

# CONNECTIONS

Adult Learning Centre News

727-3207

September 2006



## SUMMER IS ALMOST OVER

The long lazy days in the sun for students is over already. Did that go by fast. It is getting a little cooler at night and the sun is setting at a different angle already. Smells of canning and pickling are in the air.

Shorter days bring our thoughts back to where we are going education wise. Time to start thinking about books and courses. This year will bring many changes to the Centre. For starters, we have a new program coordinator, Joyce Gangloff is joining our staff. We are so glad to have her and hope you will drop in some time just to say hi and welcome her.

Also, we are going to lose Pam Gagne for a year, she is preparing her nest for a new baby in October. We haven't hired her replacement yet, but are looking. We need to congratulate both of these ladies and Good Luck also to Johanna White. She will be missed, but has decided to stop traveling the highways and has acquired a position at the school in Ear Falls.

Other exciting things are happening here at the Centre. We have new courses coming up and if we have not covered something that you are interested in, call us as 727-3207 and let us know and we will try and make it happen.

## INTERNATIONAL LITERACY DAY

September 8th, 2006 is International Literacy Day. It is a day that we set aside to bring awareness for the importance of learning and improving literacy skills. With our ever changing society, literacy should be seen as an important evolutionary variable in every society. The more a society progresses, the greater is the need for adjustment to new demands and pressures, making literacy a lifelong necessity for all, in all societies. We here at the Red Lake District Adult Learning Centre are celebrating all week, from September 5th to the 8th. We are open from 9:00 am to 3:00 pm and are hoping you will stop in to have a coffee and a dainty and chat with us. We are giving away free books and bookmarks and will be taking registrations for classes or one of the interest courses that we are offering this fall. Our students last year made a beautiful rag quilt and we will have tickets available here and they are \$1.00 each, with the draw happening on September 8th. Contact North will be having their open house at the same time, making it possible for you to check out the new college courses also. They too are having a few draws of their own.

## NEW COURSES

We have a lot of new courses this year. Some of them we have nailed down dates and others are still in the making. Here are a few:

### **Floral Arrangements with Pam Goodwin**

Thursday, October 26, 2006

Make you own Hallowe'en centerpiece

Time: 6:30 pm - 8:30pm

Cost: \$35.00 (includes all materials)

Tuesday, November 21, 2006

Make your own Christmas Bouquet in Silk

Time: 6:30 pm - 8:30pm

Cost \$55.00 (includes all materials)

### **Writing Your Memoirs**

Tuesday, October 3, - December 5, 2006

An exciting series of 10 workshops designed to get you on your way.

Time: 6:30 - 8:30pm

Cost: \$125.00 for the complete series of 10 workshops or \$20.00 per evening (call for a breakdown)

### **Online Banking**

Tuesday, November 7, 2006

A representative from Scotiabank, Melissa Holliday, will provide a hands on session in the computer lab.

Time: 1:00 - 3:00pm

Cost: no fee, but registration is required

### **Smart Serve**

Responsible Alcohol Beverage Service Training

September 28, 2006

Time: 6:00pm - 8:00pm

October 26, 2006

Time: 1 :00 - 3 :00pm

Cost \$30.00

### **WHMIS**

Workplace Hazardous Material Information System

Thursday, September 21, 2006

Time: 1 pm - 3pm

Thursday, October 19, 2006

Time: 6:00pm - 8:00pm

Cost: \$30.00

### **Standard First Aid Course with Heart Saver Day Course**

October 23 & 24, 2006

Time: 9:00am - 3:30pm with 1 hour off for lunch. Or

Night Course

October 16, 17, 18, & 19, 2006

Time: 4 - 7:30pm

Cost:\$100.00

### **Computer Classes**

#### **Introductory Computers**

Wednesdays, October 4 - December 6

Learn the basics and more

Time 1:00pm - 3:00pm

Cost: no fee, but registration is required

#### **Microsoft Excel**

Mondays, September 18 - October 23, 2006

For those with a basic knowledge of spreadsheets

Time: 6:30pm - 8:30pm

Cost: \$65.00

#### **Art Classes with Teri Tardif**

Painting Class Every Tuesday starting October 3, 2006 for 10 weeks

Time: 1 :00pm to 3 :00pm

Cost: Materials \$150.00 - Classes \$100.00

#### **Drawing Class**

Every Thursday stating October 5,2006 for 10 weeks

Cost: Materials \$50.00 - Class \$100. 00

Things to look for in the near future..... We are working out the particulars for a Gardening Course, Basic Automotive Clinic and Front Line Retail Associate Course.

