The Reader

People, Words & Change

September 2022





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

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Bus #14 stops in front of the building. There is also street parking.

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

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On Thursday, September 8, PWC held its 13th annual Power of Words Breakfast. This year's event was held in person with Terry Marcotte returning as emcee extraordinaire! Local musical talent Margot Lange and Michael McCulloch kicked off the morning with their lovely performance of I Believe, followed by Hélène Cayer delivering the land acknowledgment of our event taking place on unceded Algonquin territory. The Power of Words Breakfast is held every year to celebrate our learners and their achievements and we were honoured to have four current learners speak. This always inspires us to remember why we do what we do. Our keynote speaker was Olympic silver medallist, author, and motivational speaker Elizabeth Manley. Her talk about her personal journey with its pitfalls and successes was truly inspiring! Elizabeth brought her Olympic silver medal and passed it around the room. She emphasized that the medal was for the learners and reminded them to always keep going, to always be themselves, and to never let anyone tell them that they can't succeed. Margaret Macdonald, President of the PWC Board of Directors, spoke about what literacy and PWC mean to her, and Executive Director Dee Sullivan concluded the event with the launch of our annual book draw and the announcements of our special partnership with Perfect Books and Books on Beechwood. Both bookstores generously donated 10% of all sales on September 8 to PWC to celebrate International Literacy Day!



PWC would like to express our gratitude to the sponsors of the 2022 Power of Words Breakfast!

Kelly Santini LLP CUPE LiUNA! ROVLN



Power of Words Breakfast 2022 - Book Draw Donors

Thank you to the following donors for their contributions to our annual book draw!

Brenda Chapman, Canada Post, Catherine Newell, Don Butler, Firefly Books, Goose Lane Editions, Greystone Books, Hachette Book Group, HarperCollins Canada, Laura Byrne Paquet, Louise Penny, Marlene Haley, Nimbus Publishing, Penguin Random House Canada, Raincoast Books, Randall Denley, Renaissance Press, Second Story Press, Steve Burrows, Sutherland House, Thomas Allen & Son, and Wolsak and Wynn Publishers



Now I Can! PWC Learners Write...

Read what Natt wrote in one of her writing assignments.

Write about your own cell phone use or the cell phone use of others. Do you use good cell phone manners? Do others around you? Explain.

Cell phones have become parts of people's lives. Lots of people spend many hours a day in front of their cell phones. As for me, I have to admit that I cannot live without my cell phone. Having a cell phone makes my life easier in many ways. I no longer have to use my home phone. People can contact me anytime anywhere as long as I have a signal or Wi-Fi data. My cell phone helps me memorize phone numbers, emails, and addresses of people on my contact list. It can replace the use of a dairy or an organizer. It will remind me when I have an appointment to go or what I have to do on a particular day. It can be used as my alarm clock as well.

I feel that when I use a cell phone, I have 5 electronics devices in one: a phone, a notebook, a camera, a radio, and a TV. I can do lots of things on my cell phone. It saves me a lot of time and money. I can use my cell phone to do banking transaction, product search, online purchase, online meetings, to name a few. Therefore, I surely have a problem if I lose my cell phone one day.

I respect other people by turning off my ring tone in public places like a movie theatre, a library, a meeting room, etc. I do not speak loudly on the phone in public either. When I am at work, I use my cell phone only for work purposes. However, I do not think I practice good cell phone manners sometimes. As my cell phone has become part of my life, I am always in front of the cell phone all the time if I have time. Therefore, I still use my cell phone at a restaurant or in a car and do not pay attention to people around me. When I am walking, I occasionally check or send text messages on my phone. I am sure that I am not the only one who is in front of their phones whenever they can though.

-Natt





Now I Can! PWC Learners Write...

My Job as a PSW

Hello, my name is Ade. I work as a PSW, Personal Support Worker. I work in a retirement home. There is a lot of work to do. I help the residents with many activities.

