

Mother Language Day



Sat Sri Akal

Namaste



Geia sou



Habari



Privit

Hello

Ahoj



CZECH HERITAGE
LANGUAGE SOCIETY
OF EDMONTON



Marhaba

Privet



Kumusta

Namaskar



Barev

Hola

Gabriela Mistro
Latin American School



Vanakkam

Hyalo



MLD 2025



MLD 2025

Annual Mother Language Day Book

Organized by the International and Heritage Languages Association (IHLA)

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Editor's Note

Dear Readers,

It brings immense joy to present the final edition of the MLD 2025 Annual Book, a heartfelt tribute to the diverse linguistic and cultural heritage nurtured within our community. This year's contributions reflect our students' creativity and the dedication of the teachers, families, and schools that make this celebration possible.

The theme, "How learning my heritage languages and culture helps me grow," has brought forward inspiring stories, artwork, and reflections that reinforce the importance of our roots in shaping who we are. Each poem, essay, and drawing reveals the pride and affection our youth hold for their language, culture, and identity.

We extend our sincere thanks to all contributors, volunteers, and IHLA member schools for their unwavering support. May this book continue to inspire future generations to celebrate their mother tongues with pride and passion.

Warm regards,

MLD 2025 Editorial Team

About International and Heritage Languages Association (IHLA)

In 1977, the Canadian Consultative Council on Multiculturalism (CCCM) offered a workshop for heritage languages school teachers. Those who attended the workshop came to understand that while the languages and cultures that they taught were different, the challenges were similar. As a result, our heritage languages teachers formed a collective where they could meet, share, and learn from one another. They named their not-for-profit organization the Alberta Ethnic Languages Teachers' Association (AELTA). Although the name has changed twice, the mission and the spirit of multiculturalism remain the same.

Today, IHLA offers many services to heritage languages teachers and leaders at its member schools. These services include:

- Professional development sessions for leaders and teachers
- Support in curriculum development
- Advice for schools seeking accreditation
- Advice and assistance for teachers seeking Alberta credentials
- Mentorship to new and existing schools
- Engaging Multicultural Youth for Stronger Communities
- Local information in newsletters and on our website
- Networking activities
- Participation in international conferences/publications and collaborations representing the work of IHLA, its Schools, and Students
- Our Annual Mother Language Day Celebration
- Our Annual Mother Language Day Book

In 2016, IHLA was awarded the very prestigious UNESCO Linguapax Prize for the organization's dedication to the promotion of linguistic diversity for over 40 years. Learn more about us at www.ihla.ca.

"How Learning My Heritage Languages And Culture Helps Me Grow"

The Mother Language Day book began 19 years ago to highlight heritage language students' abilities to express themselves in their heritage languages and to share their culture with friends and family in text, beyond the performances done for Mother Language Day. Since 2003, each year, IHLA Member Schools and their students take on writing (and illustrating) on a different theme, each school and student bringing a unique perspective.

This year's theme, "How learning my heritage languages and culture helps me grow," was chosen to allow students to express, especially in these two years

now, who we are at our core—linguistically and culturally. As reading the entries by our students will illustrate our identity(ies) as heritage language learners and bi/multicultural individuals who have been impacted in a myriad of ways:

How we navigate and negotiate our daily activities, our relationships with each other, and more acutely, our days with friends and school days. In each of the entries, our students thought about the languages they speak from the heart with their families to ease their anxiety and help propel them to be more positive, about the cultures from which their comfort foods come, and activities that allowed them to reconnect with those they love and miss. One thing is certain in all the entries: our heritage languages and culture were an anchor, grounding us and helping us move forward each day.

It is our heartfelt wish that you enjoy and appreciate the writings and illustrations of our IHLA students.

IHLA MLD THEME

In 1999, UNESCO proclaimed February 21st as International Mother Language Day to acknowledge the preservation and protection of all languages. This, in commemoration of those who fought and died in 1952 through the Bengali Language Movement.

This year's theme underlines that while the languages and cultures we learned were different, the principle is to cherish, preserve, and protect our most vital aspects of individual identities through heritage languages.

This year's theme, Our Celebrations: A Festival of Language and Culture, honors 25 years of dedication to nurturing multilingualism and cultural expression as everyday practices. At the heart of this milestone is the IHLA Mother Language Book - a reflection of our shared commitment to heritage languages. These languages are more than words; they are the roots that anchor communities, shaping identity, history, and belonging. Through them, we trace the diverse journeys of individuals and families, and in celebrating them, we affirm the richness they bring to our collective story.

As an organization, IHLA acknowledges its mission to exist, promote, and sustain all languages and cultures without hindrance for member heritage language schools, institutions, and linguistically and culturally diverse people. This mission, especially in today's global climate, calls for constant and continuous respect, appreciation, and nurturing of multilingualism and intercultural understanding among heritage languages and cultures.

As we celebrate the launch of this year's Mother Language Day (MLD) Book, IHLA extends its heartfelt appreciation to Mr. Francis Wambugu, President of IHLA, whose leadership has been instrumental in bringing this vision to life. With the dedicated support of the IHLA Program and IT Coordinators, the team not only produced a meaningful and beautifully crafted book but also organized the inspiring celebrations surrounding its release. Their work reflects a deep commitment to cultural heritage and sets a strong foundation for next year's MLD Book - continuing a proud tradition of community celebration and linguistic pride.

IHLA's 22nd Annual Mother Language Day Celebration, along with the creation of this year's MLD Book, stands as a true reflection of collective effort. These milestones were made possible through the unwavering commitment of IHLA School Volunteers, Board Members, and the Program and IT Coordinators, whose hard work shaped both the vibrant festivities and the thoughtful publication that continue to celebrate our community's cultural and linguistic richness.

“खेल नेता बनने बहुत कठिन काम है। पद, आप हजारों सेवकों को प्रतिनिधित्व करा रहे हैं और उनके दिलों को

अपने से पकड़ रखना वाला हैं और जब आप खुद के मन में इंद्रियाँ या होंगी से उन्हें अच्छे, तो आप नेता।”

— स्वामी विवेकानंद

Playing the role of a leader is a very difficult task. One must become one of the servants and take care of thousands of them. There should be no cloud of jealousy or selfishness in your mind — only then can you be a leader.

— Swami Vivekananda

International and Heritage Languages Association

This publication is made possible thanks to funding from Alberta Education, Casino, and the Alberta Association for Multicultural Education, AAME (www.aamed.ca).

IHLA is grateful to its funders who make this project possible each year.



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Published by: IHLA – June 2025

PRESIDENT'S MESSAGE

I am honored to convey my appreciation on behalf of International and Heritage Languages Association (IHLA) after the successful celebration of the 2025 International Mother Language Day (MLD) that was held on February 23, 2025.

IHLA is an organization that is made up of at least 24 schools, and a dozen of them came together to entertain, educate, and showcase their culture during the MLD.

By participating in the 2025 MLD, which was themed '**Our Celebrations: A festival of language and culture**', the schools and IHLA community continued an annual tradition of celebrating success in heritage language instruction.

A message to the capable coalition that made this day possible- board of directors, IHLA member schools, Alberta Education, and AAME as our sponsors, students, teachers, parents, and volunteers, I salute and thank all of you for working so hard.

I would also like to thank the guests, dignitaries, and members of the public who came to celebrate this special event with us. With your presence and participation, it was a truly rewarding celebration.

Yours sincerely,

Francis Wambugu



MESSAGE FROM IHLA TREASURER

My name is Anupama Deshpande, and I have been a proud member of IHLA since 2019. It has been an honor to be part of the International Mother Language Day (MLD).

On behalf of IHLA, I would like to express my appreciation for the successful celebration of the 2025 International Mother Language Day held on February 23, 2025.

It was a great pleasure to work with 24 schools that came together to entertain, educate, and showcase their unique cultures during the International Mother Language Day celebration. Theme: "Our Celebrations: A Festival of Language and Culture," highlighted the richness of our diverse communities. Together, the schools and the IHLA community continued our cherished annual tradition of celebrating the success of heritage language instruction.

Special recognition goes to our dedicated Board of Directors, IHLA member schools, Alberta Education, students, teachers, parents, and volunteers. Your passion and commitment make events like this possible.

Thank you for allowing me to serve this incredible community.

Warm regards,

Anupama Deshpande



MESSAGE FROM IHLA DIRECTOR

Dear Friends,

It's my pleasure and honor to be part of Mother Language Day (MLD) 2025 hosted by International and Heritage Languages Association (IHLA). This annual event commemorates the diversity of different cultures and traditions.

As Canadians, we are very fortunate to live in a country that embraces many cultures of the world. We take great pride in the contributions our members from various communities have made to this great country.

Over the years, IHLA has made an invaluable contribution in the lives of heritage language students and teachers. MLD promises to be a meaningful celebration and helps in strengthening the social fabric of Edmonton. As a director of IHLA, I want to thank IHLA executives and volunteers for their contributions and commitment to promoting diverse culture and preserving the rich heritage.

Yours sincerely,

Archana Gautam Kumar,



KULJEET KAUR MLD LEAD

A Heartfelt Thank You – MLD 2025

Last February 23, IHLA celebrated the 22nd annual **Mother Language Day (MLD)** at the Arden theater in St Albert. This annual event brought together all our heritage language schools under a vibrant tapestry of equality, inclusion, and heritage. In a world still learning to embrace the colorful beauty of many languages, this celebration serves as a meaningful reminder of the power of unity through diversity.

The energy and excitement radiating from the students and their appreciative families and friends during the presentations was truly uplifting. It was wonderful to see their enthusiasm shine through- what a joyful reminder of why we do this!

Such an achievement is truly a collective effort. With immense pride and gratitude, I offer my sincere appreciation to everyone who came together to make the MLD 2025 a resounding success. A special shout-out to the **19 IHLA schools who participated**, including our three new member schools! This highlights the importance of our shared commitment to preserve and enhance mother languages. This year's MLD was an especially significant achievement as it was our first one organized entirely by volunteers, and what fantastic results!

To our incredible volunteers: your dedication, from setup to takedown, did not go unnoticed. You made this event truly exceptional.

Special acknowledgements:

- **Kostas**, our amazing MC, for keeping the show running smoothly and on time.
- **Paylig**, for her tireless work in communications, volunteer coordination and meal programming, and backstage management.
- **Shital**, for assembling all the slides and presenting them seamlessly.
- **Archana**, for leading "O Canada" and helping schools be ready for their turn on stage
- And to every board member, IHLA schools, volunteers, participants, and supporters—**thank you.**

Your teamwork made this day so memorable.

We hope you all enjoyed the return of **Jason the Balloon-O-Mancer (JTBOM)** for the second year of magical balloon creations, meals from Chili Peppers and Rigani Greek Cuisine, and cookies by Grandin Bakery, and of course, the fantastic support from the team at **The Arden Theatre**.

With warmest thanks,

Kuljeet Kaur, MLD Lead

International and Heritage Languages Association

Land Acknowledgement

Edmonton is located within Treaty 6 Territory and within the Métis homelands and Métis Nation of Alberta Region 4.

We at the International and Heritage Languages Association and all its members, heritage language schools

Acknowledge this land as the traditional territories of many First Nations such

as:

The Nehiyaw (Cree)
Denesuliné (Dene)
Nakota Sioux (Stoney)
Anishinabae (Saulteaux)
and
Niitsitapi (Blackfoot)



“Glimpses of the Joint Mother Language Day Event”



















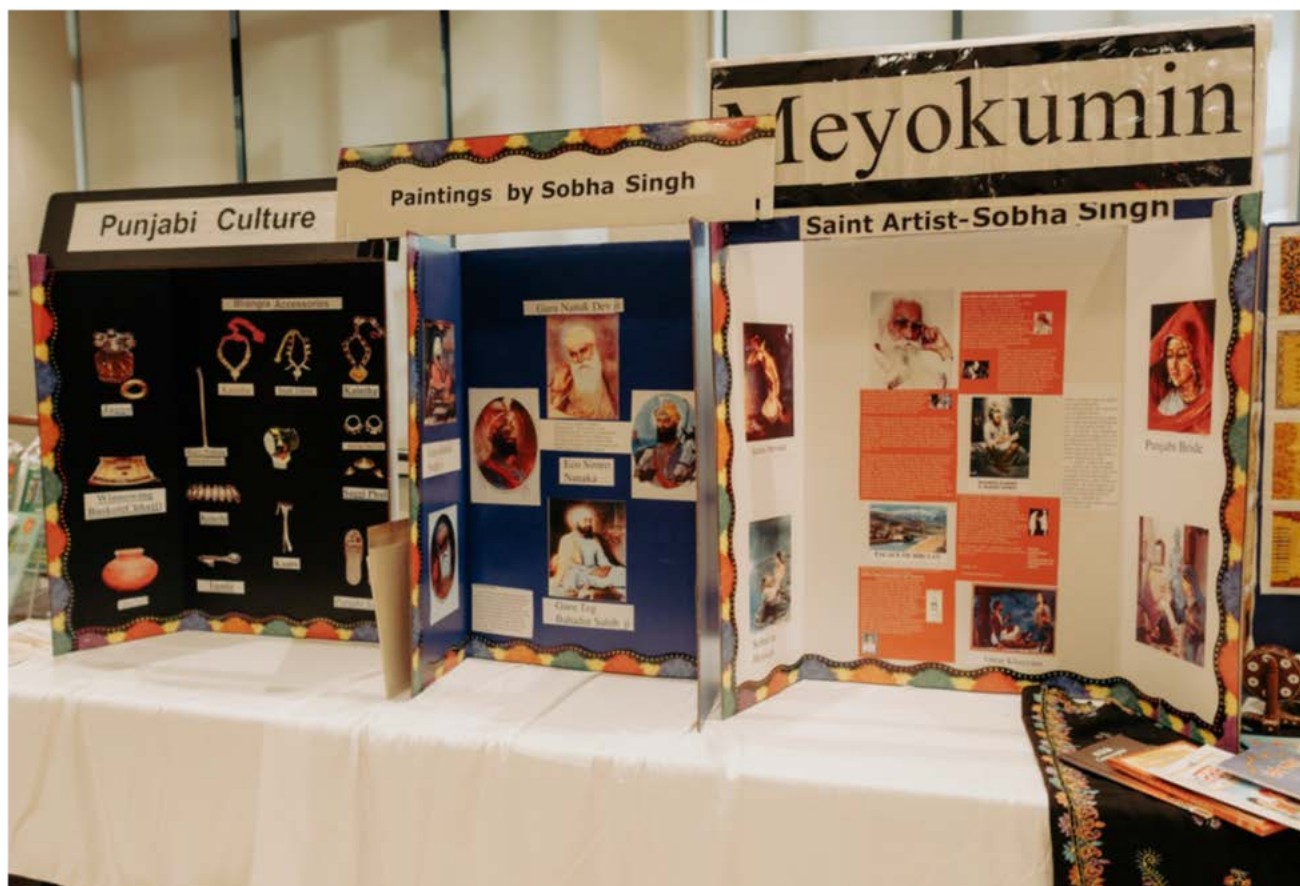
























ALBERTA HINDI PARISHAD



Learn Hindi!

