

Bilingualism reduces effects of aging

Three recent studies published in the Journal of Psychology and Aging came to the conclusion that early and continued bilingualism reduces the effects of aging on some brain functions.*

The study group included adults who had learned a second language as children (before the age of ten) and continued the use of their second language throughout their lives. When measuring their ability to manage incoming stimuli and to ignore distractions through a specific exercise, these adults were more efficient and had a slower rate of decline in some of the processes of normal aging. The study suggests that managing two language systems enhances certain control processes within the bilinguals' brains such as functions which contribute to "the control of selective attention to relevant aspects of a problem, inhibition of attention to misleading information and switching between competing alternatives." In other words, to focus attention and ignore distractions.

Young children who learn two languages early in life may be slower to speak than other children at first but once they've learned both languages, they appear to have a number of intellectual advantages, which they carry with them into old age.

* Ellen Bialystok, Fergus I.M. Craik, Raymond Klein, Mythili Viswanathan - Psychology and Aging, 2004, Vol. 19, No. 2, 290-303.

Learning French Opens Doors

I began learning French in a small Saskatchewan town in Grade 4. As a student of Core French, I would have never imagined that I could have benefited as much from learning French as I already have.

While studying Agriculture and French at the University of Saskatchewan, I had the opportunity to travel to Quebec twice to participate in the Summer Language Bursary Program. My French language studies opened my eyes not only to Quebec culture, but also to Francophone literature, television, theatre and music from all over the world. After graduating from university, I received employment as an English monitor in Quebec through the Official Language Monitor Program. I improved my French, but also expanded my knowledge of the English language and Saskatchewan culture. While living in Quebec, I traveled extensively within Quebec and 4 other provinces. Even though I loved Quebec and all of the places I visited, my appreciation for Saskatchewan grew each day that I was away.

When I moved home last December, I was thrilled to find work in Saskatchewan that gave me the opportunity to use my French. I have recently been able to combine both of my degrees by offering language classes for agronomists and translation services to agricultural companies. Now that I am aware of the many challenges facing French educational opportunities in Saskatchewan, I am thankful that I learned French and can use it to encourage others that learning a second language has both personal and professional benefits.



The new "I'm Teaching in French Because..." campaign is for teachers, senior high school, and university students who might be considering a career as a french second language teacher. This national recruitment initiative addresses issues surrounding the current shortage of qualified French language teachers. To place an order for free posters and/or brochures, please contact the CPF-SK office.

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CPF-SK New Board of Directors

CPF-SK would like to thank all of those that attended our AGM on August 8, 2004 at Last Mountain Lake. Here is your new Board of Directors!

Rose-Marie Bouvier - President

Rose-Marie Bouvier is originally from the francophone community of Lisieux, SK. She has been working at the University of Regina since 1991 and is currently the Administrator of the Faculty of Arts. Her son, Roger, has completed his elementary and secondary education in the French Immersion program in Regina. Rose-Marie has been involved with CPF as coordinator of the provincial Rendez-vous from 1999-2002 and has been on the CPF - SK board since 2000. This is Rose-Marie's first term as President.



Amy Hadley - Vice-President

Originally from Prince Albert, Amy moved to Vancouver with her family in 1974, where she completed her schooling. Following graduation, Amy travelled extensively throughout the world, including an overland trip by truck from London to Katmandu. Along the way she developed an appreciation for the understanding of different languages and cultures. In 1984, after working and training in the food service industry, Amy accepted a position as Food Services Manager at the Waskesiu Golf Course. She stayed in that position for three years. In 1986, she struck out on her own, opening "Amy's on Second", a fine dining restaurant in Prince Albert. Amy's restaurant has won critical acclaim locally, regionally, and nationally in its eighteen years of operation.

Amy is married and has three children, all of whom attend the French Immersion Program in the Prince Albert Public school system. Amy has worked countless hours with the CPF-SK branch and Prince Albert chapter and is gaining her first term as Vice-President.



