



PTP ADVOCATE

VOLUME 2 ISSUE 2

JAN. FEB MARCH 2008

SPECIAL POINTS OF INTEREST:

- Student of the Month
- Interview Tips
- Parenting
- Science Centre Trip
- Black History Month
- Family Day
- .. and more

INSIDE THIS ISSUE:

- Interview Tips 2
- Interview Body Language 3
- Parenting and Food 4
- Troubled Teens 5
- Science Centre trip 6
- Black History month 7
- Family Day... 8
- Valentine's Day 9

Student of the Month: Harriet Cain

By Yehudit Tewelde

Harriet Cain started the PTP program in January and has been chosen by the students and the staff of PTP as the student of the month. Harriet's background is from Barbados (Caribbean Islands), and she is a mother of two sons. She has enjoyed playing golf for a year now. She is a genial, optimistic, and dependable person. I asked Harriet some questions that I'm sure that all of us want to know about her and her experience here at PTP.

Question: What brought you to PTP?

Answer: "I came to PTP to upgrade my English and Math and I wanted to find an environment that meets with my needs."

Question: What inspires you?

Answer: "Hearing about people's experiences that have beaten the odds. Resilience."

Question: What chal-

lenges do you face at PTP?

Answer: "Being able to focus and understand the



methods of the English language."

Question: What are your goals?

Answer: "My short term goal is to complete the program at PTP and then I want to get my PSW diploma."

Question: How is PTP helping you achieve your goal?

Answer: "It's helping me in terms of being able to be punctual, consistent, and dependable. It also helps me overcome my performance anxiety and build more confidence in myself."

Question: What advice can you offer PTP students?

Answer: "Even when you have your personal

problems that may interrupt your plans, never give up; you will get there. I started this program last year and I had to leave for personal problems but I came back. It's only a phone call away and the staff at PTP is more than willing to show you empathy."

Question: What do you like about PTP?

Answer: "I like the welcoming environment and the unique staff. My classmates also have made it a place that I can always feel welcome. We encourage each other to do our best."

Question: What would you change about PTP?

Answer: "At present: nothing!"



Interview Tips By Teresa Bono

A successful job interview begins with preparation. The one thing you must do before your first one is go through at least one mock interview. A mock interview is an opportunity to practice before your actual one.

Nearly every college offers access to a Career Counsellor who can take you through a mock interview. You get a totally different perspective from your own. The mock interview gives you a chance to work out your interview jitters. It's an opportunity to practice your interview technique and answers. It's also a chance to hear constructive feedback from someone who can guide you to improving your interviewing style and presentation.

DRESSING FOR INTERVIEW SUCCESS

Interviews still follow the conservative standard. One or two well-chosen business suits will serve you all the way - the first day on the job and beyond. For basics, both men and women can follow this guide for successful interview dress:

MEN and WOMEN.

- Appropriate two-piece business suit (solid dark blue or grey.)
- Conservative long-sleeved shirt/blouse (white, pastel is next best.)
- Clean, polished conservative shoes.
- Well groomed hairstyle.
- Clean, trimmed fingernails.
- Minimal cologne or perfume.
- Empty pockets-no bulges or tinkling coins.
- No gum, candy, or cigarettes.
- Light briefcase or portfolio case.
- No visible body piercing (nose rings, eyebrow rings , or tattoos.)

MEN'S TIPS

Necktie should be with a conservative pattern. Shoes and socks should be dark.

Get a haircut; short hair always fares best in interviews. Show up freshly shaved. Mustaches are a possible negative, but if you must, make sure it's neat and trimmed. No rings other than wedding ring or college ring. No earrings (if you normally wear one, take it out.)

WOMEN'S TIPS

- Suit with a jacket and skirt or slacks; no dresses.
- Shoes with conservative heels.
- Appropriate hosiery (stockings) near skin color (and no runs!) Consider a 2nd pair for emergencies.
- No purses, small or large; carry a briefcase instead.
- Nail polish should be clear or a neutral color.
- Keep your makeup simple and natural.
- No more than one ring on each hand.
- One set of earrings only.
- One final note on interview dress: It's not enough to be clean and pressed. Make sure your shoes are conservative and polished.

Body Language During an Interview



By: **Teresa Bono**

Everyone uses body language during the interview (whether they realize it or not.) Some ways of exuding openness and warmth during the interview process are open-lipped smiling, open hands with palms placed on your lap, and unbuttoning your coat when seated. To display confidence you may hold your chin up, lean forward in your chair, and place fingertips of the other hand in the “praying” or “steepling” position. Join your hands behind your back when standing.



