

The Reader

People, Words & Change



Adult literacy,
one-on-one.

MARCH 2023

PWC will be closed
Good Friday, April 7
and Easter Monday,
April 10, 2023.

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

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In this issue:

- National Volunteer Week
- NOW I CAN! PWC Learners Write
- NOW I CAN! PWC Computer Learners Write and Create
- PWC Learner Success Stories
- Computer Corner
- Community Billboard
- Spelling Corner
- Idioms and Expressions – March
- Word Search

National Volunteer Week

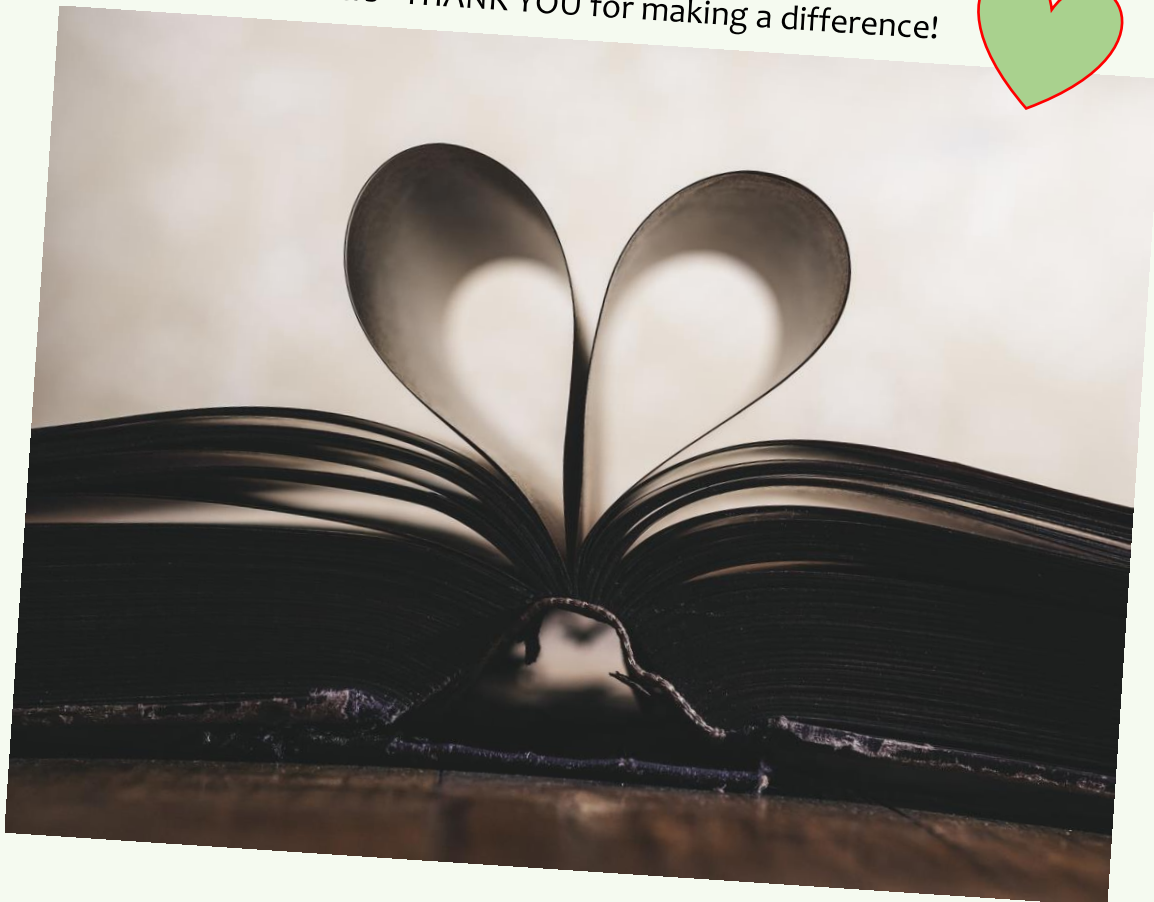
NATIONAL VOLUNTEER WEEK

APRIL 16-22, 2023

During the week of April 16th, organizations in all areas of Canada will be taking time to recognize and say thank you to their volunteers. Last year, millions of volunteers across the country gave their time, energy and skills to the benefit of literacy programs, community services, shelters, hospitals, sports teams, environment, political movements, disaster relief, international aid and development agencies, and to the arts and culture scene to name a few.

