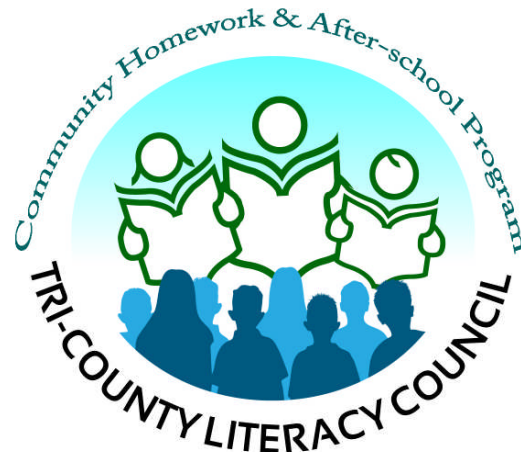


For Kids & their Kin

*A newsletter primarily for youth and their families
by youth and their advocates*



Welcome to the premier edition of our brand-new, family-friendly newsletter! A new component of our 2009/2010 Community Homework & After-school Program (CHAP) is a youth-produced monthly newsletter. CHAP facilitators guide and direct the participant's efforts in a supportive manner.

Participants are learning the basics of photography, such as the elements of composition, through lessons in theory, visual examples, and hands-on experience. They are also learning how to write articles in a newsworthy manner. Additionally, methods of newsletter layout are being presented. In an effort to involve families, some of the older students will create print-based activities for younger siblings. The text entry, photo editing, and page layout are performed on re-vamped computers at the Agape CHAP's expanded computer lab.

This is meant to be an exercise in empowerment that calls upon participants to develop new skills and to enhance existing ones. The experience gained is directly applicable to potential future employment and volunteer opportunities.

The program runs concurrent to the CHAP program year, from late September until May. The team at the five-day a week CHAP site located at the Agape Centre publishes the newsletter, with participants from all CHAP sites being encouraged to submit articles and photos.

Community Homework & After-school Program (CHAP)

Tri-County Literacy Council operates a number of Community Homework & After-school Program (CHAP) sites across Stormont, Dundas and Glengarry. Recreation, free playtime, homework help as well as lessons in subjects such as art and science and fun, educational activities are all part of a typical CHAP day. The program is free to parents and relies on the generosity of the community and other agencies for financial support.

This publication is available online at www.tri-countyliteracycouncil.ca.

October, 2009 Edition

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Community Homework & After-school Program

Operated by:

Tri-County Literacy Council

101 Second Street West

Cornwall, ON K6J 1G4

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We gratefully acknowledge receipt of some funding for this project from the Success by Six Neighbourhood Grant program of the United Way of S.D. & G.

Photography 101 - Composition

In order to produce a newsletter with visually appealing photographs, it helps if the photographers train their eyes to see things in ways they might otherwise miss. In our first lesson we explored the basics of photographic composition. Here is a summary of what we covered.

Simplicity

Too many elements in a scene can cause the eye to bounce between them. One easy way to draw the eye to the subject of a photograph is to reduce or eliminate unnecessary background detail. Looking through the camera lens, we can choose to move in closer to the subject or to use the zoom function if the camera has one.



Rule of Thirds

Artists and photographers have long been aware that there are some places in a scene, be it on a canvas or photograph, where the eye is naturally drawn. If we were to draw lines at the 1/3 and 2/3 points across and down a photo, much like on a tic-toe-toe game, we'd notice that objects falling on any of those lines are items to which our attention automatically moves. When an object is located at the junction of one of those vertical lines and one of the horizontal lines, our attention is even more strongly focussed there. We can make use of that knowledge to deliberately position objects along those lines. If we don't get it quite right at the moment of capturing the photo, we can choose to appropriately crop the photo afterwards.



Framing

Another technique we can put to good use is to use elements in the background as a natural full or partial frame,



This can create a very pleasing effect, while drawing our primary focus to the subject of the photograph. Trees and landscape are excellent choices for frames. Items formed in geometric shapes can sometimes also be used as a frame. The photographer may need to reposition himself to get such an angle; at other times the items will be ones that can be moved into place to form the frame.

Use of Lines



Lines can be used to capture our attention or to create a sense of motion. Anything appearing on a diagonal creates interest and a sense of motion. Curves and semi-circles are also quite effective in drawing us into a scene.

Avoiding Mergers

Many amateur photographers make the mistake of not capturing the shot from the right vantage point or of not removing a background item that will compete with the subject for attention. How often have we seen what appears to be a flower or tree growing out of someone's head! Avoid these like the plague.



READ-A-THON 2009 - ALL DAY WEDNESDAY, NOVEMBER 25

WHY ENTER THE READ-A-THON

- Show you support the cause of literacy in our community.
- Help raise funds for our free Community Homework & After-school Program.
- Gain chances to win some great prizes!



Use the pledge sheet on the back of this form to sign up family, friends, co-workers and/or neighbours to financially sponsor you to read. You'll find it easiest if you collect the money at the time of getting the pledges.

VARIOUS WAYS TO PARTICIPATE - ADULTS

- 1.) Ask your employer if a space can be provided for workers to read for 15 minutes before or after your work day.
- 2.) Read a book or chapter of your choosing at home or other place of your choice.
- 3.) Join us at the Cornwall Public Library to be read to by local celebrities (See below.)

