

Expressions

Each One

E-Magazine

Teach One

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

Volume 2
Issue 4
Spring 2009

Special Money Saver Edition!



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Editor's Spot

Given the current state of the economy we thought we would focus on money saving in this edition. Look for great ideas like using your crock pot to save money. Page 14 outlines some of the issues LLO members have raised when responding to our online funding survey.



We haven't forgotten that it is the Easter season and of course we have dedicated a

page to the most dangerous CHOCOLATE CAKE in the world!

The Annual LLO Conference will be here before you know it. This year the conference is funded and is sure to be an excellent professional development and networking opportunity for all. Check the website and wiki often for updates.

If you have any comments or questions please feel free to email Robyn Cook-Ritchie:
ritchieg@execulink.com

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If you do see anything suspicious on any of the websites please email LLO immediately. The offending webpage will be removed.

Rubert's Leap in Reading!

Rubert has read his first book to the end (and many more since). In May 2004, he began at Level 1 and he is now at Level 3. Today, he writes more clearly and reads with more understanding. He also gives presentations to groups.

He loves computers and is on e-mail and the Internet. He is embarking on Alpha Route computer learning. Rubert's self-esteem has improved considerably and he has conquered his fear of speaking to groups. He now speaks and listens effectively, considers his audience, and troubleshoots and problem solves instead of giving up. When he speaks out and gives presentations, he mentions our literacy services and the importance of literacy.

As a highly motivated self-starter, he developed a wide range of coping skills. Extremely resourceful, proud and outspoken, candid and open, he is happy to talk about and share his story of his journey to literacy. He has been an advocate for literacy in the community and has diligently spread the word that help is available here.

He is a walking, living advertisement for what is possible. Rubert certainly deserves recognition for his hard work, perseverance and commitment to learning. He is a great model for others. We at the Council are very proud of his achievements.

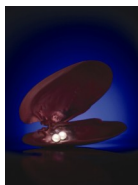
Click on to Rubert's picture or the link below to read Rupert's story and find his blog.

www.rubertsleapinreading.com



Rubert Payea speaks about his literacy journey.

Submitted by: The Literacy Council of Niagara West



Thanks to a generous donation from Arnie Stewart, literacy students that are members of Laubach Literacy Ontario agencies will be able to attend the LLO Conference for \$25.00. That covers Friday and Saturday night accommodation, and workshops on Friday afternoon and all day Saturday. The student caucus will be on Saturday morning at 9:30—this is where students elect LLO's student representative. Members of Laubach Literacy Ontario and the Simcoe/Muskoka Literacy Network will be able to attend the conference at special member rates. The Conference Brochure and registration forms will be available at shortly. See page 4 for more information about the 2009 LLO Conference!

Mark your calendar for LLO's 2009 annual conference

'Sharing Pearls of Wisdom'

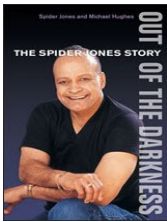
Sharing Pearls of Wisdom is the theme of this year's Laubach Literacy Ontario conference, being held at Georgian College in Barrie, Ontario, June 11-14.

In celebration of their 30th Anniversary, the conference is being happily co-hosted by the Barrie Literacy Council. Our popular annual conferences include more than 20 workshops and events for literacy practitioners, learners and volunteers.

Simcoe/Muskoka Literacy Network (SMLN) is pleased to be partnering with LLO on this joint conference and spring training event. SMLN will be hosting pre-conference workshops that will be open to everyone.

This three-day plus networking and professional development conference will provide opportunities for people from the literacy field and other Employment Ontario services to network and share knowledge, best practices, projects, research and initiatives. Karaoke has been booked for Saturday night! See page 5 for a great article on how karaoke is a great tool for reading. The Conference Brochure and Registration form will be posted on our website before the end of April.

Guest speakers this year include Spider Jones; Garfield Dunlop, MPP for Simcoe North; and our own Gary Porter.



Spider Jones is the co-author of *Out of the Darkness: The Spider Jones Story* and he currently hosts his own radio show, *The Spider Jones Show*, on CFRB in Toronto. He also hosts a syndicated boxing show and is one of Canada's most sought-after motivational speakers.

