

## KGC Newsletter

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### In This Issue

*Interview at KGC on Michelle Heal*

*Kayaking in BC*

*Stanley Park in Vancouver*

*P.N.E. Park in Vancouver*

*Summer in Whistler Blackcomb*

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**KGC Newsletter team:**



By Kulbir

## Interview at KGC On Michelle Heal

### Introduction:

On July 8, 2004, I interviewed level six's teacher at Kester Grant College whose name is Michelle Heal. I chose Michelle because she has been teaching me for a long time. She has taught level one, three, four, five and six. She has a lot of experience in teaching every level. Her teaching skills are very good, so I learned a lot of knowledge from Michelle since I came to KGC. I got a lot of information about her background, present life and about her plans for the future.

### Background:

She was born in Edmonton, Alberta. When she was five years old, she moved to Parksville, Vancouver Island with her family where she finished her elementary and high school. While studying in high school, she was working in a construction company as a painter. She also worked at McDonalds. After, she went to Malaspina College in Nanaimo where she studied her first-year courses. She volunteered in a hospital where she helped the elderly during a summer. Then, she attended the University of Victoria where she got her Bachelor of Science degree in linguistics. When she was in the University of Victoria, she was a tutor of ESL students. After finishing her degree, she moved to the lower mainland where she took a couple courses at Douglas College and University Of British Columbia. When she was in Douglas College, she volunteered in an elementary school in Coquitlam where she helped students. After going to Douglas and UBC, she acquired her TESL certificate from ESL International in Vancouver. Soon after finishing her program at ESL International, she joined KGC.

### Present Life and Opinion of KGC:

I asked about her present life. She has been teaching at KGC for three years. She told me teaching is not easy in a school because she has to think about a lot, about includes planning the lesson plans and marking, the homework and the quizzes. She also needs to be patient with students. Because of this, she is always busy every week. However, she told me it makes her feel happy. She thinks international students like to study at KGC because it has a good staff and a good program



Michelle Heal, photo by Stanley

even though it is intense. It gives students a good opportunity to get into the British Columbia Institute of Technology and other universities or colleges in Canada. It prepares students for further education in Canada by focusing on essay writing and giving useful information about subjects such as grammar and presentations.

### Future Plans:

At the moment, Michelle is pregnant, so she plans to take some time off for the baby. KGC will find a good teacher who can teach in her place. Later, she may continue teaching English or get a degree in education and then teach children in an elementary school.

### Advice for Students:

Michelle recommended that students should focus on writing and grammar. She thinks students should come to KGC because she thinks it is a very good school for them to learn English at and get into good colleges or universities. If they choose to come, she advises them to speak English in the school at all times. She also suggests students speak English on buses, watch English movies, make friends and join gyms. She believes if students surround themselves with English, they can learn English more easily.

### Conclusion:

I enjoyed asking questions to Michelle because I did not know too much about her. I think she really enjoys teaching. Because she was born in Canada and got a good education there, she has a good North American accent and she has good experience to teach English. I really enjoyed my time with Michelle while studying at KGC. I had great fun with her. She does not teach like a teacher; she teaches as a friend. I will pray that she lives a long life and is always a successful teacher.



# KAYAKING IN B.C.

By Jung-Ho, Park



**H**ave you ever tried kayaking in B.C.? Kayaking is popular in B.C. because there are a lot of places to go kayaking there, and they have nice scenery.

Most people think, seeing the mountains, trees and lakes of B.C. from a kayak is breath-taking. Furthermore, in the summer, if you go kayaking, you will not get hot. You will probably feel cool. It is also good for your health because it is a kind of exercise. Bowen Island, Cowichan Bay and English Bay are some particular areas that are popular for kayaking in B.C.



