

AUTUMN IS HERE



October is here in all its splendid glory. This is such a beautiful season. And this is also turkey month. Everything is in full swing here at the Centre. Our new instructor is settling in as are our students. We have a new bunch of students with the Youth Skills Training and Work Experience Program up and running now. It is nice to have new faces around. But it makes our building full. We also have some computer classes starting in the evening. Learning is lifelong and that is apparent here this fall. We get a long weekend for Thanksgiving and we have so much to be thankful for this year, especially when you look around at the trials of others, the people in Louisiana and Texas are the first to come to mind. Hope you all have a good holiday and a nice autumn and do be safe drivers for the wee ones at Halloween.

EXCEL CLASSES

The Excel classes will begin on October 5th and run every Wednesday till November 2nd. The evening class is full and we have a waiting list already for the next one.

GENEALOGY CLASS

Carol Smith has agreed to teach the Genealogy course this year. It starts on November 8th and runs every Tuesday morning and evening for four weeks. It promises to be a very interesting course. There is still room in both classes, so register now by calling 727-3207. The cost is \$40.00.

CONTACT NORTH/CONTACT NORD



Classes at Contact North are under way, with the evening part-time courses filling up fast. If you are still interested in furthering your education, courses will be starting again in the winter semester, January 2006. The winter semester flyer will be out in December, however you can access our website at www.cnorth.edu.on.ca to obtain an updated list of courses available. If you are interested in studying full-time in September 2006, information will be forthcoming on full-time programs available in our area come January 2006. Colleges will be accepting registrations for full-time programs in January. If you require further information regarding instructions on how to apply to a full-time program, please contact Carol Roy at 727-3591. It's never too late to start!

SIMPLY ACCOUNTING

We have a Simply Accounting course starting here at the Centre starting Monday, November 7th to December 5th. The cost is \$50.00 plus material cost of \$40.00, refundable upon return of manual. There is limited seating so register now by calling 727-3207.

YOUTH SKILLS TRAINING AND WORK EXPERIENCE PROGRAM

This course started on September 26th, it is a program that provides youth 15 - 30 with employability skills required to become competitive in the skilled workforce through a 14 week workshop program followed by an 11 week work experience component. It is meant to build workforce essentials skills and obtain certificates in Occupational Health & Safety, WHIMIS, First Aid, and Smart Serve. We have some eager young people working hard already and they seem to be enjoying the experience. We enjoy having the extra students and it has been good to meet these young people.

The roots of true achievement lie in the will to become the best that you can become.

.....Harold Taylor

THANKSGIVING DAY

In Canada, Thanksgiving is celebrated on the second Monday in October. Unlike the American tradition of remembering Pilgrims and settling in the New World, Canadians give thanks for a successful harvest. The harvest season falls earlier in Canada compared to the United States due to the simple fact that Canada is further north.

The history of Thanksgiving in Canada goes back to a English explorer, Martin Frobisher, who had been trying to find a northern passage to the Orient. He did not succeed but he did establish a settlement in Northern America. In the year 1578, he held a formal ceremony, in what is now called Newfoundland, to give thanks for surviving the long journey. This is considered the first Canadian Thanksgiving. Other settlers arrived and continued these ceremonies. He was later knighted and had an inlet of the Atlantic Ocean in northern Canada named after him - Frobisher Bay.

At the same time, French settlers, having crossed the ocean and arrived in Canada with explorer Samuel de Champlain, also held huge feasts of thanks. They even formed 'The Order of Good Cheer' and gladly shared their food with their Indian neighbours.

January 31st, 1957 Parliament proclaimed.... "A Day of General Thanksgiving to Almighty God for the bountiful harvest with which Canada has been blessed.. To be observed on the 2nd Monday in October.

MEANINGFUL MONDAYS

The second Monday of every month now has new meaning! Fun! Kids aged 3-7 and their parents (yes Dad, this means you too) are invited to an evening of fun and learning. The Adult Learning Centre will be hosting an evening of activities capped off with a story by the Victorian Ladies of Red Lake.

There is no cost, but we ask you to register as space is limited. Call 727-3207. It will take place at The Lutheran Church basement the second Monday of every month from 5:30 to 7:30 pm.

Other things may change us, but we start and end with family.

...Anthony Brandt

**Hallowe'en Poem**

The house looks empty,
There's no one around.
There isn't a sight,
There isn't a sound.
In the darkness each year
I feel the same shame—
Having eaten the treats
before the kids came!

HALLOWE'EN SAFETY TIPS

- ✓ Don't trick-or-treat alone. Always go in groups. Younger children should always be accompanied by an adult.
- ✓ Beware of confining costumes. Avoid masks that obstruct vision and costumes that constrict movement.
- ✓ Be visible! Carry a flashlight and apply reflective strips to your costume so drivers can see you at night.
- ✓ Do not enter! NEVER go inside a stranger's house or car for any reason. Only accept treats outside the door.
- ✓ Have parents inspect all treats before eating. Do not eat any unwrapped or suspicious looking candy.



Drive Carefully
and have a
Happy Hallowe'en

RECIPE CORNER

Pumpkin Cake

Ingredients:

2 c. flour	2 c. sugar
1 tsp. salt	2 tsp. baking soda
3 tsp. cinnamon	1½ cups oil
1 small can pumpkin	4 eggs, beaten

Directions:

Mix all together. Bake in well greased and floured Bundt or tube pan. Bake 1 hour in a 350 degree oven.

Icing

½ cup margarine	3 oz cream cheese
2 cups icing sugar	
1½ cups finely chopped pecans	
1 tsp vanilla	

Beat butter and cream cheese till well mixed; then blend in vanilla and powdered sugar, a little at a time until fluffy. Fold in nuts. Ice cake after it has completely cooled. Keep refrigerated.

Did You Know?

As the education level of adults improves, so does their children's success in school. Helping low-literate adults improve their basic skills has a direct and measurable impact on both the education and quality of life of their children.

LITERACY AND THE OLDER ADULT

Well-informed seniors are healthier, more active, more involved, and can live in their own homes longer - so their quality of life is better. Seniors with low literacy skills are more likely to have health problems. Poverty, isolation and low literacy are usually linked and intensify other difficulties linked to aging. Less literate seniors have more difficulty maintaining their own health, safety, independence and self-esteem and are less able to care for others. Seniors with literacy barriers may not fully understand medical instructions or be able to make the best use of health and social services. Older Canadians may also miss out on information about new treatments, drug side effects or lifestyle changes that could enhance their health at the very time when their health needs are greatest.

Literacy instruction can help seniors increase their autonomy and quality of life yet seniors are underrepresented in literacy programs. Too often literacy funding targets those whose goal is employment. As a result literacy programs are neither funded nor geared to adequately address the goals, values, interests and sensory needs of older adults.