

The Reader

People, Words & Change



Adult literacy,
one-on-one.

SEPTEMBER
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.
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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Ontario

EMPLOYMENT
ONTARIO

Canada

Power of Words Breakfast 2023



PWC hosted our 14th Annual Power of Words Breakfast on Friday, September 8 in recognition of International Literacy Day. We had local musician Slo' Tom (Tom Stewart) perform the opening song, *It's a Condo Now* which helped set the mood for an uplifting morning. Hélène Cayer, a former learner in our computer skills program, delivered the Land Acknowledgement. Jeff Larocque from CKCU FM emceed the event and had us laughing with his stories of past antics! Five of our learners spoke about their experience in the program, and had kind and inspirational words to say about their tutors and their experience with PWC! Our guest speaker, host of *Daytime Ottawa* on Rogers TV, spoke about living with an invisible medical condition, bullying, isolation, living life to its fullest, building meaningful relationships and the benefits of having a support system, and the important impact words can have in our lives.

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 book sales on September 8 to PWC to celebrate International Literacy Day!

The delicious hot breakfast buffet was again provided by the Newport Restaurant. During the event, attendees could buy a raffle ticket for our Book Draw and the chance to win a recently released book generously donated by authors and publishers.



Power of Words Breakfast 2023

PWC would like to express our heartfelt thanks to the sponsors of the 2023 Power of Words Breakfast!

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LIUNA!
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Perfect Books

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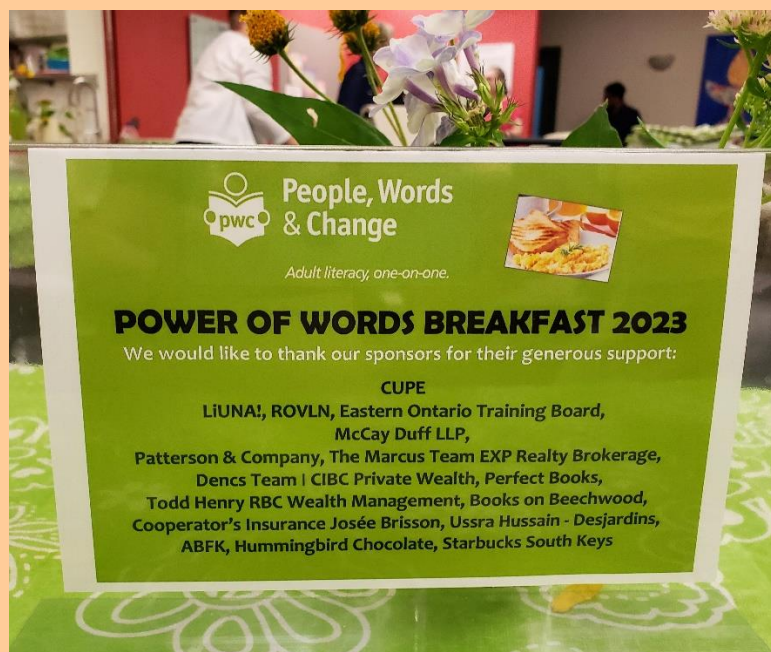
Cooperator's Insurance - Josée Brisson

Ussra Hussain – Desjardins

ABFK

Hummingbird Chocolate

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Power of Words Breakfast 2023

THANK YOU to those who generously contributed to our book draw!

Barbara Fradkin

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Brenda Chapman

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Firefly Books

Greystone Books

Hachette Book Group

HarperCollins Canada

Nathaniel Whalen

Nimbus Publishing

Penguin Random House Canada

Raincoast Books

Sutherland House Books

The Walrus

University of Toronto Press (Lars Müller Publishers)

And a special thank you to Jeff Larocque (emcee), Derick Fage (Guest Speaker), Slo' Tom (Musical Guest), Hélène Cayer (Land Acknowledgement), our speakers – Sheuli, Mala, Shahpar, Megan, and John – for sharing their stories, the Newport Restaurant for breakfast, and to everyone who helped make our event a success!



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...

Describe someone who you care about and that you are always here for. (Rolla's mother lives in Lebanon)

Nothing is equivalent to what a mother does for her children and the sacrifices she makes to help them. She builds their character, helps them face life, and secures everything that makes them happy and everything they need.

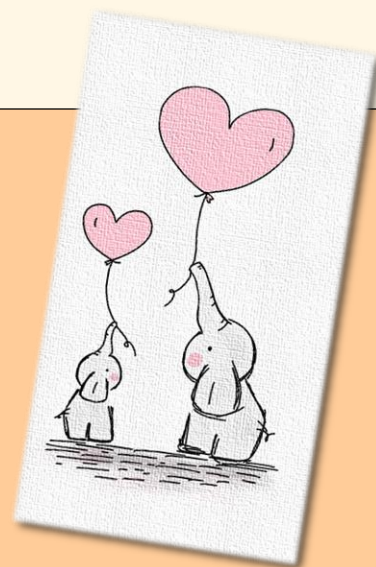
For this reason, my mom is the one who deserves attention and care. Just as she raised me as a little girl, I will take care of her while I am alive and I will always work to make her happy and satisfied, as the Quran and the Prophet Muhammad (may God's prayers and peace be upon him) recommended to us.

