



OUR ESL COMMUNITY **NEWSLETTER** **February 2021**

***February 15th is Presidents' Day
and there will be no ESL classes.
February 12th Happy New Lunar Year!
February is Black History Month***

Tips for distance learning. **Treat your class like it's a good job.** Try to attend most of the sessions if possible. We understand that sometimes you can't get online on time. Talk with your ESL teacher and let them know that you have a job or have another responsibility and will be late for your session. They understand and will welcome you to the class.

Make a study plan. We all understand that families have other activities in the home. It's okay if you have to help your child or another family member. Let your family know that it's time to study, but we understand family comes first. Children always want our attention when we are ready to study and learn. If you have younger children, try this tip. Share a book or have paper and pencil for the child so that they can be engaged in the class. The child might get bored and leave the room but they see you are studying. You become a **role model** that school is important!

Make an activity bag for your child. Keep this "special bag" near you. It's okay if we see children with their busy bags, they may want to show them off! In your special bag you can have a surprise snack for the child. You can have crayons, pens, pencils, a calculator, "cell phone time" game and puzzles. Keep these toys away from the children and only use them during your class time. Hopefully the child will learn that this busy bag is only for school time and can only be opened during your class time. **Valentine activity:** Have the child make a special picture to give to someone.

Outreach Resources: This is the time of year when many people are getting ready to pay their income taxes. The Internal Revenue Service is called the IRS. The IRS expects anyone who is working to complete tax forms which must be completed by April 15, 2021. There is a program that can help you with your taxes. Volunteer Income Tax Assistance (VITA) is a service for those who earn less than \$56,000. You must make an appointment. For more information about this program, go to:
<https://portal.ct.gov/DRS/Individuals/VITA-TCE/Free-Income-Tax-Assistance>

Lunch and Learn is always in a ZOOM session at 12:00 p.m. until 12:45 p.m. and it is open to everyone! Please consider attending one or all of the sessions. It's an opportunity to learn about a resource and you are able to ask questions to the speaker. If you are interested in attending a session, contact Risa.Filkoff@vernonct.org.

Laura O'keefe from "The Village" will be speaking about financial budgets and taxes. There is a free service to help with preparing your IRS taxes. Please join us and learn

about budgeting and paying your taxes. Laura will explain how to get free help.

Visit our **VRABE website for educational resources** about English as a Second Language, Citizenship, Family Learning, Community Resources, Career Pathways/College Transitions, and High School Completion:
<https://www.vrabe.com/resources/helpful-links/>

WE INVITE YOU TO TAKE A FREE VRABE CAREER AND TECHNICAL EDUCATION COURSE

FREE ESL CUSTOMER SERVICE AND SALES CERTIFICATION COURSE

WHEN: Tuesdays 6:00-8:00 pm, Feb. 9 to May 18, 2021

WHERE: ONLINE, DISTANCE LEARNING ONLY

TO APPLY: Click on: <https://forms.gle/bDjbYkGJdajSzanE9>

FOR INFO: Email claudia.nunn@vernonct.org or call 860-870-6060. Click for [flyer](#).

Class is open to high intermediate and advanced ESL students.
Earn national certification from National Retail Federation.

STUDENT EXCHANGE

From: Cesar Martinez Pabon MPL

In Colombia on New Year's Eve at midnight they go out with a suitcase and walk around the block. They do that if they want to travel. Everyone puts lentils in their pockets for good luck. They eat 12 grapes, one for each month. They make a wish for every grape.

Different foods are on the table like meats, potato salad with ranch chorizo, rice and sweet pastry with

Places in CT to Visit

The Connecticut Historical Society is in Hartford, CT. It is the one of the oldest in the nation. The museum has a family program and many of the programs are **free**. You can learn more about the museum online <https://chs.org/about-2/> It is located at One Elizabeth St, Hartford CT. The museum also has activities for children 5 years old and up. If you go online, visit the **Education section** for children's programs.

