

The Reader

People, Words & Change



Adult literacy,
one-on-one.

SWIM YOUR WAY INTO SUMMER!

June 2023



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.

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

In this issue:

- ✳ PWC News! p. 2
- ✳ Volunteer Appreciation Event p. 3
- ✳ Now I Can! PWC Learners Write pp. 4-8
- ✳ Now I Can! PWC Computer Learners Create pp. 9-11
- ✳ PWC Success Stories p. 11
- ✳ PWC Computer Corner pp. 12-13
- ✳ Grammar Corner p. 14
- ✳ Learning Resources p. 15
- ✳ Summer Word Games pp. 16-18



PWC News!



2023 AGM

PWC will be holding its Annual General Meeting on Wednesday, June 14, at 6:30 p.m.

This will be an in-person meeting.

Please email dee@pwc-ottawa.ca or call 613-234-2494 for more details.



SAVE THE DATE!

PWC's 14th Annual Power of Words Breakfast

Friday, September 8th from 7:30 – 9:30 am.

Celebrate International Literacy Day and the achievements of our learners with a free hot breakfast and special guest speakers!

Several PWC learners will share their success stories.

Stay tuned for more details in August!

PWC Summer Hours

PWC will be closed for summer holidays from Monday, July 10 to Friday July 28. The office and computer classes will reopen on Monday July 31.

For those matches that use PWC for tutoring sessions, you can still use the PWC tutoring rooms in July. Please speak with Dee or Karen to make arrangements.



Thank You

During National Volunteer Week from April 16-22, we celebrated the vital component of PWC – our volunteers! As always, we are extremely grateful to them for their time and dedication in touching the lives of the learners they help and in giving back to the Ottawa community.

On April 18th, we held a Volunteer Appreciation Evening to thank the more than eighty volunteers who donate their time, year-round, to tutor the adult learners in our program. After three years of hosting this event over Zoom, we welcomed everyone back to an in-person get-together.

The evening featured locally-sourced refreshments and a trivia competition. In addition, we presented our tutors with tokens of our appreciation donated from well-known businesses and services in the Ottawa community.

Our volunteers make PWC such a special program for the learners and staff and we really couldn't do it without you.

We look forward to celebrating with you again in April 2024!



THE VIEWS EXPRESSED IN THE “NOW I CAN” SECTIONS ARE THOSE OF INDIVIDUAL LEARNERS. THEIR WRITING IS A DEMONSTRATION OF THE PROGRESS THEY HAVE MADE. PWC DOES NOT ENDORSE ANY OF THE VIEWS THAT MAY BE EXPRESSED.

Now I Can! PWC Learners Write

The People I Admire

The people I admire are the Eritrean fighters for freedom. Many young Eritreans were ready to give their lives to free my country from the invader country called Ethiopia.

It took them 30 years and there were a lot of ups and downs. It was like a dream come true for many Eritreans to see my country free. On May 24, 1991 Eritrea became a free country.

I believe our heroes did the impossible to make my country free. Because the Ethiopian Army was well organized and supported by developed countries like Russia, America and Cuba they had all kinds of war equipment: aircraft, tanks, weapons, etc. But my country's heroes were fighting Ethiopians using their own fighting equipment. Ethiopian fighters were, for the most part, leaving their weapons and running away easily. They weren't confident and did not have a real goal.

My country's heroes were determined, dedicated, and had goals to free their own land. Despite all the obstacles, they completed the impossible mission against the invader country.

For all those reasons, I admire my country's heroes.

Sara
June 1, 2023



The Health Benefits of Salmon



Salmon is my favorite food to eat because of its numerous health properties. The three health properties of salmon are Omega-3, low-saturated fat, and vitamins.

Omega-3 is a fatty acid that plays an important role in reducing the likelihood of having a heart attack or stroke. It also plays a role in protecting against cancer. Additionally, Omega-3 lowers triglycerides and slows the buildup of plaque in the arteries. There are fish oil supplements, but is preferable to eat fatty fish such as salmon.

Salmon has low-saturated fat that reduces LDL (bad cholesterol) and triglycerides. The point of lowering LDL (low-density lipoprotein) is to reduce the buildup of plaque in the arteries. When LDL and triglycerides are elevated, then the risk of a heart attack increases.

