



A Message from Your Canadian Teacher Coordinator

I can't believe how fast time is flying this year! March is already here!

I am so glad I was able to meet so many of our past Alumni & new Exchangees at our **Toronto Welcome Conference** in January and the **Ottawa PD weekend and Winterlude** in February. My husband and I had a fabulous time and I got to meet so many new friends! During that time, I extended an invitation to any of you that are coming up to the Barrie area to stop by and even stay over if you need a place to crash!

I was also able to meet a number of our exchangees via the world of technology during the **BC Welcome day!** Thank-you to Catherine Gagnon once again, for hosting this luncheon and the trip to historic Fort Langley! I really hope I get to meet you face to face when I'm out in BC this summer!

This edition is full of news and tips and pictures! It seems like everyone is getting used to (even our Canadians who have just come back) and are sometimes enjoying our unpredictable Canadian winter! How do you like those snow days eh? Please continue to send pictures and tales to me anytime!

Trust me; Spring is just around the corner!

© Kim Sturge

Upcoming CLEE Events

Save These
DATES

Spring into the Great Outdoors

St. Jacob's - Elora Gorge weekend

April 26-28th, 2019

(see below for details)

Ottawa II P.D. Weekend

May 11th & 12th 2019

A reminder for our Overseas Exchangees to pay back your Canadian School Board!!

There was a cost incurred by the school board when they submitted to the Canadian Government for the number you required to apply for your visa. They do not cover the cost of this and you are required to pay it.

The CEEF Handbook for Exchange Teachers does outline this requirement. I am assuming this document was provided to you by CEEF... at least I hope it was...

"A new regulation came into effect in November of 2015. Prior to being able to apply for your work permit, you must receive an Offer of Employment number from the Canadian deemed 'employer'. This requires that the Canadian school and/or board first register through an immigration Employer Portal. Once approval and an ID number are received they may then complete an Offer of Employment for you and pay a fee of \$230. When they receive a receipt and number they will be forwarded to the CEEF office and sent on to you. You must have the number to complete your work permit application. You can start without it but you cannot submit without it. You will be expected to reimburse the school/ board the \$230 upon your arrival."

Please make sure you contact the HR department ASAP to pay this fee! ☺

TRAVELLING TO THE STATES FROM CANADA WHILE ON EXCHANGE

With March Break just around the corner, some of our exchangees might be thinking about going to visit our southern neighbour! In most cases, you will probably not be pulled over at the border if you have your valid passports with you, but I say I'd rather be safe than sorry, so this is what I've found out for you...

To avoid any problems at the border you will need:



1. A printout of the DS-160 non-immigration visa form- can be found at: <https://travel.state.gov/content/travel/en/us-visas/visa-information-resources/forms.html>
2. A Passport with validity of at least 6 months after the visa expiration date.
3. Proof of legal stay in Canada, both original and copy. (Your certificate from CEEF is good for this!)
4. Proof of sufficient funds to meet all expenses incurred in the US. You should also learn more about visitor insurance here.
5. Proof of citizenship of a country outside the US and intent to return to your home country
6. Entry into the US is not an easy task and it becomes harder if you are trying from a country other than your home country.

Maple Syrup Facts!

Eighty percent of the world's maple syrup comes from Canada (2/3 of that comes from Quebec)!

It takes about 40 litres of sap to make 1 litre of maple syrup!

A tree takes about 40 years before its big enough to tap and only three of 13 species of maple trees native to Canada are used for syrup. Sugar maples are the big ones, but black maple and red maple are also tapped. As sugar maples grow, they convert starch into sugar. This sugar mixes with water absorbed by the trees' roots. When temperatures start to climb in the spring, the water-sugar mixture expands, forcing its way from the roots up through the tree.

Stored properly, a sealed container of maple syrup can keep for several years

An unopened container of maple syrup can be kept at room temperature. It's recommended that once a container is opened, it be refrigerated in a plastic or glass container, and will last between three to six months before running the risk of crystallization.

TRAVEL CORNER

Some "Must Sees" in Ontario for
March & April!

Maple Syrup Festivals!



Learn how maple syrup is made, try a maple syrup tasting flight or just enjoy one of our local pancake breakfasts! These festivals often include horse drawn wagon rides, going into the Sugar Bush to tap and gather the sugar maple sap and pouring this delicious treat onto the snow to make taffy!

