

JUNE 2017

The Reader

People, Words & Change



Adult literacy,
one-on-one.

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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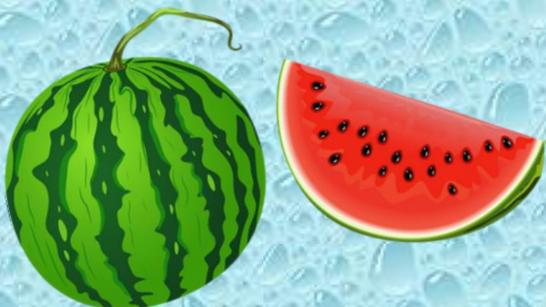
Bus #14 stops in front of the building and there is street parking available.

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!
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**EMPLOYMENT
ONTARIO**

Reminder!

2017 AGM

PWC will be holding its Annual General Meeting at Heartwood House on Wednesday, June 21, at 7 p.m.



Don't Miss It!

PWC's 8th Annual Power of Words Breakfast

Friday, September 8, from 7:30 – 9:30 a.m.
Heartwood House, Unitarian Space
400 McArthur Ave.

Come and celebrate your success with a free full hot breakfast and special guest speakers. Several PWC learners will also share their success stories with a warm and receptive crowd of supporters. Over 100 people attended last year. We will send out invitations with more details in August.



PWC Summer Hours

PWC will be closed for summer holidays from Monday, July 3, to Friday, July 28. The office will reopen on Monday, July 31, and our computer classes will resume on Tuesday, August 1.

For those matches that use PWC for their tutoring sessions, you can still use the PWC tutoring rooms and library in July. If you need assistance, please speak with the Heartwood staff at the reception desk. Note their summer hours below.

HEARTWOOD HOUSE Summer Hours

July 1 – Aug. 31

Mon., Tue. & Thurs.	8 a.m. – 5 p.m.
Wed.	8 a.m. – 7:30 p.m.
Fri.	8 a.m. – 5 p.m.

Have a wonderful summer break!



NOW I CAN! PWC Learners Read and Write

The Book That Inspired Me

The library book I read about Cesar Chavez inspired me to write about myself. Chavez faced a lot of challenges and he met them. I am facing challenges too.

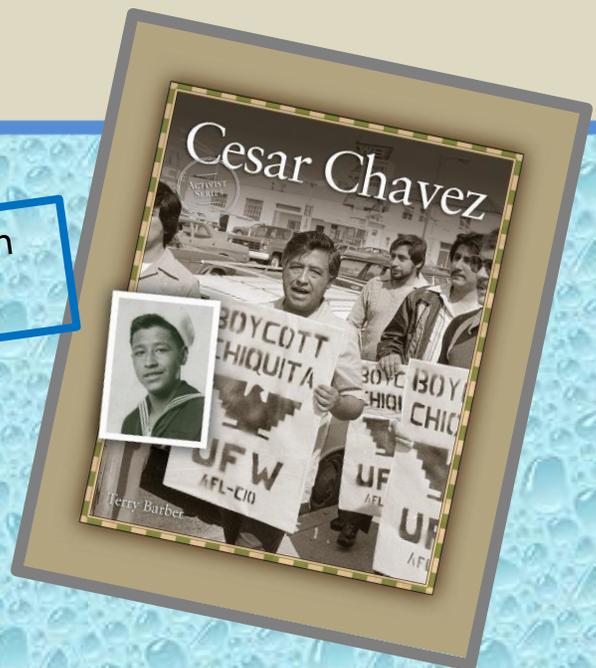
First let me tell you about Chavez. There are so many heroes in the world and one of them is Cesar Chavez. He fought for the rights of migrant farm workers in the south western United States. These workers used to sleep in tents, in cars and also in their trucks. They were very poor and worked very long hours moving from farm to farm. Some of them slept under the stars. They had no running water or toilet. That's when Chavez and the workers started a peaceful protest. It lasted for days but eventually they got what they wanted. They got better working conditions and better pay. Chavez formed the union to help these people get a better life.

One of **my** biggest challenges in life is to read and write. Sometimes I feel like giving up because it's so hard for me at times, but with wonderful support from my tutor, Wendy, I have the strength to continue. Also, my mother always tells me, "If you work hard and pray to God you will get there one day." With words like these and wonderful support, I am getting better at reading and writing. Thank you all for believing in me but most of all I have to believe in myself.