First, Bowen Island Sea Kayaking is located on Bowen Island. Bowen Island is a good place to kayak because it is a beautiful island that you can see very nice views at. For example, from your kayak you can see the moon rising above Hollyburn Mountain. There are also some nice mountains that you can see a lot of trees at as well as some flowers that are in bloom. It is a good place for beginners because Bowen Island Sea Kayaking staff provides all the gear and safety equipment for kayaking, and also the staff are very friendly. If you want to go there, but you don't have a kayak, don't worry! You can rent kayaks at different prices. The prices depend on the number of people who want to kayak and the amount of time. The lowest price is \$30 for a person for 3 hours. The highest price is \$120 for two people in one kayak for 2 days. To get there, you can take bus #257 from downtown Vancouver to Horseshoe Bay and then take a ferry to get onto Bowen Island. It is a good time to go to Bowen Island in the summer because you can see everything better than you can in the other seasons.



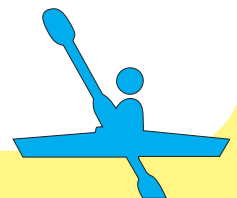
Second, Cowichan Bay has some good areas to go kayaking. One business in Cowichan Bay that can help you kayak is called "We Go Kayaking". Cowichan Bay is located on Vancouver Island between Victoria and Nanaimo. You can take bus #601 or #620 from downtown Vancouver to Tsawwassen Bay, and then take a ferry to Victoria. Once you reach Victoria, you can take another bus to Cowichan Bay. The bus is called Grayhound. Cowichan Bay is a little far from here, but Cowichan Bay is a nice place to kayak. You can rent kayaks here as well. The lowest price to rent a kayak is \$25 for a person for 2 hours. The highest price is \$95 for two people in one kayak for 2 days. You can sometimes see some whales and fish from your kayak. It is a good place to go to because the island still has a lot to see and do; however it is also very peaceful and less busy than Vancouver. Therefore, people are often more relaxed when they go there.



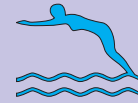
Third, Ecomarine Ocean Kayak is located on Granville Island which is in Vancouver. You can walk there from downtown Vancouver. You can kayak there all year round. The place is nearby Stanley Park, so you can see a nice view of Stanley Park from your kayak. If you do not own a kayak, you can rent one. The lowest rental cost there is \$33 for a person for 3 hours. The highest cost is \$130 for two people in one kayak for 2 days. This place is very close to downtown, so you can get to it easily, and you can see the view of downtown from your kayak.

Overall, these kayak places are popular because they have nice and beautiful views. However, you need to bring comfortable loose clothes, old sneakers or shoes, sunscreen and a water bottle. Otherwise, you will get wet, burnt and thirsty. I went kayaking in Bowen Island, and at that time I had fun because I could see the nice scenery and feel cool. Also, the staff who worked for the kayaking place were very friendly and funny. Therefore, I highly recommend that you should try kayaking there, if not in the other popular areas.

Sources from :  
[www.boweniskayaking.com](http://www.boweniskayaking.com)  
[www.wegokayaking.com](http://www.wegokayaking.com)  
[www.ecomarine.com](http://www.ecomarine.com)







By John

# Stanley Park, Vancouver

I believe many people who live in Vancouver are familiar with Stanley Park because it is a wonderful place for people to take a walk and do some activities. It is close to downtown Vancouver, and it is also the third biggest urban park (1,000 acres) in North America. Because of this, there are about 8 million visitors in the park every year. In fact, Stanley Park is not only a beautiful place but also a good place for business. For example, there are many gift stores in it. In my opinion, I really like Stanley Park because I think it is the best place for me to relieve stress, so I would like to talk about the park in my newsletter.

First, I will introduce the history of Stanley Park. In 1886, Vancouver's first City Council made an important decision by requesting "the Federal Government to lease 1,000 acres of a largely logged peninsula for park and recreation purposes", and then the first official "greenspace" was built by the request being accepted. Therefore, the Vancouver Parks and Recreation, the only elected body of its kind in Canada, was born. The name of Stanley Park came from Lord Stanley, Governor General of Canada, when it was officially opened in 1888.