There are just too many of these fun events to list so for the places/dates and prices to experience Canada's liquid gold go to:

<https://www.todocanada.ca/maple-syrup-festivals-ontario-sugar-bush/>

or

<https://www.400eleven.com/touring/maple-syrup-festivals>



TRAVEL CORNER

Toronto

While the weather is still a bit unpredictable, the City of Toronto - Ontario's Capital City - has a number of fun spots to visit and most of these are indoors!

Escape the cold by visiting Allan Gardens

Allan Gardens is a park and an indoor botanical garden with six greenhouses comprising over 16,000 square feet of warm wonderful nature. This lovely Toronto haven is located at 160 Gerrard St E in Toronto.

Soar to new heights at the CN Tower

The CN Tower is a 553.3 meter-high concrete communications and observation tower located in Downtown Toronto. Built on the former Railway Lands, it was completed in 1976. Its name "CN" originally referred to Canadian National, the railway company that built the tower. The CN tower is the 3rd highest tower in the world and a well kept secret to get up the tower and to all of its observation areas, for FREE, is to book a table in their rotating restaurant for lunch or dinner! Yes, the menu is a bit pricey, but when you factor in the cost of a ticket to get up the tower, and realize you get lunch for the same price... I'd go for the trip and food any day! Reservations are recommended and can be made online or by calling 416-362-5411.

Mingle with the Sharks at the Ripley's Aquarium

Ripley's Aquarium of Canada, in Toronto, is a 135,000 square-foot incredible family attraction with more than 1.5 million gallons of water with marine and freshwater habitats from around the world.

This wonder of the watery world also features Friday Night Jazz on the 2nd Friday of every month, birthday parties for both kids and adults and Sleepovers with the sharks!

Do a walk-about in the Kensington or St. Lawrence Markets.

Kensington Market is a walkable bohemian neighbourhood that draws artists and tourists to its indie shops, vintage boutiques and arts spaces. Whether you are window shopping at thrift spots in the neighbourhood or grabbing some grub, it's a great way to spend a lazy Sunday!

The St. Lawrence Market is an indoor market and has 120 vendors, merchants and artisans. The vendor's pride, care and singular passion is the reason, 208 years later, the Market continues to thrive.

The Market is a place where the authenticity of truly great food and shopkeepers who care reign above all else!

Spring into the Great Outdoors

April 26-28th, 2019

Friday: Arrive at your billets. No planned activities

Saturday:

10:00 am - Meet at the Village of St Jacobs;
Stone Crock Bakery and Cafe

Browse through stylish shops, craft studios & galleries in the quaint Village of St. Jacobs

Options to see intriguing exhibits including:
(some you will need to purchase tickets for)

The Mennonite Story

St. Jacobs Aberfoyle Model Railway (open select dates)

Maple Syrup Museum, Train Exhibit, Historic Exhibits in The Mill,

Taste locally brewed beer and tastings at Block 3 Brewery

Afternoon In The Market District

- Visit the largest farmers' market in Canada
- Shop at St. Jacobs Outlets to find top brands and great prices
- Find a treasure from among 100+ vendors at Market Road Antiques
- Take a countryside drive and stop to see the West Montrose Covered Bridge
- View the famous Elora Gorge

Evening "Dinner Out" - 6 pm - Location Elora, Ontario,
Restaurant - TBA

Sunday:

Morning/Afternoon - Halton Conservation Parks

COST FOR ENTRY to both parks:

Adult \$7.75, Senior \$6.75, Child 5-14 \$5.50

Mountsberg Conservation Area - 9:30 am - arrival time; meet in car park -
planned hike

Mountsberg is the place for those who want fun, outdoor, educational experiences from horse-drawn wagon rides, to meeting nose-to-beak with an owl at the Raptor Centre

12:00 pm - Birds of Prey Presentation (40 min)

Optional: Wagon rides are pulled by horses. Cost \$3.50/\$2.50 Adult/Child

Drive to Crawford Lake (15 min.).

Lunch on site ****Bring YOUR OWN LUNCH****

(No stores nearby. Lunch room available indoors or picnic outside)

Crawford Lake

2:00 pm - Walk around "meromictic" Crawford Lake boardwalk (35 min.)

