

The Reader

People, Words & Change



Adult literacy,
one-on-one.

DECEMBER
2022

Please note that PWC will be closed from **Monday, December 26, 2022** to **Friday, January 6, 2023**. PWC will re-open on **Monday, January 9, 2023**.

PWC would like to wish you and yours a restful holiday season and a wonderful new year ahead!

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.
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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- Winter Word Activities

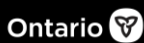


Image by Lumix Designer from Pixabay
Image by Ylanite Koppens from Pixabay

My summer vacation - Shiho

I haven't seen my family since I came to Canada. It's been 5 years. I left my country almost 8 years ago. I miss my home a lot. I planned to visit my family this summer, but my family couldn't prepare a visa for my husband. Sadly, we had to cancel our flight tickets. Instead of the trip to Japan, we did a road trip to the east coast of Canada. I will write about some of my memorable experiences.

Doraku, Halifax

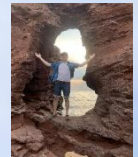
Doraku was one of the best sushi restaurants I've ever experienced in Canada. Outside of Japan, it's almost impossible to find Japanese-quality sushi restaurants; however, the quality of Doraku was of Japanese standard. All the fish were so fresh. Their local Bluefin tuna and mackerel were especially outstanding. I was extremely happy and I couldn't stop exclaiming how tasty they were. Besides, their price was half the price of Ottawa's sushi restaurants. I could eat sushi until my stomach hurt. I've never eaten as much sushi since I left Japan.



Basin Head beach, PEI

Basin Head, a famous beach in PEI, is known for channel jumping: jumping into the water from a bridge and being delivered to the shore by a strong current. The water direction changes depending on the tide.

In the shallow area, we found tons of green crabs, hermit crabs, crayfish and flounders. We got attacked by them. My husband was pinched by a green crab. I was head-butted by a giant flounder. It was an unforgettable attack in my life.



Island Honey Winery, PEI

This winery is one of the best wineries in PEI. They have a wine tasting for \$6. While my husband was enjoying wine, I was chatting with a herd of sheep. The farm owner invited me to feed the cute, fluffy animals behind an electrical fence. I was extremely excited to feed them so I totally forgot about the dangerous wires. I was about to have a special experience: an electrical shock.

Lunenburg, Nova Scotia

This city is registered with UNESCO. The houses are colourful and there are a lot of lobster boats in the harbour. It was interesting to talk with the lobster fishers. I also had fun playing with a sleeping horse. Even though I was touching his teeth and gums, he didn't wake up at all.



Aquarium, Quebec City

I really love aquariums. I used to go to aquariums once a month in Japan. In Ottawa, we don't have any. The closest ones are in Toronto and Quebec City. This aquarium offers visitors to touch sea creatures such as starfish, anemone, stingrays and sharks. I spent at least 30 minutes touching stingrays and sharks. It was my happiest moment this year.

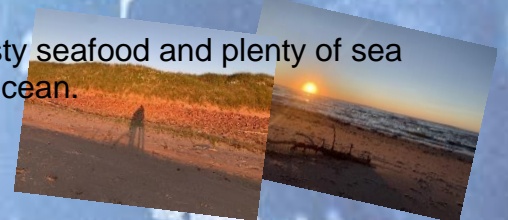


Botanical Garden Montreal

The roses were amazing. The garden is huge so it takes half a day to look at everything.

The trip made me love the east coast of Canada. There is so much tasty seafood and plenty of sea animals. I will recommend the east coast trip for people who love the ocean.

I was at Saint-Louis-du-Ha! Ha!



Our Summer Trip

Travelling is a beautiful thing people like to do on vacation. Last summer, we went to Lebanon for seven weeks to see our family and friends. We were very excited and happy to see everything there! That is called “homesickness.”

The trip started from Ottawa Airport to Montreal Airport for a six-hour layover. We spent time talking on video calls with my family. We showed them the airport and the kids’ area where my nine-year-old son Omar played. The airplane was

We arrived in Belgium in the morning and waited for four hours to start our next flight to Lebanon. In Belgium airport, we started feeling that the people didn’t care about COVID-19. Nobody wore a mask in the plane except us and two or three other people. The plane was not full so Omar slept on my lap with his body on the other two chairs.

In Lebanon nobody wears masks at all. Everyone there could notice that we were visitors or tourists.

When we arrived in Lebanon, we had a very beautiful time. I saw my nephews and my brother, Omar hugged them with a lot of love. We saw my mom and my sister. Omar and my mother cried a lot and hugged each other for a long time; they hadn’t seen each other for about three years. We took them some treats that we like in Canada and we wanted them to try.