Salmon contains a significant amount of vitamins that improve immune function. The most common vitamins found in salmon are vitamin A, vitamin B, and vitamin D. Vitamin A improves one's vision, growth, and immune function. Vitamin B helps the nerves and the development of new red blood cells. Lastly, vitamin D helps in maintaining proper bone structure.

Since salmon has all these important health properties, then I should make it my life mission to eat more salmon. That won't be a problem because there are millions of recipes that I could choose from the web.



-Miriam

The Role and Responsibilities of the First Son in Esan Culture in Nigeria

The rights and responsibilities of the first son in Esan culture are determined before he is born.

The first surviving son solely inherits the property of the departed Father. In the traditional Esan culture, the properties inheritable are usually land, economically valuable trees (palm oil trees and cocoa trees), domestic servants, animals, wives, sisters, houses, and brothers as well as spiritual powers and titles that are hereditary. (He has no choice of one without all.)

Lawful succession or inheritance is only permitted after the final burial and completed ceremony of the dead father.

The first son is fully responsible for bearing the cost of the father's funeral and for paying all outstanding debts. He is responsible for taking over all of his father's responsibilities, including caring for the father's widows, siblings and by extension the extended family.

The eldest son must provide for his siblings until they are able to stand on their own. He is indebted to allot part of the land to any of his brothers who wish to use such land for farming or building.

His brothers and sisters must be of good behavior to enjoy any such opportunities. Respect for elders in Esan culture is mandatory.

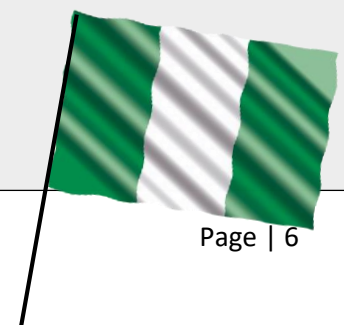
Land property or the family house are normally not to be inherited by female children because the unwritten law is that the family wealth or traditional wealth must remain in the family.

It is not allowed for the estate to be sold for whatever reason; it must be handed over to the surviving male in order of predetermined succession.

The first son must go through some tough training including tough love and toughened not to cry or show weak emotions, in order to be prepared for the role he didn't ask for.

The first son in Esan culture is both receiving and giving.

-Francis



NOWRUZ CEREMONY



Would you like to know about the Iranian New Year's ceremony? It's called Nowruz which means "new day." Iranians have been celebrating Nowruz for more than 3000 years. Nowruz is the Persian New Year which falls on the first day of spring (on the 21st of March).

First, we would clean our houses, so that we would be ready to be hosts for our relatives and friends. We always decorate a table with very special things that started with 'S'. They are always edible.

Sabzeh/ sprouting wheat.

Seeb/ apple.

Serkeh/ vinegar.

Senjed/ oleaster.

Samanoo/ a sweet desert with wheat germ.

Sumac/ sumac.



Some of these are symbols of patience, health, wisdom and happiness. Candles, painted eggs, sweets and nuts and a goldfish bowl are also placed on the table.

It is the biggest festival we have in Iran. We offer best wishes to each other. I clearly remember we would send postcards to our relatives and friends that lived faraway, to say "Happy New Year." The older members of the family would give money to the younger ones. The children would compare how much money they got.

Iranians have a special supper on New Year's Eve. It is called sabzi polo mahi, which includes a mixture of rice and various aromatic herbs and fried fish.

Last but not least, I have to tell you we have a character like Santa. His name is Ammo Nowruz. He is a kind, old man who brings presents to children.

MY TRIP TO GERMANY TO VISIT MY MOTHER

My mother is the most important person in my life. She raised me as a single mother because my father was in the army. I love her dearly. My mother is a very kind, loving, and caring person and she would do anything for her family. It had been 6 years since I had seen her even though I call her and face-time with her on the phone. I missed her so much and wanted to see her.

I decided to go and see her, so I bought a ticket to Germany and planned to stay for 2 weeks. However, on the day I was supposed to go, the weather was so bad and there were many cancellations including mine. After 6 hours of waiting, they got me another plane ticket that would take me to Cancun the next day and after another 7-hour wait, I arrived in Germany.

