



THE ABLE NETWORK
...promising futures

ABLE NETWORK NEWS

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CONGRATULATIONS TO ADAM AND BRENT

Congratulations to Adam Brookes and Brent Hoey for bringing home a silver medal in floor hockey from the Winter Special Olympics Games that were held recently in Korea. It was a whirlwind trip for the boys. They had the opportunity to do some sightseeing and socializing with athletes from around the world. The team won ten of the twelve games that they played. They beat Malaysia in the semi- finals and went on to battle Bangladesh in the final game winning a silver medal for the Canada East team. Way to go guys!!!!

MY OLYMPIC EXPERIENCE BY ADAM BROOKS

I liked spending time with my team and playing hockey. I also liked meeting new people. The flight to Korea felt very long and I slept a lot on the plane. I enjoyed the food a lot and I tried a new type of pasta. We also had ribs which I loved. My mom and dad came to Korea to cheer me on. I would go to Korea again. I had a lot of fun.

MY OLYMPIC EXPERIENCE BY BRENT HOEY

I went to North Korea with my Special Olympics floor hockey team. The part of the trip I liked the most was the dance at the closing ceremonies. They played lots of songs and I danced with all of my teammates to Gangnam Style. I traded my team Canada jacket to a girl from the Korean team.

GOING TO THE GYM BY NICK PORTER

I go to the gym four times a week. I take the bus with my friends. I like to punch the punching bag, ride the stationary bike and hula hoop. I like working out.

I would like my best friend Eric to come to the gym with me.



Adam and Brent and their medals!



Nick hula hooping.

MY JOB AT THE BIKE STORE BY DEVIN TURNER

I've been working at ACS/KHS bike warehouse for about a year now. I work there every Monday morning. I take the bus to and from ABLE Network. My bosses' names are Terry and Dan. At the bike warehouse I take out the trash, sweep and clean the floor, put paper in the shredder and stock the drinks in order by flavour. Stocking the energy drinks is my favourite task because I like putting things in order.



Devin hard at work!

COOKING WITH THE PAMPERED CHEFS BY MEREDITH ALLAN

The Pampered Chefs names are Martha-Lynn Astle and Janet Giniotis. They come to ABLE Network to teach us how to cook healthy meals. Last month we made a lasagna with Mex appeal. It had beans and vegetables and salsa and cheese. I bought the meal for \$15.00 and brought it home for my family. It was delicious!! It felt good to make a healthy and tasty meal because my family loved it and my mom liked it because she didn't have to cook. I wonder what we will make next. Thank you for coming Janet and Martha-Lynn!

VOLUNTEERING AT THE CLOTHES CLOSET BY EVAN FAWNS



I do my volunteer work at the Clothes Closet. I work there on Tuesday mornings with Debra Fulmer. I put the clothes and purses and shoes out on the racks. When customers buy clothes, I put them in the bag and I write down the sale and I take the tickets. Debra helps me take the money and she helps me add up the sales.

My favourite part of working at the Clothes Closet is seeing the new clothes come in and hanging them on the racks.

Evan and Deb

ON THE CALENDAR THIS MONTH

March 08 - Andrew's Birthday

March 22 - Mary's Birthday

March 29 - Good Friday

March 31 - Easter Sunday



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We're on the Web!
See us at: www.theablenetwork.ca