

The Reader

People, Words & Change



Adult literacy,
one-on-one.

The Lazy Days of Summer...

JUNE 2022










The Reader is the quarterly newsletter of People, Words & Change. We welcome stories and articles by our learners.

People, Words & Change
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Bus #14 stops in front of the building and there is free street parking available.

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Feedback on the manner in which PWC provides its services to people with disabilities, and any other services, is encouraged and appreciated.

2022 AGM

PWC will be holding its Annual General Meeting virtually on Wednesday, June 15, at 7 p.m.



SAVE THE DATE!

PWC's 13th Annual Power of Words Breakfast

Thursday, September 8, 7:30 – 9:30 a.m.
Heartwood House, Unitarian Space
400 McArthur Ave.

Learners, come and celebrate your success with a free hot breakfast and special guest speakers. Several PWC learners will share their success stories.

Watch your inbox for your invitation in August!

PWC Summer Hours

PWC will be **closed** for summer holidays from **Friday, July 1, to Friday, July 29**. The office will **reopen on Tuesday, August 2**.

For those matches that use PWC for their tutoring sessions, you can still use the PWC tutoring rooms and library in July. If you need assistance, please speak with the Heartwood staff at the reception desk. Note their summer hours below.

HEARTWOOD HOUSE Summer Hours

July 1 – Aug. 31

Monday	8:30 am - 6 pm
Tuesday	8:30 am - 5 pm
Wednesday	8:30 am - 5 pm
Thursday	8:30 am - 5 pm
Friday	8:30 am - 5 pm



PWC News!

Thank You PWC Volunteers and Sponsors!

On April 26, we held a virtual celebration to thank all PWC volunteers for the continued time and support they give to our learners and this program.

We awarded certificates to volunteers who had achieved milestone years of service, followed by the fascinating presentation, *Heritage Today*, by Leslie Maitland (former president of Heritage Ottawa). In this talk, we explored the threats to Ottawa's heritage buildings and the immense potential of these buildings to make our environments ecological. It's safe to say that we will all look at our heritage buildings in a new light!

We are extremely grateful to the businesses that made donations for this event.

Dollarama

Loblaws McArthur



Thank You Twice Upon a Time!

PWC again partnered with Twice Upon a Time for the 5th round of the *Kids Today! Special COVID-19 Project*. Book donations were made to the children/grandchildren of our learners.



Writing Assignment – My Wedding Day

Write six sentences or a short paragraph about a wedding or similar ceremony in your country.

Today is the 3rd of June, 2022. Every year on this date we have beautiful memories. Our wedding was on the 3rd of June, 2000. Hussam and I met each other in the place where I used to work. Then he went with his mother to meet my mother and to tell her that he would like to be engaged with me. That was the first step. Then he waited for our answer if it was ok, but we didn't answer him yet. Then he called us again and came with his family to repeat what he wanted, so on that day I felt that I liked him, I liked his character and his sense of humor.

On the 5th of February, 2000 we signed the Islamic marriage contract at my aunt's house. Most of our families celebrated with us that day. After that, we talked to each other for 8 months, so we made sure that we had a lot in common, and we could build a family and live with each other for the rest of our lives. To prepare for the wedding day, we went to the "Summerland" hotel in Beirut and we made an agreement to hold our big day there.

Then we traveled to Syria to buy my wedding dress and a lot of other clothing but I couldn't find a wedding dress that matched my style. So, when I came back to Lebanon I went to a shop where I chose a design from a journal and they sewed the dress specially for me. It was amazing, very beautiful, and a pretty dress. It was a very long dress with a long tail. The dress had hand embroidery and it was very fancy and classy. The bridal veil was short with two parts. It was a fantastic wedding dress. I still love it. I wore it and it looked very beautiful. All the attendees liked it. Also, the flower bouquet looked elegant. It was red and white, covered with white lace fabric.

