

The Reader

People, Words & Change

DECEMBER
2024



Adult literacy,
one-on-one.

Please note that PWC will be closed from **Friday, December 20, 2024 to Friday, January 3, 2024**. PWC will re-open on **Monday, January 6, 2025**.

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

PWC wishes you and yours a restful holiday season and a wonderful new year ahead!

Dee, Karen and Shaniece

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

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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.

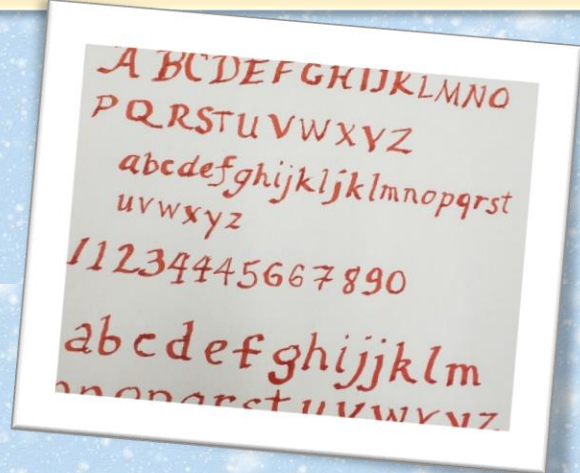
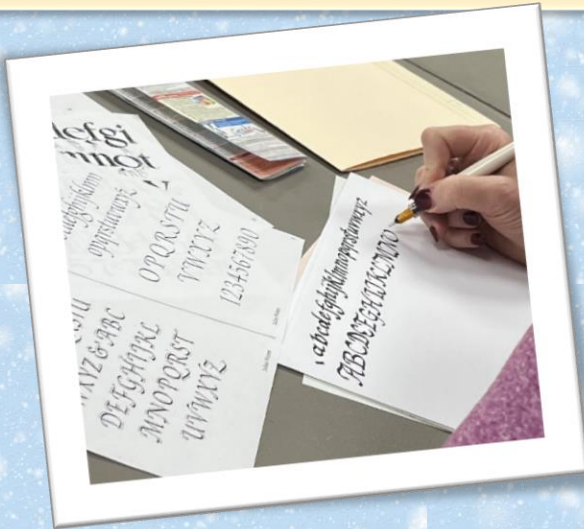


PWC News

Calligraphy Fundraiser

On November 23, 2024 PWC hosted a seasonal fundraising event – *Calligraphy for the Holidays*. Local artist and art instructor Laurie Hemmings donated her time, skills, and supplies to help raise funds for PWC and teach us some basic calligraphy techniques just in time for the holidays. Thank you, Laurie!

The event was a success with 27 participants! Here is a little bit of what we learned.



Christmas Cheer Breakfast

For a second year, PWC attended the Christmas Cheer Breakfast and is a recipient of the Christmas Cheer Foundation Grant that helps to fight food insecurity in Ottawa during the holiday season. What a great event! Thank you!



Now I Can! PWC Learners Write...

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.

Power of Words Breakfast Speech – K.M.

September 6, 2024

Good morning, my name is K.M.

Learning English has been an important part of my life. Improving my English is essential for me to run my family business when my husband retires. For so many years I didn't have a chance to learn English.

PWC is a very helpful program because it helped develop my grammar and vocabulary. My sessions help me learn more words and understand how to use them. I enjoy them because I am able to continue with my daily life along with learning English. These sessions are once a week but, I feel like they are 4 times a week because of how much I have learned.

My tutor gives me a list of new words every week. We read stories, and this helps me learn how to use those words. Sometimes we play games to remember the words better and this is how my vocabulary started to get better.

I hope this program continues because it has a positive impact on so many parents with little time who wish to improve their English. Thank you for listening.



Now I Can! PWC Learners Write...

Uber Eats

Uber Eats is an e-commerce business that has reached great popularity because of its fast food delivery service. The app has simple features that provide automatic purchasing and numerous fast food options.

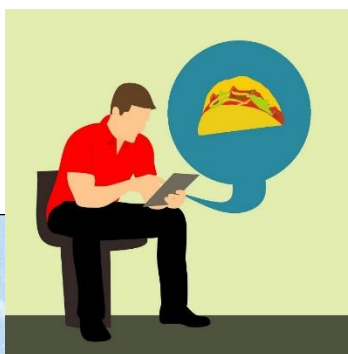
Over time the app has changed the way in which consumers pay for their fast food. Now there is no need to insert their credit card number each time they order food. The customer only needs to insert their credit card once and it will be automatically saved for future purchases.

