE'S MONTHLY NEWSLETTER

### News in English

Most everyone likes to get informed. Reading, listening to, or watching the news is something many of us enjoy doing on a daily basis. The Internet offers direct access to all types of media, anywhere in the world. Intensive practice is just one click away. As DSL and cable services get cheaper and cheaper, it is not difficult to get broadband Internet service today. It is an open window to the world. Then, you might consider making a habit of watching Canadian TV news at [www.ctv.ca](http://www.ctv.ca) or [www.cbc.ca](http://www.cbc.ca) or you might prefer to listen to the news at [www.cbc.ca/listen](http://www.cbc.ca/listen). If you like country music, you will also have a lot of fun listening to Calgary's Country 105 at [www.country105.com](http://www.country105.com). You'll also find lots of links to Canadian TV shows at [www.film.queensu.ca/links/tvlinks](http://www.film.queensu.ca/links/tvlinks). However, many students complain that it is sometimes very hard to understand what Canadians are saying. That is why the **Canadian English Centre** offers unique Audio Challenges from Book 3 on, which builds up your listening skills. This listening exercise is, though, a tool which must be complemented by continuous listening of natural material. Do not be discouraged if you cannot understand much at first. Keep listening to it, and participating in our listening build-up programs and you will see that you will break through this barrier in no time. You may also want to record part of the news and listen to it over and over. Another interesting trick is to go to the CTV home page and read the news before you watch the video. This way you will have a clear idea of what the reporter is speaking about, and will know the proper names or different words he uses. Try to make it a habit, and this practice, associated to the **Canadian English Centre's** incomparable method, will lead you to full proficiency in English! It is the **Canadian English Centre** opening doors that no one else can!

### The Student of October

**V**era Carneiro is the STUDENT OF OCTOBER. Vera is a Book-Four student whose amazing performance made her stand out from when she was in Book One, when she achieved the best global score in the school. Now in Book Four, Vera is a fluent speaker, writing excellent NEA's and giving awesome lectures in English. The **Canadian English Centre** is very proud of you, **VERA. CONGRATULATIONS!**

Have you missed a class?

Having a hard time?

Come to our **FREE REVIEW CLASSES** on Fridays from 7 to 9 PM!

We also have review classes on video!



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### Tips on English Idioms

**Neck and neck** – Exactly even, specially in a race or a contest. *John and Tom finished the race neck and neck.* **To go to the wall** – To be defeated, to fail in business. *During the recession, many companies went to the wall.* **Fools rush in (where angels fear to tread)** – People with little experience or knowledge often get involved in difficult or delicate situations which wiser people would avoid. *I wouldn't ask Jean about her divorce, but Kate did. Fools rush in, as they say.* **Daily grind** – The everyday work routine. *I'm getting very tired of the daily grind.* **Dead centre** – The exact centre of something. *When you put the flowers on the table, put them dead centre.*

### It's True!

- **Biography** is the only true history.
- **Every bird** likes to hear himself sing.
- **Civilization** degrades the many to exalt the few.
- **No wise man** ever wished to be younger.
- **Better to be** proficient in one art than a smatterer in a hundred.
- **If you would marry** wisely, marry your equal.
- **The great aim of education** is not knowledge but action.
- **The chains of habit** are too small to be felt until they are too strong to be broken.
- **A man in debt** is caught in a net.
- **Expectation** is better than realisation.

### This Issue

- 1 Let's Watch the News in English
- 2 Student of October – Vera Carneiro
- 3 Get to Know Calgary, Alberta
- 4 Cost of Houses in Canada

## Calgary, Alberta

Calgary dates back only to the summer of 1875, when a detachment of the Northwest Mounted Police reached the confluence of the Bow and Elbow rivers. The solid log fort they built had attracted 600 settlers by the end of the year. Gradually, the lush prairie lands around the settlement drew tremendous beef herds, many of them from overgrazed U.S. ranches in the south. Calgary grew into a cattle metropolis and a large meatpacking center. When World War II ended, the placid city numbered barely 100,000.



The oil boom erupted in the late 1960s, and in one decade the pace and complexion of the city changed utterly. The population shot up at a pace that made statisticians dizzy. In 1978 alone, C\$1 billion worth of construction was added to the skyline, creating office high rises, hotel blocks, walkways, and shopping centers so fast even locals weren't sure what was around the corner. In the mid-1990s, the oil market heated up again, and Alberta's pro-business political climate tempted national companies to build their headquarters here.

