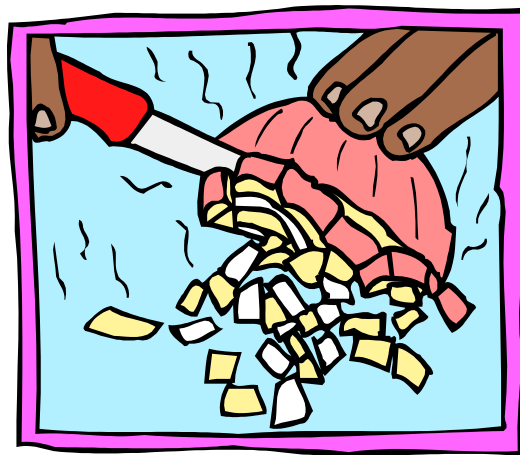


EEL Today



Research & Development Week

December 8 to 12, 2003

A Collection of Student Articles
East End Literacy

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Mamma Mia

By Joan

I loved Mamma Mia. It was quite the show to see. The production cast was wonderful. I enjoyed the show. It was all about a woman that had a relationship with three men. The woman later had a daughter which she raised on her own. The woman's daughter decided to get married and invited all three men without her mother finding out. She, the daughter, kept it a secret about her fathers' being there until the day of the wedding. Two of the woman's girlfriends show up the night before the wedding to, what turns out to be a fun filled night – a night of fun and zany laughter filled with memories.

In the end, one of the would-be fathers found out the mother had built their dream house – built on one of the designs which he had drawn for her on a napkin twenty-one years ago. Also, one of the woman's girlfriends was bombarded with younger men running after her, which made for a night filled with intrigue and excitement.

All in all it was a wonderful night except I had to walk up three flights of stairs at the subway and three flights of stairs at the theatre and was sitting in very close-fitting seats – all of which gave me a bum knee!

Mamma Mia

By Percy

The Mamma Mia play is the first play I have seen. What I liked about the play was the songs. One of the songs was “Dancing Queen” from the 70's. It is a love story on a Greek Island, and I enjoyed it.

Where the show was, was at the Royal Alexander Theatre, 260 King Street West, Toronto, on December, 2003. Benny Anderson and Bjorn Ulvaeus wrote the Mamma Mia show. Then it came to Toronto to be performed so I could see it.

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Mamma Mia
By Leisa

Mamma Mia was a musical show. It was about a girl, her mom, and three men. The girl was getting married, so she needed to know who her father was. She read her mom's diary and found out that at the time of her birth, her mom had three male friends. She decided to invite them to her wedding without letting her mom know. She tried talking to the men one at a time to find out who is her father. Her mom finally found out that the men were there and she was mad! The girl asked the men not to tell her mom why they were there. The girl decided, well, she wouldn't find out who is her father, without letting her mom know. She asked all the men to take her to the wedding and her mom was upset. Her mom told her that *she* will take her to the church on the wedding day. At the church, the girl had a great gift. All the men came together and decided to be her father together. She was so happy that she called off the wedding and told her boyfriend that she was too young.

Mamma Mia
By Luisa

Mamma Mia is a play that was about a girl who is looking for her father. She was looking in her mother's diary to find some answers. She found three guys that her mother was with when she was a little girl. So she called them and told them to come to her wedding. When they came, she met all three of them. She asked if they were her father, and all three said yes. The three men walked her down the aisle.

This play took place at the Royal Alexandra Theatre. It was on Dec.9, 2003 at 8:00 pm until 10:30 pm.

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Pirates of the Caribbean, the Movie
By Joseph

The actors' names are Johnny Depp and Geoffrey Rush. The story takes place in the Caribbean Islands. The main characters were Captain Jack Sparrow, Captain Barbossa and the King's beautiful daughter. The story was about pirates that had to steal their ship back. They had to kill Captain Barbossa to get it. There was no message in this movie. It has a lot of action and it was funny, too. A lot of people would buy this movie because it was good. The movie was amazing. People should go and get it. I liked the movie, so I went to buy it for my house. I think all the people in the class enjoyed themselves.

Pizza and a Movie
By Peter

I came back to school after the yoga for pizza, pop and a movie. It was great.

