

# Roadways

Volume 25, Issue 2

November 2008

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## Martha Shufelt, a “remarkable” volunteer

Martha was presented with the *Freda Hudson Volunteer Recognition Award* at the LVQ Annual Conference, October 25th. Playing an important role in the lives of many individuals through literacy for twenty-five years, her non-judgmental approach, willingness to figure out what works best for each student, her vast experience and her ability to instill confidence in the people she helps, are qualities that have helped her help people change their lives through literacy.

Since 1986, Martha has been active in the literacy community, locally, provincially and nationally. She has tutored more than 20 individuals on a one-on-one basis. She is a true testament to how a literacy tutor can play a role in changing someone’s life.

It would be impossible to detail the ways in which Martha’s volunteer efforts have impacted on the individual lives of the many literacy students she has worked with over the past quarter of a century. In part, Martha’s students succeed because she expects them to succeed. Her own determination and “not taking no for an answer” somehow transfers to the students with which she works. In this way, Martha is a powerful and positive role model.

For many students no one has ever believed in them or their abilities. Martha believes in her students in a realistic way, and many have come to believe in themselves... and succeed.

*“Working with Martha has changed my life for the better.” Eric*



Martha and Grace Saabas (2007 recipient)

# Thanks, Martha!

# Eric Savage Wins Canada Post Award

Literacy, the ability to read and write with confidence, can turn your life around. YLC student, Eric Savage won the Canada Post Individual Achievement award at a special ceremony in Cowansville. The award celebrates the achievements of adult learners who overcome social or economic barriers by improving their literacy skills. Check out Eric's story at:

### *Experiences I've Had*

[www.yamaskaliteracy.ca/stories.htm](http://www.yamaskaliteracy.ca/stories.htm)

In attendance were representatives from YLC, the Brome-Missisquoi Campus Adult Education and Vocation Training Centre, and Canada Post.



Martha Shufelt (YLC tutor), Eric Savage, and Jane Morey (Adult Ed)



**FREE**  
tutoring

450-263-7503  
or  
1-866-337-7503

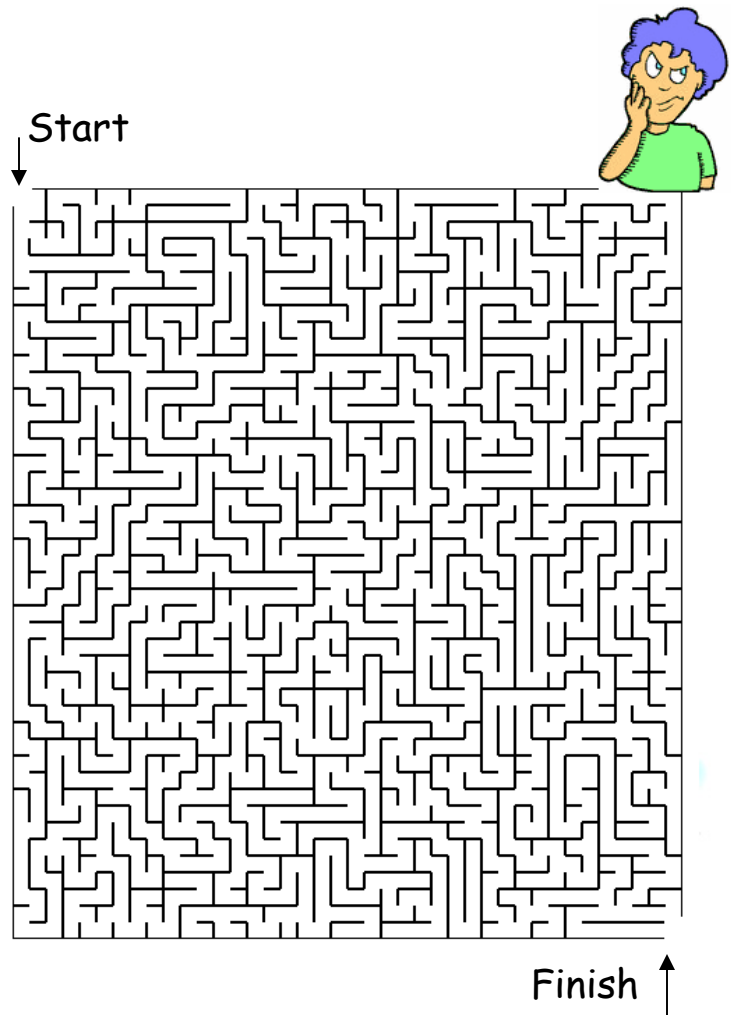
**YAMASKA LITERACY COUNCIL**

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## Knowlton Santa Claus Parade & Party



**WHEN:** December 6th, 12:45 pm  
**WHERE:** Windmill Plastics,  
290 Victoria Rd., Knowlton  
We will have our traditional pasta meal  
after the parade at the Knowlton Pub.  
**RSVP by November 30th.**



