

CONNECTIONS

Adult Learning Centre News

727-3207

October 2006



Happening at the Centre

October is here in all its splendid beauty. Fall is so pretty, it lasts too short of a time. We need to take some time from our busy schedules to enjoy it, before it is gone.

A busy schedule is what we have going here at the Centre. We have classes going full throttle. Contact North is busier than they have been in a while. Credit courses, interest courses, college courses, computer courses, and of course literacy all happening at once. It is so exciting.

Someone new has joined our staff as it is time for Pam to be relaxing and waiting the arrival of her new baby. So we would like to introduce Evelyn Hamel, our new instructor. She is an enthusiastic, eager and dynamic addition to our program, do come in and meet her and join us for coffee.

We are struggling to get our interest courses up and running with all the changes in our staff, but we will get there. Come in and see what we have to offer. Or call us at 727-3207. We also have a website. www.redlakeadultlearning.com

NOVA SCOTIA FIGHTS ILLITERACY

Nova Scotia has responded to its high incidence of child poverty and low literacy levels with a program called :Read to Me! The program aims to help families enrich their child's early years with books and reading. Newborns and their parents are given books and other educational materials in the hospital within 24 hours of a baby's birth. The gift books go homewith the baby.

Research shows that literacy is a key to good health. Those with low literacy skills are more likely to be unemployed or underemployed. They suffer poorer health than those with high levels of literacy. In Atlantic Canada, 52% of the population have limited literacy skills or experience great difficulty reading. Read to me! Is an imaginative response to the problem. It reaches all 10,000 babies born in the province each year.

Don't forget to watch out for little goblins on October 31. Make this a safe Halloween.

QUILT DRAW

Last year the students here at the Centre were learning to sew and the project that they picked was a rag quilt. They had a lot of fun making it and for some it was the first time they had ever operated a sewing machine. It was a real learning experience. We decided to raffle it off during our first week back to school. We had an open house and a book give away day to celebrate International Literacy Day. We also had the draw for the quilt that day. The lucky winner was Orelia Masson with ticket number 077. Thank you for support with this endeavor.

HEALTHY HINT

Couch potatoes, stand to attention...if you're able! Seasoned sofa spuds are paying a dear price for their leisurely lifestyle. Inactive people have a higher risk of developing heart disease, diabetes, colon cancer, obesity, and osteoporosis. The solution is simply to put activity back into everyday life. A good start would be peeling yourself off the couch, Potato. And that's not a half-baked idea, either. Becoming active doesn't just protect you against life-threatening illnesses. It'll help you sleep better, ward off colds, improve your outlook on life, make you feel ten years younger, and decrease your odds of being in a nursing home when you get older. So, if you like to lie around, you've got a real lie-ability.

RECIPE CORNER

Baked ham and pineapple with orange mustard sauce.

1 can (19 oz) pineapple rings in juice, undrained

2tbsp frozen orange juice concentrate, thawed

1 tbsp each mustard and cornstarch

1 2 -pound full-cooked lean ham

Drain juice from pineapple into a small saucepan. Set rings aside. You should have about 1 cup juice. Add orange juice concentrate, mustard, and cornstarch to juice in pan. Cook and stir over medium heat until mixture is bubbly and has thickened, about 2 minutes. Remove from heat.

Slice ham into 8 pieces. Arrange pieces in a 9 x 13-inch baking dish, overlapping as necessary. Top each piece with a pineapple slice. Pour sauce evenly over ham and

pineapple.

Cover with foil and bake at 350 degree for 30 minutes, until ham is heated through and sauce is bubbly. Serves 8.

WRITERS CORNER

It's time to get my school supplies, this happens each September.

The list gets longer every year, with details to remember.

Ten ballpoints - blue, two pencils - red, dividers, scissors, glue

Five hundred sheets of loose-leaf, lined, a three-ring-binder too.

For math, a new protractor, graphpaper, plus erasers,

A folder, only black will do, as well as plastic spacers

A calculator's on the list, there's also a thesaurus

For English, plus a dictionary, though it's sure to bore us

Some CD's for computer lab; two covers, blue and green.

An atlas for geography, a stapler, if you're keen.

I haven't mentioned phys. ed. with is shoes and shirts and shorts,

Or science, where the teacher wants a dozen lab reports

I'll drag these items all to school, my locker's where they'll sit.

The question is, with so much stuff, where will my textbooks fit?

INTERNATIONAL LITERACY DAY

We celebrated International Literacy Day, on September 8th. We had an Open House all week, from Tuesday to Friday. We partenered with Contact North. Every day, we had dainties and coffee or tea, and gave away free books. We also had a draw for a quilt and Contact North had a couple of draws for a shirt and a carry away cup. We

had a lot of company and we gave away a lot of books. The dainties were good to.

FREE BOOKS

We give away free books every day, not just on International Literacy Day. Come in and have a look and see if there is something that you would enjoy from our book collection. We accept books that you have read. Take one or take a few, they are free. We are at 232 Howey Street and come see what courses we are offering, you might find one of interest to you.



FLOWER ARRANGEMENT WITH PAM GOODWIN

We still have a few seats left in this exciting new course. October 26th, 6:30 -8:30pm. The cost is \$35.00, but you get to take home a beautiful fall bouquet. Call today. 727-3207

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LITERACY MILESTONE

Canadian adult learners receive \$10 million, net, through PGI Golf Tournaments for Literacy - Founded by Peter Gzowski.

Toronto, Sept. 29/CNW/ - Today, a milestone for the literacy movement in Canada will be reached. The PGI Golf Tournaments for Literacy -founded by Peter Gzowski will turn the corner on seeing \$10 million raised, net, in its 21 - year history. All of these funds have gone directly to literacy organizations, thereby allowing the opportunity for Canadians across the country to improve their literacy skills.

Championed by the late Canadian broadcaster and journalist Peter Gzowski, the tournaments - affectionately known as the "PGIs" ("Peter Gzowski Invitationals") - have played in every province and territory in Canada, delivering needed resources to the thousands upon thousands of adult learners who struggle with the challenge of low literacy. (Statistics Canada and the Organization for Economic Co-operation and Development state that nine million adult Canadians struggle with low literacy.)

The \$10-million mark "is a tribute to the man who gave his name and so much of his time to the cause of literacy, " says Peter Mansbridge, Anchor of CBC-TV's The National and National Spokesperson for the tournament. "For Peter, this was all about providing the means to help change lives for the better. It has, it is - and it will." Founder Gzowski once dreamed that the tournament he championed might one day raise one million dollars -today's accomplishments beats that ten-fold.

INTRODUCTORY TO COMPUTERS

Our Intro course started on October 4th and it will run every Wednesday from 1:00 to 3:00pm. We have some eager beavers having a good time doing this course. There are still a few seats left, and there is no cost, so come in and give it a try. We will move with you at your pace. No one gets left behind. Call us 727-3207.