In the hotel we took a lot of pictures. My brother took the pictures for me; he is a professional. There was a banquet with delicious kinds of food, and a big seven-layer cake. We cut the cake with a big sword and at the same time the waitresses were holding two pigeons. When we cut it they let them fly away, then we took a sip of juice from a great cup my sister-in-law designed for us. After that, we sat at the table with our families and ate some food with them. On that day, I received a lot of gold gifts from our families and friends. But the most beautiful gifts were what Hussam gave me when we got engaged, and also the one when we got an Islamic contract. Both were very valuable gold sets. But all the gifts and gold mean nothing if we are not in love. The love, the respect, cooperation between us, and applying God's commands is the way to live happily, satisfied and contently.

At the end I pray to God my kids can find in the future the happiness and contentment in their lives with their wives. And I will love to let my grandchildren see my wedding dress. I think the dress will be a very very old model. I think they will laugh a lot.

-Rolla



A Good Mentor

There are several characteristics that make a good mentor. First, a mentor is always optimistic by being cheerful and hopeful when conversing with the mentee. A mentor must be able to motivate the mentee by offering them wisdom and encouragement. Finally, a mentor should listen attentively to the mentee's concerns and support them with the services that are available at Carleton University.

A mentor should be optimistic by being positive throughout the meeting. For example, when you meet the mentee, always speak in a positive manner, and give lovely compliments such as you look wonderful today. Remember to keep a smile on your face.

It is important for a mentor to motivate the mentee. This would help the mentee become the best version of themselves both professionally and personally. A good way to motivate the mentee is by cheering them on. This can be done by providing them with encouragement. Adding to the encouragement, you can also advise the mentee to divide their assignments into more manageable tasks. This will ease the pressure.

Mentors should listen attentively to the mentee. This is important for a mentor to assist them with personal and academic issues. It will help the mentor choose the supports that are appropriate to the mentee's concerns. Examples of supports that you can find at Carleton University are counseling services, PMC (Paul Menton Centre), and the library.

In conclusion, I believe what makes a good mentor is to be encouraging, inspiring, and willing to listen to the mentee.

-Miriam



Now I Can! PWC Learners Write

Old Folktale from Somalia by Zeina's Grandmother

As a child, I remember many folktale stories that were told by my grandparents. These stories are usually fascinating or sometimes very scary like the Dhegdheer story.

Once upon a time, a fierce cannibal named Dhegdheer roamed the Hargeisa valley in Somalia. Her horrific ways cursed a land once green and lush, turning it into a desert, a crumbling dust. The animals grew thin and the rains went away for a very long time.

Dhegdheer was as strong and swift as the wind. She had unusually long pointy ears with strange power to hear far away. She usually loved to hunt and trap lonely travelers and young children. After she started to hunt near the village, the people noticed many people were missing. Her daughter Safiya saw the people crying for their missing loved ones.

Saifya decided to stop her mother doing evil ways. One day with the help of her own daughter, Saifya helped a victim to escape across the valley to safety. Once Dhegdheer attempted to chase after her prey but she got swept up by the river and drowned. After Dhegdheer died the land became lush and beautiful again.

This story was told to us as children in order to scare us from ever wandering far away. Dhegdheer's body was never found, they say.

-Zeina



Small Acts of Kindness

In the aftermath of the May 21st storm, friends and neighbours came together to help each other out. One of our (computer) learners stepped up to help her fellow neighbours. She emailed us as to why she had to miss her class:

“My whole body is aching. I need a rest. I was busy for two days cooking for my friends who had no lights due to the storm, so standing up long hours my body is just pounding.”