Jackie Rathgeber - Treasurer / Secretary



Jackie has lived all her life in Saskatchewan. She has taught in Melville at St. Henry's RCSSD from 1968-1976, and 1989 to the present. She married Ron Rathgeber in 1973. They have 2 children, Ronelle and Janlyn. Ronelle, 26, is a pharmacist, and lives in Melville with her husband. Janlyn, 20 years old, is a bilingual high school graduate and is currently attending the University of Saskatchewan. Ron and Jackie have been supporters of CPF since Janlyn entered French Immersion in 1989. They are involved in various community activities as well as CPF. Jackie has been a member of the CPF Melville Chapter Executive and is now serving her fourth year on the CPF-SK Board of Directors.

Gladys Oracheski - Director

Gladys was raised in a small town in Alberta and moved to Lloydminster when she got married. Gladys and her husband Darrel operate their own business in Lloydminster. She has been involved with Canadian Parents for French for 13 years, at both the local and branch level. She has four children, all of them bilingual. Two of her children are currently in post-secondary studies. This is Gladys' second term on the Board of Directors.



Georgette Chrispen - Director

Georgette was born in Whitewood, SK and now resides in the community of La Ronge. She has been a teacher in Northern Saskatchewan communities including Île-à la Crosse, Beauval, Cumberland House and La Ronge. Georgette has been a French Immersion teacher for the past 16 years. She retired from teaching in 2001, after 29 years. However, she will continue to be active in the school as a substitute-teacher, volunteer and elder. Georgette has been married for 34 years to Larry Chrispen. They have three daughters, Rachelle, Janay, and Cherise, two sons-in-law, Dave and Dean, as well as three grandchildren, Drew, Briana, and Jeremy. This is Georgette's third year on the CPF - SK Board.



Erika Fox - Director

Erika started Grade one in 1977 as her mother, being from Europe and knowing that Canada is a bilingual country, assumed she would learn French at school. Two years passed and she realized that not every school taught French. Erika was then transferred to a French Immersion program and eventually graduated with a bilingual Grade twelve diploma. She attended her first year of university at the Faculté St. Jean at the University of Alberta in Edmonton and finished her Bachelor of Arts degree, majoring in French, from the University of Saskatchewan in 1992.



Erika has stayed involved in the Francophone community in Saskatoon by dancing on and off since 1988 with la Ribambelle. She was Co-Artistic Director for 5 years and has been Artistic Director since 2003. She also currently sits on the cultural committee of the Fédération des Francophones de Saskatoon.

Erika and her husband have two children, aged 3 and 5. In March 2004, they applied and were accepted to l'École canadienne-française in Saskatoon. Because neither of them are of Francophone descent or attended a Francophone school as children, they were not automatically allowed to send their children to this school. She believes their family was accepted based on their current level of oral and written abilities in the French language and also because of Erika's ongoing involvement in the Francophone community. Erika truly believes herself to be a "Canadian Parent for French" in Saskatchewan! She loves the language, the culture, and most of all the close-knit community in Saskatoon.

Suzanne Rollo - Director

Suzanne started in the field of education in 1972, teaching Core French in Saskatoon and then in the French Immersion program in Prince Albert in 1974. Her family moved to Regina in 1980, where she completed her education degree. She taught at École Msgr. de Laval for four years and then went on to teach grade one at St. Mary's School for a few years.

From 1987 to 2000 Suzanne worked at the dual track St. Angela School where she coordinated the French Immersion program. She was a part of a small group who lobbied for smaller class sizes at the beginner level and achieved the current mandate to limit class sizes to 23 at the kindergarten to grade 3 levels in the Regina Catholic School system. In 2001, she became Vice-President at St. Pius X School and since 2002 has been Principal at St. Mary's School where she graciously allowed CPF-SK to hold its Rendez-vous in February 2004.

For many years, Suzanne has been a staunch supporter of CPF's Concours d'art oratoire. She firmly believes Concours improves the writing, oral, and public speaking skills of students, and that it should be a part of the curriculum. She has also promoted many other CPF-SK activities and involvements over the years. Currently living in Regina, Suzanne has three children, all of whom went through the French Immersion program and have benefited greatly from the skills of their second language.