In February 1988, Calgary was the site of the Winter Olympics, giving it the opportunity to roll out the welcome mat on a truly international scale. The city outdid itself in hospitality, erecting a whole network of facilities, including the Canada Olympic Park, by the Trans-Canada Highway, some 15 minutes west of downtown. Calgary (pop. 922,000) has an imposing skyline boasting dozens of business towers topping 40 stories. Despite this, the city doesn't seem urban. With its many parks and convivial populace, Calgary retains the atmosphere of a much smaller, friendlier town.

## Bad Breath?

Although halitosis (bad breath) usually is nothing more than a harmless reflection of what you've eaten, sometimes it's a sign of a serious dental or medical condition, the American Dental Association says. Halitosis could indicate chronic bronchitis or sinusitis, postnasal drip, gastrointestinal illness, and liver or kidney disease, the ADA warns. If watching the foods you eat and brushing and flossing

regularly do not control halitosis, the ADA recommends talking to your dentist about any other conditions that may be responsible, including periodontal disease. If your dentist doesn't find a cause, you should talk with your doctor.

**BUY NOW!**  
**Ray von Schmalz's Karaoke Party 2, 3 & 4!**

## Cost of Houses in Canada

New home prices rose 1.2 per cent in April, the biggest month-to-month increase in 25 years, Statistics Canada reported Thursday. Rising demand, increased costs for materials and labour and higher land values combined to push the prices up. The new housing price index, where 1997 figures equal 100, rose to 138.2. The agency said prices rose in 14 of the 21 metropolitan areas surveyed. Calgary led the way once again with a monthly increase of 4.7 per cent and Edmonton prices rose 3.9 per cent. New homes in Calgary cost 34.8 per cent more than they did a year ago and were 18.6 per cent more expensive in Edmonton. In Windsor, however, prices dropped 1.4 per cent in April. They fell 0.4 per cent in Kitchener and 0.1 per cent in St. John's. The average cost of a house in Canada is CD\$300,000.

## Canada Needs Doctors

Canada has a lower ratio of doctors to people than most other industrialized countries, a report released in June of 2006 says. The annual health data report from the Organization for Economic Co-operation and Development said Canada had 2.1 physicians per 1,000 people in 2004. The OECD average was 3.1 per 1,000. Only four other OECD countries had a lower doctor-to-population ratio, according to statistics provided to the Paris-based agency by the 21 countries covered in the report. The doctor-to-population ratio in Canada remained unchanged between 1990 and 2004, the report said. Elsewhere, the OECD average rose to 3.1 from 2.3 per 1,000. While the doctor ratio was low, Canada boasted a higher nurse-to-population ratio than most OECD partners. There were 9.9 nurses for every 1,000 people in Canada in 2004, compared with an average of 8.9 nurses in other countries. That said, Canada's nurse-to-population ratio actually declined. In 1990, the country had 11.1 nurses for every 1,000 people.

## The Maple Leaf Hooked on Cola?

Mexicans drink an average of 40 gallons of cola drinks per person per year, reports the Mexican Association of Studies for consumer Defense. Annually, more money is spent on cola drinks than on the ten most basic foods put together. High consumption of these soft drinks is said by some to be one of the principal causes of malnutrition in Mexico. Some of cola's ingredients can impede the absorption of calcium and iron. Problems that are also thought to be linked with cola consumption include a greater likelihood of kidney stones, cavities, obesity, and hypertension as well as insomnia, gastric ulcers, and anxiety. "We used to be 'corn people,'" says Consumer's Guide Magazine, "but now you could say we are 'cola' people."

### \*\*\* 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 ☺

☐ Jake was on his deathbed, with his wife Becky at his side. With tears streaming down his face, he said, "Becky, I must confess..." Becky interrupted, "Hush. Don't try to talk." But Jake insisted, "No, I want to die with a clean conscience. I must confess. I've been unfaithful to you." Becky replied, "Yes, I know. Why else would I have poisoned you?"



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## Friday Practice

3 to 5 PM [with Jim]

7 to 9 PM [with Ray]

**November 3:** Free Conversation & Language Games with Newspapers

**November 10:** Free Conversation & Story-Telling Game

**November 17:** Free Conversation & Canadian Cartoon

**November 24:** SPECIAL PIZZA DINNER!

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

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