Baris and Hilib - Delicious Somali Rice and Lamb

Yield: 5 servings

Cooking time for the rice 30 minutes and the lamb meat takes 2 to 3 hours

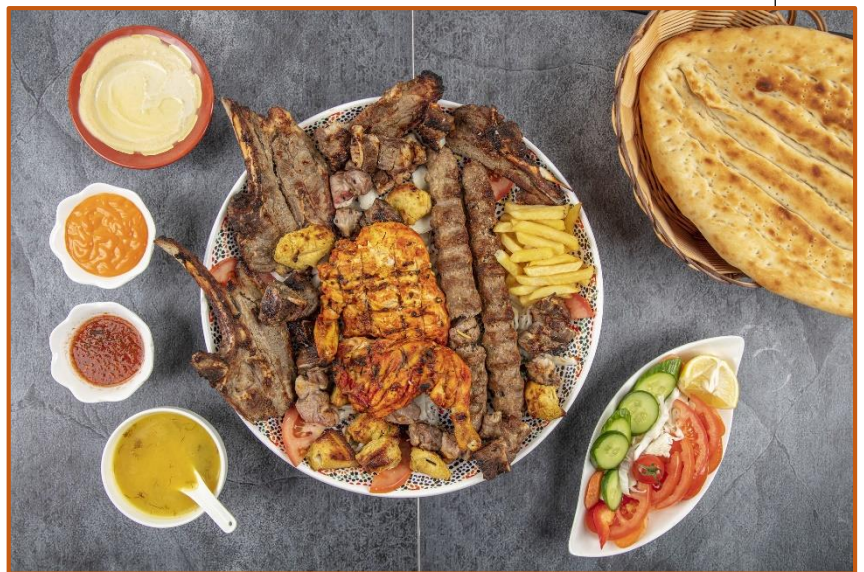
Ingredients:

Rice

- 1 medium onion, diced
- 3 tablespoon canola oil
- 1 cinnamon stick
- 1 teaspoon cumin powder
- 1 teaspoon garlic powder
- 1 pinch of salt
- 4-5 cardamom pods
- 2 cups of rice
- 4 cups of water

Lamb Meat

- 1kg of lamb
- 4 cups of water
- 1 pinch of salt
- One half medium onion, diced
- One half medium tomato, diced
- One half medium bell pepper, diced
- 3 tablespoons canola oil
- 1 teaspoon cumin powder
- 1 teaspoon garlic powder
- 1 teaspoon lemon pepper
- 1 teaspoon pepper
- 1 tablespoon of Dijon mustard



Continued on next page...

Instructions:

My traditional food is rice and meat.

LAMB MEAT

- First, cut the lamb meat in small pieces and boil 4 cups of water. Put the pieces of lamb in a cooking pot.
- Turn on the stove on medium heat. Boil the meat for 2 to 3 hours.
- Next, take the cooked meat from the cooking pot and put it on the side. Then, put the meat water on the side.
- Secondly, to grill the meat, put the pieces of meat on another cooking pot on the stove medium heat
- Add 3 tablespoons of canola oil, one half medium onion diced. Also, add one half medium tomato diced.
- Add all the spices and 1 tablespoon of Dijon mustard together with the lamb. Grill the meat for 10 minutes. Put the grilled meat for 20 minutes in the oven for 350 F.

RICE

- Soak 2 cups of rice with warm water for 1-2 hours.
- Add 1 medium onion, diced, 3 tablespoons of canola oil, 1 cinnamon stick, 1 teaspoon, cumin powder, 1 teaspoon of garlic powder, 1 pinch of salt and 4 to 5 cardamom pods to the cooking pot on the stove on medium heat.
- Grill all the ingredients together.
- Then, pour 4 cups of water from the meat that we put on the side.
- Add the rice to the cooking pot.
- Stir the rice with the water and all the spices.
- Boil the rice for 10 minutes then mix everything together.
- Put the cooking pot in the oven for 20 minutes to cook the rice.
- Place the rice on the serving plate and add the cooked meat on top of the rice.

Enjoy :)

Megan's tutor commented on her writing submission below, and we agree!

"She did a great job working on the creation and editing of the story. Along the way she learned about adding feelings, doing some research, and including description to help readers enjoy the writing. She also edited for tighter writing and complete sentences."

My Zip Line Adventure

By Megan

It all started on a high school trip to Camp Fortune, in Quebec. We had a huge class and we were with our teacher Mr. Houston. It was a nice spring day. It was warm and sunny but we couldn't really see the sun because we were in a forest. We were excited to do something we'd never done before. We were going zip lining.

