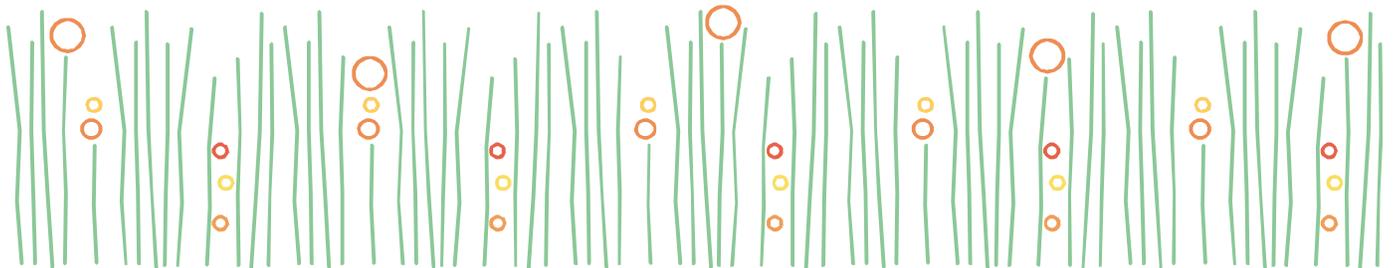




# The Reader



April 2010

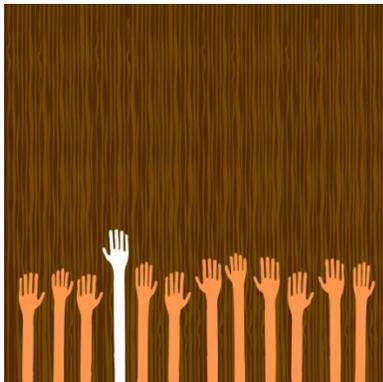
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**The Reader** is the bimonthly newsletter of **People, Words & Change**. We welcome stories and articles by our members.

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## National Volunteer Week is April 17 – 24, 2010



During the week of April 17, organizations in all areas of Canada will be taking time to recognize and say thank you to their volunteers. Last year, 12.5 million volunteers across the country gave 2.1 billion hours of 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. Volunteers are the selfless individuals who demonstrate their genuine compassion for the well being of others by taking action and making a difference.

Thanks to its many volunteer tutors and board members, People, Words & Change is able to provide members of the Ottawa community with the opportunity to improve their reading, writing and computer skills. To all PWC volunteers - THANK YOU for making a difference!

- Chris, Dee, Hoppy, Jennifer, and Margaret

## NOW I CAN....!



### My Granddaughter's Sleepover

*When the bedroom door slowly opens in the middle of the night and a small person creeps across the floor and climbs in to grandma's bed, how could I refuse! We all remember how it was to wake up from a bad dream all alone and wonder where we are. Nothing is cozier or more comforting for a child than to cuddle up close to grandma (or mother) when it's all dark and things have gone "bump" in the night.*

- Lee

### A Sick Kid

Last week was scary. My little daughter was very sick. She started coughing at school and by the end of the day she was feeling worse.

When I got home, she had a fever and was vomiting too. I was scared! I knew I had to do something. First, I gave her cough medicine. Then, put her to bed. I made her some chicken noodle soup and made sure she was warm. If she didn't improve, I would have to take her to the hospital. Fortunately, she was better in the morning but not well enough to go to school. I kept her home for another day. She is fine now so I am no longer scared.



- Ali

## Recipe for Green Chilaquites

### Ingredients

- 1 bag tostitos (Que Pasa brand)
- 1 bottle Mexican green salsa (Herder brand)  
(you can add fresh coriander and garlic)
- ½ onion cut in half moon slices
- 200 g shredded mozzarella (or 3 cheeses)
- Chicken broth
- Sour cream

Put the tostitos in a rectangular (lasagna) oven proof dish. Then, pour the salsa over the tostitos, making sure to cover them. If there is not enough salsa, add chicken broth or water. Spread the onion and cheese on the top. Put it in the oven at 350 degrees F until the salsa boils. Then, put it under the broiler until the cheese has melted. Serve with sour cream.

—Odette



## The Most Challenging Thing I Have Done

It all started with an unhappy automotive technician wanting to change his career. I was that technician needing to change, but without the writing or reading skills to do so. I was also 37 years old, a father, a husband, and scared of the challenges facing me. I had a long conversation with my research for me. I discovered expensive, but there was this People Words and Change call and spoke to a very nice had a meeting. The meeting my demanding journey. I spent Dee and then met a new tutor and George have done for me is have the self-confidence and belief in myself that I can tackle any career I choose. My challenge has not ended, but I'm excited to see where it takes me.



—Tony

## **My Dream Vacation**

I have always wanted to take my family on a dream vacation to Portugal. I have been told that the mainland has plenty of historical landmarks, along with amazing beaches and great food. The festivals are remarkable and the bull fights are fierce. The sites I'd like to see most of all are the old rustic castles that Portugal has to offer. One castle that has piqued my interest is the Castle of Almourol. It was built on an island in the middle of the Tagus River in 1171 and rumour has it that it's haunted. There is also family that I have never met. One day I will fulfill my dream and have the time of my life along with my family.

