The Reader

People, Words & Change



Please note that PWC will be closed from Monday, December 25, 2023 to Friday, January 5, 2024. PWC will re-open on Monday, January 8, 2024.

We would like to thank all the volunteer board members and tutors for their time and hard work over this past year. We would also like to thank all of our learners. They continue to grow in their skills through their dedication to learning!

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

Dee, Karen and Shaniece

DECEMBER 2023

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

People, Words & Change **Heartwood House** 202-404 McArthur Ave. Ottawa, ON K1K 1G8 Tel: 613-234-2494 info@pwc-ottawa.ca www.pwc-ottawa.ca

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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Image by <a href="https://pixabay.com/users/marisa04-2412387/?utm_source=link-

attribution&utm medium=referral&utm campaign=image&utm content=3006 325">Marisa04 from Pixabay



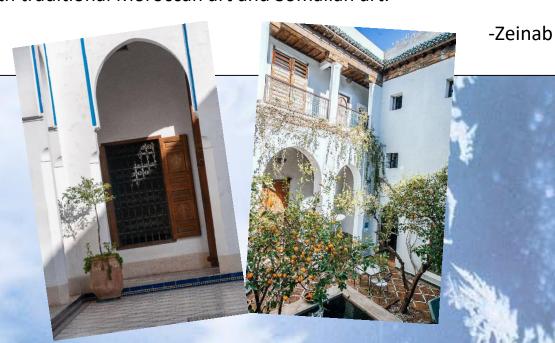




THE VIEWS EXPRESSED IN THE "NOW I CAN" SECTIONS ARE THOSE OF INDIVIDUAL LEARNERS. THEIR WRITING IS A DEMONSTRATION OF THE PROGRESS THEY HAVE MADE. PWC DOES NOT ENDORSE ANY OF THE VIEWS THAT MAY BE EXPRESSED.

If you could design any type of house for yourself, what would it look like?

I like the old traditional Moroccan house. The traditional house in Morocco has a courtyard, a small waterfall, flower garden and beautiful craftsmanship. Usually, the house has at least two floors. In my courtyard I would have a baby blue water fountain and mixed white and green tiles on the floor of the house. I would like to have some woodwork on my furniture and lots of colorful cushions. My courtyard would have flowers and an orange or mandarin tree. The kitchen and office would be on the main floor. The bedrooms and guestroom would be on the second floor. My house flooring tiles all would be mixed colors, such as white, black, green, turquoise and light blue. I would decorate with traditional Moroccan art and Somalian art.



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



Good morning to the honorable guests, teachers, and fellow students. I am very grateful to PWC, that they have given me the opportunity to introduce myself and share my story here today. My name is Sheuli Haque, and I have been a student here at PWC since 2013. People, Words & Change is a non-profit organization that has been providing opportunities for English-speaking adults, like me, in Ottawa to improve literacy, numeracy, or basic computer skills -- all of which are essential to working, learning, and living. When I first came to Canada in 2013, I had to immediately start working to support my family. During that time, the only job I could find was in the fast-food industry. At that point, I was not fluent in English and struggled a lot to communicate with and understand others. It was very difficult for me to work. I often felt unconfident, overwhelmed, and stressed out. After a few months, my husband, who had also done a few courses here at PWC, asked me to come here and start learning English.

I was hesitant to do so at first because I had to work during the days, and then go home to take care of my family in the evenings. I thought that I could not manage my time to come here and study. But my teacher, Maureen, has been incredibly helpful and understanding. She has been my teacher since I started to study here. It is because of volunteer tutors like her who are so willing to help adults improve their lives, that many people like me can improve their skills, which leads to us becoming more fluent in English, getting better jobs, and feeling confident about ourselves. About 10 years ago, I could not hold a proper conversation. I always felt very uncomfortable speaking in English. Now I am standing here giving a speech in front of a big audience. All with the help of PWC.

Literacy is a fundamental human right. It improves our lives by expanding our capabilities. Before coming to Canada, I was fluent in only my mother language, but now I am also fluent in English. I have seen significant improvements in my communication and writing skills over the years that I have been a student here.

I would like to thank PWC for all the help and support provided throughout my time here, and I would like to thank Dee Sullivan and Karen Hilderman for all your hard work and support. I would also like to thank the people who donated to PWC; it is because of their donations that PWC is able to help many adults like me turn their lives around for the better and feel more confident about themselves.

The work that PWC does is truly life-changing and I am fortunate enough to get to learn with PWC. Once again, thank you so much for giving me the opportunity and a platform to share my story. And thank you so much to PWC for helping, supporting, and believing in me for so many years. I couldn't have been where I am today without the help of PWC. I would like to thank you all for being here today and taking the time to patiently listen to what I had to say. I wish you all a blessed day.