Interviews can make some people nervous. Signs of nervousness may be fidgeting, pinching skin, clearing throat, twiddling thumbs and wringing hands. The interviewer may also be able to detect defensive behaviour. This behaviour may include lack of eye contact, excessive hand movements, and crossing of arms. Keep in mind that your interviewer was once an interviewee, just like you. Remember, stay connected with your interviewer, both verbally and non-verbally.

Parenting and Nutrition by Zuweina H.



Herewith are five reasons why parents need to go for veggies and fruits for their kids and future leaders to live longer, healthier lives and preserve Earth's natural resources.

Scientific research and the federal government recommend that we consume most of our calories from grain products, vegetables, and fruits. An estimated 70 percent of all diseases are related to not eating a healthy diet. Some benefits are:

1. You'll ward off diseases
2. You'll keep your weight down
3. You'll live longer
4. You'll build strong bones
5. You'll have more energy

Good nutrition and a balanced diet help kids grow up healthy. Whether you have a toddler or a teen, herewith are some of the best strategies to improve nutrition and encourage smart eating habits.

Have regular family meals and serve a variety of healthy foods and snacks

Family Meals

Family meals are a comforting ritual for both parents and kids. Children like the predictability of family meals and parents get a chance to catch up with their kids. Children who take part in regular family meals are also more likely to eat fruits, vegetables, and grains; and less likely to snack on unhealthy foods.

Stocking Up on Healthy Foods

Kids, especially younger ones, will eat mostly what's available at home. That's why it's important to control the supply lines – the foods that you serve for meals and have on hand for snacks.

Be a Role Model

The best way for you to encourage healthy eating is to eat well yourself. Kids will follow the lead of the adults they see every day. By eating fruits and vegetables and not overindulging in the less nutritious stuff, you'll be sending the right message.

Get Kids Involved

Most kids will enjoy deciding what to make for dinner. Talk to them about making choices and planning a balanced meal. Some might even want to help shop for ingredients and prepare the meal. At the store, teach kids to read out food labels to begin understanding what to look for.

Continues on Page 5



Troubled Teens: By Wendy Downey



Parenting & Nutrition Cont'd.....

There's another important reason why kids should be involved: It can help prepare them to make good decisions on their own about the foods they want to eat. Meal-time habits created early can lead to a lifetime of healthier choices. Lastly, but not least thanks to our <http://www.vegetariantimes.com/> & www.kidshealth.org/parent/nutritionfit/habits sites for giving us tips of keeping our kids' performance at peak.

Teenagers have their own issues, and many points of views. Teens may be withdrawn, difficult at times, and sometime unpleasant to be around. Teenage years are important to them. Some teens struggle with school, families, life styles, and peer pressure. As difficult as life may seem, there are other obstacles, such as alcohol, smoking, and drugs. They are also going through hormonal changes which affect body structure, changing of voices for males, and facial features. We as parents should take the time during their early years to teach our children about choices: Preventing our children from making wrong choices, having family group discussions with our daughter or son, talk about their issues, or problems.

Let them know that whatever is bothering them, we as parents will be there for them no matter what they are going through in life as a young teen. They as teenagers must know the consequences, and take responsibilities for their own actions. There should be guidelines put in place at home to help our children as they enter into life as a young teenager. No parent wants to hear of their children being in trouble or unhappy. But keeping children out of trouble and leading a happy life for them needs an extra effort from the parents.

PTP SCIENCE CENTRE TRIP

By Raquel Tobar

Do you like spending time with the family? Do you enjoy learning new things? So come enjoy Ontario Science Centre!

The Students of PTP had a great opportunity to visit the amazing Ontario Science Centre on Wednesday February 13, 2008.

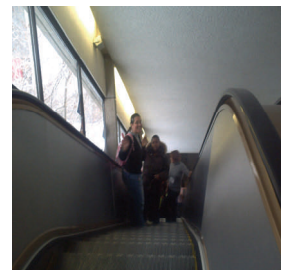
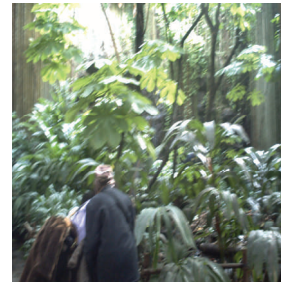
It was too bad that all students didn't attend this amazing trip as it was fun. It is hard to explain the feeling of this place. When you enter it seems so small, but it is so big that you need a map to show you the way around. Ontario Science Centre is not only about science. It's more about the science of life including the human body, life on earth, space, sports, and many more topics

I enjoyed the electricity show, and it was live a show, showing us different things about electricity. Two of our students Raquel and

Roshani had the chance to go on stage. We were shown how static electricity can create a hair raising experience.

Ontario Science Centre is a great place to take your children and family to discover, learn about new things and see things they never have seen before. This place can help you appreciate Earth more and show you how to take care of it. There are also special exhibitions to go to see like Titanic and many more. I hope you will go and enjoy it like we did.

