

# CONNECTIONS

Adult Learning Centre News

727-3207

January 2006

## Happy New Year



Well a brand new beginning. Hope you had a very good Christmas holiday and some real down time.

Now is the time for new resolutions and new classes for another year of learning. Here is hoping it will be a good year for you and that what you learn will help you to move on to bigger and better things. Or just enjoy the thrill of learning something new every day. Learning has many meanings, to gain knowledge of or skill in, commit to memory, be told about, become aware of, or receive instruction. We are so lucky that it is so available to us. It is good for us and we should take advantage of it.

Learning gives us a better attitude and it builds our self confidence. It is something that we can share with other people, it is usually done in a group.

We have a very enthusiastic group of learners here, but there is always room for one more. Give us a call at 727-3207 and see what we have for you to learn today.

Happy 2006!

## Christmas Basket

The lucky winners of the Christmas Baskets were Debi Kosie, ticket # 1485 and Della Perks, ticket #705. We would like to thank everyone that bought tickets. A special thank you to Forever Green for wrapping our baskets making them so appealing. A big thank you to management and staff of the Lakeview Restaurant and Pape's Diner for hosting our baskets and selling tickets.

## MeaningFun Mondays

MeaningFun Mondays have been doing quite well. In December a couple of hockey players from the Cochenour Flames came in to read a story to the children. The children made snowmen out of marshmallows. In January, Elaine Poulin came in to sing songs with the children and they made tambourines for a craft.

The next MeaningFun Monday will be held on February 13<sup>th</sup>. It will be at the Christ Evangelical Lutheran Church from 6:00 to 7:30 pm. Children must be accompanied by a parent or grandparent.



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## Writer's Corner

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### The Parent's Creed

If a child lives with criticism,  
He learns to condemn.  
If a child lives with hostility,  
He learns to fight.  
If a child lives with ridicule,  
He learns to be shy.  
If a child lives with shame,  
He learns to feel guilty.  
If a child lives with tolerance,  
He learns to be patient.  
If a child lives with encouragement,  
He learns confidence.  
If a child lives with praise,  
He learns to appreciate.  
If a child lives with fairness,  
He learns justice.  
If a child lives with security,  
He learns to have faith.  
If a child lives with approval,  
He learns to like himself.  
If a child lives with acceptance and friendship,  
He learns to find love in the world.

*Dorothy Law Nolte*

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You never get a second chance to make a good first impression.

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## Recipe Corner

### Breakfast in a Glass

1 banana  
1/3 cup nonfat milk  
1/4 cup strawberries (can be frozen)  
1 - 8 oz. nonfat plain yogurt  
1/4 cup of dessert tofu (Optional)

Put all ingredients into a blender and blend until smooth. Pour into glasses and serve.



## Coffee House

It is that time of year again, we are looking for performers for the 6<sup>th</sup> Annual Coffee House. This Coffee House will happen on February 25<sup>th</sup>, 2006, at the Legion Hall. We need artists, musical talents, poems or any talent, as long as you are an adult, we would love to have you use this venue to share with the rest of the community. Give us a call and let us know at 727-3207.



Cheers to a new year and another chance for us to get it right.



*...Oprah Winfrey*

## Family Literacy Day

January 27<sup>th</sup> is Family Literacy Day. This is an annual event organized by ABC Canada Literacy Foundation to encourage children to read more.

Christine Featherstone, the president of the ABC Canada Literacy Foundation, says "Literacy activities can be built into everything that they do: writing a shopping list, playing on the computer, playing Scrabble, reading a story, writing a note to Grandma--all those things are literacy activities and we want them to do that every day with their family."

Featherstone even recommends family members read to babies so infants get used to the sound of their voice, and the presence of literature.

The trick is to make reading fun, not a chore.

"For older kids, make sure you turn the TV off for an hour after dinner because that frees the kids' minds up. For littler kids, have lots of books in the house, lots of books. Read to them as much as you can, play word games with them. Make it fun. Don't make it school."



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## Job Readiness Program

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The Job Readiness Program has moved into a new phase. All the students have gone on to their placements at different jobs in the community. They put in a lot of hours and worked very hard. The course proved to be invaluable in that it sparked some into finishing their studies to acquire their grade 12. It also gave an insight into employment that a lot had not thought of before.

The many speakers and presenters were patient and helpful. They helped our students do resumes, cover letters and mock interviews. These things are great confidence builders.

The students did a complete day on the Smart Serve course and two days on First Aid and CPR. They spent another day getting their WHIMIS certificate, and yet another on earning their Ontario SuperHost certificate.

They enjoyed themselves and we finished off with a Christmas party and diplomas.

It was great having them here in the building and it is so quiet since they left. We wish them the best of luck as they move out into the working world.

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Monday, January 23, 2006 is the 39<sup>th</sup> General Election. Make sure you are part of it.

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## Winter Classes

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A new year bringing increased interest in learning new things. We are going to help out by starting another round of computer classes.

Excel will begin January 30<sup>th</sup> and run for five weeks. It will be held from 6:30 to 8:30 pm every Monday night and cost \$50.00.

Microsoft Word starts on February 8<sup>th</sup> and run for five weeks. It will be from 6:30 to 8:30pm and cost \$50.00. We can run an afternoon class in each of these if the demand is there.

January 18<sup>th</sup> we will be starting an Introductory Computer Course running on Wednesday afternoons from 1:00 to 3:00pm. This will be geared to those with NO prior computer experience. The cost is \$50.00 for the full six weeks.

## Introductory Art Class

On February 9<sup>th</sup>, 2006 a 10 week Introductory Art Class will begin. Registration fees will include a drawing package of 2 sketchbooks, drawing pencils and erasers, stumps, and a portable drawing board. Everything to get you started!

The cost for this is \$125.00 for all 10 lessons taught by Terri Tardiff.



## Life Workshops

On January 25<sup>th</sup> we will have Bob Stevens from the Red Lake Funeral Home coming in to help us with questions concerning funeral arrangements and things that we need to know about this subject. He will touch on subjects such as living wills and power of attorney. It promises to be a very informative afternoon from 1:00 to 3:00pm

On January 26<sup>th</sup> Ruth Londry will give a full day workshop on Planning for Retirement-the Emotional Issue. She will be here from 9:30 to noon and 1 :00 to 3 :00pm. These workshop are free, we just ask that you call and register to ensure space.

## Writing Your Memoirs

We would like to run this class again this winter. If interested please call to register. Times and dates are dependent upon registration.

Call us at  
727-3207