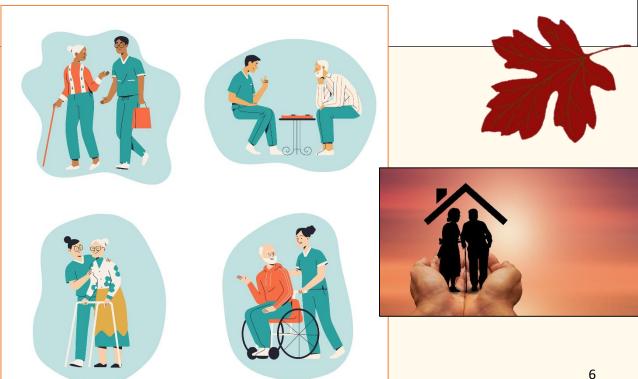
In the morning, I help the residents with the bath or the shower. I shampoo, brush and comb their hair. Sometimes I help them to shave. Then I help with them to brush their teeth. Some days I take care of the residents' nails and skin. Getting dressed is a big job but they need to look beautiful. Next is breakfast. I help cut up their food or feed them. Many of the residents are old and need a lot of help.

During the day I assist in the bathroom and with walking. Some residents like to go for a walk and use a walker. Other residents need help getting into a wheelchair. Some residents cannot walk and stay in bed all day. I help them by turning them in the bed.

I help with lunch and dinner. At night I help the residents get ready for bed. There is always a lot to do in my job.

At the end of the day I am very tired but I know I have helped a lot of people.

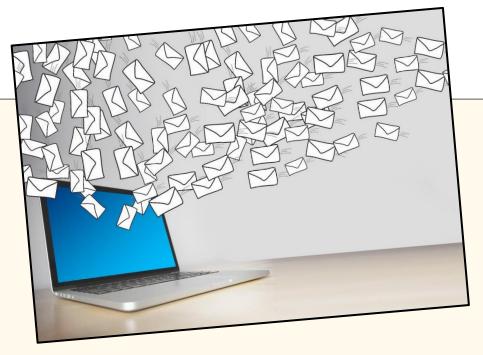
-Ade



Now I Can! PWC Learners Write...

Hey Julie, it's Sabah I hope you're doing well I am improving so much thanks to your help. I remember when I did not know how to read and write and now I can do that and more. I just want to thank from the bottom of my heart for your help. I have a nice tutor now named Hilda and I practice reading and numbers I'm very proud of the progress I have done with Hilda. I also wanted to let you know I will be coming to your office to make an appointment. Thank you very much.

Yours truly Sabah



Colin has been working on his spelling and had to write a short poem about trees.

Trees give us oxygen to breathe and clean the air we breathe in.

They also give us paper.

They also need to be protected.

Some trees grow very slow.

-Colin



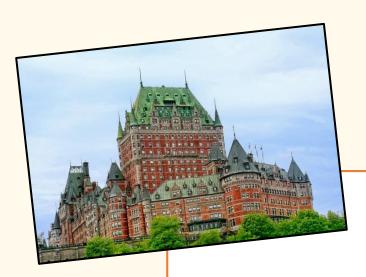
Now I Can! PWC Learners Create

My name is Meaza and the date is 18/08/2022

About Me

- 1. My name is Meaza and I am an Ethiopian.
- 2. Most days I travel by car.
- 3. My favourite place to visit is British Colombia.
- 4. I am funny, patient and smart.
- 5. In the future, I would like to upgrade my knowledge.







Shahpar 18/08/2022

About Me

- My name is <u>Shahpar</u> and I am <u>a Personal support</u> worker.
- 2. Most days I travel by car.
- 3. My favourite place to visit is Quebec City.
- 4. I am friendly, energetic and optimistic.
- 5. In the future, I would like to have a pet.

Now I Can! PWC Computer Lab Learners Create

Practising Typing

I always wanted, for several years, to learn how to type properly. It occurred to me that being able to type <u>accurately</u> and fast would improve my *employment prospects*.

The opportunity to learn this crucial skill materialized when my employment counsellor mentioned this beginner's course with PWC.I am so glad to have made this important decision.

After more than 2 months into the course, I notice some improvement but am well aware that there is more to do on a daily basis. My ultimate goal is the mastery of this skill which is essential in today's workplace.

I also enjoyed learning the software Word which is very useful in the work environment.

I plan to continue working on all the modules of the course in the near future.

My specific goals are the following:

- Typing for more that fifteen minutes per day.
- Improving my accuracy rate
- Increasing my speed over time

Last but not least, the crash course on Zoom was both informative and entertaining.