Living With a Learning Disability
By Joan

I had the fortunate opportunity to meet a woman who does not have the ability to spell or remember words. I was very different to see how she reminded herself how to spell. She looked on walls or carried a dictionary around with her. If it was very difficult, she would call her husband. This woman is going through for her masters degree and she does not know how to spell. She has also taught a class and she had to do all these things, so her students did not know of her disability.

The woman carried around two or three different dictionaries and she gave one to me as a gift. I think she is a very remarkable woman for going so far as she has without knowing how to spell her name.

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Overcoming a Learning Disability
By Wanda

In class on Mon. Dec. 8, 2003, the students of East End Literacy had the pleasure of meeting and speaking to Kimberly. Kimberly is an adult who has overcome her learning disability by using her environment.

As an adult student, I can understand the difficulties that Kimberly faced. Like some of us, Kimberly left school young, but by working as a waitress and a taxi driver, she was able to return to school. She graduated at the age of twenty-six.

Kimberly took a course on being a better student. She said that if you find your mind wandering, say “No!” and bring your attention back to focus. Also, if you are distracted by something, make a note and forget it.

During the hour and a half class, Kimberly shared her secrets with the class. She says to use the environment around you, like classroom walls, people, dictionaries, thesaurus, computer word processing programs, and even worksheets to help you find any and all words you need.

This class was called *Living with a Learning Disability*. I have trouble with that title. In my opinion, Kimberly has overcome the label of being disabled. She is a supply teacher and a doctoral candidate at the University of Ottawa; therefore I gave this article the title “*Overcoming a Learning Disability*.”

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Yoga

By Joan

I thought the yoga class was very good. It helped me move muscles I did not know I had. It was a real challenge for me. I thought I could not do it, but I did. The teacher thought I had some really good positions. I found the yoga relaxing in the end and was really a good thing. Everybody can do yoga, young and old. The class we had was a good one, even if there was a lot of huffing and puffing. I can say that the yoga class was very relaxing for my body.

Yoga

By Leisa

A yoga class, for me, was something that I never did. I learned about how to breathe slow and fast without doing much. Yoga is a relaxing moment that your body needs sometime, and it helps you to think clear. It puts you in another part of your body and mind. It is good for you to do yoga at least three times a week. Yoga lets you stretch your body and control your breathing which is good for you.

Yoga Class/Relaxation Techniques

By Percy

The Yoga Class with Jennifer started at 10:00 to 1:00 with Jennifer at East End Literacy. We did yoga in the classroom and I enjoyed the class by Jennifer. I learned to relax and to let go of my stress by breathing in and out to relax the body and mind. This is what relaxation is.

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Yoga
By Gloria

It makes you feel so full of movement when doing the yoga exercise. We raised up our hands and then stretched them. After that, we lay on our tummy and stretched our legs. We did a push up exercise. We had a relaxation exercise by crossing our legs, closing our eyes and breathing in and out. This exercise made me feel so good. Sometimes I do it in my bed in the morning before I get out of bed.

The Yoga Workshop
By Peter

It was so good to me. I liked the yoga class in the morning. It made me feel better. It was lots of fun at the time. It helped me get going in the morning time. So we all had a good time with the teacher. We all learned so much in the yoga class in this room. We closed our eyes and crossed our legs on the floor. We all did exercises in yoga class and the teacher showed us how to meditate with your legs crossed and deep breathing. It was wonderful doing exercises with the teacher and our students in this room. It was a great workout.



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Moving On
By Wanda

Unfortunately, I missed the first hour of the session given by Scott and Garvin. The topic was about moving on and furthering your education. This discussion took place on Fri. Dec. 12, 2003 at East End Literacy.

The former East End Literacy students were shy, but confident during the question and answer period. They explained that in Level Four, to help build your skills, you would be taking math, English and computers. We also spoke about Level Five and what was expected of us. Garvin said Level Five is a review of past work already learned, plus your math which will become a little more challenging with algebra.

Although both men are in George Brown together now, it wasn't always that way. Scott stayed back a year longer at East End Literacy. He told us that if you're not ready, you should take your time making the move to George Brown. But, on the other hand, Garvin said to have fun with what you are doing, and try not to get stressed. Don't be afraid because there is a lot of support, and carry a dictionary.

The men suggested that if you need help, you should speak with your counselor or teacher. They will help you with a plan that works for you at your own pace. They also reminded the students that we could keep our tutors for up to one year after leaving East End Literacy.