A zip line is a metal cable attached high up in the trees. It's screwed into the tree trunks. There are platforms that go from high to low. On the slope a person can travel down the wire and go faster. When you're zip lining you have a harness that attaches you to the wire. You have to wear gloves to hold on so you don't cut your hands.

I started on the upper platform and I was wearing two gloves. I went down the wire. When I got to the next platform I put my right arm down and the glove slid off my hand onto the ground. Now I only had one glove on my other hand. My heart dropped.

The guy at Camp Fortune said he'd throw the glove up to me at the next platform. They couldn't throw it where I was because it was a little bit too high up. The people at the park told me to use the hand that had the glove and hold on to the metal with only that hand. "Use the other hand to hold on to the harness," they said, "and slide down to the next platform."

Continued on next page...

Now I Can! PWC Learners Write

The park people told me when I got to the next platform to be ready. They would throw my glove back towards me. I was trying to pay attention and focus and was nervous that I would mess up what they were telling me.

I held on to the metal zip line with the glove hand and I started to slide down to the next platform. I was ready and focused to get my glove. When I got to the next platform, they threw my glove at me. I caught it! I was relieved. Then I continued on my zip lining. Now I felt normal and was enjoying it.

When the zip lining was over I learned a valuable lesson. How important it is to have those gloves. I trusted the people at the park because they knew what they were doing. Without them and without the glove I would have scraped my hands on the wire or got my fingers stuck. That would be a nightmare. Thank goodness that didn't happen.

We went back to the school bus. Then went home. I can't wait to go zip lining again.

THE END



Now I Can! PWC Computer Lab Learners Create

SnorkelingServiceJapan



🐟 SNORKELING TOUR 🐟

- ♥ Location: Miyako Island
- ♥ Day: August 6th 2022
- ♥ Time: 9am to 2pm
- ♥ Fee: \$200 USD

Please fill out your name, phone number and address.

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Contact:
Shiho
613-000-0000



Shiho & Damon  March 9, 2022



pg. 1



Oprah Winfrey

I Admire Oprah Winfrey. She is one of the most successful people in the world. She was a host for talk show. Her show was very popular in the world. She is well known her Charity work. She built school in South Africa in honor of Mandela.

Saba

May 18th



HOW TO MAKE GHEE AT HOME

Cook fresh milk until it *boils*, let it cool down and create **cream** on top, remove the cream when the milk is cold and keep it in a separate container for at least two days.

At this point, the cream is ready to produce ghee, cover the container and stir for 30 minutes, you will get ghee and put it **cold water** to clean it and keep in a separate container.

-Lydia

Thank you to www.pinkandpink.com for this image.
<https://creativecommons.org/licenses/by-nc/2.0/>





Mommy's Restaurant



ENJOY THE LEBANESE CUISINE

Menu:

Price:



Tabola

7\$



Grilled Kabab 1 kg

25\$



Kaba 6 pieces

15\$



Lentil Soup

10\$



Breakfast per person

20\$



Dinner per person

35\$

1



Beef Mansaf

25\$

•with salad, or yogurt and juice



Kosa with Tomato

15\$

•Kosa with yogurt



Dessert

•Knafa with cheese or Kashta

10\$



PWC Learner Success Stories!

Carina

Carina came to our program to upgrade her reading and writing skills in order to enrol in a postsecondary program. She decided to pursue a career in healthcare and will be starting her two-year practical nursing program in September. Congratulations to Carina on this achievement!

Fadumo

Fadumo completed her training in food services and spent some time looking for work at a nursing home. We are happy to report that she has recently been hired to work part time as a Food Service Worker.

Congratulations, Fadumo!



