



La Sirena

Fresh catch of the month!

noviembre
novembre
November 2007



Tel: 604-535-5565
www.ladiesonthego.ca

Mall ahoy!

"Ladies on the go" are going again...to Portland and Cairo Look out Portland, we are **storming** your way to "shop 'til we drop!"

It is time for the annual Thanksgiving Day sales in the USA. The coach will depart **Friday, November 23** and return on Sunday evening, Nov 25th, full of happy shopped-out señoras. There are still a few seats left but you better call 604-535-5565 or you will miss the bus! Don't fret if you miss the boat, there is still the plane to Cairo!!

The Ladies on the Go are venturing to **Egypt** on Feb 17 of 2008.

Imagine **sailing** the Nile – unchanged since Ramses was a boy. **Floating** along the river's ageless green shores, you will understand why the ancient Egyptians worshiped the river.

Visualize the Pyramids – the only wonder of the ancient world to have survived nearly intact. Another great trip of a lifetime with the "Ladies on the Go!"

Check out all the tours at www.ladiesonthego.ca

Arrrr...there be a storm brewin'

there is / are il y a...

thunder tonnerre!

lightning des éclaires!

a storm une tempête

There is a storm Il y a une tempête

français

there is / are hay...

wind viento

breeze brisa

a storm una tormenta

a hurricane un huracán

clouds nubes

rain lluvia

sun sol

bad / good weather mal / buen tiempo

lightning los relámpagos

lightning rayos

thunder los truenos

It is cloudy eg. Hay nubes

español



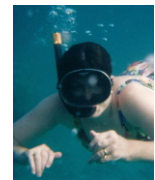
Frytening Exams

Are your fry (**petit saumon**) caught in a **net** of missed assignments or **floundering** at exam time?

The "lifeguard" has arrived with some life enhancing tips. Like flossing and brushing your teeth, good habits take time and positive reinforcement.

- Ensure that your **tadpoles** get adequate amounts of sleep.
- How balanced is their "bait"? Feed them nutritious foods.
- Paddling, surfing, swimming, snorkelling, diving, and many more activities are important for developing strong bones and fitness.
- Don't forget the importance of sun, sand and shore.

Marianna Paulson, BEd,BPE.-OR.
Licensed HeartMath® Provider
Programs for adults, children & teens.
604-507-9970



In other words, make time for some good, old-fashioned fun!

Fact Smarts, Test Smarts and Stress Smarts are important for learning and improving test performance in **school**.

Does your 'fishlet' need help? Call Marianna at **Change of Heart Stress Solutions** to find out more about TestEdge®. This program focuses on Stress Smarts and Test Smarts, which will enhance Fact Smarts.

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Changeofheart@shaw.ca www.changeofheart.ca



Christina Erickson Finally Fluent

Stormy Seas....

I've never been so happy to **sea** the rain before. The stormier and colder it becomes, the calmer I feel. After a **season** of hard work and high pressure, the idea of hibernation is irresistible!

As weather is one of our most frequent conversations, I hope you'll have fun adding the French and Spanish vocabulary in this newsletter to your daily dialogue.

If the wind **sails** away with your electricity, why not cozy up with a Spanish or French novel? Some quality time with a candle, a novel and a grammar book is the perfect way to incorporate learning into your hobbies.

Rather rant than read? Finally Fluent is now offering drop-in classes to build vocabulary in French and Spanish! You can join us every week for cozy conversation in small **schools**.

And if you are not up to **rowing** through a language but want to give someone else a push, we have gift certificates starting at \$10—perfect to fill those stockings and free-time with something meaningful.



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It makes	hace...
heat	calor
good weather	buen tiempo
cold	frio
sun	sol
eg: it is hot	hace calor

It makes	il fait...
nice	beau
good	bon
hot	chaud
humid	humide
cold	froid
bad	mauvais
it makes some	il fait du...
wind	vent
fog	brouillard
sun	soleil
eg: it is nice out	Il fait beau

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www.finallyfluent.ca info@finallyfluent.ca 778-552-3232
#201 1561 George Street, White Rock.

Across

- 1. thunder -Spanish
- 3. nice- French
- 4. wind
- 8. bad
- 10. good weather
- 11. clouds
- 13. lighting
- 14. cold
- 15. sun
- 16. lightning
- 17. hot
- 18. humid

Down

- 1. rain -Spanish
- 2. a storm- French
- 5. wind
- 6. breeze
- 7. thunder
- 9. a hurricane
- 10. fog
- 12. cold
- 15. sun

