Thank you to YLC volunteers!

The Value of Volunteering Wheel illustrates the many benefits of volunteering to building confidence, competence, connections, and community. It also serves as a portal to research that examines the social and economic value to organizations, neighbourhoods, businesses, society-at-large and to volunteers themselves.

For more information, go to Volunteer Canada: Resources

Upcoming Events
- Mark the date: PGI Sept. 6 & 7
- Check out Learning Hives
My neighbour Aza enjoys archery and has a target set up in his back yard. Sometimes I watch him shooting arrows at melons or balloons or even pumpkins. He’s a very good archer, but sometimes even Aza misses the target and an arrow ends up sticking in the side of his garage.

One day, I was standing behind him watching him shoot at empty cans on a bench. The first arrow went straight through a can, but the second arrow glanced off the edge of the bench, flew up into the air and came down, sticking in the ground a few feet away from me. Aza was upset and tried to apologize to me.

“You almost got wounded by the second arrow,” he said. I hadn’t been scared at all because I’d seen the arrow coming and knew I wasn’t in danger, but Aza’s words hit me like a bullet right in my heart. “Wounded by second arrow,” was the perfect description of a very bad habit I had. I’d been guilty of firing the second arrow at too many people for too long.

When people hurt me, the first thing I did was tell someone about it. If a vendor in a store was rude to me, I would call my friend Edna and tell her all about it. Because she was my friend, she’d sympathize and agree with me that the vendor was an awful person. If someone criticized me and hurt my feelings, I’d tell Edna I was hurt and we would agree that people just didn’t appreciate us.

I might have felt as if I’d been wounded, wrongly wounded at times by people, but when I dumped my feelings on Edna, I was shooting a second arrow into my friend. It would upset her and spoil her day. Because she cared about me if I was hurting, she would share my pain. I would relive and rerun the tapes in my head over and over again. Why be hurt and upset once, if you could relive it seventy times in your head? If I was wounded, I would relive and repeat my stories of being “wounded” until I had so many arrows sticking out of my chest, I looked like a porcupine with hundreds of quills sticking out of me.

So I decided in the future, when I was hurt, I would not keep pointing at the invisible arrow sticking out of my chest and complain about it. I would not shoot an arrow into anyone else by repeating the stories of how I’d been hurt. I couldn’t believe how much I complained about trivial
things every day; I got caught up in traffic, someone honked at me, or the shopkeeper at the store charged me for two packets of cigarettes when I bought only one. Were any of these things important? Did they matter? None of these things deserved one minute of my time. The stories didn’t deserve to be repeated to my friends. I expected sympathy, so I could feel justified in feeling hurt or upset.

It was an amazing revelation to me that I was so self-righteous and toxic. I asked Aza if he had any damaged or broken arrows that I could have. He gave me an arrow that had snapped in half when it had hit a baobab. I took the broken arrow and buried it in my mother’s flower garden with a note I’d written to myself. It said that I was not going to wound myself or anyone else with a “second” arrow. It took a while to learn to keep my mouth shut and to learn that I didn’t need to express an opinion about everything and everyone. What other people did or didn’t do was none of my business; what I did or didn’t do was none of their business.

Life suddenly became so much simpler. Get over it, let it go, forget it. If something happens that makes me feel like I have been shot with an arrow, I mentally pull the arrow out of my chest, break it in half, throw it away and forget it. I don’t tell anyone if I have had a bad day and by not reliving it, by reletting it, my troubles fade away and quickly disappear.

The second arrow missed the target.

Celebrating Volunteer Contribution:
Clayton Brunton awarded the Pat Lafreniere Memorial Pin

Clayton has been tutoring for six years in the Cowansville Institution. The only time that he loses a student is when they are released from jail or are transferred. They all love him and are very faithful about showing up for fear that someone new will take their place. He has a very special way of connecting with the men. They consider their time with him very special. He is never without a smile and a kind word. He has managed to keep in touch with many of them.

He wrote on his volunteer application that he was willing to help wherever needed. He certainly has kept that promise.

Martha Shufelt
Would you like to help?

Would you like to participate?

PGI Lob Ball Tournament
Friday, September 6, 2019 6 p.m. – 10 p.m.
Saturday, September 7, 2019 8:30 a.m. – 5 p.m.
Lions Park, 37 ch. du Centre, Lac-Brome

PGI Literacy Gala
Méchoui, Awards & Silent Auction
Saturday, September 7, 2019
5 p.m.

