

# LEARNINGCURVES

CONTINUING EDUCATION | JOB TRAINING | LIFELONG LEARNING

PUBLISHING SINCE 1999



## BALLROOM DANCING

*Discovering a New  
Path to Health and Wellness*

by Henry G.J.G.Godzik

Ballroom Dancing, which used to be considered solely a social pursuit, has blossomed into one of the most entertaining and enjoyable ways to socialize and to stay in shape. Once associated with vintage movies starring Fred Astaire and Ginger Rogers, ballroom dancing is increasingly becoming part of the mainstream of everyday life.

The popularity of movies such as Strictly Ballroom, Shall We Dance, Take the Lead, Saturday Night Fever among others, including the critically acclaimed television series "Dancing with the Stars", has put Ballroom Dancing at the forefront of a renewed interest by the general public and a hit with people of all ages.

Tony Dovolani of "Dancing with the Stars" fame was asked, What styles of dance give you the best workout?

"Foxtrot and Jive, they build a lot of stamina. The Rumba too. Some slow dances are great because they require more control and balance. Any ballroom dancing with a partner creates pressure. When you dance by yourself, you have no resistance. When you dance with a partner you have control, you are more aware and the mind is engaged... physically, it works

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## THE RESUME: REVISIT, REVISE, REVIEW

BY LISA TRUDEL



Whether you are a Canadian newcomer or Canadian-born, if you are looking for employment you will probably need a resume. Sometimes employers only require an impressive LinkedIn Profile or an online assessment application, however most job posting requests still ask for a cover letter and resume.

**The following is a list of 8 common mistakes and suggested solutions:**

- Spelling and grammar errors. Believe it or not, despite the era of spellcheck, many employers still state that this is a common oversight. Be sure to proofread

your resume and make it error-free.

- Incorrect or unprofessional contact information. Employers cannot contact you if you have not added in your correct phone number or email address. This is another common mistake that employers get frustrated with, along with no voicemail message so they can leave a message. The solution is to review your contact information and make sure your voicemail message is business-like and clear. If you have no voicemail message, no one is

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# LEARNING IS BEAUTIFUL

## A SHORT STORY ABOUT JULIE JACKSON'S RETIREMENT

BY MINA WONG

Julie Jackson and I first met at a public library concert two summers ago when she sat next to me. As four musicians belted out Mongolian love songs, Julie amazingly identified all the instruments, including obscure pipes that wailed impossibly high notes.

Julie introduced herself afterwards and asked how I had enjoyed the music.

"Very much. It's stunning how pipes and drums could sing so much joy and sorrow", I said.

After talking on the sidewalk for a long time, we agreed to meet sometime for coffee.

Julie is a retired medical secretary and caregiver to Carl, her elderly husband. They have always lived in a modest apartment on Harbord Street just west of Spadina Avenue in Toronto.

Three years ago, Carl developed severe muscle weakness and poor co-ordination that needed daily homecare and therapy, but Julie would continue to care for him in the evening.

At first, the new routine with caregivers from morning to evening made Julie feel like a third wheel. But gradually, she accepted her freedom knowing Carl was in good hands. "I started to read more, attend concerts, sign up for classes, and learn new things. At my age, it's really late life learning, but I am grateful for it".

"I'm even tempted to study new medical knowledge to help Carl, but he wants me to retire happy even if I don't go out every day. If he could, he would learn new skills, too", she added.

Julie reveals she knew so much about Mongolian music simply by researching it before the concert where we first met. Likewise, before a talk, a film or a workshop, she will become familiar with the material so that she can learn more.

However, Julie's upbringing didn't foster education. In fact, she believes it was only in Toronto that she began to think of herself as a successful learner.

Julie Guinto grew up in Manila where she was the fifth of eight children, all of whom had quit school by the eighth or ninth grade because their parents couldn't support even one child to graduate from high school. Her father's law clerk salary paid for a three-room apartment, but most days, their meals were meager and soon, the children fended for themselves either by marrying early into families of similar circumstances or holding menial jobs in hotels, casinos, bars, and brothels. For Julie, she chose housekeeping on a cruise that sailed away from the Philippines.

Six years on international cruises gave Julie enough confidence to become a domestic worker overseas. She first worked in Singapore and Hong Kong before a huge leap to California, followed by New York, and finally Aurora, Ontario that she thought was Toronto.

For seven years, Julie cleaned, cooked, and ran errands for affluent households in Aurora, with short visits to Toronto that she became very fond of.

How Julie met Carl Jackson was because of a dead transistor radio. Hoping an electronics establishment in Toronto could revive it for her, Julie was advised by its soft-spoken technician that she needed a new radio with warranty. "This Filipino gem is an antique now", came his honest opinion.

That technician was Carl, somewhat older, but kind and sincere. As Julie took home a shiny new radio, she had also gained a friend who enjoyed talking with her.

Carl, single after a previous marriage, respected Julie's practical mind and fierce independence. But Julie, self-conscious of her incomplete education, initially declined his affections.

Patiently, Carl showed Julie not only uxorious devotion but also moral support toward a college education. They pored over numerous programs until she settled on medical transcription that needed two years of upgrading and core training. When Julie finished her program and got a job in a doctor's office, Carl encouraged her to go further. That's how Julie became a medical secretary with a career that she could only have imagined in the past.

These days in her retirement, Julie appreciates all the learning opportunities available to older people: "We grow old, our family members grow old, our lives come to an end sometime. But while I can, I want to discover new things every day. Learning is beautiful".

In my opinion, Julie has always been a tireless lifelong learner. When education eluded her back in Manila, she worked for cruises that took her around the world. Barely out of her teens, Julie courageously ventured to North America where every new experience bolstered more knowledge and skills. It was in Toronto where she eventually completed formal learning and pursued a rewarding profession built on motivation and support. Now that she is retired, she realizes her late life learning is just blossoming into splendid loveliness.

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# FOREVER YOUNG AND ENTHUSIASTIC

BY CRIS DE SOUZA

“Enthusiasm is a state of mind natural to the lover of art,” wrote Max J. Friedländer, “indeed, to him almost something natural.”

**I**t happens because art has effects that nobody knows very well. Even doctors are beginning to investigate them and some examples follow.

You’ve had a terrible day. Suddenly, wonderful music touches you and it passes through you. You rise above the hardships, gain new insights, energies and perspectives. Noble music – for instance, classical music – resonates with your body and makes you feel this way. You are now calm and peaceful. Music influenced you positively, it uplifted you.

Laughter really is the best medicine, so comedies are important. Dr. Gifford Jones wrote in Toronto: “I don’t suggest you stop exercising. But a good hearty laugh is like a mild workout. It exercises muscles, gets blood flowing, decreases blood pressure and stress hormones, improves sleep and boosts the immune system by increasing infection-fighting antibodies.” We need laughter in these stressful times.

Since October 2018, the Montreal Museum of Fine Arts has teamed up with

a doctor’s association for a pilot project of research to help patients “escape from their own pain.” Complementing more traditional treatments, doctors are prescribing a day of paintings, sculpture and relaxation, as well as a free trip to the museum. That trip could benefit people with conditions from mental illness and diabetes to eating disorders and high blood pressure. Looking at a picture or a sculpture is a complex thing, and it is done not only with our eyes, but with our brains.

Hillary Bungay of the Anglia Ruskin University (UK) explains that calls for art to be a core component of social prescribing have been growing, as it improves mental and physical health. She wrote, “There is a growing body of evidence which shows that different arts being prescribed have a positive impact on a variety of health conditions. (...) They include self-esteem and confidence boosts, physical health improvements, better social connections, and the acquisition of new skills.” Art activities have some unique benefits, positively impacting on levels of anxiety and depression.

