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PTP Advocate

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SPECIAL POINTS OF IN- TEREST:

Student of
the Month

Toronto Is-
land Trip

Royal On-
tario Mu-
seum

Home
Remedies

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...and more

Student of the Month: Mark N.

The PTP Advocate is happy to announce Mark N. as this issue's Student of the Month. Mark was a very popular choice, and from his answers to the questions below you'll see why.



Q..... How do you feel being elected student of the month?

Mark: It's pretty amazing. I like it and I am overwhelmed. I really thank everybody that voted for me.

Q..... What role has PTP played for you?

Mark: I have learned a lot that I did not know before joining PTP. I find the teachers very caring and helpful.

Q..... How did you come to know about PTP?

Mark: I found out from a previous school at Finch and Warden where I was attending a computer program.

with your progress?

Mark: Yes, I am pleased with my progress of course. I feel very confident now on how to interact with people, how to present myself, and how to go about things. For example, keeping time is one of the things I learned at PTP. It's really very important because time means everything.

Q.... What do you value most about your PTP experience?

Mark: A lot indeed. We have had school trips and parties, like the pot luck party that we had last summer. I loved the performance that took place at the party. These are the things that I will live to remember.

By: *Robinah M.*

Q..... Do you have any suggestions to help improve PTP?

Mark: I think that PTP is a wonderful place and I would recommend to anybody who is interested in continuing education to join the school.

Q..... What are your goals after PTP?

Mark: I want to find a job after PTP, and I want to work as a postal clerk.

Q..... What obstacles have you faced at PTP?

Mark: Working in the coffee shop. It's not easy when it comes to things like dealing with cash.

Q..... Are you pleased

Toronto Island Trip by Maleke D. R.

After polling students to determine a location for a summer outing, the Events Team set Toronto Island as a destination.

On June 23, 2010, PTP students went on a journey to Hanlan's Point to see one of Toronto's oldest landmarks -the Gibraltar Point Lighthouse.

On June 22, the day before the trip, the weather report was looking very grim and wet. Through a night of positive thinking by the students and staff of PTP, the forecast changed to something wonderful.

Our journey began at PTP on June 23 at 9:20 a.m. We all arrived at Hanlan's Point after 10:00 am. We started our hike upon arrival. The first stop on the three kilometer hike was the clothing optional beach. I believe some of the students thought there was going to be a lot of action on the beach, but come on people- it's Wednes-

day morning!

The second stop was the main destination of our trip: the Gibraltar Point Lighthouse. We all marveled at its glory and posed for a few pictures.

We went from there to our third location which was on another beach where the students and staff got to put their feet up and relax. After we all got our energy back we started walking to the fifth and final location.

The boardwalk is at the end of the three kilometer hike. It was lunch time. After a satisfying lunch, everyone's belly was full and their energy was replenished. There was only one thing left to do -play volleyball! With amazing serves and returns and sand flying everywhere laughter and cheers filled the air. Even the earthquake that happened could not affect one of the most memorable and most fun volleyball games

ever.

We left the shore, and managed to catch the ferry as soon we got to the dock. It was a perfect end to a perfect day. I can't wait for the next time we all get to go on another adventure.

Many thanks to PTP and the Events Team for making the trip possible.

Island Memories



Health Tips for Warm Weather by Prosscovia



Summer is a time for fun and physical activity. You can sip on a cool drink, participate in your favorite activity and enjoy the long days of summer. No matter what you like to do, with a little insight, these few tips can help you avoid the effects of summer skin and make your summer a most wonderful one. Life is very important and you have to stay healthy in this hot weather.

First of all, listen to the weather forecast every morning before you leave home. This can help you to decide what to wear. Take a cool bath or shower once or twice a day to help your body cool.

Drink plenty of water to avoid dehydration and allow your immune system to work properly. Swimming is also good in this humidity, as the body cools whenever you are in water.

Furthermore, protect your body by wearing light clothes. Black is dangerous in this weather because it absorbs the sun's heat. Put on a round hat to protect your shoulders and face from sun. Wear sunglasses to protect your eyes from the sun as flashes of light, can harm your eyes as well as your body. Using an umbrella can also be helpful. Care should be taken to insure that there is protection from mosquitoes especially at night, as West Nile fever is becoming

more and more a problem in Canada. People can wear appropriate clothing and should also use mosquito repellents. Mosquito breeding grounds, such as stagnant pools of water around the house, should be eliminated.

In addition, eat very well. Fruits are really important, because we need water in our body to function well, and fruits have a large percentage of minerals and vitamins.

Sunshine is good as it can provide vitamin D. On the other hand, it is harmful. Staying under the sun for a long period of time can cause skin cancer. Many doctors recommend sunscreen when staying out in the sunshine. Make sure you wear a product that has a 30+ sunscreen protection factor (SPF). Otherwise, be careful and stay in the shade as much as possible.