3:00 pm - Turtle Clan Longhouse talk (40 min)

Optional: Hike Bruce Trail

For St. Jacobs town map
visit:

[http://www.stjacobs.com/
userContent/documents/The%20Village/VillageWalkingMap_%20Sept2015WEB.
pdf](http://www.stjacobs.com/userContent/documents/The%20Village/VillageWalkingMap_%20Sept2015WEB.pdf)

For the St Jacobs market
visit:

<http://www.stjacobs.com>

For details of the
conservations areas visit
[www.conservationhalton.on.](http://www.conservationhalton.on.ca)

[ca](http://www.conservationhalton.on.ca),

(then click on specific park
for details)



**Organized by CLEE
Members -
Ginette & Tom
Andress**

Please email
tom@andress.ca

if you plan to
attend.

They will try to
accommodate
billeting!

For those venues
that require
payments, they will
be due at each site
when you arrive.

Welcome Back to all of Last Years Exchanges!



Unfortunately, **Reverse Culture Shock** is real and not pleasant... You've just come home from an entire year where you've been meeting new people, exploring wonderful places and experiencing new and exciting cultures. Some teachers even said that although you have had to deal with a number of different stresses and work while away, the year felt like you were on holiday for most of it. You may feel somewhat alienated. You have had experiences that people who stayed home will struggle to understand. You are excited, changed, and you want to share; but your pictures and stories may not be understood by them in the same way as you feel about them. That's ok! It's natural. RCS is a psychological process of acclimating to your surroundings. You've done it once, when visiting a new culture, and now you have to re-acclimate to your home.

So now youre back... Things in all aspects of your life have changed - including you! But how do you deal with this? Even though I felt like I had become the best person I ever was - confident, sure of my goals, excited about all of my new friends and professionally grown - I became frustrated and depressed and wasn't sure what to do about it. Luckily Carol (who was in my position at CEEF) hooked me up with some CLEE members who had done a few exchanges and here is some of the advice I got from them (and a few ideas as to what I did!)

1. Realize that you can't change people.

One of the most heartbreaking parts of coming back home was realizing that during the time that I was gone, a few of my friends changed or moved on and we drifted apart. Their interests were no longer my interests and vice versa. Not to worry - You met new people and new friends and will continue to do so - old ones will drift away whether you go away or not.

2. Talk about the experience and respect that not everyone wants to hear it.

(But seek out people who DO want to hear about it.)

Being able to talk about my exchange experience and the things I did, was a huge lifesaver. I had all these stories, life lessons and random bits of knowledge that I had learned while abroad and wanted to share it all! I was able to give a presentation at my Board office for other teachers interested in doing an exchange on one of our PD days and I had my closest friends over for an Aussie party where I was able to share my adventures, some of their food and culture and as a bonus, caught up on their lives. By doing these few things, it got the need to talk about these things out of my system.

3. Write about it.

Make a photo book, a travel journal or just brain dump some of your experiences! Share one of your adventures with CEEF (for our Newsletter). Write an article for your Federation or Board Newsletter or magazine. There are a lot of great tools online out there than can help. It's a way of clearing your head and it really helps!

4. Keep connected with those that you've met abroad.

While travelling through Australia, I met a number of like-minded people from all around the world! We all exchanged emails on the tours and I am still in contact with some of these amazing people - 16 years later! I still travel with one girlfriend whenever we get the opportunity to meet up and she still lives in Australia!

Start a group chat on Whatsapp, schedule video chats on Google Hangouts and keep in touch on Facebook—not to mention sending the occasional letter or Christmas card in the mail. It always brings a smile to my face when I hear from them!

5. Get out of the house. Find new adventures!

The worst thing to do when you come back home is to stay at home. Get out of the house (even though the weather may be a huge deterrent!)

Catch up with friends. Explore new parts of your city. Find a new club, art class or sport/exercise to do. **Join CLEE!** Participate in our yearly outings and activities! Do anything but sit at home and watch life pass you by and dwell on the past.



Yes, RCS it can hard! Keep your chin up and **think positive**. You'll get through this and you'll be so proud of yourself for having challenged yourself.

This emotional turmoil can be disconcerting, especially after such a great year, but it will pass! There are also a number of sites on line that can help too!

And remember, I am also available during my office hours to just listen... Or if needby, help you put in a new application for another exchange! ☺

CLEE OTTAWA SPRING CONFERENCE

Friday May 10th TO Sunday May 12th, 2019

(TENTATIVE ITINERARY - more details to come!)