Dr. Bungay complements it beautifully: “As we age, we are at risk of experiencing loneliness and social isolation through loss of

social networks, as well as facing new limitations as a result of decreasing physical health. The arts can create social connections and research has shown that participation in arts programs enables older people to get in touch with others and extend existing networks of support in their communities, helping to alleviate loneliness and isolation. (...) Whether it is traditional art lessons, joining a community singing group, or any other creative activity, the evidence is clear: participating in these activities has a positive impact on health and well being.”

Crafts are being sought out for their mental and physical benefits, according to Susan Luckman, University of South Australia. Knitting, quilting, needlework, woodworking and others will give you benefits: “relaxation, relief from stress; a sense of accomplishment; connection to tradition; increased happiness; reduced anxiety; enhanced confidence, as well as cognitive abilities (improved memory, concentration and ability to think through problems).”

Doctors investigate how art can be used as therapy for many conditions and diseases, such as Parkinson’s, Alzheimer’s, dementia, stroke, chronic fatigue syndrome and Post

Traumatic Stress Disorder (PTSD).

Art has a diverse range of activities. Film, creative writing, church praise, artistic photography, ceramics, sitting dance for disabled persons, art appreciation and much more are included in its vast concept.

Today, nations talk about weapons and nuclear races. Our lives are overloaded with work and studies. In this competitive and digital world, health and mental problems are increasing even amongst teens and young adults. But when you enter an exhibit, a museum, a church, a concert hall, you escape your daily life’s speed and pressure.

Everyone should be happy and healthy. Art and culture can really help your well being.

*This article is for non-medical purposes and is solely the opinion of the author.*

*Cris de Souza is a Toronto-based artist.*

*We value your opinion. Please let us know what you think about this column. Send comments to [learningcurves@hotmail.com](mailto:learningcurves@hotmail.com).*

## October 21, 2019 Federal Election

Ask the candidates who come knocking at your door what the policy of their party is on training.

Better yet tell them what would help you retrain.

Better still track down the campaign office for each party, Liberal, Conservative, NDP and Green, for your riding, and ask what their policy is on training and what would help you. Go to Elections Canada home page and put in your postal code to find your riding.

Training is a federal mandate and in this day and age, we are constantly retraining for a new job or to keep our existing one.

See [www.learning-curves.ca](http://www.learning-curves.ca) for Summer 2019 issue page 4 “Budgets are Plans (then there is what really happens)” for an overview of past initiatives of governments.

# LEARNINGCURVES

## Top 5 Reasons to Advertise in Learning Curves

1. We are the only community newspaper dedicated to adult learners in Toronto and the GTA. One in every five adults participates in adult education.
2. We have over 700 distribution points including all Toronto and GTA libraries as well as schools, colleges, universities, community programs and employment resource centres, apprenticeship offices and many neighbourhood, community and recreation centres and other sites.
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4. Our editorial is informative and insightful - profiling programs and learners and government policy for adult learning. Our articles are posted and handed around.
5. Our rates are affordable

# LEARNINGCURVES



CONTINUED FROM PAGE 1

# THE RESUME: REVISIT, REVISE, REVIEW

going to leave the message you want to hear: “Please contact us for an interview.” For your email address, create a professional one that does not mention your year of birth. Emails such as: “prettygal1975@hotmail.com” discloses immediately that you think a lot of yourself, you are over the age of 40 and are still using Hotmail which is considered archaic by many employers. Instead, create a Gmail address to be seen as more up-to-date.

- Passive language instead of active language. Using active language sends a message that you have actually accomplished something. Start each line with an active verb such as increased, attained, developed, adapted, solved or managed. Keep pronouns and articles for your cover letter and only use active verbs and adjectives for your resume.
- Mixed and messy format. No one likes to read a resume that is a jumble of assorted font sizes, font styles, colours or emojis. Instead, keep your resume format clean, organized, concise and easy for the employer to speed-read. If your resumes gets through the applicant tracking system, a real person

will eventually be skimming it, however usually only for 10 seconds. Make sure your resume can pass the 10-second glance test by making it uncluttered and orderly.

- Too long. Resumes are not novels or the complete history of your professional career. The word resume is defined as a brief summary of your experience, volunteer work, education and qualifications therefore create a one page or two-page resume. The reason you write a resume is get an interview and once you are at the interview, your resume becomes the roadmap that some employers use to create interview questions with. So be truthful and prepared to talk about everything you list on it.
- Using a general resume for all applications. Employers want resumes to be adjusted or customized to the job posting they have advertised. The solution is to incorporate as many key words and expressions as possible into your resume. If the job announcement states “we are seeking someone with superior verbal skills” and your resume states “developed presentations using excellent communication abilities” change the line to

what they want: “developed and delivered presentations using superior verbal skills”.

- Using CAPITALS or BLOCK LETTERS. Social media has influenced and changed how people read. When you write a text, email or even a resume, BLOCK LETTERS or all CAPITALS is considered shouting. You can use sentence capitalization but get rid of the CAPITAL letters. Yelling at a potential employer is not a good first impression. Your insistence on using CAPITALS because you have always used them, might be sabotaging your chances to get an interview in 2019.
- Including references or not closing the sale appropriately. For many years, it was expected that you would include references with your resume. Then it changed to ending your resume with the line “References Available Upon Request”. Then it became standard to just delete this line altogether. As 2020 approaches, it might be time to rethink how you want to close your resume. Similar to closing a sales pitch, the final word or line can make a difference. Suggestions include

“References Available at Interview” or “Recommendations and Endorsements on LinkedIn”. The final word of “LinkedIn” might encourage the employer to read your LinkedIn profile if they haven’t already.

It might be time for you to revisit, revise or review your resume. You might have these 8 points under control, however there could be more details to revise. If you are job searching, take the time to be coached by a Career Specialist so your resume is what the employer wants to read.

To find out more about how to write resumes, cover letters or LinkedIn profiles, contact your local Employment Ontario Career Centre.

*This article was submitted by Lisa Trudel, Career Specialist with the Centre for Education and Training. She works at their Parliament Employment Services location in the historic Cabbagetown district of downtown Toronto and can be contacted at: [ltrudel@tcet.com](mailto:ltrudel@tcet.com)*

- ✓ Kids in school
- ✓ Post-Vacation work pile ups
- ✗ Register for a CE course

Oh No! You missed the start dates for fall courses.

Don't worry, there are many more start dates than those that occur in the week or two after Labour Day

See [www.learning-curves.ca](http://www.learning-curves.ca) Fall 2018 issue  
“Schools Offering Continuous Intake” page 14.

Best advice call program and ask if they have mid term start dates. Some of these will be for on line mode courses.

# LEARNINGCURVES

## Adult Continuing Education Programs for the



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# Catching Up with LESLEY ANDREW

## IN DISCUSSION WITH CARTER HAMMET

The closing keynote speaker at LDAO's recent Educators Institute was singer-actor-teacher-multi-hyphenate Lesley Andrew. With her somewhat imposing 5'10" presence, wild red hair and signature humour, the London ON-based Andrew never fails to make an impression. Indeed, being the closing act for an already-successful event isn't easy but Andrew had the room hooked with her inspiring and empowering messages and closed the conference on a high note. Swinging from vulnerable one moment to eye-opening the next, it was nice to play catch up and learn she's lost none of the energy that's had her opening for people like legendary singer Paul Anka, appearing on the Tonight Show with Jay Leno or starring in any number of Stratford productions. I caught up with her just after she started a new position as Director of Vocal Music at Toronto's George Brown College.

