

CONNECTIONS

Adult Learning Centre News

727-3207

november 2006



WINTER IS HERE

Winter came fast and furious this year. We are well into the school year and everyone is into the swing of things. potatoes are nutritional powerhouses, It is busy around the Centre, with students coming and going all day long and well into the evening. You can feel the determination of learning going on. Courses are being mailed in and out, some are doing tests, others are working on projects. It is so nice to see students working together and helping each other out, encouraging one another and cheering over every accomplishment. Adult learners are a special breed. They work so hard and every one has that moment of triumph when they realize that they have learned something new or got that credit.

If you are not learning anything this month, you are missing out on something great. Just ask an adult learner. Come join us, we would love to show you what we have to offer.

Don't forget our website: www.redlakeadultlearning.com

POTATO FACTS

Did you know that the average North American eats 158 pounds of potatoes a year. In fact, one in every three meals includes potatoes, or at least some form of them. And that's a good thing, because potatoes are nutritional powerhouses packed with vitamin C, fiber, potassium and only a trace of fat. If only we could stick to potatoes in their original, uncorrupted form, but noooo! Gut-bustin' potato chips and fat-drenched French fries also count in our overall intake. Look out hips, here come the chips! And French fries? With their fat content as high as the Eiffel Tower, you can say au revoir to your trim waistline. But don't stop savoring your spuds. Potatoes are a nutritious food as long as they're baked, boiled, or mashed, and topped with healthy stuff like dill, chives, salsa, low-fat sour cream, or low-fat tzatziki.

FIRST AID COURSE

There were more than a dozen students showed up for this course. For two days they practiced life saving maneuvers. Darlene Leroux was the instructor and she patiently talked them through all that they had to learn.

TAKE OUR WORD FOR IT

English is a crazy language. For instance, there are no grapes in grapefruit, no eggs in eggplant, no horse in horseradish, nor ham in hamburger. You won't find any pine or apples in pineapple. English muffins weren't invented in England and French fries didn't originate in France. And here's a little food for thought: If a vegetarian eats vegetables, what does a humanitarian eat?

STRONG INTEREST INVENTORY

Lisa Johnston from Job Connect will be coming and walking us through an inventory of strengths through a "Strong Interest Inventory". This can be used to determine a career path, educational path, etc. The interest inventory takes approx. 30 min to complete and with intro and a few other things, it can last 1 - 1.25 hours. This interest course will be held at the Adult Learning Center, November 16 that 10:00am.

STRONG INTEREST INVENTORY

Donations are coming in for our annual Christmas Basket and again it looks like quite a prize. Tickets are still a dollar a piece and you can soon see the basket at the Lakeview Restaurant. You can buy tickets from the board members, students, at the Centre or the Lakeview Restaurant.

RECIPE CORNER

Hamburger Vegetable Soup

- 2 tbsp. butter or margarine
- 1lb. Hamburger
- 1 onion chopped
- 1 1/2 tsp salt
- 1 cup diced carrots
- 1/2 cup chopped celery
- 1 cup diced potatoes
- 2 cups tomato juice
- 2 cups milk
- 1/4 cup flour

Brown meat and onion in butter. Add remaining ingredients except milk and flour

and cook until vegetables are tender. Combine milk and flour and stir until smooth, add to soup and stir until thickened. Yield: 4 to 6 servings.

FLOWER ARRANGING

We had ten very eager learners show up for this class. Pam Goodwin set everyone up with a miniature pumpkin and some greens and flowers and with some guidance, some of the cutest bouquets were born. Everyone had a lot of fun and are eagerly awaiting November 21st when Pam will be showing us how to do a Christmas bouquet in silk.

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COMPUTER CLASSES

We now have a new computer instructor. Bill Conlin has joined our staff and will be our computer expert. We are now in the process of deciding which computer courses will be taught when.

Some classes that will happen are: Excel, Power Point, Word, Publisher, Simply Accounting and Introduction to Computer. If you are interested in any of these courses, please call and leave your name and phone number so that we can contact you when your course comes up. Most courses will be once a week for two hours and for about 5 to 6 weeks, depending on the course. Most courses will cost \$65.00. Our phone number is 727-3207.

CRAFT CLASS

We will be holding a craft class on November 13 that 1:00pm. We will be doing a beading project with Lorraine Meekis. This may take two sessions. We are hoping to continue with other craft projects. If you are interested in this fun time event, give us a call at 727- 3207



TENANT RIGHTS & RESPONSIBILITIES

Public Education Sessions at the Red Lake District Adult Learning Center presents

Tenant Rights and Responsibilities

Topics include:

- Get and keep your rent receipts:
- Howto give your notice
- Can my landlord take my stuff
- Your landlord's responsibilitie
- I got an Eviction Notice...now what?

Please phone 727-3207 to register **Wednesday, December 6th, at 6:30pm**
Presented by Nan Normand Kenora Community Legal Clinic

NOVEMBER 11, 2006

November 11th is the day that we wear a red poppy in Remembrance of those who sacrificed their lives for us during the war.

The eleventh hour of the eleventh day of the eleventh month, marks the signing of the armistice, on November 11, 1918, to signal the end of World War I.

Service at the Royal Canadian Legion on November 11th, starting at 10:30am.

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WEYERHAEUSER'S GIFT

We received a very generous gift from Weyerhaeuser this fall. They gave us 10 cases of S.S x 11 paper. We use a lot of paper for photocopying and computer work. We are very appreciative.

Also, Tom's Delivery brought it up from Dryden to us free of charge. This was a nice surprise for us!

We are a non profit organization and we operate on annual grants from the Ministry of Colleges and Universities, so gifts like this are a real help to us.

Thank you so much!

LITERACY ACTION DAY - NOVEMBER 9TH, 2006

Parliament Hill, Ottawa

Literacy Action Day (LAD) is organized by the Movement for Canadian Literacy (MCL), in cooperation with other national, provincial and territorial literacy partners. LAD provides an opportunity for parliamentarians to talk directly with adult learners and educators about how literacy issues affect Canada and Canadians.

LAD is a non-partisan event. As well as meetings between delegates and parliamentarians from all parties, there will be a luncheon reception co-moderated by Senator Ethel Cochrane (Conservative) and Senator Joyce Fairbairn (Liberal).

This fall more than ever, Canadians who care about literacy must speak out. Politicians need to understand that:

Canadians place a high value on lifelong learning and recognize that literacy is the foundation for that learning.

Literacy investments yield huge social and economic returns, not all of which can be measured through literacy statistics.

The recent cuts to federal literacy funding will undermine the quantity and quality of literacy services across the country by reducing professional development, curriculum development, outreach to learners, public awareness, fund-raising and many other services provided by infrastructure groups.

Tackling Canada's literacy challenges will require the commitment and cooperation of all levels of government as well as the literacy community and other sectors. We need a national strategy!

Literacy educators and learners have inside knowledge on what is needed to build our individual and collective literacy foundation. We have developed a results based action plan, and we look forward to working with the government towards a fully literate Canada.