Additionally, we see that Uber Eats has a wide selection of restaurants. People can enjoy a variety of international dishes from the comfort of their home. For example, according to Reddit, the most common Uber Eats food that people crave includes Miso soup, French fries, California rolls, Pad Thai and Garlic Naan.

Over the past 10 years, we have seen that the app has transformed the way in which consumers order and buy food. It contains many features that have made it easier for the general population to select from a diverse array of food in little to no time and instantly pay for the delivery.

There are negatives to using the Uber Eats app. For example, it is extremely expensive to pay for the food. Secondly, I have found that the restaurants are now emptier because of the usage of the app. In my personal opinion, this lack of socialization has resulted in a number of negative effects on the mental and physical well-being of some people.

-Miriam



PWC Learner Success Stories!



Pierre-Jacques

Pierre-Jacques has been working with his tutor since last December on improving his writing skills so that he can find a job in his field of Agronomy. He has been applying to various positions in the government and with NGO's and has gotten a few interviews. He just recently took the Federal Public Service English exams in reading, writing and oral communication and did well! Congrats Pierre-Jacques, and we wish you continued success in the job search.

Now I Can! PWC Learners Write...

Technology as a Tool for Global Empowerment

Nowadays, the world is rapidly advancing toward greater connectivity, driven by technological innovations. This has transformed various facets of life, such as livelihoods, economic systems, and social dynamics. Information and knowledge are now more accessible, products no longer have boundaries, and some individuals and nations have achieved substantial wealth and prosperity. However, impoverished countries have yet to be able to develop and take full advantage of technology.

By utilizing automation and digital technologies, the functioning of individuals, businesses, industries, education, healthcare, agriculture and government has been completely transformed. For example, online learning platforms, mobile banking, and healthcare services have simplified access for individuals. Daily activities have become more convenient with the help of e-commerce and digital payment systems. Technology has reshaped farming practices in agriculture, increasing productivity, sustainability and efficiency. This has been possible because nations have invested in infrastructure, education and focused on effective governance.

Nevertheless, due to the lack of technology, developing countries are confronted with intensifying problems such as food insecurity, low productivity and less efficient healthcare and agricultural systems. Consequently, many people have seen their living conditions continually worsen. Finally, in the absence of e-governance, governments struggle to provide quality public services, security, transparency and to combat corruption.

Why not leverage technology and artificial intelligence to address those challenges? We must acknowledge that the world has become an interconnected global community. We must unite, support one another and collaborate to create a better future and address issues collectively. We should assist poor nations by helping them leverage technology for empowerment and sustainable development.

