



THE ABLE NETWORK
...promising futures

ABLE NETWORK NEWS

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SPEAKING AT THE L'ARCHE GATHERING BY MEREDITH ALLAN

On Wednesday, June 17th I went to a L'Arche conference at Seneca college with my mom, Joan, Kirstene and Céline. The conference was about being with people and being a part of the community. Céline and I were asked to do a presentation about the ABLE Network and my life in the community and at ABLE. I made a power point presentation about my life. I showed a lot of pictures of the things that I do in the community like going to church, going to work, going to Special Olympics, doing volunteer work etc. I was very nervous because there were about 200 people there and I had to use a microphone. I stood on a stage and my power point presentation was on big screens on the wall. Some of the people in the audience really seemed to like it. I felt good after it was done because I nailed it! Afterwards we went out for a nice lunch.



Meredith speaking at the podium.

ABUSE PREVENTION COURSE BY RYAN M

On Friday afternoons I take an abuse prevention class with my peers. We talk about being safe in the community. We talk about who we can go to if we need help. Sometimes we watch videos and we even do our own role plays. The teachers make it fun. They are helping me learn how to speak up for myself.



Ryan M & Nick

THE ABLE NETWORK GARDEN BY ELAINE HURST

This year we planted our first ABLE garden. We are growing tomatoes, zucchinis, cucumbers and beans. The beans are blossoming and the garden is growing! We take care of our garden. We use the watering cans to water the plants and wet the soil. The plants need water and sunshine to grow. We coloured sticks to label our garden to show where each vegetable is growing. I really like zucchinis. When the vegetables grow we will pick them and eat them. It would be nice to make a salad with the vegetables.



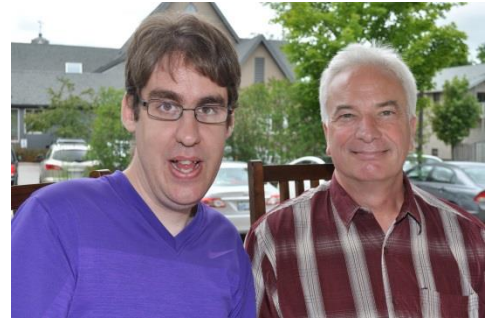
Elaine tending the garden.

THE ANNUAL ABLE NETWORK VOLUNTEER LUNCHEON - JUNE 23RD BY GEMMA KIDD



Deanie, Gemma & Garry.

On Tuesday, June 23rd we had a luncheon to say thank you to all of the volunteers who helped us over the last year. We made them lunch and served it on the front porch. We had fresh salads, garlic bread, smoothies, fruit kebabs and homemade cookies. It was delicious! The weather was cool but at least it didn't rain. It was awesome to be together and I think everyone had a great time!



Andrew & John.



Barb & Joan.



Nick, Bob & Céline.



Lindsay & Brent.



Kirstene & Martha Lynn



Janet & Ryan

CONGRATULATIONS TO RYAN M

Congratulations to Ryan M for winning the character trait of the month award for **Respect**. Ryan treats his peers and leaders respectfully and he consistently shows respect for the environment as well.



Ryan with his award.

ON THE CALENDAR THIS MONTH

July 01: Canada Day

Character Trait of the month: Character Trait Review

ABLE Network Shutdown: July 20-August 03, 2015 inclusive



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