

PTP EAST CENTRE  
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TORONTO, ONTARIO

SPECIAL  
POINTS OF  
INTEREST:

- Interview with Vicky
- Earth Day
- Mother's Day
- Heart Disease
- Immigrant parents
- GED Info
- High School Dropout rates
- ROM trip and pix

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# PTP Advocate

VOLUME 2, ISSUE 2

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## Student of the Month: Andrew Clarke

By: Kenya R.



Andrew Clarke is this issue's Student of the Month

My name is Kenya, and I am a new student in the PTP program. It's a great opportunity to interview the student of the month, who is Andrew Clarke.

**Q: What are your goals?**

**A:** My goals are to complete grade 12.

**Q: How has PTP**

**helped you achieve your goals?**

**A:** PTP has helped me improve my skills in reading, writing, and math.

**Q: What brought you to PTP?**

**A:** I was searching for a program where I would be comfortable, and I found this program to be the best one for me.

**Q: What or whom has been an inspiration to you?**

**A:** My inspirations are musicians and my nephews. They inspire me to keep my head up and just be myself.

**Q: What advice can you offer PTP students?**

**A:** The best advice I can

give is to apply yourself and be happy with yourself.

**Q: What do you like about PTP?**

**A:** I like the respect I get from the staff and students at PTP, and it's a comfortable and positive place to be.

**Q: If you had a chance to change one thing about the PTP program, what would it be?**

**A:** I wouldn't change a thing about the program.

# Earth Day: by Teresa Bono



What is Earth Day?

The fundamental purpose of Earth Day is to reduce waste and support green energy to save the environment. Celebrated every April 22, Earth Day is the largest, most celebrated environmental event worldwide. Gaylord Nelson, the founder of Earth Day, was a senator from Wisconsin who proposed the first nationwide environmental protest. In Canada, Earth Day has grown into Earth Week and Earth Month to accommodate a profusion of projects. They range from large public events such as Victoria's Earth Walk, Earth Day Festival at Edmonton's Hawrelak Park, and Oakville's Ontario's Waterways Clean-up to thousands of small private events staged by schools, employee groups, and communities. More than 6 million Canadians join 500 million people over 180 countries in putting together events and projects to address local environmental issues.



## 6 Actions to Help the Environment.

### 1. Shut Down

Turn off the lights, the computer, and the TV when they are not in use. Using only highly efficient and money saving appliances can reduce the electricity consumption of an average household to one tenth of the US average. .

### 2. Where's The Beef?

Try eating meat-free at least once a week. A meat-based diet requires seven times more land than a plant-based diet. Livestock production is responsible for more climate change gases than all the motor vehicles in the world.

### 3. Let It Rot

Composting in your backyard or using your green bin reduces household waste. Composting organics has two key benefits- it reduces the amount of waste going to landfills, and when added to your garden, helps nourish soil and plants .

### 4. Keep Your Eye On The Temperature

Set your thermostat above room temperature in the summer and below room temperature in the winter. For each degree you adjust, you

can save five per cent on your utility bill and one per cent on your energy use.

### 5. Bright Ideas

Replace incandescent light bulbs with compact fluorescent bulbs (CFL's). A CFL uses only 25 per cent as much energy as an incandescent bulb and lasts 10 times longer.

### 6. Don't Dump It - Blue Box It!

The simple act of recycling has more impact on the environment than the average Canadian thinks. The amount of wood and paper North Americans throw away each year is enough to heat five million homes for 200 years. Tell someone what you're doing to make the world a better place. This is a great opportunity to brag. Support the cause, and encourage others to get involved too! These are just 6 of the things you can do right now to help save the environment. For more info visit [www.earthday.net](http://www.earthday.net)

# Mother's Day: by Marta Trejo Trejo



Different countries celebrate "Mother's Day" around the world, on different days of the year.

The United Kingdom and Ireland during the 1600's called it "Mothering Sunday", celebrated on the fourth Sunday of Lent.

The Christian practice of visiting one's mother church annually meant that most mothers would be reunited with their children and families on this day.

