

Message from the Executive Director

Ralph Waldo Emerson said, **"The secret in education is respecting the student."**



Our hard-working students deserve all the respect and opportunity there is to give!

CVABE's staff, volunteers, financial supporters and community service partners inspire and guide the life-changing educational opportunity we offer and provide to central Vermont adults and teens throughout the year.

No matter your role, thank you for working in partnership with us, thus ensuring the human and financial resources necessary to provide accessible and readily available Adult Education and Literacy services to the members of our communities.

I know you will be as inspired as I am by the stories from our students, volunteers and donors which follow.

Happy summer and best wishes,

Carol

Celebrating our Adult Learners

In this graduation issue, we share some of the work of our amazing students. Their efforts are as inspiring as their stories.

Rap It Up

By Nick B

It all started when I was at high school, felt like a prison
 Tensions rose then came the altercation
 Got suspended then expelled, but knew everything happens for a reason
 I found CVABE and they treated me like a human being
 Even when I felt like all hope is gone, they pushed me to keep
 grinding and succeeding
 I got caught up in my feelings and started to drift away
 I felt like I wasn't gonna make it in time
 It was like doing the work was a crime
 'Til I found out I wasn't in the right state of mind
 It took me forever to come back, when I did all I had was graduation
 on my mind
 Walking away was the real crime
 I started coming in in the afternoons My willingness to work grew,
 my grades did too
 I started to come in 2 to 3 to 4 to 5 days
 I've learned so much about myself these past two years
 Found out I'm a poet, I write as a way to face my fears
 I learned that there are people there to help you succeed
 All you need to do is keep believing in your dream
 I drank my share from the knowledge cup
 Now it's time for me to rap it up



How The CVABE Program Helped Me Get My High School Diploma

In a normal classroom setting, it was extremely hard for me to focus and get motivated to even be there. The normal classes at high school are eighty two minutes long. In the majority of the classes the teacher was lecturing us and talking at us, rather than talking to us. For me, that just didn't work. I needed to be in a faster and more engaging atmosphere. I tried the advanced classes, but still no luck. What could I do? I couldn't just sit there taking notes I didn't need, instead of putting the lessons to use in a practical way. In the end I just did not bothering to go to my classes.

However, my school case manager had brought up Central Vermont Adult Basic Education as an alternative to the normal classes I had been avoiding. On my first meeting with them, I was cautiously optimistic. I was soon won over because of the way they were so accommodating, and keen on setting it up in a way that I could be successful. This allowed me to be rid of classroom classes all together, and for me to more academically independent. This method was, in the end, the best and most comfortable way for me to get my high school diploma.

I hope in the future to have the ability to further my education in a regular class, and to find a place where I can go at my own pace and keep my independence. With the skills and experience I now have, the future look a little less dreary.

Steven H.

My Poem About Life

Todd W

I love life.

I love walking the streets of Montpelier.
I love the art galleries because
There is so much beauty in the visual paintings
And photos that I can quiet the noise in my head.
Gail has me viewing sculpture by walking around it
And touching it and just enjoying the beauty of it.

I love my life
because even though I have autism
I have been introduced to classical music
and again the world disappears
in the melodies of Bach and Brahms
and all the great composers that I have learned to
love.

I love my life
because I go to baseball games and go to school
and eat ice cream and hot dogs and junk food
and just enjoy life.

I thought I wanted to die because I have autism
and will never have a family or a lover
but I have been shown by both Doris and Gail
that life is an experiment and just keep
trying different components that sometimes work
and are joyful, but some fall flat.

That life is a one-time shot and we all have isms
but it is how you choose to use your body and mind
to see and exist in this world.

We Need Your Help

Local partnerships in learning is a two-way street. CVABE needs the support of our community to help us find students, spread the word about the work we do, volunteer and offer financial support. In turn, we are also here to support our community. We know that local businesses, because of low educational levels of the work-pool, often have a hard time recruiting, retaining and promoting good employees. We are here to work with these businesses to help solve this problem.