I found this class inspiring and would like to see it repeated. I feel less apprehensive about my future because I have a support system. I am glad I made it to school that day because I enjoyed watching, listening and making notes.

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Writing Out Loud
By Kathy

Linda Dawn Pettigrew came to our class today and gave us the opportunity to experience Writing Out Loud. Writing Out Loud is a free writing program originally developed by Deborah Morgan. It was made up so that adult literacy learners could improve their reading and writing skills. It is a strategy or plan that builds self-esteem and confidence.

Writing Out Loud activities are user-friendly. That means they are easy to prepare and fun to do. This technique has motivated thousands. Learners have gained the confidence to develop their “voices” and express their opinions on paper.

We did not have to worry about spelling or punctuation or grammar. I really enjoyed Writing Out Loud, the free writing program.

Writing Out Loud
By Robert

Writing Out Loud was a workshop that was given to us by Linda Dawn Pettigrew here at our East End classroom. Writing Out Loud was designed so that people will improve their speaking with groups of people. The activities in the workshop are fun and made for people to do in groups and will improve people’s reading, writing and speech impediments and make it more easy for people to express their feelings out loud. I like the Writing Out Loud because it made it easier for me, personally to speak in front of groups of people. The activities we did gave me the chance to learn about the people I participated in the program with. And we all got free animal crackers.

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Writing Out Loud

By Wanda

On Tues. Dec. 9, 2003, the students of East End Literacy had a unique opportunity to express themselves. This was achieved by something called Writing Out Loud with a woman named Linda Dawn Pettigrew.

Linda Dawn gave everyone some paper, a pencil, and a Writing Out Loud workshop booklet. Then she went through each step of it with the students. I think that there were about seventeen of us there. Linda Dawn showed the class that Writing Out Loud means you don't have to worry about spelling, punctuation or grammar.

The first exercise we were asked to do was write something about our names, like did you know what your name meant, or where it came from? Then Linda Dawn asked us to read what we had written out loud, therefore, Writing Out Loud. I wrote that my name was boring and that no nickname could be plucked from it.

The second exercise was a little more fun. It was called Animal Crackers, and we were given something to eat. Linda Dawn handed out some pictures and asked everyone to pick the one that most suited them. We were then asked to write about our animal. I wrote about dolphins because I think that they are graceful.

I can't speak for anyone else, but I found this class to be both educational and fun. I was able to express myself through words without worries about spelling, grammar or punctuation.

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Writing Workshop
By Christina

I liked the writing workshop. It was a very good experience because it improved my skills in writing.

There were students I didn't know in the class. It was a mixed group. We talked and wrote about wild animals.

I wanted to write about giraffes. I have not seen a giraffe except in a book. I like giraffes because they are beautiful; they have long necks and long legs.

I liked the teacher. She was very good. She explained all about the wild animals and that was very interesting.

I like writing but find it difficult. That is why the writing workshop was interesting and important because it helped me to practice more on writing.



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Goodwill Employment Counselling and Job Placement
By Kathy

Goodwill has a policy to provide a process of referral with clearly defined intake criteria to all potential applicants and referral sources. The intent of this policy is to quickly establish a program for an individual.

All applicants wishing to participate in training are required to attend an information session. These sessions are designed to provide applicants with the information required to make an informed decision about whether their services meet their needs.

Upon completion of screening, applicants who meet the eligibility criteria for their chosen training line are provided with a date and time for an intake interview which lasts approximately one hour. This process is used to determine the applicant's readiness to access services.

A Goodwill staff member notifies the applicant and referring agency whether or not the applicant has been accepted into a training line within 72 hours of completing an intake interview.

Goodwill Program
By Robert

Goodwill has four different twelve-week programs. They offer job training in the areas of janitorial and maintenance, customer service, food services, and call centre. Goodwill provides participants with the opportunity to learn and develop the skills and attitude necessary in the workplace. The Goodwill Workforce Development office is located at 108 George Street in the downtown area. It is a program that I strongly advise anyone who is looking for a job in one of those fields to check out.