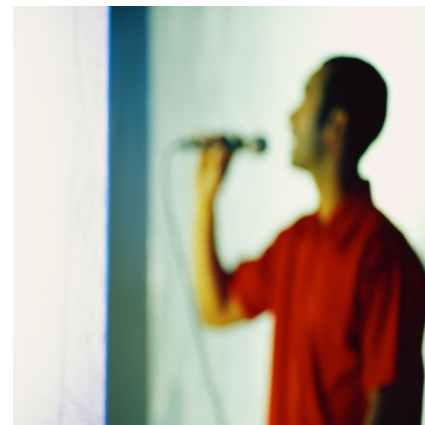
Garfield Dunlop, MPP for Simcoe North, introduced a private member's resolution in the provincial legislature for increased funding for literacy programs. The resolution passed unanimously. Garfield will be attending our conference on Saturday, June 13 at 8 a.m. and will join us for breakfast. After breakfast, at 8:45am, MPP Dunlop will speak to our group about what has happened to date, along with future plans for the Community Based Literacy programs regarding our important funding issue. There will be a question and answer period with MPP Dunlop. Please plan to attend this important information session!



Gary Porter is our keynote speaker for the Saturday evening banquet and awards ceremony. Gary, who is presently the Chair of the Barrie Literacy Council, first came to the Barrie Literacy Council as a student to improve his literacy skills and get his Grade 12 diploma (GED). During the first few years as a student, he came to the council two nights per week. He was then asked to be the student representative. This was his first experience as a board member. He received his GED in 2004. He also serves on the LLO Board and was LLO's student representative and the first Chair of the Student Initiative Committee. Gary is the former national student representative of Laubach Literacy of Canada, winner of the Flight for Freedom Canada Post Award, and a recipient of the Arnold Stewart Individual Achievement Award. "

For more information click here: <http://www.laubach-on.ca/conf2009.html>

Karaoke boosts reading skills



Three studies find 'amazing' effect on literacy through singalong computer software
May 14, 2007 04:30 AM Andrea Gordon Staff Reporter

When you've been raised on Canadian Idol and iTunes, it's hard to resist the lure of a microphone and the chance to belt out a song. And, says a Florida literacy expert, the popular karaoke-style approach to singing can also motivate and boost the skills of struggling young readers. Using singalong computer technology to help kids read has shown "amazing" results among Florida schoolchildren, says Susan Homan, a literacy professor at the University of South Florida in Tampa, who has studied its impact on students in Grades 3 through 12. "When I first saw the program, I thought it would be motivating and so let's see what happens," she said in an interview yesterday. "But then we got such dramatic results."

Three studies involving 800 students found they consistently boosted their reading skills as a result of using the "Tune in to Reading" software in school classes or after-school programs. After nine weeks of half-hour singalong instructions three times a week, reading skills improved, on average, by one grade level, she said. The results were even more pronounced for students in Grades 4 and 5.

She cites three major reasons the Tune in to Reading program has shown success: its ability to motivate and engage students; repetition of song lyrics; and fluency that comes with singing words rather than just reading them. All students have to do is don the headphones, grab the mike and launch the computer program, which plays songs ranging from "Twinkle, Twinkle" to Beatles tunes, while the screen cues them when to sing the words.

The software, originally designed to teach singing, became a reading tool by accident, according to the developer, Electronic Learning Products of Tampa. When the company launched its learn-to-sing computer software a few years ago, one of the testers was a wannabe singer and struggling reader in middle school. After a few weeks, her mother phoned the software developer with an observation. Not only had her daughter's singing improved, her reading had, too.

Employment Ontario Update

MTCU now has a searchable listing for all Employment Ontario programs on its web site:

<http://www.edu.gov.on.ca/eng/tcu/search.html>

You can do a "search all" and see all programs in Ontario listed by name. (at one time you had to ask by region). To get email addresses you need to click beside the name of the organization.

Don't forget to check your program information to make sure it is up to date!

News from around the province!