**J**ane Patrick, the newly elected President of Yamaska Literacy Council, was educated at Knowlton High School and Bishop's University. She has a Bachelor of Arts, a High School Teaching Certificate and a Diploma in Advanced Studies in Education. Her work experience is varied, working for Canadian Ingersoll Rand Ltd. and Canada Iron in their engineering departments, and the Royal Canadian Air Force Auxiliary as a "fighter cop", instructor, security officer, and adjutant. She taught for 39 years as a "teacher at large" at several high schools (including Knowlton High School), Adult Ed., Shawbridge Youth Centre, Dawson College, and John Abbott College. She is an avid photographer, loves to read, listen to music, garden and knit. Her volunteer experiences are also varied, having worked with people with alcohol and drug problems, tutoring, running a learning centre and fostering baby wildlife. Jane has been a member of YLC since taking the Basic Tutor Workshop in 2001. She has been on the Board as a Director and Vice-President for several years and we look forward to her leadership.

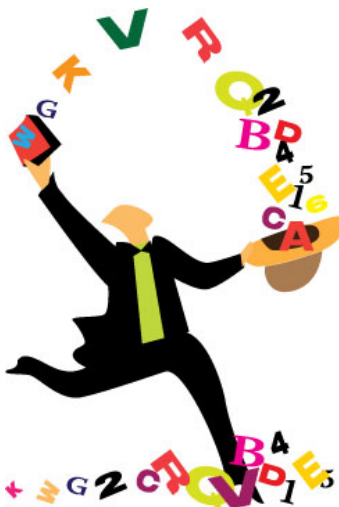
# Jane, YLC President



Jane Patrick, YLC President

Treat people as if they were what they ought to be,  
and help them become what they are capable of being. Goethe

## Promotion in Action



**Cowansville Promotion Agent**  
- Shelley Rumsby-Larose



**Bedford Promotion Agent**  
- Karen Smith

**Shelley and Karen are both busy making community connections and promoting YLC services. The communities of Cowansville and Bedford are unique in terms of the organizations that are active in community life and the services that are offered. This month alone two new referrals were received as a direct result of their work.**

## Literacy classes



Literacy classes are held on Tuesday's in:

**Waterloo** 9—11:30 am

**Mansonville** 12:30—3 pm

If you would like more information contact:

**Julie Zachary** at 450-242-2461.

Transportation can be arranged.



Literacy Volunteers of Quebec

## LVQ Student Challenge

LVQ is issuing a challenge to all students: Each month a student submission will be picked at random from those submitted during the month and the writer will win a \$25 *Chapters* gift certificate. The winning submission will be posted on the LVQ website.

**November's challenge:** Write about the LVQ Conference.

**Criteria:** between 100 and 400 words.

**Deadline:** November 30th

Send submissions to Joani

by email: [info@literacyvolunteers.qc.ca](mailto:info@literacyvolunteers.qc.ca)

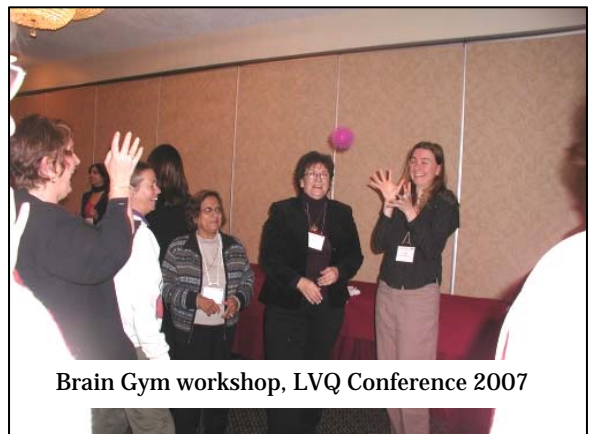
or by fax: **1(450) 243-6812**



## Brain Gym workshop

...was held on Thursday, Sept. 18<sup>th</sup>, at Emmanuel United Church in Cowansville. Students, tutors and friends of YLC spent a refreshing day learning how to improve concentration, relieve stress, and perform better.

The workshop presents 26 Brain Gym® movements and various learning applications. The movements stimulate the sensory systems to enhance reading, comprehension, organization, writing, spelling, and math skills as well as whole body coordination.