*Q: Hi Lesley! It's hard to believe a decade has passed since we last talked. Perhaps that's a good place to start. So...whaddya been up to the past decade?*

A: Wow! Time certainly does fly! I've been pretty busy over the past decade, with teaching positions at Western and Windsor universities, motivational speaking, adjudicating at music and drama festivals, teaching in my private studios (Windsor and London), and directing. Last September, I directed La Boheme (Puccini) for Southern Ontario Lyric Opera, and that was loads of fun! I've also started the home study process in the hopes of becoming a foster/adoptive parent, and have signed on to be a 'Big Sister.' The next decade promises to be exciting for sure!

*Q: I know that you are also starting a new position with George Brown College....*

A: Yup. I begin next week. Ah!!! I am the new Director of Vocal Music. I will be teaching voice to all three years of study within the drama program. A couple of months ago, the powers that be at the college called and asked me to be the new Director of Voice, as their past director was retiring.

*Q: What was it like? Were there any moments where it felt like your disability would be an issue?*

A: Good question! I am finding a few things difficult. This week and next, before I start work on Thursday, I have planned a number of treks into Toronto so I can plan my route and look for landmarks along the way. I am very stressed about taking the GO train, and transferring onto a subway and then a bus. Direction is not my thing. I've also invested in ear plugs so that the excessive noise of the traffic, subway and people doesn't make me want to pull out my hair! I can't handle too much sound all at once, which is ironic as I am a musician. All things technology are not my forte, either. I can't seem to figure out how to connect to all the links I need to use, now that everything is computer-driven. My dyslexia comes out in full force when I am

nervous or stressed, too, and some of my coping mechanisms seem to disappear. And finally, as a person with LD, I always experience that old self-doubt before anything new. The story of my life seems to be one step forward, three steps back. Six steps forward, two steps back, etc.

*Q: During your presentation at The Educators Institute, you disclosed that you were recently diagnosed with Asperger's/HFA. You also mentioned that everyone in your family seems to have fallen into this category....can you elaborate?*

A: When I was a kid, very few children received such a diagnosis. It was not until we reached adulthood that my brother and I realized there was an actual name/diagnosis for what we 'are.' It sure explains a lot! My brother and I both have great difficulty with certain textures, for example. Not only when we touch certain items (like suede and velvet), but when we see other people touch it, too. While my father is deceased and never received a diagnosis, we feel there is a common thread that began there. One of my brother's children also has the same diagnosis. Seeing the movie 'Temple' changed my life; I could relate to it so much. Then, this past year, Temple Grandin and I were both booked to be keynote speakers at the same conference. I felt blessed to meet my hero.

*Q: Previously, you mentioned you were diagnosed as 'gifted LD.' How does this interact with your autism diagnosis?*

A: It's all just part-in-parcel. It just means I am really good at some things, and really not good at others. There seems to be no middle ground with me. It just means that I do things a bit differently. I've had to come up with strategies to help with challenging situations (like wearing ear plugs when sound gets too much). It hasn't really impacted my social behaviour, but I definitely 'think' and understand things differently. It means that sometimes I feel very frustrated. It means that quite often I have to use a lot of creative problem solving. It also means that I feel hopeful about what I can do. It means I do my best to not limit myself with "can'ts"

*Q: Can you explain to readers what your LD is and how it impacts you?*

A: Oh goodness, I have a huge list of disabilities. Dysphonetic and dyseidetic dyslexia and dyscalculia. CAP (central auditory processing disorder), an inability to remember list or non-related facts or number sequences. A hearing impairment (20% loss in left ear), extreme myopia and visual impairment with vision crossing fields,

*Q: What insights are attached to this?*

A: "Normal" is just what we are used to experiencing. I've never known myself any other way. I think it has all made me a sensitive person; and sensitive in a good way. In the 'ultra aware' kind of

way, not the 'easily hurt' kind of way.

*Q: You mentioned several things that you do to help you manage your LD, including journaling. Can you explain the benefits of this?*

A: Journaling helps one to work out his or her story. When times are tough, it helps to get it all out of your brain. Ear plugs are definitely my friends! I also have analog clocks in every room of my house. I keep my space organized and quiet (save for my parrot, who is very loud!), and I make sure to give myself time away from people so that I may re-group. I know it will take me a bit of extra time to accomplish certain tasks, so I make sure to give myself the needed time whenever possible.

*Q: Something I've mentioned a few times since your talk was your references to your "invironment" and your "outvirement." This seemed to resonate with the audience....a lot. It certainly did with the people I've mentioned it to. Care to elaborate for readers what this means to you?*

A: "Invironment" is everything to do with the self and self-care. How you take care of yourself and present yourself to the world. "Outvirement" is everything else. How you take care of the world around you. Your familial situation, society, the earth. With both, there are some things over which we have control, and some things over which we have no control, in which case it is how we react to those things over which we have no control. If we can feel better about our invironment and our outvirement, we will feel more in tune, as both impact the other. Hopefully, this awareness (and doing what we can to improve our invironment and our outvirement) will help us to work harder, and to succeed.

*Q: You also use humour to great effect. I like how you mentioned to laugh twice daily. Can you explain a bit more?*

A: Laughing is so important. Laughing lowers blood pressure, reduces stress hormones, and increases the circulation of antibodies in the blood stream and makes us more resistant to infection. Plus, it's fun!

# Don't wait till after labour day to register for the fall term classes.

Registration for the Fall Term 2019 start in July and some in August. There are courses which start throughout the term Call the program to find out about mid term start dates.

Continuing Education programs offer Information Sessions for the 2019-2020 year are often held in August but also at other times. Call the program and ask what information sessions are coming up.

# LEARNINGCURVES



# What's New for 2019-2020? by Wendy Terry

Educational providers are constantly developing new courses to help us stay up to date. Some college and university websites have a What's New program and course listing which is very helpful. Others you would have to scan to see what fits your needs or call the program department and ask them what is new.

## George Brown College

Click on Continuing Education, then click on More Browsing Options. then Click on New Course and Programs.

There are multiple listings here but what caught my eye given our increasing concerns about cyber security were:

### Under Security Enforcement programs

Cybercrime Law  
Cybersecurity Incident Response and Recovery  
IT Infrastructure Fundamentals  
Social Media Intelligence and Investigations

### Under Property Management

Human Relations for Property Managers

## Ryerson Continuing Education

If you click on programs and courses, then on What's New for 2019-2020 you find:

### New Programs Certificates:

Crime Analytics  
Economics: Fundamentals  
Economics: Theory and Applications  
Energy Management and Conservation  
Financial Mathematics Modeling and Predictive Analytics

### Course Series:

EarlyON Child and Family Centres  
Inclusive Media: Real time Closed Captioning and Audio Description  
Leadership in Accessibility and Inclusion  
Workplace Mental Health in Healthcare Settings.

## York University School of Continuing Studies

On their home page banner there is a What's New tab which lists:

Certificate in Cloud Computing Strategy  
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Certificate in Full Stack Web Development  
Certificate in Machine Learning

### Scanning Websites

Other educational providers do not do a What's New listing so by scanning course and program listings, some catch your eye, or you can just call the program department and ask what is new this term.

The following caught my eye this year, last year it was Cannabis Courses which are still there and have grown, this year cyber security seems to dominate given all the press about meddling in elections, websites, social media. There were liberal arts courses that caught my eye as we need to understand our world as well as keep up with tech changes. Try scanning these lists see what catches your eye.