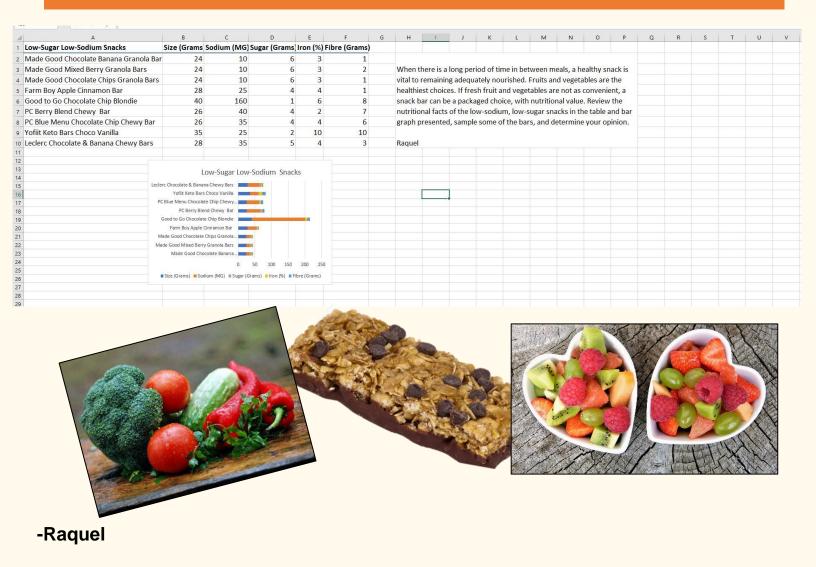


June30, 2022





Now I Can! PWC Computer Lab Learners Create



Looking for healthy snack ideas? Try the following!

- cinnamon-spiced pears
- grapes
- trail mix
- raw or roasted pumpkin seeds
- peanut butter or almond butter on apple slices











PWC Computer Lab

Online Job Search Tips

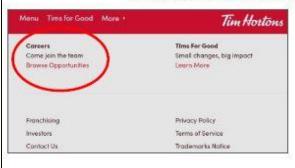
You can search for job postings on Job Search Sites.

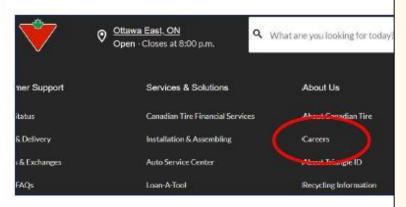


Note: if you post your resume on a job search website, your current employer may be able to see that.

Search for Job Application Forms and Job Postings directly on company or organization websites.

 On the company's home page, look at the Menu for the terms CAREERS, JOIN OUR TEAM, or OPPORTUNITIES. These can be found along the top of the webpage, on the left side of the webpage or even at the bottom of webpage.







PWC Computer Lab

3. Protect your Personal Information Online

- Don't include the following on online resumes or cover letters:
 - * Social Insurance Number
 - * Home Address
 - * Professional Association Registration Numbers
 - * Date of Birth
 - * Any other private numbers (e.g. driver's licence, credit card, etc.)
- · Read the privacy policy on sites you post your resume on.

4. Protect Yourself from Job Scams

A job scam is a job posting or job offer that looks legitimate, but is actually trying to steal personal information and/or money.

Some Warning Signs:

- a. Unsolicited job offers. You get a text or email offering you a job that you don't remember applying for.
- Asking for personal information in an application form such as SIN, banking information, scan of passport or driver's licence.
- c. No interview. Most companies interview or meet with potential employers before offering a job.
- d. Asking you to deposit a cheque (to buy supplies or to "test payroll") and then etransfer the money or leftover money back to the company. Most times, the cheque is not valid and it will bounce and you will have lost your money.
- e. Very little information about the job is provided and no skills or experience is required.

Tips to Protect Yourself:

- a. Research the company check their website and LinkedIn profile.
- b. Check Government of Canada's Anti-Fraud Centre (https://www.antifraudcentre-centreantifraude.ca/index-eng.htm)

Learner Success Stories!

Renjing

Renjing came to our program to upgrade his reading and writing skills. He wanted to enter the telecommunications industry in Ottawa as he had a lot of previous experience in this field from other countries. He also wanted to pass the CELPIP exam. Not only did he pass the exam, he passed with a much higher score than he expected! Renjing found employment with a successful video game company and has been offered a promotion at their office in China. We're sad to see him go but very proud of his achievements. Wishing you all the best, Renjing!



