



Fall 2006

# The Open Door Newsletter



Denise Tremblay  
Program Co-Ordinator

### Our Staff

Carey Pretsell	Program Assistant
Claudette Markus	Instructor
Diane Peever	Instructor
Bob Bawtinhimer	Instructor

## Our Board of Directors

Jack Solomon	Chairperson
Ottily Andrews	Vice-Chair
Louise Gadoury	Secretary Treasurer
Robert Annand	
Dianne Kaltwasser	
Alice Roy	
Gerard Souckey	

### Who we are.

The Adult Learning Centre (ALC) is a community-based, non-profit organization which provides one on one, and small group training in reading, writing, math, basic technology, and workforce preparation.

This newsletter is published by the ALC to acknowledge learner achievements, tutor and staff efforts, to say thank you, and to provide a little information and fun at the same time.

The Adult Learning Centre is funded by the Ministry of Training, Colleges and Universities, Skills Investment Branch, Literacy and Basic Skills division of the Government of Ontario.

## Upcoming Workshops

**Opening Doors:** *Essential skills training—how to market your skills.*

**How to Save a Buck:** *tips and tricks on how to better save your hard earned dollars.*

**Tutor Training:** *6 hours of training for new tutors.*

**Basic Technology:** *covers basic XP, Word and Internet.*

**Call to reserve your spot at these training sessions.**

### Guest speakers



We have a few ideas for potential speakers who could come in and do presentations for our clients and volunteers.

Is there someone or something you would like to know more about???? Let us know and we will try and set up a session for you.

## September



Classes are up and running!

Call us for information on days and times for classes.

Call Denise @ 272-4860

Call Bob @ 272-4188

Call Carey @ 232-5433

### REMEMBER TO:



Turn your clocks back by one hour on **Sunday October 29th.**

# Welcome

## Bob Bawtinhimer

The Cochrane ALC site is pleased to introduce the new instructor to our team -  
Bob Bawtinhimer.

Bob **was** a retired teacher with many years of experience, but lucky for us he decided to come out of retirement and work with our new client group at the Northern College LBS site here in Cochrane.

He and his wife Nancy Beth are very actively involved in the community and we couldn't be happier to have Bob with us.

**Welcome Aboard !**

## Trista Lynn Nugent

We want to send a warm welcome and thank you to our placement student from Canadore College in North Bay—Trista Lynn Nugent!

Trista has now completed her 3 year Social Service Worker program! She was a wonderful addition to the Cochrane program, and we were very fortunate to have her.

Trista got married in June! We wish her and Jason all the best and hope that she will continue to visit us.

**CONGRATULATIONS TRISTA and THANK YOU !**

## The Adult Learning Centre

**Our literacy program began in 1986 in Iroquois Falls with a mission to help adults improve their basic reading, writing and math skills according to personal goals.**

**So, our 20th Anniversary is coming up! If you have any suggestions, pictures, ideas, or if you would like to help out on the planning committee, we'd love to hear from you.**

Call Carey at 232-5433 or Denise at 272-4860



## Learners' Corner

This is a special place in our newsletter where we get to highlight student stories, poems, comments, etc... and share them with you! They are presented to you as they were written.

To all the learners in the small group classes, and our 1 to 1's

THANK YOU



"Since I began attending the ALC, my self-esteem has gone higher than I could have imagined.

Being able to just answer a skill-testing question for a grocery store contest made me feel so good and my sisters were so proud of me. Having that confidence made me proud of myself—that's the best part."

**Anna**

" Last year my learning program was done mostly on the computer. I worked on Alpha Route and I found it very interesting. My computer skills have really progressed; I helped someone who needed assistance to recover information they had lost. My keyboarding and my research skills have increased. Using my computer skills, I was able to participate in a 'Poster Creation Contest' and my poster won a \$50.00 prize.

I am very thankful for the opportunity to have learned all that I have and I am continuing towards my goal.

**Lise**

"I feel my life is improving since I have been attending class because I am learning the metric system. I can now figure out grams and how much it will cost me when I do my grocery shopping. This year I will be learning how to measure distances."

**Louise**

## Quotes

Even if you're on the right track, you'll get run over if you just sit there.

- Will Rogers

*Children must be taught how to think, not what to think.*

- Margaret Mead

### What is it?

It goes in dry, comes out wet,  
The longer it's in, the stronger it gets,  
We can have it in bed, just you and me?  
(it's not what you think!!!!)

### Answer:

*It's a teabag.*

## Come in and check out our resources!

Workforce material

Reading Comprehension

Writing out Loud

Sound it Out

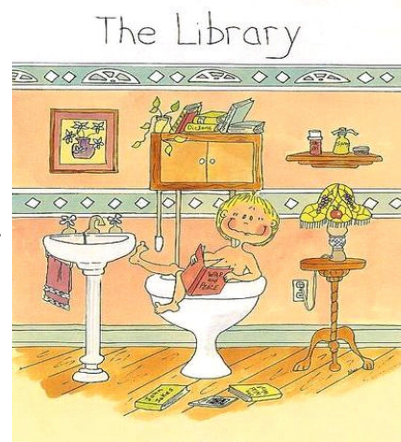
Write it Right

Oxford Picture Dictionary

Cliffhangers

Reading Wise

New Software available



## Peanut Butter Kiss Bars

## RECIPE CORNER

- 1/2 cup creamy peanut butter
- 1/4 cup butter or margarine
- 1 cup light brown sugar, packed
- 2 eggs
- 1 tsp. vanilla
- 2/3 cup unsifted all-purpose flour
- 1 cup chopped salted peanuts
- 16 chocolate kisses, unwrapped



Cream peanut butter, butter and brown sugar in a bowl until fluffy. Add eggs and vanilla, beat well.