My mother is the best mom, really she is a special mom. She gives love to all of us. She has a great heart. She is number one for me and my family. My kids love her and miss her a lot. When she was young, she was a very beautiful woman. I saw her old pictures. She was very pretty, nice, and bright. My mom is like the jasmine tree; age does not change her. She is still nice and gives all the people around her the good scent and the beautiful look, exactly like jasmine.

My mother is a great mom and a great grandmother.

We miss you mummy. See you soon “Inshaallah.”

-Rolla



Now I Can! PWC Learners Write...

Megan's Power of Words Breakfast Speech September 8, 2023

Hi! I'm Megan.

Next week, I start Adult High School. PWC gave me the confidence to go back to school.

PWC prepared me with reading basics and I improved with my reading skills. I worked on my reading every day, and I made sure I did the homework. My reading got better and better. Eventually, I wanted to take my reading and writing to the next level of English literacy.

I would never have improved my reading like this without PWC. The more I learned, the more I felt I could do. I was able to turn off any stubbornness and told myself I wouldn't give up. And because of that, next Wednesday I start school.

I hope I've inspired other learners to not be afraid to learn from failures and successes.

Keep going. You'll reach your goal like I have.

Thank you PWC.



Now I Can! PWC Computer Lab Learners Create

Umna submitted this computer lab writing exercise that focuses on using different kinds of formatting in Word.

IMPORTANCE OF A HEALTHY LIFE

Many people do not know that good health brings mental alertness. We should know how to keep fit and live long. By *EATING THE RIGHT FOOD* and exercising, one is able to secure good health. It is important that we have knowledge about the **vitamins** and **minerals** in our food. By eating foods like sugar, impure water and fast food, we can harm our systems and develop diseases.

Eating fruits, vegetables, leafy greens and drinking plenty of fluids can work magic. Feeling good about ourselves and taking care of our health is good for our **self-esteem** and **self-image**. Meditation makes people incredibly calm and they feel less irritable, which can help with **emotional eating and anxiety**. By eating wisely and exercising, we can improve our mental and physical health for a long life.

- Umna



Halaleh created this table in Excel to compare different features of air fryers.

	A	B	C	D	E	F	G
1	Air Fryer						
2		Ninja	Cosori	Gourmia			
3	Capacity	4 Qt	4 Qt	7 Qt			
4	Price point	\$99.99	\$129.99	\$172.50			
5	Warranty	1 Year	30 Days	2 Years			
6	Functions	6	9	12			
7	Dishwasher safe	Yes	Yes	Yes			
8	Smart	No	Yes	No			
9							



Now I Can! PWC Computer Lab Learners Create

Wilondja submitted this computer lab exercise that focuses on creating a poster in Word.



THIS ORGANISATION IS BASED ON:

- **AGRICULTURE**
- **EDUCATION**
- **DEVELOPMENT**
- **AND TO MOTIVATE DIASPORA TO INVEST BACK HOME.**

OUR PURPOSE



**INCREASE THE
FOOD**



**CREATING MORE
JOBS**



**MAINTAIN THE
POPULATION IN
THE VILLAGE**



- Wilondja



**CREATE A HABIT OF
CONSUMING
ORGANIC FOOD**



PWVC Learner Success Stories!



Megan

Megan L. started in our program in 2018 wanting to work on her reading skills in order to gain more personal independence. She had struggled with reading in high school, but now the time was right for her to pursue her goals. She worked hard with her tutor, learning different reading skills and strategies and improving her confidence. She has now completed her time with PWC and will be attending LBS classes at the Adult High School in September. Congratulations Megan! We are so proud of you!

Mebrat

Here is Mebrat's "proud moment of the day" that she shared with her tutor (and is being shared here with her permission).

Mebrat arrived a bit late for one session, extremely excited and pleased with herself because, having found no one else at her bus stop, she realized there was a notice to be read. She read the notice and found out that she had to go around the corner, which meant she was able to catch her bus.

Rolla

Rolla started out at PWC in our computer skills class where she diligently worked her way through the Beginner, Intermediate, Excel and PowerPoint Modules! She is now working with her tutor upgrading her reading and writing skills.

We just found out that Rolla successfully passed her Canadian Citizenship Test. Congratulations Rolla! We are so happy for you!



Computer Corner

Find the "Computer Words" in the puzzle below. Words can be vertical, horizontal, diagonal, or even backwards! See page 12 for the answers and definitions of the words.

Good luck and have fun!