The CESBA Spring 2009 10th Anniversary Conference "Celebrating our Past, Building our Future" will take place from April 22-24, 2009 in Toronto at the Courtyard by Marriott hotel, 475 Yonge Street. Click on the line for more information: <http://www.cesba.com/>



Great new Essential Skills resource now available:

<http://www.collegeupgradingon.ca/current/bareessentials/bareessentials.pdf>



If you didn't read part 1 you will find it on page 4 in the December edition of E-magazine:
<http://www.laubach-on.ca/Trainingpost/emag.html>

A Killer at the Conference:

A Laubach Literacy Ontario Murder Mystery

Part 3 The final installment

By: Carolyn Psutka

We last left our terrified hero, Mort Messor, investigating the death of the beheaded body discovered in the woods at Laubach Literacy Ontario's 2008 Conference. With Lana and a suspicious man as his two main suspects, Mort continues his search for justice at the banquet...

Despite the absence of alcohol, everyone was having a great time at the banquet – except for me, of course. The weekend was almost over and I had still not solved the crime. Lana and the shifty fellow (whose name was Jim Bob) were cheerfully singing karaoke together, as if free from guilt. *Perhaps they worked together*, I thought as I watched them sway back and forth to their rousing rendition of “Killing Me Softly.” I saw Lana look in my direction; I didn't know if it was my imagination or not, but her glare looked menacing. I had to find the murderer fast; if the killer knew I was on their trail, my life was certainly at risk.

After finishing their song, Jim Bob approached me, appearing to admire my jacket.

“Is that real leather, Mort?” Jim Bob asked, smiling grotesquely. I shivered, feeling oddly threatened by his question. “Did you know leather is made from cow skin? I bet you could make human leather.”

Positively panicked, I excused myself. I went to the bathroom where I remember staring at my gaunt, terrified face in the mirror before passing out.

I awoke in the woods, unsure of how I had gotten there or how long I had been out. I looked at my watch. It was 3:33 a.m. again. Then I noticed the axe in my hand and the blood all over my body. Trying not to scream, I jumped up only to stumble over another decapitated body. It was Jim Bob. *It must be Lana then*, I thought. Determined to confront her once and for all, I ran to change, hoping I wouldn't be discovered.

Back at my room, a note fell out of my leather jacket as I removed it. It was written in a hand that looked suspiciously like my own. “The answer is in your name,” it read. I had no idea what it meant, but I knew it couldn't wait until morning. I decided to drive into town, find an internet café, and solve the riddle before dealing with Lana; she had been a mentor to me and I still clung to the hope that she wasn't a murderer despite the evidence against her.

At the café, I searched my name, “Mortimer” and discovered it was French in origin and meant “dead sea.” I further found out that the word “mort,” also my common nickname, was the French word for “death.” I

wasn't sure how it solved the mystery; I already knew there had been a murder, so the hint "death" didn't seem helpful.

On the drive back to the conference I went over all the clues in my mind. It was dark and stormy like my initial drive up, and I half-expected to see an axe-wielding Lana again. As I approached the place where I had seen her, a flash of memory came to me. The remembrance nearly blinded me, and I swerved off the road into a ditch, hitting my head on the steering wheel.

I awoke the next morning in a jail cell, my head throbbing and my wrists swollen from handcuff marks.

"Mort Messor?" a man in uniform approached my cell. "You have a visitor."

Lana waved meekly from the other side of the bars.

"Where – where am I?" I asked confusedly, wondering how she, the murderer, was free and I was in prison.

"I'm so disappointed in you, Mort," Lana sighed. "I had no idea that's why you were acting so strange this weekend."

"For what?" I asked, confused. "What's going on?"

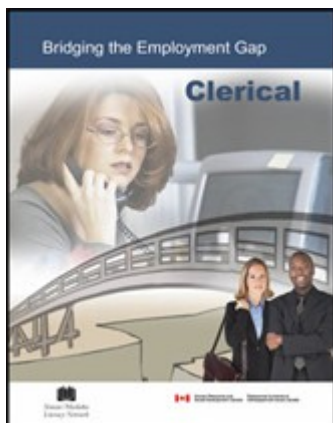
"You don't remember?" Lana looked distraught. "You confessed to killing Jim Bob and the other victim. You said you had blocked the murders from your mind and suddenly remembered on your way home from town last night, which caused you to veer off the road. You showed the police the blood-stained clothes, the axe – everything. You even told them about the alias you were living under – Mortimer Messor. Why did you do it Mort, or whoever you are?"