Friday May 11

9:00 - 11:00AM - **School Visits** (exchangees only: please report to the main office for meeting place details)

Elementary School:

Bridlewood Elementary School
63 Bluegrass Drive, Kanata, ON, K2M 1G2
Principal - Barbara Martinez
613-591-3683 (CLEE contact Lorraine Perry)

Secondary School:

Sir Guy Carleton
55 CentrepoinTE Dr. Nepean Ontario Canada K2G 5L4
Principal - Rupi Bergamin
(613) 570-0847 (CLEE contact Jean Gingrich)

12:00 - 1:30 PM - CLEE Luncheon (for everyone)

CLEE will host lunch at one of the main venues of the Tulip Festival.

Malone's Restaurant, Dow's Lake Marina, 1001 Queen Elizabeth Driveway, Ottawa ON

Parking across the road (bring your ticket for validation of 2 hours free parking)

3:00 - 4:00 PM -Laurier House Tour

Laurier House is the home of two previous Canadian Prime Ministers. It is now a Parks Canada historic site.

333 Laurier Avenue, Ottawa

5:00 - 7:00 PM - Australian High Commission Visit

The High Commission will host all conference participants for a late afternoon social.

Australian High Commission Residence, 407 Wilbrod Street, Ottawa ON

7:00 - 10:00 PM - Informal party at the home of Gord and Leanne Elliot

This is an outdoor event so please dress appropriately. There will be a BBQ. (BYOB of course)
219 Janet Way, Orleans, ON, K4A 5C9



Saturday May 12

9:00 - 11:00 AM - BIKE/CANAL Tour

Meet at 2 Rideau Street (start of the Rideau Canal).

Free parking at the World Exchange Plaza, Entrance on Metcalfe St. just passed Albert.

12:00 - 2:00 PM - Aboriginal Experiences

First Nations folklore exhibits, dance presentation and traditional lunch.

100 Middle Street, Victoria Island, Ottawa, ON (parking available on site, it is a lovely walk along the Ottawa River and it will be guided).

2:00 - 5:00 pm - Free Time

Feel free to take in any of the museums, parks or shopping available.

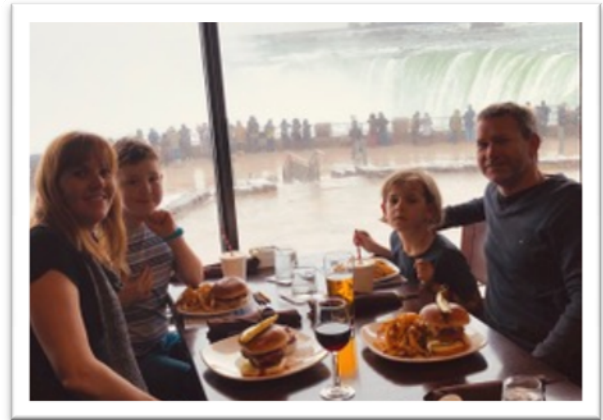
6:00 - 8:00 pm - Dinner at Tuckers Market Place

61 York St. Ottawa, (in the Market area)

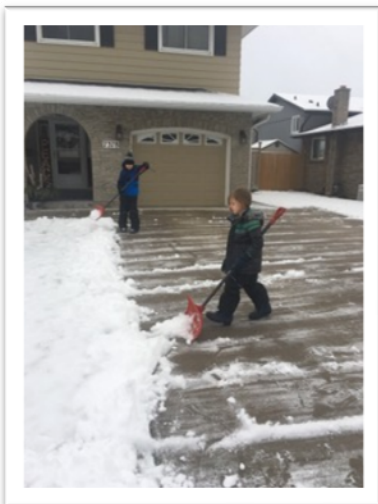
SUNDAY is at your leisure to depart home

THE CEEF PICTURE GALLERY

Katie Webb and Family in Niagara Falls



Lawson (age 9) birthday celebration with the Saelen's and the Webb's



Shovelling snow for the first time!



Ainsley Pope's family standing in the middle of a frozen Lake Simcoe in Barrie Ontario after a visit with Kim!

Linda Follack and her husband Darryl enjoying the Aussie sun on Cronulla Beach right after they arrived in January!



Helen Gregory with some of the Canadian Exchangees in Australia! (2019)

Australian and French Exchangees at the Canadian Teachers Federation workshop in Ottawa!







