

E-MAGAZINE!

An interactive monthly magazine for literacy students and practitioners published by
Laubach Literacy Ontario

**Each One
Teach One**

Inspire student writing with
a Story of the Week!
Details on Page 7

*Learn more about
our cover model
Jack on page 8!*

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CARBON FOOTPRINT
on the Earth!** Page 4

Your Rights in the Workplace!
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Laubach Literacy Ontario supports its member agencies in the achievement of higher levels of literacy throughout the province.

our cover model



Meet Jack O' Lantern! Jack was an Irish blacksmith that made a deal for his soul. To read the whole story see page 8.

In future issues we want to feature a student or practitioner on the cover of E-Magazine! If you are interested in being on our cover, email us your name, council, email address and phone number.

Email to:
ritchieg@execulink.com

Please note: Each article indicates the audience focus in brackets. GF refers to the Gunning Fog Index for that article. The Gunning Fog Index value does NOT equate to Ontario curriculum grade levels or LBS levels. This information is meant as a guideline only. Texts designed for a wide audience generally require a fog index of less than 12. Some typical Gunning Fog Indices are:

- Newsweek: 10
- Readers Digest: 9
- Comic Books: 6

Please see LLO's website for more information about the gunning fog index.

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Editor's Spot

Fall is already upon us!

This issue features Halloween from many different perspectives. Although it's not an official holiday, it is a great time of the year to incorporate thematic learning for learners and practitioners alike. Embrace your inner kid and learn a little more.

We hope you enjoy!

Your Rights in the Workplace!

Enroll in the AlphaRoute online course **Your Rights in the Workplace** to learn about your rights and get a certificate.

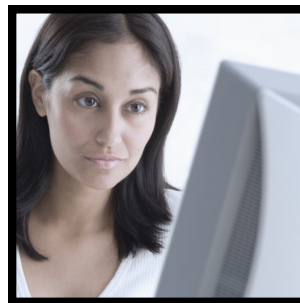
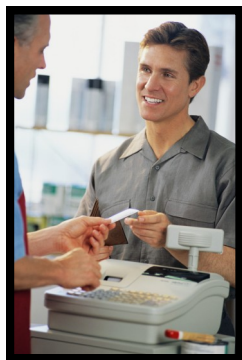
This course is for students who want to learn more about their rights as workers. In this course you will learn and practice how to:

- share workplace experiences in a discussion forum
- discover where to find information about workers rights online and in your community
- work in groups to do research about workers rights
- explore the Internet and visit web sites
- manage your time
- learn to navigate the course site
- meet other students from across Canada

This course is four weeks long. It runs from November 5 to 30. There will be about 1.5 hours of work to do in the course each week.

Course enrollment opened October 15th. Here's how to enroll in the course:

1. Tell your program instructor that you are interested in taking the course and might need help.
2. Ask them to register you in AlphaRoute with a user name and password. If you already use AlphaRoute, use the user name and password that you have.
3. Log into AlphaRoute at www.alpharoute.org and open the **Online Courses** link.
4. Click on **Your Rights in the Workplace** and then **Yes** to enroll in the course.



EARTH DAY EVERY DAY

Global warming—what can you do about it?

Did you know that the 1990's were the warmest decade on record? 2005 was the warmest year on record. Glaciers are melting. Plants and animals are being forced from natural habitats. Severe storms are increasing. This is the result of global warming. If we reduce our "carbon footprint" we can slow down global warming and help save our planet. Your carbon footprint is made up of your CO₂ emissions from activities like driving and using electric appliances.

Global Cool is an organization whose mission is to get a billion people to reduce their personal CO₂ emissions by at least one tonne! For example, an average family can save 150 kg of CO₂ per year just by making sure the T.V. is not left on "standby". You can learn more about CO₂ emissions and make a "CO₂ workout card" by clicking on this link:



<http://www.globalcool.org/myco2/>



EASY MACARONI SOUP Makes about four servings.

You may find this soup has thickened a little if served the day after it is made. Enjoy it as a stew-like soup or thin with a little milk, broth or water.