I was shocked. I tried to wrack my brain for these memories Lana claimed were mine. The murders weren't coming back to me, but I was behind bars and Lana wasn't, so she must be right. I stood in shock and watched the guards guide Lana from the jailhouse. Just as she came to the door, she turned around. I shrank back expecting to see painful disappointment in her face.

Instead, she smiled slyly and winked. She was laughing as she walked through the door.

The End.

Curriculum



Essential Skills Based Resource now available online!

A series of workforce curricula for use by practitioners with learners functioning at Essential Skills Level 1. The series was designed to help learners upgrade their literacy,

numeracy and other essential skills in an entry-level, occupational context. Developed by the Simcoe/Muskoka Literacy Network:

<http://library.naldatawork.ca/browse/series?name=Bridging+the+Employment+Gap>

California Distance Learning Project

Check out this site for free reading activities for adults. Topics are focused on life skills covering areas such as:

- Family
- Health and safety
- Money



The stories are based on real life situations of interest to adults. Many came from television news stories. Some of the stories are now more than a year old, however, and things may have changed in that time. Before acting based on information in a story, be sure to get the latest information on the topic from a current source.

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

Upgrading for Parents with Pre-Schoolers.

Upgrading for Parents with Pre-Schoolers (UPP) is a series of lesson plans, complete with worksheets and teaching resources. It is written for literacy practitioners who wish to integrate Family Literacy content with their LBS programs.

The focus of each lesson is Essential Skills upgrading, set in the context of family life and child development, and geared to groups of mixed skill levels – basic to intermediate (LBS 1 to 4). Topics include Healthy Eating, Budgeting, Safety in the Home, Sickness and Health and more. Children's activities are included for programs that offer child care. Get this free download from Kingston Literacy's Centre for Expertise in Family Literacy. Click on the link below:

<http://www.familyliteracyexpertise.org/Training/upp/uppwelcome.htm>



Trainer Tidbit: ESL

English as a Second Language (ESL)

New Readers Press has a series called "Training by Design". There is a version of this for ESL trainers that cover skills such as total physical response, using pictures, using information gaps and grids and other integrated oral and reading activities, teaching conversation etc. You can order this resource through the LLO Bookstore.

The Canadian Centre for Language Benchmarks is a great resource for ESL information :

http://www.language.ca/display_page.asp?page_id=1

CHOCOLATE CAKE!

It is Easter after all....

Not just any chocolate cake...the most dangerous chocolate cake recipe in the world

MINUTE CHOCOLATE MUG CAKE

4 tablespoons flour
4 tablespoons sugar
2 tablespoons cocoa
1 egg
3 tablespoons milk
3 tablespoons oil
3 tablespoons chocolate chips (optional)
A small splash of vanilla extract
1 large coffee mug

Before you start spray the inside of the mug with cooking spray.

Step 1: Add dry ingredients to mug, and mix well. Add the egg and mix thoroughly.

Pour in the milk and oil and mix well. Add the chocolate chips (if using) and vanilla extract, and mix again.

Step 2: Put your mug in the microwave and cook for 3 minutes at 1000 watts. The cake will rise over the top of the mug, but don't be alarmed!

Step 3: Allow to cool a little, and tip out onto a plate if desired.

Step 4: EAT! (this can serve 2 if you want to share).

And why is this the most dangerous cake recipe in the world ? Because now we are all only 5 minutes away from chocolate cake at any time of the day or night!

For more microwave baking ideas click on the link below:

<http://www.allbakingrecipes.com/baking-recipes/microwave-cakes-bakes/microwave-cakes-bakes.php>



STEP 1



STEP 2



STEP 3



STEP 4



Tough times call for brushing up on math skills

from Sheila Roberts

These tough financial times call for all of us to brush up on our math – to plan, budget and make sure we have a few pennies left at the end of the week.

Laubach Literacy Ontario's Compendium:

(<http://www.laubach-on.ca/Trainingpost/compendium/index.html>)

has a terrific Math page that take you to all kinds of websites, from the new learner to those who need catch-up information.

There are fun sites, serious math drill sites, sites that deal with shapes and measures, and even algebra sites, depending on what your interests are.

