



LITERACY MATTERS

FEBRUARY 2021



Literacy Matters is a recurring publication of Literacy Nassau, Inc.

What You'll Find in this Issue:

OG Student Spotlight 2

Happy Birthday! 2

Book Reviews 3

Amazon Smile 4

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EAT SMART NEW YORK WORKSHOP

(submitted by Kate Quijano)

We recently worked with Cornell Cooperative to offer a free Nutrition workshop for our ELL students. We have worked with Cornell in the past and they would visit some of our classes and provide interactive lessons on nutrition. They reworked their program to accommodate virtual learning.

Our students were offered two levels of the workshop based on their English speaking ability. They met virtually for five weeks to discuss various nutrition topics such as planning healthy meals, eating fruits and vegetables, and getting enough exercise. They did a food demonstration and students were given a certificate of completion and a gift bag of nutrition related goodies.

Students really enjoyed the workshop and were proud to receive their certificates of completion. If you think your student may be interested in this program or would like to use their free resources in your lessons, you can check out their websites at:

<http://ccesuffolk.org/>

<https://www.eatsmartnyli.com/>

Below are some student reflections:

"I liked so much the Nutrition workshop. I learned a lot things and made remembered things that I knew but I wasn't doing. I also learned a little bit of english because of the

bilingual teachers. Thank you."

Monica Velez (level 2 student)

"I would like the nutrition workshop, after I get more knowledge about nutrition level. It keep me healthy and get more energetic."

Amita Mittal (level 2 student)

"This course very useful for me both speaking and learning a lot of things about food, saved money, our plate, calories, food label, look the unit price. And our teachers very kind and good people, I am really appreciate for this opportunity."

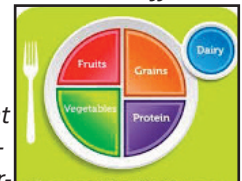
Fazilet Dede (level 2 student)

"I'm grateful I went to the workshops every week because it really shows how important health is. The struggle for health is staying motivated."

Naheed Qusar (level 4 student)

"Each of these four workshops included a lesson plan, learning objectives, exchanges and physical exercises. There was also laughter and some recipes...yum! I have learned how to plan healthy, balanced meals at affordable prices. This workshop taught me tips and tricks to shop smart and save. I want to thank Literacy Nassau and Cornell University for this initiative. I am very proud of my certificate! This plate will remain my point of reference."

Patricia Henry (level 4 student)



THOUGHTS FROM THE CORNER OFFICE

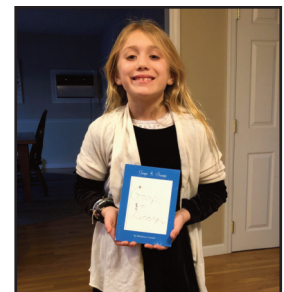
Hi Everyone,

Well, it's the dead of winter, and though I am hopeful that many of you are receiving your COVID vaccinations, it is still a great season to stay indoors and curl up with a good book. In that vein, for this month (and next) we will be offering up book reviews for your entertainment. Mine is below:

Elin Hilderbrand's *Troubles in Paradise* is the third book in her final winter trilogy. Set in luscious St. John, the story wraps up a sordid affair between Russ and Rosie, who were killed in a helicopter accident, leaving behind Russ' entire family, led by Irene Steele, who come to the island to piece together the truth behind the mystery of their death and disappearance. Told in alternating points of view, this harrowing tale of deception will keep you turning pages well into the snowiest winter night. (Note: To thoroughly enjoy and understand this book, you must first read the other two novels in the series. They are just as good and will leave you thirsty for more!)

Happy reading!

Karen 😊



For Christmas, Haley got her first book "published!" *Goops and Scoops* is the story of two sisters who learn to get along because of a bully. She was so proud!





OG STUDENT SPOTLIGHT: CLAIRE

(submitted by Kim Nau)

Do you have a favorite place, favorite toy, or favorite person to spend time with?

My favorite place to visit is Seaside Park, New Jersey. My favorite toy is Baby Giraffe. My favorite person to spend time with is my twin, Nellie, and my puppy, Sully.

Tell me about something that makes you happy.

Spending time with my puppy Sully.

Tell me about something that is hard for you.

Reading.

Who is your Orton-Gillingham tutor? Tell me something fun or interesting about her.

My tutor's name is Bonnie Buckley. I love Bonnie because she lets me bring candy to my sessions.

What do you like about tutoring?

I like the different activities, such as, writing in shaving cream.