Second, the landscape in Stanley Park is really nice. The park abounds in wildlife. In other words, when you get into the park, you will find that many various trees and flowers surround you. You can also see many varieties of birds such as swans, ducks and Canada geese near the Lost Lagoon. It is bird-heaven! Near the Georgia Street entrance, you can find a horticulture centre which has many gardens such as The Rose Garden and The Shakespeare Garden. In these gardens, a lot of perennial flowers, ornamental trees and shrubs were grown. Last year, there were almost 350,000 plants in these gardens. There are also many ocean side pools such as Second Beach and Third Beach in the park. Second Beach is on the west side of the park and Third Beach is located on the east side of the park. These beaches all have clear salty water and soft sand.

There is a wide variety of activities in Stanley Park. You could go skating and cycling around the 8.85km seawall. At the beaches, you can go swimming, play volleyball and you can also have a picnic with your friends. Stanley Park Pitch and Putt is a good place for people to play

golf. The place "offers sculpted fair ways, mature trees and lush greens", so playing golf in the place is wonderful. If you like to play tennis, there are 17 tennis courts near the Beach Avenue entrance to Stanley Park and the tennis courts are free to play. In addition, if you don't like sports activities, you should visit the Vancouver Aquarium. In the Vancouver

Aquarium, you could see 60,000 amazing animals such as sea otters, a baby beluga and horseshoe crabs. Furthermore, you could see some interesting performances by the animals and staff in the place. Overall, take your vacation to Stanley Park; you will have much fun by doing many activities.

In conclusion, if you never go to Stanley Park, you should take a time to go around it because it is a really nice park. However, some visitors pollute the park by doing illegal acts such as loitering, when they are in the park. As you know, there are not many nature parks like Stanley Park existing in the world so far, because of human's activities that harm the environment of the Earth. Therefore, I hope the people who travel to the park can protect it.

The sources: <http://www.city.vancouver.bc.ca/parks/parks/stanley/index.htm>  
[http://www.prospectpoint.ca/Contact/Stanley\\_Park\\_MAP\\_PP\\_Lookout\\_1.gif](http://www.prospectpoint.ca/Contact/Stanley_Park_MAP_PP_Lookout_1.gif)  
<http://www.cyberet.net/gesi/travel/images/stanley%20copy.gif>



*There is some information about the activities' places:*

<p><b>AAA Horse &amp; Carriage Rides</b>          Phone: (604) 681-5115          Web Site: <a href="http://www.stanleyparktours.com">www.stanleyparktours.com</a></p>
<p><b>Lost Lagoon Nature House (operated by SPES)</b>          Natural history information, guided walks and volunteer opportunities.          Phone: (604) 257-8544 (Nature House)          Phone: (604) 257-6908 (Stanley Park Ecology Society)          Web Site: <a href="http://www.stanleyparkecology.ca">www.stanleyparkecology.ca</a></p>
<p><b>Seawall / Walk / Cycle Path</b>          Follow pavement signs and stay on your side of path. Cyclists and roller bladders go in counter-clockwise direction only and always yield to pedestrians. Maintain a safe speed and exercise caution in congested areas. Warn others when passing (use your bell).</p>
<p><b>Second Beach Pool</b>          Enjoy this new ocean-side, heated swimming pool.          Open May - September          Phone: (604) 257-8370</p>
<p><b>Vancouver Aquarium</b>          Summer: 9:30 a.m. - 7:00 p.m.          Winter: 10:00 a.m. - 5:30 p.m.          Phone: (604) 659-FISH (3474)          Web Site: <a href="http://www.vanaqua.org">www.vanaqua.org</a></p>





In the summer time, when you have a nice holiday with great weather, you probably plan to go somewhere to enjoy your time. However, sometimes the holiday may only be one or two days. Therefore, it is difficult to go to some places that are far away from your house. For example, if you want to go to Whistler or Victoria on the weekend, you need to spend a long time in traffic. If you go for a movie, it just lasts two or three hours. Moreover going shopping may not satisfy some people. Here during the summer, in this article, I will introduce a great place in Vancouver where you can have a great time at whether you are with your family, friends or even alone; it is the PNE Park (the Pacific National Exhibition Park). The PNE involves several major parts that are Playland, Hastings Park & Grandstand, and the Pacific Coliseum.