-Pierre Jacques



Computer Corner

COMPUTER CORNER WEBSITES

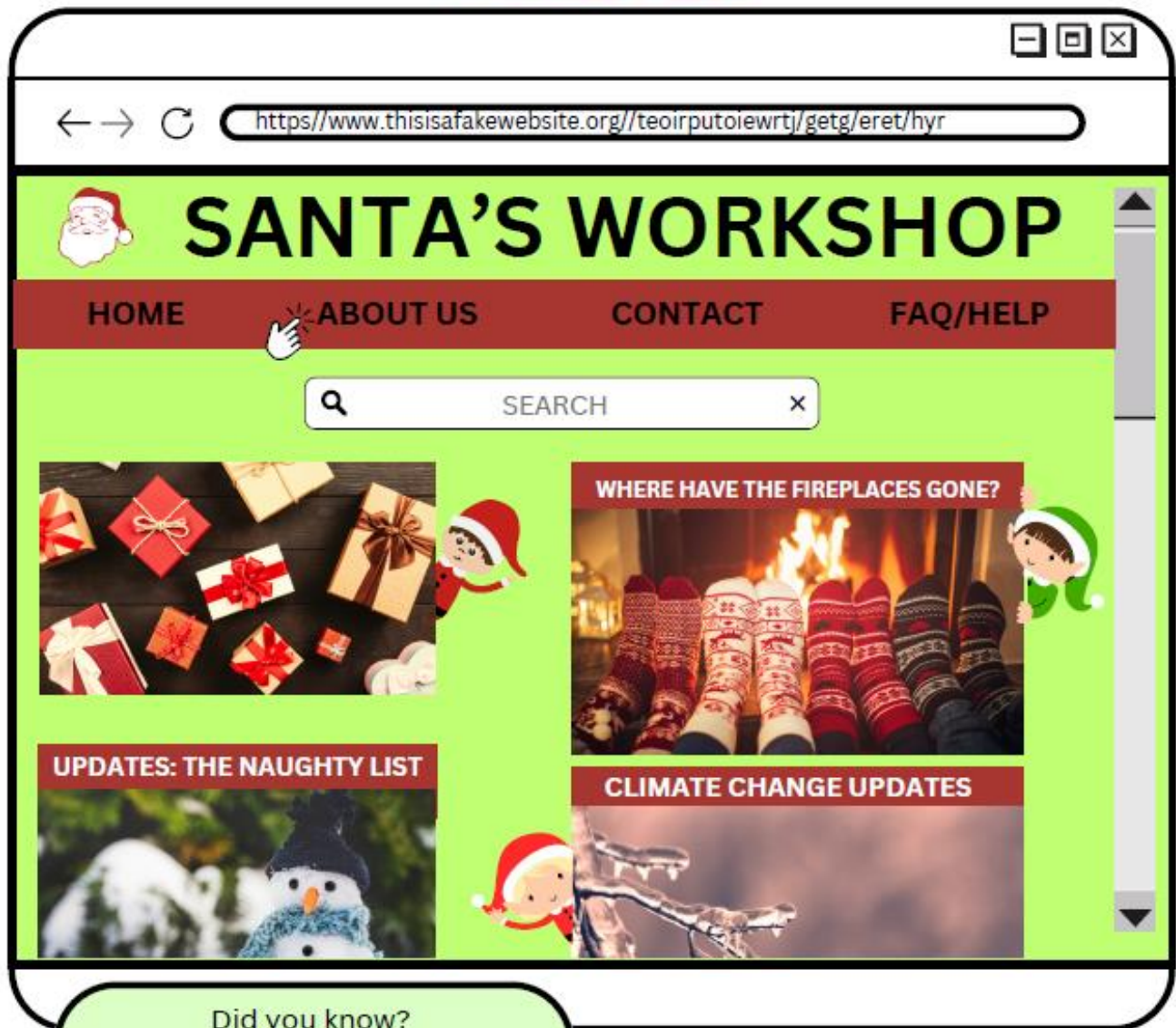


Tips on Navigating Websites:

1. Important information is usually found at the top of the webpage. It is usually bold or in a different font to draw your attention.
2. Looking for patterns on websites can be extremely helpful. Menu tabs and key items are usually in the same place across all websites.
3. When navigating websites, your cursor will change from an arrow to a finger to indicate a button (link) on the website.
4. Websites are written in a similar way to a paper. Additional information like the website's privacy policies can be found in the footer (at the bottom of the page)



COMPUTER CORNER WEBSITES



Did you know?
Web address can tell you a lot
about the information found on a
website.

WEB ADDRESSES:

.com/.ca = commercial/business
.edu = Educational Institutions (Trusted)
.org = Nonprofit Organization (Trusted)
.gov = Government Agency (Trusted)

Community News!

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

Cliquez ici pour la
version française

photo : Jordan Benton



'Out of the Cold' Free Meals, Snacks and Drop-Ins
Community Navigation of Eastern Ontario 2024-2025

Last updated Nov 8th, 2024

----- 'Out of the Cold' Programs -----

Knox Presbyterian Church

Location: 120 Lisgar St, Ottawa
Phone: 613-238-4774
Time: **Sit-down and Take-out Meal:** Sat 4 pm-5 pm from November through 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
Phone: 613-728-8656
Time: **Sit-Down Meal:** Sat 2 pm-5 pm from Nov 16th, 2024, to Mar 23rd, 2025
Eligibility: All those in need living in the Hintonburg area
Accessibility: Limited
Note: Chairlift is out of service at this time, so there will be takeout meals for guests who need a wheelchair



Continued on next page...

Community News!