That's where we need your help. There are a lot of businesses in our service area, more than we can reach out to. If you know of one that may want to partner with CVABE, please let them know about us. For more information contact Brian Kravitz (bkravitz@cvabe.org) or Kate Nicolet (knicolet@cvabe.org) at (802) 476-4588. We'll be happy to come out and speak with business owners and/or human resources personnel about how we can partner to strengthen your workforce and your business.





Volunteer Profile: Kim Canavan

Brian Kravitz (B) recently met with Kim Canavan (K), a stalwart volunteer who works at the Barre Learning Center.

With the support of over 100 eager volunteers, each with their own story and skills, CVABE provides individualized, goal-driven and high quality adult education to almost 500 students. Kim, the embodiment of our amazing volunteers, started with us years ago, took time off to raise her growing family and then returned as a tutor. Kim has taught many subjects to adult learners of all ages and abilities, and has always done so with a sense of deep caring and a wonderful smile.

Thank you, Kim, for all you do for our students!

B: I'm very interested to know how you first came to be a volunteer at CVABE.

K: I started at CVABE about 20 years ago when I was new to Vermont and at home with young kids. I knew that I wanted to volunteer with an organization where my work would be significant and make a difference. One day I came across an ad for "volunteering at CVABE," and met with your Volunteer Coordinator.

B: Tell me about your first volunteer assignment.

K: I began at a time when Bosnian refugees were coming to Vermont. My first assignment was teaching English Language Learning (ELL) to a Bosnian couple. I could even bring my toddler to our sessions. At first I met with the husband and wife together, and after the husband got a job just the wife. We practiced a lot of conversational English.

B: How was that experience for you?

K: I had resources and experiences that I could share, and loved the fact that the work was relational. I really got to know my student, and was able to learn about her culture and way of life as much as she learned from me. We stayed friends for years after I stopped working with her.

B: That sounds like a great first experience. Have you volunteered consistently since then?

K: I taught mostly ELL for 3-4 years, and then took 12 years off, until my children were in high school and I had more time. I gave Gale (CVABE's Volunteer Coordinator) a call and started up again.

B: Is there a difference in the students between the time you left and when you returned?

K: Well, I learned more about what CVABE offered when I came back. I started out doing ELL, but didn't know there were math classes that volunteers could help in. There's a lot more to CVABE than I thought!

B: What did you teach when you came back?

K: I said to Gale, "I'll teach anything but math!" But that's what I got called and asked to teach.

B: (laughing): How did you feel about doing that?

K: I didn't think I would, but I loved it.

B: As you teach math, have you become better and more comfortable with it?

K: I've become great at teaching middle school math, and I actually enjoy it! I've learned how to explain concepts, and I've even learned a few new things myself. The "new math" is hard!

B: Have you only been teaching math?

K: No, I've also been working 1-on-1 with students on things like science, which I have a background in. This work is with students working toward a diploma through the High School Completion Program (HSCP). A lot of students start out in the math class, and then move to HSCP when they are ready.

B: So, you've worked with some students all the way through their journey at CVABE?

K: Yes! It's really fulfilling getting to know students in the math class, and then following through with them on independent projects for their diploma. I see the whole cycle, where they start in basic skills instruction and end by graduating from high school.

B: That's awesome! Do you have one particular experience at CVABE that stands out to you?

K: Last year I got to meet a woman in a group math class. Once she got into HSCP she requested that I help her on a few projects, which I did. I even went to her graduation. We now have a deeper relationship, and talk about our lives, families and jobs whenever we see each other.

B: Does volunteering at CVABE enhance your life?

