Western Quebec Literacy Council invites you to attend our Annual General Meeting

Saturday, October 21, 2017
10:30—1:00
Café 349, 349 Main Street, Shawville, Quebec

10:30  Registration & welcome
11:00  Annual General Meeting
12:00  Lunch
12:30  Dessert and networking

Everyone welcome!

RSVP by October 16
By phone: 1-888-647-3112
mail: WQLC, Box 188, Shawville, QC  J0X 2Y0
e-mail: info@wqlc.org
The vision of the Western Quebec Literacy Council is to help and encourage members of our community to develop the skills needed for life long learning, enabling them to reach their full potential.

The mission of Western Quebec Literacy Council is to help English-speaking adults, families, and youth improve their reading, writing, listening, speaking, numeracy and other life skills through programs adapted to the needs of the individual.

As a charitable volunteer organization, Western Quebec Literacy Council recruits and trains committed volunteers as tutors and support personnel. We are dedicated to promoting community awareness with sensitivity throughout the region of West Quebec.

“Each one Teach One”
If you know an adult who would like to learn to read or read better, write or improve math skills tell them about the Western Quebec Literacy Council.

Our lessons are One-to-One, Free and Confidential.

This newsletter is made possible by financial support from the Ministère de l’Éducation, de l’Enseignement Supérieur et de la Recherche through the Programme d’action communautaire sur le terrain de l’éducation (PACTE).
It is with deep regrets that we announce the passing of our Vice Chair Michel Chabot on May 15, 2017.

Michel became a member of our Board of Directors in 2001, and held the position of Vice-Chair since 2002. He is remembered for his knowledge, dedication, clear vision and good nature.

He could always be counted upon, and took on the most daunting tasks. He was a true friend of literacy and will be deeply missed.

Strategic Planning

WQLC will hold a strategic planning session on November 4, 2017 at Coronation Hall in Bristol. During strategic planning the WQLC comes together with members and community partners to brainstorm, share ideas and set goals and priorities for the future of our organization. If you would like to participate please let us know and we will send you an invitation to the event.

Coming Events

International Literacy Day, see page 7 ................................................................. Sept. 8
WQLC Strategic Planning .................................................................................... Nov. 4
Essential Skills Day, see page 5 ......................................................................... Sept. 22
Health Literacy Month, see page 6 ...................................................................... October
Annual General Meeting, Café 349 Shawville, QC ......................................... Oct. 21
Financial Literacy Month, see page 7 ................................................................. November
Board of Directors

We welcome Rhonda Morrison, the newest member of the WQLC Board of Directors. Rhonda has many years of experience as a director of CEDEC, an organization that works to help revitalize our community and offers valuable services to English speaking entrepreneurs.

Rhonda’s knowledge and energy will undoubtedly benefit the WQLC and we thank her for joining our team.

Farewell Dinner for Marilee

A dinner was held at the Bistro du Bûcheron in Fort-Coulonge in honour of Marilee. Members of the Board, staff, and volunteers attended to wish her a fond farewell and happy retirement.

Marilee became WQLC’s Coordinator in 1993, and Executive Director in 2002. Her many years of dedication to literacy are acknowledged and valued by her friends, colleagues and all those whose lives were touched by her kindness, generosity and passion for literacy.
Essential Skills

Essential skills day is September 22. Essential skills are identified as the skills deemed necessary for success in the workplace and are the skills most valued by employers. Essential skills benefit quality of life by improving the individuals abilities to navigate an information rich world that relies more and more on both the specialization and expansion of skills. Tabled below are the nine essential skills and their profiles.

The WQLC integrates these skills into its programming to help foster independence, confidence and practical work skills in our students.

<table>
<thead>
<tr>
<th>Essential Skills</th>
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<tbody>
<tr>
<td><strong>Reading</strong></td>
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<tr>
<td>Understanding materials written in sentences or paragraph (e.g. letters, manuals, memos).</td>
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| **Document use** |
| Finding, understanding or entering information in various types of documents, such as tables or forms. (e.g. text, symbols, numbers) |

| **Numeracy** |
| Using numbers and thinking in quantitative terms to complete tasks. (e.g. measuring the length of a wall, calculating the volume of excavated material, estimating the cost of labour |

| **Writing** |
| Communicating by arranging words, numbers and symbols on paper or a computer screen. (e.g. email to supervisor, incident reports, instructions in logbook) |

| **Oral communication** |
| Using speech to exchange thoughts and information. (e.g. safety meeting, instruction from supervisor, communicating on two-way radio) |

| **Working with others** |
| Interacting with others to complete tasks. (e.g. working with a crew to complete a job, sending hand signals to equipment operators) |

| **Thinking** |
| Finding and evaluating information to make rational decisions or to organize work. (e.g. deciding if a piece of worn equipment needs to be replaced, evaluating a work area |

| **Computer use** |
| Using computers and other forms of technology. (e.g. using a spreadsheet, sending emails) |

| **Continuous learning** |
| Participating in an ongoing process of improving skills and knowledge. (e.g. mentoring from a journeyperson, taking courses to get a ticket.) |
Health Literacy Month

