

Laubach Links Provincial Newsletter



The President's Corner



In the previous issue of Laubach Links newsletter I commented on the successful conference held in Rocky Harbour October 2002. I should have mentioned at that time that the Bay St. George Literacy Council has graciously offered to host our next Annual General Meeting in October 2003. We will have more information on this in the near future.

Last Annual General Meeting we were fortunate to receive funding from the National Literacy Secretariat and the Red Ochre Regional Board. These funds were used to offset the costs to bring students and volunteers to the conference. However, we do not have any commitment for funding at this time. I urge all councils hoping to send students and council members to AGM 2003, to start their funding-raising efforts now. Our Vice President, Monnie Moores has a number of fund-raising ideas in this issue and I'm sure

your council members will have suggestions which you could share with other councils. Good luck and I look forward to hearing about your successful efforts.

Mata Mangal
President - Newfoundland and
Labrador Laubach Literacy
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Happy St. Patrick's Day



Wherever you go and whatever you do,
May the luck of the Irish be there with you.



To all Laubach Volunteers who

- ! chair meetings
- ! fundraise for students and other volunteers
- ! tutor students
- ! match students and tutors
- ! train tutors
- ! co-ordinate a training
- ! talk to students
- ! write letters
- ! talk to government
- ! write the minutes of meetings
- ! coordinate programs
- ! write articles for the newsletters.



Health and Literacy

By Katherine Lockhart

People with low literacy skills:

- are less likely to go for routine health screening
- are often diagnosed at later stages of a disease
- are less likely to stay with a medication regime
- are likely to report poorer health overall
- have higher death rates from disease.

Why is this the case? Low literacy skills are a barrier between the individual and the health care system. Patients with low literacy skills may feel intimidated in a hospital or doctor's office. They may feel ashamed to say they do not understand the language being used to talk about their health. They may not be able to fill out health forms. Health promotion is heavily dependant on written materials. Patients may not be able to read materials that they have been given about their medications, conditions or healthy living. The result is a poor understanding of health issues and far reaching affects in the patients' lives.

What can you do? Use health materials in tutoring. Health topics are effective in reaching literacy and numeracy objectives because health issues are so relevant to learners lives. Resources are available on the web sites listed at the end of the article. You can also advocate for change in how the health care system

communicates information. The Women's Health Network of Newfoundland and Labrador is looking for input for future research on women's health in the province

Women's Health Network
<http://www.whnnl.mun.ca/>.

For more information check out any literacy site. The following sites are dedicated to health and literacy.

Health Literacy Studies
<http://www.hsph.harvard.edu/healthliteracy/index.html>

Lots of resources here, have a look at the "Innovative Materials"

Health Literacy
<http://www.healthliteracy.com/Articles> and resources

Fundraising Ideas

by Monnie Moores



Grocery Tapes - Check with the local grocery stores to ask if they have a tape-saver plan. If they do place containers or boxes in different areas around town and get your friends involved in helping you.

Barbecues - Sell hotdogs, hamburgers and drinks during the warm days of summer.

Book Sales - During the

barbecues have a book sale. Provide a small card table with two to three lawn chairs so customers can sit and enjoy their lunch.

Nova Recycling - Advertise on the community channel that your local council has set up an account with Nova and would appreciate any recycling materials dropped are put in this account.

Basket on Tickets

When special occasions are just around the corner, fill a basket with items for that special time and put it on tickets (always add a few bottles of preserves which is good any time of year).

Craft and Bake Sale Special occasions like Valentines, Easter, Mother's Day, Christmas, etc. are good times to plan these events.

Looking for articles

Laubach Links Newsletter is a voice for council members. Would you like to submit an article? Is there a topic you wish to see discussed?

Please send your editorials or ideas to 1 800 863-0373, by fax to (709) 634-2126 or by e-mail to laubach@nf.aibn.com

Ask the Experts!

By Olive Reeves - Tutor



Idioms and proverbs give problems to beginning readers as well as English as Second Language students. The New Readers Press book on Idioms and Proverbs is an excellent source and could be used along with the regular Laubach lessons. The following are some idioms and proverbs which are great for discussion and story writing. However, they must be adapted to the level of the student.

