
LEEPS & BOUNDS

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Upcoming Events

All the students throughout this past year who have passed their GED will have a picture taken, with grad caps, to commemorate their achievement.

The Voices of Students and Staff

POETRY WRITTEN BY STUDENTS

Little Things

You trudge through
mud and rain
and rocky terrain

Only to find
you've lost your mind
from the hardship
along the way.

It isn't so great;
your destination

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DIRECTOR'S COMMENT:



Some people are quick to suggest that we are living in a world of declining morality. Historically, this type of pronouncement has been repeated, generally by people wanting to expand support for a specific agenda dear to their heart. The claim is that this agenda, if adopted, would move us closer to a utopian state.

Moral decline declarations assume an earlier state, somewhere in human history, where all was well, or at least, vastly better than things are today. This position requires limited factual reading of history, and a recollection primarily consisting of nostalgia for a time that exists mostly in one's romantic imagination. All of which is not to say that present problems are not significant, because they are, but that better times are not to be found in the past. A further complication on the theme is that better times for one person, generally come at the expense of increased difficulties for another, so the notion of a broad system ensuring a higher plane of moral conduct for all, may be an elusive dream.

Is this however a dream that is worthy of pursuit? It is a question perhaps that should be asked another way. A better question might be, what will I do today to make a positive impact with a student. A philosopher once suggested that the highest moral construct was to perform one's duty. The term duty was not meant to infer allegiance to some political edict, but rather duty to a higher moral calling, something that affirms that human life has value.

EEPS is a very small pebble on a beach with frequent storms. Talk of broad utopian systems that move our students and us closer to a higher moral plane may be interesting, but not likely to be more than breathing hard against the wind of these storms. Finding meaning in action is much more difficult when faced with broad

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Pleasure for the Palate & A Joke a Day.....

4 & 5. The Voices of Students and Staff Cont'd.

It's merely about The journey
So consumed with hate
From your journey.
The rage won't abate (because)
You forget to enjoy the little things.

You try to recall
But you're full of regret
The things you have seen.
You can't help but forget
All the little things

You wonder aloud
What was it for?
This time you'll find out
You go trudging some more

Complacent when accompanied,
You trudged alone
Sweating, you cursed
The sun when it shone

All over again, you
Have missed the point
With joy comes sorrow
They're connected, they're joined

Need one for the other
Too much and you'd smother

So you see, you can be
Alone, or with a friend
At the beginning, or the end

It is up to you
Whichever you choose
Just remember it starts
With little things.

By Lindsay Hatland

They Say They Think

They say I have trouble they say I can't be true
But they really know not, What I think, what I've been
through
Maybe I'll tell them & Again, maybe not
Perhaps my tolerance of judgement has downright been
shot.
I have lived a life most fear to face. But I climbed out of that
fearful place.
So I triumphed over slavery. Will you so appreciate your
liberty?
I raise my face to the shining sun and forgive myself for the
things I've done.
Can't worry about what others might think. Can't pay any
mind to their attitude's stink
I know you want to break free, but have not yet been
brought to your knees
You will never know what it is that I see,

So try not to speculate please.
I obtained more solidity, gratefully
Through my personal liberty!
Don't judge

By Lindsay Hatland

THANK YOU

In the spill of it all, Nothing left but my deep, dark hole.
I've gotten myself here, I'll get myself out
As long as I hold on tight, I'll find out what my life's about
Cold, almost freezing, the wind whips at my face.
Should've known better. Coming from this Northern place
And the trees seem to laugh at me
Nature, seemingly mocking
Surprised I'm not clinically crazy
With a white jacket, rocking
Instead, deceived, I stand
Freezing and walking
In the spill of it all
There is some who still forgive
They share their love,
They give me a reason to live.
And how do I stay upright, looking people in the eye?
However I do it – Thank You – to those who help me forget
The moments I sometimes wanna die
And when I sometimes wanna die,
Oh how my eyes pour
Oh how I do cry
Thank you to those who care, enough to ask the question
“why?”
Thank you to those who love me enough to forgive
You are the ones that give me reason to live. Thank You.

By Lindsay Hatland

CONFLICT RESOLUTION

In order to successfully articulate the knowledge gained from the Introduction to Conflict Resolution course, I interviewed Carl Enns who is a program co-coordinator for Education and Employment Preparation Services (EEPS) and has been a volunteer mediator with Mediation Services for ten years. Carl addresses conflict in both the workplace and his volunteer setting, thus is a perfect candidate for this interview. Carl's perspective on themes such as communication and listening skills and also his thoughts about conflict and mediation allowed for the opportunity to connect class theory with its practical application.

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SUCCESSSES FOR THE SUMMER AND FALL

SUMMER & FALL NEWS –

The E.A.S. classes are finished for the summer and the C.P.P. class is still being held with a continual intake. It has become quite a popular class demonstrated by the waiting list that we now have.

EEPS NEWS ITEMS

- Lucas Wedderburn wrote his G.E.D. exam.
- Lindsay Hartland passed her G.E.D. with the highest marks anyone can achieve in her Language Arts, Reading and Writing. Congratulations!
- Stacey Anderson passed her G.E.D. with excellent marks! She is also the proud mother of a baby boy!
- Fred Dettman has succeeded in his G.E.D.
- Brian Walker passed his GED with excellent marks!