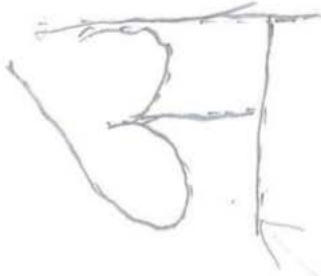
Saturday 11:00 AM - 1:00 PM

<http://ahpschool.ca/forms/H>

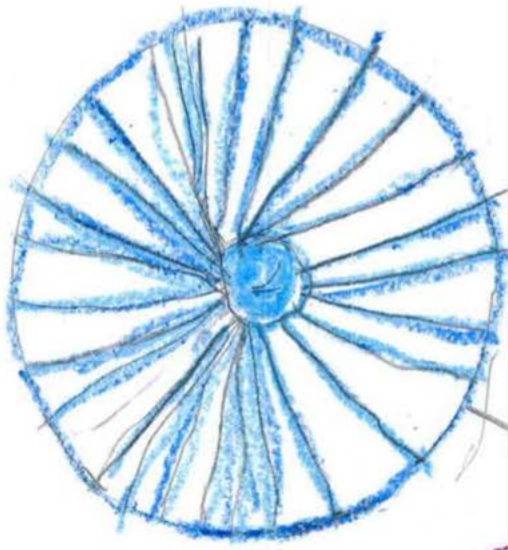
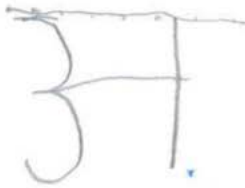
सैनिक राष्ट्र के असली नायक
हैं। वे मातृभूमि के लिए
नम्र होते हैं।
मुझे पर गर्व है।



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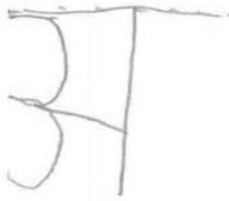
Ashok Chakra



UN

Progress

यहाँ

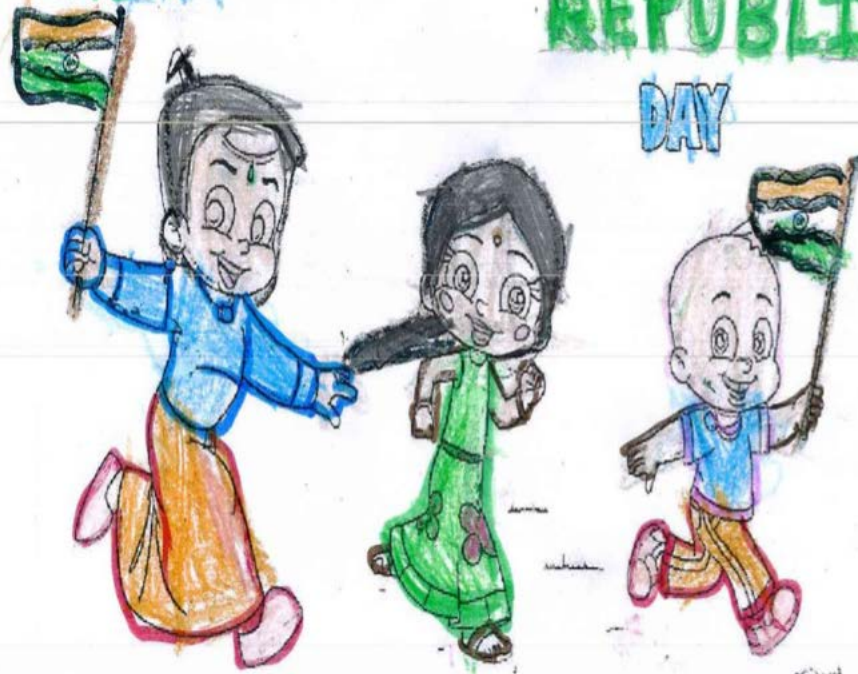


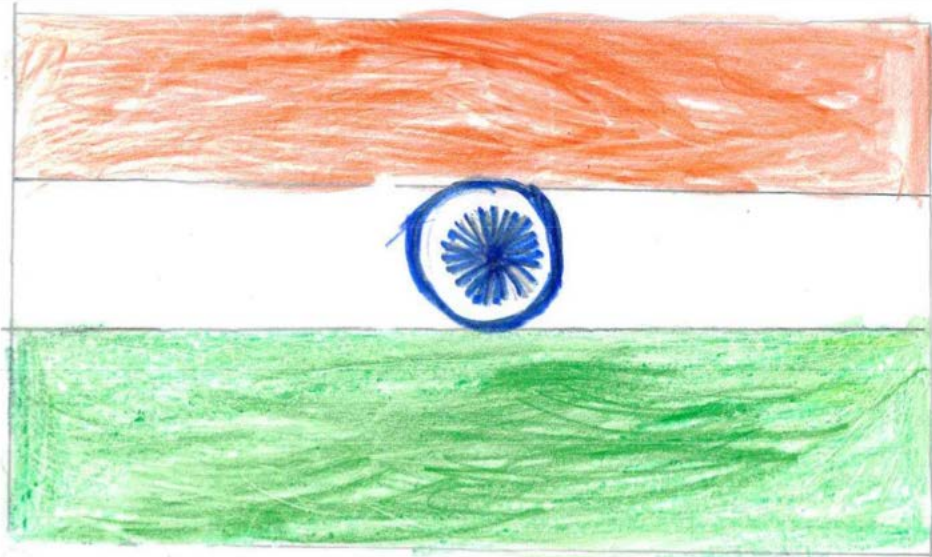
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tirmalapurju

HINDI

HAPPY
REPUBLIC
DAY





मेरा भारत महान

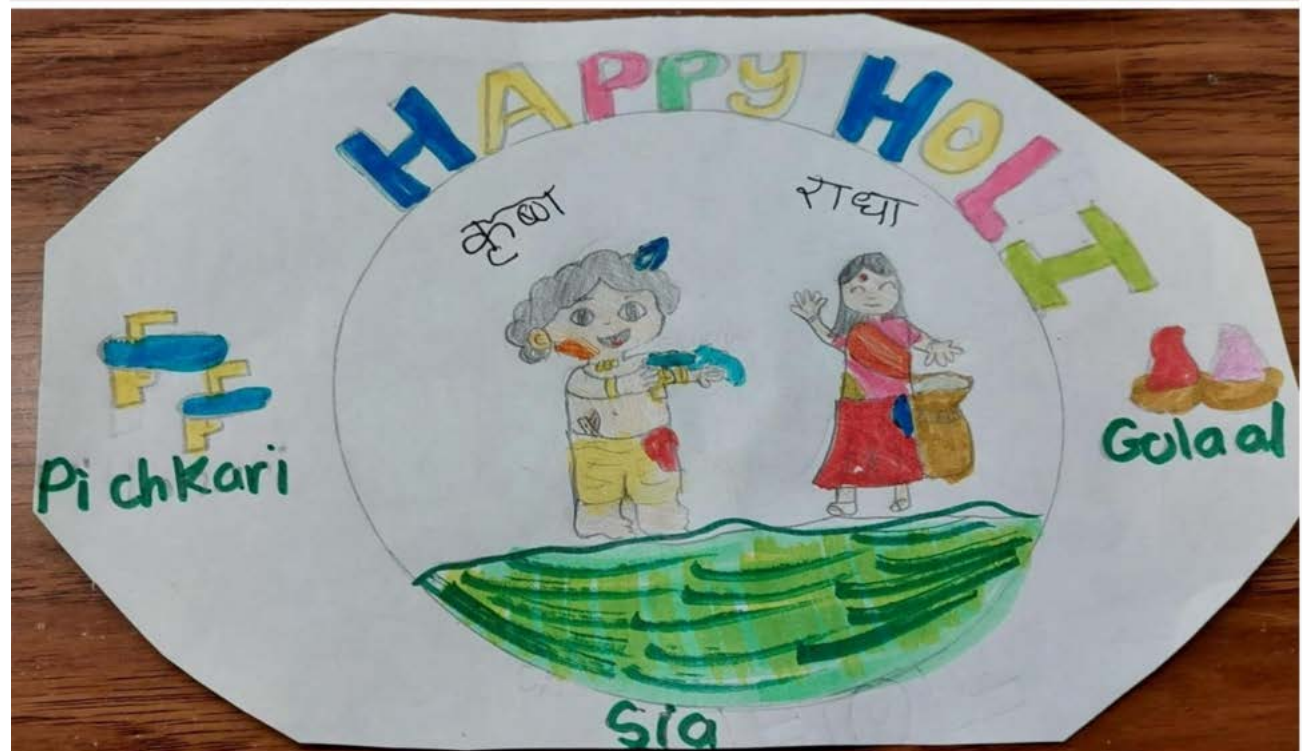
INDIAN FLAG

Ajay Muthu
Age:- 5 years

Niam
Age: 9
मोर







वैदिक

HAPPY

HOLI



होली
होली रंगों का त्योहार है। होली में होलीका दहन भी करते हैं। होली से बसंत ऋतु शुरू होता है। होली पर पिजकरी के साथ भी खेलते हैं। होली मुझे पसंद है।

हात्सि

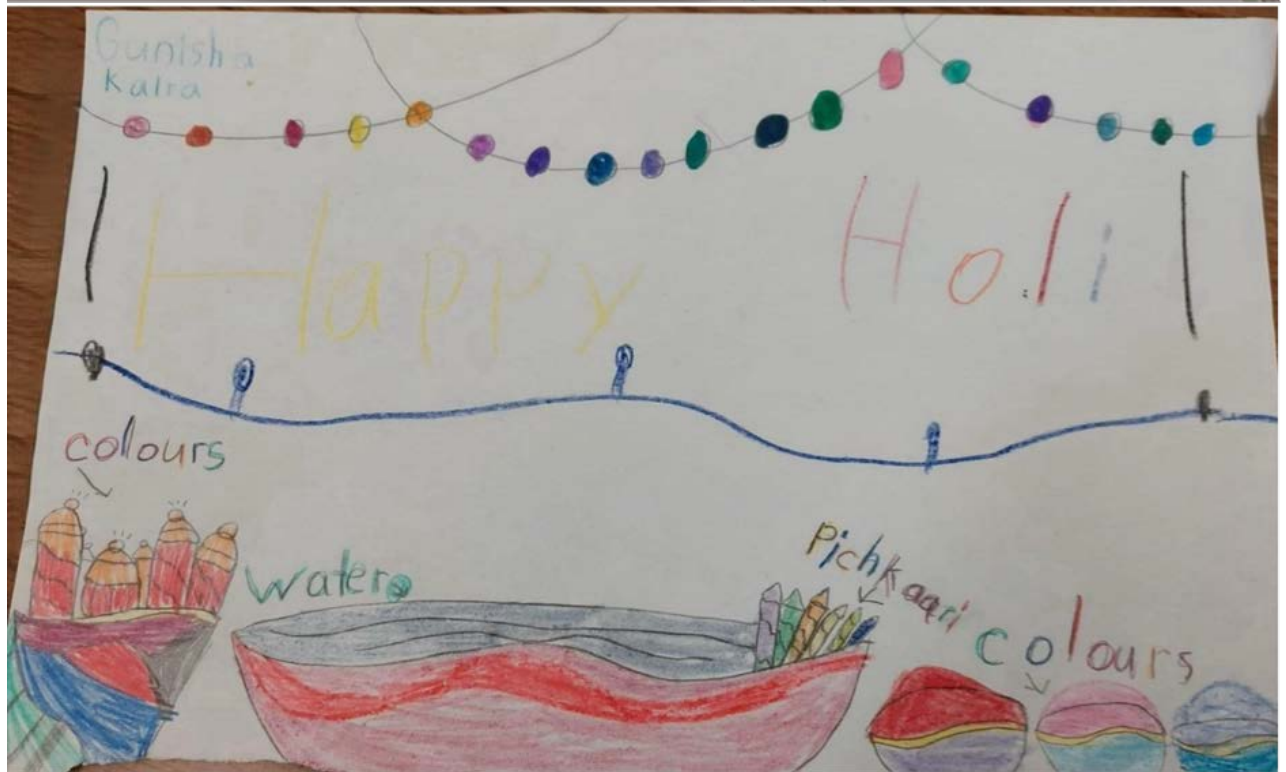


ॐ नमो भगवते
वासुदेवाय

भक्तप्रदाद

Holi Ka Dahar
होलीका दहन

Aadiya





Raksha Bandhan



राखी, जिसे रक्षाबंधन भी कहते हैं, एक खास भारतीय त्योहार है, जो भाई-बहन के प्यार और रिश्ते को दृढ़ाता है। इस दिन बहनें अपने भाइयों की कलाई पर राखी बांधती हैं और उनके अच्छे जीवन की प्रार्थना करती हैं। बदले में, भाई अपनी बहनों को मिठाई देते हैं और उनकी रक्षा करने का वादा करते हैं। यह त्योहार मिठाइयों, खुशियों और परिवार के साथ मनाया जाता है। अब, यह सिर्फ भाई-बहन तक ही नहीं, बल्कि दोस्तों और रिश्तेदारों के बीच भी प्यार और देखभाल का प्रतीक बन गया है।

सहाना दशैरा

नवरात्रि



नवरात्रि का त्योहार नौ रातों के लिए मनाया जाता है। इन नौ रातों में दुर्गा माता के नौ रूपों की पूजा की जाती है। दुर्गा माता के नौ रूपों के नाम हैं मा शैलपुत्रि, मा वसुधावर्षी, मा नन्दाम्बिका, मा कृष्णाम्बिका, मा स्कन्दमाता, मा कात्यायनी और मा माहागर्गा। इस त्योहार में कई लोग नौ दिनों का व्रत रखते हैं। नवरात्रि पर नौ कन्याओं को शोजन कराया जाता है। कई भक्त नवरात्रि की रात में दुर्गा माता के भजन गाते हैं और रात्री जागरण भी करते हैं। नवरात्रि एक बहुत ही महत्वपूर्ण त्योहार है।

Holi

Aranya

होली भास का एक प्रमुख त्योहार है।
इस दिन लोग एक दूसरे की रंग लगाते हैं।
बच्चे पिचकारी से एक दूसरे पर पानी डालते हैं।
कुछ लोग आग जलाकर उसके आस पास नाच
गा कर आनंद मनाते हैं। होली के दिन कुछ
लोग आपस में मिठाई और उपहार बाँटते हैं। होली खुशियों
का त्योहार है। इस दिन लोग अपने मनोरंजन के लिए एक ही
जगह होते हैं।



रोजर्स प्लेस

By: अर्जुन

रोजर्स प्लेस एडमण्टन में है। एडमण्टन ओइलर्स टीम की
खेलते हैं। याहाँ पर ओइलर्स का अरीना है।
रोजर्स प्लेस में 2016 में खेल शुरू होगये थे।
में ओइलर्स देखा। मेरे पास एक ओइलर्स जरसी है। इसकी
रंग संतरा और निना है।

ROGERS PLACE



भारत दुनिया का सातवां सबसे बड़ा देश है और यह कई भाषाओं और धर्मों का घर है जैसे पंजाबी, हिंदी और गुजराती। भारत में होली और दिवाली जैसे कई त्यौहार हैं। भारत में सबसे अधिक वाला खेल क्रिकेट है। इसमें राज महल और इंडिया गेट जैसे कई प्रसिद्ध स्थान हैं। भारत का झंडा नीला हर और नारंगी है। भारत का राष्ट्रीय पशु बाघ है।



महाकुंभ

1. कुंभ मेला भारत का सबसे बड़ा धार्मिक मेला है।
2. यह हर 12 वर्ष बाद मनाया जाता है।
3. 12 कुंभ मेलों के समापन के बाद महाकुंभ का आयोजन होता है।
4. यह मेला प्रयागराज में जनवरी माह में आयोजित किया जाता है।



राजिनीया सरूप

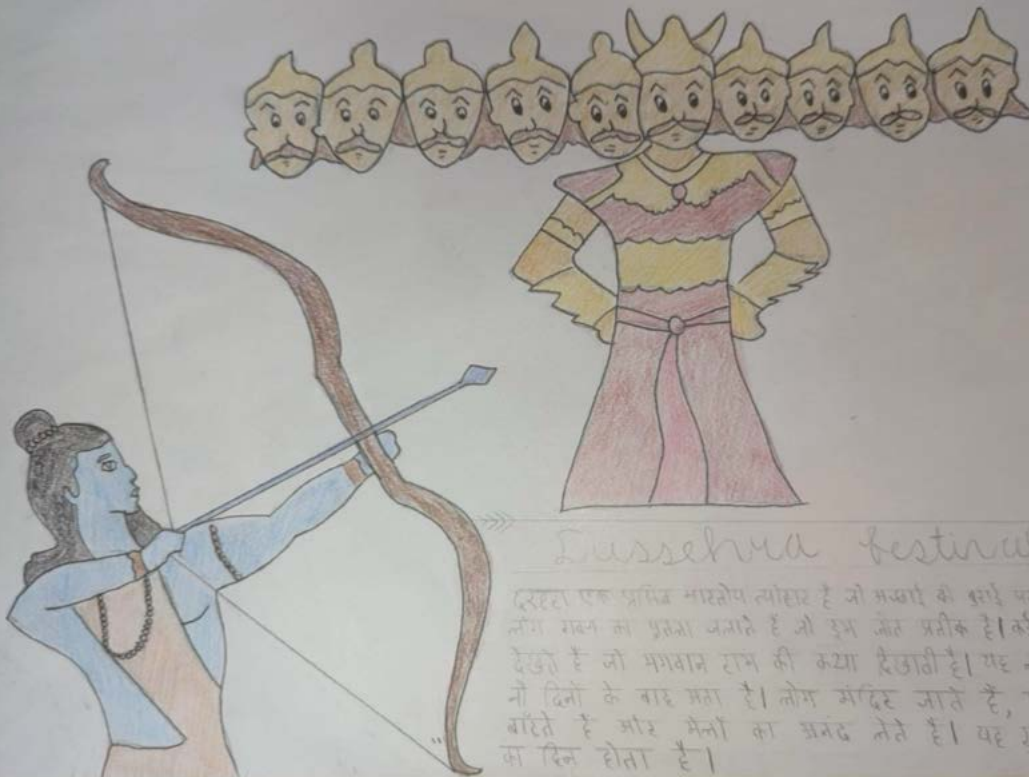
Ingredients

500 ग्राम आटा, 1/2 कप मैदा,
1/4 चम्मच बेकिंग सोडा,
1/2 चम्मच पाउडर,
आवश्यकता अनुसार आटा
लगाने के लिए दूध या पानी,
चाशनी बनाने के लिए,
500 ग्राम चीनी



गुलाब जामुन भारत
की एक प्रसिद्ध मिठाई
है।

Priya Devi



Dussehra festival

दussehra एक प्रसिद्ध भारतीय त्योहार है जो मछरों की शराई पर जीत दर्शाता है।
लोम रावन का पुतला जलाते हैं जो दुर्म जैत प्रतीक है। कई लोग रामबीना
देखते हैं जो भगवान राम की मया देखाती है। यह नवरात्रि के
नौ दिनों के बाद मना है। लोग मंदिर जाते हैं, मिठाइयाँ
बाँटते हैं और मैनों का अनेक लेते हैं। यह शुक्ली ओर उत्सव
का दिन होता है।

काम परिवार अवसर



हिंदी मेरे लिए
कई कारणों से
महत्वपूर्ण है। हिंदी मुझे
सहायता करती है जब मैं मेरे
परिवार से बात-चीत करता हूँ।
हिंदी जन्म के कारण मैं हिंदी बोल
और मंचों को अच्छे से समझ
सकता हूँ। इसके अलावा, मुझे हिंदी
किताबों को पढ़ने में मदद मिलती है।
हो सकता है कि हिंदी मेरे भविष्य में
करियर के नए अवसर प्रदान करे।
कुल मिलाकर, हिंदी ने मुझे
आगे बढ़ने में मदद करी

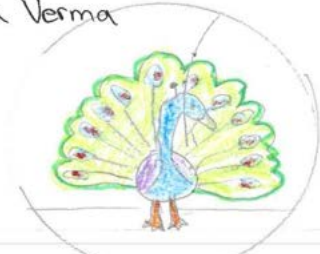
हिंदी



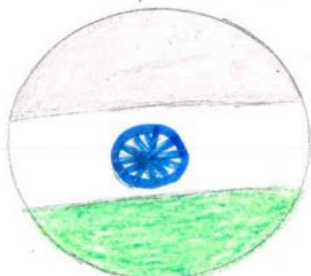
Tiger
बाघ

Age: 10 / Grade-4

National Symbols of India



Peacock
मोर



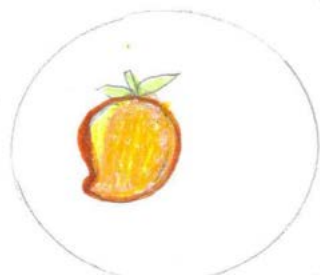
India

भारत के राष्ट्रीय



Lotus / कमल

पत्तिका के नाम



आम

Ira Verma

मेरं भारतमान
मेरा रत शां पौर
मेरे रत उकर द्य
भार बहुराथल पेड़े
भार डने ग ह
सब उपारगच सप
नाली । ह
सफ़ मीले का
चक्र है

। हो

ALBERTA ASPIRE ASSOCIATION



Address : 9517 Simpson Court NW



Ryan Shukr.