For more information please visit www.ontariosciencecentre.ca



Black History Month by Stephine Joseph

What is Black History Month? It's about honouring Black heroes from the past and present— those who had contributed to changing the course of history for the good of mankind. Carter G Woodson, a former abolitionist, wanted to commemorate the contributions of Black North Americans. February 12, 1926 marked the first celebration of Black History. At first it was intended to last only a week in February. In 1976, it was expanded to the complete month of February. These were some of our prominent Black heroes.

Harriet Tubman

After obtaining her freedom she started the movement know as The Underground Railroad. Risking

her life, she helped many other slaves obtain their freedom too.

Rosa Parks

who refused to give up her seat on a bus to a white patron. This led to the shutting down of the whole city. This radical act of Ms. Parks sparked what is now know as the Montgomery Bus Boycott.

Dr Martin Luther King, Jr.

He started the civil rights movement that brought equal rights for all. His famous speech “ I have a Dream” was delivered at the Lincoln Memorial on August 28, 1963.

Oscar Peterson

Grew up in Montreal in a small town called Little Burgundy. As a Canadian ,

he was able to travel to the former Soviet Union more extensively than his American counterparts and acted as a jazz ambassador worldwide. This jazz legend who started with a humble beginning went on to become one of the most famous Canadians in the world. One of his best know compositions, the “Hymn to Freedom,” was composed in the 1960s and was inspired by the U.S. civil right movement.

“Thank God we now live the Dream where Blacks are no longer judged by the colour of their skin, but by the content of their character.” from Dr. Martin Luther King, Jr.'s famous “ I Have a Dream” speech



Harriet Tubman



Rosa Parks



Oscar Peterson



Family Day by Molly Alexander

QUEEN'S PARK — Premier Dalton McGuinty announced, on behalf of hard-working Ontario families, that he would create a new statutory holiday in February called Family Day. "There is nothing more valuable to families than time together. And yet it seems tougher than ever to find, with so many of us living such busy lives," McGuinty said. "That's why, on the third Monday of every February — from now on — Ontarians deserve a new statutory holiday — Family Day." Adding Family Day to the calendar will give Ontario workers and families a total of nine statutory holidays per year. Will all Ontario workers be eligible to take off Family Day? Most Ontario employees will be eligible to take off Family Day. However, there are

three categories of employees who may not have the right to the day off. These include employees who:

- i. Are not covered by Ontario's Employment Standards Act, 2000 (ESA) such as employees who work in federally-regulated workplaces such as banks, telecommunications companies, railways, and airlines, or who are federal civil servants.
- ii. Are covered by the ESA, but fall within a special rule or exemption involving the ESA's public holiday provisions. Ontario Government Reminds Consumers and Businesses of Closings Under Retail Business Holidays Act. Minimum fines for opening businesses on days when retail operation is prohibited is \$500 for the first offence, \$2,000 for a second offence and \$5,000 for a third or subsequent offence. Retail outlets may be fined up to \$50,000 or the total

amount of gross sales for the holiday, whichever is greater.

Employers who refuse to give employees Family Day off face penalties:

In the case of prosecutions other than those commenced with a ticket, the maximum penalty, if an individual is convicted, is \$50,000 or imprisonment for a term of not more than 12 months or both. If a corporation is convicted, the maximum fine is \$100,000 for a first offence, \$250,000 if the corporation has one previous conviction and \$500,000 if the corporation has more than one previous conviction.

In closing, employees will benefit from Family Day to spend more time with their families and to enjoy a new day off between New Year's Day and Easter.

Valentine's Day by Mano Murugesu



Valentine's Day is a traditional celebration when lovers express their affection for each other and exchange flowers, thoughtful gifts, cards and other confectionaries. It takes place annually on the fourteenth of February in many countries around the world. Some Valentine's Day symbols are roses, heart-shaped figures and cupid. This holiday originated in ancient Rome; every February 14th they honoured Juno who is the Roman

goddess of women and marriage.

The following day was the Feast of Lupercalia where young Roman boys and girls became partners for the rest of the festival by drawing each others names from jar

Some of these young partners fell in love and got married later on .There is also another origin belief of Valentine's Day involving Emperor Claudius and Saint Valentine. The Emperor Claudius was having trouble persuading individuals to join his military forces and believed the thought of leaving their loved ones was the cause. He therefore stopped all the marriages and engage-

ments in Rome. The good Saint Valentine and his friend Saint Marius, together disobeyed Claudius and continued to conduct marriages for lovers secretly. When the Emperor found out what Saint Valentine had been doing, he was beaten to death with clubs and beheaded. However, when Valentine was in prison, he supposedly fell in love with a woman there who was visiting him during his sentence. Before he died on February 14 he wrote one last letter to her. Pope Gelasius, in 496 A.D decided to honor St. Valentine every February the 14th

Superstar Chair Assembly



*A hands-on
activity turns
into a lesson
“with legs”*

New Leaf General Manager by Manuel Valle

The Toronto Maple Leafs are doing terrible, and it looks as though they are not going to make it to the Stanley Cup finals.