In life we all face challenges, but with hard work and dedication, we will accomplish our goals.

-Christopher

You can find this book in
the PWC Library!



NOW I CAN! PWC Learners Read and Write

Amelia Earhart

Amelia Earhart was born on July 4, 1897. Amelia was happy as a child. She completed high school in 1916 and worked at a hospital during World War I. Amelia later went back to school to become a doctor.

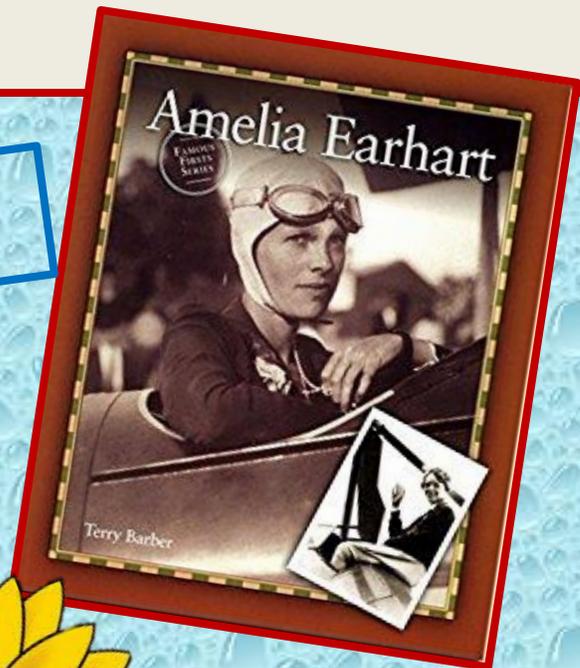
She took her first plane ride in 1920. She took flying lessons and became the first woman to fly to 14,000 feet. Amelia sold her plane to pay her bills and then she moved to Boston to become a teacher and social worker.

Amelia was invited to fly over the Atlantic Ocean. The flight made her famous. She then used her fame to make a living. She started to race planes. She then married a rich man in 1931. She wanted to fly around the world but couldn't fly alone, so she found a navigator named Fred Noonan. They started their trip on June 1, 1937...

Read this book to find out what happened next!

-Fadumo

You can find this book in
the PWC Library!



NOW I CAN! PWC Learners Write



Dear Reader,

My name is Fadumo Aden and I am from Somalia. I came to Canada in March of 1994 and I am a mother of eight children. I am a working mom too.

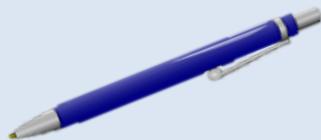
I never had a chance to go to school full time because I was a busy mom. I remember in 1994 when I came to Canada I went to French school and there was an old woman, about 70 years old. I asked her how many years she was living in Canada, and she said, "I have been living in Canada for 30 years." I was shocked and asked her, "What are you doing in this class?" She said it was because she was a working mom too. I was shocked and did not know that one day I would be like her!

I want to thank People, Words & Change for everything because you changed my world and I am almost an independent woman. I am a busy mom with five young children five days of the week. I cook for them and I play and colour with them, I read a book to them and I enjoy every day with them.

Again, I want to thank my former tutor, Ms. Margaret MacDonald. Margaret, you helped a lot with my English and I thank you every day. Also, thank you to Ms. Laura Campbell, Mr. George Macdonald, and Ms. Julie Oliveira.

