



volume: 6 fall 2010

learner journeys

in this issue:

Gordon Li Wins Education Award
"Women of Vision, Without Sight"
Thank-you to Carey Rigby-Wicox



Saskatchewan
Literacy
Network

Table of Contents

Why Call the Saskatchewan Literacy Network	2
Congratulations Gordon Li!	3
Learner Focus Committee	3
Carey Rigby-Wilcox	4
Who Can Join the LFC?	4
Women of Vision Without Sight	5
Upcoming Events	6
Brain Games	6
Word Search	7
What Your Sleep Position Says About You	8

Why Call the Saskatchewan Literacy Network?

Call the toll free literacy line to:

- Find out what learning programs are available to meet your specific needs.
- Find out about the Provincial Learners Focus Committee and how you can participate.
- Find out what agencies can help with learning disabilities.
- Find out who to contact about learner groups and activities in your area.
- Find out what agencies offer tutoring.
- Use the Saskatchewan Literacy Network's website.
- And so much more!



For help, or to help call: 1-888-511-2111

Congratulations Gordon Li!



**Gordon Li with the
Lieutenant Governor
of Saskatchewan,
the Honourable
Dr. Gordon L. Barnhart**

The Saskatchewan Literacy Network wishes to congratulate Gordon Li on winning the Education Award at the 1st Annual Celebrating Seniors volunteer awards on October 3rd at Hotel Saskatchewan in Regina. These awards were sponsored by the Saskatchewan Senior's Mechanism, which is now celebrating its 20th year in operation. The Lieutenant Governor of Saskatchewan, the Honourable Dr. Gordon L. Barnhart handed out the awards to the winners. Dr. Barnhart talked about the importance of volunteers across the province and the benefits of volunteering both to the volunteer and to organization and individuals.

Volunteers were awarded in 10 categories ranging from Education to Advocacy with a total of 46 nominees and one winner in each category. This event capped off Seniors' Week, which ran from September 27th–October 3rd.

Gordon Li, recipient of the Education award, is both a member of the Saskatchewan Literacy Network's Learner Focus Committee and a member of the Board of Directors. He has played a major leadership role in the network and represents the voice of the adult learner on both committees. Gordon has volunteered for many years as a tutor and has used his experience as an adult learner to give back to the community.

Learner Focus Committee

The Learner Focus Committee is made up of a group of adult learners from all over Saskatchewan. The committee meets two to three times a year to talk about literacy issues and help the Saskatchewan Literacy Network stay in touch with what matters to learners in Saskatchewan. These meetings are a great way for learners to get to know more about literacy around the province and share their views. As of this fall, we have 7 members:

- Ming Xiang Pan, Regina
- Myrna Sopal, Prince Albert
- Gordon Li, Regina
- Lin Ling Yuan, Regina
- Lynda Richards, Swift Current
- Randy Belanger, Ile-a-la Cross
- Ngeune Selinger, Prince Albert

Thank-you to Carey Rigby-Wilcox

This fall is also a time of transition for the Learner Focus Committee as we said thank-you and best wishes to one of our long-time members. Carey Rigby-Wilcox was a valuable part of the LFC for many years and invested a great deal of time and energy into making the Learner Focus Committee what it is today.

In addition to her involvement in the Learner Focus Committee, Carey also served on the Board of Directors for the Saskatchewan Literacy Network and was the Saskatchewan Learner Representative for the Canadian Literacy and Learning Network (formerly MCL) for four years.

Carey is an accomplished author, illustrator and artist. One of her self-published books, *My Mummy Couldn't Read*, was shortlisted for the 2008 Saskatchewan Book Awards—Book of the Year. This book tells the story about learning to read for her son. You can find this book and her many other great resources at Carey's website, www.seeabook.com. Carey is an inspiration to the many volunteers and adult literacy learners across the province who have gotten to know her over the years.

Although we at the Saskatchewan Literacy Network will miss working with Carey, we know she is ready to move into the many adventures that are unfolding for her at this time.

Never a good-bye Carey—only heartfelt thanks and warmest wishes for the very best in life. Our doors are always open to you!

Sincerely,

Everyone at the Saskatchewan Literacy Network.



Who Can Join the Learner Focus Committee?

- Adult literacy learners based on both the Network and Canadian Literacy and Learning Network (formerly MCL) definitions.
- Willing to be away from home twice a year for one or two days at a time (depending on the distance one must travel to attend meetings).
- Willing to talk to the Network about the needs and interests of adult learners in their communities.
- A member in good standing with the Saskatchewan Literacy Network.

If you or someone you know would be a great asset to the Learner Focus Committee, please contact Connie Jones, Director of Literacy Development at sln.dld@sasktel.net or (306) 651-7223.

For more information on the LFC, or for free learner resources, please visit our website: www.sk.literacy.ca/pages/Learners.html

Women of Vision without Sight

by Myrna Sopal

Prince Albert has an Adult Learners Group that is available to any adult that wants to attend. The group typically consists of 10 adults and 2 dogs. These two dogs are extra special as they are guide dogs for the blind. Their owners have been participating in the Adult Learners Group for about 4 years.

Lisa Peters was born in Prince Albert. At the age of 17, Lisa's vision started to deteriorate and she had to start learning how to live in an ever darkening world. She has learned that color blindness and Retinitis Pigmentosa are hereditary conditions that will stay with her for the rest of her life.

Lisa experienced many ups and downs learning to live her life in the dark. She found it frustrating to have to rely on someone else to help her with the most basic things like cooking, cleaning, and getting around. She was used to her independence and didn't like to be restricted or have to rely on others to do what she had been able to do. Lisa has a hard time understanding people who speak with accents, but her memory is extraordinary, especially with numbers.

