

PTP EAST CENTRE  
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**SPECIAL  
POINTS OF  
INTEREST:**

- Black History Month
- Valentine's Day
- Winter Health Tips
- Student Satisfaction Survey
- ...and more

**INSIDE  
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# PTP Advocate

VOLUME 2 ISSUE 11

JAN - FEB. MAR. 2011

## Student of the Month: Fatima

Q: How do you feel about being Student of the Month?  
Fatima: Happy, proud, and very excited to be chosen.

Q: How did you find out about PTP?

Fatima: I was volunteering, and going to school. I was walking along the street, and I saw the PTP sign outside-I got curious and decided to come inside and ask questions.

Q: How long have you attended PTP?

Fatima: I've been here since September of last year.

Q: How do you like it here?

Fatima: It was difficult at first, but after attending I find it very rewarding because I got to meet a lot of friends, and I love the programs that have been offered.



themselves and not be afraid.

Q: Do you have any advice for new students?  
Fatima: Just relax, enjoy, and remember everyone is here for the same reason.

Q: What subjects do you find most challenging?

Fatima: Math – I find division difficult. I love working with the cash register. It teaches me to add and subtract.

Q: What do you like about PTP?

Fatima: I love it here. I enjoy the events such as the Christmas Party, trips, making friends, and being involved.

Q: Would you recommend this program to someone else? Why?

Fatima: YES! I want others to feel as I feel. I want people in my community to know how important it is to upgrade

*Interview by:*  
**Patricia and Celina**



Former Lieutenant  
Governor Lincoln  
Alexander

*Black Canadians  
have done much  
throughout  
history to make  
Canada diverse*

## Black History Month by Cendrina

Black History is a remembrance of important people and events in the history of the African Diaspora. Since 1976, it's celebrated annually in the United States of America and Canada. Black History Month is also referred to as African-American History Month. Every year Canadians are invited to participate in Black History Month festivities and events that honour them. We take this time to celebrate the many achievements and contributions of black Canadians who throughout history have done so much to make Canada culturally diverse.

Despite the fact that black people have been in Canada longer than Samuel de Champlain's first voyage to the St. Lawrence River, people of African descent have often been dismissed from the Canadian history books.

There is little mention of slavery in Canada or that many of the people who came here after the American Revolution were black. Histo-

rian Carter G.

Woodson proposed an accomplishment of black history in the United States. That led to the establishment of Negro history. In 1926, it's believed that Woodson had chosen February because of the birthdays of Frederick Douglass (February 14) and Abraham Lincoln (February 12) the former U.S president. Black History Week became known as Black History Month in 1976. And in December 1995, the House of Commons officially recognized February as Black History Month in Canada. Shortly after this, the first black woman was elected to Parliament, the Honourable Jean Augustine.

Black History Month is a very important time for us to look back and think about all of our ancestors who lived and died fighting for our rights today. Many of them were beaten and thrown in prison, giving up their freedom for us to live our lives, so we should use this time to remember them.

. Many of us know a lot about the African Americans who fought for the rights of black people. But we know so little about the Canadian ones.

Did you know that Lincoln Alexander became the first black man to hold the position of Lieutenant governor in Canada? His parents emigrated from the West Indies to Canada. His father worked as a railway porter and mother a maid. In 1942 Alexander joined the Royal Canadian Air force serving in world war 2. After the war, he attended McMaster University and then received a law degree from Osgood Hall. After that he joined a law firm and practiced until 1968, when he won a seat for the Progressive Conservative Party.

# Valentine's Day by Robinah



Every 14<sup>th</sup> day of February we celebrate Valentine's Day. This is commonly known as lovers' day. Historically Valentine's Day was named after two Christian martyrs. It was established by the Pope Galasius in 1500 AD. Then later Valentines Day was removed from the Roman calendar of saints by Pope Paul VI in 1969.

However, these days it's no longer associated with religion. In the circle of Geoffrey Chaucer who was an English author, poet, philosopher and diplomat, Valentines Day turned out to be associated with romantic love.

In the modern world today, Valentine's Day symbols include the heart-shaped outline, doves, and the figure of the winged cupid. The cards that people exchanged many years ago were handwritten. One would write from the heart what kind of words they wished to tell their loved

ones. Nowadays, the cards are already made.