Sincerely,

Fadumo Aden



NOW I CAN! PWC Learners Write



Hi Julie,

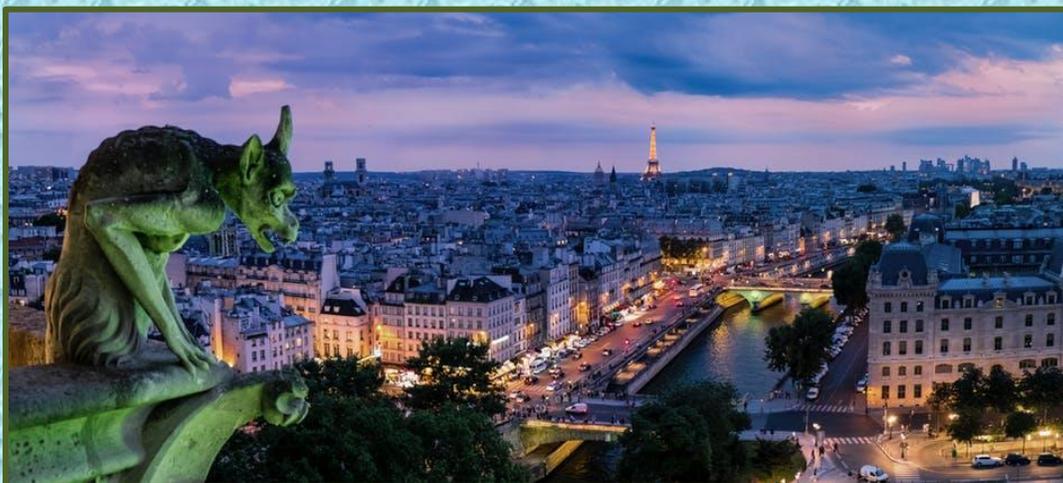
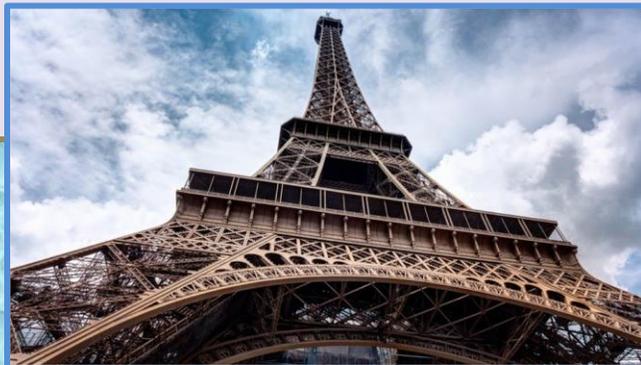
I want to tell you about my trip to Paris. I was working with a young lady as a translator for the month of June in 1980.

My day would start at 7 a.m. and my breakfast was always delivered to my room. After I would finish my breakfast, I would read, go shopping or tour the city. For example, I climbed the Eiffel Tower and I felt sick to my stomach because I was afraid of the height. It is huge!

Then, we would go to lunch at a restaurant. We would order anything that sounded good. When we had finished our food, we would go back to the hotel to rest. After resting, we would read, go outside or down to the restaurant to eat dinner and then to a show or anything she chose.

This was how I spent that month.

Take care Julie,
Lula





NOW I CAN! PWC Learners Write

My Trip to Las Vegas

On Dec. 30, 2016, my husband and I took our daughter to Las Vegas. We took a WestJet flight. The plane stopped at Toronto International Airport first, then we waited two hours and took another plane to Las Vegas. It took three hours and 40 minutes to get there.

When we got to Las Vegas, we took a taxi to the Excalibur Hotel which we had already booked. There is a good restaurant at this hotel. It is called Baja Fresh. They sell Mexican wraps. The wraps were delicious and cheap. We ate there several times.

We celebrated the New Year in front of the New York New York Hotel. We counted down from ten to one. Everyone was excited! When the New Year arrived, people jumped and shouted. At the same time, there were beautiful fireworks that lit up the sky.

The food in Las Vegas was great. The buffets at the Caesar Hotel and Wynn Hotel are the best. They have delicious food and wonderful desserts.

There are a lot of shows in Las Vegas. On January 1, we saw a show called "O" Show. The actors were so professional and the scene was extraordinarily beautiful.

On the last two days of our trip, we went to the Grand Canyon and the Lower Antelope Canyon. At Lower Antelope Canyon, we saw sand rocks. Because of the thousands of years of rain, some rocks look like a lady with long hair and some like a lion.

We finished our trip on January 5. We were all happy with this trip.

-Lelin





My Experience at Havana University

If I closed my eyes for a moment, one of the most memorable times in my life would be the years at Havana University in Cuba. It was a period of time full of contrasts: happiness, sadness, hard work and love. The first contrast was my transition between the country life and city life. In Cuba, I used to live in a rural area with my family and in 1989, I moved to a student residence in Vedado, one of the residential neighborhoods in Havana with a tremendous cultural life. The second contrast was the influence of my education in my personal and professional life. The third was a historical moment, the “Special Period” one of the unhappy pages of contemporary history of the Island.

