

PTP EAST CENTRE
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TORONTO, ONTARIO

**SPECIAL
POINTS OF
INTEREST:**

- Ramadan and Thanksgiving
- Labour Day
- Ontario Employment Standards
- PTP Activities

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PTP Advocate

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Student of the Month: Juan E.

Students at PTP selected Juan E. as this issue's Student of the Month. Juan's friendly manner, thoughtfulness, and responsible attitude make him a great choice. We met with him in late October for an interview.

PTP: How do you feel about being selected Student of the Month?

Juan: I feel great about it, because I feel close to my fellow students and that's really nice.

PTP: How do you feel about the progress you have made here?

Juan: There's been great improvement. PTP has been a great experience to get to know people from all backgrounds a little better.

PTP: What have you learned at PTP?

Juan: In a few words I learned a lot—mostly more English to commu-

nicate better with people.

PTP: What is your goal?



Student of the Month Juan E.

Juan: I'd like to try to get a job when I finish, get together with my family, and continue my education.

PTP: Do you feel more confident?

Juan: Yes, PTP has helped me a lot. I feel more confident to look for a job and pursue my ideas.

PTP: What do you do in your free time?

Juan: I have two hobbies—. I play the guitar and

sing, and I'm passionate about exercise.

PTP: What do you think of the instructors at PTP?

Juan: I have a very good impression of the teachers here. They have a great way of helping and communicating.

PTP: Would you recommend PTP?

Juan: Definitely. In fact, I have already told someone about the program. I would recommend it to everyone.

PTP: Any last thoughts?

Juan: I would gladly do it again. I have great memories, and I am grateful for the foundation that PTP has given me.

Festivals of the Season



Ramadan is one of Islam's most important celebrations

Ramadan

The world is made up of many religions. Christianity, Buddhism, Hinduism, Judaism and Islam are the most famous. Now I would like to tell you about Ramadan. The name "Ramadan"

had been the name of ninth month in the Arab world long before the arrival of Islam. Ramadan is a time of reflecting and worshiping Allah. Muslims are expected to put more effort into following the teachings of Islam and to avoid obscene and irreligious sights and sounds. Sexual activities during fasting hours are also forbidden. Muslim people usually fast during the month of Ramadan. The fasting period begins and ends with the sighting of the new moon. The fast is observed each day from sunrise to sunset.

This year Ramadan started on August 21st and finished 19 September. Muslims celebrated Ramadan on the sunset of Thursday, the 20th August. Ramadan, the greatest religious event in Islam, is

an annual month of fasting. Fasting means they don't eat and drink from sunrise to sunset. After sunset they can eat and drink. Muslim people believe in five central duties. They are called pillars. The pillars are: Testimony of faith, Prayer, Almsgiving, and Pilgrimage. Muslims observe these five central duties in order to strengthen their faith. Ramadan concludes with a 3 day festival known as "Eid or Eid-ul-Fiter." This really means "the feast of the breaking the fast."

At the end of Ramadan, the holy month of fasting, Muslims wear their finest clothes, simultaneously increasing their almsgiving.

I would like to say best wishes to Islamic students at PTP. Salamalaykum to our teachers and students.

By Su Su Win

Thanksgiving

Thanksgiving Day is a harvest festival. Traditionally it is time to give thanks for the harvest and express gratitude in general. It is a holiday celebrated primarily in Canada and the United States.

While religious in origin, Thanksgiving is now also identified a secular holiday. The first Thanksgiving celebration was on September 8, 1565.

The traditional "First Thanksgiving" is venerated as having occurred at the site of Plymouth Plantation in 1621.

Today Thanksgiving is celebrated in the fourth Thursday of November in the United States and on the second Monday of October in Canada.

Thanksgiving dinner is held on this day. Usually family members and friends get together.

By Juan.

Labour Day by Dao Yun



We celebrate Labour Day on the first Monday of September, but do you know how this holiday started?

Labour Day is in honor of working people. The holiday originated in Canada out of labor disputes (Nine Hour Movement) first in Hamilton, then in Toronto, Canada in the 1870's, which resulted in a Trade Union Act which legalized and protected union activity in 1872 in Canada.

The parades held in support of the Nine-Hour Movement and the printers' strike led to an annual celebration in Canada. In 1882 in the USA, labor leader Peter J. McGuire conceived the original Labor Day. On 8 May, he suggested to the New York City Central Labour Union

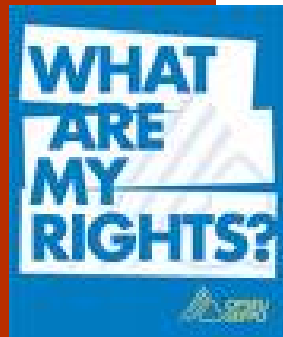
that it should be the first Monday in September. In 1884, New Yorkers held a parade on the first Monday of September and decided that day should be the date for the holiday.