## Humber College Certificate

Healthy Senior Living (Retirement Homes)  
Operations  
Cyber Crime Specialist



Fundamentals of Geographic Information Systems  
Psychosocial Rehabilitation in Mental Health  
Records and Information Management  
Research Skills and Analysis  
Transformative and Restorative Justice

### Courses

3D Modelling with 3ds Max (plus several others)  
Active Records Management  
Acute Physical and Mental Health Challenges  
Across the Lifespan  
Beekeeping: Build a Hive (plus several others)  
Citizen of the World  
Computer Assisted Language Learning (plus several others)  
Contemporary Canadian Issues  
Cyber Attacks  
Cyber Defense  
Foundations of Mindfulness  
Introduction to Robotics  
Issues in Diversity: First Nations People  
IT Security  
Math for Moms and Dads (How to Tutor Your Children)  
Researching and Reporting  
The Law of Armed Conflict

## Seneca College

At a Downtown Location Workhaus  
Commerce Court 30 Wellington Street, 5th floor

### Courses

Financial Technology (Fintech)  
Block Chain/DLT and Crypto Currencies  
Business Analysis for Fintech  
At main campuses under Featured  
Programming Section (not clear what is meant by featured)  
Many listings but these caught my eye

Autism and Behavioral Science  
Cyber Security  
e-learning Developer  
Planning for Retirement  
Stock Market Investing

### Webmaster Content Site Design

Seneca's program and course listings uses a drill down process (program area to program to course) which is more time consuming than scanning lists of programs that then link to a program area and courses which then link to a program area. Or call the program and ask.

## Centennial College

Browsing of programs and courses organized by course number not alphabetic by course name.

### Programs

Autism and Behavioral Science.  
Geographic Information Systems  
Supply Chain Logistics Management  
Digital Publishing  
Thanatology (Death Studies) – a Practical Approach

### Courses

Writing for the Web  
Development Across the Lifespan-  
Developmental Psychology  
Autism Spectrum Disorder  
World Religion: Western and Eastern Traditions  
Desktop Publishing for Business Using Word  
Global Logistics  
Wind Turbine Installation and Maintenance (Basic)  
World Systems: History, Geopolitics, Culture  
First Nations Culture

## Durham College

Durham used to have a What's New listing on the inside of the front cover of their Continuing Education Calendar but not this year so I scanned and found"

### Program Spotlights

Certificate in Ethical Hacking

### Certificates

Sustainable local Food  
Thanatology Death Studies

### Courses

Autism Spectrum Disorder

Behavior and Mental Exceptionalities  
Canadian Literature  
Dealing with Difficult People  
Geographic Information Systems.  
Learning for Death and Dying  
On Line Searching

## Sheridan College

### News

New glass blowing Netflix series highlights Sheridan students, staff and alumni

### Programs

This section used a drill down process organized by program area, which is more time consuming to scan than a listing of programs or courses that have a link to program areas.

### Courses

This course listing has a filter which allows you to choose mode of delivery (in class, online); academic term; days of the week, and campus location). This is very helpful as there over 400 courses to scan, especially days of the week, as often due to work and family commitments there is only one day of the week when you can go to class.

Art History  
Coping with Death  
Geographic Information systems, Arc View  
Green Building Construction Practices  
Internet Mapping  
Mourning, Grief and Bereavement  
Myth and Legends  
Religious Beliefs, Traditions and Customs of Death  
Thanatology Introduction  
The History of Chocolate  
Value Stream Mapping and Process Management

## University of Toronto School of Continuing Studies

By searching with What's New in their Search Engine we found a lot of listings, these are some.

Agile Bootcamp for Executives and Senior Managers  
Neuro Science, Mindfulness, and Mindfulness Meditation  
The Rise of Subscription E-Commerce  
Foundations of Cloud Computing  
Beyond Brainstorming: 3-step System for Leading Creative Problem Solving Meetings  
Foundations of Strategic Public Relations  
Advanced Technical Analysis and Algo Trading Strategies  
Digital Transformation for Business Growth  
Agile Leadership and Transformation  
Agile Practice in Business Analysis

### Program Area

By scanning the U of T School of Continuing Studies, Arts Science and Humanities print calendar I found a new Program Area I had not seen in previous years and I had not seen in previous scans of this provider. Applied Mindfulness Meditation (certificate studies possible )

We suggest you call programs and ask what it is new. If you would like a What's New program and course listing let the continuing education department know. Sheridan and Durham seems to have stopped doing this as last year we could find a What's New list but not this year.

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[communityservices.humber.ca/ce](http://communityservices.humber.ca/ce)

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CONTINUED FROM PAGE 1

# BALLROOM DANCING

*Discovering a New Path to Health and Wellness* by Henry G.J.G. Godzik

out every part of the body; it works out muscles you forgot about—small muscles.”

One of the reasons that “Dancing with the Stars” became so popular is because it showed the toned, lean physiques of the professional dancers as well as how some of the contestants bodies had radically changed and attributed this transformation to the dance training. The premise of the show is that the guest celebrity has no dancing skill and that the audience was able to identify with that.

According to the National, Heart, Lung and Blood Institute (NHLBI) whether you sway, pirouette, disco, boogie, shake a leg, swing, or trip the light fantastic across the dance floor, the benefits will:

- lower your risk of coronary heart disease.
- help to keep the heart in shape and can lead to a reduced heart rate over time.
- help to manage or lose weight
- strengthen the bones of hips and legs
- condition the body
- build and increase stamina
- develop the circulatory system
- strengthen and tone muscles
- Increase flexibility and balance
- Relieve stress and improve mood

The components of fitness according to Fabio Comana, exercise physiologist for the National Academy of Sports Medicine are, cardiovascular endurance, flexibility, muscular endurance, body composition and muscular strength. Ballroom Dancing embraces these components of fitness in various degrees, but in a much more enjoyable fashion, unlike, running on a treadmill which can be a monotonous way to improve cardiovascular endurance and body composition.

In addition to these two components, Ballroom dancing also targets muscular endurance and flexibility and overall, is a much more gratifying experience.

Cardiovascular endurance is increased because of a change to the breathing mechanism which allows the body to increase oxygen levels and build lung capacity. This action is accomplished by incorporating diaphragmatic rise and rib box expansion of the torso, core and upper frame.

A study conducted at California State University at Long Beach, discovered that even novice dancers were able to get their heart rates up to near maximum training rates with a 5 minute warm-up and 20 minutes of cha-cha, polka or swing dancing. The study also showed that a moderate Ballroom dance burns between 250-300 calories per hour and more vigorous

dancing can burn in excess of 400 calories per hour.

It is to be noted, that as with any form of exercise, the amount of benefit acquired from Ballroom Dancing depends on its frequency, intensity and skill level.

Various clinical studies have associated ballroom Dancing with reducing the risks of memory diseases such as Dementia and cognitive impairments such as Alzheimers. Some of these studies have shown that Ballroom Dancing involves the constant use of short-term memory and in order to accommodate the many various patterns of movement that constantly change, more intricate neural pathways begin to develop. This short-term memory in combination with physical activity and listening to music are advantageous to the ongoing development and efficiency of these memory pathways.

Aga Burzynska, assistant professor of Human Development at Colorado State University, conducted research on cognitive decline in seniors and looked into ways on how to combat this deterioration. One group of participants were assigned to learn and practice Country dance choreography while two other groups were assigned the activities of brisk walking and balance/stretch training. Upon completion of the study, all participants were subject to a brain scan. Once the results were in,

“I have been involved with Ballroom dancing, and other dance forms, off and on, for almost 20 years. Originally, I decided to incorporate dance lessons into my fitness regime, as a way to cope with Fibromyalgia and now age related maladies. Ballroom dance lessons, in comparison to other dances, has by far the most positive impact on my general well-being. My poise, strength, balance, agility and weight all improve the more I am able to practice ballroom, not to mention my confidence and the invaluable social interaction among like-minded people.”

