



CONNECTIONS

Connecting to Your World

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Go Back to School!

Do it for the opportunity. Do it for a better career. But most of all, do it for yourself. You're closer than you think.

Winter is Coming

It may be a little hard to believe this year, but winter is going to come. I watched the geese flying south, the leaves are almost gone, and the days are getting shorter. I know that winter is coming, even though the weather still feels end of summer or early fall. It has been the most beautiful summer and fall that we have enjoyed in many years. The weather has made it a bit more difficult to settle down to school work.

Penny Whistle classes and Excel classes have just concluded. English as a Second Language Class continues to be a popular class this year. The First Aid class scheduled for October was cancelled due to lack of registrations. We have a class scheduled for January 14th and 15th.

We had a canning class that was well received and well attended.

It has been a busy fall and we are looking forward to a busy winter.

Check out our webpage at www.redlakeadulthoodlearning.org

A New Credit

We are very excited to be able to offer a new credit course; it is BTX4E, a senior credit for computer skills. It guides you through the basics making it great for beginners and intermediates alike.

It is available through independent studies, but we will also be providing it as instructor led. The instructor will be providing assistance with it on Wednesday afternoons from 1:00 to 3:00 p.m. starting November 2, 2011.

You can also sign up to take this course as a basic interest course. If you do not want to have it marked for a high school credit, there will be no charge.

There is a cost of \$60 if you are taking it to get a credit included in your high school transcript.

It sounds like a very fun class whichever way you take it. Come and sign up and get a start on your computer knowledge. We have limited seating so call us at 727-3207 to reserve your seat.

Tips for Doing Homework

1. Set up a Study Area: Designate one area of the house for a homework zone, for doing homework and projects where there are no distractions.
2. Make Materials Available to the Homework Zone: Tools such as a box to keep supplies handy, for example pencils, pens, rulers, eraser, etc.
3. Set a Time Frame: Choose a time that is best suited to your family's needs to work on homework. Sticking to a set schedule helps the work to get done.
4. Offer Guidance: For your children, don't do their homework but be close by in case they run into trouble and need to ask you something.
5. Use an Agenda: It's the key organizational tool for homework. An agenda reminds you of tasks to be completed, and it is a great place to write down questions that you have for your instructor.
6. Stay Informed: For your children, stay in touch with their teachers. Ask about upcoming projects that may require extra help from you.
7. Be a Role Model: "Do your homework." This is probably something that you were told as a child. Now you can set an example by doing.
8. Reward Yourself: Do something for yourself after you have finished a project or passed an exam. Go out for dinner or get a manicure.
9. Watch Frustration Levels: If you are feeling stress by homework, or just cannot master the concepts, then it's time to seek help. Get in touch with the instructor at the Centre or your teacher in Thunder Bay.

Writing Corner

Leaves

How silently they
tumble down
And come to rest upon
the ground
To lay a carpet, rich and
rare,
Beneath the trees
without a care,
Content to sleep, their
work well done.
Colors gleaming in the
sun.

At other times, they
wildly fly
Until they nearly reach
the sky.
Twisting, turning
through the air
Till all the trees stand
stark and bare.
Exhausted, drop to
earth below

St. John's Standard First Aid

We will have two courses for St. John's Standard First Aid this school year. This is a Level B – CPR Adult and Child. The courses will run from 8:00am to 4:00pm each day and they will be held on:

January 14th & 15th

March 31st & April 1st

The cost will be \$140.00. Your cheque, cash or money order will reserve you seat. Fees must be paid 2 weeks prior to course start date.

Tips to Help Pass an Exam

Recipe Corner

Bean and Squash Soup

1 tbsp vegetable oil

1 onion, chopped

2 cloves garlic, minced

1 tsp dried basil

¼ tsp. each salt and pepper

1 can (19oz/540 ml) red kidney beans, drained and rinsed

4 cups of vegetable stock

2 cups cubed peeled squash

½ sweet green pepper, chopped

½ cup frozen corn kernels

In large saucepan, heat oil over medium heat; fry onion, garlic, basil, salt and pepper, stirring occasionally, until softened, about 5 minutes

Add kidney beans. Add vegetable stock and squash; bring to boil. Reduce heat and simmer until squash is tender, about 10 minutes.

Add green pepper and corn; heat through.

1. Give yourself plenty of time: Cramming doesn't work. When you start early you have time to read and also to ask questions about anything you don't understand.
2. Use an Agenda: Write your study time in your agenda, even if it's only 20 minutes a night. An agenda is one of the best organizational tools you have to help you prepare for your exams.
3. Set up a Study Stadium: Have an area where you can leave your notes, your pencils, and your dictionary with no distractions.
4. Look at the Big Picture: How many pages in total do you have to study? How much time? If you have 50 pages to cover in 10 weeks, then that is only 1 page a night on weekdays, with weekends off. That's not so bad! You can even write down what pages to study on what night.
5. Study a Bit Every Night: When you start early enough you can easily avoid the stress and anxiety of pulling an all-nighter. Twenty minutes a night is easier to handle than 7 hours the night before.
6. Make Your Own Notes: Look at the chapter or unit or section. What are the titles, headings, and subheadings? Are there any bolded words? Write these down. These are key words, and they are great indicators to help you know what the material is about.
7. Put it in Your Own Words: This is known as paraphrasing and it's a great technique to help you really understand the material. You need to understand the material to succeed!
8. Cover, Recite and Check: But how do you paraphrase? It's as easy as reading over a page, a paragraph, or a sentence, then covering it up, and saying it back in your own words.
9. Don't Study the Stuff You Know Well: Start with the most challenging sections and move on from there. There is no point studying material that you are confident you know.
10. Make Classroom Time Active Learning Time: The best study tip is one that doesn't even involve studying, but happens way before studying – in the classroom. The secret to easy studying is to be an active learner in the classroom. Raise your hand. Ask questions. Participate in discussions. Don't just sit and wait for the instructor to teach you, get involved in learning!

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Sponsors for 2011/2012

"It is not how much you give or do, but how much you put into giving or doing." ...and we are very grateful for those people in our lives.

Here is a list of this year's Corporate Sponsors.

- Balmer Motor Hotel
- Contact North
- Dr. Matthew Walkiewicz
- Ear Falls Royal Canadian Legion
- Forever Green Gift Boutique
- Gillon's Insurance Brokers (Red Lake) Ltd.
- Goldcorp – Red Lake Mine
- Hamel Accounting and Income Tax
- Harmony Centre for Community Living
- Keewatin Patricia District School Board
- Lakeview Restaurant
- New Starts for Women Inc.
- Oakview Builder's Inc.
- Red Lake Career & Employment Services
- Red Lake District Lions Club Inc.
- Red Lake Regional Heritage Centre
- Russel S. Smart, Barrister and Solicitor

If you are interested in becoming a corporate sponsor for the 2011/12 year, we have an information package available. Please contact our office for more information.



Lest we forget

Upcoming Classes

- Nov. 2nd - *Simply Accounting* - 5:00 to 7:00 pm for 5 weeks
Cost: \$50.00 and \$40.00 for book (optional)
- Nov. 2nd - *BTX 4E* - 1:00 to 3:00 pm
Cost: \$60.00 for credit
Free for interest