



THE ABLE NETWORK
...promising futures

ABLE NETWORK NEWS

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COMPETING AT NATIONALS IN VANCOUVER AT THE SPECIAL OLYMPICS SUMMER GAMES BY MARY HABERER

On Monday, July 07th I flew with my swim team to Vancouver to compete in Nationals at the Special Olympics Summer Games. We left early in the morning and travelled by GO bus to the airport. My parents also flew out to Vancouver to watch me compete but they flew on a different flight and stayed at a hotel. The team stayed at a student residence at a university. When we got there we went for walks and did a bit of sightseeing. I also visited a relative. Vancouver is beautiful. I loved seeing the mountains. You could even see snow on the mountain tops. On Tuesday night we went the opening ceremonies and the competition started on Wednesday. The pool was huge! It was larger than the pools I usually practice in. I competed in about four events and I won three medals plus another medal for relay which wasn't a competitive event. I won a silver medal for 100m freestyle and I won bronze medals in both 25m butterfly and 200m freestyle. I also placed 4th in 400m freestyle. On Saturday night we had the closing ceremonies and a party. I danced a lot. It was a great trip and I loved everything about it! I flew back home on Sunday, July 12th.



Mary with her medals.

THE SCOTIABANK TORONTO WATERFRONT MARATHON (STWM)

Please mark your calendar and register now to join Team ABLE on Sunday October 19, 2014 in the Scotiabank Toronto Waterfront Marathon (STWM) 5 km walk. All of our participants are already registered and will be spending the summer actively training for the walk. We are really looking forward to this event. It should be a fun day for everyone. Once again this year we will have a bus so that we can travel to and from the marathon as a group. Our fundraising goal is \$30,000. Please support us by sponsoring one of our walkers or by walking with us. We are currently looking for family and friends to join Team ABLE and help us fundraise. Registering is easy! Simply click on the link below, select The ABLE Network on the list of charities and use our **Charity Discount Pin Code 14TSCC** to register. Then you can set up your own secure fundraising page.
<http://www.torontowaterfrontmarathon.com/en/index.htm>

This is our major fundraising event of the year and we need as many people walking with us and fundraising for us as possible so please sign up, ask your friends and family to sign up or sponsor one of our walkers to help us reach our goal!

CONGRATULATIONS TO RYAN M

Congratulations to Ryan M for winning the Character Trait award for perseverance. Ryan has demonstrated perseverance in all aspects of our program and especially at his job at Dollarama where he has worked very hard to become more independent.

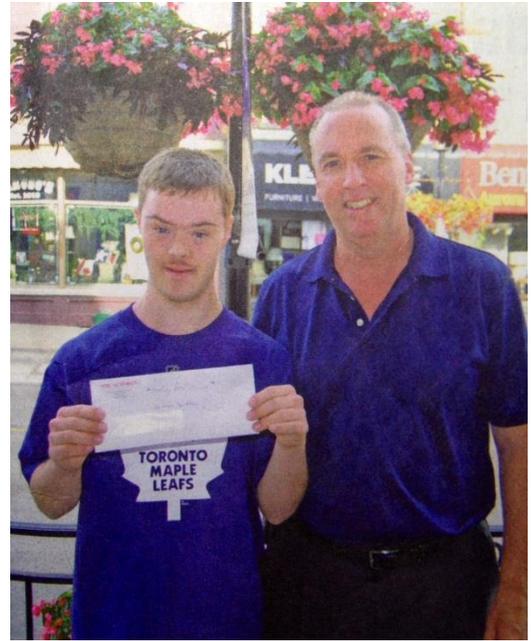


Ryan with his award.



THE AURORAN NEWSPAPER'S 2013/2014 NHL PLAYOFF POOL BY RYAN M

Last year the Auroran newspaper had an NHL Hockey pool. I entered the contest but I didn't win. This year I was watching the newspaper to see if they would do it again. Each week I would check the paper to see if it was there. When I found it, I cut it out so that I could enter the draw. You had to choose one player from each of the twelve groups. You would earn one point for each goal, one point for each assist and three points for an overtime goal. My dad and I filled out at the form together. I wanted to pick a lot of players from the LA Kings because I had a feeling that they were going to win the cup this year. The next day my dad took me to drop off my entry form. There were a couple thousand entries. After the playoffs I found out that I won the contest because I racked up 212 points! I won a \$500 cash prize plus \$400 in gift certificates to Hogan's Inn. I've already taken my whole family out and treated them to dinner. For now I think I will just put the \$500 in my bank account and save it.



Ryan and his Dad with his winnings.

DURING OUR SUMMER SHUTDOWN I WOULD LIKE TO . . .

Elaine: I hope to go to the beach at the ocean and I'd like to see a whale show. I also want to go to Grand Bend with my Mom and Dad. **Meredith:** I hope to go to my cottage. I'll get to relax and swim there. My friend Elaine will be coming for a visit at the cottage and we will have fun together. I'm excited that I will be there on my birthday when I turn 24 years old. **Jamie:** I'd like to go to Florida with Mom and Dad. We will go bike riding and boating. **Devin:** I hope to go see the movie Planes! Fire and Rescue that comes out on July 18th. I would also like to go to the French circus, Cirque du Soleil. **Gemma:** I'm looking forward to going to Ottawa to help my sister move to a new apartment. I'm going to bring my dog Sadie to surprise her. I'll also be going shopping, swimming in my pool and relaxing. **Michael:** There are lots of things that I would like to do. I would like to see my girlfriend, go bowling, go see a movie, play video games on my Xbox 360 and go on a trip to downtown Toronto with my friend. **Nick:** I'm hoping to go to a cottage with my family and friends. **Ryan G:** I'm hoping to go out with my mom, dad, Andrew, Lindsay, Allie and Mark. I'd also like to go to the movies with my friends Evan and Nick. I'm going to work at my job at the Aurora gym during shutdown so I hope mom and dad will drive me to work. **Adam:** I love sports so I want to go swimming, play golf, play floor hockey and play ball. **Doug:** I'm hoping to go to the movies, the cottage with my dad and the USA with my mom. **Andrew:** I hope my sister in law Melina will have her baby. I also hope to relax and take it easy. I would like to go for some walks outside. **Evan:** I'm going to go to the cottage and hang out with my cottage friends. I'm going to relax, swim, go for boat rides and play golf. **Ryan M:** I'm excited to go see Katy Perry, go to an Argos game, a Blue Jays game and my aunt's cottage.

ON THE CALENDAR THIS MONTH

Character Trait of the month: **Integrity**
 Celebrating a birthday in August: **Meredith, Joan, Evan & Ryan M**
 August 04: **Civic Holiday**



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We're on the Web!
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