4 cups (1 L) water

1/2 teaspoon (2 ml) salt or seasoned salt

1 (200 g) box of macaroni and cheese

1 cup (250 ml) frozen mixed vegetables (e.g. corn, peas, carrots and beans)

1 can (10 oz/284 ml) condensed chicken or vegetable broth

1 teaspoon (5 ml) onion powder

Pinch pepper

1 tablespoon (15 ml) all-purpose flour

1 cup (250 ml) milk

1. Bring water and salt to a boil in a saucepan. Add macaroni (reserve the cheese flavour packet). Boil for five minutes, stirring occasionally. Add vegetables, chicken broth, onion powder and pepper. Return to a boil and cook for five minutes.

2. In a small bowl, combine flour and contents of cheese flavour packet. Slowly add milk, whisking until smooth. Add mixture to macaroni and vegetables. Cook, stirring constantly, for two to three minutes until slightly thickened.

RECIPE SOURCE: ADAPTED FROM LUNCHES BY COMPANY'S COMING PUBLISHING LIMITED, 1998.

Kick it up a notch – Mary Anne and Lana suggest adding stewed tomatoes, fresh cheese (old cheddar is best) chopped onions (green or cooked) instead of onion powder, and if you are really brave—add some SALSA! For more flavour, use less water and more chicken broth.

For this and other great back to school lunch ideas click on the link below:

<http://news.therecord.com/article/237632>



In Ontario, you must be at least 16 years old. A licence is obtained through a series of tests and different levels of licensing called 'Graduated Licensing.' The first licence, a G1 class, is earned through passing two tests; a vision test and a written test. With this permit, you may drive with an accompanying driver, who has had their full G licence for at least four years. You must have a zero blood alcohol level and can't drive on 400-series highways or on high speed expressways. You must make sure you are carrying no more passengers than the number of working seatbelts, and can't drive between midnight and 5 a.m.

You must have your G1 for a full year – or eight months if you take a driver's training course – before getting your G2. To progress to this level, you must complete a road test. With a G2, you must still have a zero blood alcohol level and have no more passengers than the number of seatbelts, but you may drive on any road at any time without an accompanying driver.

In September 2005, new rules were put in place to help enhance the safety of teenage drivers. In the first six months of having their G2 licence, drivers 19 or under can only carry one passenger 19 or under between midnight and 5 a.m. After six months the limit increases to three passengers 19 or under, until the driver obtains their G or turns 20. These rules do not apply if they are driving after 5 a.m. or before midnight, if they are with a fully-licensed accompanying driver with at least four years' experience, or if the passengers are members of their immediate family.

After a year of driving with a G2 licence, you may attempt a road test to earn your full G licence. You do not have passenger limitations and can drive with a blood alcohol level of 0.08. You must complete this process within five years of first getting your G1 licence.

Afterwards, you are not tested again until age 80, at which point you must pass a vision test and written test, and attend a 90-minute group education session.



For more information visit
<http://www.mto.gov.on.ca/english/dandv/driver/>.



Navigating the NET one site at a time

Have you ever heard of an “urban legend”? Do you ever get email with stories that make you wonder?

An **urban legend** is a story that is usually based on facts but often the facts have been exaggerated. An urban legend does not necessarily happen in an urban setting. The term “urban” is used to differentiate the stories from traditional folk tales.

Urban legends are often distributed by e-mail. Senders may claim that the story happened to a “friend of a friend”.

If you hear an urban legend and wonder if it is true you can check on “Snopes.com Rumour Has it”.

Practice your computer research skills and read about hundreds of urban legends to see if they are true.

<http://www.snopes.com/>

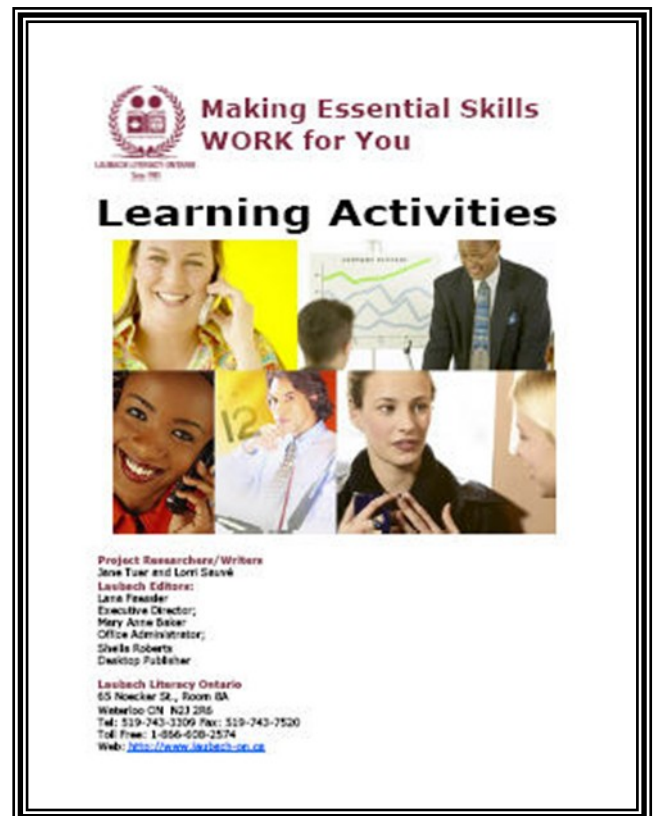
Making Essential Skills Work for You Learning Activities Manual - Now Online!