Hilda

Hilda joined the computer lab to upgrade her skills for employment. In May, she applied to work with Elections Canada. This is what she said: "I would like to thank you so much. The Elections Team have taken me as Deputy Reporting Officer. I will attend training on 30 May 2022." Congratulations on achieving this goal, Hilda!



PWC Learner Testimonials





"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. "My new employer thinks this program is great. I am using my new skills in my job as front desk/receptionist."



- Debbie



PWC Learner Testimonials



WHAT OUR LEARNERS SAY

Jerusa



"I am loving to learn and improving my computer skills. My teacher is always alert and willing to help. I am very proud to have gotten this support!"

H.Y.



"Thanks, progressing to learn math. Hopefully I'll learn how to count properly for the work position I'm looking for."



Grammar and Spelling Corner

Phrasal Verbs - Part 1

A phrasal verb combines a verb with an adverb or a preposition to create a new verbal phrase. The meaning of this new phrase is usually different from the meaning of each part of that phrase. It's helpful to think of a phrasal verb as a completely new and independent word.

Example: **look** = to move your eyes in a certain direction to observe

up = above

BUT

look up = search for information in a book or in an online source

"I **looked up** the address of the restaurant to make sure I went to the right place."

You are not physically looking up or above you. You are searching for information.

Example:

look = to move your eyes in a certain direction to observe

after = behind or later in time

BUT

look after = take care of someone or something

"I'm looking after my friend's house while she's on vacation next month."

You are not physically looking up or above at a later time or behind. You are taking care of your friend's house.

Try the exercise on the next page to practise what you've learned in part 1!

Grammar and Spelling Corner

Read each phrasal verb below and the sentence that goes with it. Try to guess the meaning of the phrasal verb from what you read in the sentence.

put off We have to put off the meeting because she's sick and we need

her.

turn down I tried very hard to convince them but they turned down my

offer.

get up I don't like to get up until 9 a.m. on weekends.

break down My car broke down so I had to take the bus.

look forward to They're looking forward to moving from their small house to this

much bigger one.

switch on He switched on the radio to hear the weather forecast.

run out of We ran out of gas and had to walk to the gas station.

get along with The brothers get along with each other so well that they spend

time together every weekend.

put up with The teacher put up with the student's lazy attitude for too long

and now she won't do her homework at all.

break off I broke off a piece of chocolate from her chocolate bar too many

times so she broke off our engagement.

calm down It's good to take deep breaths when you need to calm down.

check out The cashier can check out your groceries or you can go to the

Self-Checkout if you want.

check out I'm checking out the area to see if I want to move here.

cheer up Watching funny videos always cheers her up when she's sad.

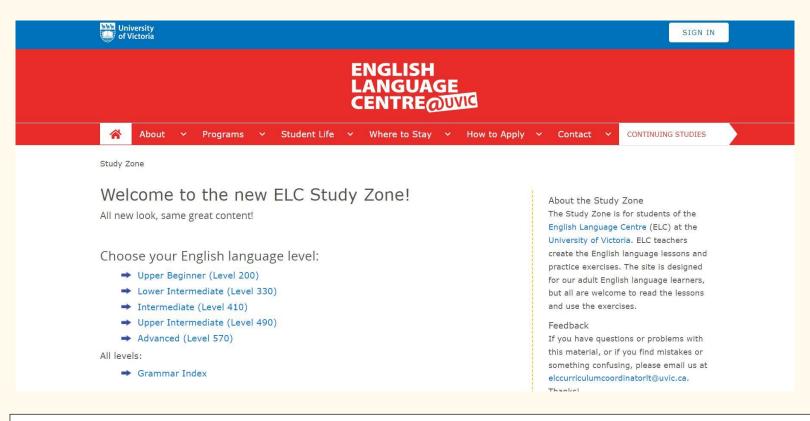
come down with They came down with a cold after being out in the rain all day.

get around It's difficult to get around this city without a car.

Educational Resources

Did you know that there are many websites that can help you practise reading, writing, and grammar? Here is one helpful resource from the University of Victoria's Continuing Education site.

https://continuingstudies.uvic.ca/elc/studyzone



Just choose the level you think you are at you will find reading, grammar and vocabulary exercises to do.