In 1872 Julia Ward Howe, social activist, suggested this day as a call for Peace and Disarmament, celebrated each year in the city

of Boston, Massachusetts. Anna Jarvis, daughter of Anna Reeves Jarvis, a famous Virginian activist, started the crusade to found a memorial day for women.

The holiday was declared officially by some states in 1912. President Woodrow Wilson declared in 1914 the first national "Mother's Day". The United States now celebrates "Mother's Day" on the second Sunday of May.

Later, other countries copied the concept and now celebrate "Mother's Day". Canada was one of the first nations to pick up the USA version of "Mother's Day."

One the best ways to celebrate "Mother's Day" is to give your mom the day off.

Many families begin "Mother's Day" with breakfast in bed. (Flowers, cards and small presents from her children can be placed on the tray, before it is presented to mom in bed.) Many families make a special "Mother's Day" dinner or take mom out to her favorite restaurant for a meal. It is a good day to let your mom relax and let her see what a wonderful family she has.

**Happy Mother's Day!**

*Remember to celebrate Mother's Day with a kiss, a hug, or a phone call if your mom lives in another country.*

## Immigrant Parents and Children: by Safia M.



*Coming to Canada as an immigrant presents some problems, and parenting is one of them.*



Canada is one of most diverse countries in the world. Every country has its own traditions about parenting. However, Canada also has its own culture, especially regarding the question of children and their discipline. Coming to Canada as an immigrant presents some challenges, and parenting is one of them.

### **Parenting as an immigrant**

Being a parent can be tough. But I think parenting becomes doubly hard for immigrant parents. They are faced with a new set of norms, and they have to blend into a different culture, often without the usual safety net of relatives and friends.

### **Parent and teen problems**

While immigrant parents are coping with some typical tensions like divorce, separation, and job stress, they have to deal with another important issue too. That is the development of their children in a totally different world from theirs.

The real problem between immigrant parents and their children can be simply viewed through the difference and clashes between cultures. For example, my children would be brought up differently from my country of origin. They would have more household chores, particularly for girls, more time for socializing with other friends and relatives in an extended type of family structure, and more importantly a lot of control and restrictions. Although boys might have more freedom, it was always parents who were the decision makers and the dictators for both boys and girls.

Children of the previous culture were expected to show obedience and respect whereas in the new culture, they are more expected to build their self-esteem in order to be assertive, outgoing, and expressive. This dominant trend of new culture forms new habits in our children that makes them outspoken and critical, which is the major conflict between them as children and us as par-

ents.

Shortly after immigration, children and parents find themselves in two different worlds: one rooted in the past, and the other searches its roots in the future.

### **Discipline or physical abuse?**

Cultural values often differ about discipline too. Some parents believe it is their responsibility to discipline their children when they misbehave, as in the same way they were themselves. But Canadian culture discourages physical discipline. Also, child neglect may cause confusion. Keeping a daughter home to look after a sibling may be acceptable in some traditions, but Canadian authorities frown on it.

**Continued on page 10**

# The Heart's No. 1 Enemy: by Harriet Cain



Have your blood pressure tested regularly

You have heard of SARS, Asian Bird Flu, and West Nile Disease. Yet none of all these threats has come anywhere close to the numbers of deaths of the 'Silent Killer'- Heart Disease. Heart disease is one of the number one killers of Canadians, says The Heart and Stroke Foundation. What are some of its features? What do we look for in order to lessen its risks?

Here are some of the things we do know about heart disease. There are many contributors: clogged arteries, blocked arteries, and thickening of the heart muscles. The heart's chief enemy is hypertension. Hypertension is a medical term for "high blood pressure," which is a consistent reading of

(140/90) or higher. These two numbers are to become familiar to you. Yes, their names are systolic (the top number) and diastolic (the bottom number). Normal reading is 120/80.

The primary causes behind heart disease are not fully understood but these factors contribute to hypertension: high consumption of salt, of fats from margarine, butter and some dairy products, of some veggie oils, and of red meats; stress from an unstructured lifestyle, smoking, lack of physical exercise; not drinking 4-6 glasses or your 3-5 bottles of water per day; alcohol binges; being overweight; and family history.