You just to need shop around while reading on the cards until you find one that pleases you. Buy one and just send it or give it to whoever you want to give it to.

This day also reunites people or families because however busy you may be you must find time for your loved ones on Valentine's Day. So that's why it's really an important day.

To some people, Valentine's Day has a different meaning. They misunderstand it completely. For them it's just going out there to drink, eat and party and be happy.

But as long as you buy yourself a red rose, then you're good to go for the nice and charming places. There you can have fun, eat, drink and dance. If you're looking good and sexy, you can perhaps hook up with some one there who is lonely and maybe the two of you can share the flowers.

Otherwise just be happy! After all it's Valentine's Day!



*The cards that people exchanged many years ago were handwritten. One would write from the heart what kind of words they wished to tell their loved ones*

# Patricia's Winter Health Tips



Don't let this happen to you!

*There are certain things we can do to help maintain our wellbeing to avoid any sickness*

Winter weather can be brutal on our body during this season. We need to take special care of ourselves, children, elderly, and other people in our every day life. There are certain things we can do to help maintain our well being to avoid any sickness.

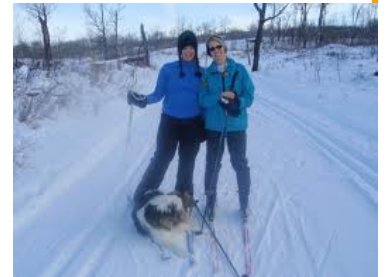
Layering of clothing is a common trick to avoid feeling the cold. It is very important to cover your chest area, throat, ears, nose, and head. Any breeze that catches this part of your body could cause you to catch a cold, flu, or fever. Wool is very good material to wear during the winter season. Sweaters, gloves, hats, and scarves are some of the most important forms of protection.

There are other tips that you can do in your life during the winter season. Get lots of exercise. Keep your body hydrated, and get your flu shot by visiting your doctor. A flu shot is key in this season.

Many people get colds and carry a lot of germs. It's not the weather that you have to worry about, but it is the people around you and all the bacteria in our environment.

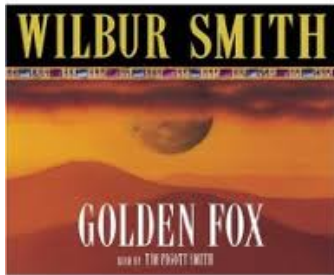
Taking vitamins and maintaining a healthy diet is very important as well. This helps to keep a very strong immune system to help you from getting sick. If there ever is a time you do get sick, stay home so you don't spread it among others out there.

Taking medication such as Neocitran, Buckley's, and Tylenol can also assist you through this time to help you get better faster.



*Winter can be fun!*

## Book Review by Khadra and Essay from Richard



boring, but I was wrong.

I hope that you all can enjoy the book as much as I did.

I have recently read a book called *Golden Fox*. The author is Wilbur Smith.

The story is about a young lady called Isabella Courtney. She is a white African. One day she meets a young man named Ramon.

She thought that he was a good looking guy and a nice person. She does not know that he works for the KGB ( the Russian Secret Service), and he is a very dangerous man.

The reason I like the story is that it is a mystery and I love mystery novels like nobody's business. Also it takes place in South Africa which is considered a very beautiful place to visit.

The story is about falling in love. We all can relate to the story because it is about being human.

Thank you to the person who left the book in the computer class. At first, I thought that the book was

I came back to school at 40 years old and I feel so proud of myself. When I was younger, I wouldn't believe at this age I would have been in school.

In life, once you have your health with a good mind, you can do anything you want to do. My advice to everyone is that going back to school is a good thing, no matter how old you are.

PTP is a very good place for people of my age group. It helps a lot, because the teachers here have a lot of patience with the students. At PTP they made me feel really good about myself. Although sometimes I might talk too much, they still made me very happy to be here. My attendance is very poor, and still they coped with me.

When I came to PTP my goal was to go to George Brown College, but I don't think that's going to happen again.

The skills that I have learned here in the past few months have helped me a lot. I've learned how to use a computer much better now. I can go online and make bill payments, and also do my own online banking. I have a better understanding with reading books, magazines, and even the newspaper.