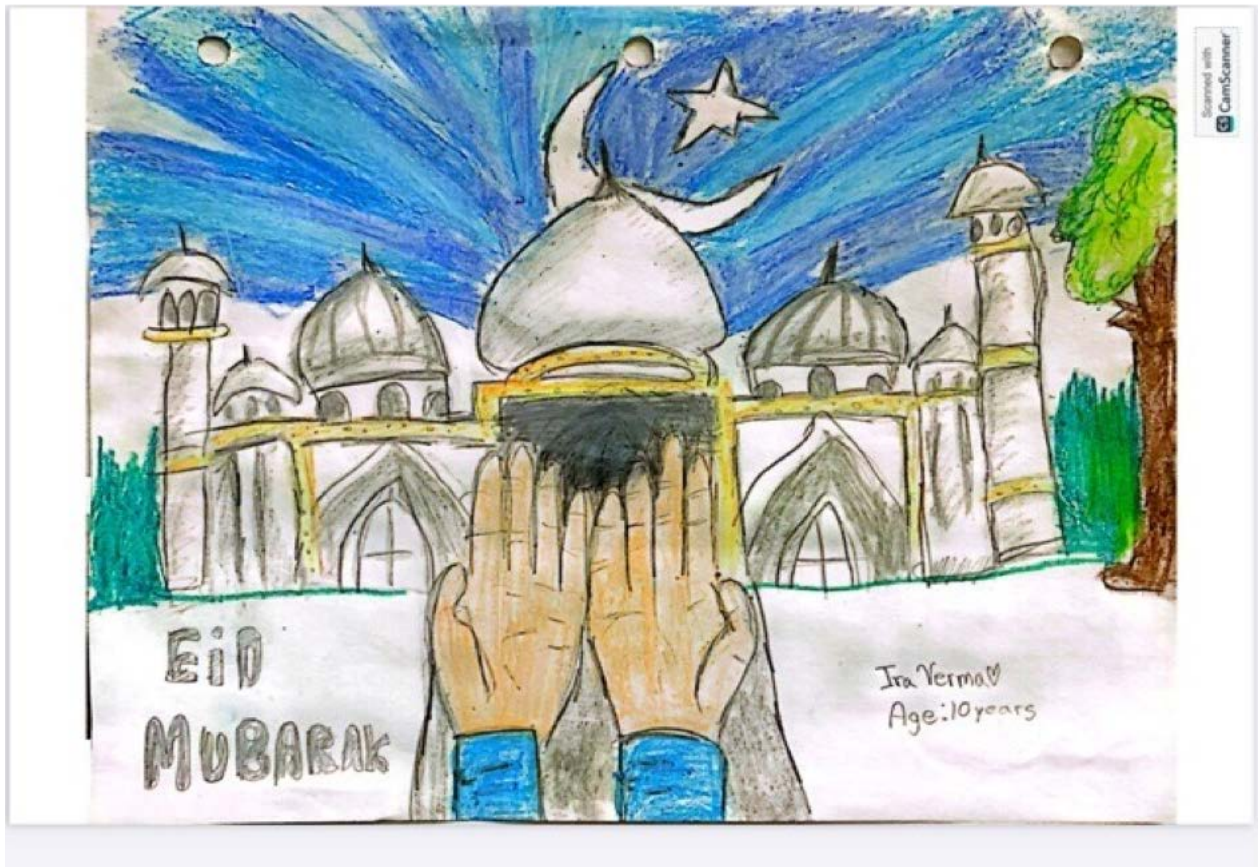
age : 8 years

Mohamad Ayaan
10 years old



March 15, 2020
Layna Nejati
Age: 10 yrs old
Nowruz Iranian
Celebration





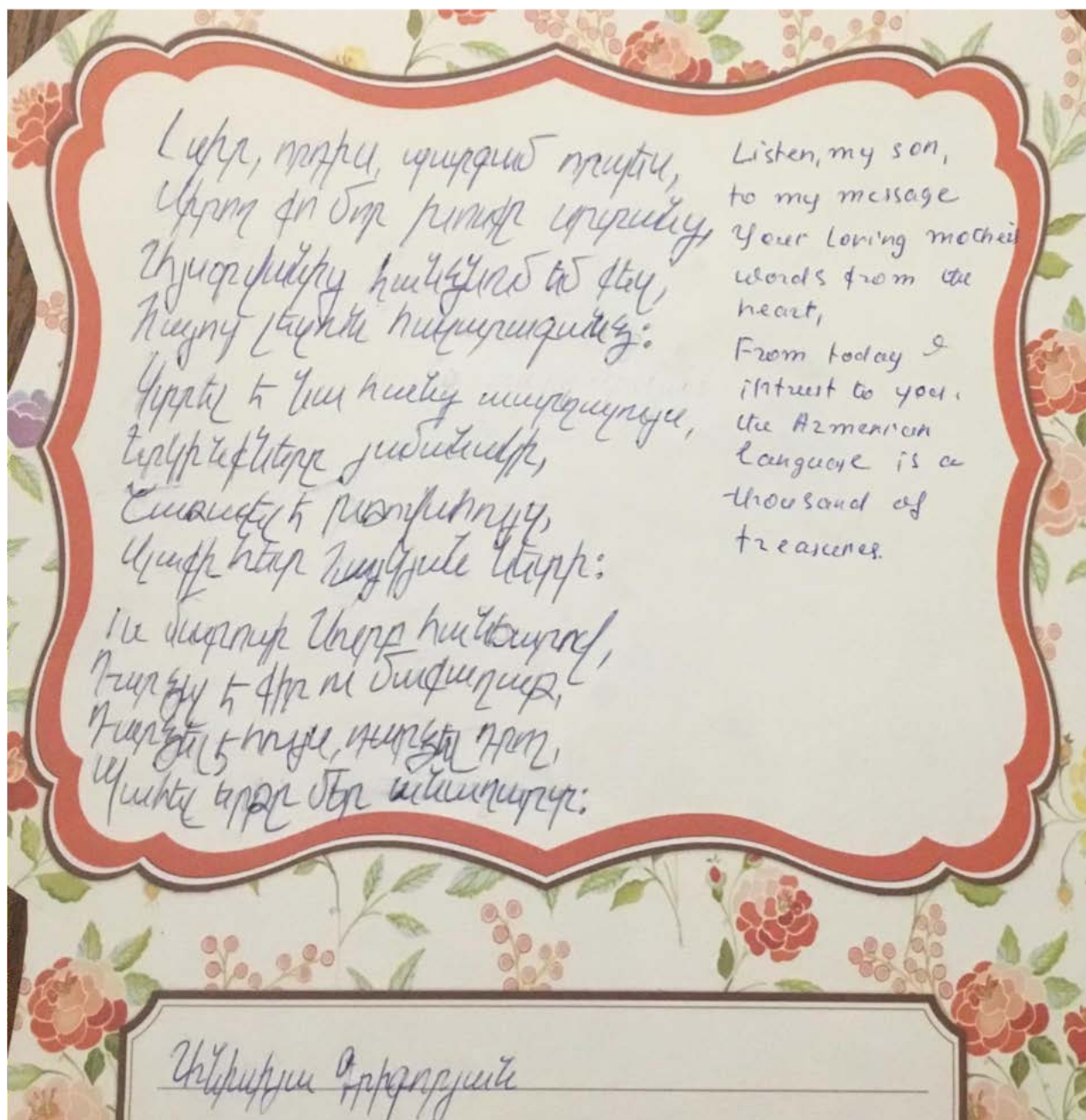
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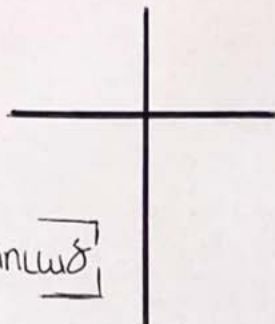
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Հայաստան
Armenia



[Էռև]



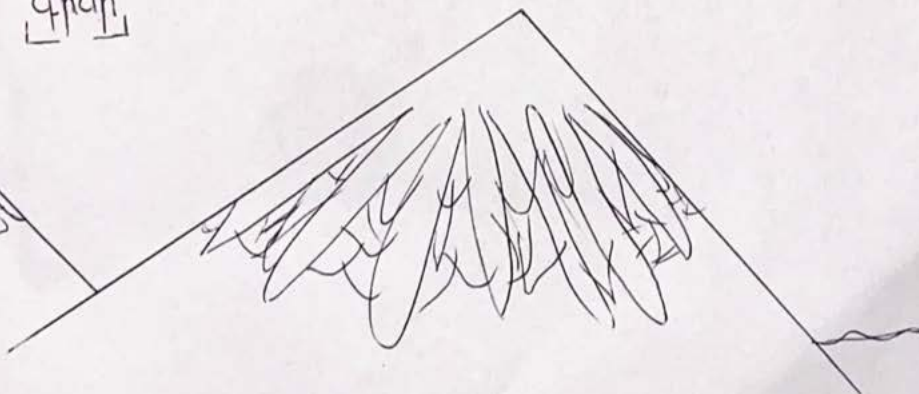
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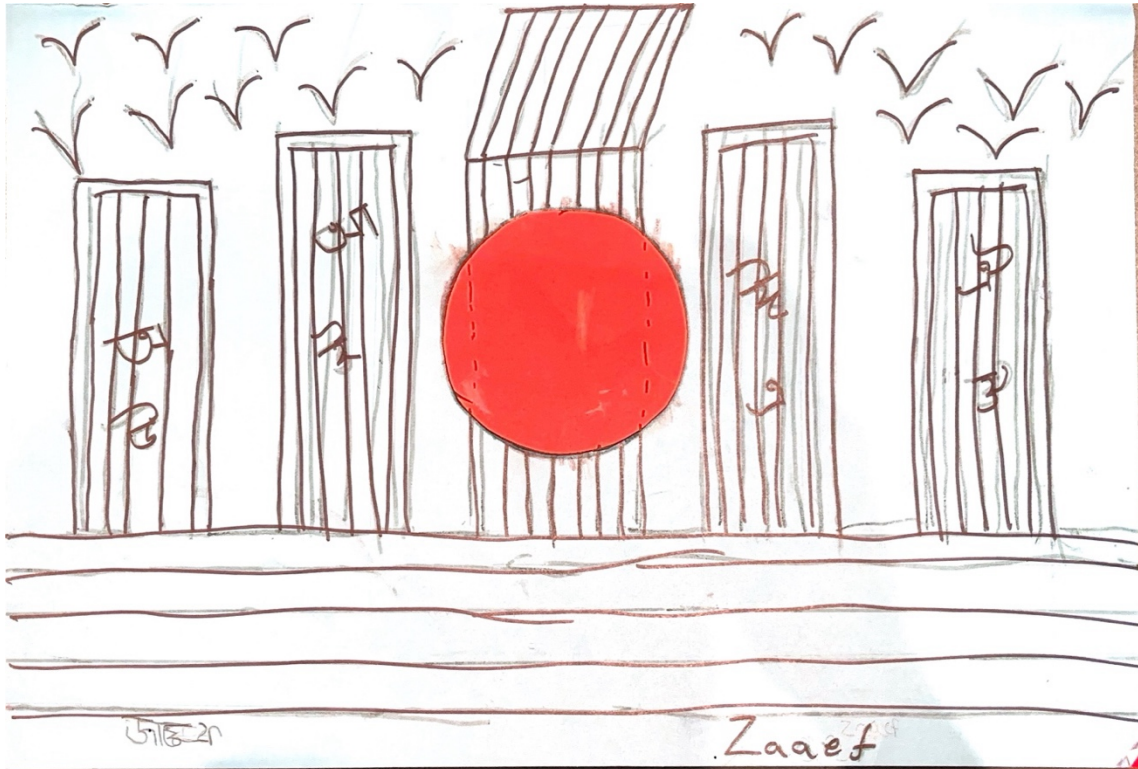
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Мова	ভাষা	Valoda
Idioma	Language	Kieli
Keel	ভাষা	ഭാഷ
Jezik	Language	Язык
Kalba	ভাষা	Taal
भाषा	ভাষা	Язык
언어	Langue	Språk
Luuqad	ഭാഷ	Limba
Sprache	भाषा	Jazyk
Język	भाषा	Ngôn ngữ
Nyelv	भाषा	
Wika	भाषा	
език	भाषा	

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Name of society: Czech Heritage Languages Society of Edmonton(Czech school Edmonton)

Facebook: Česká škola v Edmontonu

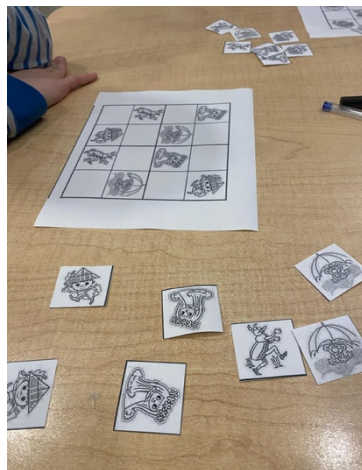
We are teaching Czech languages to children aged 3-12 years old through traditions, culture, crafts, games, and songs. We organize many popular Czech events for families each year.

Celebration of culture and languages at Czech school Edmonton



KNIHA in English means a book. In the Czech Republic, March is recognized as a “Month of Books”. Established in 1955, this tradition aims to promote reading and literature throughout the country.

We love to introduce this tradition to our students every year in a different way. Our children love books and are also very creative, so we planned to make handmade paper and books this year.. We rolled up our sleeves and made paper out of recycled materials. After the sheets dried, we created simple but very unique books. Preschool children decorated their books with popular children’s book characters and with stamps. Older students listened to the story of Koblížek, a little donut, who came to life and wanted to eat everything and everyone he met. They pasted the pages with this story into the books. What made students very proud was to write down their name as the author of their book.



Another important day is celebrated in March. Puppetry has become such a tradition in the Czech Republic that it has been listed as intangible cultural heritage by UNESCO. And that's why International Puppetry Day is celebrated on March 21 in Czechia and around the world.

Our students in kindergarten made amazing giraffe puppets. And everyone loved the puppet theatre performance of Šípková Růženka, (Sleeping Beauty).



EDMONTON TAMIL SCHOOL (ETCA)



Edmonton

Tamil

Cultural Association

Etcacanada.ca

2968 Ellwood Dr SW#18,

Edmonton, AB T6x 0W6

Edmonton Tamil Cultural Association (ETCA)

Ananya Ananth Kumar - Grade 8

Karthigai Deepam - A Festival of Lights

Karthigai Deepam is an important spiritual festival celebrated by Tamil people. In the lives and history of our ancestral Tamil people, the lamp is considered an auspicious symbol. It is customary to light lamps at home during the Tamil month of Karthigai. This month is considered sacred by devotees as it is dedicated to Shiva, the god of destruction; Murugan, the Tamil god; and Perumal, the protector deity.