Staff Changes

- For those of you who have not heard –
- Ian Penner has left EEPS and ventured out on his own, being the adventurous guy that he is. We are certainly going to miss him.
- Sherry Gluting will no longer be teaching the C.P.P. class. Her energy and talent will be missed by all!

problems. Broadly applied moral strategies often result in mayhem, and cause much grief. A better prospect may be found, in moving one's focus to the smaller details presented in each day, the ones that are part of our physical experience. Working with a student to embrace a Physics problem, or take on a job that overcomes the fear of such exposure, may not raise the bar of broad human moral conduct, but it is sure to affirm the value of that student's individual life. This is perhaps the best that we can do. But in a complex world of continuing challenged moral conduct, accepting ones limitations can help us to ensure that our behavior today, respects a higher moral code.

by Roger Groening

PLEASURE FOR THE PALATE

Banana Split Cake

1 graham crumbs crust for 13x9 pan(1 ½ c. crumbs with 1/3 c. butter melted)
2 pkg. Cream cheese softened
1 c sugar
1c. crushed pineapple in juice, drained
6 med. Bananas, divided
2c. cold milk
2pkg. (4serving size ea.) Vanilla Instant pudding
2 c. thawed whip topping, divided
1c. chopped pecans

Freeze crust 10 min. Beat cream cheese and sugar in bowl, spread mixture over crust, top with pineapple. Slice 4 bananas & arrange over pineapple. Pour milk into large bowl, add dry pudding mix and beat with wire whisk 2 min. Stir in 1 c. whipped topping, spread over banana layer in pan. Top with remaining whipped topping. Sprinkle with pecans. Refrigerate 5 hrs. Just before serving slice remaining 2 bananas, arrange over dessert. *

A JOKE A DAY....

What did the fish say when he hit the wall? ...Dam

A mother of 2 children was busy with the baby, who was feverish, and asked her young daughter of 6 to go and get the Tylenol bottle, so she could give the medicine to the baby. The daughter, always the little helper when it came to her baby brother, quickly went as she was told. Bringing it to her mom she proceeded to open the bottle but could not. She struggled with it for a few minutes and then in frustration exclaimed, " I can't open it!" to which her mother replied, "Oh, that is because it is child proof." The little girl in her amazement concluded, "Wow, but how does it know it 's me?"

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CONFLICT RESOLUTION CONT'D:

The first place where Carl deals with conflict and the associated aspects is at his workplace, EEPS. AT EEPS, one of Carl's responsibilities is to teach communication skills and conflict management in a small classroom setting. This classroom involves adult students who have been out of high school for some time and wish to continue their education. Carl teaches his students listening skills such as using verbal cues, looking at the person who is talking, and nodding regularly. He also teaches communication skills such as using "I messages" instead of "you messages". Carl, like the authors of *Interpersonal Conflict*, understands that when individuals obtain this knowledge and practice these skills, they can help prevent conflicts.

While teaching communication skills in the classroom, he has on occasion had to help resolve a conflict. Carl uses that opportunity to educate his students about conflict and gives his students some choice of methods they can use for solving future conflicts. He tries to leave his students with the idea that conflict can be constructive and does not always need to be destructive. In chapter one of *Interpersonal Conflict*, the authors note that "when conflict is viewed as a problem to be solved, instead of a battle to be won or interaction to be avoided, creative solutions can be found"(Hocker & Wilmot, 1998, p. 7). Carl teaches his students that conflict should not become a situation filled with drama, and when students view conflict as a problem instead of a battle, the hostile conflict structure will change to allow for resolution. At EEPS, Carl addresses conflict in a professional manner and when needed will teach the skills he uses at Mediation Services to his students.

As a volunteer at Mediation Services, Carl is an unbiased third party who helps individuals in conflict solve their disputes. Mediation is defined in *Interpersonal Conflict* as "the art of changing people's positions with the explicit aim of acceptance of a package put together by both sides, with the mediator as listener, suggestion-giver, the formulator of final agreements to which both sides have contributed"(Hocker & Wilmot, 1998, p. 281). Carl assists in the process of a healthy agreement between both parties by using proper communication and listening skills, making sure there is equal power between the parties involved, and by being unbiased and nonjudgmental. When a mediator is involved in conflict resolution, it allows individuals the opportunity to resolve their conflict in a safe and comforting environment.

Mediators bring mutual empowerment to all parties involved in the conflict and allow for the conflict to be solved calmly and peacefully. Carl explained that as a mediator you need to step away from the situation and listen, be empathetic to both sides, use paraphrasing and "I messages", and make sure that both parties follow your example. He also explained that people sometimes feel compelled to rush to judgment over others, and this judgment contributes little to resolution of conflict. In mediation, it is essential that mediators allow both sides to finish their story, and after that the mediator and parties involved can start looking at how to deal with the situation. Carl explained that if he did not use the proper communication skills, such as the skills he teaches his students, the parties involved in mediation would have a tough time arriving at an equitable solution.