CPF-SK Welcomes New Staff Members

Ginelle M. Gillett - Administrative Assistant



Ginelle Gillett is a Saskatchewan French Immersion program success story. Born and raised in Saskatoon, her parents, convinced of the benefits of learning a second language, enrolled her in the French Immersion Program at Sr. O'Brien Elementary School. She eventually graduated with a bilingual diploma from St. Joseph High School. There she went on to take French under the Arts Program at St. Thomas More College, University of Saskatchewan. As a recent honors graduate from the Business Office Administration Course at the Career Campus, Ginelle has a specialization in bookkeeping and business communication. Her love for the French language and experience within Saskatchewan's immersion program will make Ginelle a key asset within the CPF-SK team. Ginelle looks forward to acquiring new skills in the development and promotion of linguistic duality in Saskatchewan.

Tyler Klassen - Office Assistant

Tyler Klassen, our newest member of the office staff, learned French at Henry Kelsey school in the immersion program until Grade four and the next two years in the Ac-tal program. Early in Grade seven, he was in a bike accident and was hit by a car, sustaining a traumatic acquired brain injury. He would spend the next three and a half months in a coma, eleven months without speech and two years in a wheelchair. He went on to complete his grade twelve equivalency (GED), and continuing with his French, while attending Career Headways in Regina. For the last four years, he has been speaking to school aged children, in both French and English, as a survivor on preventing Brain and Spinal Cord injuries with an organization called Think First. Tyler is looking forward to working with CPF-SK in using his love for the French language towards the promotion of linguistic duality in Saskatchewan.



Would you like to Advertise through our Newsletter?

Advertising rates are as follows;

| | |
|--------------|----------|
| Full page | \$200.00 |
| Half page | \$150.00 |
| Quarter page | \$75.00 |

CPF-SK prints 700 newsletters, three times each year. They are mailed to approximately 900 members that include individuals, schools, and organizations.

*If you are interested, please call us at (306)244-6151 or
toll free at 1-800-561-6151*

The CPF-SK office will be closed from December 27, 2004 to January 2, 2005, for the Christmas holidays. It will re-open on January 3, 2005.

Do you know a young person between the ages of 18 and 25 who would be a wonderful representative of linguistic duality among Saskatchewan youth? CPF-SK is currently accepting nominations for its newly created position of Youth Advisory Director within its Board of Directors. Send in your nomination to the CPF-SK office accompanied by a short introductory letter as to why this person would be an asset to CPF-SK.

Calendar of Events & Ideas

| | | |
|-----------------|------------|--|
| <u>October</u> | 18-22 | Education Week |
| | 23 | Mini Rendez-vous in Prince Albert |
| | 30 | Mini Rendez-vous in North Battleford |
| <u>November</u> | 11-14 | National Annual General Meeting in Québec City |
| <u>December</u> | 27 - Jan 1 | CPF-SK Office Closed for Holidays |
| <u>February</u> | 9-10 | Salon du livre - Yorkton |
| <u>March</u> | 1-5 | Salon du livre - Saskatoon |
| | 8-10 | Salon du livre - Prince Albert |
| | 14-19 | Salon du livre - Regina |
| | 20 | Journée internationale de la Francophonie |
| | 22-23 | Salon du livre - Moose Jaw |
| <u>April</u> | 4-8 | Salon du livre - Gravelbourg |
| | 19-20 | Salon du livre - Lloydminster |
| | 25-26 | Salon du livre - North Battleford |
| | 26 | French for the Future/Français pour l'avenir in Saskatoon |
| | 30 | Provincial final of Concours d'art oratoire |
| <u>May</u> | 3-4 | Salon du livre - Zenon Park |
| | 28 | National Concours d'art oratoire at the University of Ottawa |
| <u>Juin</u> | 9-10 | Tremplin d'athlétisme - Équipe Saskatchewan |
| <u>July</u> | 20-24 | les Jeux de la francophonie |

VOUS AIMEZ LE FRANÇAIS ?
VOUS L'ÉTUDIEZ ? VOUS ENFANTS L'ÉTUDIENT ?
ALORS...

POUR VOTRE PLAISIR,
POUR LE PLAISIR D'ENTENDRE LA LANGUE DE MOLIÈRE,
POUR LE PLAISIR DU THÉÂTRE,

VENEZ VOUS DIVERTIR ENTRE AMIS OU EN FAMILLE!
VENEZ SAVOURER LES PIÈCES QUE PRÉSENTE LA TROUPE DU JOUR!