The Gardening course will teach us about soil bulbs, composting, and winter survival.

The Basic Automotive Clinic course is geared to basic car maintenance, changing tires, checking fluids and seasonal preparations.

The Front Line Retail Associate Course will give you skills required by the retail sector to give you that edge to make your application the one they put on top. This is recognized by the local retail sector . You will have to keep watching for the details of these courses.

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## CONTACT NORTH

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Do you want to continue your education, but don't want to leave your community? Then think Distance Education with Contact North/Contact Nord! Through a unique combination of audio conference, video conference and e-learning technologies, you can access the program and course offered by Northern Ontario' universities, colleges and high schools without leaving your community. An exciting addition to our office this year is video-conferencing equipment. Business, health, social services and trades are just some of the programs available via the Contact North/Contact Nord Network. Whether you want to attend a full-time program at our Centre during the day, or study part-time in the evening, we can accommodate you.

The fall 2006 ACCESS course guide is available at the Contact North/Contact Nord office located in the Adult Learning Centre at 232 Howey Street. It is also available online at [www.contactnorth.ca](http://www.contactnorth.ca) .

This fall, Contact North/Contact Nord and its educational partners bring you a unique selection of education and training programs and courses.

We will be joining the Adult Learning Centre in celebrating International Literacy Week. We will be having an open house also, with coffee and cookies and some great draws. Drop in and say hi.

The time to sign up in now! Call Carol Roy at 807-727-3591

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## ALZHEIMER COFFEE BREAK

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September 21 is the day for having a coffee that counts. We at the Red Lake District Adult Learning Centre are hosting a Coffee Break. We are going to bake some of our favorite goodies. You can join us at coffee break at 10:30 am and make a coin donation or if you make a donation of more than \$10.00, a receipt will be issued. While you are here you can check out our new interest courses and also our selection of tree books. Mark it on your calendar and make your Coffee Break count for someone suffering from this debilitating disease.

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## FIRST DAY OF CLASSES

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The first regular day of Classes for adults will be September the 11th, 2006 at 9:00am. Anyone can register and there is no cost. Classes run from 9:00 am to 12 noon every morning and 1:00 pm to 3:00 pm most days. We can improve your literacy skills in a comfortable one on one basis setting. You work at your own pace. This is a learning Centre, not a school, therefore everything is geared to you. You decide. Drop in or call us at 727-3207.

Credit Courses: For these courses, you can register here and pick up lessons and drop

them off. We send them out to be marked in Kenora. If you want to work here or at home for these courses, you decide. Learning is Life Long, so come and sign up.

## CANNING TIPS

Home canning is not complicated. It is a simple procedure of applying heat to food in a closed jar in order to interrupt the natural decaying that would otherwise take place. It requires "processing" or "heat processing" foods according to up-to-date, tested home canning guidelines. Proper home canning includes:

- Placing prepared food in Ball brand or Kerr brand home canning jars which are then sealed with Ball brand or Kerr brand two-piece vacuum caps;
- Heating the filled jars to the designated temperature using the correct type of canner for the food being processed;
- Processing the filled jars for the required time as stated by an up-to-date, tested recipe in order to destroy the spoilage microorganisms and inactive enzymes;
- Cooling jars properly, allowing the lids to vent excess air from the jars to form a vacuum seal.

When followed exactly, the processing methods and times of up-to-date, tested home canning recipes adequately destroy normal levels of heat-resistant microorganisms. After processing and upon cooling, a vacuum is formed and the lid seals onto the jar. This ensures that home canned foods will be free of spoilage when the jars are stored properly and remain vacuum-sealed. This seal prevents other microorganisms from entering and recontaminating the food.