Centre Espoir Sophie

Location: 40 Cobourg St
Phone: 613-789-5119
Time: **Sit-down meal with take-out option:** Mon 12:30 pm-5 pm, Tue-Thu 11 am-5 pm, Fri 11 am-2:30 pm
Eligibility: Women and people who identify as women in precarious and/or vulnerable situations
Accessibility: Fully accessible
Please note: Once per month group food bank

Ottawa Innercity Ministries

Location: 391 Gladstone Ave, Ottawa
Phone: 613-237-6031
Time: **Take-away lunch and food cupboard:** Tue 1 pm-3 pm
Eligibility: No restrictions
Accessibility: Fully accessible



St Joe's Women's Centre

Location: 151 Laurier Ave E, Ottawa (temporary entrance on Cumberland St)
Phone: 613-231-6722
Time: **Sit-Down and Take-Away Meals:** Mon, Tue, Thu, Fri 10 am-2 pm
Take-Away: Wed 12 pm-3 pm
Eligibility: Women (including those who identify as women) 18 years and older and their children (up to 18 years old)
Accessibility: Not accessible - for women requiring wheelchairs, service outside of the building can be provided
Notes: Currently operating in temporary space with temporary hours; both may be subject to change

Belong Ottawa at The Well

Location: 275 Elgin St.
Phone: 613-594-8861
Time: Mon 8 am-1 pm for women (with children) and gender-diverse individuals only, 3 pm-8 pm for all
Tue-Thu 8 am-12:30 pm for women (with children) and gender-diverse individuals only, 3 pm-8 pm for all
Fri 8 am-12:30 pm for women (with children) and gender-diverse individuals only, 12:30 pm-3 pm for all
Sat, Sun 8 am-3 pm for women (with children) and gender-diverse individuals only
Format: Sit-in
Eligibility: Individuals 18 years and older (with their children)
Accessibility: Fully accessible

Community News!

Centre 507

Location: Centretown United Church, 507 Bank St, Ottawa
Phone: 613-233-5626
Time: **Take-out Meals:**
Mon, *Breakfast* 9 am-10 am, *Lunch* 12 pm-1 pm (Ottawa Mission Food Truck),
Dinner 5 pm-6:30 pm, *Night Snack* 12 am-1:30 am
Tue-Sun, *Breakfast* 9 am-10 am, *Lunch* 12 pm-1:30 pm, *Dinner* 5 pm-6:30 pm
Night Snack 12 am-1:30 am
Drop in (coffee and tea also served):
Mon 7 am-2 pm, 5 pm-8 pm, 9 pm (assessment at the door)
Tue-Sun 7 am-3:30 pm, 5 pm-8 pm, 9 pm (assessment at the door)
Eligibility: No restrictions but primarily adults
Accessibility: Not wheelchair accessible as meals are given on the 2nd floor; however, take-away meals can be brought down to main-floor if advised ahead of time

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
Drop-In and Take out Dinner: Tue-Fri 5 pm-6 pm
Eligibility: No restrictions
Accessibility: Not wheelchair accessible, but meals and coffee can be brought outside

Caldwell Family Centre

Location: 1475 Caldwell Ave, Ottawa
Phone: 613-728-1800 ext 300
Time: **Take out and sit down meal:** Mon-Fri *Breakfast* 8 am-9:30 am, *Lunch* 1 pm-2:30 pm
Eligibility: No restrictions, designed for catchment area but will not turn anyone away
Accessibility: Fully accessible
Note: Closed the first Friday of the month

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, **Meal** from 4 pm-5 pm
Eligibility: No restrictions
Accessibility: Fully accessible

Continued on next page...

Community News!

Capital City Mission

Location: 521 Rideau Street, Ottawa
Phone: 613-241-2407
Time: **Day Drop-in:** Mon-Fri 9 am-12:30 pm
Evening Drop-In: Tue 6:30 pm-8 pm
Eligibility: No restrictions
Accessibility: Fully accessible

Belong Ottawa at Centre 454

Location: 454 King Edward Ave
Phone: 613-235-4351
Time: Thu-Tue 8 am-3 pm
Wed 8 am-1 pm
Format: Sit-in meal
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, Fri, Sat 8 am-3 pm (Sat meal located at St. Barnabas Church, 70 James St)
Thu 8 am-1 pm
Format: Sit-in meal
Accessibility: Fully accessible

The Ottawa Mission

Location: 35 Waller St, Ottawa
Phone: 613-234-1144
Time: **Sit-down meal:**
Breakfast 8 am-8:30 am
Lunch 11:20 am-12 noon
Dinner 3 pm-3:30 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.](#)