Kim's German-Style Potato Salad



Try this delicious recipe as a tasty, quick pot-luck favourite! Guten appétit!

Ingredients

3 pounds new potatoes
 1 yellow onion, quartered
 ½ pound bacon (thick) diced
 ¾ cup cider vinegar
 1 tablespoon mustard seeds
 ¼ cup canola oil
 Salt and freshly ground pepper
 8 green onions, chopped fine
 ¼ cup chopped fresh parsley leaves

Directions:

Cover the potatoes and onion with cold water. Cook on high until done. (about 20 minutes) Cut potatoes into cubes when cooled and discard onion. Put potatoes in large covered bowl to keep warm.

In large skillet cook bacon until crisp. Remove grease and pat dry on paper tow-

els.

Make the dressing:

Add onions to remaining bacon fat in the skillet and cook 3 to 4 minutes or until soft. Add vinegar and mustard seeds. Cook for 2 minutes. Stir in canola oil and season with salt and pepper.

Add bacon pieces and hot dressing to the potatoes. Toss gently to coat. Stir in the green onions and parsley. Add salt and pepper again to taste.

Serves 3-5 for a side dish

Pot Luck Party by Khadra

On August 13, 2010, PTP had a party. Many students brought food that they made themselves. The students in the Events Group were responsible for planning the party. All of the students worked hard because the program is about coming together. One student said, "There is no party like a PTP party".

There was food from different countries. We had a great time; some people danced and some sang. The staff also enjoyed the party. If I hadn't been fasting, I would have eaten all of the food. It all looked so amazing. I was surprised at the student participation at PTP. No one parties like PTP and if you missed it you should be sorry because you missed a great party and a lot of fun. Better luck next time ! Thank you to all students and staff for your hard work. Also, thank you to the Canadian National Exhibition for the donation of the fun passes which we distributed as prizes.



A Poem

Things go wrong in so many people's lives.

And no matter what it is, only you alone can figure out what to do.

No one else but you.

You can change your life around, and make yourself a better person

Or you can stay right where you are.

Everything in life is to try and do better for yourself. Be that special someone whom you want to be.

Always lift yourself up and put yourself first in everything that you do.

Think good things, and good things will happen.

Always put a positive attitude in front of everything that you do.

By: *Sherliza*

Fashion by Robinah

Most people love summer time more than the rest of the other seasons of the year. Summer is the most exciting season in every year, especially when it comes to fashion, hair styling, and nails.

We all know that summer clothes are more light and comfortable compared to those of winter. In winter everyone has to dress up from head to toe hiding away from the snow. Everyone has to wear jackets, gloves, scarves, socks, winter hats, and undergarments like undershirts, body stockings, and warm closed shoes.

But in summer, one wears light and simple clothes and open shoes. Summer clothes are made of soft and light materials such as cotton, linen, and polyester. It's a time when people can show off their nice bodies, hair styles, and nails. It really feels good and beautiful. Summer gives everyone a new impression.

Summer this year is offering different options where everyone can get interested in the new fashions. Some of the trends during this summer are neutral tones, heavy prints, very short skirts, tops that are short in the front and long in the back, and masculine elements. Much more information about these can be found at www.womensfashion.com.

I love summer! I never want it to come to an end. I just wish that it was summer throughout the year because I love summer fashions most of all.



The PTP Events team is always pleased to serve our student community. We want to make sure that students have an opportunity to network and enjoy outside learning.

Royal Ontario Museum Trip

The Events Team is always trying to plan outings to cultural places where students have not been before.

That was the case in our last ROM trip. Generally, admission is expensive, but fortunately we were granted free admission. As well, we unexpectedly managed to secure a good deal on admission to The Warrior Emperor and Chinese Terracotta Army Exhibit. Thanks to PTP and our Coffee Club team for the financial contribution.

We had great attendance-over 40 students and staff enjoyed the trip.

As a student, I think it was a great experience. I really enjoyed this gorgeous facility with an excellent environment of respect and courtesy.

During the visit, we found a lot of cultural collections and natural diversity. In fact, we visited three of the five levels of the museum. We started with the second level where there are dinosaur fossils collections, mammal animals, birds and more. Thanks to our teachers, Jeff, Kat, Lucy and Yvonne, who helped explain to us the history and meaning of most of the collections.