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Cooking Demonstration

By Luisa

Leisa and Percy did a cooking demo at Central Neighbourhood House. Percy was showing how to cook salt fish and akee, and rice and beans, and Leisa was showing us how to cook macaroni and cheese. It was on Dec. 16. I think that Leisa and Percy did a good job on their demonstrations. Leisa was a little bit nervous, but I was there to back her up. If they keep doing good work by cooking, they would get a good job in the Cooking Industry.

Cooking Demonstration

By Leisa

The cooking demonstration was done by me and Percy. I did a Baked Macaroni and demonstrated to the class how to do it.

Percy's demonstration was lovely. I learned a lot about cooking akees and salt fish, rice and peas. That was the first time I saw what was akees and what it looked like and tasted like. Percy did a great job on both of the cooking and his demonstration. I am proud of both our demonstrations that day.

Leisa and Percy's Cooking Demonstration

By Robert

Leisa and Percy, two students from my class at East End Literacy, gave our group a demonstration on how to cook foods from their culture. Percy cooked a Jamaican dish Akee and salt fish at the Central Neighbourhood Kitchen. Akee and salt fish take about 60 minutes to cook and is usually served with rice and beans or rice and chickpeas. I have eaten akee and salt fish and I really enjoyed it.

Denise, an instructor from Central Neighbourhood House cooked Easy Crustless Quiche, something I was not familiar with. This particular dish is a vegetarian dish and takes about 45 minutes to prepare. It is ready when the top is lightly browned and the middle is firm.

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Cooking Demonstration
By Percy

The cooking demonstration was at Central Neighbourhood House on Thursday Dec. 11, 2003 from 9:30 to 12:00 with Denise, Percy and Leisa. There were Jamaican recipes by Percy, Akees and Salt Fish and Rice and Beans. It was a very good demonstration. All went well for Percy. There was Baked Macaroni and Cheese by Leisa. All went well with her demonstration. The easy Crustless Quiche was by Denise. It was a good demonstration. All was well and we all ate after the demonstration. This was the cooking demonstration.

Cooking Demonstration
By Joseph

Percy and Leisa looked like they are on TV. I'd watch that show. I liked that class a lot. I learned how to cook fish. Now I'll be able to make dinner for my wife and daughter. Percy and Leisa demonstrated very well.

Home Economics Cooking Class
By Wayne

It was my first time taking a cooking class. I do not know how to cook but I wanted to see the many different ways of making dishes. One of the dishes was akee and salt fish, rice and peas, which was prepared by one of the students. Another student prepared a second dish, which was macaroni and cheese. A third dish was prepared by a teacher which was called quiche, a dish that was made out of vegetables, (including zucchini,) eggs, cheese and milk with a little bit of flour to hold the ingredients together. There were only three dishes that were being prepared by two students and a teacher. It was fun. I enjoyed it. I got the opportunity to learn about the dishes of different cultures.

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Baked Macaroni and Cheese

By Leisa

- 2 boxes of macaroni
 - 1 pkg cheese
 - 1 tin milk
 - 4 Tbsp flour
 - 1 shallot
 - 1 big sweet pepper
 - 1 big carrot
 - 1 onion
 - 3 Tbsp butter
1. Boil the macaroni in hot water and add a little oil.
 2. Cut up the shallot, pepper, carrot and the onion.
 3. Then in a bowl, you put the two packs of macaroni cheese with milk.
 4. To cook, you put a pot with the butter let it melt.
 5. Then add the onion, pepper, shallot and then the carrot.
 6. You add the flour it into the pot and stir it until it melt.
 7. Add the cheese that you mixed in the bowl.
 8. Add your macaroni into the pot and then you put the cheese from the pack only half.
 9. Let it cook a little and then you grease your pan while you wait
 10. Pour everything into the pan and add the cheese at the top.
 11. Heat the over to 350 degrees for few min.
 12. Put in the macaroni and let it cook for 20 to 25 min.
 13. Let it sit for 10 min before serving.

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Jamaican Recipes
By Percy

Akees and Saltfish

Ingredients for Akees and Saltfish:

- One can Akees
- Quarter pound saltfish
- One onion
- One tomato
- One piece thyme
- Half tsp. Salt
- ½ tsp black pepper
- ¼ cup (approx.) vegetable oil

To cook this recipe:

1. Boil water with salt
2. Put akees in pot with boiling water for 30 min. Drain
3. Put oil in frying pan.
4. Put seasoning in frying pan for 5 min.
5. After 5 min. put the akees in pan for 5 min.
6. Fry for 5 min.
7. Boil water in pot. Boil saltfish for 15 min. Drain,
8. Then mix akees and saltfish together. Cook down for 15 to 20 min.