KRYSTINA, AGE 65

CONTINUED NEXT PAGE



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CONTINUED FROM PREVIOUS

# BALLROOM DANCING



Overland L.C. Ballroom dancers just finishing the last class of the Spring 2019 ballroom dancing term. Starting from the left is Carmen, Loretta, Lorne, Mira, Jackie, and Robert.

they clearly showed that the dancers fared better and had less deterioration in their brains than the other groups. The reason, there was much more memory work involved and learning to do in the dance classes as opposed to the other activities.

Ballroom Dancing requires a high level of focus and concentration and participants must challenge their cognitive abilities to ensure that their steps and posture are correct and that they are following the music's tempo and beat.

For individuals bored with conventional exercise methods, ballroom dancing can be an excellent alternative. An exercise program involving this type of movement offers an aerobic workout that is low impact and gentler on the joints, while a more vigorous dance program provides the same benefit as other, more traditional workouts. However, unlike high-impact sports such as tennis, jogging or racquetball, dancing not only improves balance, coordination, flexibility and posture, but also decreases stress on the joints. There is also a lower risk of injury.

For those individuals diagnosed with Osteopenia / Osteoporosis, low impact exercises are often recommended. Ballroom dancing, for the most part, is low impact and generally safe for individuals with joint problems. This helps to prevent or at least, slow the bone loss related to osteoporosis. Because dancing involves the constant flexion and extension of the calf and leg muscles, it helps to tone and lengthen these muscle groups and contributes to overall body alignment and core strength. Ballroom Dancing, in itself, contains plenty of rise and fall action, bending and stretching which is one of its major benefits; therefore, the more you dance, the more flexible you will become. By performing various foot driven dance movements, this helps to increase the strength of the feet, ankles and

knees and the weight bearing bones.

Some challenging aspects of Ballroom dancing involve the many decisions that are made as dancers navigate their way around the dance floor; usually in a graceful, elegant manner, unless dancing a rhythm dance. The leader and follower must also be able to interpret their partners' intentions through touch, firm and toned connections, eye contact and other gestures deemed important for that particular dance. Split second decisions are made as to what step to do next, conveying these intentions to the partner, guiding them through an unpredictable maze of fellow dancers all the while demonstrating poise, confidence, skill and overall enjoyment.

The incredible drive to Ballroom dance has never been more evident than with the example of Adrienne Haslet- Davis, a Ballroom Dance teacher with Arthur Murray's in Boston. That fateful day April 15/2013 during her participation in the Boston Marathon, Adrienne became a casualty of the bombings that rocked the city. As a result, her severely damaged left foot could not be saved, and had to be amputated. Despite these life changing injuries, she vowed that this incident would not define her life and that she would some day dance again. That "some day" happened two hundred days later, with the help of Dr. Hugh Herr, director of the Biomechanics Research group at the M.I.T. media Lab, was fitted with a bionic limb, embedded with an A.I. (artificial intelligence) program specific for dancing. The following spring Ms. Haslet-Davis danced the Rumba with a professional ballroom dancer in front of a jubilant audience at Vancouver's TED Conference, dancing in a short sparkly dress that showed off her bionic leg.

"I was always determined to dance again,

Ms. Haslet- Davis said in a statement. "and I knew that I had to, that I would, and here I am."

The inclusive art of Ballroom dancing is accessible to all, despite age, creed, colour, gender, social-economic status, body type and skill level. It's a wonderful way for people from all walks of life to get in shape, while at the same time allowing their creative juices to flow.

Ballroom dancing is an excellent social activity which promotes group involvement and social interaction. Sharing a venue with others who share your interest provides a sense of connectedness, creating a sense of belonging and reduces the feeling of loneliness and isolation. It also contributes to a sense of well-being, promotes a more positive outlook and sharpens mental acuity. In other words, ballroom dancing is beneficial to our mind, body and soul.

In closing, Ballroom Dancing isn't about just learning steps and figures and applying it to a musical tempo. It's about the ability to combine the various aspects of social interaction, body awareness through physical activity and challenging the neuroplasticity of the brain through continuous memory work.

It's a journey worth exploring and all it takes is convincing yourself to take that first "step" Here we go..." toe heel...toe..."

*Henry teaches in the Learn4Life.ca program offered by the Toronto District School Board.*

*Keep reading for more perspectives from Henry's students and famous quotes on dancing from notable people.*

## STUDENT QUOTES ABOUT BALLROOM DANCING

"I started my first dance lesson in Henry's class in 2007. Learning how to dance has been a great experience in my life... Through my involvement with dancing, I became more sociable and outgoing. Dancing keeps me in shape and builds self confidence. learning to dance provided a new skill that made me a happier person in general."

SIU SUI, AGE 50

"My wife and I have taken dancing lessons from Henry G. for four years. We enjoy dancing both as an exercise and an artistic activity, and appreciate the opportunity provided by TDSB to take part in this activity"

ANDREW, AGE 75

**CONTINUED ON PAGE 15**

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# One Giant Leap for Mankind...



July 20, 2019 marked the 50th anniversary of the Apollo 11 mission which sent the lunar module “Eagle” to the surface of the moon leading to Neil Armstrong’s momentous moonwalk. Do you remember that day? I was 15 years old when it happened, and I remember being in awe of the whole thing, imagining what the future had in store. I was also overwhelmed by the fact that the entire world seemed to have paused to focus on that one event.

A few of us from Learning Curves were reminiscing about our own personal memories of that day, and even those of us that weren’t born at that point were able to share the impact that the moon landing had on them. We reached out to some of our regular contributors and received a most interesting assortment of impressions which we are sharing with you below.

On July 16, 1969 my family was on a road trip on the Westcoast of British Columbia where I grew up. I was 13 years old and not interested in anything my parents were talking about. My older sister and brother seemed interested in this big world news, and my younger sister and brother didn’t seem to be interested in anything but playing with Gumby and Pokey.

I just knew it was something important, and my father drove to a friend’s home where everyone was crowded around a black and white television cheering and applauding as Neil Armstrong walked on the moon. I watched for awhile and remember hearing the famous line of “One small step for a man, and one giant leap for mankind”.

However, after about 10 minutes, I returned to reading my Cherry Ames mystery novel. I found that much more interesting.

It wasn’t until 2016 when I watched the film “Hidden Figures” that I applauded the women mathematicians who worked during the Space Race. If you haven’t watched this movie, you should. It is the true story that reinforces that behind the men of Apollo 11 were many great women who made it all possible!

*Lisa Trudel*

The Moon landing happened on July 20th, 1969. I was two months away from my 10th birthday. I have vague recollections of going to our school at night and watching it on a television in a classroom. More than the actual excitement of watching astronauts landing on the moon I may have been more impressed by the fact that I was out that late at night. I remember the room as being very dark and the images on the tv being very grainy. We did have a television at home but watching it as a group certainly added to the “gravitas” of it all. Although my memories of that moment are very cloudy, my pop culture memories are very clear! We begged our mother to buy Tang, frozen treats in the shapes of rockets and anything that had a space age theme. We were heading into the seventies and everything was in neon colours. There was a shared feeling that the world was open and it could only go up from there. Our parents had to deal with the trauma of the second world war and the fear from the Cuban missile crisis. We did not yet have to deal with the oil crisis, the threat of AIDS and recession. This period, in my memories, a hopeful time where we held our futures in our own hands. Our reality was to change during the 80s and on however I am blessed to have experienced my younger years in those times. They help anchor the idealism and hopefulness I hold deep in my soul.

