



THE ABLE NETWORK
...promising futures

ABLE NETWORK NEWS

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ENJOYING MY NEW JOB AT DOLLARAMA!

BY MICHAEL BOLTON

Before Christmas when my mom and I had our family meeting at ABLE, I told my leaders that I would like to work at Dollarama. I really wanted a job there because I like to organize things. I had a lot of practice organizing things when I had my paper route and I had to put all the flyers in each paper. At the end of January I started my new job at the Dollarama store at the Walmart Plaza. I work there every Thursday afternoon. I take the bus there by myself and I get off just after it passes State Farm. It's a great job and I am always busy. Every week there seems to be something new that I get to do. I re-stock batteries, stickers, reading glasses, pet food and the pop fridges. My favourite task so far is re-stocking the pop. I like looking at the different flavours and I like matching the names. There are so many different types of drinks. You have to be strong to do this job because you have to lift cases of pop onto a cart. My supervisor's name is Robyn. I like her because she is friendly and helpful. I am hoping I can work there more often in the future because I am really happy to have this job. I feel proud of my work at Dollarama!



Michael re-stocking reading glasses at Dollarama.

NICK GOES FOR GOLD AT THE SPECIAL OLYMPICS WINTER GAMES

BY NICK PORTER

On Thursday, January 29th I went to North Bay for four days for the North Bay 2015 Special Olympics Provincial Winter Games. My whole family went with me. We took a bus to North Bay. I sat with my best friend Eric on the bus. When we got there we stayed in a hotel. I met a lot of new friends and had fun skiing with them. I won a gold medal in Giant Slalom and a bronze medal in Slalom. We had a team cheer that we kept chanting it was "GTA, GTA GO! GO! GO!" After the games we had a dance party. I had a lot of fun!



Nick on the podium receiving his gold medal for Giant Slalom.

THE ABLE NETWORK HAS ANOTHER NEW VOLUNTEER!!

BY JAMIE DEMPSTER & RYAN M



Jamie & Imaan working out together.

We have a new volunteer who is coming to work with us two days a week. Her name is Imaan. She graduated from university and she would like to go back to school to become a doctor. On Fridays, she goes to the gym with us. We take the bus and she works out with us. Each week she works out with a different person. We all like working out with her because she is fun and she follows our checklists with us.

On Tuesdays Imaan works in the Clothes Closet. We set up the store together before it opens and then we hang the new clothes in the correct places, collect the hangers, help customers with their purchases and count the money when the store closes. It's fun working with Imaan. She always helps me.



Ryan & Imaan putting clothes out.

WRITING OUT RECIPES FOR OUR RECIPE BOOK BY DOUG SOOLEY

We have been working with our volunteer chefs to make some tried and true favourite recipes. We each get a turn to cook with the chefs and afterwards we write out the instructions so that we can put them in a recipe book that we will be able to use at home. So far we've made grilled cheese & Caesar salad as well as pita pizza and a baked apple. We take a lot of pictures while we're cooking so that we will be able to follow the step by step instructions. I haven't tried any of the recipes at home yet but I hope to soon. I would really like to learn how to make fish and chips and meat ball subs.



Doug in the kitchen.

CONGRATULATIONS TO MEREDITH ALLAN

Congratulations to Meredith for winning the character trait award of the month for Perseverance. Meredith definitely had to show some perseverance when she took on a new task at work that she was initially unsure of. She didn't give up and now seems much more comfortable with her new task. Way to go Mere!



ON THE CALENDAR THIS MONTH

Celebrating a birthday this month: Mina, Michael & Andrew

March 17: St. Patrick's Day

Character Trait of the month: Courage