CANADIEN
DE L'HISTOIRE
—
CANADIAN
MUSEUM



“Travel brings power and
love back into your life.”
— Rumi

Maple and Beer Braised Pork

<https://www.puremaplefromcanada.com/maple-syrup-recipe/maple-beer-braised-pork/>

Ingredients:

- 1 tablespoon oil
- 1 tablespoon butter, divided
- 1 lb. pork shoulder, cut into 1-inch pieces
- 1/2 teaspoon salt
- 25 (about 2/3 lb.) pearl onions, peeled
- 2 carrots, peeled and chopped
- 1 celery stalk, chopped
- 1 clove garlic, crushed
- 1 can (12 oz.) beer
- 1-1/2 cups beef broth
- 3 tablespoons pure Canadian maple syrup
- 1 tablespoon soy sauce
- 1 bay leaf
- 3 sprigs fresh thyme



Instructions:

1. In a 4-quart pan or Dutch oven, over medium-high heat, heat oil and half the butter until oil sizzles.
2. Sprinkle the pork pieces with the salt. Brown the pork in the hot oil on all sides, about 10 minutes; remove from the pan and set aside.
3. Remove all but 1 tablespoon of the oil from the pan, add the vegetables and sauté until softened, about 5 minutes.
4. Add the beer, beef broth, pure maple syrup, soy sauce, bay leaf, thyme and browned pork.
5. Bring to a boil, cover the pan and lower the heat. Simmer until meat is tender, about 1 hour. Remove the bay leaf and thyme sprigs.
6. Stir in remaining butter and adjust seasonings with salt, pepper and maple syrup as needed.

What else to put Maple Syrup On/In??

- | | |
|---|---|
| <ul style="list-style-type: none">• Pancakes, waffles, and french toast• Add maple syrup and cinnamon to cooked sweet potatoes• Drizzle over ice cream• Add maple syrup to baked beans• Mix maple syrup with butter to cook vegetables• Pour maple syrup over hot cereal• Drizzle a little maple syrup over cinnamon rolls to replace the icing• Add a little maple syrup to a fruit salad | <ul style="list-style-type: none">• Try a maple syrup salad dressing with balsamic vinegar and olive oil• Use maple syrup as a glaze over ham or turkey• Cook bacon with maple syrup• Use maple syrup as a glaze for salmon (especially on the BBQ)• Try making maple popcorn• Peppercorn maple sugar makes a great popcorn topper• Cut up fruit and use maple syrup or maple butter as a dipping sauce |
|---|---|

Maple Syrup Butter Tart Squares

From: <http://stlawrencemarket.com/food/maple-butter-tart-squares>

Makes 36 squares

Ingredients:

2 cups all-purpose flour

1/2 cup sugar

1 cup cold unsalted butter, cubed

Filling:

1/4 cup unsalted butter, melted

4 large eggs

1-1/2 cups packed dark brown or Demerara sugar

1/2 cup maple syrup

1/2 teaspoon maple extract

1/4 cup all-purpose flour

1 teaspoon baking powder

2 cups raisins (or 1 cup each raisins & chopped walnuts)



Instructions:

1. In bowl or food processor, mix together flour and sugar. Cut or pulse in butter until crumbly. (*Mixture will seem very dry but will press together slightly with hands. Don't worry - the butter will melt and the pastry will come together in the oven).
2. Press mixture into parchment paper-lined into 9x13-inch metal cake pan. Bake in the center of 350°F oven for 15 minutes.
3. Filling: Meanwhile, in separate bowl, whisk together melted butter, eggs, sugar, maple syrup, and maple extract. Add flour and baking powder; whisk until smooth. Stir in raisins (and walnuts, if using); pour over base. Bake in center of 350°F oven until top springs back when touched lightly, about 30 to 35 minutes. Let cool in pan on rack. Cut into squares

Maple Syrup: Nutrients & Vitamins

Many nutrients are naturally found in pure maple syrup, including zinc, potassium, manganese, thiamine, calcium, iron, magnesium, and riboflavin. It is also a great anti-oxidant!

A 1/4 cup of maple syrup also provides 100% of your daily requirement of manganese, which is linked to HDL, or good cholesterol, and also known for its ability to improve overall mental stability.

- Manganese (aids in energy production)
- Zinc (helps your immune system)
- Calcium (great for strengthening bones and teeth)
- Riboflavin (aids in metabolic processes)
- Magnesium (associated with lowered risk of heart disease)
- Potassium (helps to maintain a normal blood pressure)