In the past few years, many business owners have faced a shortage of staff and skilled/experienced workers to fill available positions in the workplace. When their recruitment efforts to hire permanent residents or Canadian workers are not successful, they have another option, which is to hire foreign workers who have experience in particular positions to come to work for them in Canada. The current public policy effective until February 2025 also gives another option for employers to hire a foreign national who is already in Canada and has a valid visitor status to work for them.

The first step involved in hiring a foreign worker is that employers have to check whether the position for which they are hiring requires a labour market impact assessment (LMIA) and a work permit. If they are not exempt from needing an LMIA, they have to apply for an LMIA online. The cost for an application is \$1000/person. The employers can submit the LMIA application by themselves or hire a lawyer to do the paperwork, which will cost the employers several thousand dollars more.

The application process depends on what type of program the employers are applying for. Different programs for hiring a foreign worker include one for a high-wage position, one for a low-wage position, a Seasonal Agricultural Worker Program, or an Agricultural Stream. The employers have to make sure that they meet the program requirements before they submit the application. For example, they have to prove that they have tried to recruit permanent residents and Canadian citizens for the position by posting an advertisement on the Government of Canada's Job Bank and by advertising using two additional methods of recruitment.

If the employers have never submitted an LMIA application before, they also need to submit documents to prove their business's legitimacy and to confirm that their business is in a good financial position to hire a foreign worker. The processing time varies from 10 to 50 days depending on the type of program they are applying for.

If an employer has received a positive LMIA, they can give a copy of the confirmation letter to the prospective foreign worker(s) so they can apply for a work permit. According to the current public policy, if foreign workers are already in Canada, they can apply for a work permit without leaving the country. After foreign workers receive their work permits, they will be able to work legally in Canada under the conditions stated on the paper. However, an employer can go through all the steps for sponsoring a foreign worker, investing thousands of dollars and many hours on paperwork, and still have the LMIA rejected. In other cases, an employer can finally get a positive LMIA, but the prospective employee has their work permit turned down.

-Natt

(UPDATE: We have got the positive LMIA, but sadly the foreign worker got his work permit rejected. We have to look for a lawyer to see whether we will be able to reapply.)

A Robbery

During Covid-19 Ottawa had a lot of robberies. In mid December 2021, someone was trying to find out which hours I was working alone at my currency exchange store. On December 30th 2021, two men arrived with a shotgun and they pointed the gun in my direction. Fortunately, when the robbers came into the store, I was on a phone call with a customer and I asked the customer to call 911. The robbers were screaming and trying to break the door but they didn't have time to continue because they knew the police would come at any moment.

In conclusion, what I learned is not to work alone at night.



-KM

PWC Learner Success Stories!

Shiho

Shiho graduated from our program in June and went on to start the Skills for Success Office Administration Training Program at Algonquin College through their Academic Upgrading department in September. She was featured in an article in the *Ottawa Citizen* about the program.

We are so proud of you, Shiho and how well you are doing!



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

Computer Lab Learners share some creative writing and formatting practice.

THE HAUNTED HOUSE

Bella felt restless at different times throughout her morning classes. Whenever she tried to concentrate on her school work, her mind wandered to the old run-down house down the street. She had walked passed the mansion many times on her way to and from her friends' houses, the corner store and school. Something was strange and different about the place this morning – she heard a gurgling sound emanating from deep inside the belly of what was once a majestic structure in her neighbourhood. She could see wisps of thin purple puffs of vapours leaking through the cracks in the windows and from the crooked chimney on the roof top. As Bella lingered outside, her eyes focused on thick white threads which covered the top of the double front door frame – large, plump spiders skittered everywhere. As Bella moved closer toward the house, she felt suddenly startled by the appearance of a black cat with *matted* fur and a *rigidly arched* back adeptly tiptoeing along the tines of the fence. The cat let out a forlorn moan as it flashed red eyes in Bella's direction. After a few minutes, the gurgling sound changed to high pitched blood curdling screams.

BELLA'S HAIR STOOD UP ON THE BACK OF HER NECK, HER FEET FROZE ON THE GROUND BENEATH HER AND HER BREATHING STOPPED. ONCE SHE RECOVERED FROM HER INITIAL SHOCK, SHE HURRIED TO SCHOOL SO SHE WOULD NOT BE LATE. HER MIND WAS SWIMMING WITH INTRIGUE AND SO MANY QUESTIONS.