## Playland:

Playland is the most popular part of the PNE. The operating hours have 4 different stages (look at chart 1). The cost of tickets there varies. The General Passport costs **\$29.75** (including G.S.T.). It is a one-day ticket that allows you to enjoy most rides at Playland. Revelation, Drop Zone, and Asylum of Terror are **NOT** included in the Passport. The ticket is not only sold at Playland, but you can also buy it from any Safeway or Shoppers Drug Mart store in BC and save **\$2.00**. Now, you maybe wondering what kinds of rides a General Passport includes. Here, I'll show some pictures about several interesting rides:

1. Corkscrew:
2. Crazy Beach Party:
3. Flume:
4. Enterprise:
5. Hell's Gate:
6. Wooden Roller Coaster:
7. Hellevator:

**Chart 1**

April 24 to June 20	
Weekends & Holidays	11:00am - 7:00pm
June 14-18 & June 21-24	
Daily	10:00am - 5:00pm
June 25 to August 20	
Daily	11:00am - 9:00pm
September 11 to September 26	
Weekends	11:00am - 7:00pm

## Other buildings:

Other than Playland, you can visit the Pacific Coliseum and Hastings Park & Grandstand at the PNE. The Pacific Coliseum is the largest building at the PNE. People can watch events such as ice shows, hockey, and concerts. Some of these activities cost extra. Another building area is Hastings Park & Grandstand. Hastings Park & Grandstand is also called 'Race Track', and it is a big place where people can watch horse racing. You can find Hastings Park at the north end of the PNE grounds. It costs \$3.50 for Adults, and it is free to everyone under age 16. There are a lot of seats in the Grandstand Area where people can really enjoy the games.



## Festivals:

The PNE slogan this summer is 'Rediscover the 2004 Fair at the PNE', and there are many festivals to go to. The PNE opens on August 21<sup>st</sup> and closes on September 6<sup>th</sup> from 11:00am ~ midnight daily. Every day, there are different attractions in the park, such as 'Music on the Bandstand' (Nightly at 8:30pm), 'Cirque Pop an Acrobatic Concert Experience' (Daily at 1:00pm, 3:00pm, 6:00pm & 8:00pm) and 'City Rhythm A Vancouver Celebration' (Daily at 3:00pm, 4:30pm, 7:00pm & 9:30pm). There also have fireworks every midnight. The price is \$10 for General Admission (including G.S.T.). You also can buy a ticket from any Safeway or Shoppers Drug Mart store in BC and save **\$3.00**. If you want to know more information about 'Rediscover the 2004 Fair at PNE', you can visit the website of the PNE at [www.pne.bc.ca](http://www.pne.bc.ca). Another special day at the PNE is the Kid's

World which is on September 11<sup>th</sup> and 12<sup>th</sup>. Moreover, on September 10<sup>th</sup> at 7:30pm, the young singer Hilary Duff has a concert in Pacific Coliseum. This concert costs extra.

## Location:

The PNE Park is on East Hastings Street between the Trans-Canada Highway and Renfrew Street, and it is near the Second Narrows Bridge. You can take bus No. 10, 16 or 135 from downtown to there, or you can take a SkyTrain to 29th Ave. Station and change to bus No. 16. If you take a bus from downtown, it only takes you about 20 minutes to get there. If you visit the PNE Park, you can enjoy many interesting shows and different kinds of music. Furthermore, you can get exciting experience at Playland and enjoy the speed of many rides. You will have a blast!



## Sources from :

- <http://www.horseparlor.com/hastings.html>
- <http://www.pne.bc.ca/>
- <Http://www.city.vancouver.bc.ca/pnepark/>



6. Wooden Roller Coaster



7. Hellevator



1. Corkscrew



2. Crazy Beach Party



3. Flume



4. Enterprise



5. Hell's Gate



# SUMMER IN WHISTLER BLACKCOMB

By Brian



**D**o you know you can ski in summer time? In Whistler, you can enjoy skiing on the top of the mountain. Whistler is best known as a ski resort for the winter time. It is true, but there are many activities that you can enjoy during the summer time such as ATV, mountain biking and even skiing!! Whistler is located at proximately 120km north of Vancouver. There are many forms of transportation that can take you to Whistler. Also, there are many nice hotels with nice view. After you enjoyed your excitement in Whistler during the day, you can take a look at the beautiful scenery and shops at night. In Whistler, you can have a whole day to explore the excitement in the Rocky Mountains. Many people think of Whistler as a place where there is nothing to do in the summer time. However, there are many activities in the summer during the day and night.

