



CONNECTIONS

Connecting to Your World

June is the Month for Celebrations

INSIDE THIS ISSUE:

June is the Month	1
Spring Basket	1
What do you need to graduate	2
Writers Corner	2
Graduation Ceremony	2
Recipe Corner	3
Make sure to have a safe summer	3
Sponsors	4
Upcoming Classes	4
Annual General Meeting	4

Spring Basket

Norah Kolmel won our spring basket this year. Congratulations to her and a big thank you to the Lakeview and the Balmer Hotel for hosting our basket and selling our tickets.

June is the month for Graduation. Graduation is the action of receiving or conferring an academic degree or the ceremony that is sometimes associated. At the Red Lake District Adult Learning Centre we do work towards graduation and this is a great thing to celebrate, but we mustn't forget all the little celebrations that we must work towards before we get to the Graduation. June is the month that we like to celebrate those milestones. Adult Learners have so much to overcome and they really struggle at times. These things are not celebrated with cap and gown and parties.

Do you know how hard it is to walk through that door and

say "I want to learn how to read." or "I need to improve my math and English skills.?" But these things need to be accomplished even before the work can begin on credit courses. By the time they are adult Learners they most often have families, jobs and responsibilities that they must juggle along with school work. This all takes time, money, determination, courage and a true desire to accomplish.

A simple graduation ceremony seems so inadequate to celebrate the hardships endured as an adult learner. Let's take off our hats to those who work for years at seemingly small accomplishments. As well as the graduates, let's celebrate those that aren't graduating today or this month but are still sticking to it.

What do you need to graduate?

18 compulsory credits

- 4 credits in English
- 3 credits in Mathematics
- 2 credits in Science
- 1 credit in Canadian Geography
- 1 credit in Canadian history
- 1 credit in art
- 1 credit in health and physical education
- 1 credit in French as a second language
- 0.5 credit in career studies
- 0.5 credit in civics

Plus

- 1 additional credit in English, or French as a second language, or a Native language, or a classical or and international language.
- 1 additional credit in health and physical education, or the arts, or business studies
- additional credit in science (Grade 11 or 12), or technological education.

In addition, students must complete:

- ✓ 12 optional credits
- ✓ 40 hours of community involvement activities
- ✓ The provincial literacy requirement

Writing Corner

Always be a Student

Keep on learning,
 Though your graduation's
 done;
 Your whole life's an education
 That has only just begun.
 Your diploma is the first big
 step,
 For knowledge is the special
 key
 To winning what you want in
 life
 And being who you want to
 be.
 If you'll always be a student,
 You'll find the secrets to
 success
 And travel on the golden road
 To peace and happiness.
 ...By Joanna Fuchs

Graduation Ceremony for Adult Learners

Our Annual Graduation Ceremonies for our Adult Learners will be held in Dryden this year on June 19th, 2012 at 1 pm at the Dryden Regional Training and Cultural Centre, 100 Casimir Ave, Dryden. All the graduates from Dryden, Red Lake, Kenora, Fort Francis, Sioux Lookout and Ignace will be celebrating their accomplishments on that day.

We would like to extend our heartfelt congratulations to each and every one of you. We are proud of the great effort that you put into this endeavor. Also, wishing you the best of luck in the future.

Make sure to have a safe summer

Recipe Corner

Mango Cucumber Salsa

1 large cucumber, peeled, seeded and diced into ¼ inch cubes

1 mango, peeled and diced into ¼ inch cubes

4 tbsp red onion, finely diced

1 lime, juice of only

½ tsp rice wine vinegar or white vinegar

½ jalapenos, very finely minced

2-3 slices sweet red pepper, diced into ¼ inch cubes

Mix all ingredients together and let sit in fridge for 30 minutes or more. This will keep one or two days if it lasts that long.

This is good as a side to grilled chicken or a companion to tortilla chips. It is a nice touch to add to a bed of greens and some cubed cooked chicken.

Summer is almost here and so is summer break from school. It is a time when we are out and about a lot more. Now we need to take different safety precautions from that in the winter. Here are some myths and facts about summer safety.

Myth: Pool or swimming parties are safe as long as there are adults around.

Fact: Many drownings happen when adults are around. The problem is too much commotion. Certain adults need to be designated to watch the swimmers.

Myth: You don't have to worry about sunburn on cloudy days.

Fact: Overcast weather, no matter how cloudy, does not affect how much harmful UV rays someone receives. Use hats and sunscreen of 15 SPF on everyone and do not forget babies 6 months or older. Sunscreen should be applied 30 minutes before going outside and every 2 hours.

Myth: Heat isn't a problem until July or August, when temperatures peak.

Fact: Heat exhaustion and heat stroke are more prevalent early in the season, because our bodies have not acclimatized yet.

Myth: Floaties keep the little ones safe in the water.

Fact: Floaties are designed for fun, not safety. They can give a false sense of safety. They can deflate or slip off.

Myth: Children need a drink only when they are thirsty.

Fact: By the time a child is thirsty, he or she may already be dehydrated. If a child weighs 100 lbs he or she should be drinking five or six ounces of water or sports drink every 15 minutes.

Myth: It is safe to leave kids in the car to do quick errands.

Fact: The temperature inside a car can rise very quickly causing brain damage, kidney failure and death in minutes. When outside temperatures are between 27 and 38 Celsius the temperature in the car can rise to 76 degrees within minutes. And children are less able to handle extreme heat than adults.

So do take some precautions and have a fun and safe summer.

**RED LAKE DISTRICT
ADULT LEARNING
CENTRE**

232 Howey Street
P.O. Box 505
Red Lake, ON P0V2M0

Phone:
(807) 727-3207

Fax:
(807) 727-3573

E-Mail:
alc@shawbiz.ca

We're on the Web!
redlakeadultlearning.org

Sponsors for 2012/2013

"It is not how much you give or do, but how much you put into giving or doing." ...and we are very grateful for those people in our lives.

Here is a list of this year's Corporate Sponsors.

- Balmer Motor Hotel
- Contact North
- Dr. Matthew Walkiewicz and Dental Associates
- Forever Green Gift Boutique
- Lakeview Restaurant
- Red Lake Regional Heritage Centre
- Red Lake Career and Employment Services
- Rubicon Mineral Corporation
- Sobey's Red Lake
- Wilson's Business Solutions

If you are interested in becoming a corporate sponsor for the 2013/14 year, we have an information package available to anyone interested. Please contact our office for more information.

Upcoming Classes

Fall time will be here all too quickly and we are already thinking and planning ahead. We have some computer classes coming up in the fall. We will be having a few St. John's First Aid and some interest courses. Call us if you are interested in any of these classes or if you have something in mind that you would be interested in. We will put your name on our list and when that course is planned, we will call you first. Or if you are interested in learning to read or improve your math skills, we can help with that as well. Of course we have continuous enrollment for credit course, so if you are looking for your Grade 12 diploma, call us.

Annual General Meeting

Our Annual General Meeting will be held on June 5th, 2012 at 7:00 pm at the Red Lake District Adult Learning Centre at 232 Howey Street. We would love to have new members sign up, come and join us.