- 1. WHAT WAS MAKING THE GURGLING SOUND SHE FIRST HEARD?
- 2. WERE WITCHES BREWING A MAGIC POTION?
- 3. WHAT WAS GIVING RISE TO THE PURPLISH WISPS COMING FROM THE WINDOWS AND CHIMNEY?
- 4. WHY WERE THE CAT'S EYES RED? AND
- 5. WHAT WAS UP WITH ITS ARCHED BACK?

BELLA DECIDED SHE WOULD FIND ANSWERS TO THESE QUESTIONS AFTER SCHOOL.

R.D. OCTOBER 30, 2023

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

Computer Lab Learners share some documents they created in class.

TODDLER Daily schedule.

The Caterpillar's Cave Daycare

6:30 - 8:00 Children Arrive, Wash Hands, Free Play.

8:00 - 8:30 Wash Hands, Breakfast.

8:30 - 9:00 Clean Up/Potty/Wash Hands.

9:00 - 9:30 Circle Time (Letter, Numbers, Shapes, Colors, Emotions)

9:30 - 10:00 Guided Centers/ Small Group Activities.

10:00 - 10:30 Outside Play (Weather permitting) or free Play

10:00 - 11:00 Check Diapers/ Potty/Story Time

11:00 - 11:30 Wash Hands, Lunch

11:30 - 12:00 Clean Up/Change Diapers/Potty/ Wash Hands/ Singing Lullabi

12:00 - 2:30 Nap Time

2:30 - 3:00 Change Diapers/Potty/Wash Hands/Snack Time

3:00 - 3:30 Afternoon Circle Time (Review Learning Activities)

3:30 - 4:00 Outside Play (Weather permitting) or free Play

4:00 - 4:30 Change Diapers/Potty/Wash Hands/

4:30 - 5:00 Guided Free Play

5:00 - 5:30 Clean Up/Table Play (puzzles & table toys)

5:30 - 6:00 Free Play/Prepare for Bye Bye







-Isik





Computer Corner





Text Select

Indicates that text can be typed in that specific location.



Resize

User can resize an object by clicking and dragging.



Normal Cursor



Move

Moves objects by clicking and dragging.



Link Selection

Indicates that the user can interact with the specific element like a hyperlink or button.



Unavailable

A function of file is currently unavailable for use. User is unable to interact with the application.



Working in the Background

The program is busy. However, you can still interact with the application in minor ways.



Busy/Loading

An application or process is loading in the background and the user is unable to interact with the environment.





"Out of the Cold" Free Meals, Snacks and Drop-Ins



1CNEO

'Out of the Cold' Free Meals, Snacks and Drop-Ins
Community Navigation of Eastern Ontario 2023-24

Last updated December 2nd, 2023

----- 'Out of 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 2023-Apr 27 2024

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

Phone: 613-728-8656

Time: Sit-down Meal: Sat 2:30 pm-5 pm

Dates: Nov 11th-Dec 23 2023 and Jan 6-Mar 23 2024

Eligibility: No restrictions Accessibility: Fully accessible

Note: Please come at the door on Gladstone Ave

Continued on next page...



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

Centre Espoir Sophie

Location: 40 Cobourg St, until December 31 and 145 Murray St as of January 3rd

Phone: 613-789-5119

Time: Sit-down and take-out meals: Mon-Thu 1 pm-6 pm, Fri 11 am-2 pm

Eligibility: Women and people who identify as women

Accessibility: Fully accessible

Ottawa Innercity Ministries

Location: 391 Gladstone Ave, Ottawa, ON K2P 0Y9

Phone: 613-237-6031

Time: Take-away lunch and food cupboard: Tue 1 pm-3 pm

Free winter clothing giveaway (from inside the building): Thu 12:30 pm-2:30 pm

Eligibility: No restrictions Accessibility: Fully accessible

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:

Breakfast: Mon, Tue, Thu, Fri 9:30 am- 11 am

Lunch: Mon-Fri 12 noon-1 pm Snacks: Mon, Wed 4 pm-4:30 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: Coffee and tea will be served throughout the day as well

Centre 507

Location: Centretown United Church, 507 Bank St, Ottawa

Phone: 613-233-5626

Breakfast: Mon-Fri, Sun 9 am-10 am

Time: Take-out Meals:

Mon 5 pm-6:30 pm

Tue 12 noon-1:30 pm, 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-7:45 pm Tue-Thu 9 am-10:30 am, 12 noon-3:30 pm, 5 pm-8:45 pm

Fri, Sun 9 am-10:30 am, 12 noon-3:30 pm

Eligibility: No restrictions but primarily adults

Accessibility: Not wheelchair accessible as meals are given on the 2nd floor however will go down with takeaway if informed by other visitors of a person at the bottom of the stairs.