*Deborah Noel*

At the time I was married but neither my ex husband and I can remember watching the landing. We think we were living in Australia at the time. He is now 75 and I am 72. Not sure what to attribute this lack of memory to. Age, being out of the North American news orbit, having no TV in our place in Australia. It is a bit embarrassing to owe up to not remembering.

*Wendy*

It was the week I got the results of the national exam for grade six. And was wondering with my friends what middle school would look like. We had an American Arm force base called Kagnew Station, in Asmara. They had a radio station that plays music all day and evenings accompanied with short news of the day. They mentioned something about a rocket going to the moon on July 20, 1969. the real exciting news come to us the morning of July 21, 1969. I remember staying late outside with my friends looking out for the moon and if we can see the astronauts. It captivated my imagination and got me interested in astronomy. Ever since I read a lot about space and astronomy. I am still fascinated by it. Knowing how minuscule our planet is in the universe makes me humble. The simple fact that the earth travels at approximately 100,000 k/h to revolve around the sun, makes my movements and sense of time insignificant. I owe all this curiosity and interest to that day in history July 20, 1969, that captivated me ever since.

*Mahari Woldu*

Late at night on July 20, 1969, my parents said, "You can't see the astronauts that far away, but they have landed."

For us children, somehow the moon was different from then on; something less mythical and more accessible about it became part of our science curriculum.

To me, a historical moment such as moon landing is both inconceivable and humbling. Giants leaps are also tiny steps in the scheme of time, space, and the universe. In one's mortal lifetime, one could have the good fortune of witnessing one or two such achievements, with currently four nations as major contenders in the space race.

My children and grandchildren will witness the next space achievement, but in my extended family, there is one retired NASA scientist who has probably shared a lot of aerospace engineering with his kids and grand-kids. In 1969, he was still an undergraduate student, but went on to work on thermal dynamics for NASA.

*Mina Wong*



CONTINUED FROM PAGE 11

# BALLROOM DANCING



"I have been dancing since 2011. dancing has helped me lose weight and become more physically fit, and I also feel that learning how to dance has been very good for me mentally. Over the years I have had difficulty with learning how to do various activities properly, and so learning how to dance has been a challenge for me. But dance lessons have helped me to become better at this type of learning, and so that's why I feel that dancing has been good for me mentally as well as physically."

LORNE, AGE 59

"At age 59, I ventured into TDSB's Ballroom dance classes under the expert guidance of our dance teacher, Henry Godzik. Since my teens, I have been passionate about fitness, health, nutrition and wellness, practicing moderate yoga, aerobics and light weights. I have also recently started learning to

play the piano and guitar. Ballroom dance has added a joyful dimension to my interest in pursuing my overall wellness goals. With dance, I am engaged in different genres of music, dance styles, practicing and mastering the correct dance steps footwork, socializing with like-minded ballroom dance enthusiasts, and keeping to a routine of attending dance classes and social dancing opportunities. This new fun and creative activity has improved my mental and physical health and boosted my overall happiness. Ballroom dancing has improved my physical conditioning, my balance and coordination and makes me feel good. I look forward to attending future dance lessons with Henry's classes, and continuing to experience and enjoy the many positive total-body-mind-soul benefits of ballroom dancing.

JULIET

"The impact fine in taking this course is that you become more in-tuned to how long you've been sitting down & you develop the compulsion wanting to get up to stretch much more often. This need to move, of course prevents a sedentary lifestyle and encourages you to take a mental break; a goal which increases my chance of living a better, healthier life. Knowing how to dance is an engaging activity that can be done anywhere and at any time, especially when your favourite music is playing on the radio! After 4-5 years of study, it continues to bring a sense of balance to my life. I do regret though for not learning this skill sooner.

DIANNE, 35+

## FAMOUS QUOTES ON DANCING

"To dance put your hand on your heart and listen to the sound of your soul"  
EUGENE LOUIS FACCUITO

"We should consider every day lost on which we have not danced at least once"  
FRIEDRICH NIETZSCHE

"Dancers are the athletes of God"  
ALBERT EINSTEIN

"Everything in the universe has rhythm, everything dances."  
MAYA ANGELOU

"Let us read, and let us dance; these two amusements will never do any harm to the world"  
VOLTARE

"You don't stop dancing because you grow old, you grow old because you stop dancing"  
UNKNOWN

"If you can't get rid of the skeleton in your closet, you'd best teach it to dance"  
GEORGE BERNARD SHAW

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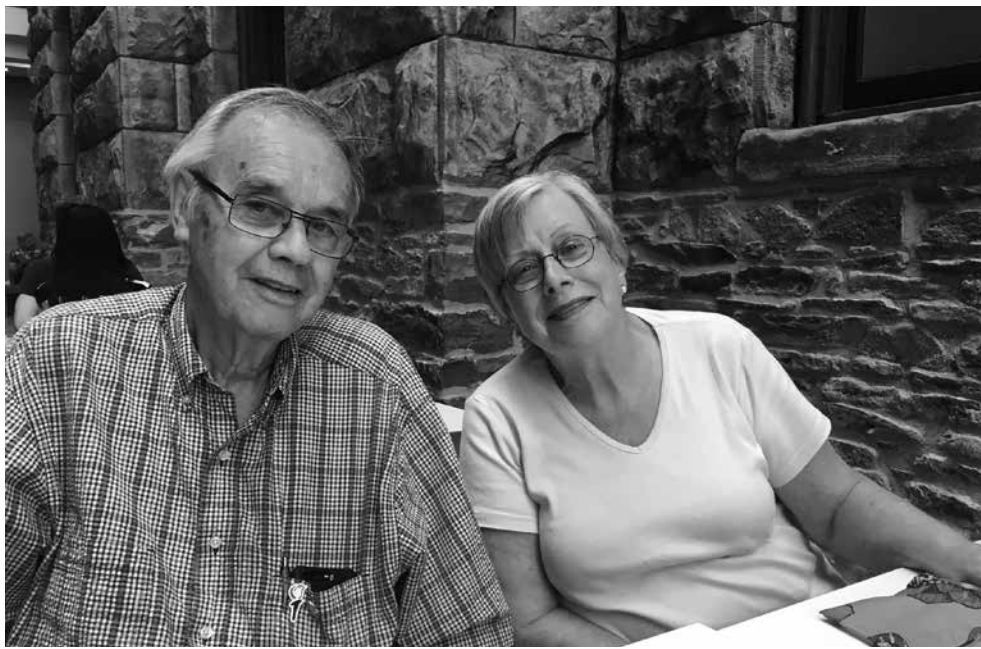


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Best wishes to all students for the 2019/2020 School year.



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UitC student Robert and his partner, Nenke. "UitC has encouraged me to think beyond my personal experience."

# MEET ROBERT THOEN: University in the Community Student and Citizen of the World

By Joanne Mackay-Bennett

*Readers of Learning Curves will recognize the name of the WEA initiative called University in the Community. But if you have never been a participant in our program, you may have wondered who attends our free-of-charge, 10-week sessions held at Innis College during both fall and winter terms.*

I met with Robert Thoen, a current UitC student, in the café at the Royal Conservatory of Music. After having had to put his educational goals aside, he, like many of his fellow UitC students, returned to the classroom to pursue his passion for learning. I came away from our interview with the clear sense that it is his singular love of learning – about the world, about people, and about ideas – that forms the bedrock of a life of unceasing curiosity and exceptional kindness.