My first day at the student residence, I felt nostalgia and excitement. On the one hand, I was not used to being without my family for weeks and, on the other hand, I started to love Havana immediately when I saw it. I used to live on the 13th floor in a building near the Caribbean Sea, very close to the Malecon. To contemplate the sea every morning was a gift and something very different than in my own town. In the 1990s Havana was for me, a very captivating, picturesque, historical and cultural city. In the residence, I shared the floor with 21 more students of different languages (Russian, German, English, and French) and from different provinces of Cuba. In the evenings, when everybody used to do homework, the 13th floor became the Babel Tower. We used to speak with our classmates in the languages that we were learning, and we used to listen to music of the countries. The atmosphere was friendly and collaborative.

In Cuba, one of the priorities of the government was education. The University was free in the Island and students didn't have to pay any tuition. When I started learning Russian language in the Foreign Language Faculty, I had to learn a Cyrillic alphabet. I had some professors from the best Soviet



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NOW I CAN! PWC Learners Write

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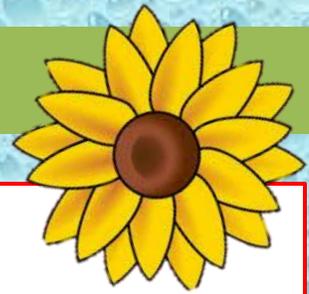
universities and some recognised Cuban Professors too. In theory, in 4th year of our degree would be a full immersion in Moscow but, unfortunately for me, it was impossible for my group because of the crisis and the collapse of the Soviet Union.

The “Special Period” in Cuba in Time of Peace was a severe economic crisis that started at the beginning of the 90s because of the collapse of the Soviet Union. This crisis had an effect on the Island, in every economic sector: transportation, health, education, agriculture and, defence. At the university, for the students it was a huge challenge. Generally, food was scarce. One egg used to be a luxury at that period of time. The students were starving to death, and one of our favorite drinks was water with sugar. To study for one exam became a titanic task because the blackouts used to be 15 or 18 hours every day in order to save energy. All public transportation, for instance: buses, trains, taxis, was reduced by more than half. I remember one day when one final exam was cancelled because a huge group of students couldn't arrive on time to the Faculty of the Foreign Languages because of lack of transport. Two years later, the university distributed bicycles for the students to relieve the grim reality.

Nevertheless this turbulence of this period of time, the hope, the positivism and the joy of youth used to be with me all the time. I met many incredible people that I can consider today my friends and my husband too. He was an English student and seven years older than me. His maturity, humor and general knowledge captivated me immediately and step by step, I was immersed in this first playful and intoxicating love. In those particular years this love was for me as if someone had given a glass of spring water to a thirsty traveler. However this story is for another moment of time.

-Jeny





Sewing for Myself

It is hard for me to buy clothing, so I sew for myself. I like to use stretch fabric because it will fit me better (my figure is like a yo-yo). People are afraid to work with stretch fabric because they think it needs a serger to do it. Yes, it is better but it is not necessary. I use the regular machine but just lightly pull when sewing and use the smaller stitches.

Are you short of fabric sometimes? Of course, the main parts don't have problems, but there are some small details that do not work properly. For example, there is not enough material for both collars (Example #1). Or there is not enough for facing (Example #2). I have some tricks from my own sewing experience.

For #1 – cut one piece of collar as usual, the other side (back side) cut in bias into 2 pieces about 1/8" less than the front side, and give 3/8" or 1 cm. at centre for seam allowance, sew it together and work as usual.

For #2 – some facing for collars or sleeveless garments need some extra fabric. If you don't have it, cut a few strips on the bias and use as facing. (Sew it together). It is very good for a sleeveless garment.

I do hope it will help.

-Solan





Spinach Pies

Make the filling.

1 small onion, chopped

1 packet of mushrooms

2 tbsp. cooking oil

1 potato, diced

1 large bag of baby spinach

1/2 c. raisins (optional)

Spices: add 1 tsp. black pepper, 1 tsp. turmeric, 3 crushed cloves of garlic, a pinch of salt, 1 tsp. chili pepper, and 2 tbsp. vinegar.

Fry ingredients together until brown.

Make the dough.