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Rice and Beans

Ingredients for Rice and Beans:

- 4 cups of rice
- One can of Beans
- ½ pkg. Creamed coconut
- One piece thyme
- 6 or 7 whole black peppers
- 1 scallion
- 1 ½ tsp. Salt
- One Tbsp. Oil or one Tbsp. Butter
- ½ pot of water

To Cook this recipe:

1. Boil water with salt in a big pot. Then add beans.
2. After 5 min. put creamed coconut and seasoning in at the same time for ½ hour,
3. Wash rice with running water four to five times.
4. Then put rice in pot with all of the above. Then put oil or butter in pot.
5. Cook for ½ hour.

Serve akees and saltfish together with Rice and Beans. Then you can taste Jamaica recipe.

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Holiday Party
By Kathy

We had a Candle Lighting Ceremony. It was very nice and something I had never done before. I enjoyed doing this with everyone.

Joan did the student reading. She did a very good job of reading "Listen." She did it with feeling. She talked loud and clear with no mistakes. Way to go, Joan!

In the Community singing, Percy did a solo. He did a really good job. During the rehearsals things were going good and everyone was having fun learning their lines. Then it was time to sing. We sang off key and forgot words, but "the show must go on!" And it did. We had fun. Sorry everyone.

For the raffle, Percy pulled names from a box. For every name he pulled, they got a prize. When it came to our Christmas party, he was kind enough to say a few words. He talked about the holiday and wished everyone a Merry Christmas.

Wayne did a One Man Show. He told his side of the story of Joseph, Mary and Baby Jesus. He really entertained everyone. It was funny and entertaining. I think everyone enjoyed themselves. Thank you, Wayne.

The food looked good and everyone enjoyed it. Two thumbs up for the staff. They really pulled it off. Thank you for the memories.

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Acknowledgements

Dear Denise,

Thank you for lending us your time and the kitchen for our cooking demonstration. It means a lot to the students and teachers at EEL. It was fun to have everyone there looking at all the different dishes. Some of us tried them on the holidays and their families liked everything. So from EEL we just want to say thank you very much.

Sincerely,
Leisa

Dear Miss Jennifer Helland,

Thank you for your time. My name is Percy. I was at your class last year at East End Literacy in Brenda's class. I enjoyed your instruction in your yoga class. I liked when you taught us how to relax our minds and bodies by breathing in and out to let go of our stress. When I stretch my body I feel more relaxed today.

Sincerely,
Percy

Dear Linda Dawn,

I am writing you this letter to thank you on behalf of all of the students here at East End Literacy for your great writing out loud workshop we did during the Demonstration Week.

I know that all of the participants that were involved in the Writing Out Loud Workshop learned to communicate easier in front of groups of people and felt better about themselves.

So in closing, me and all of the students would just like to say thanks.

Sincerely,
Robert

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Dear Maria and Sally,

My name is Kathy. I am writing a few lines to thank you for helping us with the community singing. We had a lot of fun rehearsing and putting it all together. Without your help we would have been lost. Thank you for all your help and the good memories.

Sincerely,
Kathy

Dear Mr. Mirvish,

We are grateful for the tickets you sent us to Mama Mia. It was a nice gesture. What made it really good for me is that the day we went to see the show, it was the day of my birthday, Dec. 9th. I really enjoyed the show and can really relate to the girl in the storyline. Even if the theatre had a lot of stairs to it, it was really a wonderful night out. I really enjoyed the show and the night out, and I'm thrilled that you picked our class to send tickets to. We all enjoyed the show. Thank you for your wonderful gift.

Yours sincerely,
Joan

Dear Garvin and Scott,

I would like to take this opportunity in writing you this thank you letter on behalf of East End Literacy.

I thought that it was very nice that the both of you took the time to come to talk to us. I thought that the information that you came and talked about was very informative to us. It gave me and my classmates a better understanding of what George Brown College is all about.

I would like to say thanks again for coming to East End Literacy and talking to the students about George Brown College.

Your friend,
Luisa