To even begin to know who Robert Thoen is, you must first start with a map of the world in front of you. Go to the southwest portion of the Pacific Ocean. Find the island of Borneo. Look for Kalimantan, the large part of the island that is under the political jurisdiction of Indonesia. Locate the province of South Kalimantan. In the southeast section of South Kalimantan, find the port city of Bandjermasin.

There, on June 7, 1939, Robert Thoen (Dutch: 't Hoen) was born into a biracial family. His father was Dutch and was employed by Shell, a large Dutch company with colonial ties in what was then called the Dutch East Indies. His mother was Dutch – Indonesian. Robert was their first child.

Born just weeks away from the onset of World War II, the full force of the war's horror did not strike Robert and his family until 1942 when the Japanese invaded and occupied Indonesia. While on holidays in Soerabaja on East Java, his father was interned and sent to a camp in Thailand as a POW. What followed was an event that abruptly

turned his middle-class childhood upside down: Robert, just three years old, his mother, and his baby sister fled to Semarang, Java, to his mother's parents. From there, they were interned in a Japanese concentration camp.

Robert's memories of their incarceration remain vivid. He describes the approximate dimensions of the corner of a house where they endured three, long years by pointing to a tiny corner of the room where we were meeting, a space so small that it was unimaginable to me how his mother managed to protect her two toddlers from physical and emotional harm.

Unable to understand at such a young age where his father had gone, Robert would learn later that when he, his mother and his sister fled to Semarang, his father was taken prisoner and sent to Thailand. There, along with thousands of POW's and civilian prisoners, he became part of the human labour force tasked with building a railway between Burma (aka Myanmar) and China. This was the time and the region where the story of the well-known film, *Bridge Over the River Kwai*, took place. Needless to say, the Hollywood re-telling comes nowhere near a true portrayal of the horrific privation and suffering of the prisoners of war.

In August, 1945, after the Allies and Japan signed an agreement to end the war in the Pacific, the POWs were released and Robert's father headed south to Bangkok. Robert, his mother, and his sister boarded a Red Cross boat going to Bangkok where they were finally reunited as a family with the husband and father whom they had not seen

for three years. From Bangkok, the 't Hoen family set sail for the Netherlands, via the Suez Canal, where they started a new life.

Having known Robert as a student in UitC for several years, I try to fit the biographical details of his earlier life with the extroverted man I meet each week in our class. I wonder how it is that the upheaval and sadness that lies deep in his childhood has transmuted into a life of extraordinary openness to the world. For some, the losses suffered because of war would have turned them inward to the safety of a more conventional and private life.

What, I wonder, turned Robert's sights outward? As a young adult, he chose a career working in telecommunications that took him to postings all over the world. Among his many adopted homes, he singles out four countries in particular: Indonesia, the Netherlands, Saudi Arabia, and Canada. His formal schooling began in the Netherlands in 1946. Did his formative years, where pre-school "educational outcomes" were based not on the three "R's" but on survival, open his eyes to larger, borderless landscapes of human nature?

I wonder, too, if the experience of being an outsider in other cultures became somehow familiar to him. What I do know is that Robert learned to appreciate and value the richness of other lives, other ways of being. Always profoundly interested in the lives of ordinary people, their culture, their history, and their human experiences, he has drawn his own map of human-to-human connections that form his lineage of extended kinship.

His natural ability to connect with people and ideas became a life of engaging with others. On any given day, that could mean being actively involved with issues of social justice, educating himself about the rights of Canada's indigenous peoples, volunteering at a weekly, drop-in café, or being a trusted friend and advocate for refugees living in Toronto.

He is also a volunteer Board Member of the "August 15, 1945 Foundation" where Dutch and Indonesian survivors of the War in the Pacific gather three times a year to support each other and enjoy a marvellous Indonesian luncheon. (Note: The War in the Pacific ended on August 15, 1945 whereas the War in Europe had ended May 5, 1945. 2020 will mark the 75th anniversary of the end of WWII in Europe and the Pacific.)

When I ask Robert what motivates him to connect with others, he responds instantly that it is because he has been an immigrant that he notices the needs of others.

That Robert should arrive, and stay, in Toronto, has been both fortunate and fitting. In a stroke of good luck, while volunteering on Barbara Hall's mayoral campaign, he met Nenke; they have been together ever since. Chatting with Robert, with Nenke close by, it is obvious that their mutually-supportive partnership has been a vital source of strength for both of them.

*Robert is one of 35 students in UitC whose interest and participation makes our program, and our city, stronger. Email us at: [universityinthecommunity@gmail.com](mailto:universityinthecommunity@gmail.com) We look forward to hearing from you!*

## University in the Community : Come Learn With Us!

Summer is winding down which means that it's time to think about signing up for University in the Community (UitC)! Since 2003, UitC has offered free-of-charge, non-credit, university-level classes in a non-traditional setting. Our program promotes the exchange of knowledge from the university to the community and from the community to the university. If you have always wanted to go to university but somehow life intervened, here's your chance! (FAQ below)

**What is University in the Community?** University in the Community (UitC) is an initiative of the Workers' Educational Association, the publisher of this newspaper. It is a unique educational opportunity for adults who

have a desire to learn, to think independently, and to participate in lively discussions. Each year, we invite speakers to address a single topic over 10 weeks in both the fall and winter terms.

### Where and when is UitC held?

Classes are held on Wednesday evenings over a period of 10 weeks (SEPTEMBER 25 – NOVEMBER 27) from 6:30 pm – 8:30 pm at Innis College, on the St. George campus of the University of Toronto. The college is located one block south of St. George and Bloor (Bloor line, St. George subway stop). Our classroom is accessible

### What is the topic of the Fall 2019 lecture series?

Our topic is: What Is "The Public Good"? Who is the public and what is the good? With increasing privatization of core services (such as public works infrastructure, schools, hospitals, transit, the legal system), is it time to rethink our Western understanding of the public good? Does it include clean air, clean water and indigenous knowledge? What can we learn about the idea of the public good from other cultural traditions?

### Who can register?

In this unique group, membership is largely defined by three qualifiers:

1. You have a passion to learn and to connect with others.
2. You can attend all 10 lectures during a term.

3. Your English language skills allow you to read short articles and to participate in discussion.

### How many students are in the class?

In order to facilitate discussion, registration is limited to no more than 35 students.

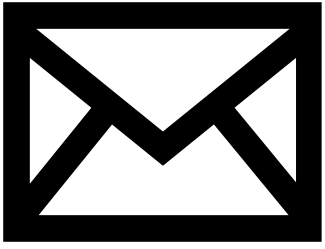
### How much does UitC cost?

Thanks to U of T, Senior College, Innis College, our donors, and the exceptional generosity of our speakers, UitC is free-of-charge.

### How can I learn more about UitC?

Simple! Email the UitC coordinator at: [universityinthecommunity@gmail.com](mailto:universityinthecommunity@gmail.com) Our new website will be up in the fall: [www.universityinthecommunity.ca](http://www.universityinthecommunity.ca)





# Leila's letter to the Editor

"All I know is, I got up, went straight to my laptop and typed in the Learning Curves website address and began searching the archives."

In this digital age, I'm not ashamed to say, never taken a "selfie", not on social media. Not tweeted. Nor facebook friend-ed a soul.

The virtual world is not my favorite place. When there, I'm leery of it's dark side - hacks, scammers, phishing, etc.

Or just frustrated with "digitalese" and finding my way around the web.

So a few nights ago, when I woke up in the middle of the night. Got up. Walked over to my laptop, clicked it on. I didn't recognize myself. Was that really me surfing the internet at that ungodly hour?