Thousands of ready-to-print worksheets, flash cards, math games and puzzles, including the ever-popular Sudoku, are available free from highly reputable sources.

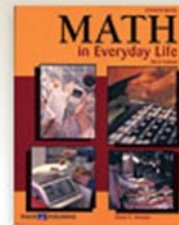
Most of the sites are geared to the needs of the adult learner and are rated according to the Essential Skills provided. And they don't make math feel like hard work.

Be ready for the times ahead!

Laubach Literacy Bookstore

Math in Everyday Life teaches students to apply basic math skills to all aspects of life

- Students practice using realistic and accurate forms, worksheets, and other paperwork
- Includes exercises involving online shopping, electronic banking, and more
- Presents realistic simulations of home expenses and income



Breakthrough to Math is a great series for students reading at Level One and Two, and ideal for volunteer tutors because of the accessible, easy-to-follow math instruction.

Helps break through any wall of defences students may have when it comes to math!

- Breaks skills down into basic steps and focuses on one skill at a time to make math easier to understand
- Uses clear, simple instructions to help learners see how math is used in whole number computation, fractions, decimals, percents, algebra, and geometry
- Includes four levels of Skill Books with evenly-paced instruction, covering a single skill or group of related skills per book to help build learner confidence and ensure student success
- Offers straightforward step-by-step instructions on how to use the series



Crock Pot Cooking

Using a crock pot can be a cheap way to prepare healthy well balanced meals. Below you will find recipes for soups, stews and chili. For more crock pot recipes you can visit the Crockery Pot Cooking Index by clicking on the following link:

<http://www.50plusfriends.com/cookbook/>

Barley Soup	Bean Soup for the Crockery Pot	Bean Soup Italiano
Beef Chowder	Beef Ragout	Black Bean Chili with Beef
Calico Ham and Bean Soup	Chicken and Vegetable Chowder	Chicken Vegetable Chowder
Crockery Pot Beef Barley Soup	Crockery Pot Beef Stew	Crockery Pot Beef Stew #2
Crockery Pot Beef Vegetable Soup	Crockery Pot Chicken Corn Soup	Crockery Pot Chowder
Crockery Pot Chili	Crockery Pot Chili #2	Crockery Pot Cock 'n Bull Stew
Crockery Pot Dumpling Soup	Crockery Pot French Onion Soup	Crockery Pot Hamburger Soup
Crockery Pot Stew	Crockery Pot Wild Rice Soup	Debbie's Potato Soup
Favorite Beef Stew	Greek Beef Stew	Healthy Chili in Crockery Pot
Italian Bean Soup	Italian Sausage Vegetable Soup	Jolene's Chili
Low-Fat Potato Soup	Minestrone Soup from the Crockery Pot	Navy Bean Bacon Chowder
Red Beans, Barley & Sausage Stew	Slow Cooked Texas Stew	Slow Cooked Two Meat Chili
Slow Cooker Mexican Beef Soup	Slow Cooker Mexican Beef Stew	Southwest Stew
Southwestern Chicken and Bean Stew	Spicy Black and Red Bean Soup	Spicy Cajun Gumbo
Vegetable Beef Barley Soup	Vegetable Gumbo	Vegetarian Split Pea Soup

Three reasons to cook in a crock pot

1. Most newer Crock-Pots use about 100 watts of electricity. If you use it once a week for eight hours at a time, it'll only cost you about TWENTY CENTS a month in electricity!
2. Crock-Pots are great for cooking beans and other legumes. These are some of the healthiest and cheapest foods you can eat.
3. Preparing a Crock-Pot only takes a few minutes and if you cook a full pot you will probably have enough for more than one meal– saving you time as well as money!

Recession Buster Links

THE DOLLAR
STRETCHER.COMSM

#1

Living Better...for Less

#2



The Financial Consumer Agency of Canada has a great interactive website called "My Money Tools". Click on the maple leaf or the link below :

<http://www.moneytools.ca/eng/mt-ma-eng.asp>



#5

Learn how to make a budget here. Includes a free excel template!