In our lessons we learn: interesting facts about the letters in the alphabet, how to figure out words that we don't know, and spelling rules. What is the coolest thing that you've learned so far?

The coolest thing I have learned so far is the "CK Hooray" rule.

What do you want to be when you grow up?

I want to be a teacher for kids with dyslexia.

What would you like to learn more about?

I would like to learn more words so I can start reading chapter books.

Is there anything else you would like to share with us?

My favorite color is yellow.



“Claire is a joy! She is so smart and quick. She likes to talk and I've learned a lot about her in the last few months. She has already made big improvements in reading and I don't think there is anything she cannot do, if she puts her mind to it. She is quick to tell me when something isn't working for her and I admire her ability to speak up for herself at such a young age. I am hopeful that once our time together is over we will keep in touch, I'd like to see how far she goes.” - **Claire's tutor, Bonnie Buckley**



Warm Birthday Wishes to our Tutors!

Jacqui Alves – Linda Antin – Ruth Babicz – Margaret Barton
Jodi Batan-Seegull – Linda Bleck – Joan Capello – Lynne Ferraro
Deanna Glassman – Karen Grimes – Ellen Gross – Bob Hanna
Bernie Hirschhorn – Judy Hoffman – Pamela Jackson-Ware
Sylvia Jorisch – Christina Kachinoski – Delia King – Susan Laufer
Nicole Maas – Terri Mangum – Jessica Merkel – Carolyn Miller
Debbie Mincer – Ephifany Morillo – Doreen Pechman
Cathy Perini – Anand Persaud – Sandra Pesce – Joan Ratty
Naomi Robles – Anita Schwartz – Pamela Shampam
Margaret Sherman – Ethell Smith – Mary-Rose Waldron
Steve Young – Monika Yu

Literacy Nassau's Book Review Contest

This pandemic has provided more time than ever for reading and we want to know which great reads you have uncovered during quarantine!

Submit a review of your favorite book and your entry will be submitted in a raffle to win an Amazon Fire Stick!

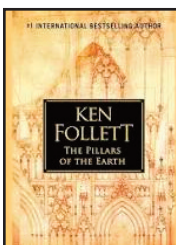
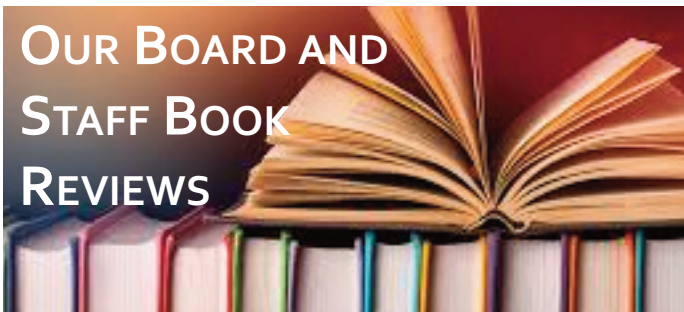
The winner will be chosen randomly.

Deadline is: January 31st

Email your entry to:
mail@literacynassau.org

Reviews may be published in next month's newsletter.





The Pillars of the Earth by Ken Follett
 Recommended by Wendy Ehrlich, Board Member
 Ken Follett has been writing action-packed spy novels since the 1970's. They are always fast-paced, well-researched and incredibly engaging. So, I was a bit cynical when a friend recommended I pick up his historical novel,

The Pillars of the Earth. After all, how could a 900+ page novel about a 12th century monk driven to build Gothic Cathedrals possibly hold my interest?

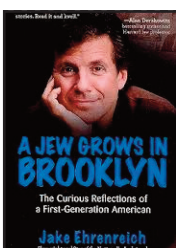
I reluctantly ordered the novel, fully expecting to put it down after 15 pages. Well, I couldn't have more wrong... This masterpiece sucked me in immediately. Despite its length, I flew through the book in 4 days.

Set against a backdrop of war, religious strife and power struggles in the 1100's, Follett manages to draw you into the intertwined lives of Tom, the master builder; Philip, the prior of Kingsbridge; Aliena, a beautiful noblewoman; and Ellen, the woman of the forest who casts a terrifying curse.

Best enjoyed with a hot cup of tea, a blanket and a cozy chair, the walled towns, castles and vast forests of Medieval England will mesmerize your imagination. Be prepared!

Footnote:

The Pillars of the Earth is the first in a series of novels called "The Kingsbridge Books" by Ken Follett. I am already deep into the 3rd novel, entitled ***A Column of Fire***. It's just as good!