Most North Americans celebrate Labour Day as a sign of the end of the summer. The holiday is often regarded as a day of relaxation and parades. Celebrations of Labour Day include picnics, barbecues, fireworks displays, water sports, and public art events. Families with school-age children take it as the last opportunity to travel before the end of summer. Some teenagers and young adults view it as the last weekend for parties before returning to school. Labour Day marks the beginning of the National Football League and college football seasons. The National Collegiate Athletic Association plays their first games the week before Labour Day



Most North Americans celebrate Labor Day as a sign of the end of the summer

Caption describing picture or graphic.



If an employee thinks that an employer is not following the ESA, he or she can contact the Ministry of Labour for help

Employment Standards Act

The Employment Standard Act of 2000, also known as the ESA, is a law that sets minimum standards for workplaces in Ontario. It contains information about the law that protects the people that are employed in Ontario.

Some of the items it addresses are as follows:

Vacation time and pay:

-Most employees earn at last 2 weeks of vacation time every 12 months with 4% of their total wages.

Public Holidays:

- Days off work, with public holiday pay. Ontario has nine public holidays.

Pregnancy Leave and Parental Leave:

-Employees are entitled to 17 weeks of pregnancy leave and 35 weeks of parental leave.

Personal Emergency leaves:

-If an employer employs at last 50 people, its workers are allowed to take up to 10 days a year unpaid leave.

Family Medical Leave:

-Employees can take family medical leave to provide care or support to certain

family members who the employer considers to be like family members.

Termination Notice and Pay:

An employer must give an employee advance written notice, or termination pay instead of notice, or a combination of both. Other basic rights that are protected by the ESA include:

Hours of work:

-Generally, employees cannot be requested or permitted to work more than

8 hours a day /48 hours a week.

Overtime:

-Most employees must be paid overtime pay after 44 hours of work each week, the overtime rate must be at least 1½ times the regular rate of pay.

Minimum Wages:

-The lowest hourly rate an employer can pay an employee is.

General Minimum Wage:

\$ 9.50 p/h for 2009
\$ 10.25 p/h in 2010

Student Minimum

Wage
\$ 8.90 p/h for 2009
\$9.60 p/h in 2010

Note: the minimum wage is different for liquor servers, home workers, and hunting and fishing guides.

Pay Day:

-Employees must be paid on regular, recurring payday and given a statement showing their wages and deductions for that pay period.

The Ministry of Labor can help:

If an employee thinks that an employer is not following the ESA, he or she can contact the Ministry of Labour for help. Employment Standards Officers can inspect workplaces and look for possible violations of the ESA.

Where to find the ESA? You can look at www.labour.gov.on.ca for more information.

By Juan E.

Migraine Headaches by Juan E.



What are migraine headaches? What causes them?

A lot of people suffer from headaches every day or at some time in their life. Statistics show that Canadians are affected by them regularly. But exactly what is a migraine headache? Is there any way to treat them?

More than 90% of the population suffer from migraine headaches at least once. 25% of women and 8% of men suffer migraine sometimes in their life. A Migraine is a very painful headache that usually comes with tingling in the arms, nausea, vomiting, and being very sensitive to light and sounds. The pain can last for hours or even days. Migraine headaches are the result of a combination of blood vessel enlargement and the release of chemicals from nerve fibers that coil around these blood vessels. During the headache there is an enlargement of an artery that is on the outside of the skull just under the skin of the temple. This is called the temporal artery.

What Causes Migraines?

Some people can identify factors that cause the headaches, but many cannot. Here are some of them:

- Allergies and allergic reactions
- Bright lights, loud noises, and certain odors or perfumes
- Physical or emotional stress
- Changes in sleep patterns or irregular sleep
- Smoking or exposure to smoke
- Skipping meals or fasting
- Alcohol
- Menstrual cycle, fluctuation, birth control pills, hormone fluctuation during menopause, onset tension headaches
- Food containing tyramine (red wine, aged cheese, smoked chicken livers, figs and some beans) monosodium glutamate (MSG) or nitrates (like bacon, hot dogs and salami).
- Other foods such as chocolate, nuts, peanut butter, avocados, bananas citrus, onions, juicy products, and fermented or pickled foods.
- Dehydration: not drinking enough liquids can cause migraine, and prevention is the best medicine in

this case, drinking enough water during the day.

Steps to treat Migraine

Believe it or not, caffeine works! It's a paradox of headaches: Ingest too much caffeine and you may get a headache, but take a little bit and it can help make the pain disappear.

Take note of what you eat. Some foods trigger a migraine attack in about ten percent of migraine sufferers.