My Mom and my brother were waiting for me in the airport. I was so excited to see my family - especially my mother. I had a wonderful time with my mother and my brother.

Mothers are precious and extraordinary people. My message to anyone is to do their best to have a good connection with their mother. We only have one mother and they deserve a lot!



-Sara

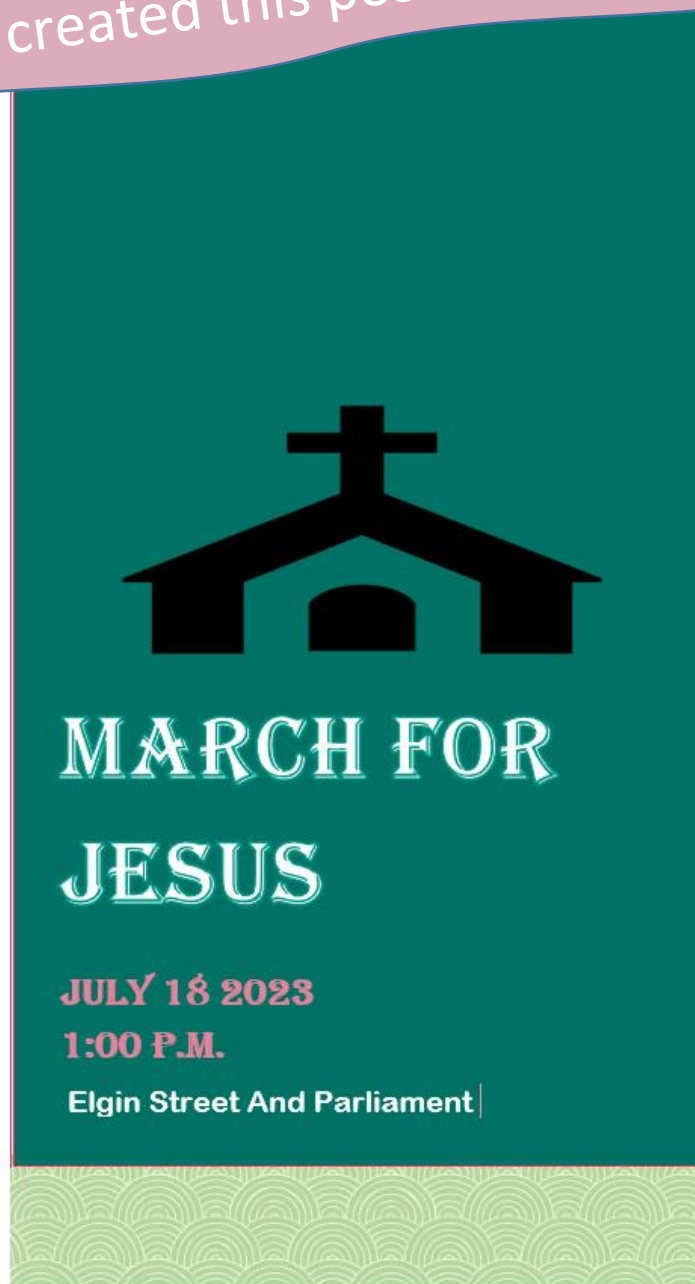
May 18/2023

PWC learner Colin shares one of his daily “to-do lists” with us.



- Something to write about.
- I have to go for blood work.
- I’m going to the bank.
- When I get a chance, I’ll pick up something at the post office.
- I reviewed my homework three times.

Mirna created this poster using Word



LADIES' CRAFTERNOON

Saturday April 25, 2023

4124 Bedford Road

Ottawa, On

12:00 – 6pm

(bring your Pj's and sleep over)

Bring some appropriate clothing for going into the bush to find the branches or grapevine for your wreaths. We will also collect pinecones, dried berries, birds' nests or anything else that you think you would like to have on your wreath.

I will supply the wire wreaths, wire cutters, wire and glue gun

Everyone is to bring a bottle of your favourite wine and we will have a wine tasting during our craft.

Please RSVP by April 1, 2023

Debbie

Now I Can! PWC Lab Learners Create

Abby created a spreadsheet in Excel of the books and total number of pages she read in 2022.