You see I had gone to bed frustrated. I was looking for something and couldn't find it. That "something" was an article that I'd read in a copy of Learning Curves.

I'd cut it out, to read again later.

Yes, I still read newspapers and clip articles.

The article in question was on saving your stuff in virtual files and folders. Specifically, knowing where to save stuff, so you can find them later.

Incidentally, that day, I'd gone to the library and picked up the latest copy of Learning Curves.

The layout and graphics were more colourful than I remembered. And 70 year old Lois Kamenitz, was on the front page telling her story. Lois was pursuing a PhD. Learning Curves has been at the forefront of life long learning telling stories like Lois' since it began publication January 1999. It's mandate is to inform and encourage an educated workforce, not just a skilled one.

I had met Wendy Terry, LC's jane of all trades a few years ago, so I decided to call & compliment her on the issue.

I phoned and left her a message.

A bit later, she called back. I told her the colour on the front page really made the issue stand out. That's when she explained that a new volunteer was helping to improve the website. We chatted some more, then said our good nights. I went to bed soon after.

I don't know what happened while I slept. Was it subliminal perception or something else?

All I know is, I got up, went straight to my laptop and typed in the Learning Curves website address and began searching the archives.

Their digital archives began in 2001 but I started my search in March 2009 and was greeted with: Anne McDonagh's article: What we can learn from the recession.

Next, I clicked December 2011 piece by Deborah Noel "Learning Curves joins the 21st century. In the piece Deborah invites readers to use Facebook, Twitter, email and snail mail to get in touch. Another archived article, "Brock University's Adult Ed Degree Doing it Online, by Heather Junke appeared in issue May/June 2011. Yes, I was still searching for the files and folder article, And still couldn't find it. Instead, I got side tracked. Pleasantly. I spent the next three hours devouring a slew of articles. All well written. All informative. Ones like what to do to keep your job, once you've got one. Or "Data is the new black gold, by Sal Ahmed, Fall 2017. Others were troubling. Like disappearing jobs. Or what a future without jobs might look like.

As I time traveled the archives, I

stumbled on another article. The person in the photo was someone I knew. There he was smiling and showing off his diploma. This young, bright former entrepreneur was according to the article about to begin a new chapter in his work life. Another equally inspiring piece was about Christina. She had obviously just learned to design her own website: [www.numericaldictionary.ca](http://www.numericaldictionary.ca). I googled Christina's digital creation and saw what she'd accomplished. I understood right away why she was so proud of herself. But it was another article that really gave me goose bumps. This article showed a picture of a mature woman (50's) showing off a dress she'd sown at TDSB, Western Tech sewing classes. The woman in the photo, taken in 1971, is Wendy's mother, Winnie.

I didn't find what I was looking for that night surfing Learning Curves' website. And I don't regret one minute of the time I spent there. Rather, I learned two things - with over 100+ issues published, Learning Curves is a gem of a publishing endeavor.

Regards,  
Leila

## LEARNINGCURVES

**Learning Curves is changing. We are hard at work behind the scenes creating an even better website experience for our readers!**

The [learning-curves.org](http://learning-curves.org) site is being UPDATED, so you can find recent articles as well as older ones under subject headings. Not only will you be able to enjoy Learning Curves in print and online, you'll have even more ways to enjoy it on the go as the new site will be more mobile friendly.

You'll have free access to all of our content, updated frequently, with access to the archives as well.

Stay tuned for the new site. We will be updating the progress on our twitter feed in the coming weeks.

**Would you like to post an ad on one of the .org site's page?**

Email us at [learningcurves@hotmail.com](mailto:learningcurves@hotmail.com)

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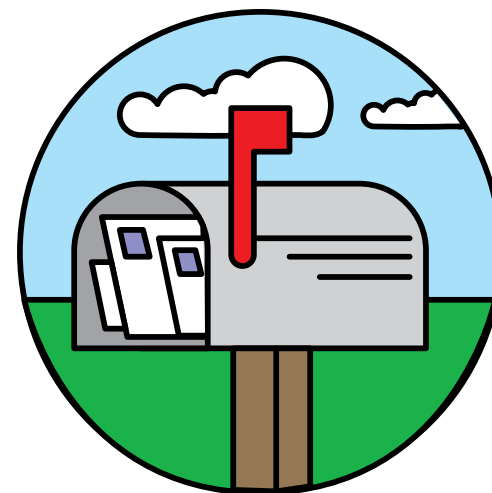
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# Dear Elcee

Dear Elcee is a feature in every issue of Learning Curves.  
Send your questions about education, training, careers, jobs to:

**Elcee – The WEA of Canada**  
**157 Carlton Street, Suite 205**  
**Toronto, On M5A 2K2**

*Dear Elcee:*

*I have been out of work now for six months! I never believed when I was laid-off from my employer that finding a job could be so difficult. I know I am fortunate because, at the moment, I am financially ok, but that is only because I am receiving EI. I know I am doing all I can to find another job as I am going to my local Employment Centre on a regular basis. My greatest difficulty is my mental state. I am suffering from insomnia, I am eating all the time and I don't want to do anything socially. I have never suffered from depression before and have always been a positive person. Am I losing it?*

*Down in Downsville*

Dear Down in Downsville

NO! You are not losing it. Experiencing joblessness can lead to a whole host of negative emotions.. Jobseekers may experience some or all of the following mental and physical effects of joblessness such as depression, insomnia, isolation, weight gain or weight loss, low self-esteem, stress and intimacy issues.

In my lengthy experience as an Employment Counsellor, I often found that we tended to deal with the building blocks..a good resume and cover letter, networking workshops and filling in training gaps. Those things are very important but I don't believe they are the most important parts of a successful job search. WHAT!!! Aren't resumes and cover letters my bread and butter? Why would I say that? My job was primarily to keep people in the job search game. Day after day I spent far more time encouraging and coaxing than I did editing cover letters and CV's. Here are some tips I would give to clients;

Stay on a schedule. Most job searchers look for work from all their waking hours. Keep your job search to 8 hours a day AT MOST! Keep to normal working hours. Make time to eat at your regular times. Stay hydrated (lots of water) and when 5 o'clock comes..stop. Shut down your computer and do..whatever else you like.

Volunteer. Many career counsellors will recommend volunteering as a great networking tool and, sometimes it is. The greater importance of volunteering is improving your self worth. Volunteering and giving back to your community has numerous benefits

but one of the greatest of those is the good feeling of knowing that you matter.

Do not hesitate to get professional help if you feel you are not able to cope. That may or may not involve medication. Many times, job seekers, need someone outside of their own sphere to speak to. Family and friends are great for socialising but they may not have that objective view that can be provided by a professional. Don't feel ashamed of this or embarrassed. I have at many times in my life benefited from a great therapist.

Physical exercise. What? I HATE exercising. I really do. I do however take my dog for a walk at least twice a day. Less for him (although he loves it) but more for me. It clears my head and makes me tired. I also love to swim and garden. Find out what you like to do for physical exercise and do it. Exercise increases endorphins and we need those when going through a difficult time.

Whitney M. Young said "The hardest work in the world is being out of work." And she was right. Treating your job search like a job, staying on a schedule, being physical and positive are the keys. Good luck!

*Dear ELCEE is written by Deborah Noel,  
[deborahjnoel@gmail.com](mailto:deborahjnoel@gmail.com)  
 Send her your questions.*

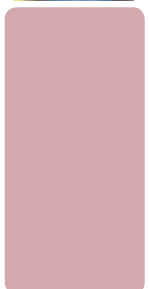
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