An idiom is a phrase meaning something else . . . an expression used by people.

Idioms

- You're pulling my leg
- Straight from the horse's mouth
- Blowing your own horn
- Smell a rat
- Gone to the dogs
- Something fishy about that
- Let the cat out of the bag
- For the birds
- Cat got your tongue
- Take the bull by the horns
- Pay through the nose
- Shake a leg
- All thumbs

- Don't have a leg to stand on
- Get off my back
- Spill the beans
- Hit the hay
- In stitches
- If you scratch my back, I'll scratch yours
- Kick the bucket

A proverb is a short saying in general use .

- Birds of a feather flock together
- There's no place like home
- Two heads are better than one
- An apple a day keeps the doctor away
- Do as I say not do as I do
- Leave well enough alone
- Make hay while the sun shines
- Look before you leap
- All that glitters is not gold
- Don't bite off more than you can chew
- Don't count your chickens before they hatch
- Don't judge a book by its cover
- Don't judge someone until you have walked a mile in his shoes
- Don't put off until tomorrow what you can do today
- Where there is smoke there is fire

- Necessity is the mother of invention
- Nothing ventured, nothing gained
- Practice makes perfect
- Rome wasn't built in a day
- You're never too old to learn

Important Dates to Remember

March 21 - 22

Training for the Burin Peninsula Literacy Council

April 4 - 5

Training for Bonavista Literacy Council

April 27 - May 3

Volunteer week is a time set aside to thank volunteers

May 2

Deadline for submissions for the next edition of *Laubach Links*

April 25 - 26

Training for Bay St. George Literacy Council

COMMON SENSE RULES

when chairing meetings
by Bev Hulan

You can find out "how to chair a meeting" through many means. For example:

<http://www.afscme.org/about/chairtc.htm>.

Here are a few general guidelines that have worked for Bay St. George Literacy Council for the past 12 years.

1. Hold regular meetings (BSG has a meeting on the first Thursday of every month, Sept. - May)

2. Start on time or otherwise people will get into the habit of being late

3. Prepare an agenda & have minutes recorded

Include:

> Attendance

> Minutes of Previous Meeting

> Old/Arising Business

> New Business

> Reports (sub-committees, co-ordinators, directors, treasurer)

4. Majority (vote) Always ask for feedback & opinions, and when you feel that some members are unsure of the decision about to be made - VOTE - ask for a show of hands (or even a silent ballot).

5. ASK for a Volunteer to carry out a particular project (or ask a specific person)

How to be an involved Board member

- ✓ Find out as much as possible about an organization when you join the board. Ask about the other board members, the programs and how the money is earned.
- ✓ Request, read and keep a copy of the bylaws. If the group does not have a constitution and bylaws, ask the committee to draft one.
- ✓ Request a copy of your job description. Know what is expected of you from the other committee members.
- ✓ Know who signs the cheques and ensure you receive a signed copy of all financial reports.
- ✓ Ensure your board keeps a financial ledger and all receipts are kept in a safe place. You can request all financial records. Know your rights.
- ✓ Attend all meetings and if you cannot attend, ensure you receive the minutes from the previous meeting and minutes for the meeting you missed.
- ✓ Request all documents

pertinent to the items on the agenda, prior to the meeting. Read and understand all the issues before the board meeting.

- ✓ Ensure you are fully aware of all issues before the board.
- ✓ Keep all documents, reports and minutes in a file.
- ✓ Help the chair by not holding side meetings.
- ✓ Ask questions if something doesn't look right or feel right. When you agree to be a member of a board, you agree to take on the Board responsibilities.

Recommended reading for Board Members

[Call To Order](#) by Herb Perry
\$14.95

Available from

Big Bay Publishing Inc.
821 28 Street East
Owen Sound
Ontario, Canada
N4K 6P3

Got a question? Ask us!

Send your questions by mail to our provincial address, by e-mail at laubach@nf.aibn.com or to 1 800 863-0373.