On the day of Karthigai Deepam, homes are decorated with earthen lamps filled with oil and cotton wicks are lit and placed around the house—in the entrance, courtyard, and windows. Streets are adorned with numerous lamps, making the night as bright as the day. The festival spans three days of celebration. It is traditional to offer puffed rice, flattened rice, and jaggery sweets as a sacred offering to Lord Shiva.

Tiruvannamalai, considered a holy place of fire, holds a special significance during the month of Karthigai. The day begins with lighting the Bharani Deepam in the morning and culminates with the lighting of the grand Karthigai Deepam in the evening. This lamp is lit in a large cauldron made of iron. The oil burns, the wick perishes, and the lamp sacrifices itself to give light to others. Similarly, the festival emphasizes that humans should dedicate themselves to the welfare of others, just as the lamp sacrifices itself to spread light.

By celebrating this remarkable festival of lamps in our homes, let's invite prosperity and joy into our lives.

தீபத் திருநாள்

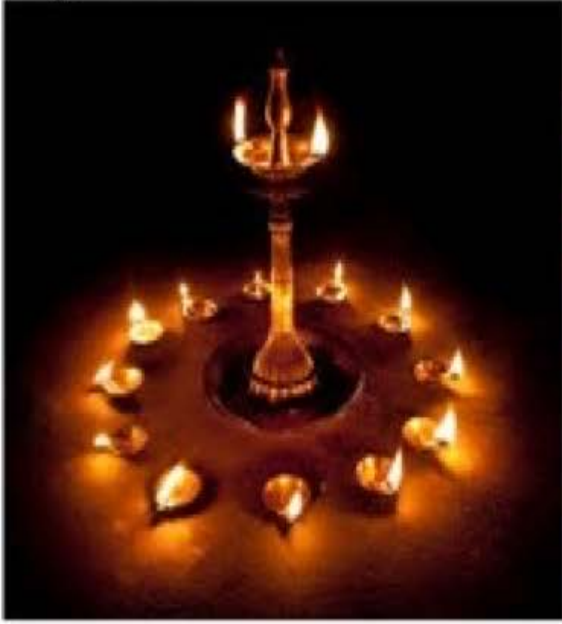
கார்த்திகை தீபம் தமிழ் மக்கள் கொண்டாடும் முக்கியமான ஆன்மிக திருவிழாவாகும். நம் முன்னோர்களின் வாழ்கையில் வாடும் வரலாற்றிலும் தமிழ் மக்களின் மாபெரும் பொக்கிஷமாகக் கருதப்படுகிறது. தமிழ் மாதமான கார்த்திகை மாதத்தில் வீடுகளில் விளக்கு கொளுத்துவது வழக்கம்.

கார்த்திகை திருநாளன்று வீடுகள் தோறும் மண் விளக்குகள் அலங்கரிக்கப்படும். இவை பலவாக வீட்டு அளவில் வாசலிலும், தெருக்களிலும் விளக்குகள் வைக்கப்படும். இந்த திருவிழா மூன்று நாட்கள் கொண்டாடப்படுகிறது. இடியுப்ப சோறு, சுருள்ப்பாக்கம் மற்றும் வெல்லம் ஆகியவை சிவ பெருமானுக்கு நிவேதனம் செய்யும் வழக்கம்.

திருவண்ணாமலையில் நடைபெறும் பரணி தீபம் சிறப்பாக கருதப்படுகிறது. திருவண்ணாமலையில் காலவேளை பரணி தீபம் சிறப்பாகவும், மாலவேளையில் கார்த்திகை தீபம் ஏற்றப்படும். இரும்பினால் உருவாக்கப்பட்ட கொள்களத்தில் இந்த தீபம் ஏற்றப்படும்.

எண்ணெய் கருகிறது, திரி கருகிறது. தீபம் தனது உயிரை கருதி கொள்கி மற்றவர்களுக்கு ஒளி வழங்குகிறது. தீபம் தனது உயிரை ஈவதுபோல் நமதும் மனிதர்கள் மற்றவர்களின் நலனுக்காக உயிரை தீவனமாக ஈகை செய்ய வேண்டும் எனும் கருதும் இந்த கார்த்திகை விழாவினை நோக்குகிறது.

இந்தப் புனிதமான தீபத் திருநாளை நம் இல்லங்களில் கொண்டாடி வளமையும் மகிழ்ச்சியும் பெற்றுக் கொள்வோம்.



Nidharshini Vengatajalapathy Sountherya
Grade 7
Edmonton Tamil School
Edmonton Tamil Cultural Association

Thaipusam is a hindu festival that is celebrated by tamil communities, mainly in India, Sri Lanka, Singapore and also Malaysia. Thaipusam happens on the tamil month of Thai. The festival honors Lord Murugan who is the son of God Shiva and Goddess Parvati. It is believed that Lord Murgan received a divine spear which will be used to destroy the demon surapadman along with other evil forces. Devotees prepare for Thaipusam by fasting, prayer and vows. On Thaipusam, many believers carry kavadi, which is a decorated structure that represents their devotion. Some devotees even perform acts of devotion by piercing their skin, tongue, or cheeks with metal rods or hooks; these acts symbolize sacrifice and surrender. Many believers even walk barefoot for long distances to Murgan temples. Places like Batu Cave in Malaysia and Palani in Tamil Nadu, large crowds gather to take part in grand celebrations on Thaipusam. Thaipusam isn't just a festival but a journey that showcases discipline, faith and the power of belief.

தைப்பூசம் என்பது இந்தியா, இலங்கை, சிங்கப்பூர் மற்றும் மலேசியா போன்ற நாடுகளில் வாழும் தமிழ் சமூகத்தால் கொண்டாடப்படும் ஒரு இந்து விழாவாகும். தைப்பூசம் தமிழின் தை மாதத்தில் நடைபெறுகிறது. இந்த விழா, கடவுள் சிவனுக்கும் தேவி பார்வதிக்கும் மகனான முருகப்பெருமானை வணங்குவதற்காகக் கொண்டாடப்படுகிறது. அந்த நாளில், முருகனுக்கு தெய்வீக வேலைப்பெறப்பட்டு, அந்த வேலால் சூரபத்மன் என்னும் அரக்கனையும் மற்ற தீய சக்திகளையும் அழிக்கப்போவதாக நம்பப்படுகிறது. பக்தர்கள் தைப்பூசத்திற்கு முன்னதாக விரதம் இருந்து, பிரார்த்தனை செய்து, விருப்பங்களை நிறைவேற்ற உறுதிமொழிகளை எடுக்கிறார்கள். தைப்பூசம் நாளில், பலர் கவடி என்று அழைக்கப்படும் அலங்கரிக்கப்பட்ட கட்டமைப்புகளை சுமக்கிறார்கள் – இது அவர்களது பக்தியின் அடையாளமாகும். க்களில் உலோக கம்பிகள்டன் சிலர் தங்கள் தோல், நாக்கு அல்லது அல்லது கொக்குகளை குத்துவதன் மூலம் தியாகத்தையும் இறைவனிடம் ஒப்படைக்கும் நிலைக்கும் வெளிப்படுத்துகிறார்கள். பல பக்தர்கள் வெறும் காலில் நீண்ட தூரம் நடந்து முருகன் கோயில்களுக்குச் செல்கிறார்கள். மலேசியாவின் பத்துமலை மற்றும் தமிழகத்தின் பழனி போன்ற இடங்களில் ஆயிரக்கணக்கானோர் திரண்டு, இந்த மகத்தான விழாவில் பங்கேற்கின்றனர். தைப்பூசம் வெறும் திருவிழா மட்டும் அல்ல; அது ஒழுக்கம், நம்பிக்கை மற்றும் மனவலிமையை காட்டும் ஆன்மீகப் பயணமாகும்.

Navarathiri

Navarathiri, is an annual Hindu festival that literally translates to "nine nights" (Nava - nine, Rathiri - nights). The well-known Sharadha Navarathiri usually falls between September-October. This festival is significant to Tamil culture. Its main purpose is to celebrate the triumph of Goddess Durga over the demon Mahishasura.

Over these nine nights and ten days, we respectfully honor three important goddesses: Durga, Lakshmi, and Saraswathi. In Tamil Nadu, we begin Navarathiri by arranging "Golu." Golu is a display of dolls and figurines arranged on steps that are ideally covered with cloth. These dolls often depict stories from Hindu mythology, and many resemble Hindu gods and goddesses.

Throughout the days, families and friends are invited to visit and admire the Golu display. During these visits, "prasadam" is often offered. Prasadam is food that has been presented to the divine and is then shared with devotees and guests. Some typical Navarathiri foods include paal payasam (a sweet pudding made with rice and milk), ven pongal (a savory pudding made with rice and lentils), sakkarai pongal (a sweet pudding made with jaggery), and various kinds of "sundal" which are lentil-based dishes which are made with ingredients such as white chickpeas, green moong dal, or peanuts.

The ninth day of Navarathiri is known as Saraswathi Puja, a day where we worship the goddess of knowledge, music, and arts. On this day, people place their books, tools, musical instruments, and other learning materials in front of the idol of Goddess Saraswathi. These items are then covered with a cloth that remains untouched until the final day, Vijayadashami.

Vijayadashami is the tenth and concluding day of Navarathiri. Once the cloth is removed from the items placed during Saraswathi Puja, people use these objects, symbolizing a fresh start in learning and work. To mark the end of the Navarathiri festival, a doll or figurine from the Golu display is laid down. This signifies that the festival has concluded and that the dolls are now resting until the following year's celebration. Navarathiri is a cherished and meaningful festival to Tamil culture. It is a festival of the worship of Shakti (positive energy), the victory of good over evil, and one that strengthens community unity and strength.

Edmonton Tamil School (Edmonton Tamil Cultural Association- Nidharshana- Nilai 7)

நவராத்திரி என்பது ஆண்டுதோறும் கொண்டாடப்படும் ஒரு இந்துப் பண்டிகையாகும், இதன் பொருள் "ஒன்பது இரவுகள் (நவ - ஒன்பது, ராத்திரி - இரவுகள்) ஆகும். நன்கு அறியப்பட்ட ஷாரதா நவராத்திரி பொதுவாக புரட்டாசி மாதத்தில் வருகிறது. இந்த விழா தமிழ் கலாச்சாரத்திற்கு மிகவும் முக்கியமானது. இதன் முக்கிய நோக்கம் மகிசாசுரன் என்ற அசுரனை தூக்கா தேவி வென்றதைக் கொண்டாடுவதாகும்.

இந்த ஒன்பது இரவுகள் மற்றும் பத்து பகல்களில், தூக்கா, லட்சுமி, மற்றும் சரஸ்வதி ஆகிய மூன்று முக்கியமான பெண் தெய்வங்களை நாங்கள் மரியாதையுடன் வழிபடுகிறோம். தமிழ்நாட்டில் நவராத்திரியை "கொலு" வைத்தபின் தொடங்குகிறோம். கொலு என்பது துணியால் மூடப்பட்ட படிக்களில் அமைக்கப்பட்ட பொம்மைகள் மற்றும் சிலைகளின் காட்சி. இந்த பொம்மைகள் பெரும்பாலும் இந்து புராணங்களிலிருந்து கதைகளைச் சொல்கின்றன, மேலும் பல இந்து கடவுள்களையும் தெய்வங்களையும் போலவே காட்சி அளிக்கின்றன.

இந்த நாட்கள் முழுவதும், குடும்பத்தினரும் நண்பர்களும் கொலு காட்சியைக் காணவும், அதன் அழகை ரசிக்கவும் அழைக்கப்படுகிறார்கள். அவர்கள் வரும்போது, "பிரசாதம்" வழங்கப்படுகிறது. பிரசாதம் என்பது இறைவனுக்கு படைக்கப்பட்ட உணவு, பின்னர் அது பக்தர்களுக்கும் விருந்தினர்களுக்கும் கொடுக்கப்படுகிறது. சில வழக்கமான நவராத்திரி உணவுகளில் பால் பாயாசம், வெண் பொங்கல், சர்க்கரைப் பொங்கல், மற்றும் பல்வேறு வகையான சுண்டல்.

நவராத்திரியின் ஒன்பதாவது நாள் சரஸ்வதி பூஜை என்று அழைக்கப்படுகிறது. இது கல்வி, இசை மற்றும் கலைகளின் தெய்வமான சரஸ்வதியை வழிபடும் நாளாகும். இந்த நாளில், மக்கள் தங்கள் புத்தகங்கள், கருவிகள், இசைக்கருவிகள் மற்றும் பிற கற்றல் பொருட்களை சரஸ்வதி தேவியின் சிலையின் முன் வைக்கிறார்கள். பின்னர் இந்த பொருட்கள் விஜயதசமி எனப்படும் இறுதி நாள் வரை தொடராமல் ஒரு துணியால் மூடப்படுகின்றன.

விஜயதசமி என்பது நவராத்திரியின் பத்தாவது மற்றும் கடைசி நாளாகும். சரஸ்வதி பூஜையின்போது வைக்கப்பட்ட பொருட்களிலிருந்து துணி எடுக்கப்பட்டபின், மக்கள் அந்தப் பொருட்களைப் பயன்படுத்துகிறார்கள். இது கல்வி மற்றும் வேலையில் ஒரு புதிய தொடக்கத்தைக் குறிக்கிறது. நவராத்திரி முடிவை குறிக்கும் விதமாக, கொலுவில் உள்ள ஒரு பொம்மையோ அல்லது சிறிய உருவமோ கீழே படுக்க வைக்கப்படுகிறது. இது விழா முடிந்துவிட்டது என்பதையும், அந்த பொம்மைகள் அடுத்த ஆண்டு கொண்டாட்டம் வரை ஓய்வெடுக்கின்றன என்பதையும் உணர்த்துகிறது. நவராத்திரி தமிழ் கலாச்சாரத்திற்கு மிகவும் போற்றத்தக்க மற்றும் அர்த்தமுள்ள ஒரு திருவிழாவாகும். சக்தியின் வழிபாடு, தீமை மீது நன்மையின் வெற்றி, மற்றும் சமூக ஒற்றுமையும் வலுப்படுத்தும் ஒரு பண்டிகை நவராத்திரி.

Essay from Edmonton Tamil School (Edmonton Tamil Cultural Association)

Thai Pongal: A celebration of gratitude and prosperity

By: Gajakharini Iynkkaran, Grade 7

Thai Pongal, much like Thanksgiving in North America, is a festival that celebrates gratitude, prosperity, and the bonds of family and community. This festival is celebrated globally in regions where Tamil communities reside, such as Sri Lanka, South India, Malaysia, Singapore, North America, several European nations, and South Africa. This vibrant harvest celebration is a joyful tribute to nature, with a special focus on honouring the Sun, respected as the God of nature for supporting farmers in their hard work. It also celebrates the essential role of cattle in agriculture.

The festival marks the first day of the Tamil month of Thai (typically January 14th or 15th). At dawn, we begin preparations by taking a refreshing bath and wearing new clothes. We decorate our front yard with Kolam designs and mango leaves, creating a lively and welcoming atmosphere. We prepare the traditional dish Pongal, symbolizing abundance and joy that overflows. Ginger and turmeric leaves are tied to a new pot, signifying purity and prosperity. The pot is placed on the stove, filled with cow's milk. When the milk begins to boil and overflow, we chant, "Pongalo Pongal!" as a gesture of gratitude. Ingredients such as red raw rice, pulses, raisins, cashew nuts, and jaggery are then added to complete the Pongal, filling the air with its rich aroma.

As the Sun rises in the sky, Pongal is served on banana leaves, alongside three types of fruit: mango, jackfruit, and banana. Family members gather to worship the Sun God, offering thanks for his blessings. The celebration concludes with the sharing of Pongal among loved ones, friends, and neighbours, reflecting the Tamil culture's deep-rooted tradition of hospitality and communal harmony.

The following day is dedicated to celebrating and honoring cattle, recognizing their key role in agricultural life. While this tradition can be challenging to observe in Western countries, it remains a cherished and actively practiced custom in Tamil homelands.

Tamil Version:

தமிழர்களின் மகிழ் திருவிழாக்களில் ஒன்றான தைப்பொங்கல், வடமரிக்காவின் நன்றிகூறும் திருவிழா (Thanksgiving day) போன்று தமிழர்கள் வாழும் உலகளாவிய பகுதிகளில், குறிப்பாக இலங்கை, தென் இந்தியா, மலேசியா, சிங்கப்பூர், வட அமெரிக்கா, ஐரோப்பிய நாடுகள் மற்றும் தென் ஆப்பிரிக்காவில் இந்நிகழ்ச்சி சிறப்பாக கொண்டாடப்படுகிறது. தமிழர்கள் கொண்டாடும் சக்கரை பொங்கல் விழா, வானத்தை வணங்கும் விழா,

விவசாயத்திற்கு ஆதரவளிக்கும் இயற்கையை வணங்கும் விழாவாகும். இது விவசாயத்திற்கு உரிய மதிப்பையும் மற்றும் வாழ்வாதாரத்தின் முக்கியத்துவத்தையும் கொண்டாடும் ஒரு திருவிழாவாகும்.