WINTER WORD SEARCH

Can you find all the words related to winter?

z	v	p	y	e	p	x	w	t	y	x	p	v	e	s
y	x	j	e	v	x	e	s	a	e	b	f	w	w	e
m	i	t	t	e	n	s	n	f	s	y	o	e	n	o
k	p	f	w	i	h	s	x	g	q	m	a	o	c	m
l	o	t	u	e	v	r	n	m	u	t	q	l	t	c
i	l	a	d	x	m	f	x	o	e	i	j	s	r	s
s	a	b	g	b	f	d	s	r	w	n	n	e	f	i
n	r	o	l	i	h	l	f	m	f	f	o	y	t	l
o	b	s	w	f	b	g	g	g	v	q	l	j	y	b
w	e	i	r	s	l	e	d	d	i	n	g	a	v	h
m	a	s	l	f	s	l	p	b	a	a	c	i	k	v
a	r	w	r	r	q	n	s	x	a	y	o	k	g	e
n	t	a	b	l	a	n	k	e	t	t	u	g	j	e
h	c	h	m	v	p	r	e	b	m	z	g	t	f	k
s	u	e	a	r	m	u	f	f	s	o	h	m	j	y

blanket

earmuffs

polar bear

snowflake

boots

mittens

scarf

snowman

cough

penguin

sledding

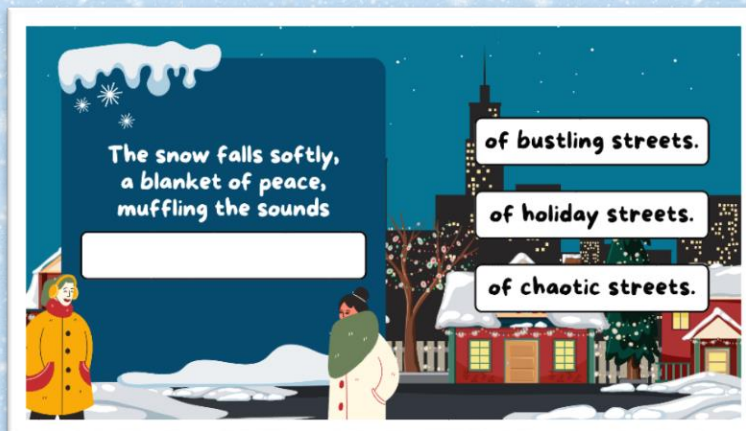
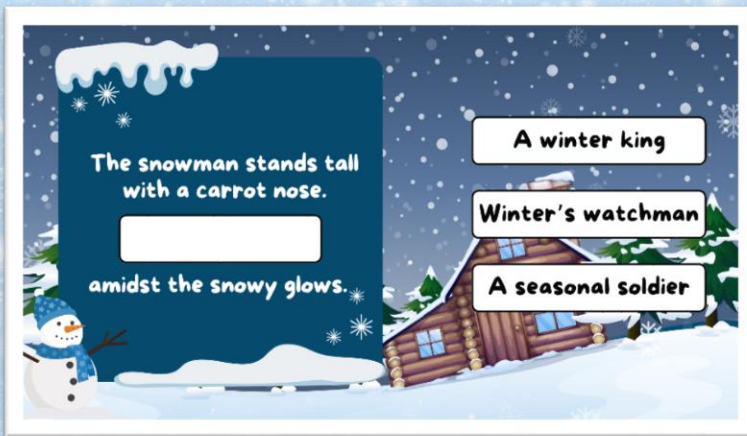
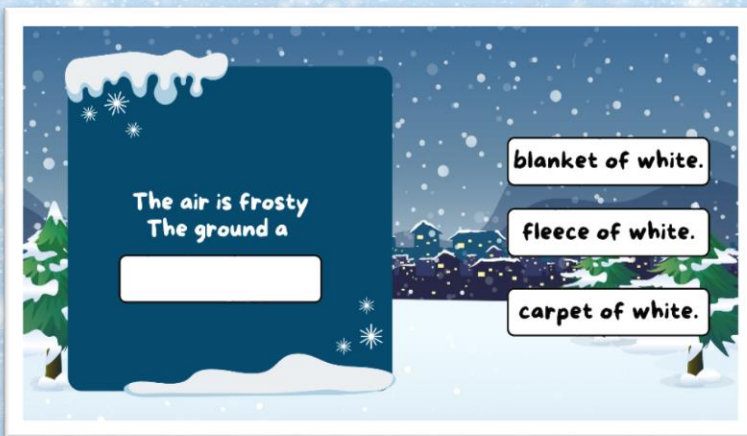
sweater

Answers are on the back page.