AU MENU DE LA SAISON 2004-2005:

- QUATRE PIÈCES offertes dans le cadre de la Scène principale :
 - ❖ la production communautaire *Le Bonspiel sinistre de Wullie MacCrimmon* (traduction de *The Black Bonspiel of Wullie MacCrimmon* de W.O. Mitchell) : du 14 au 17 octobre 2004;
 - ❖ *Encore une fois, si vous permettez* du Québécois Michel Tremblay : 10 novembre 2004;
 - ❖ *Foyer* de la Saskatchewanaise Madeleine Blais-Dahlem : du 17 au 20 février 2005 ;
 - ❖ *Cette fille-là* (traduction de *The Shape of a Girl* de Joan MacLeod) : les 22 et 23 avril 2005.
- Des billets à petit prix. Possibilité de tarifs réduits pour les groupes.
- Possibilité de recevoir à l'avance et sur demande le script des pièces (version électronique).
- Un **grand tirage** parmi les abonné.e.s à la saison théâtrale 2004-2005, dont le prix est un séjour d'une valeur de 250 \$ au **Temple Gardens Mineral Spa** de Moose Jaw
- Une **ambiance conviviale (et bilingue)** avant et après le spectacle...

ABONNEZ-VOUS !

RENSEIGNEMENTS : CATHERINE, LA TROUPE DU JOUR, 244 1040

La Troupe du Jour, C.P. 339, Saskatoon, SK S7K 3L3

Téléphone : (306) 244-1040 Télécopieur : (306) 652-1725 tdjour@sasktel.net

le Camp ultime

by *Mathew Conley (Teacher-Monitor)*

I am pleased to announce another successful Camp ultime! Once again we had record numbers and tons of fun. Even though the weather this summer was predominantly dreary we were fortunate to enjoy some hot sunny days on the beach. We had two incredible sand creation competitions where campers showed us their creativity and imagination, in French, through sculptures. From recreating a scene from the movie Finding Nemo, to a full sized duplicate of a living room! All of the creations were absolutely amazing. Most of all, the campers had fun in French. On days where we were less fortunate with the weather, campers enjoyed many different arts and craft activities. They created some amazing string balloon art, bracelets, necklaces, t-shirt paintings, as well as team collages.



Many activities at Camp were based on team spirit, which allowed campers to make new friends quickly. They created team songs, team names and team cheers. Aside from a few cases of homesickness which passed quickly, everyone got along wonderfully.

Because of the wonderful campground facilities we had available to us, we were able to create some innovative games that used an incredible amount of space. A couple of examples of these games were a mystery clue hunt that took over three hours to complete, as well as a game of flags that used the entire campground and certainly got the campers running. One particularly successful game that got the Camp Monitors moving was 'Attrapez les moniteurs!'. This game consisted of giving the Monitors a five-minute head start to go and hide followed by having every single camper go out and find them.. I can't remember the last time I was that tired!

There were so many other memorable and fun activities such as canoeing, zip lining, horseback riding, carnival, air bands, and archery, just to name a few. It was simply an awesome Camp, for both the campers and staff and of course, it was all done in French. Everyone learned that you can have fun in any language.

la Fête du soleil

by *Natalie Gaudet and Sarah Mann (Monitors)*

Summer has ended which means we are putting our material for Fête du soleil back into the little office in Saskatoon. It was a great year for Fête, although it should have been called Fête de la pluie instead of Fête du soleil since we had more rain than sunshine this summer!

Summer went by very fast, it seems like yesterday that we were in the CPF-SK office scratching our heads for fun educational activities in French to do with the kids. It was a big success. The kids' favourite activity was called cockpit, on Space day, where they had to make an escape pod out of recyclable materials with two eggs in it. We would then throw the 'cockpits' and see if the eggs survived the crash. It was great fun and the kids would always impress us by making fantastic cockpits.

In total, we travelled to eight different communities in Saskatchewan, sometimes as two different teams, all within five weeks. With record numbers almost in every community, our biggest one was Saskatoon with a total of 48 kids! Is that right? For the first time ever, the CPF-SK office was forced to start a waiting list for Saskatoon as the numbers of registered kids increased sharply compared to past year's participation levels.

Our team consisted of four young women with plenty of experience with French language and with children.