Health Education

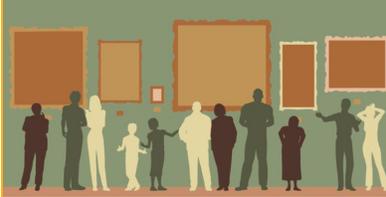
February is National **Heart** Awareness month. The American **Heart** Association has five things you can do to help keep your **heart** healthy. They are *walking, aerobic activity, going up and down stairs, yoga and dancing!* Your blood pressure is also important, so try to cut back on eating too much salt. The best way to control your blood pressure is with exercise and diet. Foods that are good for your **heart** are fruits and vegetables, nuts and legumes, lean meat, poultry and fish. Cutting back on salt and limiting the amount of foods that are high in fat, like

pineapple. On the table there is food whatever you want to eat, for example, meats prepared by Uncle Fabio, who is the one who always gives us the most delicious stuffed turkey. He stuffs the turkey with chicken, eggs, onions, scallions, green beans and carrots. Our potatoes are mixed in with mayonnaise, onion, green tomato, shredded chicken, and salt. We have many other foods for those who want something different, like a delicious Chinese rice that they sell in Colombia, it is very different from this country, I don't know why but it is delicious.

We meet the whole family, people from different cities come to our house. The most important thing is to always be together, and January 1st is always a holiday so let's celebrate as a family and enjoy a Colombian sancocho!

From :Daniela Kimura MPL

In Chile the night of December 31 is always celebrated with many people gathered in a specific house. They have dinner at 10:00 pm, where they eat roast meat with a garden salad, potato salad, tomato salad rice, and more. Sometimes there is a peach or strawberry and cream dessert. In Chile for dessert there is also panettone.



cheese, milk and ICE CREAM also promote heart health.



Ir ene's "Cooking Corner"

Send us your cooking your **tips!** Here's a **tip:** **To Ripen Fruit Sooner**, try adding an apple or a banana to the fruit in a closed brown paper bag at room temperature.

Vietnamese Pho
submitted by:
Rasha's Intermediate
Class' Cookbook

Ingredients

Directions

1. Roast the bones with the onion in the oven on 425 degrees for 45 minutes
2. Boil a pot of water and put star anise, ginger, fish sauce, salt and pepper, bones and onions in it
3. Let the pot of water simmer for 6 hours
4. Add noodles, cilantro and basil
5. Enjoy!



At midnight you eat
cooked lentils and you eat
12 grapes. If you want to
travel you carry a suitcase
and you walk around the
block. For good luck you
wear yellow
underwear. You can drink
champagne with
pineapple ice cream and
you can watch fireworks
throughout the city. At
midnight people open
presents.

If you need help finding resources, contact
Dalia.Belliveau@vernonct.org
For Lunch and Learn contact:
Risa.Filkoff@vernonct.org

The Virtual Employment Readiness Program (ERP) Requirements and Eligibility

The Virtual ERP Program starts on **March 9, 2021 through April 1, 2021**. The program runs for 4 weeks twice a week on **Tuesday and Thursday mornings from 10:00 AM – 12:00 PM**. The program is designed to help unemployed and underemployed women gain professional skills, accelerate their job search and build confidence.

The candidate is eligible to receive a professional suit (date to be determined), a career coach upon graduation, and a second suit/separates appointment once employment is achieved. Also, the client is eligible to join the Professional Women's Group, a monthly networking association.

PROGRAM GOALS

- Identify client's career goals and discover their transferable skills
- Create a professional resume and cover letter
- Learn interview skills and participate in mock interviews
- Gain access to our Virtual Career Center to help with their job search
- Transition to the Professional Women's Group (PWG)
- Connect one-on-one with a Virtual Career Coach after the program

REQUIREMENTS FOR REFERRING A CLIENT(S):

- Female
- Actively seeking employment
- Participate in a DFSH Resume Workshop prior to start of program (appointment to be determined)
- Able to attend all 8 sessions on time, Mock Interview Sessions for the duration of the four weeks
- Able to access and download free Zoom on a Computer or Smart Phone
- Client Referral Form sent from Partner Agency

TO BE ELIGIBLE FOR THIS PROGRAM, A CLIENT MUST HAVE:

- At least 1-year work experience
- A functioning email address and personal contact phone number
- Some form of a Resume, emailed before start of program in Word format that details work history, education and technical skills

NEXT STEPS

Please contact Joanna Samenuk, Director of Employment Readiness and Retention Programs either through email at hartfordpwg@dressforsuccess.org or the business line at **860-525-5015** if you have any clients that are interested in participating in the Employment Readiness Program.

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