

Literacy Nanaimo Newsletter

19 Commercial St., Nanaimo, BC V9R 5G3 Phone: (250) 754-8988

Fax: (250) 754-8114 Email: info@LiteracyNanaimo.org

Newsletter sponsored by Coastal Community Credit Union



Number 59

Newsletter Editor: Christine Norris

Spring 2005

Staff

Carolyn McWhinnie, Executive Director

Linda Oman, Administrative Assistant

Brian O’Rooney, Computer Technician

Nicole Liptak, Book Store Supervisor

Scrabble for Literacy

Literacy Nanaimo will be holding its 3rd Annual Scrabble for Literacy Tournament **at our new location, Bowen Park on Saturday, March 12th.** Registration starts at **9:00 am.** This year there will be a *novice* and an *experienced* division. The novice division will play 3 games in the morning; we will have lunch and prizes; and then the experienced division will continue to play through until 5:00 pm. Registration is a minimum of \$50.00 in pledges and is open to all ages. Contact us at 754-8988 for your registration form and pledge sheets.

Hbc Rewards

Wondering what to do with your **Hbc Rewards** points (*The Bay, Zellers*)? You can now arrange for them to be donated directly to **Literacy Nanaimo.** You can do this online by going to www.hbc.com/HBCREWARDS or by going to the Customer Service counter in your *Bay* or *Zellers* store and requesting the Community Donation form. Once **Literacy Nanaimo** has collected enough **Hbc Rewards** points, we can purchase furniture, equipment, etc. from the **Hbc Rewards** catalogue or convert them for purchases in the stores. What a great way to give back to the community!

15 Years

March 1990 – March 2005



1990 Board of Directors

Back row l-r: Dale Leopkey, Lindsay Wiekenkamp (Treasurer), Fred Williams, Lynn Hunter, Mary-Jo Arnold
Front row l-r: Grace Pearce (Vice President), Carolyn McWhinnie (President) and Inger Weber (Secretary)

It’s hard to believe that 15 years have passed since we organized the community group **Literacy Nanaimo.** We’ve lost touch with some of the original board, but we can bring you up to date on half of them. **Lindsay Wiekenkamp** retired this past year from teaching both Literacy and ABE at Malaspina U-C. **Lynn Hunter** is the Student Success Coordinator for ABE at Malaspina, **Mary-Jo Arnold** is involved with Nanaimo Youth Services and **Carolyn McWhinnie** is Executive Director of **Literacy Nanaimo.** Our most important goal then was to open a downtown learning centre in a highly visible storefront location and with the move into our current location in 1999, we achieved that goal.

At Literacy Nanaimo, we protect your personal information and adhere to all legislative and privacy policy requirements. Information you provide is held in confidence. Information is not sold, rented, or traded to other organizations. Your personal information will be used only to keep you informed of our activities, services, and opportunities to volunteer or to contribute. If at any time you wish to be removed from our mailing list, or if you have any questions, simply contact us by phone at 250 754-8988 or via email at info@LiteracyNanaimo.org

Terry Akerman

Our thanks to **Terry Akerman** for volunteering on behalf of the **Daybreak Rotary Club** to regularly pick up books from our bright yellow drop boxes at

Rutherford Mall

and Country Club Centre.

The box has been removed from Country Club since their remodelling, (they would like a new design to fit with their new look) so we have



moved it to the **ICBC Driver Services** office at 6475 Metral Drive (behind the Canadian Western Bank).

We have also added **Port Place** to Terry's pick up route. He does his pick ups at least once a week and more often, if needed. **Thank you, Terry!**

Bookstore

Our bookstore has done very well in the past year. Much credit goes to our bookstore supervisor, **Nicole Liptak**, and all of her hardworking volunteers. Nicole has retail experience that shows in how well organized the store has become. We are the only local used bookstore that we know of that has used textbooks. We are fortunate in that we have the basement level available to provide space to display a vast assortment of them. There have been many college students overjoyed to find the textbook they need at rock-bottom prices.