K: Every time that I leave CVABE, I feel that I've done something with value and significance. It takes me deeper as a person because I get to know the students' stories, which is important to me. These are people that I may not have gotten to know if not for volunteering at CVABE. Their determination and resilience teach me a lot! When I talk to people about CVABE, or prospective volunteers, I tell them that what I like most is that you become a part of the teaching team. You work with the teachers and students. You're not alone. I learn a lot from teaching people that have a different background or story than myself.

B: Thank you so much for your time today, and for all that you do for our students!

Donor Profile: NorthCountry Federal Credit Union

Our tag-line, "local partnerships in learning," is very real. We simply can't do our work without support from our community. This comes in many forms, from the thousands of hours of time a year our dedicated volunteers give, to the generous financial support we receive from individual donors, foundations and local businesses.



We are proud to partner with NorthCountry Federal Credit Union. The community credit union has generously supported CVABE since 2004, with funds earmarked for educational programs, student handbooks, technology purchases, our new website (www.cvabe.org), and special programs that directly affect the lives of our students.

In 2016, with the generosity of NorthCountry, we were able to set up the very important and much needed "Access to Education Fund." Many of our students have barriers to education, and this fund allows us to provide necessary financial support to mitigate these barriers. For instance, if a student needs help paying for gas or bus fare to attend class, or they need help paying for daycare so that they can have a few hours of uninterrupted learning, we provide this support through the Access to Education Fund. We thank NorthCountry for their generosity.

"We are very pleased to support the work of Central Vermont Adult Basic Education," says Bob Morgan, CEO, NorthCountry Federal Credit Union. "CVABE's successful programs directly impact our community and provide our neighbors with the tools to grow, learn and live enriched lives. We are happy to encourage and support students and staff in their endeavors."

For many of our students, high school graduation is the end of their journey with CVABE, one that NorthCountry has played an important but silent part in. We are so pleased to announce that NorthCountry has generously donated the beautiful caps and gowns that our graduates wore this year, and will wear for years to come. Thank you NorthCountry Federal Credit Union, for your generous support of our amazing students!



Find us on Facebook

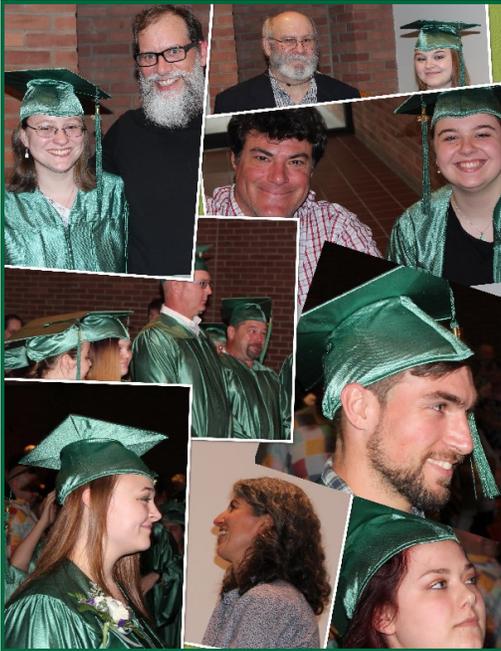
Keep up to date with the latest news, happenings and goings on at CVABE. Find us at [#CentralVermontAdultBasicEducation](https://www.facebook.com/CentralVermontAdultBasicEducation).

We've had the page only since the beginning of 2019, and we already have 200 followers. We'd love to see that number jump to 500+ by the end of 2019. Please find us on Facebook, follow us and share our posts.

Graduation 2019

Congratulation to our 53 adult learners who earned a high school credential this year!

We wish them all the best in their future endeavors.



Whether they earned a high school diploma or a GED[®], this is a momentous accomplishment. For many, it marked the culmination of a journey started many years ago, one that came with trials and tribulations, but ultimately ended in the triumph of earning a high school credential.

On June 19, 2019, at the Pavilion Auditorium, Montpelier, we held our annual graduation celebration. Fifteen graduates, along with over 100 family members, friends and community members attended this awe-inspiring event. Amidst the pomp and circumstance, these graduates proved that it's never too late to Dream, Believe, Learn and Achieve!