My husband Hussam and my son Issam, 13, followed us to Lebanon three weeks later. Everyone loves Hussam because he is very helpful and makes everyone happy when he is with us. Also he is like a son to my mother. My mom and my sister also welcomed them and especially Issam. They noticed he was more grown up than he was before he left Lebanon. But all of us missed Mohammad and Wassim, my oldest boys, who we left alone in Canada. We hope one day to visit Lebanon all together to make my mom and all the family happy.

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We enjoyed our time with our lovely family. We went to restaurants and ate yummy Lebanese food. We were excited to taste it again. We all went to visit my sister, but they never let us go without eating lunch with them. They cooked delicious fish and side dishes.

The weather turned out to be the worst thing on our trip. It was very, very hot and the humidity was very high and we were uncomfortable without AC or fans because there is no reliable electricity in Lebanon. When you wake up you feel as if you got out of a pool. In addition, in the Beirut Airport there were also no fans or AC. When we boarded the plane we sighed because there was AC and we started to feel better.

The time of leaving was very hard for everyone, me, Omar, Issam, Hussam, my mom and all brothers and sisters cried a lot, but my brother said to Omar and Issam, "Be happy my lovely boys." Then he said with much sadness, "We will miss you guys."

I brought home a lot of things my family sent to my boys: gifts, clothes, shoes, and I also brought Arabic sweets and some spices, chips and chocolates that my kids love. On the way home, our layover time in London was 7 hours. Unfortunately, the airplane was full so Omar couldn't sleep on my legs like when we came.

When we arrived home we were very happy to see my oldest kids. We missed them a lot and they missed us. But the house was not very nice to see. There was stuff everywhere and the fridge needed cleaning, but it was ok. We were home again and everything came back in shape.

I hope Lebanon recovers soon because it's a beautiful country and the people there deserve to live a better life. Lebanon needs significant changes in its politics. Free elections to bring new faces can make real changes and reforms and the most important point is they have to be honest and sincere. Perhaps, if this happens, we will go to Lebanon and celebrate this achievement.

We are so lucky because we are Canadians and we live in this pleasant country. We appreciate Canada, God bless it. And I hope my mom and my sisters and brother can be with us in this amazing country.

-Rolla



Now I Can! PWC Learners Write...

Pupusas

Pupusas is a national dish of my country, El Salvador. It's a corn tortilla stuffed with meat, cheese and other fillings. It's served with a cabbage salad and homemade tomato sauce.

This is my favourite food of El Salvador. Writing about it now at 10:24pm, I can sure eat some now. They are not very healthy, but they sure taste soooo yummy. I only have them when my mother makes them if I request them.



-Carlos

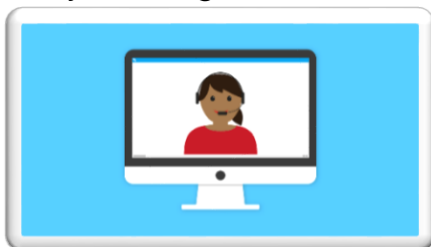
Welcome!

There were some changes and new faces at PWC this fall.

Our computer skills instructor, Karen is now in the role of Education Counsellor. She brings extensive experience from many years of teaching adults in the ESL field. With her leadership skills and compassionate nature, she is very excited to be in this role!



PWC's computer skills program was handed over to the extremely capable hands of our new instructor, Shaniece! She has a background in Psychology and Teaching English as a Second Language to newcomers to Canada. With her warmth, creativity, and positive attitude, she is already making an excellent addition to our team!



Now I Can! PWC Computer Lab Learners Create...

Some creations from our Computer Classes using different formatting features in Word.

NEW BEGINNINGS

On **Monday** mornings I attend a class called **People, Words & Change**. This class is in Vanier, which is about a 30-minute drive from my home. I live in Carp. I'm taking this class to improve my computer skills. My goal is to have the skills and confidence to obtain gainful employment in the future.

I'm also enrolled in *French* classes and my level of *French* is beginner. My goal is to become bilingual. I'm fluent in *Arabic* reading, writing and speaking also.

I have four children who are all university and college educated. My oldest has a degree in Communications and Political Science. My oldest daughter has two college diplomas and a degree in Criminology. My third child has two college diplomas, Business Accounting and now works as a commercial **Refrigeration Tech**.

My youngest daughter is in her last year of high school and will be applying to universities soon. She's interested in Psychology and Neuron Science.