COMPUTER CORNER



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

Word List

- HARDWARE
- SOFTWARE
- BROWSER
- CURSOR
- FLASH DRIVE
- EMAIL
- PASSWORD
- WEBSITE
- DESKTOP
- SETTINGS
- FOLDER
- FILE

Community News!

OC Transpo Unclaimed Items Sale!

Come to Heartwood House and take advantage of the amazing deals at the semi-annual OC Transpo Unclaimed Items Sale!

**Heartwood House
404 McArthur Ave.
613-563-4011**

Check the Heartwood House website in November for date and time.

<https://www.heartwoodhouse.ca/>



Word Search Answer Key



COMPUTER CORNER



Hardware: The physical components of a computer, such as the monitor, keyboard, mouse, and central processing unit (CPU).

Software: A set of instructions that tells the computer what to do, such as play a video or print a document.

Browser: A program used for searching the internet.

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

Flash Drive: A small piece of hardware that can hold a lot of information.

Email: Electronic mail for sending and receiving messages over the internet.

Password: A secret combination of characters used to access a computer or online accounts securely.

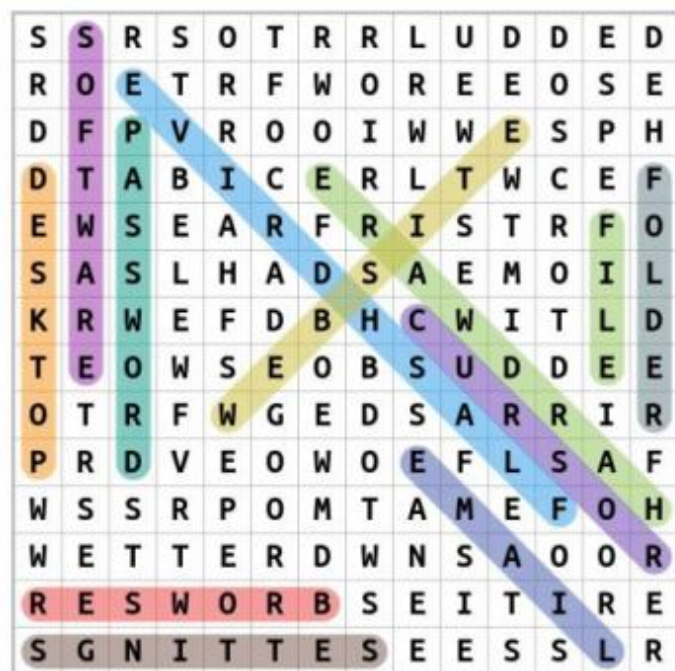
Website: A collection of web pages and digital content that can be accessed via the internet.

Desktop: The main screen of the computer, it contains program icons and desktop folders.

Settings: Options and preferences that allow you to customize how your computer or software functions.

Folder: A place to store files.

File: A document, image or piece of data stored on a computer.



Expressions with the Word "Apple"

Find the meanings of the following expressions with the word *apple*. Then, try to make sentences with them. Answers are on the next page.

1. a bad apple

2. The apple doesn't fall far from the tree.

3. to be the apple of someone's eye

4. the Big Apple

5. An apple a day keeps the doctor away.

6. to compare apples and oranges (compare apples to oranges)

7. One rotten apple spoils the bunch.



Expressions with the Word "Apple" -- Answer Key

1. **A bad apple** – a person who is troublesome or corrupt; A bad apple is one person who has a negative effect on others in a group.
 - My son's coach needs to address **the bad apple** in the soccer team before his attitude affects the others.
2. **The apple doesn't fall far from the tree.** This means that a child often behaves like his or her parents. It can be used in a negative or positive way.
 - You're stubborn, just like your mother! I suppose **the apple doesn't fall far from the tree.**
 - My brother has the same work ethic as our dad, proving once again that **the apple doesn't fall far from the tree.**
3. **to be the apple of someone's eye** -- If you are the apple of someone's eye, that person loves you more than anyone or anything else.
 - Although the teacher never admitted to having favorites, Charles was **the apple of her eye.**
4. **The Big Apple** – this is a nickname for New York City.
 - The conference will be held in New York City next year. I can't wait to travel to **the Big Apple!**
5. **An apple a day keeps the doctor away.** -- – eating healthy can prevent illness
 - Hannah, I really think you need to make some changes to your diet. You know what they say, "**An apple a day keeps the doctor away.**"
6. **to compare apples and/or oranges** -- used to describe a situation in which two people or things are completely different from each other and it wouldn't be fair to compare them.
 - Comparing my current job to my previous one **is like comparing apples to oranges.** My first job was working with my hands installing phone lines and my current job as a teacher has me working with kids all day.
7. **One rotten apple spoils the barrel** – if one person in a group is bad or corrupt, it can have a negative effect on the entire group.
 - Helen was an example of **one rotten apple spoiling the whole barrel.** Everyone saw her coming in late, taking long coffee breaks and leaving early and so they followed suit.