Writing with Winter Words

Creating a Winter Poem

1. Read each line and the 3 phrases beside them.
2. Choose one of the phrases to complete the line.
3. At the end, you have written a winter poem!
4. For a more challenging activity, come up with your own original words or phrases to complete the lines, or create a whole new poem.
5. Consider submitting your sentences or story to our next edition of *The Reader*.



Winter Break Crossword

WINTER BREAK CROSSWORD



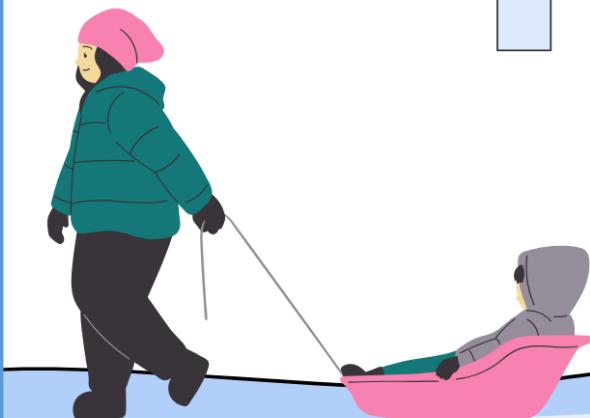
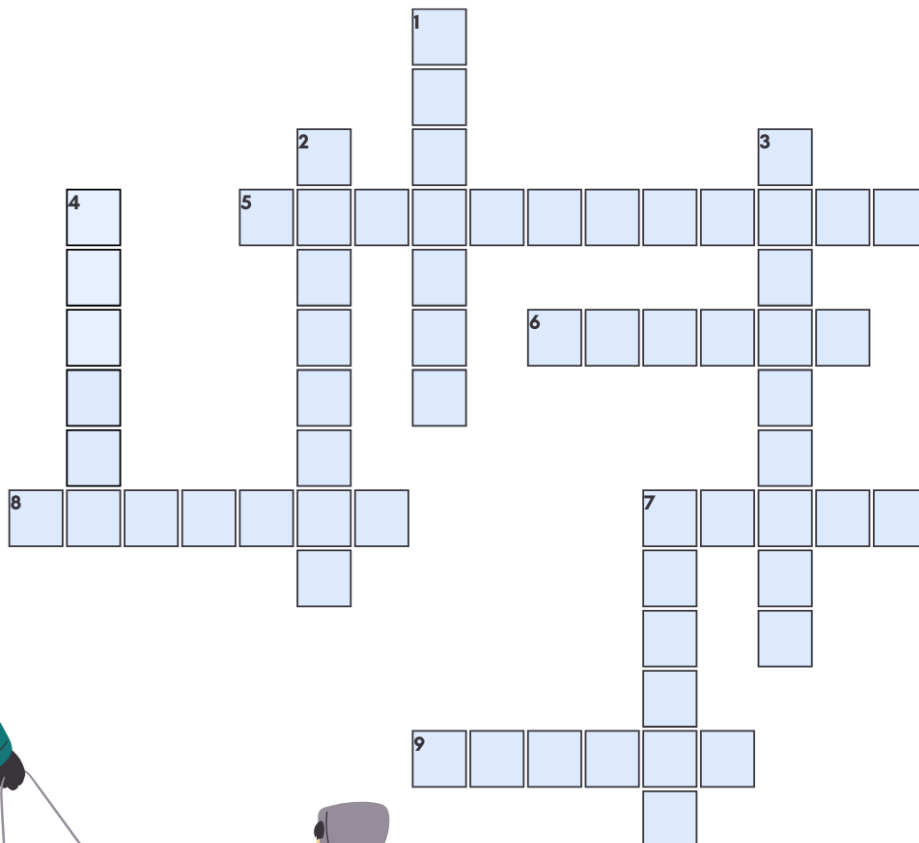
Fill in 10 words related to the winter holidays.