I got married at 19 and had four children by the age of 29. I've been married for 27 years and live in **Carp**. I come from a large family and both my parents immigrated to **Canada** in 1970. My siblings and I were raised in **Ottawa**. My parents owned and ran a grocery store throughout my childhood. Both my parents barely spoke any English, but did their best raising six children. My family is originally from **Lebanon**.

I never had the chance to get a post secondary education. I got married after high school and started a family immediately. My dream was to become a neonatal nurse. Maybe with this new knowledge that I'm learning from PWC, my dream may come true!

Last month I applied for an Educational Staff Support worker with the Ottawa Carleton District School Board and I got hired. My position is a class tutor in all subjects including French Immersion. I'm really enjoying my new employment and love working and teaching young students. I'm hoping to have my contract extended in the new year!

-Suad



Now I Can! PWC Computer Lab Learners Create...

CANADA THE LAND OF OPPORTUNITIES

I came to Canada in December 2021 with my family. At first it was a little overwhelming especially for the cold weather and the snow since I come from the tropics where there is no change of seasons. Aside from that, we were received with open hands and equal opportunities regardless of our status.

My children are so happy and thankful that they are here. They love school here and the caring hearts of the Canadian people and opportunities they have in school without discrimination.

On my part, I am so blessed to be here since I have been a stay-at-home mother for over 20 years and had given up hopes of joining the workforce, or any hope of fulfilling my dreams. But because of the system in Canada which gives equal opportunities, I feel like I am starting my life again.

I am very passionate about learning and when I heard that I can learn French for free, I enrolled in a French class which has greatly improved my French language. When Fazaana the daycare facilitator told me about People, Words & Change computer class, right away I enrolled. I was so fearful of technology but because of this program, I no longer have to wait to ask my kids to do for me even the basic things in technology and now I am proud to indicate on my resume that I am computer literate.

Thank you very much to Karen, my instructor, for always being there to answer my questions and Dee for always checking on me in the computer room which all gives me courage to come back because of the positive environment.

Thank you Canada and all the great people of Canada who go out of their way to do their work professionally to up lift the lives of many people, families and communities at large. To some of us it's a debt we shall never repay.



THANK YOU, THANK YOU, CANADA

-Sarah

PWC Learner Success Stories!

Hadia

Hadia came to PWC to upgrade her reading and writing skills in order to join the Adult High School. Just recently, she has had 2 major successes – she completed her goals in our tutoring program and joined the Adult High School! She also just took her Canadian Citizenship Test and passed! Congratulations Hadia!!



Marielle

Marielle came to our digital literacy program after having worked as a hairdresser for 43 years. At first she was worried that starting to learn again later in life would be difficult, but she has successfully been working her way through our Beginner Modules. The key was lots of review both in class and at home. While attending the program, Marielle got a job at a Canada Post outlet at Jean Couteau and was more determined than ever to continue with the program as she would be using a computer a lot in that job. She was then transferred to cosmetics where her outgoing personality could shine with customers. She still attends the computer skills class, is getting more and more comfortable working on a computer, and is using some of the skills from class at her job! Congratulations Marielle!

Nha-Ling

We want to congratulate Nha-Ling on having accepted and signed a full-time Office Administrative Assistant job with a property management company. She started our computer skills program wanting to upgrade and learn new computer skills, especially Microsoft Office. She had been a self-employed make-up artist for TV and film, but lost contracts due to COVID and was now looking to shift her employment goals to office admin jobs. All of the job postings for those types of jobs asked for familiarity with Word and some basic Excel knowledge. Even though Nha-Ling was only in the class for a few months, she did refresh her Word skills and started gaining a base in using Excel. We're so happy for you, Nha-Ling!



Community News!

211 Service Provider

Cliquez ici pour la
version française

photo : Craig Adderley



'In from the Cold' Free Meals, Snacks and Drop-Ins
Community Navigation of Eastern Ontario 2022-23

Last updated Dec 6, 2022

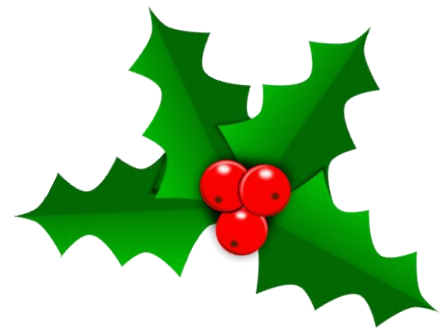
----- 'In from the Cold' Programs -----

Knox Presbyterian Church

Location: 120 Lisgar St, Ottawa, ON K2P 0C2
Phone: 613-238-4774
Time: **Sit-down and Take-out Meal:** Sat 4 pm-5 pm
Dates: Nov 5 2022-end of Mar 2023 (possibly April)
Eligibility: No restrictions
Accessibility: Partially accessible
Note: Dine-in is not accessible by wheelchair, however, takeout meals will be offered