There are a myriad of reasons why some adults and teens stop out of high school, thus delaying their achievement of a high school credential. At CVABE, while honoring and respecting each student's past experiences, we focus on what can be done today to make a better tomorrow. We help students formulate goals, and then master the skills necessary to empower themselves to make their dreams come true. A high school diploma creates opportunities and changes lives!



**CVABE Board President, George Lewis
and
Vermont Lt. Governor, David Zuckerman
address and congratulate the graduates**



DJ and Christina

My husband and I met during our sophomore year of high school. After a series of events, we found ourselves to be very young parents. As important as education is, we had to shift our priorities to provide the necessities for our young family, meaning that neither of us were able to graduate with our class. We went on to have three beautiful, healthy children.

Years passed, and I decided that it was time to get my diploma. I worked with CVABE to earn my high school diploma, which gave me the opportunity to attend the Central Vermont Career Center's Cosmetology Program. I got an Industry certification at the same time.

After graduating and working a year in the industry, I was able to open my own business. Five years after opening and successfully operating my business, I was given the opportunity to teach at the Central Vermont Career Center. I went from not having a high school diploma to becoming a teacher! I needed to pass a test to get my teaching license, and again CVABE came to my rescue with dedicated tutoring. I passed the test and have been teaching for almost 10 years! My husband just got his diploma by working with CVABE and he now looks forward to furthering his education. The program doesn't just help people get diplomas, they help people to provide better lives for themselves, their families and community, no matter their educational ability or goals. I am proud to serve on the CVABE Board of Directors.





Central Vermont Adult Basic Education, Inc.

Local Partnerships in Learning
Serving Washington, Orange and Lamoille Counties

NON-PROFIT ORGANIZATION
U.S. Postage
PAID
Permit No. 61
Montpelier, VT

**Barre Learning Center
(and Main Office)**
46 Washington St. – Ste. 100
Barre, VT 05641



BECOME A VOLUNTEER.
To inquire about opportunities contact us at 802-476-4588 or info@cvabe.org
Visit us at www.cvabe.org

Central Vermont Adult Basic Education, Inc.

CVABE has learning centers throughout the three-county region. Please call your local learning center for more information about student services or volunteer opportunities. You can email us at info@cvabe.org or visit our website at www.cvabe.org.



Learning Centers

Washington County

**Barre Learning Center
(and Main Office)**
46 Washington St. – Ste. 100
Barre, VT 05641
(802) 476-4588

Montpelier Learning Center

100 State St. – Ste. 3
Montpelier, VT 05602
(802) 223-3403

Waterbury Learning Center

31 North Main St. – Ste. 1
Waterbury, VT 05676
(802) 244-8765

Orange County

Bradford Learning Center
24 Barton St. – Ste. 1
PO Box 917
Bradford, VT 05033
(802) 222-3282

Randolph Learning Center

10 South Main St.
PO Box 84
Randolph, VT 05060
(802) 728-4492

Lamoille County

Morrisville Learning Center
52 Portland St. – 2nd Fl.
PO Box 478
Morrisville, VT 05661
(802) 888-5531

Programs & Services

- Basic Skills: Reading, Writing, Math, Computer and Financial Literacy
- English Language Learning and Preparation for U.S. Citizenship
- High School Diploma and GED Programs
- Career, Technical Training and College Readiness
- Volunteer opportunities for community members

In our learning centers, community locations, workplaces and homes, CVABE teachers and volunteers work with adults and teens to meet their basic education needs. All tutoring and classes are free to the student.

We believe that a person who is literate has the essential key for self-understanding and for full and active membership in the world.

Ours is a two-part strategy for the realization of full literacy:

1. Providing basic education for adults and teens and
2. Involving the entire community so that the hopes and efforts of our students will be championed every step of the way.