Take riboflavin. Studies have shown that taking 400 milligrams a day of riboflavin can help eliminate migraines.

Spice it up. The hot ingredient in red pepper, capsaicin, is a terrific painkiller and may help those who have migraines feel better during an attack.

Get a good night's sleep.

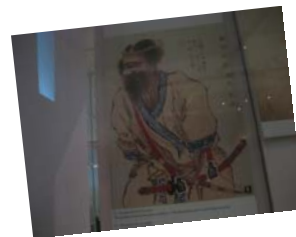
There are many people who miss their work and better jobs and lose opportunities because of migraine and headaches, and there are many who still suffer from them and they have not been treated or diagnosed.

More than 90% of the population suffer from migraine headaches at least once in their lives

Royal Ontario Museum Trip



Royal Ontario Museum



Royal Ontario Museum Trip by Su Su

On Monday, September 25, PTP students and instructors visited the Royal Ontario Museum. The trip was organized by PTP instructor Kat Rios and the Events Team. We left PTP at 9:30 A.M., and stayed until the afternoon. Our first stop was the dinosaurs. Some are enormous—maybe 60 feet long! I saw a giant tortoise. It was truly amazing.

From there, we moved to the gems exhibit. We saw many precious stones, such as jade, emerald, sapphire, rubies, topaz, and giant crystals.

I was very interested in Canada's Aboriginal peoples. The exhibit showed how they made clothes from furs and skins of animals. Some of the tribes moved constantly, as they followed the bison herds.

We had lunch for around 45 minutes, and then we headed to the Chinese exhibit, where we saw pottery, paper, gunpowder and many statues of the Buddha.

In the Egyptian section, we saw a real mummy, examples of architecture, and tombs.

The museum also has a large section devoted to birds and wildlife, where we took many photos.

We all had a great time and learned a lot from the Royal Ontario Museum. It was a great day.



Caption describing picture or graphic.

PTP Summer Picnic by Dao Yun



Our school planned for our annual summer picnic. We decided to have the picnic at Ashbridge's Bay Beach on Friday, August 7. Some students wanted to go there by themselves, so they got a map from Kat- our instructor. Some wanted to meet at school. We started out at 9:30am in the morning.

It was a sunny day. On the road we talked and laughed. It took us about 40 minutes by TTC to get to the destination. After we reached the place, the gentlemen were playing soccer while ladies were having a 3-legged race. Some of the ladies had a limbo competition. Some of the gentlemen went down to the beach to play beach volleyball. We also had activities for children. They had a lime and spoon race. We had a lot of fun during the game. We laughed a lot. We also had prizes for the winners.

When it was about 11 o'clock, the gentlemen started making a BBQ. The ladies were making salad. Our teachers were very thoughtful. They arranged vegetable burgers and non vegetable burgers for us. One lady brought a large home made cake.

When the BBQ was ready, we got together around the table and enjoyed the delicious food we prepared. After that we had a raffle for students. Are you interested to know who were the winners? Let me tell you: Christine M. won AGO passes, Melissa won "movie for 2" adult passes, Devagi won Casa Loma passes, and Marie won Science Centre passes.

Time flew; we had to go home at two. But every year we have our annual summer picnic. It is a lot of fun. Come and join us, and thank you to Kat and the Events Group for arranging this picnic.

(*Special thanks go to these donors for their*

generous contributions : The Art Gallery of Ontario, Casa Loma, Ontario Science Centre, and one who wishes to remain anonymous)

PTP Summer Picnic



PTP's annual summer picnic is always a great opportunity to relax, eat, and have fun





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PTP
'Pathway to Possibilities'
Adult Learning & Employment
Programs

Vision

Empowering adults to learn and find work they value.

Mission

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

The PTP Advocate is published on a best-efforts basis by PTP East Centre's Newsletter Team



My Poor Student

20 years ago, I worked at No. 3 Primary School, Latha Township, in Myanmar. I was teaching Grade 2 English, Math, and History. My class had 40 students. When I taught Maths, most students were interested and paid attention. But one student named Bo Bo wasn't interested and always fell asleep. I was very angry and punished him. "Why won't you listen? Why do you fall asleep?"

My punishment was to make him stand for one

hour. When I asked him why he didn't pay attention; he explained that he helped his mother in the family shop until midnight. His father was sick. BoBo came home very late at night. I felt very guilty for punishing him.

I decided that in my free time I would help him with his Math and English which were very weak. His house was not too far from my house. His family was poor. I didn't charge any tuition fee. Each weekend his mother brought him. I

taught him to count numbers, addition, and subtraction. He was very interested in English, and he loved to learn new words. He and his family were very grateful to me. I was happy to help him. This is one of my favorite memories.

By Su Su Win