Books read in 2022					
January	February	March	April	May	June
Legendborn	Neon Gods	My killer vacation	Untethered	Cress	House of sky & breath
Legend	Icebreaker	After the end	Winter	Scarlet	Starsight
Prodigy	When Gracie met the grump	Better than the movies	Flat share	Cinder	Skyward
Champion	Academically yours	Daughter of the moon	Fairest	Cytonic	
1546	1752	1515	1918	1815	1734
July	August	September	October	November	December
War of two Queens	The spanish love deception	From Lukov with love		Lightlark	So this is Christmas
As if on cue	Six crimson cranes	Jade fire gold		Air Awakens	Earth's end
Sky in the deep	Unravel the dusk	A love hate thing			
A shadow in the ember	Spin the dawn				
1967	1688	1426	0	758	734
Total number of pages read: 16853					

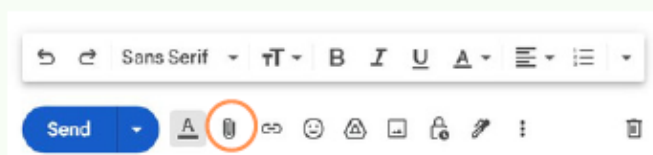
PWC Learner Success Stories



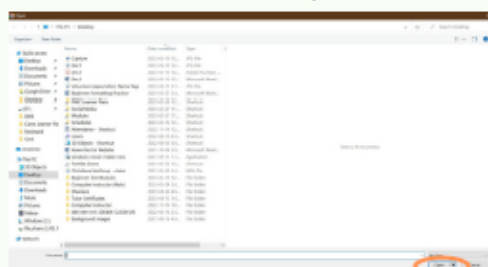
M.A. came to our computer class to upgrade her skills in order to find a job. She is very happy to report that she's found the job she has been looking for: Financial Assistant. Congratulations!

Attaching a File to an Email

1. Open Gmail.
2. Compose a new email.
3. Address it to your instructor.
4. Add a subject in the Subject line: Practicing Attachments.
5. Click on the paperclip in the Compose window.



6. File Explorer will open and you can search for the file you want to attach. It can be an image or a document.
7. Choose "Open" which means you are attaching the file to your email.
8. You will see the name of the file in the Compose window.



9. Write a message in the body of the email.
10. Reread and send.

It is very important to include a message, saying that you have attached a document

Email Attachment Message Examples:

- Attached is/are ...
- Please see attached.
- I have attached a [...] to this email.