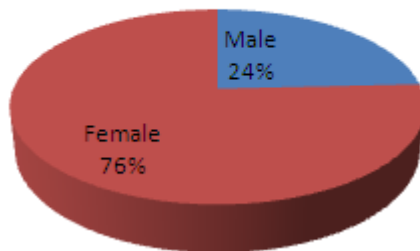
I'm sorry all this fun here will be ending on February 25, 2011. In the meantime I am going to try to attend more classes, especially the communication class because I find myself reading a lot now than before. Thank you PTP!!

## Survey by Sherliza, Eled, Thomas, and Patricia

Do you know what percentage of PTP students are male or female? What is our origin? And what age level we are in? Finally, are we happy with PTP? Do these questions matter?

As you know, we ran a survey on January 19, 2011 to find out the students' level of satisfaction with PTP's various services. However, we also asked questions to find out more about the demographic profile of PTP. The following charts give you information about PTP students' gender, origin, and age. The students' overall satisfaction will also be presented here. For the rest of our findings, please wait until the next issue.

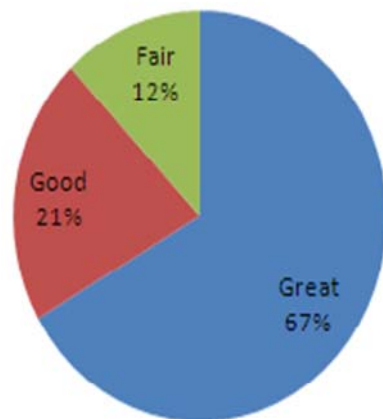
### Gender



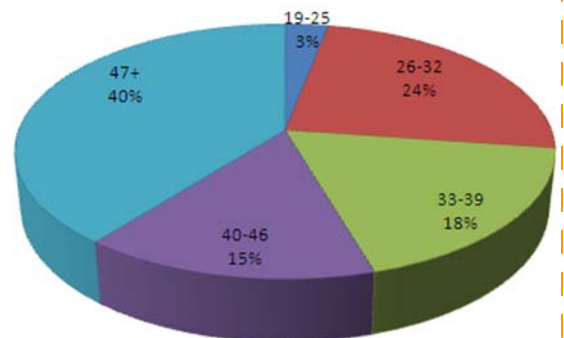
### Origin



### Overall Satisfaction



### Age



Poor 0%

## Events Team Updates

On Monday, December 13, 2010, the Events Team went to volunteer at the Neighborhood Centre on Barrington Avenue to help wrap gifts because they needed hamper assistants.

Our group combined with some of the Food and Nutrition Team students.

It was successful and they showed their appreciation with gifts and DVDs. Our volunteers were invited to the Christmas party, and

some students volunteered on Thursday as well. Our objective was to increase our experience and to build our skills.

We would like to thank: Annie, Diana, Khadra, Ahmed, Farouz, Sherliza, and our teacher Kat.

## ....and more Events Team News

On Monday, January 24 and Wednesday, January 26, the PTP Events team volunteered at the Annual Path Clothing Drive for Yonge Street Mission. The students received donations from employees of the different downtown

towers such as Royal Bank Plaza, the Sun Life Building and 2 Queen St East. We had the opportunity to talk with people about the YSM organization and collect donations. It was an excellent experience. We want to thank all stu-

dents who donated their time as well to our leader Katherine Rios who inspires us all the time. For more information about Volunteer opportunities please visit: [rpenninga@ysm.ca](mailto:rpenninga@ysm.ca)



Annie and Khadra at the annual Path Clothing Drive

## Events Team Book Swap

On January 27, 2011, PTP celebrated family literacy day with our Second Annual Book Swap in the lunch area. Each student walked away with several books. Some students have already read some of their books, and they are enthu-

siastically discussing them during break time. The Events Team gave out a \$25 Chapter's gift certificate and two fiction books with book covers as prizes. The turnout was great and we are looking forward to next year's Book Swap.



ptp  
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**Vision**

Empowering adults to learn and find work they value.

**Mission Statement**

To provide **basic skills education**, up-grading, 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.**



## Standing Room Only at Events Team Book Swap