Thanks to our volunteer tutors and board members, People, Words & Change is able to provide you with the opportunity to improve your reading, writing, math and computer skills.

To all PWC volunteers - THANK YOU for making a difference!





Arctic Fox

Have you ever wanted to see an Arctic fox? Well, we may want to start by learning about it. First, we will look at its basic appearance. Then we will determine which is the best location to spot an Arctic fox. Third, we will explore the prey of the Arctic fox. Last, we will look at its predators.

The Arctic fox is the smallest member of the canid (dog) family. It can measure up to 115 cm in length and weigh up to 9 kg which is equivalent to the size of a large domestic cat. It has a white coat in the wintertime and a brown or bluish-grey coat in the summer. Its fur is used as camouflage which helps the Arctic fox hide from its predators or catch its prey.



There are about 330,000 to 930,000 Arctic foxes in the world. They are mostly located in the Arctic tundra biome. The Arctic tundra biome is the northernmost region of the northern hemisphere. This means that Arctic foxes can withstand freezing temperatures as low as -50 degrees Celsius. Examples of locations that have such frigid temperatures are Greenland, Alaska, and Yukon.

The Arctic fox is an omnivore. An omnivore is an animal that has the ability to eat and survive on animals and plants. The common diet for Arctic foxes is white geese and lemmings (small rodents). Sometimes they cannot find their common diet, and so they resort to other animals and plants. Examples are birds, insects, eggs, reptiles, amphibians, berries, larvae, and seaweed.

The predators of the Arctic fox are red foxes, wolves, grizzly bears, golden eagles, and humans. Humans poach these Arctic foxes for their fur. This is widely seen in Sweden and Norway.

If you would like to find Arctic foxes, then you should read the above information. This will help you in determining their appearance, location, prey, and predators of the Arctic fox. In knowing this basic information, you will be better able to find your way to the Arctic fox.

Now I Can! PWC Learners Write...



Coffee

Coffee is very important in the morning in my country.
When we go to visit someone, we bring it as a gift.
I think coffee is very important everywhere.
I like coffee, but not more than twice a day.
Coffee is good for our body but not more than three times a day.
--Lina

Car Accident

It was Friday February 2nd 2023 and I was having a rough night with my phone working for Uber eats. So I decided to shut it down and go home, and I did just that. It was about 10:30 pm and I was backing into my driveway. I turned my head to look where I was going, but by the time I looked up a young girl, who was driving a Toyota Rav4, drove right into my front left driver side flattening my tire, and busting my headlight and bumper. I don't think she knew where she was going, she was clearly distracted. When the police arrived I told them what happened. Then the paramedic came by and ask if I was ok and I said yes. Then, the next thing I know he was putting someone into the back of the ambulance. I was enquiring who it was and he told me it was the young girl who hit me. I thought to myself that's not possible. After the crash, she did come out of her car and asked me if I was ok, and I said yes. I said, "You didn't see me? She said, "No you did not have your signal light on." I said, "I am on the opposite side of the road to you. Signal light or not you hit me. It's not my fault you were distracted." Fortunately, no one was hurt, but my car was a write-off. However, the insurance still paid me \$7000. This was enough for me to put a down payment on a used Kia Soul. So I am now allowed to drive passengers for Uber because my used car is newer than my old one.

In conclusion, when driving at night you need to be extra vigilant.

-Mike



Now I Can! PWC Lab Learners Write and Create

Holiday Gathering

I think the *best time* for family gathering is during Holidays. Christmas and New Year break are long enough to *travel* and meet the family that don't live close to us. This year I am hosting our annual **holiday gathering**. My parents, my brother and his wife and my cousin along with her family are going to join us for this **Holiday season**.

I am very excited, and I had so much to prepare for. I have been shopping for *gifts* for everybody. From all the shopping I did I loved getting *toys* for little kids. I know how excited they will be for the *gifts* they will receive.