Breathe a sigh of relief!! There are preventions, cures, and treatments for this disease. Research projects suggest that following these food types can prevent, cure, and treat hypertension. Your daily intake of salt should be not more than 2400 mg; get

your omega fatty acids from flax seed oil, extra virgin olive oil, non trans fat, non-hydrogenated margarine. For calcium intake, eat lot of green leafy veggies. Your intake of potassium should be 3500 mg. daily, and your magnesium in-take should be 400mg daily. Physical exercise at least three times a week and a stress management régime will help counteract heart problems. There are many blood pressure medications to help as well.

Heart disease is a major problem around the world. One in five Canadians is affected. In places such as America, China, the Caribbean, Europe, and South Africa, as much as 35% of the population is affected. I have just revealed the identity of your Silent Killer, its habits, and how to bring it down. Now go do yourself proud!

*Yes, their names are Systolic (the top number) and Diastolic (the bottom number). Normal reading is 120/80.*



A healthy food choice

## Interview with Vicky: by Yehudit T.



Vicky Johnston, PTP East Manager with Field Marshal Avis Henry (sitting)

*She is genuine, funny, and always takes the time to talk to students with a patient and pleasant smile.*

Vicky is the program manager here at PTP. She is genuine, funny, and always takes her time to talk to students with a patient and pleasant smile. She is a hard worker who enjoys doing her job and the people around her enjoy working with her.

I interviewed Vicky in April, and here is some of what we talked about:

Yehudit: Tell me a little about yourself.  
Vicky: "I have been at PTP for 16 years, at this location for 6 years now. I started as a teacher and moved to student support and then became the program manager."

Yehudit: What drives you to come every morning to work with a smile?

Vicky: "Every day is a little different. I get to do assessments, get to meet new students, go and do out-reach, and talk at other locations

about the PTP program."

"I'm lucky enough to work with a wonderful staff and Avis who makes my job easier."  
Yehudit: What's new at PTP? Programs, resources, staff?

Vicky: "The newest program that we have right now for the first time is the 'Academic Upgrading' night school program here at the East Center. It is connected with Seneca College and the instructor is Kamran."

"All our testing materials have been redone; they are all new."

"And the newest staff member is Pauline. She is the coordinator for the night program."

"We just had a visit from the MCTU, and they were very impressed by our program and the staff."

Yehudit: How is PTP developing to meet learner's needs?

Vicky: "We are always looking to improve. Recently, we've con-

nected with GBC (George Brown College) to help begin an apprenticeship program. We continue to expand our own Job Solutions program, and we are updating our own programs and the online learning."

Yehudit: Do you have long term plans for PTP? What are they?

Vicky: "Keep with current goals for students to meet their needs and give my referrals for those who want to continue their education and follow up with them that they are doing well."

## GED: by Yehudit Tewelde



Many people here at PTP think about passing the GED exam.

There are many questions about it – What is the GED? Who is eligible? What does the test involve? Where can you take it?

Here is some information to help you decide if taking the GED exam is right for you.

What is the GED?

The GED (General Educational Development) is the Ontario High School Equivalency Certificate issued by the Ministry of Education. The Ontario High School Equivalency Certificate is awarded following successful completion of standardized tests in the areas of reading, social studies, science, writing and mathematics.

The GED recognizes that the learning always continues, and allows someone to get the maximum value from the skills he or she has gained from:

- Original schooling
- Upgrading
- Lifelong learning
- On-the-job experiences

- Industry training
- College courses
- Union courses

Who can take the GED?

- An Ontario resident 18 years or older who has been out of full-time high school for at least a year.
- People who have the skills to move on with their lives, but who are held back by not having the certificate to prove it.
- People who need further education for job promotion.

What does the test involve?