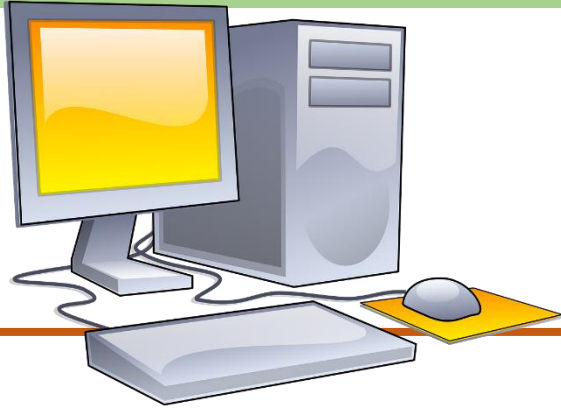
Debbie

Debbie came to our computer class to upgrade her skills as she looked for work.

“My computer experience in the workplace was limited. Computers weren’t in my last job of 21 years.” Debbie started a job shortly after starting PWC’s computer skills class. She is now using her computer skills at her new job, and, at the same time, is learning new information on-the-job. Coming to class allows her to learn even more and to practice her skills. “My new employer thinks this program is great. I am using my new skills in my job as front desk/receptionist.”

Great work, Debbie!

PWC Computer Lab News!



New PWC Computer Class!

Basic PowerPoint for Job Seekers

Learn the basics:

- ★ Creating slides
- ★ Adding content to slides (text and images)
- ★ Formatting and using themes
- ★ Viewing and playing your slideshow
- ★ ...and more!



Free for eligible clients:

- ✓ 19 or older | Ontario resident | Looking for work
- ✓ Eligible for Employment Ontario's Literacy Training Program
- ✓ Canadian citizen / Permanent resident / Refugee
- ✓ CLB 6 or higher in Listening / Speaking



Online Learning Resources – Computer Skills

- ✓ This Google site has self-guided digital skills videos.
<https://applieddigitalskills.withgoogle.com/en/learn>
- ✓ Microsoft Excel Beginner Tutorial
<https://www.youtube.com/watch?v=k1VUZEVuDJ8>
- ✓ Youth Teaching Adults – Free online mini-courses (some examples: Zoom; Photos; Gmail; Calendar; Google Maps; Spam Email; Fake News; and more).
<https://youthteachingadults.ca/resources-learn-at-home/>
- ✓ ABC Internet Matters – free workbooks and downloadable resources to help adult and senior Canadians develop a basic understanding of what the internet is, how to access it, and how to stay safe online.
<https://abclifeliteracy.ca/all-programs/internet-matters/>
- ✓ GCF Global (GCF Learn Free) – website with free lessons and videos related to technology, work, and essential skills (no sign-in or account needed).
<https://edu.gcfglobal.org/en/subjects/tech/>
- ✓ LinkedIn Learning – related to job search. You don't need a LinkedIn account for most of them.
<https://about.linkedin.com/coronavirus-resource-hub/online-courses>

Online Safety Tips

➤ **Don't Give Out Personal Information**

Keep your personal information private and use it on safe sites only.

➤ **Use different passwords for each account and device.**

➤ **Create Complex Passwords**

Create passwords with a combination of letters, numbers, and symbols. Use a "passphrase" – Use the first letter of each word of a sentence (ex. "Mangoes are my 2nd favourite thing to eat for breakfast." "Mam2fttefb" becomes your password.

➤ **Regularly Change Your Passwords.**

➤ **Keep Your Computer Updated**

Keep your device software up to date so it is not vulnerable to malware.

➤ **Think Twice Before Taking an Online Quiz.**

Surveys and quizzes that ask for things like the name of the street you grew up on, your favourite number, or your mother's maiden name are often a way for hackers to gain information needed to answer security questions.

➤ **Be mindful of what you download.**

Be sure that what you download is from a legitimate website and is safe and secure.

➤ **Be sure you know who you are talking to online.**

It's easy to lie online. Be wary of who you "friend" or connect with online. Emails and social media accounts can be hacked and communication may appear to come from someone you know. If it sounds strange, check with the actual person.



Sounds of 'Y'



Vowel 'Y'

The vowel 'y' makes two sounds: the long / i / and the long / e /.