BEARS and BEAMS

Be Enthusiastic About Reading (Math) Success

This program was started back in 1989 by a retired school bus driver, **Bill Pineo**. Bill got the idea—for volunteers working as reading or math buddies with children in elementary school—when he was holidaying in Yuma, Arizona and participated in such a program there.

Bill started the program at **Princess Royal School** with the help of local **Rotary Clubs**. The program grew to the point where he found that he couldn't

handle the coordination, and so he asked us to take over that task in 1994.

We currently have 70 volunteers working in 21 schools in the district. The need for volunteers varies from school to school and year to year.

Although we don't receive any specific funding for this program, we accept registrations and match up the volunteers with requests from schools. We also put on the occasional workshop. If you are interested in becoming a **BEAR** or a **BEAM**, contact Linda at **Literacy Nanaimo** 754-8988.

Computers to Zimbabwe

We have just sent off a number of the **Computer Basics 2000+** books, written by our **Brian O'Rooney**, to accompany the laptop computers we contributed to the **Rotary Clubs' project in Zimbabwe**. Many of you have been reading articles in the local papers about **Bill Robinson's** trip to Bulawayo to help a school set up both a science and a computer lab.

We were pleased to be able to help this project by donating

some of the laptop computers that we received through our **Computer Recycling** project.

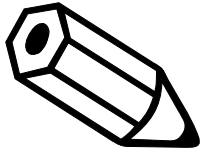
Because of their

compact size, the laptops were perfect for travelling that distance. It wasn't until Bill got back that we realized we should have sent Brian's computer instruction books. So, now we have.



Members

We'd like to thank those of you who have renewed your **Literacy Nanaimo** membership. We currently have 252 paid up members! Thank you, everyone!



Malaspina College / Literacy Nanaimo

Our 20th anniversary!

Tutor Program

Phone: 753-3245 local 2822 or 754-8988 Email: websterj@mala.bc.ca

Greetings from Jacqueline

My office hours are 9 a.m. to 4 p.m.
Mondays and Wednesdays at Literacy Nanaimo
Thursdays at Malaspina U-C
Please note that my office at Malaspina has
changed to Room 234 and my new local is 2822.

Our 20th Anniversary!



The Volunteer Literacy Tutor Program is celebrating its 20th year! Twenty years ago, Anne Erickson from Malaspina College saw the need for one to one tutoring for adult literacy learners. She often speaks about those early days of meeting in people's homes, working wherever she

Anne Erickson could find a space, whether it was propped up at a bar or a spare room in Brannon Lake Correctional Facility. Things have changed considerably since then; however, our commitment to learners and the focus on individualized, self-paced programs have not. We have grown to having on average 120 tutors and 140 learners per year. Tutors give above and beyond the requested time commitment of six months as they have seen the value of working one to one.

Since Anne's vision in 1985, there have been ten other tutor coordinators. Some of you may remember **Sylvia Malthouse, Inger Weber, Joannie Sass, and Valerie Gray**. I have been fortunate to have been the primary coordinator since 1992. **Lindsay Wiekenkamp, Brendan Derby, Anne Ingalls, Pam Johnson and Christine Norris** (all instructors at Malaspina) brought their unique skills and vision to the position, filling in during my absences.

The impact of our program goes far beyond the accomplishments made during the tutoring sessions. The tutors' commitment and the learners' hard work pays off for years to come as evidenced

by the many learners we have seen be successful at Malaspina and elsewhere.

Special recognition must be given to **Literacy Nanaimo** for its role in the success of the Tutor Program. Executive Director, **Carolyn McWhinnie** has provided unwavering support to our program since **Literacy Nanaimo's** inception in 1990. Thank you also to **Brian O'Rooney** for his ongoing computer support to tutors and learners and to **Linda Oman**, our Executive Assistant Extraordinaire.

Tutor Networking



As many of you know, we have been offering get-togethers for all tutors, whether

they are currently matched or not. The feedback has been very positive. Our last session, on January 10 at Literacy Nanaimo, focused on looking at our collection of resources, purging some materials, and learning about others. During that time, tutors suggested that we gather again to look at computer resources.