Health Literacy Month is a time for organizations and individuals to promote the importance of understandable health information. This annual, worldwide, awareness-raising event has been going strong ever since 1999.

What is Health Literacy?

The Centers for Disease Control and Prevention defines health literacy as "the degree to which an individual has the capacity to obtain, communicate, process, and understand basic health information and services to make appropriate health decisions."

To help Canadians increase their confidence to make the best health decisions for themselves and their families, ABC has created ABC Health Matters.

A new health literacy program presented with the support of AbbVie Corporation and McKesson Canada.

ABC Health Matters empowers Canadians to manage their health more effectively by increasing their confidence when talking about and making decisions regarding health issues with family, friends and health professionals. Through the program, adults develop a deeper understanding of how to advocate for their and their family’s health and better understand how to access health care.

ABC Health Matters is delivered in communities across Southern Ontario. The program is structured around a three-hour workbook-based workshop. The workbooks can also be used by individuals at home. [www.ABCHealthMatters.ca](http://www.ABCHealthMatters.ca)

Downloads:

- Glossary of Health Words
- Your Health Centres
- Doing Health Math

**Tutor Training**

Our tutor training workshop was held in Shawville on June 9-10. Three new tutors were trained including our new Executive Director, Michèle Gagnon. We welcome Charles Heaphy and Katherine Morris into the organization.

Left to right: Michèle Gagnon, Trainer - Kate Strickland, Katherine Morris, Charles Heaphy
November is Financial Literacy Month

Take control of your financial future
Here’s how you can improve your own financial literacy:

1. **Increase your knowledge, increase your confidence**. When you feel good about your own money management skills, you will feel more confident talking about money with your children.

2. **Create a spending plan** and share it with your kids. Write down all anticipated costs – and talk about the difference between needs and wants.

3. **Encourage your kids to journal** about money. Have your children write down the cost of each and every purchase that they make. At the end of a week, use the journal to initiate a conversation about money and priorities.

4. **Start a tax-deferred RESP** for your child’s post-secondary education right away. Explain to your child that money is being saved now for their future education. Studies show that children are more likely to attend university or college if they know that there is money earmarked for their education, regardless of amount.

5. **Get children to save at least 10 per cent of their allowance**. Talk to your kids about the benefits of the “pay yourself first” approach.

ABC Life Literacy Canada also increases financial literacy through *Money Matters*, a free money management and education savings program for adult learners developed with support from TD Bank Group.

International Literacy Day

Literacy in a digital world

This year, International Literacy Day (8 September) will be celebrated across the world under the theme of ‘Literacy in a digital world’. On September 7 and 8, 2017 a special two-day event will be organized at UNESCO’s Headquarters in Paris, with the overall aim to look at what kind of literacy skills people need to navigate increasingly digitally-mediated societies, and to explore effective literacy policies and programmes that can leverage the opportunities that the digital world provides.

At record speed, digital technologies are fundamentally changing the way people live, work, learn and socialise everywhere. They are giving new possibilities to people to improve all areas of their lives including access to information; knowledge management; networking; social services; industrial production, and mode of work. However, those who lack access to digital technologies and the knowledge, skills and competencies required to navigate them, can end up marginalised in increasingly digitally driven societies. Literacy is one such essential skill.

To see more, visit: [http://en.unesco.org/themes/literacy-all/literacy-day](http://en.unesco.org/themes/literacy-all/literacy-day)
WQLC is moving!

The Western Quebec Literacy Council’s office will have a new home as of October 1st 2017. Rest assured, our service will remain the same throughout Western Quebec. We hope that our new location will provide a welcoming atmosphere perfectly suited to the encouragement of life-long learning. We invite you to come and visit us at 110 Front Street, Campbell’s Bay, Qc.

Our new contact numbers will be as follows:

Phone: 819-648-2150

Toll Free: 1-888-647-3112

Fax: 819-648-2153

Email: info@wqlc.org

Web site: www.wq-literacy.org

or www.wqlc.org

We have revamped our website. Please take a look, if you have any suggestions we would love to hear from you.