Parkdale United Church

Location: 429 Parkdale Ave, Ottawa, ON K1Y 1H3
Phone: 613-728-8656
Time: **Sit-down Meal:** Sat 3 pm-5 pm
Eligibility: No restrictions
Accessibility: Yes
Note: Please come at the door on Gladstone Ave



INFO-LINE 211, Administration 613-683-5400, Fax 613-761-9077
info@cneo-nceo.ca, www.cneo-nceo.ca

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Community News!

----- Year-round Free Meals, Snacks and Drop-Ins -----

Centre Espoir Sophie

Location: 145 Murray St, Ottawa, ON K1N 5M7
Phone: 613-789-5119
Time: **Sit-down and take-out meals:** Mon-Thu 4:30 pm-6 pm, Fri 11 am-1:30 pm
Eligibility: Women and people who identify as women
Accessibility: Fully accessible ramp available for individuals with reduced mobility

Shepherds of Good Hope

Location: 223 Murray St, Ottawa, ON, Canada K1N 5M9
Phone: 613-789-8210 ext 5
Time: **Breakfast:** Mon-Sun 7 am-8:30 am
Lunch: Mon-Sun 11 am-12:30 pm, 12:30 pm-1:15 pm
Dinner: Mon-Sun 3:30 pm-5 pm
Drop in (hot meals, sandwiches, snacks, TV and nightly programs, coffee and tea available): 6 pm-9 pm
Eligibility: Individuals 18 years and older. Breakfast and Dinner for shelter residents only. Lunch and Drop in for Shelter and community residents
Accessibility: Fully accessible

The Well/La Source

Location: 154 Somerset St W, Ottawa, ON K2P 0H8
Phone: 613-594-8861
Time: **Light breakfast:** Mon-Fri 8 am-10 am
Lunch: Mon-Fri 12 am-1 pm
Eligibility: Women and their children
Accessibility: Fully accessible



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Community News!

Ottawa Innerscity Ministry

Location: 391 Gladstone Ave, Ottawa, ON K2P 0Y9
Phone: 613-237-6031
Time: **Take-away meals and door outreach services :** Tue, Thu 1 pm-3 pm
Eligibility: No restrictions
Accessibility: Fully accessible

Odawa Native Friendship Centre (Reaching Home Program)

Location: Bannock bus only (not fixed location, but mostly downtown)
Phone: 613-410-6958
Time: **Take-away meals: Breakfast** Mon-Fri 8 am-9:30 am
Lunch Mon-Fri 11 am-1:30 pm
Eligibility: First Nations, Inuit and Métis people 16 years of age and older who are homeless or at imminent risk of becoming homeless
Accessibility: Fully accessible
Notes: Clothes, hygiene products, support, referrals etc, also available on the Bannock bus. Also deliver to the Indigenous vulnerable at home: ie mobility or health issues.

St Joe's Women's Centre

Location: 151 Laurier Ave E, Ottawa, ON K1N 6N8
Phone: 613-231-6722
Time: **Sit-down and take-away meals:** Mon, Tue, Thu, Fri 9:30 am-3:30 pm, Wed 12 noon-3:30 pm
Eligibility: Women (including those who identify as women) 18 years and older and their children
Accessibility: Not accessible - for women requiring wheelchairs, service outside of the building can be provided
Notes: Offers drop-in services including a hot lunch program, referrals and advocacy, emergency grocery cupboard, telephone and computer access, shower and laundry facilities.



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info@cneo-nceo.ca, www.cneo-nceo.ca

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Community News!