## Activities during the day



There are many activities that you can enjoy during the day in Whistler. One of the activities is the ATV. It is a vehicle that can go anywhere on the mountain. I highly recommend renting an ATV. I have tried it once in my country, Korea, and I enjoyed it very much. It sounded a little noisy, but I could still drive it over the mountain and enjoy the scenery without making myself tired. It was easy to drive and get used to. The fares for an ATV in Whistler are around \$99 ~ \$150 for two hours with a guide. Also, there is mountain biking. Mountain biking can be a little tiring because you have to paddle your bicycle around the mountain. Mountain biking is good for those who want to exercise and enjoy fresh air and beautiful scenery. The fares are around \$60 ~ \$70. One other activity that is popular in Whistler

is skiing. Skiing in the summer time would be very hard to think of because people think there is no snow in summer time. However, it is available in the summer time in Whistler. The fares are \$45 ~ \$225 depending on how many days you want to ski. Unfortunately, it is only for intermediate and expert skiers. Even though the skiing is limited in the summer, there are still many ways to spend your day there.

## Whistler at night

The night time in Whistler has beautiful scenery. There are light bulbs all over the buildings, and



the buildings are designed in a European style. When I went to Whistler Blackcomb last winter, it was very cold. Even though it was cold, I walked all over the small town just to see the scenery that made me feel like I was in the Alps, Switzerland. There are movie theaters, bars, and clubs that you can watch movies, meet people, and drink beers at. After you enjoyed the beautiful scenery, you can take a rest in a four-star hotel. There are nice hotels like Fairmont, Westin, and Summer lodge. The hotels provide luxury rooms and facilities. You might want to book rooms ahead of time. Whistler is a very busy place and rooms are usually full. The prices for the hotels are around \$150 ~ \$300. The fares can be expensive for students who want to spend less money on their vacations. Here is a solution. There are nice hostels available in Whistler Blackcomb. The prices are around only \$25 a day. Compared to the expensive hotels, those hostels are very cheap. Hostels in Whistler provide a clean environment. Whistler has some peaceful and quiet areas at night in Whistler, so you can enjoy the fresh air and beautiful scenery.

Prices that include activities, transportation, and hotels are pretty expensive. Despite the fact that the price is expensive, it is worth spending that much money in Whistler. There is no other place that provides many activities as Whistler Blackcomb does. Once you go there, views and memories will remain in your mind for a long time. You can check and book all the activities and hotels or hostels in the websites. Whistler Blackcomb is a place that I really want to visit in summer time. Now that I am finished searching all the information, I can start booking.



## Transportation

If you are interested in going to Whistler, you should think about transportation. There are buses, rental cars, express buses, and limousines. Greyhound fares are around \$35 for round trip. It is cheap, but it takes a long time to get there. You can check the schedule in the Greyhound website. The fares of rental cars are the range of \$70 ~ \$104 a day. You can rent a nice SUV that can go high up the mountain. It can be very comfortable on the way to Whistler. Express buses can be very comfortable, too. The buses depart at the Vancouver airport. It is about \$65 for a one way trip straight to Whistler. Also, there is a limousine that can take you to Whistler while you have a glass of wine. It costs about \$300 ~ \$485 depending on the number of people. If you have more than five people going to Whistler, it would probably be a good idea to take a limo.

Sources from :  
[www.whistler.com](http://www.whistler.com)  
[www.whistlerblackcomb.com](http://www.whistlerblackcomb.com)  
[www.greyhound.ca](http://www.greyhound.ca)  
[www.expedia.ca](http://www.expedia.ca)  
[www.hostelworld.com](http://www.hostelworld.com)