<http://www.moneyproblems.ca/household-budgeting.htm>

Smart Canucks
The First Canadian Deals Blog

#6

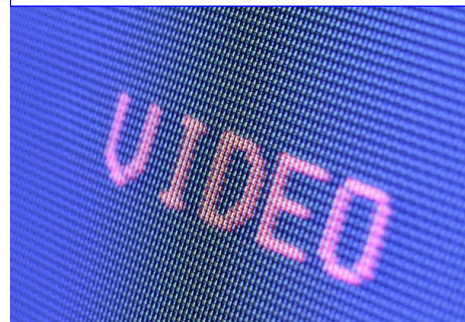
Click on the link for coupons, deals, freebies and ideas!



<http://smartcanucks.ca/stay-warm-save-money/>

Click on the "video" button below to watch this hilarious video on how to save money!

#3



#4

Shopping in a Recession

6 tips for saving money from Canadian Living

http://www.canadianliving.com/life/money/how_to_shop_in_a_recession_6



NEWS FROM THE OFFICE

What's a Wiki???

LLO has a new way to communicate with its members through the “LLO wiki”. We recently sent an invitation to all our members inviting them to join the wiki.

Some of you might be wondering what a “wiki” is. *A wiki is a page or collection of Web pages designed to allow anyone who accesses it to contribute or modify content. The term “wiki” comes from the Hawaiian word for “quickly”.*

You may be wondering why we are using a wiki. Here are some reasons:

- The wiki is “members only”- while anyone can access our website, only current LLO members can access our wiki
- The wiki allows us to post information and documents more quickly than we can on the website
- The wiki is a place where members can post comments it gives us a place to have the discussions we used to have on Alphacom
- The wiki is a place where members can also post content—if you have a great resource to share with others, you can upload it to the wiki
- The wiki is free and therefore a very cost effective way to allow LLO to expand our services to our membership.

If you haven't already signed up we would encourage you to do as soon as possible. You can click on the link below to request access. If you are having trouble let us know at the office.



<http://laubachliteracyontario.pbwiki.com/>

Emerging Needs

Thank you to all the members who completed the emerging needs survey in December 2008. Your responses were instrumental in helping us develop the activities that will support our members in the 2009-2010 Business Plan. Some highlights of our planned activities this year include:

- Provide information related to GED preparation
- Provide information on Academic Upgrading and ACE
- Support the implementation of ESL training for trainers to support the increase on ESL adults coming into the LBS programs looking for help
- Continue to build our Bookstore to ensure our members have access to quality materials they use most frequently at the lowest price possible



Congratulations to the Quinte Adult Day School, Belleville, who won the draw for \$50.00 of NRP materials!

Annual Awards!

Does an adult learner in your agency qualify for the Arnie Stewart award? If the answer is yes please complete the nomination forms and return to LLO by **May 8, 2009**.

It is that time of year again to choose an outstanding member in the literacy field. This year's winner will be announced at our conference, Georgian College in Barrie on Saturday June 13. please submit nominations to LLO by **May 15, 2009**.

If haven't already received the forms by email contact the office:
literacy@laubach-on.ca

The Funding Crisis

In our recent funding survey here is what you* told us:

- All respondents indicated that they receive funding from other sources to supplement TCU core funding. 55% received funding from the United Way. 66% do fundraising.
- 22% of the programs that responded were in a deficit position as of March 2009.
- 89% of the respondents offer one-on-one services for clients. 55% also offer small group classes (up to 10 clients in a class). 22% offer large group classes (10 or more in a class).
- 57% of the learners reported on moved onto employment, 28% to further education and training
- 77% of the programs indicated that they have a waiting list.
- 71% have experienced a rise in the number of youth entering their programs
- Programs reported that on average they would require a 30% core funding increase to be adequately funded to deliver current service levels.

* All respondents were from community-based programs

In our last online poll we asked:

"Would you recommend E-Magazine to other students, tutors or practitioners?"