DOWN

1. A male figure made of snow with a carrot nose.
2. Making clothes or blankets from yarn with needles.
3. A place where you make a fire to keep warm.
4. Games where you put pieces together to make a picture.
7. Sliding down a snowy mountain on 2 long, thin boards on your feet.

ACROSS

5. Riding down a snowy hill standing on a board.
6. Stories you watch on a screen or in a theatre.
7. Long piece of cloth you wrap around your neck to stay warm.
8. What you are doing when you are looking at words in a book.
9. Cooking things like cookies or cakes in an oven.



Answers are on the back page.

Fun with Idioms

Idioms are phrases with meanings other than the literal interpretation of their individual words. Listen for idioms when others speak and practice using them yourself. However, limit their use in formal writing or speaking.

all ears

Meaning: ready to listen or pay attention

Example: The students are all ears for the presentation.

break a leg

Meaning: good luck

Example: Break a leg in your choir performance!

butterflies in my stomach

Meaning: feeling nervous

Example: I get butterflies in my stomach before every soccer game, but I'm fine once I start playing.

happy camper

Meaning: a person who is very happy

Example: He has been a happy camper ever since he learned he got the lead role in the play.

hold your horses

Meaning: wait or slow down

Example: I'm not ready to go to the store yet, so hold your horses.

a piece of cake

Meaning: something that is easy to do

Example: Playing the guitar is a piece of cake for him.

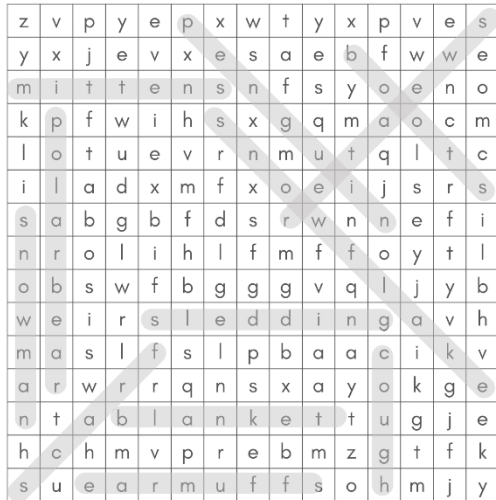
spill the beans

Meaning: reveal a secret

Example: We are going to surprise Mom with her favorite lunch, so don't spill the beans.

Word Games - Answers

ANSWER SHEET WINTER WORD SEARCH



blanket earmuffs polar bear snowflake
boots mittens scarf snowman
cough penguin sledding sweater

ANSWERS WINTER BREAK CROSSWORD

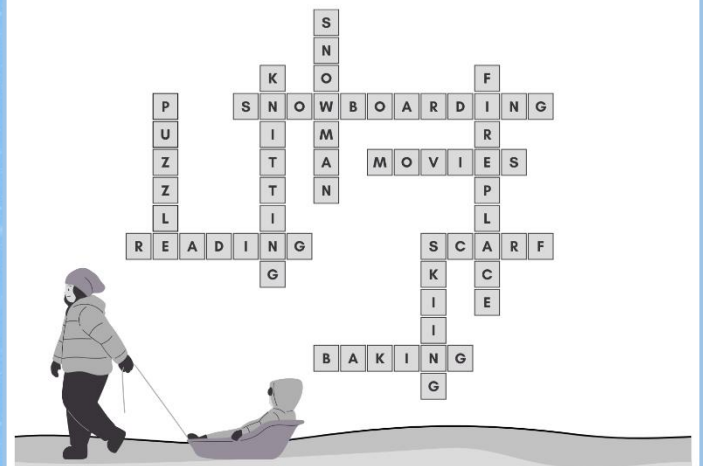


DOWN

1. A male figure made of snow with a carrot nose.
2. Making clothes or blankets from yarn with needles.
3. A place where you make a fire to keep warm.
4. Games where you put pieces together to make a picture.
7. Sliding down a snowy mountain on 2 long, thin boards on your feet.

ACROSS

5. Riding down a snowy hill standing on a board.
6. Stories you watch on a screen or in a theatre.
7. Long piece of cloth you wrap around your neck to stay warm.
8. What you are doing when you are looking at the words in a book.
9. Cooking things like cookies or cakes in an oven.



Why did the husband pour warm water on his computer?

He had asked his wife what to do if windows froze. 😂