Photo: Tutors; **Bernie Proft, Lynn Alton, Linda Shorting, Michelle Terry, Christine Norris, and Alf Hackeray** checking out our resources.

Computer Resources

Tutor Networking: Computer Resources

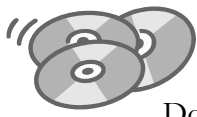
Monday, May 9, 2005

Literacy Nanaimo

3:00 – 4:30 p.m.

RSVP ASAP Linda, 754-8988

This is your opportunity to learn about our new software programs, the *WRAP* (Word Recognition and Phonics) program, as well as how to use the

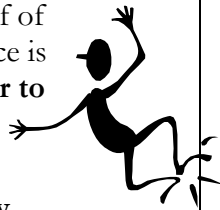


Internet to your learner's advantage. **Christine Norris, Brian O'Rooney and Jacqueline Webster** will guide you through these computer resources.

Don't be shy if you are not proficient with computers. Space is limited so reserve early!

Learner Event: Feeling Good Day

Every year literacy learners from across the province have the opportunity to plan an event for themselves and other learners. This year tutored students **John Kupusa, Donna Kristensen, Ron Adshead, and George Aleck**, along with Malaspina literacy students, are members of the committee. If the proposal is accepted, there will be expert-led workshops on topics such as stress and positive focus, communication skills, and meditation and healing. The second half of the day will be a learner speak-out. Space is limited. **Please encourage your learner to register before March 9th.**



Learner Event: Feeling Good Day

Wednesday, March 16, 2005

Malaspina U-C

Lunch will be provided

RSVP ASAP Linda, 754-8988

Literacy and Traumatic Brain Injury

Submitted by volunteer tutor, Sara Frisch

The permanent damage of head-injury is manifested throughout our lives... We lose critical trains of thought, are unable to judge and decide everyday matters. Some of us will always carry a hole of... amnesia about the most critical times of our lives... forgetting being married, having children...

...From a copywritten letter by Lois Kaggen, 1984.

Linda Metcalf, from the **Nanaimo Brain Injury Society**, presented a workshop on February 9 to about 25 **Literacy Nanaimo** volunteers and staff. We learned about the physiological, psychological and emotional aspects of traumatic or acquired brain injury (TBI or ABI). The physical damage can happen when the head strikes an object, but is also caused by insufficient oxygen to the brain, complications of surgery, poisoning or infection. Even mild injuries can result in long-term problems

that may not be noticed by others; many persons with a mild injury are never diagnosed. A specific area might be injured or the injury might be diffuse. Consciousness, judgment, vision and other senses, memory, cognitive skills, physical coordination, sleep and reflexes could be affected. The effects of an injury are very individual, and thus each person must be carefully assessed to develop an assistance plan.

We were given several sample tools that are used to help people with a brain injury such as a daily living checklist, a daily prioritizing planning guide and a laundry checklist that might be needed by someone who can no longer organize a task into a sequence of steps.

A useful tool for tutors is a guide to strategies to assist people with learning tasks. For example, one issue is to limit visual and auditory stimulation such as too much contrast when black print appears on white paper; a strategy here is to put a transparent coloured sheet over the print as this reduces contrast. Another familiar idea is to have the person experience the information in many different forms: audio taping while reading aloud, then re-reading while listening to the audio tape and finally reading a third time and highlighting what's important. One last example was quite interesting, a person with disrupted vision who did not see on one side and thus did not read to the end of a line of print. Red tape was added at the end of the line and the person was asked to continue reading to the red tape.

A short list of resources was provided, including the following websites:

- ✓ Traumatic Brain Injury Survival Guide: www.tbiguide.com
- ✓ National Resource Centre for Traumatic Brain Injury: www.neuro.pmr.vcu.edu
- ✓ Vancouver Island Head Injury Society: www.biasvi.org

Tutor Reports

Thank you to the many tutors who are now submitting regular reports. With over 60 pairs to keep track of, it is essential to have a record of your meetings. It is never too late to send in a summary if you have fallen behind in your reporting. Feel free to use either of the forms enclosed. Thank you!