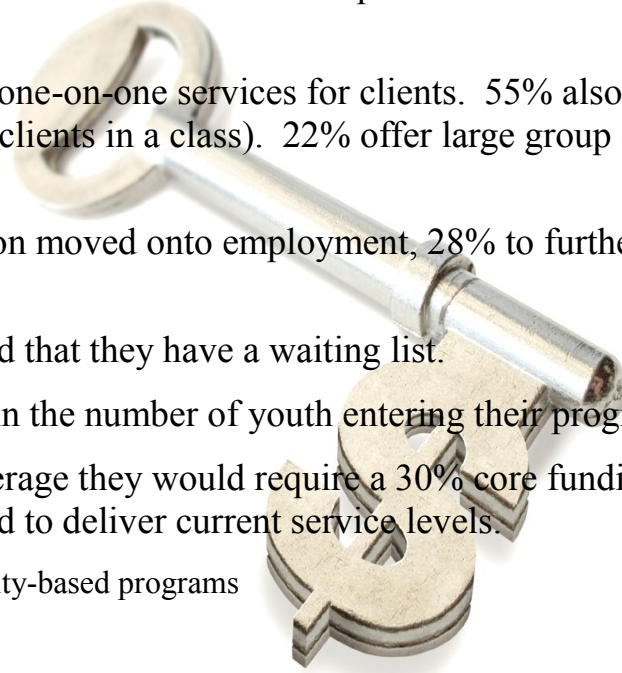
Everyone who responded said YES they would recommend E-Magazine.

Our new spring poll asks the following:

"Do you think any of the 90 million dollars announced in the provincial government's budget speech will flow directly to community based programs?"

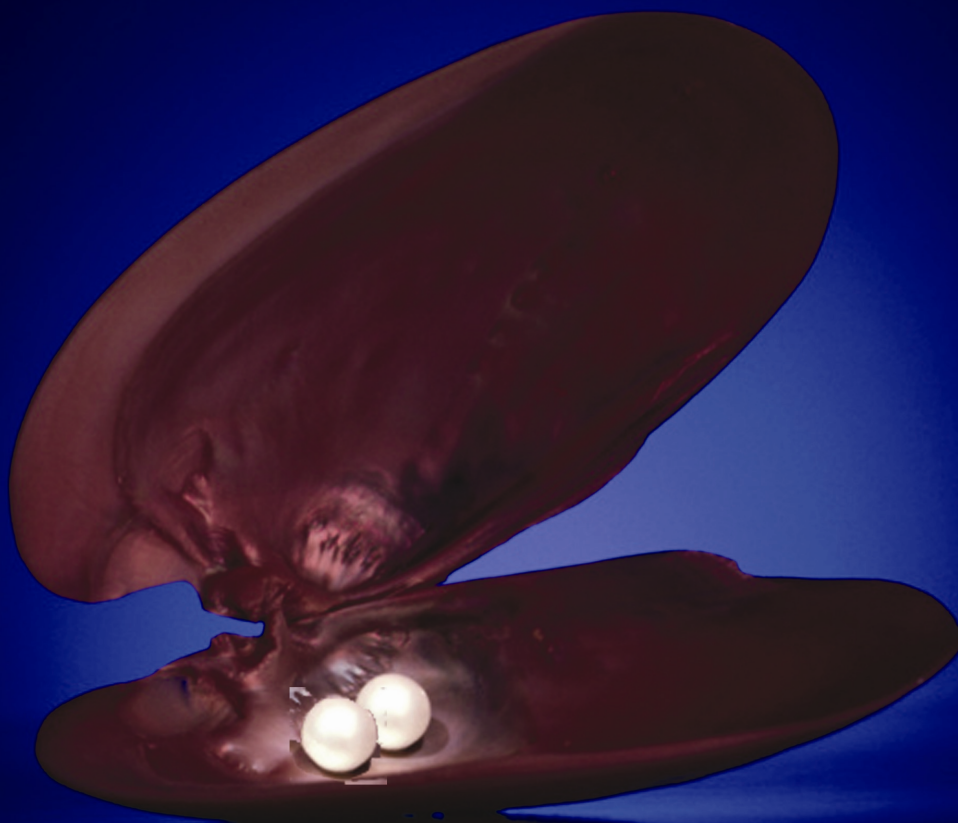
Click here to respond:

<http://doodle.com/253if66pmxk8hzix>



Sharing Pearls of Wisdom

**Laubach Literacy Ontario
Conference 2009**
Georgian College, Barrie
June 11 to 14



In partnership with

Co-sponsored by

Brought to you by



*Simcoe/Muskoka
Literacy Network*

