

# Expressions E-Magazine

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

**Each One  
Teach One**

***LLO Announces  
New Projects!***

Pages 3 and 7

**Musicover  
Discovery**

On Page 8

**Chocolate!**

Page 4

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# our cover

If you or  
someone you  
know would  
like to be our  
cover model  
let us know!

We would like to feature a student or practitioner on the cover of future E-Magazines! If you are interested in being on our cover, email us your name, council, email address and phone number. If you don't want to be a model but have a great picture we could use for a cover send it to us with a paragraph describing it!

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

*Studies have found that chocolate contains a type of antioxidant called a flavinoid which can provide some health benefits. However, remember it is also high in fat, sugar and calories so enjoy in moderation! Choose dark chocolate over milk chocolate for a higher flavinoid content!*



Valentine's Day has come and gone and Easter is approaching. Chocolate is the theme this season.

We hope you enjoy!

# Integrating Essential Skills into Literacy Tutor Training

<http://www.laubach-on.ca/record.htm#essential>

## Human Resources and Skills Development Canada project to help Canadians improve their essential skills and participate in the workforce

Source: **Government of Canada**

Published Friday, 18 January, 2008 - 12:10

Member of Parliament for Kitchener-Conestoga, Mr. Harold Albrecht, on behalf of the Honourable Monte Solberg, Minister of Human Resources and Social Development, today [January 17] announced funding for Laubach Literacy Ontario, Inc. to incorporate essential skills into literacy instruction through the development and testing of tools with literacy volunteer tutors and adult learners.

"The Government of Canada is committed to creating the best-educated, most skilled and most flexible work force in the world," said Mr. Albrecht. "I am proud today to announce funding for our partner-Laubach Literacy Ontario, located right here in Waterloo-that will help thousands of people across Canada improve their literacy and other key skills."



MP Harold Albrecht

The Government of Canada is providing \$207,688 to Laubach Literacy Ontario, Inc. to deliver a project entitled "Integrating Essential Skills in Literacy Tutor Training." The objective of this project is to train 90 literacy instructors who can help potentially more than 4,190 Canadians to upgrade their literacy and essential skills.

A higher literacy and essential skills level has a positive impact on self-esteem, health and safety. It is an important factor in helping Canadians find and maintain employment. The opportunity to use and upgrade essential skills on the job can actually help people maintain and enhance these skills long after they have completed their formal education.

Literacy and essential skills programs and activities across Canada are supported by the federal, provincial and territorial governments, as well as a variety of businesses and voluntary organizations. The Government of Canada welcomes the opportunity to work with partner organizations across the country to help Canadians improve their literacy skills and build better lives.



Click on the box to have the article read to you.



# CHOCOLATE!

Do you like chocolate?

Click here to answer our online poll:

[http://www.doodle.ch/  
m2bdipfab8epqkma](http://www.doodle.ch/m2bdipfab8epqkma)

Results from our last doodle survey:  
25% of you made a New Year's  
Resolution and 75% of you did NOT!

For a minty brownie treat, make brownies as directed. Melt Andes mints in double broiler and pour over warm brownies. Let set for a wonderful minty frosting.

Leftover snickers bars from Halloween make a delicious dessert. Peel, core and slice a few apples. Place them in a baking dish and sprinkle chopped up snickers bars over the apples. Bake at 350 for 15 minutes!!! Serve alone or with vanilla ice cream.

For great chocolate recipes click on the Hershey's Kitchen logo:



Learn more about chocolate here: <http://en.wikipedia.org/wiki/Chocolate>

## Navigating the NET one site at a time

Use [Google](#) to find out the local weather!

Need a quick and easy weather forecast? Type the word "weather" and a postal code in a Google search. You get the current weather conditions including the temperature instantly without the commercials. If you don't know the postal code just use the city and province. It really works!



Did you ever wonder what time it is right now in another part of the world? Look no further than [worldtimeserver.com](http://worldtimeserver.com)

## Sudoku

Check out the next edition for the Sudoku solution.

1	5				9	2	8	
4							5	9
	2	6	7		8		3	
	7	4	5		1	9		
				8				
		3	2		7	6	1	
	6		9		5	3	4	
3	4							2
	9	1	4				6	5

# Creative Curriculum

## Saskatchewan Adult Literacy Benchmarks

Order

Levels 1 and 2 of the Saskatchewan Literacy Benchmarks are general skills, abilities, and attitudes adults need to function in their world. *The Circle of Learning* is a physical representation of the Benchmarks. Instructional content is related to the specific contexts of learners' lives and is delivered contextually, with the learner identifying what s/he needs to learn.

### *Circle of Learning*

1. *Draws on the gifts of mind, body, heart, and spirit to create a holistic learning experience;*
2. *Takes a learner-centred approach to lifelong learning;*
3. *Is a way adult learners and practitioners can learn together;*
4. *Honours the knowledge and experiences that learners bring to the learning environment;*
5. *Encourages critical reflection on what has been learned; and*
6. *Respects, affirms, and empowers the learner, his family, community, and practitioners.*

Click on the picture to download the PDF version of the circle of learning:



# International Adult Learners Week

MARCH 3-9, 2008

### ROAD TO CHANGE, A JOURNEY TO EMPOWERMENT

*This week celebrates adult learners across the country and the joy of learning throughout life. This year the event will highlight the 60th Anniversary of the Universal Declaration of Human Rights.*

*For a list of IALW 2008 activities in Canada and to post your event, please go to the [National Adult Literacy Database](#).*



## General Tips

If you seal an envelope and then realize you forgot to include something inside, just place your sealed envelope in the freezer for an hour or two. Voila! It unseals easily.