2 c. flour

1 tbsp. olive oil

1/2 tsp. yeast

A pinch of salt

1/2 c. of water (add more if needed)

In a large bowl, mix together until blended.

Roll the dough into 4 or 5 inch circles.

Make the pies.

Add the filling.

Fold in half.

Pinch the edges to seal.

Bake on a cookie sheet at 300°F for about 20 minutes or until golden brown.

-Howeida





Computer Tips

Keyboard Shortcuts

Here are some shortcuts you can use just by typing on the keyboard. You don't have to use your mouse for any of these, and they can save you some time. These shortcuts work in Word, Excel, PowerPoint, and on the Internet.

When **surfing the Internet**, these keyboard shortcuts will save you time.

END – displays the bottom of the active web page
HOME – displays the top of the active web page
Control R – will refresh your web page

Undo: Use **Control+Z**
This will undo your last action.

Save a file: Use **Control+S**.
This will save the entire file for you.

To go back and forth between pages that you are looking at on the Internet:

Use **Alt + left arrow** to go back

Use **Alt + right arrow** to go forward

For example, you are looking at the Home page on the PWC website, then you click on the Newsletters page. If you want to go back to the Home page, use Alt + left arrow. Then, to go forward again to the Newsletters page, use Alt + right arrow. You can also do this to go from one website to another.

Select all: Use **Control+A**
This will select your entire document with one touch.

Open a new tab in your browser (Google, Internet Explorer, or Firefox): Use **Control+T**.

Do you have a computer tip that you'd like to share?
Let us know and we'll put it in the next newsletter!

FREE Upcoming Events in Ottawa

Ottawa Welcomes the World: Delegation of the European Union June to November at Lansdowne

In honour of Canada's 150th birthday, Ottawa is celebrating the contribution of 18 European countries to Canada's rich and cultural heritage. Each country will showcase its food, music, dance, and more. Free admission.

Visit <http://www.ottawa2017.ca/ottawa-welcomes-the-world-updated/> or call 613-580-9674 for information.



Ottawa International Busker Festival, August 3-7, Sparks Street, downtown Ottawa

Celebrating its 26th year, the Ottawa International Busker Festival will feature street performers from around the world. See jugglers, fire eaters, clowns, acrobats, and magic tricks!

Daily performances are from 11 a.m. to 11 p.m.

Visit <http://sparkslive.com/calendar.html> for more information.

Bytown Days Festival

**Every Thursday evening in July and August
The Ottawa Locks, Rideau Canal**

Storytellers, musicians, and actors will tell you about Ottawa's history and culture.

On August 7, celebrate the creation of the Rideau Canal UNESCO World Heritage Site and Bytown (now called Ottawa).

For information, call 613-234-4570 or visit their website at <http://bytownmuseum.com/get-engaged/whats-happening/>

All events are sponsored by the Bytown Museum.



FREE Upcoming Events in Ottawa

Free Movies in the Park!

Centretown Movies Outdoor Film Festival will be showing popular, family friendly movies in Dundonald Park (Somerset St. West near Lyon St.) on Friday and Saturday nights from July 21 to August 19. Bring a lawn chair and munchies to enjoy great movies in the great outdoors. Admission is "pay-what-you-can." Call 613-232-1534 for more information.



Canada Day 2017

To celebrate Canada's 150th anniversary, special events are being planned in Ottawa!

On July 1, start the day off at 9 a.m. on Parliament Hill with the Flag Raising Ceremony followed by the Changing of the Guard Ceremony. Museums are all free on July 1, so visit as many as you like or stay at Parliament Hill for the many Canadian performers who will be there throughout the day. At 9:45 p.m., settle in at Major's Hill Park for the exciting fireworks display scheduled for 10 p.m.!



Sound and Light Show on Parliament Hill

Northern Lights is a **free** bilingual show presented nightly from July 11 to September 16.

Show times: in July at 10 p.m., in August at 9:30 p.m., and in September at 9 p.m.



FREE Summertime Reading for Kids



Looking for a *free* and fun activity for your kids this summer?

Come and enjoy **Storytime at Rideau Hall!** Every Friday and Saturday, from June 30 to August 26, from 1-3 p.m. (Governor General's Residence, at 1 Sussex Dr.)

Frontier College volunteers invite the general public, families with young children, and youth groups to settle in under the *Reading Tent* to read books and participate in fun literacy activities.