The five tests which comprise the GED test battery are Language Arts: Writing (parts 1 and 2), Social Studies, Science, Language Arts: Reading, and Mathematics. Language Arts: Writing Part 1

The test portion is divided into two parts, of which the first covers sentence structure, organization, usage, and mechanics in 75 minutes.

Part 2

This part of the test requires the student to write an essay on an assigned topic in 45 minutes.

Social Studies

This test covers Canadian history, world history, civics and government, economics, and geography. 70 minutes are allotted for the 50 questions.

Science

This 80 minute test of 50 multiple-choice questions covers life science, earth space science, and physical science.

Language Arts: Reading

This 65 minute, 40 question test examines a test-taker's ability to read and understand texts similar to those encountered in high-school English classrooms.

Mathematics

This 90 minute, 50-question test has two equally weighted parts, the first of which allows candidates to use calculators, while the second forbids their use.

Instructors and book publishers do not know exactly what the tests will cover. Where can you take the test?

There are more than 3,200 official GED Testing Centers in Canada and United States. Testing centers are most often in adult-education centers, community colleges, public schools, and online.

Employers welcome the GED.

You can get a job without it, but if you are seeking a career with great prospects in a growing company that pays you substantially more money, then you will need your GED. Think of the power it will add to your resume. Call (416) 484-2737 or at 1-800-573-7022 for more information.

**Think of the power a GED can add to your resume**



*The Grand Theft Auto games are known for their violence, coarse language and sexual themes, which trouble parents*

## The Rise of Grand Theft Auto IV: by Courtney Hibbert

In the past decade, there have been several controversial video games. None of them has got as much attention as the Grand Theft Auto games, especially the latest one, Grand Theft Auto 4. It made a huge buzz for months with their teaser trailers of the game on the web. The trailers got so many hits from fans around the world that it caused a traffic jam. This crashed a lot of gamer's laptops and computers, but gamers would say "it was worth it, just to get a glimpse of what the game would look like on the newer consoles, Play Station 3 and Xbox 360."

The Grand Theft Auto games were always known for their violence, coarse language & sexual themes, which troubled a lot of parents and religious groups calling for the game to be banned in North America, England, and other places around the world.

This past April 29<sup>th</sup>, 08 was the day many gamers had been waiting for. Before it was released, millions of fans around the world waited in big line-ups at various stores for the clock to strike midnight for Grand Theft Auto 4 to be released.

In its first week of sales it brought in millions of dollars and broke records around the world. It raked in more than \$500 million in its first week in stores. The impact of the game was also felt in the movie industry. Ironman on its release brought in a lot less money than was expected.

Grand Theft Auto 4 took off with \$500 million, while Ironman flew off with only \$200 million worldwide.

The Grand Theft Auto 4 launch defeated Halo 3's release, making it the most successful release ever for a videogame. The Grand Theft Auto franchise isn't going anywhere, anytime soon. The only thing left to say is, "when's Grand Theft Auto 5 coming out?"

# High School Drop Out Rates: by Kenya R.



## What is a high school dropout?

A high school dropout is a student who decides to leave school before receiving a diploma. There are many reasons for leaving school, and statistics show rates have changed over time. They also show the different reason between males and females. Is the message “Stay in School” getting through? A look at some details may provide some answers.

## Who is dropping out?

Dropout rates have changed a lot over time. Many factors play a part – some are financial. The young men and young women were dropping out significantly! Their reason was noted in the 2004 October issue of “Education Matters”. It stated that young men were more interested in working and earning money than attending school. The young women were leaving either because they were pregnant,

## Get a Diploma

or they had to tend to their child (children). The starting of 1990 there were approximately 60,000 young females that had dropped out in Canada. In recent years it fell to about 30,000. In 1990-91, Canada had 16.7% of young people in the ages of 20-24 that weren't in school nor had a diploma. According to the Labor Forces Survey (LFS) it indicates that almost four in ten young females dropped out in 2004. In 2004-05, the dropout rate decreased for young men and increased for young women. That was because of child birth.

