



CONNECTIONS

Connecting to Your World

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Spring Has Sprung

Finally! We have spring. The snow is gone and the ice is on its way out. The geese and ducks are slowly coming back. Everyone is out walking and biking, pushing baby carriages, pulling wagons, walking dogs and buying ice cream.

All the signs that we have had a long, hard winter and we are ready to just be outside and moving around.

What goes with that? Graduation. All our minds are gearing up for school to be done for the summer. Students at our Centre have worked very hard and have put in some long tedious hours learning reading, writing, prepositions and algebra; just to name a few.

Hard work is paying off.

Kathy Robinson

We would like to wish a long time, loyal employee a very Happy Retirement. We will really miss that smiling face at the Adult Learning Centre in Ear Falls. Kathy has been an important part of many lives for many years. She has helped numerous people with their literacy skills and some of them have gone on to achieve their grade 12 diploma and GED. She is more than just an instructor; she cares about her students and always went that extra mile.

Over the years we have gone through many changes and Kathy always did her best to make the transition as easy as possible for her students. She was always very committed to the Adult Learning Centre and we were privileged to have had her. She has not only influenced the lives of the students that she has come in contact with, but also her coworkers.

We all enjoyed her very much and we will miss her. So as she moves on to bigger and better things, like grandchildren and travelling, we wish her the very best that life has to offer.

Happy Retirement

Spring Basket

The winner of the Spring Basket was Wanda Towns of Red Lake. She won it with ticket number 162. We would like to thank the Lakeview Restaurant and the Balmer Hotel for hosting the basket and selling tickets for us. Thanks to everyone who purchased a ticket for your support.

The Month of May!

Although we look forward to May, it is spring and the months that flowers come into bloom. It was not always the bright cheery month that we see it to be. Back in the 1700's it was thought to be a bad month. Superstitions were not good for this month. They thought that May was not a good month to be married in, "Marry in May and you'll rule the day" was a popular saying. Being born in May was thought to produce sickly children. And never wash a blanket in the month of May, "Wash a blanket in May....Wash a loved one away" Pretty gloomy. In later years, it became a celebration of spring and the birth of nature and animals. It is still celebrated in some countries with the may pole and the maypole dance.

May is also the month that we in the present day have chosen to honour our mothers, motherhood, maternal bonds and the influence of mothers in society. Mothers Day falls on the second Sunday in May, this year it is May 12. We celebrate it by remembering our Mother's with flowers or a card or a call. Sometimes children make their mom's breakfast in bed.

iPad Workshop

We had a very good turnout for the iPad Workshop that we held here at the Centre on April 23, 2013. We learned a lot. We learned how to make folders and organize our home page, how to download Apps. We learned how to use the camera and photo shop and how to password protect and change some of the settings to suit us better. We looked into iTunes and iBooks. It was very informal and more a sharing time. Everyone went home knowing more than when they came. Somebody suggested that class and we followed through with it and it was well received. If ever you would like a course of something that is new or interesting to you, let us know and we will try to accommodate.

Recipe Corner

Teriyaki Beef Kabobs

- ¼ cup brown sugar
- 3 tbsp soy sauce
- 2 garlic cloves, crushed
- 2 tsp sesame oil
- ½ tsp ground ginger
- 1 lb boneless beef top sirloin, cut in bite sized cubes
- 1 can pineapple chunks
- 1 green and 1 red pepper cut in chunks
- 4 skewers

Whisk first five ingredients and put in large sealable bag. Add beef and coat, marinate in refrigerator for 2 hours. Preheat grill for high heat and oil the grate. Thread beef, pineapple, green and red pepper onto skewers.

Cook on the preheated grill, turning frequently until nicely browned on all sides about 10 to 15 minutes.

Health

As stated in last month's newsletter, here are more facts and figures concerning the essential skills in the area of

Health:

- The Canadian Public Health Association defines health literacy as: "Skills to enable access, understanding and use of information for health? (Canadian Public Health Association)
- The majority of adult Canadians (60%) do not have the necessary skills to manage their health adequately.
- Canadians with the lowest health-literacy skills are 2.5 times more likely to report being in fair or poor health as those with the highest skill levels, even after correcting for factors such as age, education and gender.
- Health literacy is more complex than general literacy. Mastering health-literacy tasks requires the use of more than one literacy skill – prose, document and numeracy – often simultaneously.
- Improved health literacy may, for example, reduce the prevalence of diabetes in the population and possibly improve its management. In addition to enhancing the quality of life for many people, this could result in significant cost savings for the healthcare system.
- Canadians with the lowest health literacy skills were found to be more than two-and-a-half times as likely to be receiving income support. (Literacy in Ontario)

Watch next month for facts and figures on the impact of literacy on poverty.

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Sponsors for 2013/2014

"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
- Forever Green Gift Boutique
- Lakeview Restaurant
- Red Lake Lions Club
- Red Lake Career and Employment Services

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.

Important Dates

June 7th – Last Day for Graduates to hand in lessons

June 10th – Last Day to write exams for Graduates

June 12th – Last Day for lesson submission for all other students

June 18th – Graduation (Dryden Cultural Centre)

Annual General Meeting

Our Annual General Meeting will be held on Monday, June 07th, 2013 at 6:30 P.M. at the Adult Learning Centre. Everyone is welcome.

We would also like to welcome Elena Kerkelova to the Literacy Board. She is our Learner Representative. We are glad to have her as part of our board giving us an insight from a different perspective.

Writing Corner

Before I Was a Mom

I cleaned my house each day. I never tripped over toys or forgot words to a lullaby. I didn't worry whether or not my plants were poisonous. I never thought about immunization. I had never been puked on – pooped on – spit on – chewed on, or peed on. I had complete control of my mind. I slept all night. I never held down a screaming child so that doctors could do tests...or give shots.

I never looked into teary eyes and cried. I never got gloriously happy over a simple grin. I never sat up late hours at night watching a baby sleep. I never held a sleeping baby just because I didn't want to put it down. I never felt my heart break when I couldn't stop the hurt. I never knew that something so small could affect my life. I never knew that I could love someone so much. I didn't know the feeling of having my heart outside my body. I didn't know how special it could feel to feed a hungry baby.

I didn't know something so small could make me feel so important. I had never known the warmth, the joy, the love, the heartache, the wonderment or the satisfaction of being a Mom.