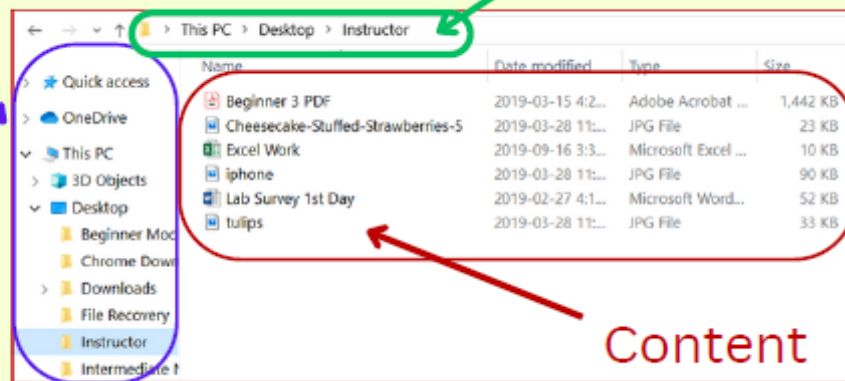
COMPUTER CORNER

FILE EXPLORER



Locations

File Path



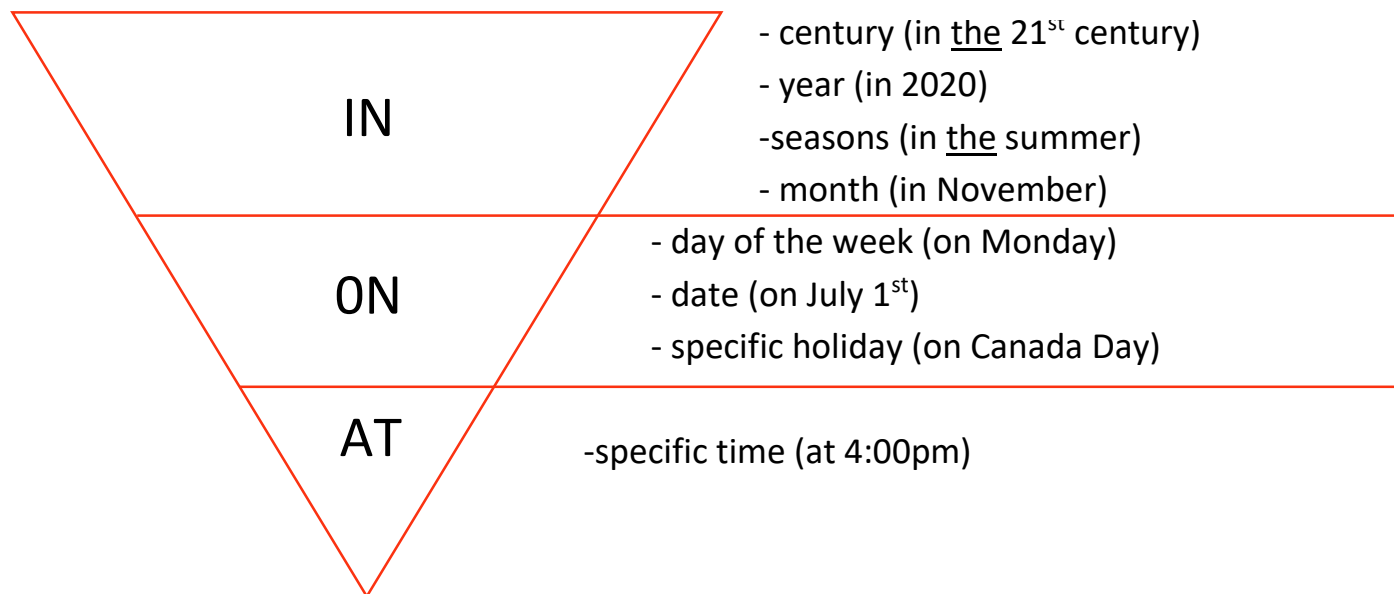
Locations: The location section of file explorer is a directory/table of contents for your files. The location section can be used to navigate through the file system.

File Path: A string of names that identifies the location of a file or folder in the file system.

Content: The content section displays what is in the folder you currently have open.



Grammar Corner – Prepositions of Time



Preposition	Time Categories
in	centuries, years, seasons, months
on	days, dates, holidays, days + morning/afternoon/evening (ex. on Monday morning)
at	clock times, night
(no preposition)	tomorrow, today, yesterday, next (next week; next Tuesday), last (last night; last October)

Fill in the blanks with the correct preposition of time (in, on, at) or leave it blank if there is no preposition. Add “the” if needed.

- Sahar is arriving _____ March 15th _____ 7 o'clock in the evening.
- We usually get the first snow _____ October. I remember having snow _____ Hallowe'en.
- Emil started working at his law firm _____ 2020. I think it was _____ June.
- Beatrice began working on the project _____ last week.
- _____ New Year's Eve, it is tradition to kiss someone _____ midnight.
- The plane leaves _____ Friday morning _____ 9:20 am.
- I moved here _____ winter. It was _____ the 12th of January.
- Carlos arrives _____ tomorrow _____ noon.
- I think the telephone was invented _____ 19th century. I think I remember reading that it was _____ the 1870's.
- The conference begins _____ Friday _____ 1:00 pm and ends _____ next Monday.

Learning Resources

In March, we hosted a workshop for our tutors on “Online Resources for Literacy.” Below are some of the websites for tutors to find materials or for learners to do exercises online.