Blend in flour, stir in 3/4 cup chopped peanuts.

Spread evenly in a greased 9 x 9 x 2 inch square pan. Sprinkle with remaining peanuts.

Bake at 350°F for 25 to 30 minutes or until lightly browned. Remove from oven; immediately press chocolate kisses on top allowing space for cutting bars into squares. Cool completely, remove from pan.

## You know you're in Northern Ontario when:

- \* you measure distance in hours
- \* people wear hunting clothes at social events
- \* you know several people who have hit a moose more than once
- \* your idea of a traffic jam is three cars waiting to pass a logging truck on the highway
- \* you think lingerie is tube socks and flannel pyjamas
- \* it takes three hours to go to the store for one item, because you stop and talk to everyone in town



# Volunteers are a work of heart!

## Moved on!

We want to say **Thank You** and good-bye to one of our board members — Reverend Johnathan Blanchard. Johnathan and his family recently moved to Surrey B.C.



We were quite fortunate to have Johnathan on our board. He always made our meetings interesting with his wonderful wit and humour. So we say *Good-Bye* and *best of luck* to you and your family!

Our loss is Surrey's gain.

### Did you know:

- 4 in 10 working-age Canadians do not have the literacy skills they need to meet the demands of modern life.
- Nearly 9 million adults (42%) rank below the International Adult Literacy & Skills Survey (IALLS) Level 3. Of those, 3 million (14.6 %) have difficulty with even the most basic written materials.
- 55% do not have the minimum numeracy skills necessary in today's high paced world.
- Canadians with lower literacy levels are more likely to be unemployed or to earn less.
- People with low literacy skills are more likely to report being in poor health.

***If you would like to know more, contact one of our offices.***

***F.Y.I.— Here is some information on what Essential Skills are and possible suggestions for skills building***

THE Essential Skill	How Can I Build This Skill? <i>Here are some suggestions for essential skills-building.</i>
<b>Reading Text</b> —reading different types of material such as notes, letters, memos, manuals, specifications, books, reports and journals.	<ul style="list-style-type: none"> <li>• I can read more, including newspapers, magazines and books.</li> <li>• I can keep vocabulary lists.</li> <li>• I can take courses in reading comprehension.</li> <li>• I can take courses that require reading.</li> </ul>
<b>Use of Documents</b> —reading different types of material such as signs, lists, tables, graphs, diagrams and blueprints.	<ul style="list-style-type: none"> <li>• I can put my own information, such as budget material, in the form of a table or graph.</li> <li>• I can read more materials that include tables and graphs, etc.</li> <li>• I can take courses that require the use of these documents.</li> </ul>
<b>Writing</b> —doing tasks such as filling in forms, writing text and using computers to write.	<ul style="list-style-type: none"> <li>• I can keep a personal journal.</li> <li>• I can keep a daily diary with notes of what I've done or events that have occurred.</li> <li>• I can take courses in business, essay or creative writing.</li> <li>• I can take courses that require reports and essays.</li> </ul>
<b>Numeracy</b> —using numbers to perform calculating and estimating tasks such as handling cash, budgeting, measuring and analyzing.	<ul style="list-style-type: none"> <li>• I can use more math in my daily life by keeping a personal budget.</li> <li>• I can take math courses.</li> </ul>
<b>Oral Communication</b> —using verbal skills to exchange ideas and information with others.	<ul style="list-style-type: none"> <li>• I can listen more closely to how I and others express feelings and ideas.</li> <li>• I can take courses that require presentations.</li> <li>• I can take public speaking courses.</li> </ul>
<b>Thinking Skills</b> —knowing how to problem solve, make decisions, plan and organize tasks, find information and make good use of memory.	<ul style="list-style-type: none"> <li>• I can analyze how I solve problems and make decisions.</li> <li>• I can read books about thinking skills.</li> <li>• I can take courses that require research and memorization.</li> <li>• I can keep a diary to help me plan and organize my tasks.</li> <li>• I can take courses to build thinking skills.</li> </ul>
<b>Working With Others</b> —doing tasks with partners or in a team.	<ul style="list-style-type: none"> <li>• I can analyze my interpersonal skills.</li> <li>• I can study the way people interact and analyze situations.</li> <li>• I can read books on building interpersonal skills.</li> <li>• I can take courses that require team projects.</li> </ul>
<b>Computer Use</b> —working with computers, from entering information, to knowing a software package, to managing a network, to analyzing and designing systems.	<ul style="list-style-type: none"> <li>• I can read manuals and books about computers.</li> <li>• I can try out different software programs.</li> <li>• I can take computer and information technology courses</li> </ul>