Everything is almost ready. The house is sparkling clean, the fridge is filled with lots of food and the outdoors is covered in a white blanket. I have listed the meals that I will prepare for this **Holiday season**. Some are new recipes that I have not tried before. Let's hope everything goes well and we will have a blast this **winter break**!

Some of the things I need to take care of:

- Buying **Turkey**.
- **Carwash**.
- Making **cookies**.
- **Gift wrapping**.



I wish everyone a **wonderful holiday season** filled with **joy** and **laughter**!

- Mahtala

Now I Can! PWC Lab Learners Write and Create

PowerPoint Slide Show by Rolla

Earthquake



Earthquake, any sudden shaking of the ground caused by the plate's movement.

Produced when some form of energy stored in Earth's crust is released.

Usually when masses of rock straining against one another, suddenly fracture and "slip."

Passage of seismic waves through Earth's rocks.



■ You should follow these steps:

- Drop down onto hands and knees before the earthquake knocks you down.
- This position protects you from falling but allows you to still move if necessary.

**Cover
your
head
and
neck**

COVER your head and neck (and your entire body if possible) under a sturdy table or desk.

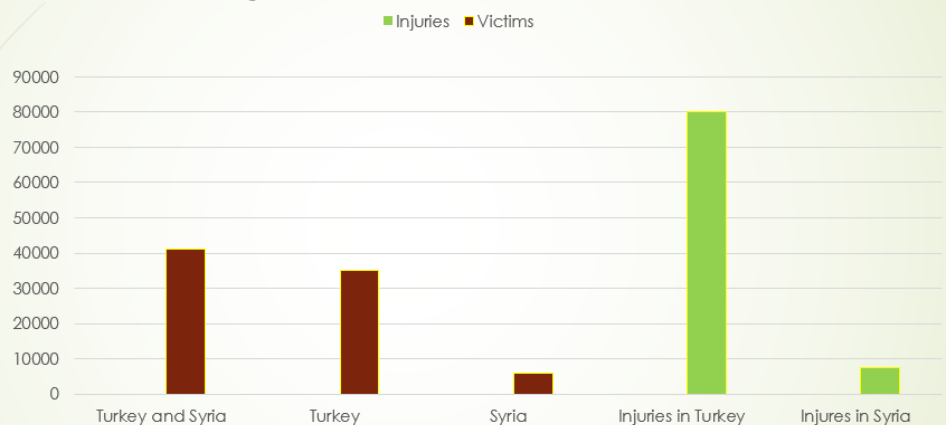
If there is no shelter nearby, only then should you get down with your back against an interior wall and cover your head, neck and eyes with your arms and hands.

WHAT RESCUERS AND EXPERTS *DO NOT* RECOMMEND YOU DO DURING AN EARTHQUAKE

- ▶ **DO NOT** run outside or to other rooms during shaking
- ▶ **DO NOT** stand in a doorway
- ▶ **DO NOT** leave your place or house, and if you are outside do not go back for anything

Trying to move during shaking puts you at risk
The greatest danger is from falling and flying objects.

Victims and Injuries



▶ Note that the outcome is not final and is subject to increase.

Now I Can! PWC Lab Learners Write and Create

SLEDDING EVENT

Times:

Friday	Saturday	Sunday
10am-8pm	Noon-8pm	Noon-5pm

LOCATED AT BRUCE PITT

Come one, come all. Help us celebrate the end of winter with this epic Sledding Event.

There will be Hot Chocolate, Coffee and treats for sale!



WEATHER PERMITTING, DRESS WARM AND STAY ALL DAY!



HOPE TO SEE YOU ALL THERE

-Amanda



PWC Learner Success Stories

Learning

Suad started our Computer Skills Class in order to improve herself and her skills to find work. She had been a stay-at-home mom for 27 years and had never had the chance to get a post-secondary education. Her dream had always been to be a neonatal nurse. Now that her kids are older, she wants to do focus on increasing her knowledge and skills and join the workforce. In November, she was hired as an Educational Staff Support Worker with the OCDSB. She is really enjoying her new position and loves working with and teaching young students.

Congratulations Suad!



Congratulations!

Anok came to PWC to upgrade her reading and writing skills in order to enter college to study nursing. She recently completed a Personal Support Worker (PSW) Preparation Course through Continuing Education and passed with flying colours! She has now found work as a Patient Sitter and continues to work on her reading and writing skills with her PWC Tutor. We are so happy for you, Anok! Congratulations!







