

# The Leaf

Newsletter of the Bedford Sackville Literacy Network **FALL 2006**

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*Tell me and I forget. Teach me and I remember. Involve me and I learn. – Benjamin Franklin*

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Hi to All:

It has been another excellent beginning to the year at the Bedford Sackville Literacy Network (BSLN). I am very proud of the learners who have dedicated themselves to another year of life-long learning. I also want to thank the Board, Staff, and Volunteers who, through their hard work, make the experience of learning a pleasurable experience. BSLN has moved from its previous location at Opportunity Place on Sackville Drive to its present location in Success College at the Downsview Mall at 800 Sackville Drive. Please drop in to see us or call 869-3838 to set up an appointment. Learners and volunteer tutors are always welcome at BSLN. LET'S GROW TOGETHER!!!

All the best,  
Paul MacNeil  
Network Director

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## Adult Education Opportunities at BSLN

BSLN offers the following free services to adult learners who are 19 years or older:

Classroom Instruction  
English, Levels 1 and 2  
Math, Levels 1 and 2  
Basic Computer Skills

One-to-one Tutoring  
Reading, Writing,  
Math, Computers,  
and Pre-GED

Location of Classes:  
Success College,  
800 Sackville Drive.  
HRDA, 11 Glendale Avenue.

At BSLN, the delivery of quality programs would not be possible without our dedicated and hard-working learners, instructors, tutors, and board members, and partnerships with Opportunity Place, Anchor Industries, and the Bedford and Sackville branches of the Halifax Regional Libraries. If you would like assistance in reading, writing, or math, or would like to donate your time as a volunteer, please contact Paul MacNeil at 860-0863 or e-mail [bsln@chebucto.ns.ca](mailto:bsln@chebucto.ns.ca).



Funded by the NS  
Department of  
Education  
Community- Based  
Funding Grant  
Program, BSLN is  
one of 30 provincial  
Learning Networks  
that offer adult  
literacy programs in  
local communities.

### BSLN Board

*Co-Chair*  
Ethel Cunningham

*Co-Chair*  
Cathy Hammond

*Treasurer*  
Tracy Jennings

*Personnel*  
Sheila Keizer

*Adult Education  
Coordinator (Metro)*  
Lynne Wells-  
Orchard

*Members at Large*  
Elizabeth Gerrard  
Katrin Henkelmann  
Kathleen Peverill  
Kelly Edwards  
Sherrie Vanderaa

### BSLN Staff

*Network Director*  
Paul MacNeil

*Classroom  
Coordinator*  
Cindy Hirtle

*Classroom  
Instructors*  
Perry Abriel  
Marjorie Dow  
Judy MacDonald  
Ann Roddick

*Website Manager*  
Karen Saunders



## Events at BSLN

BSLN participated in the *MCCE* booth at the *Healthy You: Health and Wellness Show* at Exhibition Park from September 15 to 17th to raise awareness about the importance of lifelong learning as part of a healthy lifestyle.

BSLN recently had a very successful fundraiser and special thanks goes to the *All Saints Bedford Players* who donated tickets to “*A Separate Peace*” and “*The Real Inspector Hound*” by Tom Stoppard on October 26 and 27<sup>th</sup>. Proceeds from the fundraiser will go to purchase literacy resources for BSLN.

## Honour Role

We would like to extend a special thanks to the following supporters of BSLN activities:

- Volunteer *Karen Saunders* for managing our website.
- *Halifax Regional Development Agency (HRDA)* for providing space for the Anchor Industries classes.
- The staff at the *Bedford and Sackville Public Libraries* for their support including the use of space for the one-to-one tutor sessions.
- The staff at *Opportunity Place* for their referrals and ongoing support.

## Upcoming Events

- *December* – BSLN Winter Parties for respective programs and classes.
- *January 27* – Family Literacy Day
- *January 8,9,10* – The second term of BSLN classes will begin.

## Success Stories

The instructors and staff at BSLN are very impressed with the progress our learners have made in the newly introduced computer segment of our classroom instruction. We are delighted to hear that some learners are practicing their new skills at home and sending emails to one another. We wish you continued success as you delve into the world of computers.

The Monday class at Anchor Industries recently compiled Red booklets, which they presented to their classmates. The Wednesday class composed a story about the Anchor Industries Halloween Party. They demonstrated excellent teamwork and produced an interesting story. We would like to commend them on their accomplishments and continued progress.

## Happy Holidays!

The staff at BSLN would like to wish our learners, tutors, instructors, board members, and supporters a happy and safe holiday season and all the best in the coming New Year.



## Spotlight on our Learners

### *Martin Luther King*

Dr. King wrote a letter to the ministers of white churches. He told the whites why the blacks had headed to protest. For years, we have waited, more than 340 years, for equal rights. He wrote, “A person sees injustice, he must act, to understand and help people in the country.” People heard what happened in the Birmingham protest. It was in papers and TV, pictures, and radios. Police hitting black teenagers and even black children. They did not fight back. A lot of people watched the violent acts and the black people’s courage. Many, many people wanted to help the fight for equal rights. In 1963, black and white people came from every part of the country. All the people met in Washington, D.C., the U.S. capital. Nearly 250,000 people marched in Washington, D.C. Then Dr. King spoke to the marchers in Washington D.C. He had a dream. “I have a dream for this country. This country was made with one great idea. God makes everyone equal. I had a dream that one day, the country will follow this idea. That one day, the little children will live in a country that a person’s color don’t matter.” He went on to say, “Let’s be freedom rings. Let freedom ring from every hill. Let freedom ring from every state. When freedom rings, then every one of God’s children will be able to sing. Free at last! Thank God, I’m free at last!” The next year, in 1964, Martin Luther King Jr. won the Nobel Prize. He won the prize for leading the nonviolent protests for civil rights. The Nobel Prize money of \$54,000, Dr. King gave the money to equal rights. -- *John W.*



**Book Review: Before the Camera**

My opinion of this book is that it is a very interesting book. It tells of Steve Murphy's work on and off the camera. He is a boy from Saint John. He did the Christmas Daddies show for a number of years. He also did and still does the CTV news. I would highly recommend his book for a Christmas gift. – Susan T.