After lunch, we met on the first level where we could discover all Asian exhibitions, especially the amazing Chi-

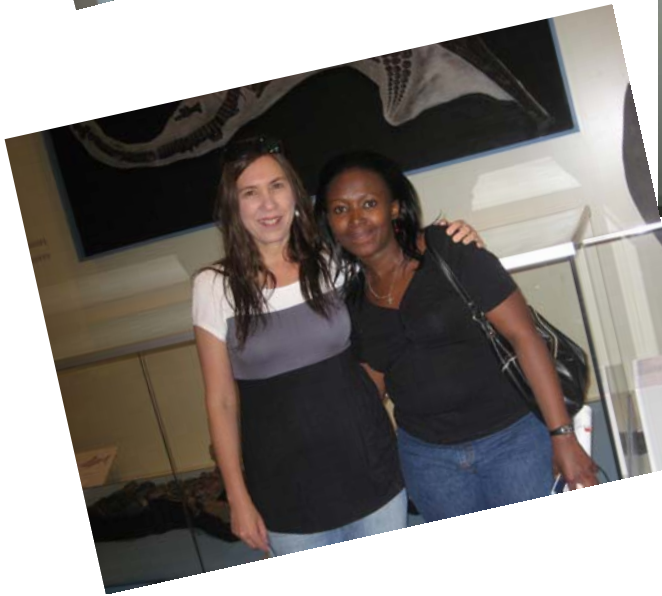
nese Terracotta Army and Warrior Emperor Exhibit. That was an amazing experience to see several monuments from that time period.

Finally, I was one of the last remaining students who stayed on with Yvonne to continue my tour of other exhibits including amazing exhibitions about Africa, Middle East, Egypt, Ancient Cyprus, Greece and European evolution of style and beliefs. Thanks once again to Yvonne for sharing with me the meaning of many of the collections.

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By Diana G.

Royal Ontario Museum Trip



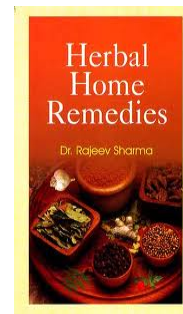
Home Health Remedies by Sherliza and Richard



Back in the old days, my grandmother and mother always had their own remedies for flu, headache, sore throat, and many other illnesses. I've listed a few their recipes to give some ideas, now that cold and flu season is here. For a sore throat, drink a teaspoon of honey mixed with a few drops of lime. In a few minutes, your throat will feel much better. For a headache, soak a towel in cold water and place it on your forehead. Within fifteen minutes, your headache will be gone! There are quite a few remedies for asthma attacks, one of which is bitter wood tree. Boil some bark pieces in water, let steep, and drink. For high blood pressure, bitter pineapple works as a relief, as does a mixture of garlic and thyme. The leaves of the cerasee bush boiled with water can alleviate a stomach ache. Sugar, flour, and water mixed together can remedy an attack of diarrhea.

There are many other herbs can be used rather than taking all those chemically based drugs.

These are just a few remedies from my grandmother and mother that may be of use and the great thing is they are all natural!



Book Review by Cendrina

A Piece of Cake by Cupcake Brown was published in the United States by Three Rivers Press. It is a powerful story of a young woman's struggle to overcome her difficult childhood, and reach her goals.

Cupcake's early life was no piece of cake. Cupcake had to grow up very fast after her mother's death, at the age of ten. Cupcake then found out that the only man she has ever called Dad was in fact not her biological father. Days after her mother's funeral, she and her brother Larry were given to the biological father, Mr. Burns, by the court. Mr. Burns did not want his kids; he wanted the life insurance money that the kids' mother left for them.

Finding out that the kids will not get the money till their eighteenth birthday, he got so angry that after leaving with the kids and no money, he gave them up to a friend of his, Diane, a foster mom. Cupcake tells us that was the last time she saw Mr. Burns. From here on Cupcake's life would become a nightmare.

Life at Diane's was ugly for Cupcake. She suffered degradation and abuse at the hands of Diane's nephew. Cupcake said she knew that Diane was not on her side when no punishment resulted.

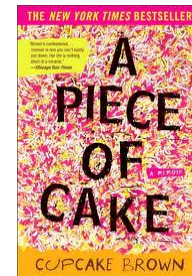
Not long after that, she ran away. Little did she know the person she met would be the one who introduces her to the world of sex, drugs, and alcohol.

Later on she also gets into hanging out in gangs. Now in Los Angeles, she lives with an aunt of her mother who is raising three boys on her own because their mother also died. While in Los Angeles Cupcake gets shot and hospitalized and is told by the police she has to leave LA or she will end up in jail.

Cupcake's addiction to drugs and drinking got very ugly. She would often go to work high on whatever drug she had.

The memoir ends positively, however. After a terrible youth spent on the streets, battling addictions and overcoming many barriers, Cupcake managed to turn her life around. She attended college, passed her exams, and ultimately became a lawyer in California where she still lives.

Cupcake's story reminds us that with persistence and determination even the toughest obstacles can be overcome.



Cupcake Brown, author of *A Piece of Cake*



ptp
'Pathway to Possibilities'
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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.



PTP at the Royal Ontario Museum

