

# LITERALLY SPEAKING

Winter 2022 | Issue 8



The GLC is in full swing and gearing up for an exciting 2023!

Though the holidays are right around the corner, we're still working hard at coming up with new and innovative ways to serve you in the new year. We'd love your input! Until December 15, participate in our Facebook Holiday Giveaway for a chance to shape our plans and be entered in our draw.

We wish you all a happy and safe holiday season, filled with joy, lots of festive spirit, and time to relax with the activities you enjoy.

The GLC Team

# Cooking Together

The holiday season brings out a unique opportunity for families to spend time together. But, what to do with that time? We thought we'd help you out by offering an easy, allergy-friendly recipe for you to make over the holidays with family members from 0-99!

Cooking involves reading, math, fine motor skills, following instructions, collaboration, problem-solving and chemistry! It involves both hard skills (measurable through testing and grades) and soft skills (working well with other people).



**1 cup of semi-sweet chocolate chips** (Enjoy Life brand for dairy-free)

**1/4 cup of coconut oil**

**1/2 cup peanut (sunflower seed) butter**

**1 teaspoon vanilla**

**10 cups of Chex cereal** - use chocolate, cinnamon, gluten-free, or any combination

**1/4 cup of holiday sprinkles**, divided in two

**1 cup of holiday M&M's or similar treat**

**1 cup of powdered sugar**

**2 cups of pretzel sticks**

**1/2 cup of melted chocolate** - white chocolate is particularly festive!

- Put the chocolate chips and coconut oil in a microwave safe bowl and melt using 30 second increments
- Once melted, stir in the peanut (sunflower seed) butter and vanilla until smooth
- Add your cereal to a big bowl and pour in the chocolate mixture, stirring until the cereal is evenly coated. Sprinkle in 2-3 tablespoons of sprinkles
- Put the powdered sugar in a large Ziplock bag and add the cereal. Shake until evenly coated. (You can stir in the powdered sugar like you did with the chocolate mixture. It will be more difficult to mix, but you'll save the plastic bag!)
- Melt the white chocolate in a microwave safe bowl, in 30 second increments
- Dip one end of each pretzel stick in the white chocolate and lay them on a parchment paper lined baking tray. Sprinkle on the remaining holiday sprinkles
- Add the pretzels to the cereal mixture and serve in a festive bowl!

# Activities

## Office Closed

Our offices will be closed for the holidays! Between December 23, 2022 and January 8, 2023, the GLC staff will be celebrating the festive season with family and friends.

We're excited to welcome you back on January 9 and please keep an eye on our Facebook page to see what we have for you in the New Year!



## When in Doubt. Paint it Out!



A workshop with Gabrielle Coulter on January 22 from 10:00-11:30 at the Douglastown Community Centre.

"When in Doubt, Paint it Out" is an interactive, creative experience that uses painting to express emotions. As a group, the workshop will teach ways to tap into the body to understand feelings and how these thoughts and emotions show up in physical ways. Ages 8 and up are welcome!



# Activities

## Family Literacy Week



The last week in January is Family Literacy Week and the GLC has some great ideas in the works! Please follow us on Facebook and check out our website in the New Year so you don't miss any of the fun activities we've got coming up.

Family Literacy Week: January 22-29, 2023

## News Recent Activities



## Choose to Grow Our New Office Mural

Thanks to  
Linda Drody!

## Ceramic Workshop



# Book Spotlight

## Fifteen Dogs by André Alexis

What if dogs had human consciousness?

This award winning novel opens with two Greek Gods in a Toronto bar who choose to offer human intelligence to fifteen dogs at a nearby clinic. What follows is an exploration of good and bad and how consciousness shapes their meanings.

André Alexis was raised in Ottawa and has several award-winning novels. If you are particularly sensitive about animals being hurt, you may want to choose another of his excellent titles and give this one a pass. We suggest *Childhood*.

## My Hair by Danielle Murrell Cox

Because the littlest members of your family need book recommendations too!

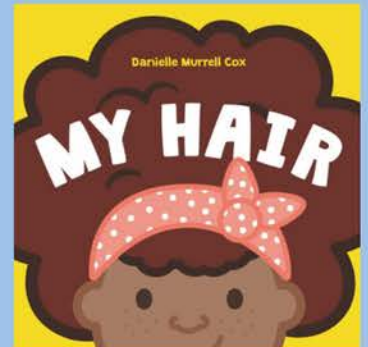
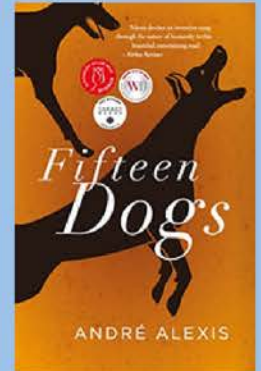
*My Hair* by Danielle Murrell Cox is dedicated to her younger self and features lots of beautiful, and diverse, hairstyles. Danielle is a young Montreal artist who has also published *Black Queens* and *Black Kings*, colouring books for adults. The book is fun and its message is powerful!

### Contact Info:

28 Avenue St Patrick  
Gaspé, QC G4X 2Y2  
Email: [info@gasapelit.ca](mailto:info@gasapelit.ca)  
Phone: 418-368-5611

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