VARIOUS WAYS TO PARTICIPATE - YOUTH

- 1.) Get your class or school to set aside 15 minutes on the day of the event or at some point during the week and have everyone read a book or chapter of their choice.
- 2.) Spend 15 minutes reading at your after-school program the week of the read-a-thon.
- 3.) Read at home or other place of your choice.
- 4.) In the evening join us at the Cornwall Public Library to be read to by local celebrities and/or

Come & Read with your favourite Disney and Sesame Street Friends!

(Have your picture taken with them if you like.)
at our concluding celebration at the

Cornwall Public Library between 6:30 – 8:30 p.m.



Please read & pledge to help save our after-school programs!

Tri-County Literacy Council's

READ-A-THON PLEDGE SHEET – Wednesday, November 25, 2009

Reader: _____ **Phone:** _____

SPONSOR'S NAME:		PHONE #:
ADDRESS:		E-MAIL:
AMOUNT PLEDGED: \$	Collected?:	Is a Tax Receipt Desired?:
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ADDRESS:		E-MAIL:
AMOUNT PLEDGED: \$	Collected?:	Is a Tax Receipt Desired?:

Please return completed pledge sheets and money by November 30th to:
Tri-County Literacy Council, 101 Second Street West, CORNWALL, ON K6J 1G4



Know the Difference Between COLD SYMPTOMS AND H1N1 FLU SYMPTOMS

SYMPTOM	COLD	H1N1 FLU
FEVER	Fever is rare.	Fever is usually present in up to 80% of all flu cases. A temperature of 100 deg F or higher for 3 to 4 days is associated with the flu.
COUGHING	A hacking, productive (mucus-producing) cough is often present.	A non-productive (non-mucus producing) cough is usually present (sometimes referred to as dry cough).
ACHES	Slight body aches and pains can be part of a cold.	Severe aches and pains are common.
STUFFY NOSE	Commonly present and typically resolves spontaneously within a week.	Not commonly present.
CHILLS	Uncommon.	60% of people who have the flu experience chills.
TIREDDNESS	Fairly mild.	Moderate to severe.
SNEEZING	Commonly present	Not common.
SUDDEN SYMPTOMS	Cold symptoms tend to develop over a few days.	The flu has a rapid onset within 3 to 6 hours. The flu hits hard and includes sudden symptoms like high fever, aches and pains.
HEADACHE	Fairly uncommon with a cold.	Very common with the flu – present in 80% of flu cases.
SORE THROAT	Commonly present with a cold.	Not commonly present.
CHEST DISCOMFORT	Mild to moderate.	Often severe.



SPREAD AWARENESS – TO STOP THE SPREAD OF THE FLU

REMEMBER TO

- 1 - COUGH INTO YOUR SLEEVE (NOT YOUR HAND)
- 2 - WASH HANDS FREQUENTLY WITH SOAP AND WATER
- 3 - IF SOAP AND WATER ARE NOT AVAILABLE, USE HAND SANIT
- 4 - KEEP HANDS AWAY FROM YOUR FACE (EYES AND MOUTH)
- 5 - IF YOU'RE SICK, PLEASE STAY AT HOME UNTIL THE SYMPTOMS ARE GONE, BUT LET

CHAP KNOW!



According to the Ministry of Health:

Influenza-like Illness (ILI):

- the acute, sudden onset of respiratory symptoms with
 - o fever and
 - o cough and
 - o one or more of the following:
 - sore throat
 - muscle aches
 - joint pain or
 - weakness

Those with ILI should stay home until they no longer have a fever and are well. Some individuals may experience a cough for days to weeks after infection. The presence of a cough in the absence of other symptoms should not prevent students or staff from returning to School/CHAP.

Meet Our Staff



Isabella (Sybil) Carello

This is Sybil's second year as a facilitator with our Community Homework & After-school Program (CHAP). Also, she has recently accepted to serve as the program's coordinator. Some of our lessons on news writing will be prepared by Sybil.

Don Smith

Don is in his second year as a facilitator with our Community Homework & After-school Program (CHAP). Additionally, he serves as the agency's Information Management Systems coordinator and handles Marketing and Fundraising for CHAP and Tri-County in general. Our photography and page layout lessons are created by Don; he also edits this newsletter.



Rebecca Disotell

Rebecca, a former work placement student at Tri-County Literacy, has returned to the agency as a CHAP facilitator this year. Rebecca is eager to work with the youth of our community.

Francine Govan

Another new CHAP facilitator on staff this year is Francine. She's been under the weather lately, so we've not had an opportunity to photograph her. We look forward to introducing her to you in next month's edition of this publication.

Parents: Do you have a Study Area for your Kids?

Some kids do their homework quite well in the midst of bustling activity. Some focus best with music playing. Others need silence and minimal distraction in order to study. Observe your child in different circumstances then discuss with him/her what you feel would best suit individual study needs.



Ideally, a study desk with a comfortable chair away from television and other distractions is best-suited to most learners. If this is not possible, you may want to consider using a dining room table or a lap desk. If the study area does not include desk drawers, you'll want to provide a portable storage container to hold paper, pencils, erasers and whatever other items will be required for homework.

Speaking of pencils and erasers ... while the CHAP sites do maintain a small number of these items, your child should come to the site with these items as well as some homework.