Carl used the following example to illustrate his point. Two young boys were coming home from school. The smaller of the two boys arrives home with a broken nose. The parents, without starting a dialogue with their son, call the police on the other, much bigger boy because they assume that he bullied their son and broke his nose. The parents were unable to solve this situation themselves so they

decided to use mediation as a method to help solve this conflict. Carl explains that the first step in mediation is to let

the individuals who are directly involved in the conflict talk first. The Mediators let each boy explain their story. The smaller boy says they were walking home from school, and he started bugging the other boy. The smaller boy tried to throw a punch, but he missed the second boy's face and fell on the ice, breaking his nose. The bigger boy agreed to the story. Carl explains that when individuals, such as the smaller boy's parents, act quickly and make assumptions, situations can become misunderstood quickly.

The conflict themes and perspectives that Carl mentioned were helpful in my examination of many dimensions to the conflict resolution course. In the study of conflict

resolution theory, I learned about communication skills such as using "I messages" rather than "you messages" to avoid and resolve conflict. Carl also teaches this to his students and finds it useful in mediation. Other constructive skills that Carl puts into practice and teaches are being empathetic and nonjudgmental. By comparing his methods of dealing with conflict, including how he responds to conflict and the reason or rationale for his responses, I had the opportunity to connect class content with everyday practice.

by Jackie Gudz ☀



Carl at work

CPP Class Project: Collages



Sherry Gluting, (right /back row) one of our teachers for the CPP class, gave the students a project to work on and do a presentation for other staff members. Here are a few to enjoy!

The Effects of Advertising



The ads that we see now a days affect a lot of people, from young children to adults. There are commercials that say, "Why look like that when you can look like this?" When we see these commercials, it makes us feel like we're not attractive. This can cause a lot of pressure from family and friends.

Young children see ads for toys and whine to their parents, and this causes the parents to get mad with the commercials that their children see. This then causes the parents to buy the toy to make the child happy. A problem in this situation is that the child is being spoiled rotten by their parents. Young teens are also affected by ads and commercials that they see. They want to be like the people that are in ads and on T.V., and they make themselves believe they're over weight. Teens will spend more money to make themselves feel better and this is what the advertisers want. The more ads that are shown the more their self-esteem goes down. Finally adults are also affected because they feel like they have to buy their children things that that see just so their children will be happy. They might feel pressured to make their home look nice, maybe even make themselves feel better. Ads make adults feel inadequate

because they wish that they could provide their family with the things that they want.

Children to adults will make themselves sick just so they can look like their idols. These ads and commercials can also affect people who don't have a lot of money. Ads and commercials will sometimes cause people to resort to stealing the things that they like or want because they can't afford it.

By Ashliegh Trimble

My Collage



I enjoyed making my collage. It gave me a chance to learn new and different things that are important to me. It got me thinking about my future.

One thing that is important to me is health care for the elderly and people with medical and physical disabilities. I help my mom and a close friend of mine and other people that need help, with appointments, meds, grocery shopping, and other needs. I want to be a certified health care aide and soon I will be that. It makes me feel good and happy to help elderly and disabled people. The health care in Manitoba is okay.

The next thing I'm going to write about is animals. My favorite animals are the eagle and the polar bear. In the Native culture the eagle and the bear are important. The eagle and the bear symbolize boldness and courage.

On my collage, I also have a picture of my favorite female actress, Pamela Anderson. She is a really good Canadian actress and really beautiful woman.

In conclusion, it was a good exercise. I never made a collage before. It's a fun learning experience. It felt great doing one on the health care and animals. Elderly and disabled people need help and good health care. People need animals like cats and dogs to play with and keep them company.

By Edgar Hart

May's Collage



My collage represents me. My name is May. I love to travel in all kinds of weather, seasons and locations. Travelling makes me feel relaxed and the scenery is just so beautiful.

The BMW represents the car that I want to work hard to achieve. I want to have a good life and have a great relationship like Will & Jada Pinkett Smith. I love music, it's something I feel I can't live without. John Legend is especially one of my favorite artists along with the beautiful Beyoncé.

I like Cheetahs because they are fast animals and they make such cute babies, and cheetahs, to me, symbolize caring and loving, just like my mother. I'm also very touched by ocean wildlife like dolphins and killer whales, because they are magnificent animals whom I personally would like to meet. Kermit the Frog brings back memories of my childhood, and he was always my favorite muppet. Polar Bears are beautiful too so are grizzly bears, but really they scare me. I wouldn't mess with one of those things. In my collage, he hides his eyes from the sight of Shrek sawing his nails down to size, while donkey just stands there and laughs. Did I say Shrek was my favorite animated movie?

I like the show C.S.I. cause it's very educational and it really interests me career-wise. However, it's just something I think that that could be possibly my profession. Halle Berry is my favorite actress. I think she's a beautiful, strong, role model to all young people.

Last but not least are Kerry and Bush. Well I don't have much to say about them because I'm not a political person. I just added this picture cause it was a cute cartoon portrait. Did I say that I also love art?

By May Baptiste

