

**A Message from Your Canadian
Teacher Co-ordinator (Kim)
Happy New Year!**

This is the beginning of another great year for us at CEEF!

We have welcomed 33 exchangees to Canada!

We currently have 6 exchangees from France, 1 from the United States and 25 Australian teachers in Canada doing an exchange!

We also have Josee from Quebec exchanging with Dominique in BC!

I took over this job in September and I have since been on a huge learning curve! A big thank-you goes out to Carol Wilkins, (who was in this job for 18 years!) for training me and holding my hand through many situations!

Special thanks also to Cathy Gagnon at BCETA, whose amazing newsletter gave me this idea to get one started and for being a great advisor! Thank-you to Helen Gregory the NSW Australian Coordinator at the Independent Education Union for her encouraging emails and phone chats and last but not least, thank-you to Carolyn Freed of the Alberta Exchange Liaison who has been there for all of my questions and sent me so many great things!

I retired from the Simcoe County Board of Education in 2016 and I love this opportunity to keep myself immersed in the field of education, but in the way of the best year of my teaching career - my exchange! I have met many new people who are of a like mind about exchanges - we all feel it can be one of the best years, both personally and professionally in your life!

My goal this year is to try and promote CEEF to encourage more teachers to put themselves out there to try this fantastic experience! This is our first newsletter so spread it around, talk up your positive exchange experiences and share your love for travel and education!

We would love to hear from you!

Please send pictures and tales to me anytime!

Have a truly awesome year!

© Kim Sturge



Upcoming CEE Events

WELCOME RECEPTION

January 25th - 7:00 -10:00 p.m.

ORIENTATION CONFERENCE

January 26th - 9:30 a.m. - 1:00 pm

At The Century Plaza Condominium
24 Wellesley St. West, 24th Floor, Toronto, ON
(party room)

Contact: Nancy (416) 986-1997 to register today!

OTTAWA WINTER CONFERENCE

Feb. 8-9-10

billeting available - contact Nancy Connors at consulf@sympatico.ca

Friday - Museum of History and PD sessions

Contact: Kim teachers@ceef.ca to register!

Saturday - Breakfast at Flapjacks & free time

Snowshoeing in Gatineau Park
3:00 pm

(Winterlude is being held this weekend see below for other Winterlude activities!)





OTTAWA WINTERLUDE!

Winterlude is a very popular winter event in Canada! This year, you'll find festival favourites, as well as new experiences! Marvel at the sculptures created during the International Ice Carving Competition, skate on the world-famous Rideau Canal Skateway and go crazy at Snowflake Kingdom. Many indoor and outdoor activities await - all highlighting Canada's cultural, artistic and culinary diversity!

Most festival activities are free and take place in the urban Ottawa-Gatineau region during the first three weekends of

February (including Family Day, Monday, Feb. 18).

For all of the activities and locations check out the website:

<https://www.ottawatourism.ca/ottawa-insider/winterlude/>



Upcoming Information Sessions for Teachers interested in going on Exchange

January 22nd @ 4:30 pm

ETFO Bluewater Local Office

340 10th Street East, Owen Sound, Ontario

April 9th @ 4:30pm

Simcoe County Elementary Teachers Federation Office

351 King St. Unit #3, Barrie Ontario

(let your colleagues know!)



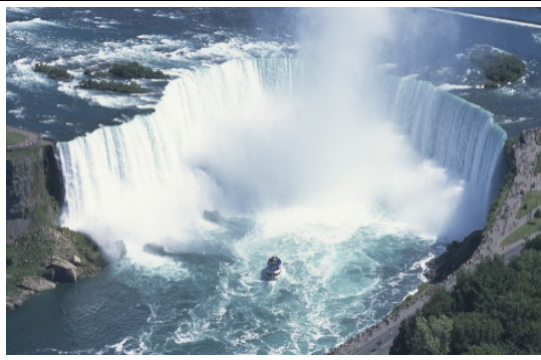
What is CLEE?



CLEE is the **Canadian League for Educational Exchange**. CLEE members have all experienced teacher exchanges and are delighted to share their experiences and answer questions or concerns regarding teaching exchange matters.

They would love to help out in any way!

To contact a CLEE member in your area, please go to the website at <http://cleecanada.ca>



TRAVEL CORNER

Some "Must Sees" in Ontario

Niagara Falls

There are actually two waterfalls in Niagara, the American Falls and the Canadian Horseshoe Falls. The Horseshoe Falls are 57 meters high and allow 168,000 cubic meters of water over the crestline every minute during peak daytime tourist hours (that is about a million bathtubs full of water every minute!).

The Falls at Niagara are about 12,000 years old. One of the bloodiest battles of the War of 1812 took place on July 25, 1814 at Lundy's Lane in Niagara Falls, Ontario... A total of 7500 Americans and Canadians fought for six hours. At the end, 1,000 soldiers lay dead or wounded.

Niagara Falls wears its way back another approximately 1 foot/year. The Niagara River flows at approximately 56.3 kilometers/hour.

Some of the man-made attractions of Niagara Falls include:

- Clifton Hill
- Maid of the Mist,
- Table Rock Scenic Tunnels
- Spanish Aero Car
- Ripley's Believe it or Not Museum
- Marineland
- Casino Niagara,
- The Floral clock
- the Butterfly Conservatory

Niagara-on-the-Lake

Niagara-on-the-Lake has a wealth of attractions for everyone. The history of Niagara on the Lake is one of the most unusual of any Canadian town. Famed for the George Bernard Shaw Festival, the town was once the site of an Indian village which saw battle in the War of 1812.

