

BACK TO SCHOOL



Well here we are again, the end of the summer season, the beginning of another school year. The days are getting shorter and the evenings a little cooler.

The summer has gone by so fast. Now that we have all had a holiday, some time off and some relaxing in the sun, we are getting ready to come back to school and a regular routine and some studying.

We are busy here at the Centre getting back into the swing of things. We are so looking forward to the things that this year will bring, meeting new students, welcoming back previous students. It is shaping up to be a fun and productive year. Good luck to you all in your studies.

HARD TO SAY GOODBYE

With mixed feeling, we say goodbye to Catherine Mochrie. She worked here for nine years and she has decided it is time to move on. She will be working at the High School and we hope the students there appreciate the gem that they are getting. We will miss her here so much. Good luck Catherine!

WELCOME

We would like to welcome our new instructor, Pamela Gagne. We are looking forward to getting to know her. We hope you will stop in and help to make Pam feel welcome. She will be starting full time September 15th.

JOB READINESS TRAINING

New this year! We will be providing a 14 week course that is geared to those wishing to enter or re-enter the workforce.

The program developed by Atikokan Literacy consists of dealing with issues of Self Management and Self Direction, Workforce Essentials, and Computer and Internet Use. Participants will also have the opportunity to earn certificates in Occupational Health and Safety, WHIMIS, First Aid and Smart Serve.

Job resumes, cover letters, application forms, and interview skills will also be dealt with through guest speakers. Participants will identify their current skills and build on them; to realize that many current skills are transferable to the workforce. Basic math and language skills will be developed to ensure success.

**For more information please call
727-3207.**

RECIPE OF THE MONTH

After-School Apple Cake

6 apples	2 tsp. cinnamon
$\frac{3}{4}$ cup vegetable oil	4 eggs
$\frac{1}{4}$ cup sugar	1 tbsp. baking powder
1 cup flour	1 cup whole wheat flour

Step 1

Preheat the oven to 350. Grease and flour a 13 by 9 baking pan. Peel, core and slice the apples, set them in a large bowl, and sprinkle with cinnamon.

Step 2

In the bowl blend oil, eggs and sugar. Add the baking powder, flour and wheat flour until well combined.

Step 3

Pour the batter over the apples, gently stirring until the apples are just coated. Pour this mix into the prepared baking pan, arranging the apples in an even layer, and bake for 35 to 45 minutes or until a knife inserted in the center comes out clean.



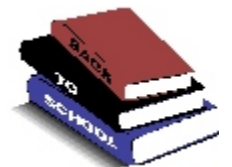
LITERACY FACTS

Grade Levels for Everyday Functions

To Read	Grade
Drivers license manual	6 th grade
Instructions on a frozen TV dinner	8 th grade
Directions on an aspirin bottle	8 th grade
Guide to Social Security benefits	9 th grade
Insurance Policy	12 th grade
An apartment lease	College
To Work	Grade
Cook	7 th grade
Mechanic	8 th grade
Supply clerk	9 th -10 th grade
To get a GED	8 th -9 th grade
Adult Basic Education	5 th -6 th grade

Reading broadens your horizons and fuels your creativity.

Pick up a book if you want a more vibrant life.



SEPTEMBER

Labour Day is an annual holiday that resulted from efforts of the labour union movement, to celebrate the economic and social achievements of workers.

It can be traced back to the Knights of Labour in the United States and a parade organized by them at that time on September 5, 1882 in New York City. In 1884 another parade was held, and the Knights passed resolutions to make this an annual event.

The date was adopted in Canada in 1894 by the government of Prime Minister John Thompson.

Labour Day has been celebrated on the first Monday of September in the US and Canada since the 1880's. The September date has remained unchanged, even though the two governments were encouraged to adopt May 1 as Labour Day, the date celebrated by the majority of the world.

Moving the holiday, in addition to violating U.S. tradition, could have been viewed as aligning U.S. labour movements with internationalist sympathies.

CONTACT NORTH/CONTACT NORD

Do you want to continue your education, but don't want to leave your community? Then think Distance Education with Contact North! Our Centres have the technology available in your community to access a wide variety of programs and courses! Business, health, social services and trades are just some of the programs available via the Contact North/Contact Nord Network.

The fall 2005 course list is available at the Contact North Office located in the Adult Learning Centre. It is also available online at www.cnorth.edu.o.ca.

We have many new and exciting courses being offered. Learn a new language, or brush up on old skills. An exciting new Program entitled "Autism and Behaviour Sciences" is available through part-time studies from Confederation and Canadore Collage.

Come and check us out, we just might have something you've been looking for!



GENEALOGY CLASS

We are planning a Genealogy Class and a Writing Your Memoirs Part II for this fall. We are still in the planning stages and will let you know as soon as we have firmed up some dates. Be planning for these interesting couple of classes.

JOURNALING

This fall at the Red Lake District Adult Learning Centre we are starting a new course, Journaling. There are many kinds of journals:

- ✓ The Log Journal
- ✓ The Healing Journal
- ✓ The Spiritual Journal
- ✓ The Family Journal
- ✓ The Dream Journal
- ✓ The Travel Journal

We can help you with this project. We have helpful tips for deciding which one to use, effective ways to use your journal to improve your mental and physical health and practical advice on finding time to write in your journal.

COMPUTER CLASSES

Computer classes are also in the making. We would like to know what you are interested in taking, so do give us a call at 727-3207, and let us know what you are interested in.

THE FIRST DAY OF SCHOOL FOR ADULTS

The first day of school can be a scary prospect for anyone, but adult students confront special concerns and justified fears. Adults are more likely to have multiple responsibilities, requiring them to juggle commitments to school, family and employers.

Adults may be haunted by negative earlier experiences with formal education, or worry about being "rusty." Re-entry students may feel uncomfortable when surrounded by younger, technologically-savvy classmates. Previous drop-outs may be anxious about being able to complete the program this time around.

While all of these concerns are legitimate, none are insurmountable. Just remember that you are not alone, we all felt the same way. Come meet a second year student and let them help you to feel at home.

COFFEE BREAK

National Coffee Break Day is Wednesday, September 21, 2005. We at the Centre are proud to once again host a coffee break in support of the Alzheimer Society. We would like to invite you to come and have coffee and a snack with us that day. A donation for the Alzheimer Society is all we ask and it will give you a chance to come and see what we are up to here. We have coffee at 10:30 am. Hope to see you here.

Have a great year