“This manual was developed so that adults will have an increased chance to achieve their employment goals by working through the various learning activities. Chapters 1 and 2 focus primarily on Oral Communication. Chapters 3 and 4 focus on Thinking Skills. Chapter 5 focuses on both Oral Communication and Thinking Skills.

Within each chapter, there are a number of learning activities that will help your students learn about different aspects of improving their chances at getting a job or keeping a job. The following page outlines how the learning activities are designed in this manual. “

To download the full PDF version click here:

<http://www.laubach-on.ca/Trainingpost/makeswork.html>



Creative Curriculum

O r n e r Inspire student writing with "story of the week"

Jump start student writing with inspiration from other adult learners across Canada. Each week new student stories are posted on the National Adult Literacy Database (NALD). Some of the stories have an audio file that you can listen to. The stories can be searched by province, by year and by author. Click here for a quick link to the "story of the week".

<http://www.nald.ca/storyoftheweek/>

Halloween Probability?

The Adult Basic Skills Resource Centre, based in the UK, has thousands of seasonal activities developed for adult learners. Many of these activities can be downloaded and printed directly from the site. Some adaptation may be necessary to ensure they are "Canadianized". Follow this link to the site:

<http://www.skillsworkshop.org/>

To directly access a "Halloween probability" activity click here:

<http://www.skillsworkshop.org/l1num/hd2l1halloweenprobability.pdf>

CIPMS

Community Literacy of Ontario's shares up-to-date information on the CIPMS in its OCTOBER 2007 NEWSLETTER! To access the full newsletter click here:

<http://www.nald.ca/clo/newslet/oct07/1.htm>

A short excerpt from the "[Definition of CIPMS](#)" section:

"MTCU defines CIPMS as

A systematic approach for continuous improvement that will allow all delivery sites to provide a high quality standard of service for different communities and clients, while maintaining consistency across Ontario.

CIPMS provides a framework for program measurement and management that incorporates a number of day-to-day operations including data collection, client satisfaction, agency self assessment and outcomes-based program evaluation. Core measures and performance indicators are used to provide an overall picture of what a program aims to achieve, what it actually achieves and how well it meets its goals. CIPMS is an ongoing cycle of implementation, monitoring, reacting and measuring.

CIPMS shifts the focus away from the processes we use to the results we achieve."

The following topics are covered:

- [CIPMS Resources and Training](#)
- [Definition of CIPMS](#)
- [Elements of CIPMS](#)
- [CIPMS and Literacy](#)
- [Agency Self-Assessment](#)
- [Learner Skill Attainment](#)
- [CIPMS and Employment Ontario](#)

"Horrorscopes"



December 22 – January 19

Don't forget to wear long underwear under your costume. You won't make a very convincing Al Roker if you don't come prepared for chilly weather. Suggested costume: Al Roker.



June 22 – July 22

No one actually wants a trick, so don't skimp on treats this year. Children can be vicious. Suggested costume: A ghost.



January 20 – February 18

Club soda will remove blood from carpeting. You'll need to remember this later in the month. Suggested costume: A pirate.



July 23 – August 22

Don't go into the light! Suggested costume: Liberace.



February 19 – March 20

While trick-or-treating, skip your neighbour's house. They're going to give out those gross candy kisses. Suggested costume: A fish.



August 23 – September 22

You will be diagnosed with lycanthropy. In other words, you're a werewolf. Suggested costume: A werewolf, obviously.