COMPUTER CORNER


DEFINITIONS



Hover: To place the curser (mouse) over a word or icon without clicking. 

Default: The settings a computer automatically uses. 

Double Clicking: Quickly pressing the left mouse button two times. 

Formatting Text: Changing the appearance so the text looks good and is easy to read. 

Cursor: An icon that shows where the mouse is or where to type. 



Reading Tips

TIPS ON READING INSTRUCTIONS

Skim first then read closely.

Skimming over text allows you to get a sense of what is being asked.



Take a Break

Give your mind a break.



Read out loud.

Some people find it much easier to stay focused

Use Context Clues.

Pay attention to any text features, such as bold-faced words, words in all capital letters, italicized words, numbered items, headings, and underlined words or phrases. These text features indicate important words or phrases.



Practice Active Reading

Highlighting and underlining important words or phrases can help with indicating important sections.

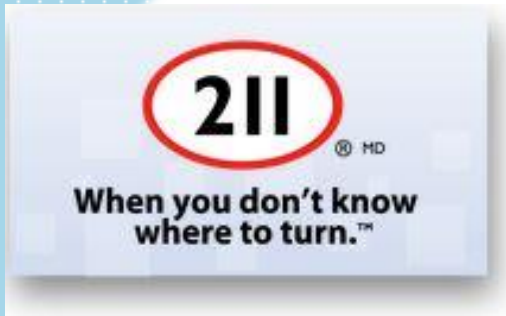


WANTED!!

Do you have a piece of writing or something created in the computer lab you'd like to submit for the next Reader in June?

Share your story, poem, book review, or poster! We would love it!

Community Billboard



FREE TAX CLINICS IN OTTAWA FOR LOW INCOME RESIDENTS

THESE ARE JUST SOME OF THE FREE TAX CLINICS AVAILABLE IN OTTAWA.

CALL 2-1-1 TO FIND A TAX CLINIC NEAR YOU

FIND A CLINIC NEAR YOU HERE: https://apps.cra-arc.gc.ca/ebci/oecv/external/prot/cli_srch_01_ld.action#srchtbl

Trained volunteers will help you complete your tax return.



Free Tax Clinics

Eligibility

Income must not exceed:

- \$35,000 for a single person
- \$45,000 for a couple
- \$47,500 for three persons
- \$50,000 for four persons
- \$52,500 for five persons

An additional \$2,500 is added to the above for each additional person

Interest income must not exceed \$1,000

Volunteers only complete returns for simple tax

situations. A tax situation is simple if an individual has no income or if their income comes from these sources:

- employment
- pension
- benefits, such as Canada Pension Plan, Old Age Security, disability insurance, employment insurance, and social assistance
- Registered Retirement Savings Plans (RRSPs)
- support payments
- scholarships, fellowships, bursaries, or grants
- interest (under \$1,000)

Free Tax Clinics

Name & Address	Type	Returns Prepared	Language	Clientele
Canada Tax Helpers NEPEAN, ON Primary Contact: James Maung Phone: (613) 222-3408 Email: canadataxhelpers@gmail.com Hours: Mon-Fri from 8:00 - 4:00 Starting 2023-03-01 to 2023-04-30	Virtual	Current year only	English, French	General public/All persons
EBO Financial Education Centre 300 Olmstead St 2nd floor, Vanier, ON K1L 7K1 Phone: (613) 746-0400	By appointment	Current and prior years	English, French	low-income individuals
CVITP CCBC 3861 OLD RICHMOND RD, NEPEAN, ON Primary Contact: Bill Lewis Phone: (613) 820-9391 Email: lewisw@rogers.com Hours: Starting 2023-03-04 to 2023-04-29	Walk-in	Current year only	English, Korean, Mandarin	2SLGBTQI+ friendly, Indigenous, Newcomers, Persons with disabilities, Resides within local community, Seniors, Social assistance recipients, Students
Clinique d'impôt du Carrefour 1-109 RITCHIE ST, OTTAWA, ON Primary Contact: Nicole Bondo Mwaka Phone: (613) 219-5246 Email: cafefa.canada@gmail.com Hours: Monday, Friday, Saturday and Sunday from 03:00 PM - 06:00 PM Starting 2023-02-28 to 2023-04-30	By appointment, Drop-off, Virtual, Walk-in	Current and last year only	French, Haitian Creole, Kikongo, Kiswahili, Lingala	Members of their constituency, Newcomers, Resides within local community, Seniors, Social assistance recipients, Students