Lisa had many goals for her future; she wanted to be a professional cook, work in homecare, and be a massage therapist. Instead, she formed new goals. Edo became a blessing to Lisa about 4 ½ years ago. Edo is a Black Lab guide dog. He gave her the guidance that she needed to get out on her own and start doing things like attending classes and workshops, volunteering, and making presentations to groups. Lisa married her best friend, Kevin, in June 2009 and they had a beautiful baby girl, Seneca, in July 2010. She has learned to make adjustments in her life and has found that things are working out just fine.

Amanda Ehlert was born in Watson, SK and moved to Prince Albert in 1993. She had partial sight up until about 3 years ago. She learned early on to accept help from others as she couldn't see well enough to do many things on her own. Amanda is "smart as a whip" and is always ready to learn something new. Without her vision, Amanda has learned to use her other senses to help her. She has amazing hearing which tells her when the streets are clear to cross, when people are coming, or when the bus or elevator is arriving. She also has a very good sense of direction that helps her find her way around the city. Her memory is exceptional. Amanda has learned skills that many seeing people haven't developed like playing the piano, writing songs, poems and short stories, and reading everything she can get in braille.

Amanda had dreams for a career, but had to put most of them out of mind. She wants to be an author and still writes when her computer is working. Amanda was a telemarketer for a while, but now spends most of her time volunteering at the hospital and in two schools. She listens to students read books, helps with spelling, sharpens pencils, answers the phones, makes classroom presentations, and visits with parents that come into the school. Freedom has blessed Amanda with the independence that she desired. Freedom is a Golden Retriever guide dog that came into Amanda's life about 4 ½ years ago.

Amanda has taught us what we need to know about guide dogs. This would include not talking to, petting, or distracting the dog while she's on duty, and not interfering in the discipline between owner and guide dog. Amanda explained how the guide dogs and their owners go through a vigorous training schedule together when they are matched up. She is grateful for the blessings that she has received and the opportunities that have come to her since receiving her dog. She's able to get around and get involved in many more community events and activities.



**Amanda Ehlert and Lisa Peters
with their guide dogs.**

Upcoming events

Family Literacy Day: January 27th, 2011

What is happening in your area? Plan to take part!

Literacy Awards of Merit

April, 2011 in Saskatoon

The awards recognize the great work being done in the province by people who care about literacy issues. If you know a person or a program that should be nominated, visit our website for more information.

www.sk.literacy.ca

Brain Games

1. I'm thinking of an object. The person who built it doesn't want it, the person who bought it doesn't use it. The person who used it never saw it. What is it?
2. I am the beginning of the end, and the end of time and space. I am essential to creation, and I surround every place. What am I?
3. You throw away the outside and cook the inside. Then you eat the outside and throw away the inside. What did you eat?

Puzzles and games are great for brain development and to sharpen your memory. Here are a few websites where you can play games for free:

www.gamesforthebrain.com

www.proprofs.com

www.brainist.com

www.gamehouse.com

Word Search

b k f t w i n t e r z y e l o c a i b s
r t s n x e c s o e m i q p r d h v o g
p h o h a t j g u s i x a m g a n b o q
s l g r a c s u d j s g u b s r s r t j
c n o a c o l d d s n o w f l a k e s n
p d a w r a d m s p o r r f i t a e d e
d e i f h t f a x n w r g l p n t z n g
f r b s o s e r e b m v o o p y i e f b
e s g o t c u n d l a d j w e h n d o o
u t e r s p j y x i n r m e r o g s k n
y o f v h f r e e z e u d r y x e a c q
a r p x z q r v o z f p l t q n c h d i
x m l g a r u t e a h r t e m u m o a s
r h a r d j p k i r o o t p r w i c e u
q c n m f y s l e d q f i i t d t k a n
o t t b k b l o i m s b c s n g t e o s
s k i i n g d e x h o l i d a y e y z h
g h z e h c n b r p h t c n e q n j m i
f c y t e k q y t d m b l e l l s w r n
x s p s h o v e l s a e e o t p o h e e

blizzard	plow
boots	shovel
coat	skating
cold	skiing
freeze	sled
frost	slippery
hockey	snowflakes
holiday	snowman
icicle	storm
mittens	winter

What Your Sleep Position Says About You



Fetal

Often shy and sensitive, although they present a tough exterior to the world. This is the most common sleep position.



Log

Easy going, social people who like being part of the in-crowd, and who are trusting of strangers.



Yearner

Have an open nature, but can be suspicious, cynical. They make decisions slowly, but once they have, they are unlikely ever to change it.



Soldier

Generally quiet and reserved. They don't like a fuss, but set high standards for themselves and others.



Freefall (face-down)

Often energetic and social but can be sensitive. They don't like criticism, or extreme situations.



Starfish (face-up)

Make good friends as they are always ready to listen and help others. They generally don't like to be the centre of attention.

Protect Against Illness:

1 Wet hands



2 Soap (15-20 seconds)



3 Rinse



4 Turn off tap with towel



www.saskatoonhealthregion.ca

Answers to Brain Games (see page 6 for questions)

1. A Casket 2. The letter 'E' 3. Corn



Saskatchewan
Literacy
Network

202 - 626 Broadway Avenue
Saskatoon, SK S7N 1A9
phone: 306-651-7288
toll-free: 1-888-511-2111
email: saskliteracy@sasktel.net
website: www.sk.literacy.ca