Grammar:

- ❖ <https://www.perfect-english-grammar.com/>
- ❖ <https://www.englishpage.com/>



Academic English:

- ❖ <http://uefap.com/> (Using English for Academic Purposes)
- ❖ <https://owl.purdue.edu/owl/> -- Purdue OWL (Online Writing Lab)
- ❖ https://owl.purdue.edu/owl_exercises/index.html -- Purdue OWL Exercises

Reading:

- ❖ <https://www.readingskills4today.com/>

Multi-Skills:

- ❖ <https://continuingstudies.uvic.ca/elc/studyzone/> -- ELC Study Zone
- ❖ <https://www.bbc.co.uk/teach/skillswise> -- BBC Skillswise

Spelling and Pronunciation:

- ❖ <https://www.learningchocolate.com/>
- ❖ <https://www.youtube.com/@courtneybentley2089> -- @courtneybentley2089



Summer Word Search

Find the list of summer words in the word search below. The words will be found across (left to right), down (top to bottom), or diagonally. The answers are on page 18.

SUMMER WORD SEARCH

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

Vacation

Family

Sunshine

Sand

Pool

Beach

Waves

Sunscreen

Fun

Relax



Complete the Sentences -- Adjectives

Adjectives are words that describe nouns. Choose a suitable adjective to fit in each blank. You can choose your own adjectives or you can choose from the box below.

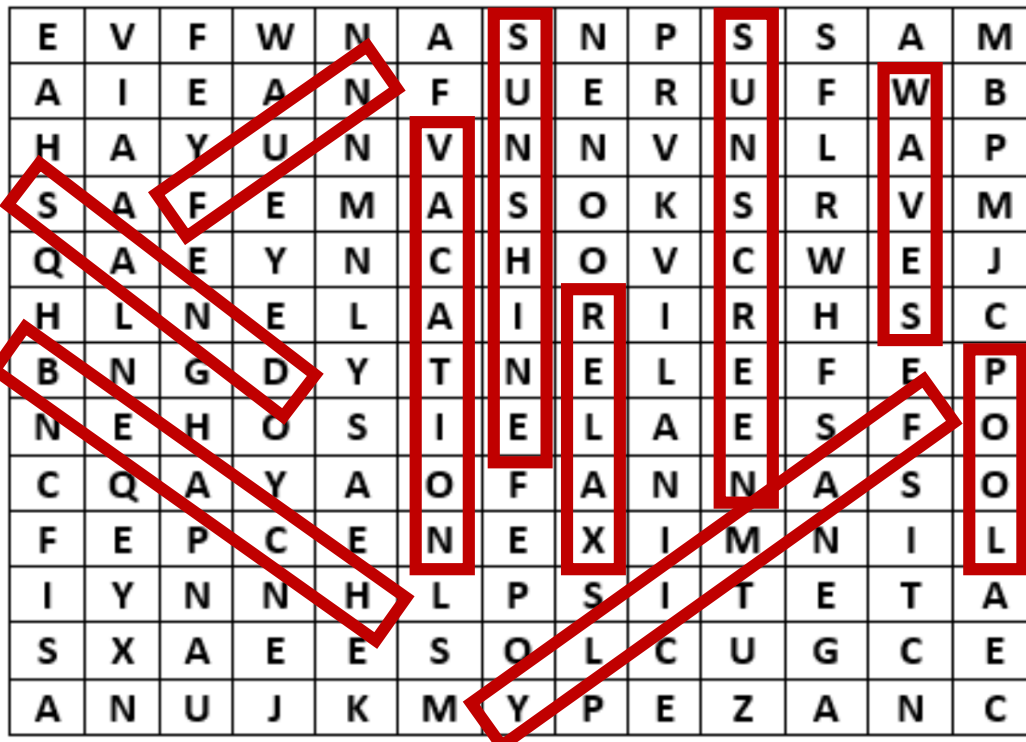
1. On particularly _____ nights, we sit outside and stare at the sky.
2. The grilled hamburgers tasted _____.
3. The flowers were very _____, especially in the middle of the summer.
4. The lemonade was _____ on the incredibly hot day.
5. The insects were extremely _____ at night.
6. The watermelon was _____ -- just the way I like it!
7. The _____ heat made me sweat buckets.

Options to choose from:

cooling	noisy	active	delicious
superb	magical	scorching	fragrant
colourful	refreshing	tropical	sticky
balmy	juicy	starry	sweet

Summer Word Search – Answer Key

SUMMER WORD SEARCH



Vacation

Sand

Waves

Fun

Family

Pool

Sunscreen

Relax

Sunshine

Beach