Free Tax Clinics

Name & Address	Type	Returns Prepared	Language	Clientele
Community Pentecostal Church Orleans 1825 ST. JOSEPH BLVD, ORLÉANS, ON Primary Contact: Edmund Brainerd Phone: (613) 837-3555 Ext: 331 Email: cvitp@cpcorleans.ca Hours: Every Saturday from 02:00 PM - 05:00 PM Starting 2023-03-04 to 2023-04-29	Walk-in	Current year only	English, French	General public/All persons
Income Tax Clinic 200-1719 BANK ST, OTTAWA, ON Primary Contact: Marian Farah Phone: (613) 526-2075 Ext: 224 Email: m.farah@scfsottawa.org Hours: Mon-Fri from 09:30 AM - 03:00 PM Starting 2023-03-12 to 2023-10-31	By appointment, Drop-off, Virtual	Current year only	English, Arabic, Somali	Newcomers
ISSO Ottawa Tax Clinic 300-1907 BASELINE RD, OTTAWA, ON Primary Contact: Adelola Abdul Phone: (613) 294-6691 Email: issoottawa@gmail.com Hours: Mon-Fri from 11:00 AM - 04:00 PM Starting 2023-02-20 to 2023-04-30	By appointment	Current and prior years	English, French	General public/All persons
Rideau-Rockcliffe CRC 3-815 ST. LAURENT BLVD, OTTAWA, ON Primary Contact: Aline Abdulnour Phone: (613) 745-0073 Ext: 0 Hours: Mon-Fri from 09:00 AM - 03:30 PM Starting 2023-03-01 to 2023-04-28	By appointment, Drop-off, Virtual	Current year only	English, French	Resides within local community



Free Tax Clinics

Name & Address	Type	Returns Prepared	Language	Clientele
Rural Ottawa South Support Services PO BOX 423 STN MAIN, MANOTICK, ON Primary Contact: Della Hart Phone: (613) 692-4697 Ext: 228 Email: della.hart@rosss.ca Hours: Mon-Fri from 08:00 AM - 03:00 PM Starting 2023-03-13 to 2023-04-28	By appointment	Current and last year only	English	2SLGBTQI+ friendly, Indigenous, Newcomers, Persons with disabilities, Seniors
SNMC Income Tax Clinic 3020 WOODROFFE AVE, NEPEAN, ON Primary Contact: Imran Ahmad Phone: (613) 265-3523 Email: imranxa@yahoo.com Hours: Every Sunday from 01:00 PM - 03:00 PM Starting 2023-02-19 to 2023-04-30	By appointment, Walk-in	Current year only	English, French, Hindi, Punjabi, Urdu	General public/All persons
South East Ottawa CHC 600-1355 BANK ST, OTTAWA, ON Primary Contact: Natalie Fournier Phone: (613) 737-5115 Ext: 2322 Email: natalief@seochc.on.ca Hours: Every day from 09:00 AM - 04:00 PM Starting 2023-02-03 to 2023-04-28	By appointment	Current year only	English, French, Arabic	General public/All persons
Tax Clinic 959W WELLINGTON ST W, OTTAWA, ON Primary Contact: Irene Chantal Bogne Phone: (613) 725-5671 Ext: 292 Email: ibogne@ociso.org Hours: Every Tuesday and Thursday from 10:00 AM - 02:30 PM Starting 2023-02-27 to 2023-04-28	By appointment, Virtual, Walk-in	Current and last year only	English, French, Arabic	General public/All persons
Association of Islamic Charitable Projects 847 ST. LAURENT BLVD, OTTAWA, ON Primary contact: Oussama Jouini Phone: (613) 806-7272 Email: addressAICPOttawa.taxclinic@gmail.com Hours Every Sunday from 12:00 PM - 02:00 PM Starting 2023-03-05 to 2023-12-31	By appointment, Drop-off, Virtual, Walk-in	Current and prior years	English, French, Arabic	General public/All persons