March 21 – April 19

You'll experience some eerie hauntings this month. Have the Ghostbusters on speed dial. Suggested costume: A witch or warlock.



September 23 – October 23

You will narrowly escape death. It will involve candy corn and the Heimlich manoeuvre. Suggested costume: Batman.



April 20 – May 20

Just stay in and watch Rocky Horror this Halloween - unless you want to be the stain on Aquarius' carpet, that is. Suggested costume: Richard Nixon.



October 24 – November 21

You should get all those skeletons out of your closet. They'll make great Halloween décor! Suggested costume: A vampire.



May 21 – June 21

Your date is only interested in one thing – your blood. To avoid becoming a vampire, order a garlicky entrée. Suggested costume: Find a friend and dress as a pair, like Bacon and Eggs.



November 22 – December 21

You will be abducted by aliens and then returned to your home all in one night. No one will believe you. Suggested costume: A hippie.

Jack O' Lantern

The term "Jack of the Lantern" comes from Irish folklore. The story began with a blacksmith named Jack who had a run-in with the Devil. Jack made a bargain and traded his soul.

Ten years later, the Devil came across Jack walking on a country road and explained to him that he was there to collect Jack's soul. Jack tricked the Devil and talked him into climbing up an apple tree. The Devil was unable to get down and Jack made an agreement with him. He would help him as long as the Devil would never take his soul.

Jack finally died. He went to Heaven, but was sent away because of his drinking, tricking, and miserly ways. He went to Hell, but the Devil wouldn't let him in because he had promised not to take his soul. Jack asked, "But where should I go?" The Devil replied, "Back to where you came from". The way back was dark and windy, so Jack asked the Devil to give him a light. The Devil gave Jack an ember from the fire. Jack put the ember in a turnip he'd been eating and wandered back. Jack was doomed to walk for eternity as a lost soul.

The fear of souls like Jack's started the custom that is carried on today. Irish villagers would dress in costumes to frighten away ghosts. They also painted faces on turnips or potatoes to place in windows or doors in order to chase away ghosts.

During the Irish Potato Famine of the mid-1800's many Irish farmers immigrated to the Americas. One of the traditions they brought with them was the jack o' lantern. They could not find turnips easily in the Americas and used pumpkins instead. The jack o' lantern is still the most popular symbol of Halloween today.

Adapted from: http://njinj.essortment.com/jackolantern_reuu.htm

Pumpkin Patch



Choosing the right pumpkin is very important.
Pick a pumpkin that:

- is a vibrant orange colour with no soft spots
- has firm flesh all around
- still has the stem attached

Store your pumpkin in a dry cool spot and do not touch it until you are ready to carve. This will let the rind cure and it will be less likely to rot.

Find 19 pumpkin carving stencils on the Chatelaine website this month. Click on the link to get there now!

http://en.chatelaine.com/english/home/article.jsp?content=20051003_121936_3668

Not sure about carving? Click here to watch the Chatelaine how-to video:

[carving video](#)

Crafty Corner



No one wants to be stuck in a crowded mall on Christmas Eve scrambling to find the perfect gift for that impossible person on your list! To avoid last-minute Christmas shopping get a head start this year and learn to crochet. The fruits of your labour will yield a perfect, personal gift.

Crocheting is similar to knitting. It works by pulling loops of yarn through other loops, but using a crochet hook instead of knitting needles. In knitting, multiple loops are active at a time. In crochet there is only one active loop, making it a bit easier for beginners.

To begin, stick with simple patterns with one or two basic stitches. Use thick hooks and only one colour of thick yarn. Crochet easier items such as scarves until you feel more comfortable.

Beginner Crocheting Links:

-DMC Crochet Learning Centre: http://www.dmc-usa.com/majic/pageServer/1b0100003m/en_US/Crochet-home.html: A helpful site with information on basic crochet techniques, crocheting tools, and how to understand crochet patterns.

-How to Make a Crochet Starting Chain: <http://crochet.about.com/od/learnbasics/ss/stchain.htm>: Step-by-step instructions on how to make a starting chain for all crochet patterns.

-Beginner Crochet Block: http://www.learnrocrochet.com/instructions_cr.php3: Step-by-step instructions with pictures on how to crochet a simple block of stitches to practice before beginning your project.