தமிழில் தை மாதத்தின் முதல் நாளில் தைப்பொங்கல் கொண்டாடப்படுகிறது. தைப்பொங்கல் அன்று, காலையிலேயே நீராடி, புதுமையான ஆடைகள் அணிவோம். வீட்டின் முன்புறம் அழகான கோலங்களுடன் இலை, மாம்பழ இலைகள் வைத்து அலங்கரிக்கின்றோம். புதிதாக வாங்கிய மண் சட்டியில், பச்சரிசி, வெல்லம், பருப்பு, முந்திரி, திராட்சை மற்றும் நெய் இவற்றை போட்டு Pongalo Pongal என்று கூறி பொங்க வைத்தால் அதுவே பொங்கல் விழாவின் சிறப்பு. புதிதாக வாங்கிய பொங்கல் சட்டியில் சுக்கு, மஞ்சள் இலைகள் கட்டி வைத்து, பசுமாட்டுப் பாலும் சேர்த்துப் பொங்க வைப்பது ஒரு பாரம்பரியமான நிகழ்வாகும். இந்த பொங்கலின் மணம் வீட்டு முழுவதும் பரவுகிறது.

பொங்கல் தினம் காலை சூரியன் உதயமாகும் போது, பொங்கலை வாழை இலை மீது பரிமாறி, மாம்பழம், பலாப்பழம், வாழைப்பழம் போன்ற பல்வேறு பழங்களுடன் வழங்குகிறோம். குடும்ப உறுப்பினர்கள் சூரியனின் அருளை வேண்டி வணங்கி, நன்றியை தெரிவிக்கிறார்கள். இந்த விழாவில், உறவினர்கள், நண்பர்கள் மற்றும் அண்டை வீட்டினர் அனைவருக்கும் பொங்கல் பகிர்ந்து கொடுப்பது தமிழர்களின் சிறந்த பாரம்பரிய மரபாகும்.

மறு நாள் மாட்டுப் பொங்கலாக கொண்டாடப்படுகிறது. மாடுகளை மதித்து, அவை விவசாயத்தில் வகிக்கும் முக்கிய பங்களிப்பை நினைவுகூரும் நாள். மேற்கு நாடுகளில் வாழும் தமிழர்களுக்கு இந்த விழாவை கொண்டாடுவது சவாலாக இருந்தாலும், தமிழர்கள் வாழும் முழுநாடாகும் பாரம்பரியமாக இந்த விழா சிறப்பாக கொண்டாடப்படுகிறது.



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India, a country rich in culture, has one of the longest heritages in history. The country's timeless culture and traditions have always followed a scientific approach, rooted in Ayurveda. These customs have built the foundations for many different festivals and celebrations around India. One such celebration is Gudi Padwa. Gudi Padwa marks the Indian New Year, falling on the first day of Chaitra, the first month of the Indian Solar Calendar. Which is around March or April in the Western Gregorian Calendar. Gudi Padwa is celebrated all across central and northern India. It marks the season of the new harvest. During Gudi Padwa, people assemble Gudis, a long stick with cloth and a copper pot on top, with garlands of flowers and sugar discs. Gudis symbolize the triumph of good over evil. Many foods and sweets are eaten during Gudi Padwa, such as shrikhand and puri. Shrikhand is like a sweet yogurt. Neem leaves are also consumed. In India, Gudi Padwa takes place during the summer season, when it gets as hot as $\sim 50^{\circ}\text{C}$. By eating the neem leaves, the body can cool down. It's said that consuming the neem leaves leads to various health benefits and promotes overall health. Being the New Year, Gudi Padwa is a very auspicious day. A symbol of new things, many people start their own ventures and resolutions on this day, similar to Western New Year's. A country as large as India is filled with rich traditions and festivals. Each festival comes with its own beliefs, values, traditions, and sweets! But why do we even hold celebrations? As humans, we are social, yet every day we seem to drift further apart. Festivals act as a glue within society, keeping us close and strengthening the community.

Adiya Sura

All About Holi

By: Asmi Shetty, New Jersey, U.S.A. Edmonton Marathi Shala

Holi, the festival of colors, is part of India's rich cultural heritage. Holi has a scientific approach based on Ayurveda. Holi falls in the month of March (Gregorian calendar)/Falgun (Marathi calendar). This is in spring. Nature flourishes during this time. Flowers bloom in vibrant colors, bright green leaves adorn the trees and the temperature becomes warm. To celebrate Holi, we do many things. One of such things is rubbing colorful powder on each other's faces to make the festival colorful. We also spray each other with colored water for a cooling effect and color. We also prepare "Puranpoli," a sweet bread stuffed with pulses, jaggery, and sugar. Another important tradition is when we build a pyre. We worship the fire element with the pyre. When we burn the pyre, we burn away all our negativity and bid farewell to the cold. Overall, Holi brings us together. We celebrate together and embrace each other as friends.



Essay about festivals

Today I am going to talk about some Major festivals as per Hindu calendar.

The first festival I am going to talk about is Makar Sankranti. Here is some information about Makar Sankranti. Makar Sankranti is on January 14. The importance of Makar Sankranti is making it a celebration of, renewal, prosperity, and gratitude towards nature, often celebrated with kite flying, special sweets, and rituals that bring communities together to usher in positive change and new beginnings.

The second festival I am going to discuss about is Ganesh festival. On day 1 the devotees place Ganesha idols in their home and in public places. On day 2 the devotees pray to lord Ganesha and make offerings and do it until day 9. On day 10 the final day when they leave Ganesh idols into a lake and after a few days the Ganesh idols melt and become water.

The third festival I am going to talk about is Diwali. On the 1 day of Diwali people clean their homes and pray to goddess Dhanvantari, the deity of health and wealth. On day 2 people decorate their homes with diyas and perform special pujas to commemorate the slaying of demon Naraka Sura, and sometimes even light firecrackers. On day 3 the main day, families gather to worship goddess Lakshmi, light diyas, and exchange sweets. On day 4 people Celebrate Lord Krishnas lifting of mount Govardhan by creating small Govardhan structures from cow dung and offering prayers. On day 5 sisters apply tilak on their brother's forehead, signifying the special bond between siblings, and brothers give gifts to their sisters.

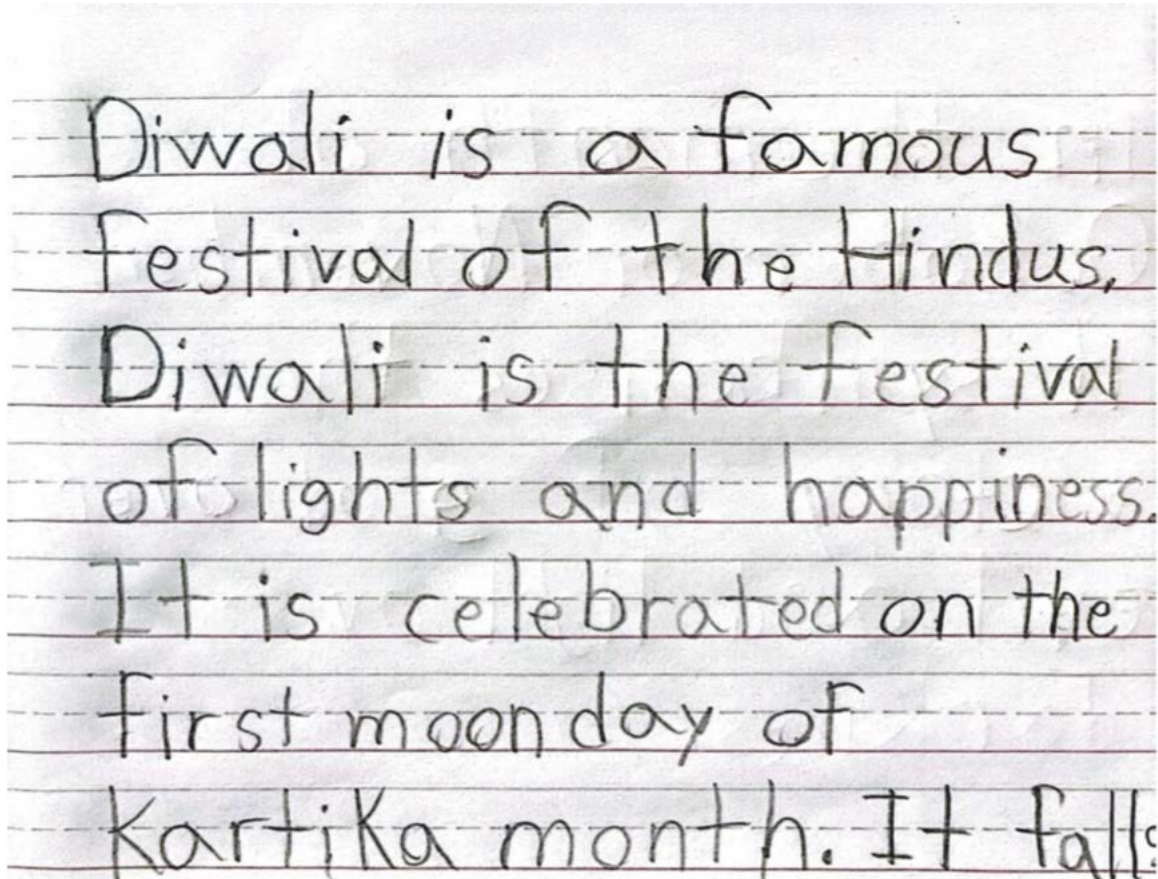
The fourth festivals I am going to be talking about is Holi. The importance of Holi is the triumph of good over evil, the start of spring, and the opportunity for new beginnings

The last festival I am going to talk about is Janmashtami. The importance of Janmashtami is that it honors lord Krishna's life.

Even though we may come from different cultures, heritages, and lives, when we as humans work together under the same goal we all become family. I play music in a band ensemble, which includes many different people from different places. There are too many people to know them all. However, every Monday and Wednesday we all come to school early with the goal of rehearsing our music together. When we all play, each individual playing their instrument becomes part of the unit, the ensemble, and in a sense, we become a connected family in those mere 7mins. I also am learning the languages of French. For most of the non-French speaking world, the people of France and the other francophone countries almost seem alien. Even in Canada, our francophone population is only densely located in a single province. I believe a big part of the alien feeling comes from the languages difference, where most languages sound so different from French it's hard to relate culturally with them, as languages is the deepest root of culture. The more I learned French, the more I talked with and read about people who lived in the Francophonie (countries that used to be ruled by France who primarily speaks French), I realized that they were just the same people like

us. Escargot (snail), is a delicacy in France. To you and me, even the thought of eating the slimy mollusk may unsettle your stomach. As you begin to learn more, you understand escargot cooked well tasted like garlic butter, and it's not slimy at all. For many people, the idea of a family coming from different heritages and parts of the world may seem impossible, but when we decide to come together under one goal, learn about each other, and connect with one another, we become a family.

By Aditya Sura.



Diwali is a famous festival of the Hindus. Diwali is the festival of lights and happiness. It is celebrated on the first moon day of Kartika month. It falls

in the month of
October or November,
it symbolises the
victory of good over
evil and light over
darkness.

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 ਮਨੁੱਖ ਦੇ

ਦਿੱਲੀਆ ਤੇ ਕੈਨੇਡਾ ਦੀ
ਦਿਵਾਲੀ ਇੱਕ ਫਰਕ ਦੱਸੋ।



ਦਿੱਲੀਆ ਇੱਥੋਂ ਅਸੀਂ ਦੇਸ਼ਾਂ ਅਤੇ ਪਰਿਵਾਰ ਨਾਲ ਜੁੜੇ
ਮੰਨਦੇ ਹਾਂ ਅਤੇ ਹਰ ਕਿਸੇ ਨਾਲ ਆਤਮਸ਼ਾਂਤੀ ਕਰਦੇ
ਹਾਂ।

ਕੈਨੇਡਾ ਇੱਥੋਂ ਅਸੀਂ ਮੰਦਰ ਜਾਂਦੇ ਹਾਂ ਅਤੇ ਪਰਿਵਾਰ ਨੂੰ
ਆਤਮਸ਼ਾਂਤੀ ਕਰਦੇ ਦੇਖਦੇ ਹਾਂ।

Translation :

In India we celebrate Diwali with our families. We include
everyone to do fireworks.

In Canada we go to the temple. There, we
see professionals doing fireworks.



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<https://www.facebook.com/SaranayEdmonton/>

2024 Year Wrap Up (Emily B.)

Isa sa mga paborito kong alaala ng taong 2024 ay ang byahe namin sa *Allure of the Seas* cruise ship. Talagang masaya ako noon dahil kasama ko sa biyahe ang aking aking nanay, tatay, at nakatatandang kapatid na babae. Ginugol ko ang marami kong oras sa maputing buhangin ng Isla Coco Cay. Ito ay isang napaka-mapayapa at kasiya-siyang karanasan. Ang barko ay kamangha-mangha, puno ng maraming aktibidad at masarap na pagkain. Ngunit ang paborito kong bahagi ay ang mga sandaling kasama ang aking mga mahal sa buhay. Tinalakay namin ang mga bagong lugar at nag-relax sa ilalim ng sinag ng araw, lumilikha ng mga hindi malilimutang sandali nang magkasama. Ito ay isang perpektong karanasan na hindi ko kailanman malilimutan.

Isang malaking hamon na hinarap ko noong 2024 ay ang paggamit ng aking oras nang epektibo habang pinagsasabay ang pag-aaral at mga aktibidad sa paaralan. Madalas akong makaramdam ng labis na pagkapagod sa aking mga takdang-aralin. Upang malampasan ito ay nagsimula akong gumamit ng planner board upang ayusin ang mga gawain na kailangan kong tapusin bago simulan ang mga bagong gawain. Natutunan ko rin na hatiin ang ilan sa aking malaking problema sa mas maliit at mas madaling hakbang, na nakakatulong upang gawing hindi gaanong mahirap ang mga takdang-aralin na ito. Sa pamamagitan ng pagbuo ng isang routine para sa aking sarili, nagawa kong mapabuti ang aking kakayahan sa pamamahala ng oras, at ngayon ay mas kumpiyansa na akong malalampasan ang mga ganitong hamon sa hinaharap.

Isang sandali na nakamit ko ang isang bagay na talagang ipinagmamalaki ko ay nang matagumpay kong natapos ang isang pangwakas na proyekto para sa paaralan. Para maabot ang layuning ito, natutunan kong hatiin ang aking takdang-aralin upang maayos kong mapamahalaan ang aking oras. Araw-araw ay naglaan ako ng oras sa aking proyekto hanggang sa huling araw na kailangan ko itong tapusin.

Tatlong bagay ang labis akong nagpapasalamat para sa taong 2024. Ito ay ang aking pamilya, ang mga oras para sa personal na pag-unlad, at ang mga karanasang nakuha ko nang maglakbay ako. Labis akong nagpapasalamat sa pamilya ko dahil minsan hindi ko namamalayan kung gaano karaming beses silang nandoon para sa akin sa mga pagkakataong talagang kailangan ko ang kanilang tulong. Parang may sarili akong personal na support team na patuloy na sumusuporta sa akin na ipagpatuloy ang aking paglalakbay at huwag sumuko kahit na mahirap ang mga pagkakataon. Pangalawa, nagpapasalamat ako sa dami ng oras na mayroon ako para sa personal na pag-unlad, maging ito man ay sa pamamagitan ng paaralan o mga bagong karanasan. Ang mga ito ay nakatulong sa akin na paunlarin ang mga kasanayan at matutunan pa ang tungkol sa aking sarili. Panghuli, ang mga karanasang nakuha ko habang

naglalakbay ay nagbukas ng aking mga mata sa maraming iba't ibang pananaw sa mga kultura. Bawat isa sa aking mga biyahe ay nagpayaman sa aking pag-unawa sa mundo at lumikha ng mga alaala na mananatili magpakailanman na patuloy kong pinahahalagahan hanggang sa araw na ito. Isang bagay na inaabangan kong gawin sa mga darating na taon ng 2025 ay ang aming paglalakbay sa Barcelona. Sasakay kami sa isang cruise upang mag-explore sa paligid ng bansang Italya. Sobrang excited ako na matutunan ang iba't ibang pamana at kultura na nagaganap sa mga bansang hindi ko gaanong pamilyar. Hahanap ako ng mga souvenir na dadalhin pauwi upang ipaalala sa akin ang mga sandaling ito na kasama ang aking pamilya. Kasama ko rin ang aking nakababatang pinsan na si Jerel, at ang aking tiyahin. Kaya alam kong ang karanasang ito ay tiyak na maging isa sa mga hindi ko malilimutan.

