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Distribution list

The Centre FORA team would like to update its distribution list of practitioners from Adult Training Centres.

If you wish to receive regular information on new releases, upcoming webinars, newsletters and updates on resources from Centre FORA, please send your name and current email address to Monique Quesnel Lafontaine using this email address:
mqlafontaine@centrefora.on.ca

Goodbye 2017!

The members of Centre FORA team and board of directors would like to take this opportunity to offer their best wishes for the New Year.

May 2018 bring you health, success and serenity!



New Executive Director

Welcome Jacqueline Gauthier!



Centre FORA was happy to welcome Jacqueline Gauthier as the new Executive Director on October 11, 2017. Jacqueline brings with her a wealth of professional and personal experience and has worked in many capacities through the years, including in various positions in the field of communications and management. She holds a master's degree in Linguistics and Language Teaching from Laval University (Quebec, Quebec) and a bachelor's

degree in French Literature from Laurentian University (Sudbury, Ontario). She certainly possesses a variety of tools and the experience required to contribute to Centre FORA's management and growth in the coming years.

We decided to ask her a few questions to get to know her better.

Can you share with us the beginning of your career where you are now?

I am truly happy to have become a member of the Centre FORA team. The entire team has welcomed me very warmly and helped me find my way. As a matter of fact, this is probably the smoothest professional transition I have ever experienced in my life! I would like to thank Yolande, Sophie, Monique and the entire board of directors for their support. I am happy to get to know them and have learned to appreciate their skills and wealth of knowledge already!

What are you passionate about?

I am passionate about a number of things, actually! I love music, dance, movies, and theatre. I love being with people and discussing issues. I am passionate about politics – may it be provincial, national and international; I never get enough of watching the news on television! I love to laugh and have fun. Some will say that I'm a little weird but I must admit that I love anything related to language – grammar, vocabulary, the pronunciation of words, etc. Of course, I love writing, translating, revising and teaching French. I truly love the French language and culture.

New Executive Director (continued)

What is the best advice you have ever received?

My parents have always told me and demonstrated through example that one must share with others their talents and skills. This is why I love working as a volunteer and giving to my community.

What are a few of your habits which may have contributed to your success?

I must admit that I adapt to change very well. Actually, I happen to love change since I really hate doing the same things over and over again. Where's the fun in that? I work well under pressure. I know how to get organised and put my shoulder to the wheel, if need be. I am not afraid of hard work; I grew up on a dairy farm so I learned how to work at a very young age!

To which exciting project have you contributed to this day?

I have worked on a number of interesting projects through the years. As a volunteer, I have helped to organize a Franco-Ontarian music festival called La Nuit sur l'étang (loosely translated as The Night on the Pond) for more than 12 years. I was the founding Executive Director of a brand new community health centre in a rural and remote community. I also helped organize the 20th anniversary celebrations of Collège Boréal. And I would be remiss if I forgot to mention that I was part of the team organizing for the very first Salon du livre du Grand Sudbury (Greater Sudbury's first French language Book Fair). I love getting involved in projects that yield real results.

How does Centre FORA contribute to adult learning and training, in your opinion?

In my opinion, Centre FORA contributes to adult learning and training by developing quality resources and tools which are both interesting and pertinent. These resources must be accessible and truly meet the needs of adult learners and practitioners.

What type of changes do you anticipate for Centre FORA?

For the next little while, I don't expect to make many changes. I feel I must first learn to get to know what the Centre does before making this type of decision. Moreover, I plan to begin a strategic planning exercise soon in order to determine what the Centre FORA's objectives will be in the future. I hope to consult practitioners and learners throughout the province to get to know their needs and expectations. I hope many of you will be willing to participate in this exercise when you receive the invitation!

I must tell you, for the last few months, I have discovered that the Centre FORA harbours a goldmine of resources. However, I believe that many do not know what we have to offer. I plan to concentrate my efforts in making sure that more people know about Centre FORA. As a start, I have created a Twitter account and have revived the Centre's Facebook page. I plan to ensure that Centre FORA is more active on social media platforms since that's where people find a lot of their information, these days.

Facebook : www.facebook.com/centre.FORA

Twitter : www.twitter.com/Centre_FORA

Do you have any advice to give people who might want to make a change but feel lost or stuck?

Actually, I believe it's essentially a question of attitude. You may choose to concentrate on the negative things in your life, things that are not going well, and find many reasons to stay where you are. Or you may choose to concentrate on positive things, on things that are going well, and on the many little gifts that life sends your way.

Allow me to share with you a personal practice: when I am depressed or somewhat frustrated, I end the day by trying to find three or four positive things that I may have lived through that day. They don't have to be grand events or situations. Here are a few examples:

- 1) my coffee was particularly delicious that morning;
 - 2) my car started even though it was very cold outside;
 - 3) I received a text from my daughter and
 - 4) my favourite tv show was particularly funny that night.
- I write these things in a workbook, and then I go to bed. I fall asleep with a smile on my face and the next day, I wake up with a positive frame of mind, ready to face a new day!

New Executive Director (continued)

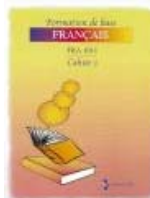
Do you have any last word of advice to share?

Allow me to share some advice I gave my daughter when she started her new medical school program. She was very worried about the amount of material she would need to learn to succeed and become a physician. I asked her: “How do you eat an elephant? The answer is simple: one bite at a time!” Indeed, it is best not to concentrate on the mountain ahead of you and get discouraged about climbing it. It is far better to concentrate on the next step, then the next, then the next... and one day, you realize that you have actually climbed that mountain! I believe that this advice is quite appropriate for any adult learner. Don’t forget: one bite at a time!

New on our Website

In our online Catalogue, you will find the *Formation de niveau 1* collection, a new version of a series of workbooks replacing the *Formation de base* series.

Old series
Formation de base



New series
Formation de niveau 1

This former version of *Formation de base* is now out of stock. From now on, should you want to order this older version, you will need to order a minimum of 50 workbooks, regardless of the number of the workbooks or a combination of workbooks from the FRA and MAT series.

For example, you may wish to order 4 copies of Workbook 2 FRA 1011, 17 copies of Workbook 3, MAT 1011, one copy of Workbook 2 FRA 1031, 11 copies of Workbook 5 FRA 1031, 9 copies of Workbook 7 FRA 1021 and 8 copies of Workbook 6 MAT 1031 for a total of 50 copies.

Please note that we have also had to increase the cost per unit slightly because of the limited number of units we will need to print.

We ask that you make sure to give us three (3) weeks to receive your workbooks once you have placed an order.

We invite you to plan ahead to meet your upcoming needs. Should you have any questions, please send an email to info@centrefora.on.ca or dial 1-888-814-4422.



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