Continued on next page...

St. Joe's Supper Table

Location: 151 Laurier Ave E, Ottawa Phone: 613-233-4095 ext 221

Time: Take out Breakfast (sandwiches & coffee): Mon-Fri 9:30 am-12 noon

Take out Dinner: Tue-Fri 5 pm-6 pm

Eligibility: No restrictions

Accessibility: Not wheelchair accessible, but meals and coffee can be brought outside

Notes: Indoor dining for dinner only in late November. Returning to 5 day a week dining late

January 2024.

Caldwell Family Centre

Location: 6 Epworth Ave, Ottawa ON K2G 2M3 on Tuesday, Wednesday and Friday, 1475 Caldwell Ave,

Ottawa, ON K1Z 8L9 on Thursday

Phone: 613-728-1800 ext 300

Time: Take out and sit down meal: Tue-Fri 9 am-11:30 am, 1 pm-2:30 pm

Eligibility: No restrictions, designed for catchment area but will not turn anyone away

Accessibility: Fully accessible

The Ottawa Mission

Location: 35 Waller St, Ottawa Phone: 613-234-1144
Time: Sit-down meal: Breakfast - 8 am

Lunch – 11:20 am Dinner – 3 pm-4 pm

Eligibility: No restrictions Accessibility: Fully accessible

Notes: The Mission also operates a food truck program with 35 locations throughout

the city. Locations and times are available here:
Ottawa Mission Food Truck Weekly Schedule.

Centre 7 Out-of-the-Cold Free Saturday Suppers

Location: 15 Aylmer Ave, (in Southminster United Church's lower hall,

entrance now on Aylmer Ave nearest Bank St)

Phone: 613-730-6874 (Tue-Fri only)

Time: Drop-in: Sat 3:30 pm - 5 pm, Oct 14, 2023 - Mar 30, 2024 (closed Dec 30th)

Eligibility: No restrictions
Accessibility: Fully accessible



Operation Come Home

Location: 150 Gloucester St, Ottawa

Phone: 613-230-4663

Time: Drop-in: Mon-Fri 8:30 am-11:30 am & 4:30 pm-7:30 pm, Sat-Sun 8:30 am-12:30 pm

Eligibility: Individuals between 16-25 years old

Accessibility: Fully accessible

Notes: We have meat-free and dairy-free options and usually make about 25-30

breakfast/dinners. Youth can also access our food bank during drop-in hours.

Capital City Mission

Location: 521 Rideau Street, Ottawa, ON K1N 5Z5

Phone: 613-241-2407

Time: Take-out and sit-down meals: Mon-Fri 9 am-12:30 pm

Eligibility: No restrictions
Accessibility: Fully accessible

Belong Ottawa at Centre 454

Location: 454 King Edward Ave

Phone: 613-235-4351

Time: Sun-Tue 8 am-pm, Wed 8 am-1 pm, Thu-Sat 8 am-3 pm
Format: Sit in breakfast 8 am-10 am, sit-in lunch 12 pm-1pm

Eligibility: No restrictions Accessibility: Fully accessible



Belong Ottawa at St. Luke's Table

Location: 211 Bronson Ave. (Mon-Fri), 70 James St. (Sat)

Phone: 613-238-4193

Time: Mon-Wed 8 am-3 pm, Thu 8 am-1 pm, Fri-Sat 8 am-3 pm
Format: Sit-in breakfast 8 am-10 am, sit-in lunch 12 pm-1 pm

Eligibility: No restrictions Accessibility: Fully accessible

Notes: We are currently using two temporary locations whilst we undertake

important renovations to our building. Monday to Friday we are at 211

Bronson Ave, in the lower level of the Bronson Centre community hub. On Saturdays during the winter, we will deliver our program from St Barnabas Church at 70 James

Street (the corner of Kent and James)

Belong Ottawa at The Well

 Location:
 275 Elgin St.

 Phone:
 613-594-8861

 Time:
 Mon-Thu 8 am-8 pm

Format: Sit-in breakfast 8 am-10 am, sit-in lunch 12 pm-1 pm, sit-in dinner 5 pm-6 pm
Eligibility: Women-only hours are from 8 am-12:30 pm. Our programming is co-ed from 12:30

pm-8 pm

Accessibility: Fully accessible

Winter Word Search



Winter Word Search

Find the words in the list below. Words are horizontal, vertical and diagonal. (Answers are on the back page.)

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.