Fall Recipe

Sweet Potato Soup

Prep: 10 min.
Cook: 30 min.
Total: 40 min.
Servings: 4

INGREDIENTS

- 1 + 1/2 tbsp. olive oil
- 1 small onion, chopped
- 2 cloves garlic, minced
- 2 carrots, chopped
- 2 medium sweet potatoes, cubed
- 3 cups vegetable broth
- 1/2 tsp. Italian seasoning
- 1/4 tsp. ground cumin
- 1/4 tsp. ground turmeric
- 1/2 tsp. salt
- 1/4 tsp. ground black pepper



INSTRUCTIONS

- 1. Heat oil in a large pot over medium-high heat. Add the onion and cook until soft and translucent (3-4 minutes). Add garlic and cook until fragrant (1 minute).
- 2. Add carrots and sauté for 6-7 minutes, stirring frequently.
- 3. Add sweet potato and stir to combine (1 minute). Then add the vegetable broth and the Italian seasoning, cumin, turmeric, salt and pepper.
- 4. Bring to a boil, cover, and simmer on medium-low heat for 15 minutes.
- 5. Remove from heat and pure in the pot using an immersion blender or transfer the soup to a blender and puree in batches. If the soup is too thick, add water or broth to thin it out.
- 6. Serve in bowls topped with roasted peanuts, roasted pumpkin seeds, sliced green onions, and a dollop of plain yogurt or sour cream.
- 7. Can be stored in the fridge up to 5 days or frozen in an airtight container up to 3 months.

www.aheadofthyme.com



Fall Word Search

Find the words below. The words will be horizontal from left to right or vertical (down). Then, try to write sentences using the words.

The Answer Key is on the next page, and the pictures will help you understand what some of the words mean.



Autumn Word Search





APPLEUZG

FSLYMMOO

ATEEVPKR

RFALLKNA

MZFLHIHN

EZDOWNTG

RSRWREDE



Find all of these autumn words in the grid above:

apple brown fall farmer leaf orange pumpkin red yellow

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Fall Word Search Answer Key



Autumn Word Search



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

Find all of these autumn words in the grid above:

apple brown fall farmer leaf orange

pumpkin red yellow



Fall Word Search - Difficult

Find the words below. Then, try to write a paragraph or story using the words.

The Answer Key is on the next page.



Autumn Word Search



 C
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Find these autumn words:

apple
brown
chilly
cold
colors
corn
country
crops
fall
farmer

fruit
grain
harvest
hay
leaf
leaves
maple
migrate
November
October

orange
pear
pumpkin
red
rice
scarecrow
September
sweater
vegetables
yellow

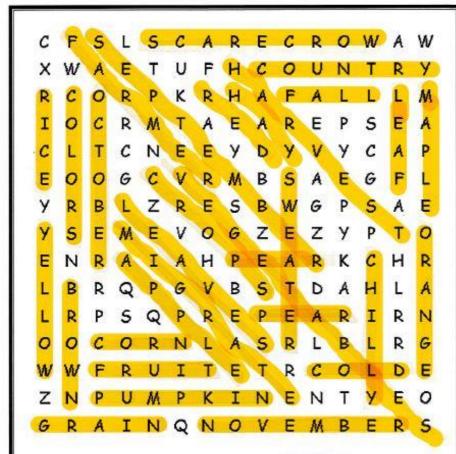
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Fall Word Search - Difficult - Answer Key



Autumn Word Search





Find these autumn words:

apple
brown
chilly
cold
colors
corn
country
crops
fall
farmer

fruit
grain
harvest
hay
leaf
leaves
maple
migrate
November
October

orange
pear
pumpkin
red
rice
scarecrow
September
sweater
vegetables
yellow

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Fun with Verbs!



Autumn Verbs



The weather	chilly.	
People	sweaters.	
_eaves	color.	
_eaves	to the ground.	
People	leaves into piles.	
Scarecrows	the crops.	
Crows	the crops.	
Crops	in the fields.	
armers	their crops.	
armers	their crops at the i	market.
People	apples from trees.	
Squirrels	nuts.	
Geese	south for the winter.	
Frost	the ground in the mor	ning.
24	Children	trick-or-treating.

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