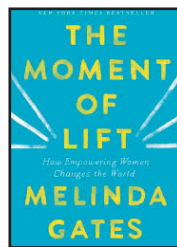
A Jew Grows in Brooklyn by Jake Ehrenreich
 Recommended by Irv Miljoner, Board Member

Did you ever enthusiastically buy a book whose title or theme really intrigued you, but then you let it languish on your bookshelf or nightstand, unread, until something happened to nudge you back to finally read it? So it was for me with ***A Jew Grows in Brooklyn***, an autobiography by Jake Ehrenreich, which I bought at the author's one-man off-Broadway show some ten years ago.

The book recounts the author's mostly joyful, sometimes heartbreaking, often humorous, and always engaging memories of his experiences growing up with immigrant parents in Brooklyn. My obvious attraction to it was that it mirrors my own life, except that the author is now a professional entertainer. (I'm just an amateur!) I thought it would mostly remind me of the streets, sandlots, schools, fun, food, and family experiences we had in common from back in the old neighborhood. There was a good dose of all that, and in fact the author tells stories of some of the same venues I remember – we went to the same High School (Tilden), played ball at the same playground (Ditmas Park), both worked as young teenaged busboys at the same Italian restaurant, and went to the same delis and diners. However, the book turned out to be much more than a nostalgic trip down memory lane.

In a childhood shadowed by the Holocaust and family illness, the author tells in-depth stories of the triumphs and tragedies of his parents and sisters, along with his own adventures in Brooklyn, the Catskills, Manhattan and beyond. His stories are endearing, interspersed with life lessons learned from his experiences, such as living in the moment, being true to yourself, the rewards of gratitude and attitude, self-examination, fate and faith, and dealing with adversity.

It's the kind of book that you read when you're taking stock of your own life; a book you read, for instance, when you experience a life-shaking event. So what was it that nudged me to take it down off the bookshelf, dust it off, and finally read it? As was the case with the author, my own sister just recently passed away, and it was with her that I shared many childhood memories. In the quiet moments, a meaningful book like this can fill a void.

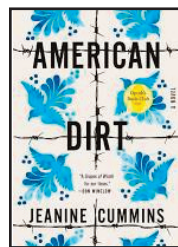


Moment of Lift by Melinda Gates

Recommended by Kim

I read this book because I have always been inspired by the Gates' philanthropic efforts. Melinda has traveled the world through her humanitarian work and met extraordinary women, who, despite living in poverty, had the courage to make a small change.

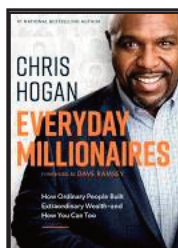
When you lift up women, you lift up everybody in the community. Melinda tells the story of how empowering them can change a society by breaking down barriers that lead to poverty.



American Dirt by Jeanine Cummins

Recommended by Renae

I didn't have any idea what the book was about. As I started reading I was immediately pulled into the story of a mother and son leaving their home in Mexico and the hardships they face on their journey to reach America.



Everyday Millionaire by Chris Hogan

Recommended by Kate

While NY was on "pause," I took a virtual course which taught financial planning and emphasized living debt-free. Several books were recommended after the course ended but I really enjoyed this one. The author researched and interviewed people who managed to pay off debt and save a lot of money - people who don't flaunt it, but know how to make money work for them. The organization even made a board game similar to Monopoly, called "Act Your Wage." The object of the game is to pay off debt the fastest. I got the game as a joke gift for my husband for Christmas, since he is definitely the big spender in our family. Ironically, he has won every round of the game we've played so far...hopefully we can get him to work on putting those skills into practice in real life this year!



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Anxious People by Frederick Backman
 Recommended by Iris Grover, Board Member
 The author of A Man Called Ove By, My Grandmother Asked Me to Tell You She's Sorry, and Beartown, all wonderful books, has a written this new book. He's my family's favorite author. This book has the same beautifully written, warm hearted, psychologically astute and very enjoyable style. I highly recommend it.

Dark Matter by Blake Crouch
 Recommended by Jessica
 If you had made a different choice along the way, what would your life look like? Jason, a university professor finds himself pondering this question after celebrating his friend's recent breakthrough in Quantum Physics. One day Jason is asked "Are you happy with your life?" and is then knocked out. When he wakes up he is in a world seemingly like his own, but with significant differences. This book will leave you pondering deeply all the while taking you on a fast-paced, creative and mind-bending journey. Using real scientific theories to create a plausible story-line, Dark Matter will have you thinking even after you finish it.



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