## How do we compare to other places?

The Organization for Economic Co-operation and Development (OECD) reviewed the dropout rate from the Labor Force Survey in 25 countries. It showed that Canada was near the middle of the pack in 2002. In the 2002 school year the rate was 10.9%, just below the United States, at 12.3% a year earlier. Even though Canada has a lower dropout rate than other countries, the rate is

still lower in nine other countries. The studies done in 2002 by the OECD found that Newfoundland, and Prince Edward Island (PEI) had the highest dropout rates at the time. Norway was the least with a dropout rate of 4.6%. In Ontario there remains approximately 73,000 Ontarians in their early 20's who don't have a high school diploma. There used to be 45,000 dropouts in Toronto, but now remains two-thirds of that.

So, whether you heard the mantra “Stay in School” from your parents or teachers it was advice to take in and keep! The fallen numbers of dropouts in Toronto is continuing to fall because of the programs we have available to us. Such as: PTP, LBS, SCAS, etc. These are just a few resources we have to choose from. The government has come up with these programs to help people gain back their education for what they missed. Take advantage of these opportunities because it's hard out there without an education!

*In Ontario there remain approximately 73,000 Ontarians in their early 20's who don't have a high school diploma.*

## ROM Trip: by Mageshwari



The Royal Ontario Museum

On Monday, 26 May, 2008, the students together with our teachers went to the Royal Ontario Museum. The events team planned the trip.

When we arrived there, we went to the front of the museum. We took some pictures in front of the building. The building is among one of Canada's masterpieces. It is a major museum for world culture and natural history. The design of the building is very complex. It has the shape of several buildings collapsing on each other. The architect, Daniel Liebeskind, was inspired by the form of

a crystal. The interior of the building is a surprise and a pleasant one. Inside the building, there are about 7 thousands items and over 40 galleries to look at. There are 5 different levels starting from the Darwin Evolution Revolution. On level 1 are the world's best preserved temple wall paintings from the Yuan Dynasty. The Japanese gallery has a collection of ceramics, religious sculpture, and tea ceremony objects. On level 2 is the bat cave. It is filled with bats and other animals typically found in such caves. There is the gal-

lery of birds. It has a display of hundreds of species of birds. It also has a notable collection of dinosaurs. It is an impressive array of fossil skeletons. Some of the skeletons are hung up in the air. Finally we visited the kaleidoscope of Shanghai, which as the other galleries was a pleasure to the eyes. This was the end of our journey at the museum.

## Immigrants con't

### Perception of child welfare and officials and police.

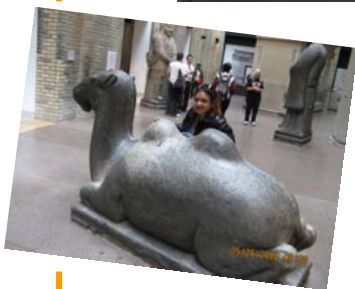
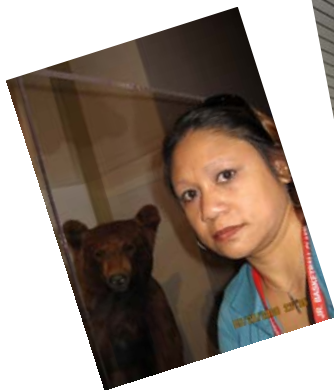
Sometimes immigrant parents are fearful and resentful of child protection authorities and police. They worry that they won't be understood, that their culture

and values will be considered inferior, or that they will be treated unfairly. Their biggest worry is that they will lose their children. Parents avoid involving authorities in family issues, because children may take advantage of the situation to challenge their parents.

While there may not be right or wrong when it comes to parenting, coming to a new country means adapting to the laws and standards of the new home. This may mean changing traditional parenting styles as a way of integration.

Caption describing picture or graphic.

# ROM Trip Pictures





PTP  
'Pathway to Possibilities'  
Adult Learning & Employment  
Programs

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**Vision**

Empowering adults to learn and find work they value.

**Mission**

To provide **basic skills education**, up-grading, job search, and related services to adults preparing for training or employment.

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## A Visit to the Royal Ontario Museum