Pasasalamat at Pag- asa (Joshua P.)

Ang paborito kong alaala sa taong 2024 ay nang sinabi sa akin ng aking mga magulang na ako ay magiging isang kuya. Kagagaling lang ng aking mga magulang mula sa isang bakasyon. Sinabi sa akin na ito ay isang hapunan para sa lahat ng aking pagsusumikap sa paaralan. Di nagtagal, pagkatapos naming kumain ay binigyan ako ng aking mga magulang ng isang dilaw na sobre na may card at isang ultrasound na nagpapakita sa aking kapatid. Ako ay lubos na nasasabik maging isang kuya at tumulong sa aking mga magulang na alagaan ang aking mga kapatid.

Ang pinakamalaking hamon ko ay ang pagpapabaya sa aking mga kaibigan. Natutunan ko na ang mga tao ay maaaring magbago, para sa mabuti o masama. Ang aking pinakamalaking tagumpay ay ang pagkakaroon ng bagong mga kaibigan..

Lubos akong nagpapasalamat sa aking mga kaibigan at pamilya na tumulong at sumuporta sa akin sa buong taon. Ang aking kakayahang maglakbay at makaranas ng mga bago at kawili-wiling lugar, at ang aking aso na palaging nakikinig sa akin. Isang tao na gumawa ng positibong epekto sa aking buhay ay ang aking kaibigan na si Diel na tumulong sa akin na makapagsimula ng maayos sa high school.

Ang aking ama ang higit na nag-udyok sa akin na mas maging mabuti ngayon taon sa pamamagitan ng pagtuturo sa akin ng ilan sa mga mas mahirap na paksa sa paaralan at paghikayat din sa akin na mag-aral nang mas madalas. Nais kong maging isang mabuting kuya at mabuting ehemplo sa kapatid ko paglaki niya.

Sa taong 2025, sisikapin kong maging masipag sa pag-aaral, iwasan ang pagliban, at mabuting pamamahala ng aking oras at mas nakatuon sa aking trabaho. Ang isang kasanayan na nais kong pagbutihin ay ang paglalaro ng badminton. Susubukan kong pagbutihin sa pamamagitan ng madalas na pagsasanay at pagsisikap na makatama ng mas pare-parehong mga shot. At sa pagtatapos ng taong 2025, sana ay makapagmaneho na ako.

.....

Hopes and Dreams (Kiarabelle B.)

My favourite memory of 2024 was being able to travel with my family. In January of 2024, me and my family travelled to Florida. We explored some theme parks, and then got on our cruise ship. The cruise ship then took us to the Bahamas. It was such a memorable experience. I loved being by the beach soaking up the hot sun, swimming in the clear, blue waters. We also travelled to Las Vegas this August. It was my third time visiting Las Vegas, but it was still super exciting for me. I was the happiest during my time in Las Vegas. I love being in hot weather, away from Edmonton. Everyday, I would go to the pool in my hotel, swim, and enjoy life. During the night, I would walk down the strip, enjoying all the beautiful bright lights. I was with my younger sister, my dad, and my mom. The biggest challenge I faced in 2024 was saving my money. I am not good at saving my money, especially because when I spend time with friends, we always hang out at the mall. There are always so many sales, and I always feel pressured to buy something. I overcame this challenge by spending less time at the mall. If I want to hang out with my friends, I will most likely invite them over to my

house, so that I do not feel the need to go to the mall and spend money. An achievement I made this year was that I got my learners licence. To get my learners licence, I studied super hard. I studied flash cards, the book, and more, for multiple weeks. When the test finally came up, I was able to complete it with only one mistake.

In 2024, I am grateful for many things, but my top three picks are: my parents, my best friend, and my dog. I am grateful for my parents because they always buy me stuff I want. They also support me and love me unconditionally. I am grateful for my best friend as well. Whenever I am struggling with something, she is always there to talk to me without judgment. She gives me great advice as well. Lastly, I am thankful for my dog because after a long, hard day, I can always come to him and he will show me love. He likes to kiss me and cuddle with me. Someone who made a huge impact on me in 2024 was my best friend. My best friend is super smart, and since I have been seeing her more, I have been more encouraged to do better at school, and I have been doing all my homework, as well as handing in all my assignments on time. Thanks to her, I have gotten very good grades this year.

In 2025 I am most excited to travel the world more. I am super excited especially because I am going to Barcelona and Rome. I hope to experience the beautiful blue oceans there, and the

authentic food. By the end of 2025, I hope to accomplish getting my driver's licence. I need to practice driving with my dad this year, so that I am able to achieve this goal.

My top three goals for the school year are: make the badminton team, keep my grade average above an 80, and to complete more of my assignments on time. I plan to practice playing badminton more. I will go to recreational centers with my friends and practice. To keep my average grade at a good level, I will try to do my homework and review much more. To complete my assignments on time more, I will set aside times during the week to complete these assignments. I want to get better at math. I am not that good at math; however, I will try hard to do more practice questions and ask my teacher for help when it is needed.

A person who inspires me is my mom. My mom inspires me to love unconditionally, and she sets a great example for me growing up, even now. She is so positive, and inspires me to stay positive, even in tough situations. Without her guidance, I would not be able to be the person I am today. I remember once, I failed my math test. I came home so sad, and I was crying. My mom asked me what was wrong, I explained I failed my math test. Instead of lecturing me, and making me feel bad, she told me it is alright and I tried my best. She helped me study for my next upcoming test, and the result was I got 100%.

GABRIELA MISTRAL LATIN AMERICAN SCHOOL



Learn Spanish
AND
LATIN AMERICAN CULTURE, DANCE, and MUSIC

Sara Calderón Crossman
9538 107 Ave, Edmonton, AB, T5H 0Z5
<https://gabrielamistralschool.ca/>

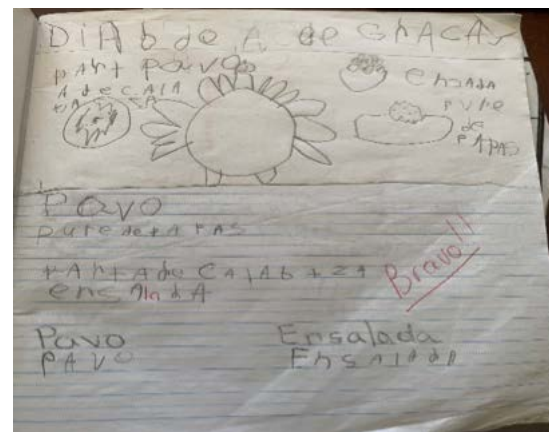
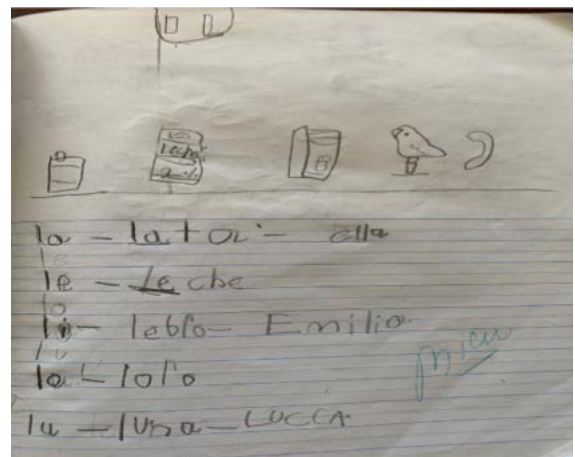
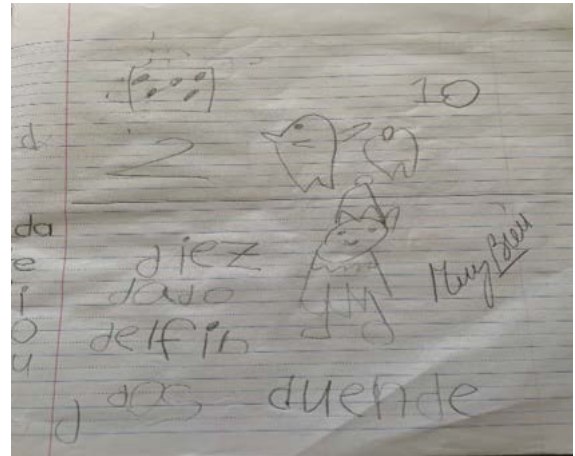
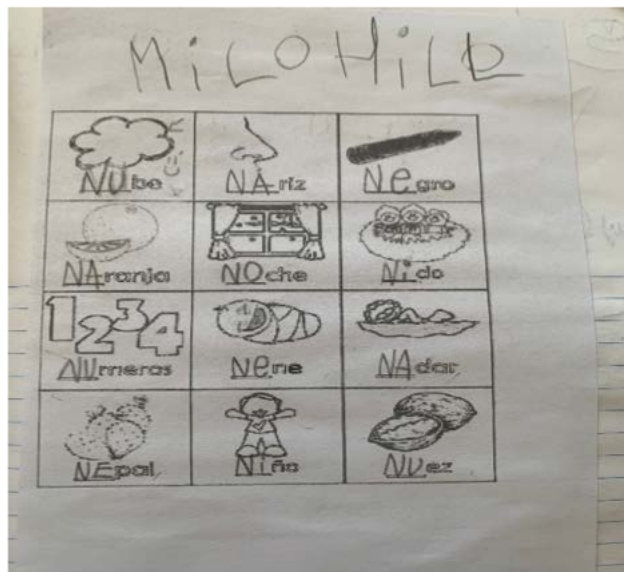
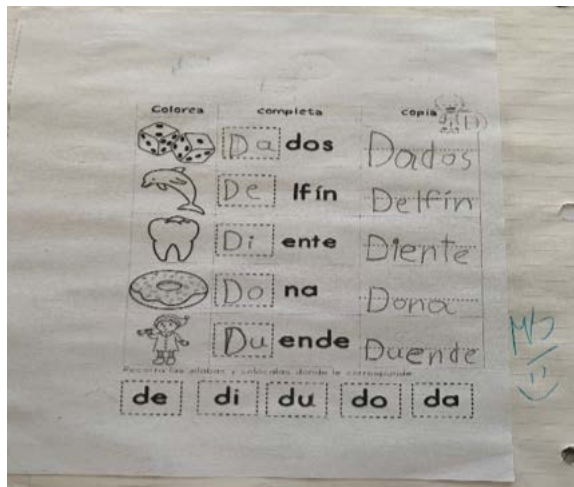
Kindergarten to Grade 12
Saturdays: 9:00 am- 12:00 pm

Adult classes
Saturdays: 12:00 pm-3:00 pm

Kindergarten / Grade 1

Learning The Syllables

By: Aluna, Emilla, Ella, Estella, Isla, Milo,
Lucca, Oliver, and Rosa



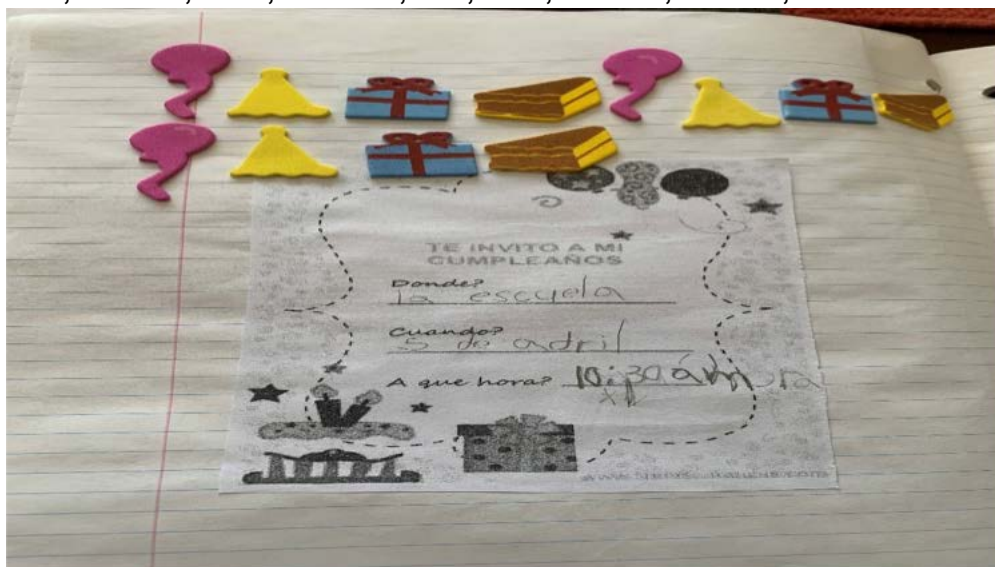
Calendar-How I feel today? - My Emotions – What I like to do?
By: Aluna, Emilla, Ella, Estella, Isla, Milo, Lucca, Oliver, and Rosa



Invitation card

I invite you to my birthday party

By: Aluna, Emilla, Ella, Estella, Isla, Milo, Lucca, Oliver, and Rosa



Grade 5/6

The students worked "The Description" creating a character from their imagination.

Jewel tiene 2 ojos azules. tambien tiene mucho largo pelo de la color naranja. tiene 2 brazos y 2 piernas. tiene una corona azul vestida. ella es muy bonita. Ella puede flotar, tiene aletas azules flotar alrededor ella. Tiene una amarillo Luz.



By Averie



Olive es un gato con negro pelo. Ella es 4 piernas y un collar morada. Olive tiene un rose

By Kya



Big Bob esta blanco y negro. El tiene una sombrero. Y tiene dos largos brazos y piernas. Big Bob usando traje de gala con un corbata rojo. El usando de zapato negro. Big Bob tiene dos ojos blanco. El es muy alto.

Little Blue Bob

By Nysa
Carmen



Little Blue Bob está contento y un poco miedo porque él va a hacer una presentación de magia a frente a muchos gente. Con los cards, flores y mucho. Los gatos me gusta los truco de magia porque el hacer lo imposible. Little Blue Bob tiene 2 brazos, 2 piés, 2 ojos con las alas negras que le sirven para volar.

By Carmen

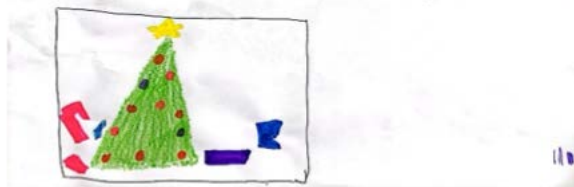
Grade 5/6

The students answered the question
What did I do during the Christmas
holidays?

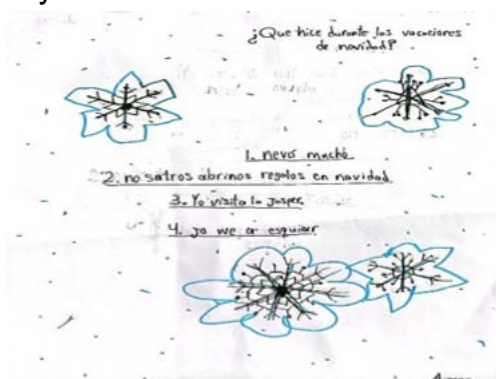


By Violeta

- ¿Que hice durante mis vacaciones de Navidad?
1. Yo visitar la ciudad de Las Vegas.
 2. Yo doy los regalos a mis abuelos y los durante.
 3. Nosotros fuimos en el montaña rusa.
 4. Nosotros fuimos en la piscina porque la temperatura.



By Carmen



¿Que hice durante las vacaciones de Navidad?



Nosotros Despertamos temprano para abrir los regalos. Yo recibí una botella para agua. Mi mamá me compró un grande un game. Me gusta Navidad.

By Kya



Durante la Navidad yo visitar la casa de la jefa de mi papa. Yo pude jugar con los gatos. Los comidos esta muy bien. Mi Navidad este muy divertirse.

By Nysa



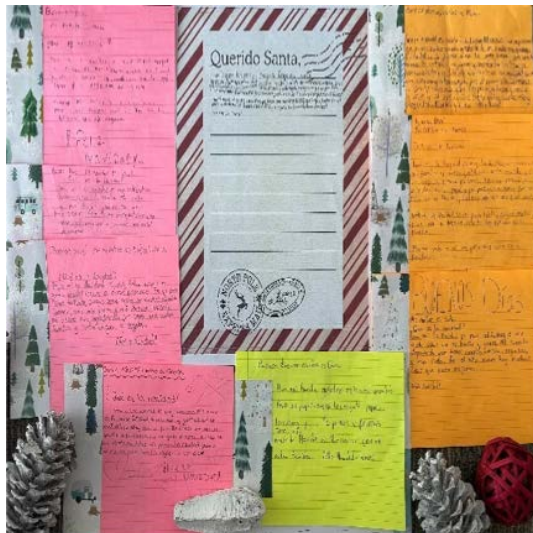
Mi Navidad estuvo muy bien. Visitar los dos de mi abuelas casas. Tiene mucha comida allí. Abrir regalos. Yo Pasamos unos dias a mi abuelos casa y vi todo mi Familia.

By Averie

By Aimee

Grade 7/8/9/10/11/12

The students wrote a letter to Santa Claus, practicing what they learned in class.