Community Billboard



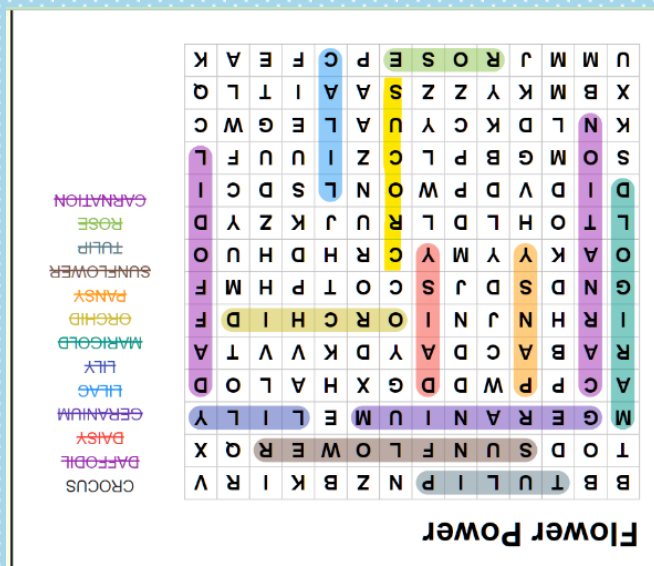
OC Transpo Unclaimed Items Sale!

**Heartwood House
404 McArthur Ave.
Friday, May 12
3:00-5:00 p.m.**

Don't miss out on amazing deals on umbrellas, sunglasses, clothing, cell phones, laptops, musical instruments, and more!

Plan to arrive early to beat the line-ups!

Answers to Word Search on page 19



Spelling Corner

Doubling Rule (One, One, One Rule)

If a word has ONE SYLLABLE and it ends with ONE VOWEL + ONE CONSONANT, double the final consonant when you add a suffix (an end part) that STARTS with a VOWEL.

(a syllable contains 1 vowel sound – sound, not spelling)

Examples:

1. flat + er flatter (“flat” has one syllable and ends in one vowel + one consonant. “er” starts with a vowel. We double the final consonant.)
2. flat + ly flatly (“flat” has one syllable and ends in one vowel + one consonant. “ly” doesn’t start with a vowel. We don’t double the final consonant.)
3. cold + est coldest (“cold” has one syllable but ends in two consonants. We don’t double the final consonant.)
4. bleed + ing bleeding (“bleed” has one syllable but ends in two vowels + one consonant. We don’t double the final consonant.)

Now try adding these endings to these words.

1. flat + est _____

2. get + ing _____

3. trip + ed _____

4. nap + ing _____

5. farm + ing _____

6. sail + ed _____

7. help + er _____

8. slim + er _____

9. bad + ly _____

10. cook + ed _____

11. quit + ing _____

12. dim + ing _____

13. dim + ly _____

14. rest + less _____

15. fit + ing _____

Idioms and Expressions -- March

Here are a few expressions using the word "march."

"March" is the name of a month, a type of uniformed walking (imagine a group of soldiers walking), and also a group of people walking in a public area to show support for or protest against something. It can also be used in phrasal verbs and idioms where it can have a completely different meaning.

1. to be mad as a March hare
"to be crazy"
2. to march to the beat of a different drum
"to be different from the rest; to do things your own way"
3. March comes in like a lion and goes out like a lamb.
Expression about March (usually it is cold at the beginning of March and the end of the month is mild and pleasant)
4. to march against something
"to march in protest or demonstration against something"
5. to march in step with something or someone
"to act according to the rules. To act in the proper or acceptable way"
6. to march out of step with something or someone
"to not act according to the rules. To refuse to act in the proper or acceptable way"
7. time marches on
"time continues to move forward no matter what"

Write sentences using the expressions.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

Word Search – “Flower Power”

Find the flowers in the word search below.



Flower Power

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

CROCUS
DAFFODIL
DAISY
GERANIUM
LILAC
LILY
MARIGOLD
ORCHID
PANSY
SUNFLOWER
TULIP
ROSE
CARNATION



Answers on page 16