Pin a small safety pin to the seam of your slip and you will not have a clingy skirt or dress. This also works with slacks and panty hose. Place pin in seam of slacks and -- ta da! -- static is gone.

## Cleaning Tips

Use a wet cotton ball or Q-tip to pick up the small shards of broken glass you can't see easily.

To get something out of a heat register or under the fridge add an empty paper towel roll or empty gift wrap roll to your vacuum cleaner hose. It can be bent or flattened to get in narrow openings.

## Kitchen Tips

Peel a banana from the bottom and you won't have to pick the little "stringy things" off of it. That's how the primates do it.

Store opened chunks of cheese in aluminum foil. It will stay fresh much longer and not mold!

Peppers with 3 bumps on the bottom are sweeter and better for eating. Peppers with 4 bumps on the bottom are firmer and better for cooking.

Add a teaspoon of water when frying ground beef. It will help pull the grease away from the meat while cooking.

Before you pour sticky substances into a measuring cup, fill it with hot water.

Dump out the hot water, but don't dry cup. Next, add your ingredient, such as peanut butter, and watch how easily it comes right out.



### [Crabby Office Lady](#)

**Having a problem with one of your Microsoft Office programs? Let the crabby office lady help you.**

<http://office.microsoft.com/en-us/help/FX101679371033.aspx>

For more tips click on the Household Tips picture or the link below.

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

# \$163,000 Trillium grant enables LLO and five agencies to launch 'Social Enterprise' programs

**February 2008**

Laubach Literacy Ontario (LLO) recently received a \$163,000 grant from the Ontario Trillium Foundation (OTF) to help six adult literacy agencies setup revenue-generating businesses – or "Social Enterprises" – in their communities.

The program focuses on strengthening the capacity of and building long-lasting sustainability of non-profit adult literacy agencies.

The businesses can generate revenues by offering a variety of programs and services to people of all ages. In addition to offering the potential to create much-needed funding, the projects can offer many side benefits for the agencies' and their students, and for the communities as a whole – these include employment and training opportunities, and community development.

Imagine being able to take on such projects as additional adult skills upgrading, teaching computer skills, developing food service ventures like small cafés or bakeries or storefront businesses. These "storefronts" might include used book, clothing or furniture stores – whatever the research shows is needed and will work in the individual communities, and whatever will best support each agency's mission and goals.

The 18-month grant for the "Social Enterprise" project will establish pilot projects in the Midland Area Reading Council, Hamilton Literacy Council, North Bay Literacy Council, Literacy Alliance of West Nipissing Adult Learning Centre,

The Literacy Group of Waterloo Region-Kitchener, and Barrie Literacy Council.

Each agency will complete the necessary research, planning, organizational development and fund development stages within their organizations before implementing their individual projects.

Lessons learned during the various implementation experiences will result in the creation of tools and templates, and the development of a support mechanism for other LLO member agencies enabling them to establish successful social enterprise ventures within their organizations.

"This initiative is something that our organization is proud to be instrumental in introducing to these communities," said LLO's Executive Director, Lana Faessler. "We see tremendous potential for these agencies and we look forward to working with our newly established Social Enterprise Advisory Committee, which is made up of representatives from the agencies, business and marketing professionals and other literacy groups."

For more information on the Ontario Trillium Foundation, an agency of the Government of Ontario, please visit: [www.trilliumfoundation.org](http://www.trilliumfoundation.org).

**Project Manager:** Susan M. Taylor, TAYLOR & Associates, Consulting Services, Training and Development for Businesses and Not-for-Profit Associations

**Research & Business/Marketing Consultant** for the project: Nicole Kovacs, president of InEvo Marketing & Design

# Musiccovery.com

Musiccovery is interactive webRadio that lets you choose and explore music by mood, style, decade and much more. It lets you customize and listen to music on your computer.

If you change your choices on the navigation bar the music selector jumps across the screen and plays another song. Different types of music are color-coded. There's a large selection of music from jazz to classical, hip hop, world, rock and more. It will play continually but you can also click on a different bubble to choose a new song. To listen to songs you may never have heard before uncheck the "hit" box and select "discovery".

Musiccovery is a great way to find new songs and listen to different styles of music.

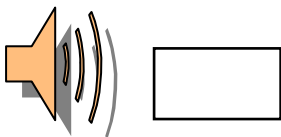
Here's how it works:

1. Register (for free).
2. Pick a main genre or type of music, such as rock, dance, pop, etc. You can check more than one!
3. Pick a "mood" within that genre—for example energetic or dark.

Click here for musiccovery: <http://musiccovery.com/>

You will see a “picture” of your musical selections all looped together. Sit back and enjoy!

If you don't like a song click on a new bubble or change your choices on the navigation bar.



Click on the box to have the article read to you.