F	R		R	I	D	E	Α	U	С	Α	N	Α	L	C
W	J			J	Н	R	S	N	0	W	S	U		T
0	Α	Α	F	I	R	E	Р	L	Α	С	Е	N	Α	
F	J	L	Ν	N	D	F	E	В	R	U	Α	R	Y	Υ
R	0	C	Α	U	G	M		T	T	E	Ν	S	V	С
E	E	U	D	C	Α	S	K	Α	T	I	N	G	С	N
E	D	J	Q	0	F	R	Н	M	V	С	Ε	Т	F	L
Z	В	Ε	X	Т	G	V	Υ	N	J	V	С	Ε	Т	0
	Ε	D	C	G	С	S	N	0	W	F	L	Α	K	E
N	D	F	N	E	V	S	S	K			N	G	I	F
G	J	M	В	S	M	G	W	R	E	Α	Tie	H	V	K
R	Y	Р	Н	0	В	В	L		G	H	3	S	A	D
Α	J	Y	N	D	0	L	Ε	T	0		K	R	Ø	W
I	P	Н	X	K	Y	T	K	R	P	E	C	N	S	G
N	Н	C	0	С	P	M	S	R	D	E	G	Y	N	C



SKATING FIREPLACE FEBRUARY DECEMBER

WREATH ICY MITTENS JANUARY

SNOWFLAKE SNOWSUIT LIGHTS SKIING

FREEZING RAIN BOOTS RIDEAU CANAL

Writing with Winter Words

Creative Writing

- 1. Look at the pictures on the next page.
- 2. Choose one or more of adjectives and nouns from the lists below (or use your own) and write one sentence about each picture. For example, "The driving was treacherous on the icy road between Ottawa and Winchester." Your tutor can help you.
- 3. For a more challenging activity, write a story about one or more of the pictures.
- 4. Consider submitting your sentences or story to our next edition of *The Reader*.

Examples of Adjectives							
*Adjectives are words that describe nouns							
white	magical	cozy	curious	fun			
scary	exciting	relaxing	yummy	cute			
playful	slippery	cold	hard	tiring			
treacherous	colourful	grey	snowy				
You might think of others, too!							

Examples of Nouns							
*Nouns are names of people, places or things.							
car	dough	fireworks	snowblower				
rolling pin	child	forest	road				
snow	mountain	fireplace	sleigh				
horses	slippers	snowboarding	hot chocolate				
You might think of others, too!							

Writing with Winter Words

















Winter Word Scramble



WINTER WORD SCRAMBLE

Unscramble the following winter words





SOWN	
WTINER	
IEC	
FRZENO	
CLOD	
GOLEVS	
SFRCA	
SOMNWNA	
BTSOO	
FRIPLAECE	
HTO COHLTEACO	
ERUMFFAS	

Winter Clothes Word Scramble

WINTER CLOTHES



WORD SCRAMBLE A



Clues





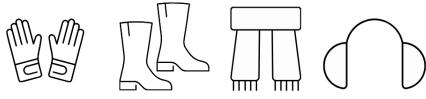
















Unscramble the words below

sfaerufm	kscos	nimtset	taco
resawet	qetou	vesgol	ostob
	frcas	odhioe	

Answers are on the back page.

Word Activity

New Words for 2023

Here are some of the new entries added to the Oxford English Dictionary.

Can you write your own sentences using these words?

Oxford's "word of the year" for 2023

<u>Definition:</u> a shortened form of "charisma." Slang for "style, charm or attractiveness," or the ability to attract a romantic partner.

<u>Sentence</u>: She's got this unspoken rizz. Everything about her just exudes charm.

Porch Pirate

<u>Definition</u>: A person who steals parcels that have been delivered and left unattended outside the intended recipient's home.

<u>Sentence:</u> I've had 2 of my deliveries stolen by porch pirates in the last 3 weeks.

Mononym

<u>Definition</u>: A one-word name by which someone, especially a celebrity, is known.

<u>Sentence:</u> Ben Affleck and Jennifer Lopez are known as Bennifer.

Crash Diet

<u>Definition</u>: A diet intended to result in very rapid weight loss through severe restrictions on calorie-intake over a relatively short period of time. <u>Sentence</u>: Crash diets rarely result in long-term weight loss.

Pinkie Promise

<u>Definition</u>: A promise made while linking one's little finger with that of another person, and regarded as especially binding or sincere.

<u>Sentence:</u> My daughter made a pinkie promise to not tell her friend's secret.

Source: https://www.oed.com/discover/so-its-the-oed-undate-obys/?tl=true

Word Games - Answers