1. At the end of a **1-syllable word**, 'y' sounds like a long / i /.

Examples: cry, try, shy, sky, fly, by, why, my

2. At the end of **2+ syllable words**, 'y' often sounds like a long / e /.

Examples: happy, funny, lazy, cloudy, study, photography, university

3. **Sometimes**, 'y' in 2+ syllable words also sounds like a long / i /. Try the long / e / sound first, and if it is not a word, try the long / i / sound.

Examples: apply, rely, deny, defy, supply, reply, July, multiply

> 1- syllable words ending in the long / e / sound are spelled with 'ee.'

> English words don't end in 'i.' If you hear a long / i / at the end, use 'y.'

 Write / i / or / e / next to the word.

1. baby _____

6. July _____

2. dry _____

7. party _____

3. fry _____

8. early _____

4. fancy _____

9. pry _____

5. slowly _____

10. apply _____

Grammar and Spelling Corner

i Put the words into the correct categories. Do they make the long / i / or long / e / sound?

cry	funny	my	many	supply
sky	quickly	rainy	multiply	pretty
happy	apply	by	hairy	sunny
somebody	community	university	angry	shy

Long / i /

Long / e /

Remember...

When you read 2+ syllable words ending in 'y,' try the long / e / sound first. If it doesn't make a word, try the long / i / sound.

Free Events in Ottawa

Celebrate Canada Day on July 1!

Canada Day 2022 – new official sites

Parliament Hill has been the official Canada Day site for over 50 years. This year, the Centre Block Rehabilitation project means the Canada Day main stage is moving to a new location just 1.5 kilometres (less than one mile) west.

Canadian Heritage is pleased to announce two new sites: LeBreton Flats Park and Place des festivals Zibi. The iconic Parliament Hill will still feature some activities.

Full programming announcement coming soon.

For details, visit this website:

<https://www.canada.ca/canada-day>



613flea - Flea Market

140 vendors selling eclectic goods, handmade treasures, vintage finds and one-of-a-kind items. Makers and bakers, artists and artisans, antiques and vintage clothing, records and comics, plus great food too!

June 11/June 18/July 9/July 23/August 13/August 20/Sep 10/Oct 15/Nov 19

10-4, Aberdeen Pavilion, Landsdowne Park.

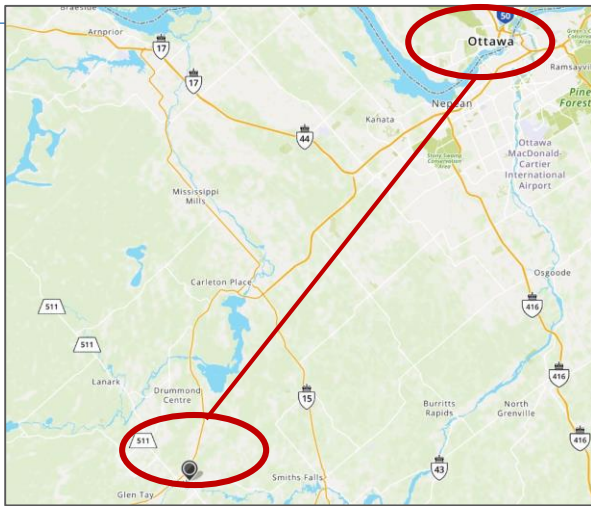
Visit <https://www.613flea.ca/> for details

Free Events in Ottawa

Stewart Park Music Festival July 15 - 17

The Stewart Park Festival is a great celebration of community in the beautiful Stewart Park by the water in downtown Perth, ON. It offers a fantastic weekend of music, great food and amazing vendors with international and Canadian artists. Admission is by donation.

Visit <https://www.stewartparkfestival.com/> for details!



The Sound and Light Show on Parliament Hill - Northern Lights

Summer 2022, dates to be announced

Each night in the summer months, you can enjoy a free, 30-minute multimedia show presented against the backdrop of the Parliament Buildings.