Brain Gym workshop, LVQ Conference 2007

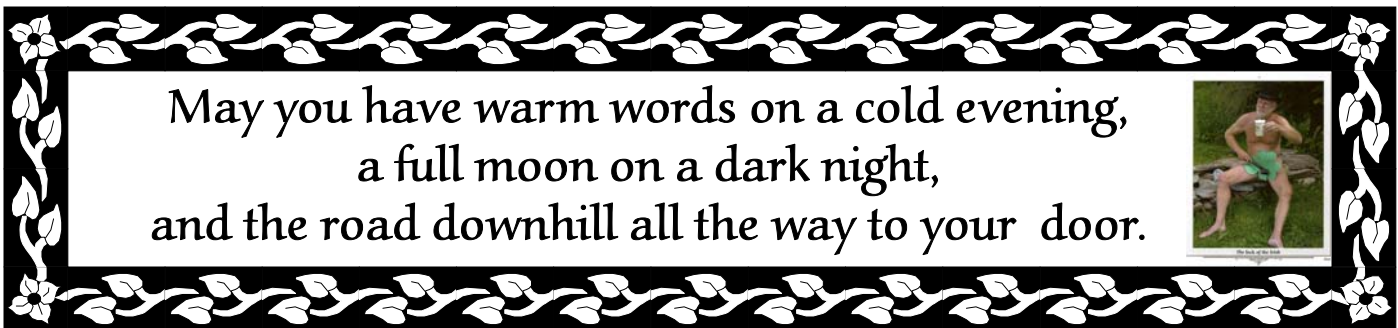
## Massey-Vanier needs volunteers!

Massey-Vanier has developed a literacy program to help increase the reading level of students who are struggling. The school has recently subscribed to the **Barton Reading & Spelling System**, [www.bartonreading.com](http://www.bartonreading.com), a complete instructional package for people with reading difficulties, aimed specifically at those young people who have fallen behind. The pilot program last year was very successful and this encouraged the Resource department to expand it as much as possible.

The Barton System involves One adult with one student—the factor that makes it so successful and at the same time so challenging. There are not enough human resources at the school to accomplish this task. That is why Massey-Vanier needs volunteers so urgently, and why you might consider helping out.

For more information about this program contact **Stephen Klinck** at The Resource Centre of Massey-Vanier **450-263-3772** extension **480**.

## Thanks, Alan, Lyla, & Joe



*Thank you to Alan Ross, Past President, and Lyla Wilson, Director, and Joe Everett, Student Representative, for their dedication and commitment to YLC. **Happy Retirement!***

## Welcome to the new YLC Board

### *Welcome to the new Board of Directors:*

President **Jane Patrick**  
 Vice-President **Don Davison**  
 Treasurer **Susan Reininger**  
 Recording Secretary **Gillian Lortie**  
 Student Representative **Eric Savage**  
 Members at Large **Martha Shufelt**  
**Cornelia Fischer**  
**Marie Watier**



# Health Literacy

*A Prescription to End Confusion*

The focus of the LVQ Conference 2008, was **HEALTH LITERACY**

**Have you ever left your doctor's office confused by the advice you were just given?** At sometime or other, most of us have felt limited in our knowledge and understanding of information related to our health.

## **Low literacy affects getting health services and health information.**

- ☞ People with lower literacy skills (including people from cultural minorities) may find it hard to read and understand health information unless it is written simply and talks about health problems to which they can relate.
- ☞ Less literate people may not have health knowledge and health words to understand instructions and information, either spoken or written.
- ☞ People who do not speak English or French as their main language may face literacy barriers.
- ☞ People with low literacy may not know about services they can use. They often feel powerless and scared when they are in health clinics, or hospitals; and when they speak to doctors or other health workers.
- ☞ People with literacy barriers may make mistakes with their medications.

Improving the way health information is presented has the potential to improve the health of many. Everyone has a better chance of being healthy and taking control of their health if they understand health information.

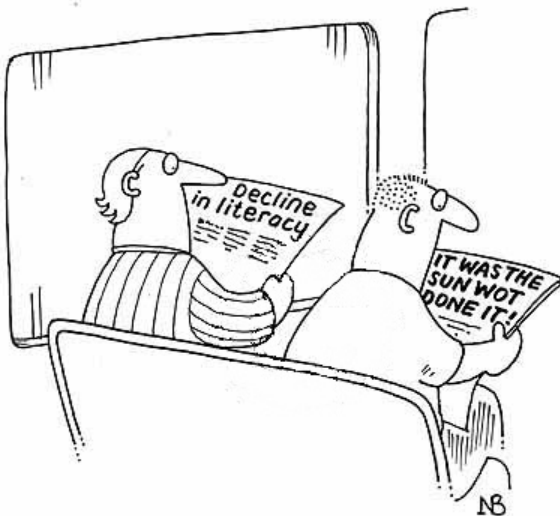
## **The solution is two-fold.**

- 1. We need to increase literacy levels, and...**
- 2. We need to make health professionals more aware of the issues of health literacy.**

## **Literacy and health workers will both have better results when they work together.**

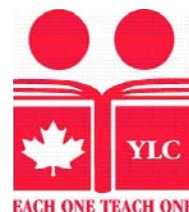
Literacy programs offer the health system an important way to reach people who are often most at risk. Health information, in turn, is a useful way to teach literacy.

**DEFINITION of Health Literacy: The ability to access, understand, evaluate and communicate information as a way to promote, maintain and improve health in a variety of settings across the life-course.**



## **Yamaska Literacy Council**

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***Each One Teach One***

[www.yamaskaliteracy.ca](http://www.yamaskaliteracy.ca)