Maple Leafs Manager John Ferguson was replaced by Cliff Fletcher on Tuesday, February 5, 2008. Fletcher received a 19-month contract and will work as a consultant after a new G.M. is hired. Fletcher served as G.M. of the Maple Leafs from 1991-1997, twice leading to the Stanley Cup finals. Fletcher, who is 72 years old, is a member of the Hockey Hall of Fame

The Maple Leafs have missed the playoffs for the past two years. They are 14th in Eastern Conference standing with a 19win-22loss-5tie-3 overtime record.

With the Leafs situation it has become clear that change and a new direction is needed. John Ferguson will not be receiving a new contract at the end of the year. John has not delivered the results from the plans he put in place when he was named G.M. in 2003.

John Ferguson became the 12th G.M. in the Leafs franchise history on August 29, 2003. And during his tenure the club reached at least 70 points and 40 wins in each of three seasons played. Toronto has a combined record of 145 wins, 110 losses, 10 ties, 13 overtime losses and 17 shootout losses for a .559 points percentage.

Cliff Fletcher is the ideal person for a positive change for the Leafs. Fletcher once was a scout with the Montreal Canadiens in 1956.

Fletcher served as a scout and assistant G.M. with the St. Louis Blues from 1966-1972. Before being named G.M. of the expansion Atlanta Flames in 1972. During the next 10 years he led the Flames to 2 division titles, two conferences championships, two President's Trophies and the 1989 Stanley Cup championship.

Fletcher's teams have a career record of 929 wins, 776 losses and 295 ties for a .539 winning percentage during his time as a G.M. Fletcher was chosen Man of the Year,

and Executive of the Year in 1993 by the Hockey News. Under his direction the Leafs posted a record of 202 wins, 200 losses and 58 ties for a .502 winning percentage.

In 1999 Fletcher served as senior advisor to the G.M. of Tampa Bay Lightning for two seasons. He joined the Phoenix Coyotes in February, 2001 as G.M. and executive V.P. moving up to senior Executive V.P. of hockey operations the following year. He and the club's G.M. were relieved of their duties in Phoenix in April 2007.

Hopefully, it was the right move and with these changes this is exactly what Toronto needs to bring the Stanley cup to Toronto.



Cliff Fletcher:
New Maple Leafs' General Manager



Plastic Bags by Harriet Cain



Plastic bags are a big problem for the environment

The plastic bag has been known to be the king of bags. However the king of bags has come under a lot of scrutiny. Have the plastic bag manufacturers educated our governments around the world to the pros and cons of this product? We the consumer have never been educated about the pro and cons of this product. No manual or warning sign came with the shopping plastic bag. Here we are again- as consumers we are to blame for the harming of the environment with excessive use of plastic bags and the ineffective means of their disposal.

Education where the plastic bag is concerned is vitally important to the consumer. Over a billion single-use plastic bags are given out free each day, adding \$10-15 per year to household expenses. Plastic bags are given out for even the smallest item. Ontarians use almost 80 plastic shopping bags per second. Vast quantities of shopping bags are blown away from the landfills before they can be buried. Landfills however need adequate amounts of water, light, and oxygen and other important elements that are necessary for the degradation to be completed. The lack of this causes soil infertility when deposited in high quantities. Plastic bags also pose other problems: generating toxic fumes and gases when burned, and energy and resource consumption in their production and transportation stages. Furthermore, The plastic bag does not break down for a century.

In addition, the ineffective means of disposal has caused death to our animals and marine life. For instance, hundreds of thousands of turtles, whales, and seals die each year from eating discarded bags mistaken for food. Turtles take the bags for jellyfish, their primary food source. Once swallowed, the bag blocks their intestines and leads to an agonizing death. On land many cows, goats, and other animals suffer a similar fate to marine life when the plastic bag is eaten. The plastic bag gets in the storm drains and causes flooding which adds to the tropical diseases in some countries like South Africa.

Now that we are made aware of the excessive use and the ineffective means of disposal of the plastic bags and their harmfulness to the environment, we need to continue to be educated so as to make better informed decisions.

“ The plastic bag does not break down for a century”



Fun at PTP and Beyond





East Centre
815 Danforth Avenue
Suite 201
Toronto, Ontario

Phone: 416-510-3266
Fax: 416-510-2566

PTP
'Pathway to Possibilities'
Adult Learning & Employment
Programs

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.

The PTP Advocate is published on a best-efforts basis by

PTP East Centre's Newsletter Team

