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**SPECIAL
POINTS OF
INTEREST:**

- **Seasons**
- **Garden-
ing**
- **Mother's
Day**
- **RESP's**
- **Events
Group
Updates**

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**..and much
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PTP Advocate

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SPRING 2010

Student of the Month: Elizabeth K.

Elizabeth K. is the PTP Advocate's Student of the Month. We asked her a few questions after she had been chosen, and here are her replies.



Q: How do you feel to be chosen as student of the month?

Elizabeth: I feel nervous and excited.

Q: Did you ever think you would be chosen?

Elizabeth: I didn't think so. I didn't think about it.

Q: What benefits or improvement have you noticed since coming to PTP?

Elizabeth: I got laid off because my company was shrinking. So I had to learn how to do a resume. So from the On-Track program I learned about PTP. Since being here I now know how to do a resume and my English has improved, as well I'm better at my math skills.

Q: How did you hear about PTP? Would you recommend the program?

Elizabeth: I heard about PTP from the On Track program. Yes, it is a good program; it has guided me towards another step in my goal.

Q: What is your background? How long have you been in Canada?

Elizabeth: I came to Canada 25 years ago to marry my husband. We had one son together. My son taught me English and by his teaching helped me pass my grade 10 and 11 English course. Because of that I gained employment at a publishing company.

Q: What keeps you healthy and happy?

Elizabeth: Don't worry be happy; there's a way to solve everything.

Q: What do you enjoy in life?

Elizabeth: I enjoy studying.

Q: What barriers have you had to overcome?
Elizabeth: Do not be afraid to face your problems.

Q: What are your goals and expectations after PTP?

Elizabeth: I want to search for a job with light work not heavy duty.

Q: Who or what serves to inspire you?

Elizabeth: Dream what you want to dream;

Go where you want to go;

Be what you want to be;

Because you have only one life and one chance to do all the things you want in life.

Why Do We Have Different Seasons?

By Fedeline L.

For us in Canada there are four different seasons- winter, spring, summer and fall. Our climate changes from extreme heat and humidity in summer to freezing temperatures and snow.

The first season, winter, is the coldest season of the year. During this season the nights are longer than usual and days are shorter. This is because during the winter months the earth is leaning away from the sun. The winter solstice takes place on December 21. This is the longest night

The summer is the opposite with the solstice occurring on June 21.

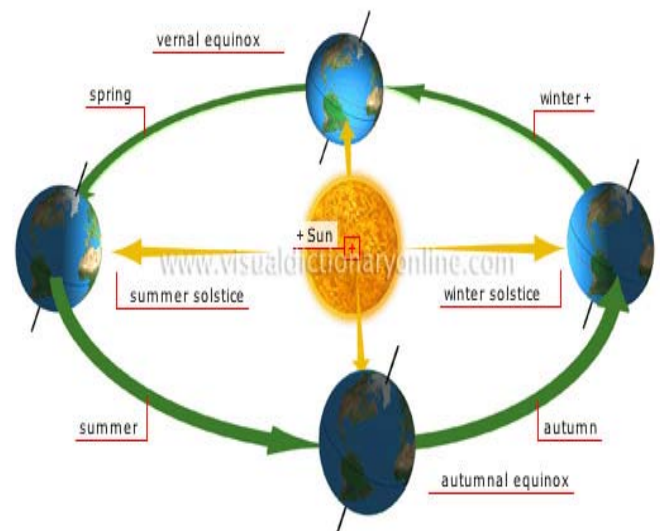
Spring is the season that people like more because sometimes it is not too cool and not too hot.

An equinox takes place when the earth is not leaning towards nor away from the sun.

During this time the nights and the days are almost equal in length, and temperatures are moderate. The spring equinox occurs on March 20 or 21 and the autumn equinox on September 22 or 23.

So why does Canada have all four seasons while other places do not? Canada is closer to one of the poles, the north pole, and as the earth tilts, the different amounts of sun light

cause greater changes in nature and the climate .



Gardening by Devagi P.



Many people love to garden. Some of them enjoy flower gardening while others enjoy fruit and vegetable gardening.

Gardening involves a lot of work, time, and money. Gardeners take initiative and responsibility for organizing, maintaining and managing their gardens.

First, you have to plan your garden. What kind of flowers or fruits are you going to plant? If you have only a small space, you don't want to have too many different kinds of plants or lots of different kinds of landscaping materials.

The most important thing you can do to insure healthy plants is to have healthy soil. Soil is often divided into various categories, such as clay, sand, silt, and loam, although there are an infinite num-

ber of soil varieties because soil compositions can vary widely in organic matter, large and small rocks, minerals, pH, and other factors.