Mélanie Lapierre came to us from Québec with Young Canada Works and is now starting her first year at University of Sherbrooke in the College of Medicine. Shara Rondeau spent the last year studying in Québec and is now doing her

third year of Education at the University of Regina. Sarah Mann is studying to become a Core French teacher at the University of Lethbridge. Natalie Gaudet graduated from l'École canadienne-française of Saskatoon and is now starting classes in the Arts and Science Department at the University of Saskatchewan.

With a great team of monitors and many great activities, the summer was a hit for all of the children involved!

Organizations Can Also Receive Our Newsletters

School, school division, French club, university class - whatever your group, you are invited to subscribe to CPF national, provincial, and local chapter newsletters as well as other designated mailings (to one address only). This membership confers no right to vote or to hold office at any level of CPF, but your representative may attend our meetings, seminars, and conferences and have access to our several programs and resources. Become an **AMO** for just 60\$/year by sending in this form today!

ASSOCIATE MEMBERSHIP FOR ORGANIZATIONS APPLICATION FORM

Please send ____ (up to 10) copies of each CPF newsletter to:

Where applicable:

Organization/Group _____

School Board/Division _____

Mail attention to: _____

Local CPF Chapter: _____

Telephone: () _____

\$60 to be paid by: Cheque enclosed

E:mail _____

MasterCard Visa Card#: _____

Street _____

Name on Card: _____ Expires: _____

City _____

Date: _____

Prov _____ Postal Code _____

Signature: _____

Return to: Canadian Parents for French
Suite 303, 115 - 2nd Avenue North, Saskatoon, SK S7K 2B1

GRADES 6-9 GRANT PROGRAMME

Canadian Parents for French - SK is accepting submissions from **Associate Member Organizations** and Chapters of CPF - SK who are seeking funding to help them develop extracurricular or enrichment projects for Grades 6-9 students that will accomplish some or all of the following objectives:

- 1) Enhance their French language skills
- 2) Make them more aware of French Canadian culture and history
- 3) Make them more aware of French as the day-to-day language of millions of Canadians
- 4) Spotlight and support French-speaking residents of local communities and their language
- 5) encourage them to study French at the secondary school level
- 6) Sensitize them to the career and personal enrichment opportunities available to Canadians who have a good knowledge of French
- 7) Foster a sense of belonging to a bilingual Canada
- 8) Provide a meeting place where Francophone and Anglophone young people can communicate in French

Applications for amounts up to \$1,000.00 will be considered.

For further information please contact us

By telephone in Saskatoon or outside Saskatchewan: (306) 244-6151

Toll Free in Saskatchewan (outside of Saskatoon): 1-800-561-6151

E-mail: cpfsask@sasktel.net

www.cpfsask.com

Provincial Board of Directors

President - Rose-Marie Bouvier
Vice-President - Amy Hadley, Prince Albert
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Director - Gladys Oracheski, Lloydminster
Director - Georgette Chrispen, La Ronge
Director - Erika Fox, Saskatoon
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Local Chapters

Battlefords
Estevan
Lloydminster
Melville
Moose Jaw
Nipawin
Prince Albert
Regina
Yorkton

Chapter Updates for Website

Please forward your Chapter updates for publication on our website to:
ginellegillett@sasktel.net

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Membership Application Form

CPF allows one or two adults (over 18) per family as voting members.

New Membership: Individual Family

Renewal: Membership # _____

Change of Information below:

Name _____

Address _____

City _____ Prov _____ Postal Code _____

Home Phone: (____) _____ Work Phone: (____) _____

Fax: (____) _____ E-mail: _____

School Board _____

School(s) _____

Local CPF Chapter/Section _____

Occasionally the CPF membership list will be made available to other groups/agencies to offer members benefits or education-related information. Use of the list will be carefully regulated and only permitted under a contract specifying confidentiality and one-time authorization. **If you do not wish to receive mailings other than directly from CPF, please check this box.**

Membership One Year (\$25) _____
Three Year (\$60) _____
Donation _____
Total _____

Donations to CPF - SK are welcomed and appreciated. Thank you for your support. (CPF - Saskatchewan Charitable Tax # 106865231RR0001)

For payment by: Visa Mastercard Cheque enclosed

Name on Card: _____

Card #: _____ Expiry: _____

Date: _____ Signature: _____

Return to: Canadian Parents for French
303-115, 2nd Avenue North, Saskatoon, SK S7K 2B1