



CONNECTIONS

Connecting to Your World

Happy New Year

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ESL

We are starting up ESL class again. (English as a Second Language) It will be held every Monday evening from 6:00 to 7:30pm starting on January 28th, 2013.

Call 727-3207 to sign up.

Well it is 2013! Happy New Year to you all! We are ready to start a new year of learning and discovery. Fall was very busy for us as you can probably tell by the lack of newsletters. Time just did not allow. Our building was just about busting at the seams with students. We have 15 or so full time students and 36 independent students, working at home. We also had the Good Job Skills running in our Computer Lab. It was gratifying to see so many adults interested in getting an education.

We also had a couple of computer classes running in the evening and have been doing some training at Goldcorp Mines.

There have been some training sessions for administration with LitNorthwest in Thunder Bay and KPDSB in Dryden and several sessions with the Ministry of Training, Colleges and Universities.

Getting the Good Jobs Skills program up and running took some time as well. It is a fantastic program that allowed 12 students to be part of a lot of training, including credits to prepare them for the work force. It was very nice to see the community come together to help and encourage these young folks.

Check out our website

www.redlakeadultlearning.org

Good Job Skills

We were given the chance this fall to run the Good Job Skills program in Red Lake. Service Canada sponsored it. We screened and finally picked out 12 people between the ages of 19 and 30 to participate. It was a chance for these young people to acquire some skills that would better enable them to find employment. They got their Smart Serve and WHMIS tickets. They also took the Safe Food Handling Course and the Service Excellence Course. They worked pretty much through a credit in GPP30, a course in Leadership and Peer Support. They had workshops put on by Red Lake Indian Friendship Centre in Money Management, Anger Management and a host of culture related activities. They went into the outdoors for a bonfire and learning about bush medicine and teas. They had a smudge session.

The students were given the opportunity to find out more about the community that they live in. They toured the libraries, the college, the town office and underground at Gold Corp. They had different members of the community come to give talks to them and give an opportunity to ask questions. They had a visit from Mayor Phil Vinet, several employers in the community, some of the elders from the Friendship Centre and Red Lake Careers and Employment Services.

For the final half of the program they had to organize a community event or project. They decided to have a "Pay It Forward" week. During this time they did good deeds for people and organizations in the community and encouraged the community to do the same. They had a lot of fun doing this part of the program. They had a stuff a tent day and for that they took donations for the homeless shelter and the women's shelter. They organized a penny drive for PetSave and collected over \$500.00. They did celebrity bagging at Sobeys one day and worked at the Seniors Dinner.

It was a good chance for these students to get a foot out into the community and learn how to be an integral part of a group that makes a difference.



Recipe Corner

Stuffed Peppers

- 1 lb ground beef
- ½ cup uncooked long grain white rice
- 1 cup water
- 6 peppers
- 2 (8ounce) cans tomato sauce
- 1 tbsp Worcestershire sauce
- ¼ tsp garlic powder
- ¼ tsp onion powder
- Salt and pepper to taste
- 1 tsp Italian seasoning

Preheat oven to 350 degrees F. Place the rice and water in a saucepan, and bring to a boil. Reduce heat, cover and cook 20 min. In a skillet over medium heat, cook the beef until browned. Remove the tops, seeds, and membranes of the pepper. In a bowl, mix the beef, cooked rice, 1 can tomato sauce, Worcestershire sauce, garlic powder, onion powder, salt, and pepper. Spoon into pepper. Mix the remaining tomato sauce and Italian seasoning and pour over stuffed peppers. Bake covered in Dutch oven for 1 hour or until the peppers are tender.

The greatest mistake you can make in life is to be continually fearing that you will make one.

.....Elbert Hubbard

Essential Skills

We hear a lot about Essential Skills in the education field. What are they and why are they important. There are nine essential skills:

1. Reading
2. Document Use
3. Numeracy
4. Writing
5. Oral Communication
6. Working With Others
7. Thinking
8. Digital Technology
9. Continuous Learning

Adults in Ontario need strong skills for a variety of reasons, including:

- To find a job
- To be adaptable employees – workers need to communicate with others, be aware of safety precautions and learn new technology on the job.
- To raise children with strong literacy skills – adult family members are a strong influence on children, so if the adult has strong skills, so will the children.
- To keep themselves and their families healthy – Canadians with the lowest health-literacy skills are 2.5 times more likely to report being in fair or poor health as those with the highest levels
- To participate in their communities – those who have low literacy skills tend to be less active citizens than others. They are less likely to get involved in community activities like sports, school groups, church groups, and so on.
- To reduce crime – offenders are three times as likely as the rest of the population to significant impact on rates of adult crime.

We at the Adult Learning Centre are committed to helping our students learn about the nine essential skills. We are much more than simply credit courses. In the next few months, we will be bringing you some facts and figures concerning the essential skills in different areas such as Labour Market, Economic Growth, Health, Poverty, Justice, Newcomers, Financial Literacy Civic Engagement and Literacy and Persons with Disabilities.

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Sponsors for 2012/2013

"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 and Dental Associates
- Forever Green Gift Boutique
- Lakeview Restaurant
- Red Lake Regional Heritage Centre
- Red Lake Career and Employment Services
- Rubicon Mineral Corporation
- Sobey's Red Lake
- Wilson's Business Solutions

If you are interested in becoming a corporate sponsor for the 2013/14 year, we have an information package available to anyone interested. Please contact our office for more information.

Writing Corner

The Snowflake

*Before I melt,
Come, look at me!
This lovely icy filigree!
Of a great forest
In one night
I make a wilderness
Of white;
By skyey cold
Of crystals Made,
All softly, on
Your finger laid,
I pause, that you
My beauty see:
Breathe; and I vanish
Instantly.*

...Walter De La Mare

Christmas Basket

Our annual Christmas Basket Draw took place on December 18, 2012 at the Centre. The winning ticket was held by **Cindy St.Vincent**, ticket #247.

Congratulations to Cindy and thanks to everyone who supported us. Thanks to Forever Green for wrapping the basket for us, they always do such a beautiful job.

Thanks to management and staff of The Lakeview Restaurant and the Balmer Motor Hotel for hosting our basket and taking care of ticket sales.