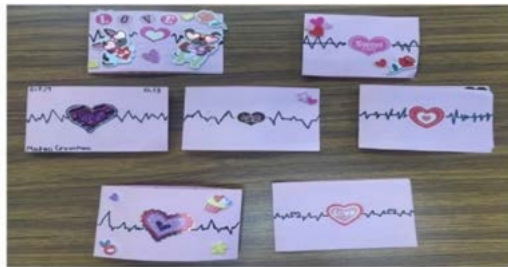


By: Mateo Crossman, Victoria Hartard, Maya Hartar, Garv Vashisht, Bre Valeriano, Kensa Morrow-Schley, Sofía Hayder, Daniela Alejandre, Sofía Viloria.

Grade 7/8/9/10/11/12

Valentine's Day

By: Mateo Crossman, Victoria Hartard, Maya Hartar, Garv Vashisht, Bre Valeriano, Kensa Morrow-Schley, Sofía Hayder, Daniela Alejandre, Sofía Viloria.



Adult Students Level 2 Spanish

“La Arepeada” Typical food from Venezuela



Christmas Party

Potluck - Level 2



PowerPoint presentation
By Courtney

School community Celebrating Navidad (Christmas)





School community celebrating “El Día De Los Muertos” (The Day Of The Dead). This is a Mexican tradition.

In 2008, UNESCO declared the festival As an Intangible Cultural Heritage of



Humanity in Mexico.



GURUKUL NEPALI PATHSHALA



Learn Nepali

Saturday 01:00 PM–04:00 PM

<https://www.weandtheworld.ca/programs-and-services/gurukul-nepali-pathshal>

Lhosar: New Year of many Ethnic Communities in Nepal

Lhosar is a vibrant and significant festival celebrated by various communities in Nepal, including the Gurung, Tamang, and Sherpa. This festival marks the beginning of the New Year, based on Lunar Cycle. Throughout Lhosar, the lunar calendar is observed with great enthusiasm, cultural performances, and religious rituals. On February 23rd, our Gurukul Nepali Pathshala school organized an informative event as a celebration of this ethno-cultural festival where the students, volunteers, and parents had an opportunity to learn about how each community celebrates Lhosar.

During the event, we saw many performers from Gurung, Tamang, and Sherpa communities. These performances included traditional dances, which showcased the deep heritage of each community and how they uniquely celebrate Lhosar. The performers also wore beautiful traditional attire showcasing the rich cultural heritage. The event also served the homemade traditional food item of each of these three communities.

Additionally, the community members also talked about how they celebrate Lhosar. We learned about the significance of Lhosar for each community as well as the customs they follow. For example, we discover that people thoroughly clean their homes before Lhosar, to remove bad luck and allow good fortune to come. They also visit monasteries or temples to receive blessings, participate in their religious ceremonies, and eat special food. Some foods made during Lhosar are khapsey, a type of fried cookie, and guthuk, a special noodle soup, syu-cha - a traditional Sherpa tea. During this time families come together to share meals, exchange gifts, and pray for the New Year.

The main purpose of this event was to educate our students, volunteers, and even adults on the diverse communities of Nepal and their own unique traditions. By participating in this event, students and guests all gained valuable knowledge on Lhosar.

From this event, I learned a great deal about the different ways in which Lhosar is celebrated among Nepali communities. Each group has its own customs, foods, and rituals that make the festival special for them. I also gained knowledge on the specific days of the festival and when it begins. I understood how significant Lhosar is in bringing families and communities together, emphasizing the values of unity, gratitude, and new beginnings. This celebration was not only informative but also a wonderful way to appreciate Nepal's cultural diversity.

Written by Deshna Acharya (Volunteer in Training)



Mother Language Day Celebration – February 22, 2025 (by Krisha Subedi)

Since February 2004, IHLA (International Heritage and Language Association), which is an association that supports heritage language students, has been celebrating MLD (Mother Language Day). International Mother Language Day was first proclaimed by Unesco and later adopted by the UN General Assembly. It is celebrated annually to promote diverse mother tongues and to preserve linguistic identities all around the world. This year's MLD celebration marked their 25th anniversary, which is a milestone that highlights just how important the preservation of language is for safeguarding cultural heritage, fostering peaceful societies, and improving education.

This year, MLD took place in Arden Theater, St. Albert. Many countries were represented in this event, such as Nepal, India, Bangladesh, Russia, Armenia, Ukraine, Persia, and more. Inside, stands representing all participating schools displayed many things such as the history of their country, information about their language, culture, and religion, display boards of the work done by their students, and the artifacts that represented their unique country and culture. Many people came dressed up proudly in their cultural attires, eager to represent their cultural collective identity.

After people had a chance to arrive and look around at all the stands, the main event started. The event was started with a warm welcome to everyone, followed by the land acknowledgments. Then, kids from the different participating schools stood on stage and sang Canada's National anthem. Honorable dignitaries were then given by important people such as Mayor Cathy Heron of St. Albert, Camrose County MLA Jackie Lovely, and Councilor Andrew Knack of Edmonton, who talked about the importance of being inclusive as a city, the importance of heritage, and how important it is to acknowledge different heritages and cultures and make them feel included in our society. Next, each school presented artistic and/or musical performances that related to their linguistic and cultural identity. These performances showcased their own unique characteristics, such as music, dance, instruments, storytelling, poetry, and singing. To conclude this event, performance participants were awarded medals, and the participating language schools were awarded in recognition and appreciation for their cultural presentations.

Photos;





नया वर्ष २०८२ को सुरुवात कुइज बाट गरियो , Youth Volunteers Aditi & Prasiddhi ले अति नै मनोरन्जनात्मक एवं ज्ञानबद्धक Jeopardy तयार गरेका थिए। सबै बिद्यार्थीहरु सक्रिय सहभागी भएका थिए। कमल समुहले बिजयी हासिल गरि पुरस्कार पनि प्राप्त गरे। सहभागी सबै बिध्यार्थीले केहि न केहि साना उपहार प्राप्त गरेका थिए। समग्रमा सबै जना हर्षित थिए।

Happy New Year 2082 (April 14, 2025)





Five Facts about Nepali Calendar & New Year

1. Nepali New Year is based on the Nepal Sambat calendar, which was initiated by a legendary medieval figure named Shankhadhar Shakhwa. Unlike the Gregorian calendar used internationally, the Nepal Sambat calendar follows the lunar system.
2. Since Nepal doesn't follow the Gregorian Calendar while the rest of the world is in 2024, Nepal is in the year 2082. How exciting!!
3. Nepali New Year falls on the first day of the month of बैशाख in the Nepali calendar, which usually falls in April according to the Gregorian calendar. The exact date varies each year based on the lunar cycle
4. During the New Year people clean their houses feasting and enjoying traditional Nepali delicacies. Families come together and prepare special dishes such as Sel Roti, Samay Baji, and various sweets to share with relatives and friends. They visit temples and shrines to offer prayers for prosperity and good fortune in the coming year
5. In cities and towns across Nepal, especially in Kathmandu, Pokhara, and Bhaktapur, street festivals are organized with cultural performances, musical concerts, and food stalls
It is indeed the most celebrated festival in Nepal and the most joyous time of the year.

Written by Shrabya Shungana, Youth Volunteer

As the Saying goes “ Charity begins at Home”



Youth Volunteers at Gurukul are inspired by the tireless efforts they have seen made by their parents and uncles & aunties to connect and enhance the community well being

Thus inspired youths are engaged in several projects and events in the community

- Nepali School - classes & events
- Community events (Teej, Hindu Festival, Heritage Festival etc)
- Mentorship Program (BrIM)





Volunteering has build us in ways such as:

- Building resilience
- Building Leadership skills
- Building Community connections
- Improved communication skills
- Cultural knowledge and language
- Time management
- Negotiation skills



Tulips by Preshna Gautam Sgarmatha Samuha



HELLENIC HERITAGE LANGUAGES SCHOOL OF EDMONTON & REGION



Learn Greek!

Saturday 10:30 AM–02:00 PM

<https://www.edmontonhellenic.com/greek-languages-school>

The Hellenic Heritage Language School of Edmonton, established in 1983 and accredited by Alberta Education, offers Greek language and cultural programs for preschoolers (starting at age 3), youth up to Grade 12 (with high school credit options), and adults at various proficiency levels. Classes are held on Saturdays at the Hellenic-Canadian Community of Edmonton and Region's facility, featuring spacious classrooms and a dedicated performance stage.

Hellenic Heritage Language School



The curriculum includes Greek language instruction, dance, music, history, and traditions, with opportunities to earn internationally recognized Greek language certificates. The school operates under the Hellenic-Canadian Community of Edmonton and Region, a non-profit organization founded in 1982 to promote Hellenic culture and education.

Απόκριες (Apokries) Apo
(away from) kreas (meat): Our
yearly carnival celebration
during the period before lent.
Children create **μάσκες**
(masks) for their costumes to
wear during the dancing and
festivities.

Greek Celebrations

In Greek tradition, flying the **χαρταετός** (kite) symbolizes the flight of the human soul towards God. Naturally, it is no coincidence that we fly the kite on Clean Monday. **Καθαρή Δευτέρα** (Ash Monday) is the first day of the Lent for Easter and the day that marks the beginning of our spiritual and physical purification. Through it, we draw closer to God, and this connection is symbolized by the kite, which also moves closer to God as it flies high in the sky. In the past, kites were made from simple materials such as paper, cane, string, newspapers, and even leftover carnival ribbons.



In Greece, dyeing red eggs is a cherished tradition of **Κυριακή του Πάσχα** (Easter Sunday) celebration. The red color symbolizes the blood and sacrifice of Christ on the cross, while the egg represents rebirth and new life. After Easter dinner, families gather around the table to play a traditional egg-cracking game. Each player holds a red egg and gently taps it against their opponent's egg, trying to crack it. As they play, one person says, "**Χριστός Ανέστη**" (Christ is Risen), and the other responds, "**Αληθώς Ανέστη**" (Truly, He is Risen). The player who successfully cracks both ends of their opponent's egg is declared the winner and is believed to have good luck for the year.





25η Μαρτίου (March 25th) is celebrated as Greek Independence Day, marking the commencement of the Greek War of Independence against Ottoman rule in 1821. This national holiday coincides with the Feast of the Annunciation in the Greek Orthodox Church. In Greece and Cyprus, the day is observed with school flag parades featuring children in traditional attire, military parades, and various festive events.

...απόσταση της
Εθνική Σοφία Ημέρα της Ελλη
Χρόνο στην Ελλάδα
ανάμνηση της
Ελλάδας

*Join Us
To Celebrate Greek Independence*

Date: Saturday, March
Place: Hellenic Canadian
Time: 12:30 PM

ΖΗΤΩ Η 25Η ΜΑΡΤΙΟΥ



...απόσταση της
Εθνική Σοφία Ημέρα της Ελλη
Χρόνο στην Ελλάδα
ανάμνηση της
Ελλάδας



Greek communities worldwide also commemorate the occasion with cultural festivities, notably in cities like New York, Chicago, Melbourne, and Toronto.



IVAN FRANKO SCHOOL OF UKRAINIAN STUDIES



Learn Ukrainian!

In person: Saturday 9:00 AM - 12:20 PM

<https://www.facebook.com/IvanFrankoSchoolCommunity/>

Ivan Franko School of Ukrainian Studies



Mark Myc

A Festival of Language and Culture

The Mother Language Day Festival was a vibrant language celebration of students from different cultural backgrounds who speak different languages. It was a day filled with music, poetry and dance as students proudly showcased their

languages and traditions. Students participated by singing songs in their native languages, reciting poetry, and performing traditional dances. Each performance told a story about the history and traditions of different cultures. The event emphasized the beauty of different languages and highlighted the importance of preserving cultural heritage. The festival promoted harmony and inclusivity by celebrating language and culture

For me, learning about my Ukrainian heritage and learning the language is very important. Being able to speak Ukrainian helps me embrace my cultural roots and allows me to connect with my family, as well as with others. It gives me a deeper understanding of my background and my Ukrainian culture. Understanding where I come from helps me to live my life with confidence and pride. Language carries the stories and spirit of a





Марко Миц

Фестиваль Дня рідної мови був яскравим святом мовного розмаїття, яке об'єднало учнів різних культур, які вправно розмовляють різними мовами. Це був день, наповнений музикою, поезією та танцями, де учні з гордістю демонстрували свої мовні знання та традиції. Вони співали пісні рідною мовою, декламували вірші

та виконували традиційні танці. Кожен виступ розповідав історію про культуру та звичаї різних народів. Цей фестиваль підкреслив красу мовного різноманіття та важливість збереження культурної спадщини. Фестиваль сприяв гармонії та єдності, прославляючи мову та культуру.

Для мене вивчення української спадщини та рідної мови є надзвичайно важливим. Можливість говорити українською допомагає мені краще розуміти моє коріння, вільно спілкуватися з моєю родиною, а також з іншими людьми. Вивчення мови та українських традицій допомагає мені глибше розуміти моє походження та українську культуру. Я горджуся тим, що говорю українською та вивчаю українську культуру! Мова несе в собі історію та дух народу, що робить її невід'ємною частиною мого життя. Вивчаючи рідну мову, я зберігаю свою ідентичність і спадщину!





Юліана Николишин

Моя рідна мова є українська. Нею моя мама співала колискову, читали казки дідусь і бабуся, цією мовою спілкується моя родина. Українська мова для мене - солов'їна. Це мова Бандери і Шевченка, Лесі Українки та Івана Франка. Моя мова - жива, вона лине над полями і горами, наче звук трембіти. Вона



рознеслася по всьому світу і є мовою єдності, свободи, волі, перемоги. Звучить вона як крик болю і тривоги, тому що її поневіряли, забороняли та знущалися десятиліттями. Звучить вона як крик надії, віри і боротьби за краще майбутнє. Зараз, як ніколи, потрібно дбати про розвиток мови, про збереження традицій та звичаїв. І тільки ми можемо це робити, читаючи українською, розмовляючи, слухаючи пісні та співаючи, вивчаючи і поглиблюючи традиції, звичаї та обряди. Ми можемо підтримувати



літературну спадщину колишніх та сучасних письменників. Також відвідувати культурні українські заходи та брати активну участь в культурному житті українських громад. Надзвичайно важливо є нести серед населення популяризацію українізації в якій українська мова є мовою єднання світу, бо українське наше коріння і мова є невід'ємний показник нашої спадщини

Єлизавета Сівцова

Українська мова – це не просто спосіб комунікації, а частина нашої душі та культури. Вона зберігає та передає історію українського народу, традиції та звичаї. Ми святкуємо Різдво з колядками та щедрівками, на Великдень розписуємо писанки, шануємо й співаємо народні пісні – усе це робить нас українцями. Знати



Мирослава Шип

Рідна культура – це невід’ємна частина нашої ідентичності, це те, що ми не повинні забувати та проносити через покоління. Для кожного найкраща рідна культура, для мене – це українська. Пісні, танці, страви – все це важливі для мене особливості моєї культури. Один із відомих українських письменників Василь Симоненко писав: «Можеш вибирати друзів і дружину, Вибрати не можна тільки Батьківщину». Це свідчить про те, що яку б культуру ви не мали, ви повинні її цінувати, бо вона у вас єдина. Тут, у Канаді, я познайомилася з багатьма культурами, і всі вони неймовірні.

Кожна культура має свої традиції, мову, їжу. І всі ці люди дуже пишалися



своєю культурою, коли її представляли на Дні Мови. У світі так багато різних культур, і жодна з них не заслуговує на забуття. Цінують свою культуру так, як її цінували ваші предки, скоріш за все, вони через багато пройшли, щоб її зберегти, тому цінують її і ви!



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ਕੌਰ

ਦਸਵੇਂ ਗੁਰੂ, ਗੁਰੂ ਗੋਬਿੰਦ ਸਿੰਘ ਜੀ ਦੁਆਰਾ ਸਿੱਖ ਔਰਤਾਂ ਨੂੰ ਦਿੱਤਾ ਗਿਆ ਵਿਚਕਾਰਲਾ ਜਾਂ ਆਖਰੀ ਨਾਮ। ਇਹ ਨਾਮ ਸਿੱਖ ਧਰਮ ਦਾ ਪਾਲਣ ਕਰਨ ਵਾਲੀਆਂ ਔਰਤਾਂ ਅਤੇ ਮਰਦਾਂ ਵਿਚਕਾਰ ਸਮਾਨਤਾ ਨੂੰ ਦਰਸਾਉਂਦਾ ਹੈ। ਇਸ ਨਾਮ ਦਾ ਅਰਥ ਹੈ ਰਾਜਕੁਮਾਰੀ ਜਾਂ ਸ਼ੇਰਨੀ।

Middle or last name given to Sikh women, by the tenth Guru, Guru Gobind Singh Ji. This name is to represent equality between women and man who practice Sikhism. This name means princess or lioness.