-Tony

## **What Art Can Do**

When I try to define my art it is perplexing. Awhile ago, I came across a hard cover book of five hundred pages entitled "What Is Art". I realized that it is not easy to define art in few words. However, as an artist I explore the theme of "civilization." Influenced by African arts and traditions, I find myself expressing this theme using warm colours (earth tones) to create a symbiotic relationship between movement and stability. Using nature and human interaction as a template, I illustrate my thoughts and feelings through the individual use of oil, acrylic, ink and watercolour. I continue to develop and use a variety of techniques. The canvas reflects civilization as I witness it.



- Hamid Ayoub

## **My Job at Loblaws**

My job at Loblaws is very good to me. I enjoy my job. The staff makes me feel like I'm at home going to work every day. Being part of a team makes me feel good. I get along with the staff and manager.

-Mark Evraire, Mr. Clean



## **FOOD**

**Food is what people want to eat.**

**Even when they're on the beat.**

**People will eat anywhere.**

**In the sun or in the cloud people like to chew very loud.**

**People will eat breakfast, lunch, and dinner.**

**When you eat you will be a winner.**

**By Salem Saikali**



## Tutor Tip

“The Most Challenging Thing I Have Done” and “My Dream Vacation” above were inspired by two of the suggestions below. PWC Tutor, George Macdonald has kindly shared these and other ideas with us. Thanks George!

### What to Write: Eight Ideas for the Reluctant Writer

By George Macdonald, PWC Tutor

- Write a paragraph describing a dream vacation you would like to take. Include the reasons why you want to visit a particular place, things you might want to see or do, etc.
- Write a paragraph describing the things you like and dislike most about living in Ottawa. If you wish, write about living in Canada instead, as compared to living in some other countries.
- If you suddenly won a million dollars a year for life, describe what you would do differently than you do now. Indicate what type of work you would do, if any. Would there be potential negative impacts as a result of such a big bonanza? How might your family be affected overall?
- Describe the most adventurous (or dangerous, or challenging) thing you have ever done and why you did it. Explain whether or not you felt it was a good idea and whether you would ever do it again. Indicate whether you learned anything from the experience.
- Children learn a great deal from observing their parents. When your kids become adults and reflect back on their childhood, identify the attributes you hope they will have learned from you in their early years.
- Write a paragraph on your views of what could be improved in your workplace to increase the efficiency and the productivity of the employees, and the overall morale of the workforce.
- Write a paragraph on the ‘code of conduct’ that hockey parents should follow in dealing with their kids. You may wish to address behaviour at the rink, involvement with the coaching staff, encouragement of their son or daughter between games, etc.
- Describe what you hope to gain from your career. Obviously, to be fairly compensated is important, but what else is important to you in doing a particular job? You may want to describe your career goals or what you hope to achieve by the time you retire.

## UPCOMING EVENTS and ANNOUNCEMENTS

### **OC TRANSPRO UNCLAIMED ITEMS SALE!**

**Saturday, May 1<sup>st</sup>, 2010 12:00 – 2:00 pm**

**at Heartwood House (home of PWC)**

**153 Chapel St.**



Don't miss the spring sale of unclaimed items from the OC Transpo Lost and Found. This is an opportunity for great bargains. Many quality items will be for sale. Items are sold from a range of 25 cents to \$5. Some of the more valuable items are sold by silent auction.

**For more information call 613-241-5937**

**Sale items include books, umbrellas, MP3 players, cameras, clothing, accessories and more!**



### **Custodial/Janitorial Skills Training**



CT Custodial Training is offering a **6-week, 214 hour training program** leading to employment in the custodial industry. **Employment partnerships** have been developed and will continue to be developed, allowing for employment opportunities for all graduates of this program. **In-class training and industry certifications include:** CPR & First Aid, WHMIS, Fall Protection, and Propane Cylinder Certificates. **Employment and work-related workshops** include soft skills and interview skills. Career Transition Services will also deliver resume building and job readiness skills.

#### **Is this training for you?**

- Are you interested in doing manual/physical work?
- Are you willing to work shift work?
- Are you competent in English, basic reading and writing?
- Are you available for full-time in-class training and motivated to attain paid employment?

Discuss this with your Ontario Works Case Coordinator or Employment Specialist.  
Call CT Custodial Training at 613-562-4843 to register and book an appointment for a one –on-one information session. To be accepted you will be required to participate in an interview process.

**TRAINING START DATE: MONDAY, APRIL 12, 2010**

Training is available for Ontario Works Participants and ODSP Spouse and Dependents, OPT 4 Jobs active only. If you are in receipt of E.I, are E.I. Pending or have received E.I. you will need to contact your Ontario Works Case Coordinator to discuss alternative funding options.