**Moving to Nova Scotia**

In 1998, my husband and I moved to Nova Scotia for employment. Our decision was not a difficult choice, because some of our children were already living here. We rented for a year and then decided to buy a house and to make Sackville our home. Living in Sackville we have seen so many changes. We have seen a large growth in housing development and businesses and health care. We have seen a new health clinic built. Since coming to Sackville I have taken craft classes that I am enjoying, but most of all I have learned so much and have met so many nice people. I have made another decision in my life and that is to go back to school at the Bedford Sackville Literacy Network. I am enjoying it so much. The teachers are great and so are the student's. We are all there to help each other in every way. -- Nadine S.

**This is a New Company in Sackville**

If you have cracks in your foundation just call on Newfiecrete Concrete to fix it. Newfiecrete Concrete also does garage pads and driveways. With over 20 years experience, Newfiecrete Concrete takes pride in a job well done. -- Helen T.

(902) 209-9723                      (902) 864-8457

**Diane's Garden Guide**

I like to garden because it makes me feel good. I like to make things grow in the summer. Everything looks very rich looking and green. It makes me feel happier about myself. – Diane H.

**If I was God?**

If I could dream? I wonder what it could be? A perfect world. What is a perfect world? There would be no violence, no guns, no drugs, and no hate. There is a lot more I could change. I would bring in a big friendly world. One where everyone likes each other. One where all is equal and get along. Change, yes, I could change the world? There would be no crime, no hurt, and no death. It would be a land of great peace. So, this here world is one without taxes, no money, no homeless. It would all come together and be a living priceless place. I haven't said it all, but this is just a bit of what I could dream. If I were God? I am just one of millions that live upon the earth. One tiny soul whose dreams are many and far between. I am only one that no one notices. For I stand alone in silence of what I think a world should be. Take it from me this world could have change no doubt in my mind. – John S.

**Art in Cooking**

Cooking is an Art. There are three rules to cooking. The first is tender loving care. When you cook food, you must put the care into the ingredients. If you put the ingredients in together, you must put them in right. Enjoy cooking. -- Steven A.

**Shopping at Costco**

I went shopping with my granddaughter the other day and we stopped at Costco. There were so many beautiful things that you could stand and look for hours just reading the names of them. I bought the one that Dr. Phil's wife wrote. It is so beautiful and interesting. When I read it, you realize that everyone in life has problems and that nothing is perfect. It has lots of funny parts and lots of sad parts also. To read of others, it educates you and helps you grow and see that there are lots more problems in life than what you have yourself. I love reading. It is so relaxing and a very good way to spend free time. – Holly S.





### **Steven's Chicken Soup**

Add two chicken legs into a pot. Then two cups of carrots and two cups of turnip. Add one large can of stewed tomatoes into the pot and cook for one hour at high. Then turn to low. – *Steven A.*

### **Little Christmas Cookies**

1 cup butter  
 ½ cup confectioner's sugar  
 1 teaspoon vanilla  
 1/8 teaspoon salt  
 1 cup cornstarch  
 1 cup sifted flour  
 Assorted coloured sugars  
 or icings

Preheat oven to 375 F. Grease cookie sheets. In a mixing bowl, cream butter, and gradually blend in sugar. Blend in remaining ingredients. Chill several hours. On a floured surface, roll out the dough to ½-inch thickness. Cut out with miniature cookie cutters or cut into small squares, rounds, bars, and triangles. Place on cookie sheets. Bake 6 to 10 minutes. Small cookies will bake more quickly than larger ones. Decorate with coloured sugars or icings. Makes about 7 dozen. -- *Diane E.*

### **Holly's Recipes**

#### **Shortbread**

½ cup cornstarch  
 ½ cup icing sugar  
 1 cup sifted all purpose flour  
 ¾ cup butter or margarine

Bake in a 350 F oven.

### **Jelly Roll**

3 eggs (beat well)  
 1 cup sugar  
 ½ cup milk  
 1 cup flour  
 1 tsp baking powder  
 ½ teaspoon salt  
 1 tsp vanilla

Beat well. Bake at 400 F for 15 minutes. Dampen a dishcloth and put sugar on a clean tea towel. Fill with your own flavour.

### **Cornmeal Rolls**

Build on top of stove:  
 2 cups milk  
 2/3 cup corn meal  
 1 tsp salt  
 1/3 cup lard  
 2 tablespoons white sugar  
 2 cups warm water

Let yeast set in bowl with 2 tablespoons of water and 1 tablespoon of sugar. Then add flour until it is not sticking. Wonderful for cinnamon rolls also. Bake in a 350 F oven.

### **Lemon Bread**

2 eggs  
 1 cup white sugar  
 ½ cup shortening  
 1 cup milk  
 1 ½ cup flour  
 2 teaspoons baking powder  
 1 tsp salt  
 juice of two lemons

Bake in a 350 F oven.  
 -- *Holly S.*