The Sound and Light Show on Parliament Hill – Northern Lights, takes you on an unforgettable audiovisual journey through Canada's history.



For a list of free summer festivals in Ottawa, visit
<https://www.todocanada.ca/summer-festivals-ottawa/>



Summer Word Games

Name: _____

Created with TheTeachersCorner.net Word Search Maker

Summer

Put the words in the list in alphabetical order. Next, find the words in the puzzle below. Some of them can be nouns (name of a person, place, or thing), but can also be verbs (action word). The words will be across (left to right) or down. Then, try to use each word in a sentence.

M Q H S H N P F B K B T T N B P F R Q L
D S A N D A L S W I M M I N G C B G R Z
M V J A B I J E U V O M E C Y C L I N G
A H G F W V Q S H H Q G A R D E N T G Z
U N T V N B W Y P Y O H K Q Q S W Q K U
H N J K G P A K T L T D R G O E Z G S F
V Z H X W C L M F Z L H A Z W E R K T H
A V R Q R A W E J S F N R U G E C V H B
Z K P W P U A Z Q N H P X V V S A J U S
K A K E D Q S L U E J K J X X I N U N U
Z M B E A C H G K T V Q I P Z S O S D N
P G K I E A Z R F Y K L V R X U E W E S
K D B F H M O Y F U A M B P P B I I R H
G A M I S P J D I C Y I W X I C N M S I
T I H S K I F V A C A T I O N J G S T N
L I G H T N I N G S K U S V S B I U O E
P T W O S G V L R P I C N I C T J I R D
F B G R G K W I O F N P T B N W T T M V
D Q M T T H E L I C G Z Y A Y B W Q S T
H S J S B O N J W A T E R P A R K I M K