For more information, write to guide@gg.ca or call 613-991-442, or 1-866-842-4422 (toll-free). You can also visit www.gg.ca/visitus



TD Summer Reading Club 2017

TD Summer Reading Club is Canada's biggest, bilingual summer reading program for kids of all ages, all interests, and all abilities. This free program is offered at 2,000 public libraries across Canada, so you can still participate even if you are traveling within Canada this summer! In this Club, Canadian authors, illustrators, and storytellers are celebrated and kids are inspired to explore reading in their own way. Kids can take part at local libraries, at home, and online.

For information, visit <http://www.tdsummerreadingclub.ca/parents/welcome> and talk to your local public library staff this summer to find out how your family can join the Club and how you can get your free materials!

THANK YOU PWC Volunteers and Sponsors!

On April 27, we celebrated the dedication and incredible contribution that PWC volunteers made this past year. Our volunteers are a vital part of our program, and we are extremely grateful to them for their time and presence. Hats off to these amazing individuals who help make the lives of others even better!

We had a great evening with delicious finger food and beverages, followed by awards to recognize tutors and their milestone years of service in our program. Local Ottawa businesses generously donated gifts for our volunteers to choose from. Then, Tammy Giuliani, local Gelato Chef and Owner of Stella Luna Gelato Café, told the captivating story of how she came to love all things Italian and the journey that led her to becoming a gelato chef and owner of a successful business. Also in the spirit of generosity, Tammy had samples of her handcrafted gelato for everyone to indulge in. This was an evening that will be hard to forget!

We are extremely grateful to all who donated towards this event.

Bobby's Table

Bytowne Cinema

Cedar Valley Restaurant

Chances R Restaurant

Coconut Lagoon

Courtyard Restaurant

Cyrano's Restaurant

Dance Fusion Studios

Delta Ottawa City Centre

Epicuria

Farm Boy

Fraser Café

FreshCo

Great Canadian Theatre Company

Hess Independent Grocer

Kim's Home Yoga

Kristy's Restaurant

La Roma Restaurant

Loblaws Vanier

**Mamma Grazzi's
Kitchen**

National Arts Centre

Pure Kitchen

Ralph & Sons Diner

Robbie's Italian Restaurant

Stella Luna Gelato Café

Stoneface Dolly's

The Brew Table

The Green Door Restaurant

The Table Restaurant

Third Avenue Spa

Tony Turner

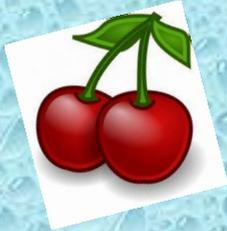
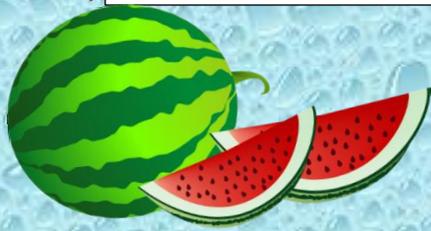
Zola's Restaurant



Summer Alphabet Challenge!

Try to come up with a summer based word for each letter.
For example, use *butterfly* for the letter b.
Hint: you can get some ideas from the images below!

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



Summer Word Scramble

Unscramble the letters to make words. Some words might be challenging!
Answers are at the bottom of the page.



1. yulJ _____

2. saebalbl _____

3. gugmy _____

4. kpar _____

5. nicicp _____

6. rrebsie _____

7. ingpmac _____

8. kael _____

9. loop _____

10. mmwisgni _____

11. chbae _____

12. tahnus _____

13. lfwoers _____

14. rnbunsu _____

15. tsrosh _____

16. ragnde _____

17. sargs _____

18. ugtsuA _____

19. thae vaew _____

20. ningtghil _____

21. idhmu _____

22. underht _____

- | | | | | | |
|---------------|---------------|------------|--------------|-----------|------------|
| 1. July | 2. baseball | 3. muggy | 4. park | 5. picnic | 6. berries |
| 7. camping | 8. lake | 9. pool | 10. swimming | 11. beach | 12. sunhat |
| 13. flowers | 14. sunburn | 15. shorts | 16. garden | 17. grass | 18. August |
| 19. heat wave | 20. lightning | 21. humid | 22. thunder | | |