Most gardeners consider soil that has a combination of sand, silt, clay, and organic matter to be good soil. The soil needs pH to grow the plants healthier.

Measuring the pH of your soil is a good indicator of how your plants will perform. Different kinds of plants thrive in soil with different levels of pH.

Once you know your soil's pH ask your local nursery if your soil is suitable for the plant you'd like to grow. You may need to work your soil a little to reach the desire pH level.

If you want your garden to look healthy and beautiful follow the tips above.

I guarantee that you will see the benefits.





Earth Day is designed to inspire awareness and appreciation for the Earth's environment

Earth Day by Emma S.

What is Earth Day? 22nd of April.

Earth Day is a day designed to inspire awareness and appreciation for the earth's environment. Sir Gaylord Nelson, former U.S Senator, was the founder of Earth Day in 1970.

Every year adults and children from every community come together and participate in a clean up crew campaign. They move around the community with garbage bags on the beaches, fields, parks and the street, picking up garbage and disposing of it in a proper manner. People also participate in the planting of trees to replace the ones that were killed.

Earth Day is observed every Spring on the 22nd of April. It was first celebrated In the United States, but presently it's being observed in more than 175 countries.

Not all countries or cities celebrate Earth Day on the 22nd of April. Many cities have now extended the observance of Earth Day's event to an entire week. It usually starts from April 16th and ends on Earth day 22nd April.

These events were design to encourage people to recycle, reduce and reuse disposables and also to save on energy. Canadians too celebrate Earth Day on the



SuSu's Spring Tomato Salad



If you're tired of your usual salad recipe, try this delicious Asian-style tomato salad for a change!

Ingredients:

1. Two tomatoes (any kind)
2. Half bunch of coriander
3. One boiled egg (sliced thin)
4. Two tablespoons of roasted peanuts
5. One teaspoon of lime juice
6. One tablespoon of olive oil
7. Four teaspoons of toasted sesame seeds
8. Three leaves of cabbage
9. one teaspoon of salt

Directions:

First you cut tomatoes, remove their seeds, and slice them. Shred three leaves of cabbage very finely. Chop half a bunch of coriander. Then slice the boiled egg. Fi-

nally, combine all ingredients together in a bowl with olive oil, chopped peanuts, four teaspoons of toasted sesame seeds, half teaspoon of lime, one teaspoon of salt and mix all together. Enjoy!

Mother's Day Past and Present by Eslyn S.



Mother's Day is celebrated all over the world. Here in Canada, the U.S.A and in the Caribbean it is always celebrated on the on the second Sunday of May every year. On that day lots of mothers are given special treatments by their children, grandchildren, husbands and friends alike.

Some mothers are taken out for lunch; some may be visited by friends and relatives they might not have seen all during the year. There are others that might receive postcards or letters saying how much they're loved and appreciated.

The history of Mother's Day is centuries old and the earliest Mother's Day celebrations can be traced back to spring of Ancient Greece. Christians in England celebrated a day for Mary, the mother of Christ. By a religious order, the holiday was later expanded to include all mothers. At that time many peasant women worked as servants for the wealthy. Because

their jobs were far away from their homes, they would live at their work place.

On Mother's Day, formerly called Mothering Day, however, those women would be given that day off to spend with their friends and families. A cake would be shared amongst the other food to add a special flavor to the Mother's Day celebration.

Mother's Day celebrations in North America, however, are attributed to Ms. Anna Jarvis. Anna was born in West Virginia; her mother was Ms. Anna Maria Reeves of Grafton. Sadly Anna's mother passed away and Anna embarked on a campaign to make Mother's Day a recognized holiday. In 1914 she succeeded in doing so and in Grafton a shrine was established.

—The international Mother's Day Shrine. After advocating for mothers all over the world, and even being arrested in the 1920's, Anna Jarvis died. She

had no children and was never married. Unfortunately, though, while there are some mothers that are remembered on Mother's Day, treated with respect and shown appreciation, there are some that are not so fortunate. They are either left behind to fend for themselves or place in a nursing home or forgotten. Isn't that a sad thing for a mother to have to go through?

Anna Jarvis said, "A printed card means nothing except that you were too lazy to write the woman who has done more for you than anyone else in the world. And candy—you take a box to mother—and then eat most of it yourself." So please find the time to spend that day with your mother.



Steps to Success by Kasturi C.