Catch a show, stroll through the historic Old Town, or cycle through the magnificent vineyards to enjoy a taste of one of Canada's prettiest towns, and hottest wine and culinary destinations.

Some of the main attractions in Niagara -on-the-Lake include:

- Fort George
- 40 Wineries
- Queenston Heights Park
- Oldest Golf Course in Canada - N-ot-L Golf Club



Canadian Recipes

AUTHENTIC CANADIAN POUTINE



PREP TIME: 30 MINUTES
COOK TIME: 30 MINUTES

SERVINGS: 3 PEOPLE

AUTHOR: JENNIFER

[HTTPS://WWW.SEASONSANDSUPPERS.CA/AUTHENTIC-CANADIAN-POUTINE-RECIPE/](https://www.seasonsandsuppers.ca/authentic-canadian-poutine-recipe/)

Authentic Canadian Poutine featuring deep-fried fries, poutine gravy and white cheddar cheese curds all tossed together. Do be careful with deep frying. A proper deep fryer is recommended.

INGREDIENTS

POUTINE GRAVY:

- 3 Tbsp cornstarch
- 2 Tbsp water
- 6 Tbsp unsalted butter
- 1/4 cup unbleached all purpose flour
- 20 oz beef broth
- 10 oz chicken broth
- Pepper, to taste

FOR DEEP FRIED FRIES:

- 2 lbs Russet potatoes (3-4 medium potatoes)
- Peanut or other frying oil

TOPPINGS:

- 1 - 1 1/2 cups white cheddar cheese curds (Or torn chunks of mozzarella cheese would be the closest substitution)

INSTRUCTIONS:

1. Prepare the gravy: In a small bowl, dissolve the cornstarch in the water and set aside.
2. In a large saucepan, melt the butter. Add the flour and cook, stirring regularly, for about 5 minutes, until the mixture turns golden brown.
3. Add the beef and chicken broth and bring to a boil, stirring with a whisk. Stir in the cornstarch and simmer for 3 to 5 minutes or until the sauce thickens. Season with pepper. Taste and add additional salt, if necessary, to taste. Make ahead and re-warm or keep warm until your fries are ready.
4. For Deep-Fried Fries: Prepare your potatoes and cut into 1/2-inch thick sticks. Place into a large bowl and cover completely with cold water. Allow to stand at least one hour or several hours. When ready to cook, heat your oil in your deep fryer or large, wide, heavy cooking pot to 300° F.
5. Remove the potatoes from the water and place onto a sheet of paper towel. Blot to remove as much excess moisture as possible.
6. Add your fries to the 300°F oil and cook for 5-8 minutes, just until potatoes are starting to cook but are not yet browned. Remove potatoes from oil and scatter on a wire rack. Increase oil temperature to 375°F Once oil is heated to that temperature, return the potatoes to the fryer and cook until potatoes are golden brown. Remove to a paper towel-lined bowl.
7. To Prepare Poutine: Add your fried or baked fries to a large, clean bowl. Season lightly with salt while still warm. Add a ladle of hot poutine gravy to the bowl and using tongs, toss the fries in the gravy. Add more gravy, as needed to mostly coat the fries.
8. Add the cheese curds and toss with the hot fries and gravy. Serve with freshly ground pepper. Serve immediately.



TIPS FOR EXCHANGEES!



SET STRONG, CLEAR GOALS

This adventure can be a great way to achieve your goals. If you want to quit a bad habit or improve your social circle, this is a wonderful time to do that. You can literally leave your past behind for a while. I was work obsessed in Canada... I lived to work, let report card time take over my life (and diet!) and literally held competitions with my Canadian Colleagues as to who worked the latest each night! That all changed the first week at my Australian school when I was locked in one night and when I went to leave at 5:30pm.... I couldn't get out! My poor principal had to drive (quite a distance) back to the school to let me out! Her words to me as she chuckled all the way down the stairs were "What did you learn from this?" What I did learn was work was important, but secondary in my life. After that night, instead of staying late and dragging tons of marking home, I went for walks with colleagues, went out to the local pub with friends and explored my new home. I lost a ton of weight and I finally lived my life to the fullest! And I met every one of my **travel goals** I



made that year!!

However, it's very easy when everything around you is new, to seek comfort in familiarity. To prevent yourself from falling back into your old, comfortable ways - keep your goals in sight and adhere to them unswervingly.

PLUG INTO A COMMUNITY WHEN YOU ARRIVE

Being lonely is not fun. Your new colleagues will want to get to know you, but after a while, they will settle back into their own lives. If you're a church goer, find out where a church meets and join it. Seek out those who enjoy your favorite hobbies and pastimes. I learned how to Ceroc dance and scrapbook while I was away by taking local classes and meeting many new friends! Travelling also develops friends of a like mind. Definitely try to go to the events arranged by CLEE and email each other to set up events like attending a hockey game or going to a local tourist attraction or exploring a nearby city and its sites.



The takeaway: When moving overseas, don't feel like you need to assimilate totally. Your country is part of who you are! And it is possible to feel at home AND still be homesick. Just because you miss your family and friends doesn't mean you're not happy in your new life. **Your attitude is what will make it work, or not.** Be prepared for good times and bad times. You will have to adapt to everything, and you need to **be open-minded** with a good sense of humour and tons of patience!

I'll say it again, this year will not be walk in the park, but your attitude could make a huge difference. **Be proactive, be positive accept new challenges and do what you have to do to make this experience one of the best years in your life.**

**LIFE IS ABOUT
THE PEOPLE YOU MEET
AND THE THINGS YOU CREATE WITH THEM
SO GO OUT AND START CREATING.**