



THE ABLE NETWORK
...promising futures

ABLE NETWORK NEWS

May 2013 | Volume 1, Issue 3

ON THE MENU THIS MONTH BY EVAN FAWNS

During the month of April we made a recipe called “Worth every Penne” with our Pampered Chefs, Janet and Martha Lynn. It is a pasta dish with basil pesto, mushrooms, spinach and chicken. Gemma and I cooked with them on Friday, April 12th. I cooked the chicken and Gemma chopped the vegetables. We both bought the meal and brought it home to our families for dinner. My family thought it was tasty and had good seasoning. I love cooking. I felt really happy to make supper for my mom and dad. Sometimes I help my mom at home.



Janet, Martha Lynn, Evan and Gemma with their masterpieces.

FRIDAY LUNCHES AT ABLE BY DEVIN TURNER

Every Friday we take turns having a guest for lunch. The person whose turn it is to have a guest can also choose the place settings. The grocery shoppers make a fruit smoothie and a salad or a soup. We all eat together at the same time. There are usually 16-18 people. When it was my turn to have a guest, I invited my sister Amanda. I showed her around ABLE and introduced her to my friends. I think Amanda enjoyed coming for lunch.



The ABLE gang with Devin’s sister Amanda.

MY CO-OP AT ABLE BY BETHANY MARINELLI

My name is Bethany and I am a grade 12 student at Dr. G.W Williams S.S. At ABLE I work with young adults Monday-Wednesday afternoons. I help with literacy on Mondays and on Tuesdays and Wednesdays I go out to the gym with the participants. I heard about the ABLE Network from my cooperative education teacher. She suggested it would be a good environment for me to gain experience in the workplace. The experience will help me in the future as I work towards becoming a developmental services worker. I’ve enjoyed my time here at ABLE and look forward to a career in this field.



Bethany and Brent reading about Terry Fox.

BAGGING BREAD FOR THE WELCOME TABLE BY ELAINE HURST



Elaine organizing the bread.

Every Wednesday morning I clean and restock the pews at the Trinity Anglican Church. After that I bag the bread for the Welcome Table. The Welcome Table is a community dinner that is held every Wednesday evening. I do the pews and bread with my friends Devin, Evan, Doug, Chris and Amanda. I like to volunteer to bag the bread instead of tying the bags. There is lots of bread. There is raisin bread, scones, croissants, cinnamon buns, whole wheat and white bread and buns and lots of sticky buns. I like to bag the raisin bread. Sometimes I choose something to bring home for my dad. I can't eat it myself because I have a gluten free diet. A man named Trevor picks up some of the bread to make sandwiches for a community lunch. When we are finished we clean up and count the bread. There are usually more than 120 bags. That's a lot of bread!

GETTING EXCITED FOR THE PLAYOFFS BY RYAN GRANT

I'm very excited about the hockey playoffs. I read the sports section of the newspaper everyday. My two favourite teams are the Toronto Maple Leafs and the Boston Bruins. Both teams made it into the playoffs. I'm going to be cheering for Toronto when they play against



Boston. Evan and I like bringing the newspaper to ABLE so we can talk about hockey with our friends. I hope Toronto wins the Stanley Cup.

Ryan and Evan checking out the hockey stats.

WORKING AT APPLE SUITES BY DOUG SOOLEY



Doug working at the reception desk at Apple Suites.

I work at Apple Suites on Thursday mornings and every second Tuesday morning. I sit at the front reception desk and I greet people when they come in. I also put the cheques in the envelopes and put them through the stamp machine. I also water the plants. I work with Julie and Scott. I love getting a pay cheque. I am saving up to buy a TV. I'm excited to get paid for my work.

ON THE CALENDAR THIS MONTH

- May 02 - Adam & Jamie's birthday
- May 10 - Chris's birthday
- May 19 - Ryan's birthday
- May 20 - Victoria Day
- May 23 - Devin's birthday