Success means achievement. To achieve success, different people follow

different paths. Most people think that if they change their situations, they can be more successful in life. Successful people share three common characteristics: taking action, following a path, and never giving up.

Taking action means determining a goal and pursuing it. It is easy to say what you want to be, but it is much harder to actually do. It requires a good deal of energy and effort to make a change in life direction. One of the first steps of taking action is self-assessment. Ask yourself some deep questions: What am I good at? What do I like to do? What kind of person am I? Consulting a professional who can help match your skills and personal traits can be a big help.

Once you have decided where to go, the best way is to find someone or some institution to get advice or

mentorship to reach the goal. Education and training will help to get this.

Concerning education: which courses can help get this type of job? How long will it take? How much will it cost? Try to do some volunteer program or serve an apprenticeship in a company.

The third thing is not to give up. Everybody will learn from his or her failure. Most people stop or change their path due to difficult situations like family, children or someone controlling their life.

Make a good resume and cover letter and continue posting them. Revise these from time to time. Another effective way is networking; remind friends, relatives, and neighbours that you are looking for job. It has been found that most people get jobs through networking.

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characteristics



Saving for children's education is one of a parent's main concerns and there is always a way to make it affordable.

RESP's— An Essential Investment by Zeng

In Canada everywhere you want to work employers will ask you about your education. That means education is very important for looking for a job.

I remember when I was working for a company; one lady told me that she didn't want her children to go to university. She said, "When my children finish high school, I will push them to find a job to bring money home". She also talked about how children don't need too much education, as long as they can find a job.

I really disagreed with her, because everyone wants to get a good job that interests them, but if children do not get an education, how will they get the job they want?

The RESP(Registered Education Saving Plan) is the best plan for children for their future. Some parents will say that they don't have extra money to spend for an RESP because they don't make enough money. But consider that even if every day you save \$2 for education, after 18 years that would be a big help. That's only 1 cup of coffee a day!

Saving for children's education is one of a parent's main concerns and there is always a way to make it affordable.

Events Group Highlights

MTML Conference

Several PTP East students attended the annual MTML Learner's Conference on Thursday, June 10th. Everyone enjoyed the seminars. The feedback was very positive. As one student journalled, "Yesterday, I had the opportunity to go to a conference. I was excited because I never had been before. It was a turning point in my life. I am working hard to change and overcome my fears. It was a great experience for me. I got to hear other women's experience."

This conference is always a highlight for PTP students. We would like to thank MTML for continually offering engaging workshops.



The Events Team Visits the Distillery District



Artisans making handmade jewelry

On Monday, May 31, 2010, the Events Team went on a trip to the Distillery District. We had a great time observing the different types of art, from purses made out of seatbelts, picture collages, and glass sculptured jewelry to a pair of sandals being made from scratch. The events team would also like to thank Dolly and Abena for all of their dedication and teamwork, and we wish you ladies all the best in future your plans.— *Kizzie D.*

PTP Events Team at New Circles by Abena M.

On Monday, April 26th The Events Team visited New Circles, an organization that offers various programs to assist lower income families, with their clothing program. At New Circles, the Events Team worked a lot on our teamwork skills by helping with three different tasks: sorting clothes, sorting shoes, and steaming clothes. These items were for both adults and children in the New Circles community.

We spent 2 hours there and the overall experience was great and memorable. We look forward to new and upcoming volunteer work for our Events Team.

For more information on New Circles, please visit the website at www.newcircles.ca



Vernon, Claudia and Jackie helping out at New Circles

PTP Events Group Spring Fling by Kizzie D.

On Monday, May 10, 2010, the Events Team put on a Spring Fling as a part of our fundraising. It was held in the PTP main foyer from 12:30-2:00 pm.

Sophia Colliard, a motivational speaker, gave a speech on Education For Empowerment. This event was a success and focused on our teamwork and community building skills.

Our team raised \$125.00. Thanks to all the students who supported us, and congrats to those who were lucky in the raffle. However this could not have been a success without all of our wonderful supporters: The Art Gallery of Ontario, Ontario Place, Casa Loma, the Ontario Science Centre, Foodland (Pape and Danforth), Starbucks (Pape and Danforth), the CN Tower, Blockbuster (Pape and Danforth), Domino's Pizza (Pape and Danforth), Licks Burgers (Pape and Danforth), and the Hockey Hall of Fame. We want to thank them for their generous donations.



Yvonne S., PTP instructor, congratulates student Linda at the Fling



A happy Mark accepts his prize



PTP
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.

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

It would also be useful to include a contact



PTP at the Art Gallery of Ontario