BEACH
PICNIC
VACATION
LIGHTNING
SUNSHINE
SWIMSUIT

CANOEING
THUNDERSTORM
KAYAKING
CAMPING
SHORTS

SWIMMING
WATERPARK
CYCLING
GARDEN
SANDALS

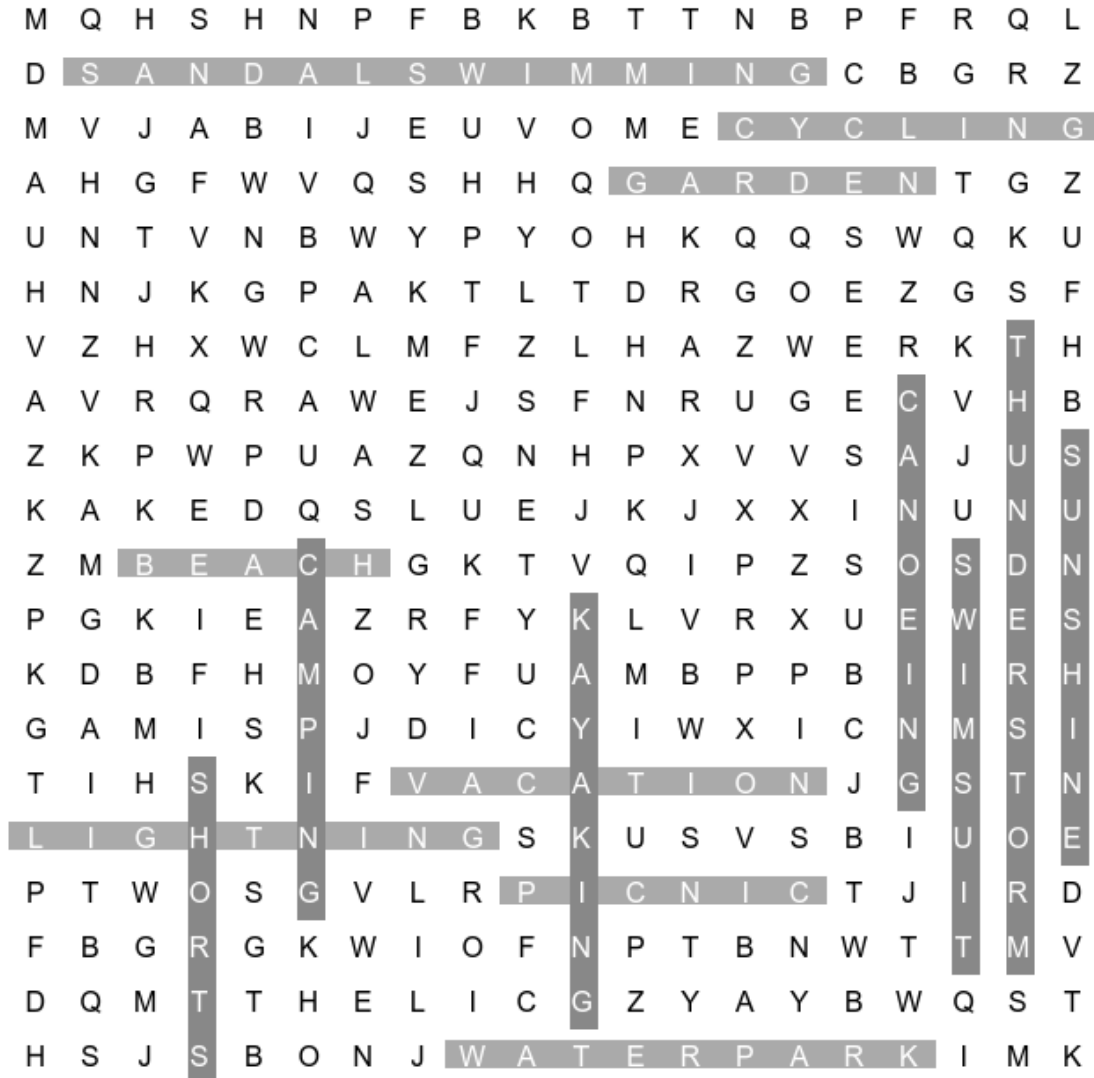


Summer Word Search Answer Key

Name: _____
Created with TheTeachersCorner.net Word Search Maker

Summer

Put the words in the list in alphabetical order. Next, find the words in the puzzle below. Some of them can be nouns (name of a person, place, or thing), but can also be verbs (action word). The words will be across (left to right) or down. Then, try to use each word in a sentence.



BEACH
PICNIC
VACATION
LIGHTNING
SUNSHINE
SWIMSUIT

CANOEING
THUNDERSTORM
KAYAKING
CAMPING
SHORTS

SWIMMING
WATERPARK
CYCLING
GARDEN
SANDALS



Summer Word Idioms - Difficult

Read the summer idioms and their meanings. Then, write sentences with each one or write a paragraph or story to practise using them correctly.

Consider submitting what you write to the September issue of the Reader!

1. **a place in the sun** – a position of advantage
2. **a touch of the sun** – slight sunstroke
3. **come rain or shine** – whatever the weather/situation
4. **everything under the sun** – everything on earth
5. **happy is the bride the sun shines on** – old proverb saying that if the sun shines on your wedding day, you will have good luck
6. **high season** – the most popular time to visit an attraction or resort, the time of year when the prices are the most expensive
7. **Indian Summer** – a period of unexpected hot and dry weather, often in the autumn months after the first frost
8. **mid-summer madness** – foolish/reckless behaviour which seems to escalate at the height of summer
9. **on which the sun never sets** – worldwide
10. **one swallow doesn't make a summer** – one good/lucky event should not always be seen as an indication that what follows will be good as well
11. **one's day in the sun** – the time when someone achieves the highest possible level of success
12. **a ray of sunshine** – a person who brings happiness into the lives of others (often used sarcastically to refer to someone with a gloomy outlook on life)
13. **sun-drenched** – getting a lot of sunshine
14. **to brighten up** – to become more cheerful
15. **to make hay when the sun shines** – to make the most of an opportunity while it lasts
16. **to take a shine to** – to develop a liking for

