

CONNECTIONS

Adult Learning Centre News

727-3207

April 2006



Spring is on the way. The days are getting longer and the snow is melting. It is so good to hear the birds singing. Things are really buzzing around the Centre. Everyone is trying to cram in just one more credit. The rush is on to do what we can before summer break.

Contact North has been pretty quiet with the professors at the colleges being on strike. We are all glad that classes have since resumed and it is nice to see the students smiling as they finish off their last few classes.

We are hoping for some good weather this month so we can get out and do some cleaning in the yard here at the Centre. It sure needs some sprucing up after the long winter. If the weather is really nice, we may even get a barbecue out of it.

We are starting our drive to find sponsors for the new school year. We have some very dedicated people in the area and we take this opportunity to thank them for their support.

Don't forget Earth Day on April 22nd, do something for the Earth, look what she did for you.

MAPLE SYRUP

No one really knows who first discovered how to make syrup and sugar from the sap of a maple tree. However, we know that maple syrup was an important commodity in the North American Indian economy. Maple syrup and sugar were used for barter by Indians living along the Great Lakes and the St. Lawrence River.

The sugar content of sap produced by different trees in a grove can vary a great deal. The average maple tree produces sap with a sugar content of two or three percent. Sugar maple trees also known as rock or hard maple are usually the best producers. Red Maples also provide sweet sap.

The size of the tree and seasonal differences determine the yield of sap. The average yield of a taphole is from 5 to 15 gallons, but can be as much as 40 to 80 gallons.

In the latter summer and fall, maple trees virtually stop growing and begin storing excess starches throughout the sapwood. This excess starch remains in storage as long as the wood remains colder than about 40 degrees F. Enzymes in the ray cells change the starches to sugars. This sugar then passes into the tree sap. As the temperature increases to about 45 degrees F, the enzymes stop

functioning and sugar is no longer produce. In March and April, the sugar changes back to starch, except during periods of flow.

Rising temperature creates pressure inside trees, causing sap to flow. When a hole is bored into a tree, wood fibers that are water carrying vessels are severed, so sap drips out of the tree.

This sap is then boiled down to make the rich dark syrup that we enjoy on pancakes and waffles.

RECIPE CORNER

Maple Muffins

2 cups flour
3 teaspoons baking powder
1/2 teaspoon salt
2 tablespoons sugar
1/4 cup butter, softened
1 egg
3/4 cup pure maple syrup
1/4 cup milk

Stir together the dry ingredients. Add butter and blend well. Add egg, maple syrup and milk. Stir until well blended (do not over beat). Fill greased muffin tins about 1/2 full. Bake at 400F for 20-25 minutes. Makes about 12 muffins

EARTH DAY

5 Top Tips

- By eating fish that are caught in an environmentally responsible manner, you can help keep the marine ecosystem healthy, without compromising freshness and taste.
- When you're next in the market for a car, choose the one in your class with the highest fuel efficiency rating. You'll save money each time you fill up.
- Check your tires once a month, since properly inflating your tires improves gas mileage. According to DOE, under inflated tires waste more than two million gallons of gasoline a day. And they're also a safety hazard.
- Using fluorescent lights can be a major factor in cutting greenhouse gas emissions. According to the Environmental Protection Agency, a new compact fluorescent bulb uses 75% less energy than a standard incandescent and lasts about 10 times as long.
- You prevent waste and save money whenever you reduce your purchases of supposable and over packaged items or reuse more of what you already have. It's easy!

PANCAKE BREAKFAST

We spent a morning on March 27th making buttermilk pancakes and sausage. We are learning to shop and eat healthier and wiser. We thought a mini cooking lesson would help. We sure had a good time and a yummy breakfast.

MEANINGFUN MONDAY

We have an extra special treat this month for MeaningFun Monday. Rainbow the Clown will be here to visit the children. All children from 3 to 7 are welcome. The Red Lake District Adult Learning Centre hosts this event the second Monday of every month at the Christ Lutheran Church in Red Lake at 6:00 to 7:30 pm.

There is no charge, but all children must be accompanied by a parent or grandparent. We ask that you register by calling 727 -3207.

There will be a fun craft and a snack, so bring your children and enjoy meeting Rainbow.

SOMETHING YOU SHOULD KNOW

The Chocolate Bar

Although chocolate has been around for a long time, a Canadian, family-owned chocolate factory, Ganong Brothers Ltd., is credited with introducing the five-cent chocolate nut bar in 1910. Legend has it that Arthur Ganong and factory supervisor George Ensor were inspired to create the bar as a convenient snack for fishermen. The company factory in St. Stephen, New Brunswick, was near a popular fishing grounds where the St. Croix River enters Passamaquoddy Bay. The Ganong company remains successful today, and is still located in the same town.

EARTH DAY AT THE CENTRE

We are celebrating Earth Day here at the Centre on Friday, April 21st. We are going to put on our blue jeans and clean up the yard. Then weather permitting, we will be having a barbecue. Drop by and have a hot dog on us. We will have a good display of books out in the front yard to give away.

Before you walk in
someone else's shoes,
first remove your own.

THE ADULT LEARNER

Adult learners are diverse, bringing a wealth of life experiences to the learning situation. Active forms of learning help connect the content to the learners' own meaning structures. They:

- A. Vary widely among ages, abilities, job experiences, cultural backgrounds, and personal goals;
- B. Range in educational backgrounds from no formal schooling through many years of schooling;
- C. Carry well-developed personal identities;
- D. Carry reservoirs of personal experiences, which are learning resources.

Unfortunately, adult learners are hard to get into the Centre and here are a few reasons why, they:

- A. Feel embarrassed about returning to school;
- B. Feel embarrassed to join classes with younger students;
- C. Hold negative impressions of their own abilities;
- D. Hold negative impressions of schools and teachers;
- E. Problems with child care and transportation;
- F. Lack of time and confidence
- G. Lack of information about opportunities to learn

So here at the Adult Learning Centre, we are dedicated to:

- A. Establishing a friendly, open atmosphere where the participant can learn;
- B. Making it a stress free experience;
- C. Teaching things that are important to the participant;
- D. Helping with transportation;
- E. Making sure that it is fun and free;
- F. Teaching things that are important to every day life, computers, healthy living, job readiness, budgeting, and problem solving.

We are open Monday to Friday from 9:00am to 3:00pm and our phone number is 727-3207. Drop in or call us and we can set up a schedule for you at your convenience.

Statistically - 100% of the shots that you don't take, don't go in.
...Wayne Gretzky