Centre 507

Location: Centretown United Church, 507 Bank St, Ottawa
Phone: 613-233-5626 ext 221
Breakfast: Mon-Fri, Sun 9 am-10 am
Time: **Take-out Meals:**
Mon 12 noon-1 pm, 5 pm-6:30 pm
Tue 5 pm-6:30 pm
Wed-Thu 12 noon-1:30 pm, 5 pm-6:30 pm
Fri 12 noon-1:30 pm
Sun 12 noon-1:30 pm
Drop in (coffee and tea also served):
Mon 9 am-10:30 am, 12 noon-3:30 pm, 5 pm-8:45 pm
Tue 9 am-10:30 am, 5 pm-8:45 pm
Wed-Thu 9 am-10:30 am, 12 noon-3:30 pm, 5 pm-8:45 pm
Fri 9 am-10:30 am, 12 noon-3:30 pm
Eligibility: No restrictions but primarily adults
Accessibility: Not accessible



St. Joe's Supper Table

Location: 151 Laurier Ave E, Ottawa
Phone: 613-233-4095
Time: **Take out Breakfast:** Mon-Fri 9 am-11 am
Take out Dinner: Mon-Fri 5 pm-6 pm
Eligibility: No restrictions
Accessibility: Not accessible, stairway to connecting window, but will accommodate

Caldwell Family Centre

Location: 20-1100 Medford St, Ottawa
Phone: 613-728-1800
Time: **Take out meal: Breakfast:** Mon-Fri 8 am-9:30 am
Lunch: Mon- Fri 1 pm-2:30 pm
Eligibility: No restrictions, designed for catchment area but will not turn anyone away
Accessibility: Fully accessible
Notes: Pandemic protocols still followed, take out meals only until further notice

Community News!

The Ottawa Mission

Location: 35 Waller St, Ottawa
Phone: 613-234-1144
Time: **Take-out meal:** Mon-Sun 10 am-1 pm
Eligibility: No restrictions
Accessibility: Fully accessible
Notes: The Mission also operates a food truck program with 32 locations throughout the city. Locations and times are available here:
[Ottawa Mission Food Truck Weekly Schedule.](#)

Operation Come Home

Location: 150 Gloucester St, Ottawa
Phone: 613-230-4663
Time: **Drop-in:** Mon-Sun 8:30 am-11:30 am & 4:30 pm-7:30 pm
Eligibility: Individuals between 16-25 years old
Accessibility: Fully accessible
Notes: Access to hot breakfast, coffee, juice, snacks, clothing, hygiene/personal care products, support, referrals, foodbank, telephone and computer access, etc.

Bernard Grandmaître Respite Centre

Location: 309 McArthur Ave, Vanier, Ottawa, ON K1L 6P1
Phone: No phone number but can be contacted at HNTF@ottawa.ca
Time: **Tea and coffee all day:** Mon-Fri 9:30 am-4 pm, sometimes light snacks
Eligibility: No restrictions
Accessibility: Fully accessible
Notes: The Bernard Grandmaître Respite Centre offers numerous drop-in services including access to showers and washrooms, a place to rest during the day and referrals and links to other primary care services.
Closes December 16th, 2022.



Grammar and Spelling Corner

Open and Closed Syllables

There are 2 main kinds of syllables.

1) Closed Syllables: A syllable that ends with a consonant.

- **Examples:** metu, pana, comu|pu|teru, chicku|enu

➤ The vowels in closed syllables make their **short** sound.

2) Open Syllables: A syllable that ends with a vowel.

- **Examples:** goo, shee, poo|ta|too, muu|sic

➤ The vowels in open syllables make their **long** sound.



Write if the underlined vowel is **short** or **long**.

1. map _____

2. press _____

3. me _____

4. fin _____

5. no _____

6. fever _____

7. table _____

8. napkin _____

9. robot _____

10. minus _____



Word Search

New Year's Word Search

Find the words in the list below. Words are horizontal, vertical, diagonal and backwards.

Write sentences using each of the words.

(Challenge: write a paragraph, short story, or poem using at least 10 of the words! Consider submitting your writing to the next Newsletter.)

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

CONFETTI
FRIENDS
HAPPYNEWYEAR
CELEBRATION
BALLOONS
FIREWORKS
COUNTDOWN
NEWYEARS DAY
FOOTBALL
KISS
PARTY
MIDNIGHT
TOAST



-ICE Words

-ICE Words

How many words can you make by adding letters in front of the word "-ICE"?

Try adding 1, 2, or 3 letters in front of "-ice" to make new words.

1. _____

8. _____

2. _____

9. _____

3. _____

10. _____

4. _____

11. _____

5. _____

12. _____

6. _____

13. _____

7. _____

14. _____

Word Search - Answers





Word Activity



“SNOWSTORM” Acrostic Poetry



Acrostic Poetry is fun and easy!



Each line starts with the letter on the left. It can be one word, a phrase, or a sentences. Your phrases don't have to rhyme, but they should be related to the topic.



S _____

N _____

O _____

W _____

S _____

T _____

O _____

R _____

M _____