ਸਿੰਘ

ਦਸਵੇਂ ਗੁਰੂ, ਗੁਰੂ ਗੋਬਿੰਦ ਸਿੰਘ ਜੀ ਦੁਆਰਾ ਸਿੱਖ ਮਰਦਾਂ ਨੂੰ ਦਿੱਤਾ ਗਿਆ ਵਿਚਕਾਰਲਾ ਜਾਂ ਆਖਰੀ ਨਾਮ। ਇਹ ਨਾਮ ਸਿੱਖ ਧਰਮ ਦਾ ਪਾਲਣ ਕਰਨ ਵਾਲੀਆਂ ਔਰਤਾਂ ਅਤੇ ਮਰਦਾਂ ਵਿਚਕਾਰ ਸਮਾਨਤਾ ਨੂੰ ਦਰਸਾਉਂਦਾ ਹੈ। ਇਸ ਨਾਮ ਦਾ ਅਰਥ ਹੈ ਸ਼ੇਰ।

Middle or last name given to Sikh men, by the tenth Guru, Guru Gobind Singh Ji. This name is to represent equality between women and man who practice Sikhism. This name means lion.

Punjab's national flower 'The Gladiolus'



1

ਪੰਜਾਬ ਦਾ ਰਾਸ਼ਟਰੀ ਫੁੱਲ 'ਗਲੈਡੀਓਲਸ'

The Gladiolus, nicknamed the 'sword lily', because of the latin meaning of 'Gladiolus', referring to the long pointed leaves. The gladiolus is our national flower cause of the unique colors, vibrants such as pink, purple, red, and white.

India's national flower 'The Lotus'



2

ਭਾਰਤ ਦਾ ਰਾਸ਼ਟਰੀ ਫੁੱਲ 'ਕਮਲ'

The Lotus is a symbol of enlightenment by beauty, purity, divine or immortal in humanity. The Lotus grows in muddy waters but doesn't get stained by the mud or dirt when the flowers rise above the surface of water.



ਮੇਰਾਂ ਕਿਸ ਦਾ ਪ੍ਰਤੀਕਵਾਦ

SYMBOLISM OF THE



ਮੇਰ ਦੁਨਿਆਂ ਅਤੇ ਆਪਣੇ ਆਪ ਪ੍ਰਤੀ ਧੀਰਜ ਅਤੇ ਦਿਆਲਤਾ ਨੂੰ ਦਰਸਾਉਂਦੇ ਹਨ। ਮੇਰ ਸੁੰਦਰਤਾ ਦੇ ਪ੍ਰਤੀਕ ਹਨ। ਮੇਰ ਦੇ ਖੰਭ ਚੰਗੀ ਕਿਸਮਤ ਜਾਂ ਖੁਸ਼ਕਿਸਮਤੀ ਨਾਲ ਜੁੜੇ ਹੋਏ ਹਨ। ਸਮੇਂ ਦੇ ਨਾਲ ਮੇਰ ਦੇ ਖੰਭਾਂ ਨੂੰ ਸਾਹੀ ਪਰਿਵਾਰ ਨੂੰ ਦਰਸਾਉਣ ਲਈ ਵਰਤਿਆ ਜਾਂਦਾ ਰਿਹਾ ਹੈ।

Peacocks represent the patience and kindness oneself should have towards each other and themselves. Peacocks are symbols of beauty. Peacocks feathers are associated with good fortune. Over time the peacocks feathers have been used to represent royalty.



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Maslenitsa, also known as Butter Lady, Butter Week, Crepe week, or Cheesefare Week, is an Eastern Slavic religious and folk holiday which has retained a number of elements of Slavic mythology in its ritual.

Масленица

Масленица или неделя блинов длится семь дней, и в последний день праздника сжигают куклу, сделанную из веток и соломы. Кукла – символ холодной зимы. Когда ее сжигают это обозначает что зима закончилась и началась весна. На Масленицу едят блины и всем очень весело. Делают это не только в России, но и в других странах.

Каждый день праздника играет большую роль. В понедельник люди приветствуют Масленицу зимними развлечениями, такими как, катанием на санках, коньках, карусели или игрой в снежки. Это продолжается всю неделю. Люди навещают родных и близких, ходят в гости. В последний день Масленицы, воскресенье, все просят прощение друг у друга за свои ошибки. Потом люди поют песни, танцуют и в конце дня сжигают куклу.

Мне нравится что этот праздник можно отмечать в любой стране. В моей семье принято печь блины на Масленицу. Мы любим блины с икрой, сыром или медом. Даже нашей собаке Мире нравится этот праздник потому что она очень любит есть блины.

Мария Навроцкая, 4 класс



Масленица



Мой любимый русский праздник – Масленица. Масленица – это встреча весны и проводы зимы. Это весёлый праздник с плясками, хороводами и гуляниями, который длится целую неделю. И эту неделю люди едят блины. Они круглой формы и напоминают солнце. В конце недели сжигают на улице чучело, символ зимы, и просят друг у друга прощение.

Вера Кольшикина

Maslenitsa

My favorite Russian holiday is Maslenitsa. Maslenitsa is the welcome of spring and farewell to winter. It is a joyful holiday with dancing and festivities that lasts a whole week. During this week people eat crepes. Their form is round and they resemble the sun. At the end of the week people burn an effigy in the street, a symbol of winter, and ask each other for forgiveness.



Воскресение Христово (Пасха)

Пасха — это главный христианский праздник, отмечающий Воскресение Иисуса Христа. В православной традиции Пасха символизирует победу жизни над смертью и искупление грехов человечества. Её истоки восходят к Ветхому Завету, где еврейский праздник Песах отмечал освобождение из египетского рабства. С распространением христианства Пасха приобрела новый смысл — воскресение Христа после распятия. Дата Пасхи определяется по лунно-солнечному календарю, поэтому каждый год она празднуется в разное время. У восточно-православных народов есть особые традиции, связанные с этим праздником.

В моей семье, как и у многих других, эти традиции особенно почитаются и наполнены глубоким смыслом. Пасхальные яйца — важная часть праздника. Их красят в яркие цвета, украшают росписью и узорами. Эти символы праздника олицетворяют гроб и Воскресение Христа, а красный цвет, в который окрашивают многие яйца, обозначает кровь, пролитую Иисусом на кресте. Выпечка куличей — ещё одна распространённая традиция. Кулич — это пасхальный хлеб круглой или овальной формы, символизирующий Воскресение и новую жизнь. Он выпекается высоким, в стиле артоса, и сверху украшается глазурью, посыпками или узорами из теста.

Владимир Кольишкин

Easter

Easter is the most important Christian holiday, celebrating the Resurrection of Jesus Christ. In the Orthodox tradition, it symbolizes the victory of life over death and the redemption of humanity. With the rise of Christianity, Easter took on a new meaning. The date varies each year based on the lunar-solar calendar. Orthodox communities have rich traditions, including painting eggs — often red to symbolize Christ's blood — and baking kulich, a tall, decorated bread representing new life and resurrection.



Мое имя Даниил и мне 11 лет. Мне он нравится Пасха, потому что мне нравится яйца и шоколад. К Пасхе я готовлю куличи. Куличи сладкие и вкусные. Я тоже крашу яйца различными красками и карандашами. Готовлю я тоже готовлю творожную Пасху. Мама прячет шоколадные яички во дворе и мы их ищем, они могут быть под деревьями

и под

кустами, это такая игра. Я нахожу обычно 16 яиц, а другие по 10 яиц. А потом те, что я нашёл отдаю другим. Кто нашел больше всего получает большого шоколадного зайца. Я тоже с

друзьями играю в различные игры. Это хороший, светлый и весёлый праздник.

Даниил Семижон, 11 лет

My name is Daniel and I am 11 years old. I like Easter because I like eggs and chocolate. For Easter I make Easter cakes. Easter cakes are sweet and tasty. I also paint eggs with different paints and pencils. I also make cottage cheese Easter. Mom hides chocolate eggs in the yard and we look for them, they can be under trees and bushes, it's a game. I usually find 16 eggs, and others find 10 eggs. And then I give the ones I found to others. Whoever finds the most gets a big chocolate bunny. I also play various games with my friends. It's a good, bright and cheerful holiday.

Daniil Semizhon, 11 years old

Пасха - мой самый любимый праздник.

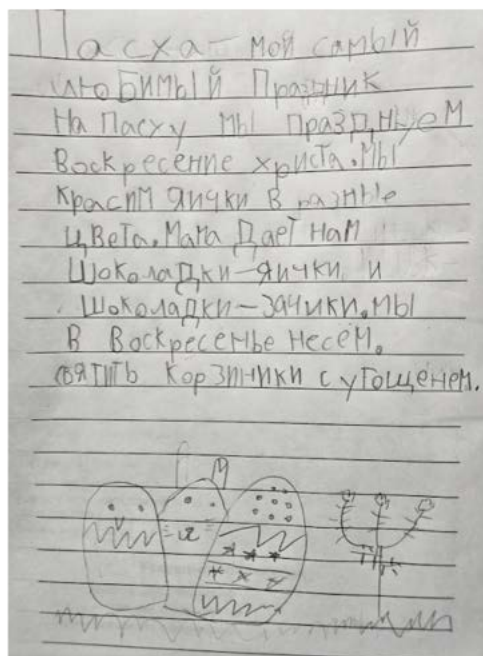
На Пасху мы празднуем воскресенье Христа. Мы красим яички в разные цвета. Мама дает нам шоколадки-яички и шоколадки-зайчики. Мы в воскресенье несем святить корзинки с угощением. Нам очень нравится Пасха.

Саша Семижон, 7 лет.

Easter is my favorite holiday.

On Easter we celebrate the resurrection of Christ. We paint eggs in different colors. Mom gives us chocolate eggs and chocolate bunnies. On Sunday we bring baskets with treats to bless. We like Easter very much.

Sasha Semizhon, 7 years old.



Меня зовут Кристиан. Мне 13 лет и у меня есть сестра и брат. Я беларус и хочу рассказать о рождестве в Беларуси. Рождество празднуется 7 января, и в этот день мы готовим специальный стол. Вечер перед Рождеством называется сочельник. А время перед

Рождеством

называется Коляды. В старину в это время люди ходили друг к другу в гости, пели песни, играли в игры и получали за это угощение. Тоже надевали костюмы.

Даже здесь, в Канаде, мы собираемся общиной и вспоминаем старые обычаи, празднуем Коляды. Многие надевают маски животных, читают стихи и поют песни. Мы играем в весёлые игры, а выигравшие получают призы. Также мы стараемся изучать белорусский язык, читаем

стихи по-белорусски и отгадываем загадки. Такие праздники нравятся и взрослым, и детям.

В Канаде празднуют Рождество немного по-другому - дети получают подарки от Санты Клауса, украшают елку, в рождественский вечер собираются всей семьей за столом, на котором обязательно есть рождественская индейка. В рождественское утро дети открывают свои

подарки. Рождество в Канаде празднуется на 25 декабря.

Кристиан, 13 лет

My name is Christian. I am 13 years old and I have a sister and a brother. I am Belarusian and I want to tell you about Christmas in Belarus. Christmas is celebrated on January 7th, and on this day we prepare a special table. The evening before Christmas is called Christmas Eve. And the time before Christmas is called Kolyada. In the old days, at this time, people visited each other, sang songs, played games and received treats for this. They also wore costumes.

Even here in Canada, we gather as a community and remember old customs, celebrate Kolyada. Many wear animal masks, recite poems and sing songs. We play fun games, and the winners get prizes. We also try to learn Belarusian, recite poems in Belarusian and guess riddles. Both adults and children enjoy such holidays.

In Canada, Christmas is celebrated a little differently - children receive gifts from Santa Claus, decorate the tree, and on Christmas Eve the whole family gathers around the table, which always includes a Christmas turkey. On Christmas morning, children open their gifts. Christmas in Canada is celebrated on December 25th.

Christian, 13 years old



Anna B., 4 years old

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Learn Swahili!
Monday to Saturday, 09 :00 AM -06:00 PM
<https://www.kilece.com/>

MEYOKUMIN SCHOOL EDMONTON PUBLIC SCHOOL



Meyokumin School,
Edmonton Public Schools
5703 19 A Ave.
NW Edmonton, AB T6L 4J8

RUSSIAN EDUCATIONAL CENTRE



Learn Russian!
Saturday 10:00 AM-02:00 PM
[https://www.facebook.com/Russian-Educational-Centre-An-Accredited-Russian-School- 317200468308731/](https://www.facebook.com/Russian-Educational-Centre-An-Accredited-Russian-School-317200468308731/)

RAMGARHIA KHALSA SCHOOL



Learn Punjabi in Gurmukhi Script
Fridays 6:00-8:00 PM, Saturdays 10:00 AM-1:00 PM,
Sundays 10:00 AM-1:00 PM & 1:30-3:30 PM

<https://www.ramgarhiakhalsaschool.com/>
<https://www.facebook.com/Ramgarhia-Khalsa-School-167644706633857>

TELUGU SCHOOL OF EDMONTON



Learn Telugu!
Online Saturday 03: 30 PM - 05 :00 PM

PD Session Organized by IHLA 2024-2025

Every school year, IHLA organizes a series of PD Sessions for our members. These sessions are delivered in various formats: online, in-person, or hybrid, to ensure accessibility and flexibility for all participants. Throughout the school year, we host approximately eight professional development sessions, and all IHLA members are welcome and encouraged to attend. Upon completion of each session, participants receive a Certificate of Participation.

For the 2024/2025 school year, the following PD sessions were offered:

- December 11th, 2024- Stay Connected to Roots with Arhana Gautam Kumar (Online)
- February 5th, 2025 - Anti-Racism and Cultural Competency with James K Nimene (Hybrid)
- April 4th, 2025 - Financial Reports & Basic Bookkeeping with Barbara Steckly / Rita Maniego / Genevieve Mireau / Jenny De Guzman / Svitlana Deriabina (In-person)
- April 30th, 2025 - Art & Culture with Andrea Daily (In person)
- May 6th, 2025 - Trauma-Informed Practices: Balm for our Mind- Body- Spirit-Heart with Melissa Jay, Ph.D., R. Psych (Online)
- May 13th, 2025 - Resilience (Mental Health) with David Campbell & team (Online)
- June 4th, 2025 - Board diagnostic with Frédéric Dupré (Online)
- June 12th, 2025- Technology & Digital Tools with Dr. Baljeet Kaur (Online)

YESFEST 2025

Cultural celebration organized by IHLA on May 24th, 2025 for member schools' students age 4–24

Purpose:

- Celebrate and share ethnocultural heritage
- Promote cultural exchange, inclusion, and fun
- Create memorable experiences for youth

What Happened:

- 400–500 participants attended
- Each school hosted cultural activity tables featuring food, games, crafts, and traditions
- Main stage performances and group entertainment throughout the day
- Youth volunteers supported planning and coordination

Activities Included:

- Baybayin script writing, parol (star) crafts, and bookmark making
- Traditional art and Greek pinch pot vase painting
- Henna and bracelet making, buttons, and washable tattoos
- Puzzle stations, traditional games, crochet, nail art, and music
- Food from diverse cultures with student food coupons
- Bouncing Castle, Soccer, Badminton

Outcome:

Students explored global cultures, built connections, and left with pride in their heritage.



SATURDAY, May 24, 2025
10.00 am - 3.50 pm

YESFEST 2025

Youth Ethnocultural Spring Festival
Celebration of children and youth multicultural experience

Children and students aged 4 - 24 years, teachers and parents are invited

PLEASE REGISTER BY MAY 18, 2025, USING THE QR CODE

Organized by
International and Heritage Languages
Association

IHLA

Supported by
Minister of Immigration & Multiculturalism,
GOA

Location: Central Lions Seniors Recreation
Centre, 11113 113 St, Edmonton, T5G 0E9
free parking available on site

- HERITAGE SCHOOLS' DISPLAYS AND ACTIVITY TABLES
- EXCHANGE OF DIVERSE CULTURES
- FUN ACTIVITIES
- REFRESHMENTS PROVIDED

Credits

This book is a heartfelt tribute to the beauty and diversity of our Mother Language Day. It would not have been possible without the dedication and collaboration of many wonderful individuals.

Content Creation

We sincerely thank all IHLA student members for giving their time, creativity, and voice to contribute content for this book. Your stories, poems, reflections, and artwork have brought this project to life.

Cover Design

Special thanks to YOUTH students **Archit Verma** and **Adarshpreet Singh** for designing the beautiful front and back cover pages, capturing the spirit of International Mother Language Day.

Project Leadership

- **Anupama Deshpande** – for leading and coordinating the project with vision and commitment.
- **Archana Gautam Kumar** – for her constant support and assistance in coordination efforts.
- **Ala Singh** – for compiling, formatting, and putting the entire book together with great dedication.
- **Lea Magic** – for helping assign roles, gather contributions, and organize data smoothly. Guidance & Support
- **Francis Wambugu**, as President of IHLA, for his leadership and support throughout the process.
- **All IHLA member principals and teachers** – for their encouragement, mentorship, and help in guiding students during this meaningful project.

This book is not just a collection of words and images—it is a celebration of identity, community heritage, and language. Thank you to everyone who played a part in making it happen.