Gala tickets
Adults: $20
Under 12: $10
Under 2: free

Sign up!
$300/team
10 players

To register or to reserve tickets:
Cindy
(450) 330-0803
cindyelston@yamaskaliteracy.ca

Would you like to help?

Would you like to participate?
Be my miracle.

I pour you
a cold glass of water
on this dry winter day.

I can tell you are thirsty.
friends have a way
of knowing these things.

and even though spring
has cancelled her grand entrance,
and “sold out” show,

I am happiest here
with you.
right now.
under this blanket of snow.

just for today
can I be your miracle?
just for today
will you be mine?

Pam Dillon

Is this a sense of humour?

Growing up in a rural parish where everyone knows everyone, life can be very interesting and fun. There are many groups that meet for church activities, bazaars in the fall, women’s groups and so forth. So one day I was asked to play the piano for a parish group as one of their activities. Yes, I was impressed as I had taken lessons for many years and so was ready to enjoy it with the group.

So, I sat on the stool in front of the piano and wiggled a bit. I got up and put a book on the stool so that I could sit a bit higher and see the notes and play better. I sat down. H-m-m-m, not quite good enough. I got up and put a second book on the stool to make it higher again. I sat down. Still not good enough. I got up again. I took the book in my hands and pulled out a page, put the book back on the stool and sat. H-m-m-m...perfect! I could see the notes perfectly and the level of the keyboard was right on.

Yes, I played my song and the audience smiled and giggled all the way. Did I have a good day? Where does the theatre in me come from? As we say in the learning process – nature and nurture.

Aukje Huitema

Reminders

• Tutors, please submit your quarterly tutoring hours record sheet for January – March 2019. If you need a form, let us know.

• If you have materials you are not currently using, please return them to the YLC library.

• Tutors, please share this newsletter with your students
I have been in the Yamaska Literacy program for over two years. My English level was not good when I started compared to now. Yamaska Literacy tutors helped me with writing and pronunciation. As I like to write, I see my improvement everyday. My tutor Martha not only encourages me to write but also helps to shape what I want to write by arranging the contents into understandable order.

For me, this program is very useful, especially being in prison I am always searching for new horizons to explore to make my time meaningful. I have always looked for new things to do with my tutor, either schoolwork, writing something or a cooking recipe.

The tutors are so nice and friendly. There is no pressure on learning unlike at school where you have to put your focus on exams and finishing the books. With Yamaska Literacy your progress depends on level of your enthusiasm. I therefore really enjoy learning with Yamaska Literacy. It is a great tool for beginners or intermediate learners and for me; I feel like a carpenter and Yamaska literacy program is like a nail hammer I always keep in my tool box.

Finally, I would like to thank, encourage and support Yamaska Literacy tutors and staff for making this program suit our times, circumstances and varying needs. They are always there for us when we need them. I really have no way to repay them, but I always pray for them.

Sincerely,

S. Rashid Othman
New Partnerships

YLC and Campus Brome Missisquoi are collaborating on two new community projects.

1. **Learning Hives**: Lifelong Learning for Adults

Two Learning Hives are being piloted: Waterloo and Stanbridge East. Each One Teach One tutoring, workshops, and short courses can be offered as part of a hybrid-learning model.

Take the survey and tell us what learning activities you might like to participate in (Stanbridge/Bedford and Waterloo area).

Activities are up and running in Stanbridge East. Stanbridge East Community Centre, 5 Academy St.

- **April 11, 18 & 25, 7 p.m. – 9 p.m.**
  - iPad Basics:
    - Bring your own or borrow one from us.

- **April 17, 7 p.m. – 8:30 p.m.**
  - French conversation

- **April 20, 1:30 p.m. – 3:30 p.m.**
  - Art: Print making with everyday objects

- **April 22, 1:30 p.m. – 3:30 p.m.**
  - Tech Lab: Youth helping answer your tech questions

- **April 26, 1:30 p.m. – 3:30 p.m.**
  - Workshop: Learning to Breathe and Move, a course to improve health and to lower stress

**Coming soon…**

Activities at the Waterloo Learning Hive
2. Learning Together
A family literacy project reaching out to three communities (Cowansville, Granby and Bedford area) will happen this spring. In addition to a family literacy community event, the following series of workshops will be offered:

**Books to Belly**
Based on the workshop developed by Literacy in Action (Sherbrooke area), a five-week session for caregivers and children (3-5 years) that includes stories, cooking and family fun, helping prepare children for kindergarten.

**Shiny Starts**
A 5-week parent-child first steps of “wiggle, rhyme and storytime” for families with children 0-5 years.

For more information, contact YLC, and/or follow us on Facebook.