

Cafeteria Menu—500 Madison

MONDAY September 4		MONDAY September 11	
LABOUR DAY CLOSED		Baked Mac & Cheese	\$2.50
		Cucumber Salad	\$0.50
TUESDAY September 5		TUESDAY September 12	
Grilled Ham & Cheese with pickle	\$2.50	Sweet & Sour Chicken & Rice	\$2.50
Fruit Cup	\$0.50	Tossed Salad	\$0.50
WEDNESDAY September 6		WEDNESDAY September 13	
Pasta & Meatballs	\$2.50	Ham & Mashed Potatoes	\$2.50
Caesar Salad	\$0.50	Coleslaw	\$0.50
THURSDAY September 7		THURSDAY September 14	
Chicken Burgers	\$2.50	Spaghetti Casserole	\$2.50
Coleslaw	\$0.50	Spinach Salad	\$0.50
FRIDAY September 8		FRIDAY September 15	
Chicken Fingers & Fries	\$2.50	Pepperoni Pizza	\$2.50
Veggies & Dip	\$0.50	Caesar Salad	\$0.50



EDITORIAL COMMITTEE: JAMIE CORMACK, SHERRY SCHUMARDO, JUDY CARLSON, JEANNIE ALEXANDER

August 18, 2017

ImagineAbility Ink

Abilities Manitoba Golf Tournament

By: Kari DeVries



Audra and I are volunteers at Hole 11. It is windy and freezing. We are serving alcohol and getting golf tips. We met with people from different companies, from pharmacists to employees of St. Amant. Every so often we heard a squeaking in the woods beside us. Some golfers had music. I heard a mixture from Michael Jackson to club music. The wind kept every hit ball going into the bushes. The sun played peek-a-boo with us. At 12:15, I went to Hole 10 to get us doughnuts. We needed sugar. At 2:00 I killed a drunk wasp. LOL. At 2:30 I came across a man who told me curling would be a great sport for women because "Sweeping comes naturally to women." I asked him "What comes naturally to men?" He paused and said "Good job, in all the times I have said that, no one has responded."

My Day as a Volunteer

By: Sherry Schumardo

I volunteered at the Abilities Manitoba golf tournament to raise money for a good cause. It was fun to serve drinks to the golfers with my partner, Jennifer. We did an awesome job pouring the drinks for the golfers. We saw some beautiful ducks. They were very funny and came running when someone came to feed them their special food. I don't know how much money was raised but Margo will let us know soon. I can't wait for the results of what we raised on Tuesday. We had a great supper, with thank you's, door prizes and a silent auction. After this we all went home.

The day was very tiring. After I got home, I relaxed that evening and the next day. I went to McDonald's for coffee and later had pizza that my caregiver brought home for supper. It was very good. I thanked her and relaxed for the rest of the evening by watching Ghost Whisperer.



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2017 Holiday Schedule

September 4—Labour Day
October 9—Thanksgiving

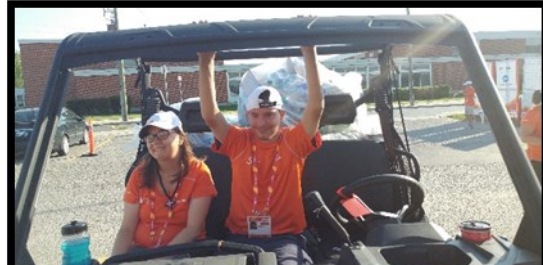
2017 Event Schedule

TBA

Should, Would, Could, Did!

by: Kim Nieuwenburg

On July 28th, Freddie and Brandi completed their first shift with the Canada Games in the sport of Baseball. Working as a volunteer for the Canada Games was something Freddie worked hard to achieve. Freddie and Brandi interviewed with Volunteer Services to have this opportunity working with Jon Ali in Baseball at Whittier Park.



Brandi & Freddie

Once accepted, they attended an evening orientation in Charleswood at the College on Grant Avenue. They completed all the documentation and training, allowing them to receive their accreditation. We went to pick up our uniforms and documents at headquarters, the Fort Garry Leisure Centre, so that we could volunteer our time during this memorable event in Winnipeg.

The night before the Games had begun, we attended a training session at Whittier Park to receive instruction. Freddie and

Brandi met Chantal, their Supervisor. Chantal would provide daily instruction to all those assigned to Spectator Services, which was the department we were assigned to work.

In the picture above, Freddie and Brandi are awaiting a driver to take them to the Club House. After helping to load all the recycling from the diamond, it was time to unload. This vehicle was also used to transport water for the athletes, and any heavy items on the location from point A to point B. Other tasks asked of us in Spectator Services: assisting guests to their seats; answering questions such as, where to eat; and being that friendly face to all who attended this venue. Many people travelled to Winnipeg for this special event. Our job was to ensure everybody had the best experience possible...and we were a part of that experience.

Freddie says, "It was so amazing working with Jon Ali. I did spectator services, and many things during the days that I worked. It was very hot. I got to see people play baseball and enjoy watching the games."

Although Team Manitoba had a good chance of winning, it was Team Saskatchewan who took home Gold on August 1st at Shaw Park.

Another achievement to add to Freddie's resume. Congratulations!

Fun facts about September

1. The birthstone for September is the sapphire.
2. The zodiac signs for September are Virgo (August 23 - September 22) and Libra (September 23 - October 22)
3. The birth flower for September is the morning glory.
4. On September 1, 1905, Alberta and Saskatchewan were established.
5. Labour Day is always on the first Monday of September.



Being an Adult is Like Folding a Fitted Sheet

by: Kim Nieuwenburg

Life is easy, and then one day you grow up and realize what a hard job it can be as the adult, and how complex were our parents' lives? How fun to now get that experience.

Jenn started working for Lorraine on June 23rd. Every Friday Jenn is keen to work with Gail, her Supervisor, and Lorraine, the Owner, at Closet Chick. It is here where Jenn has started to learn how to work in retail. Walking into this store, your first impression is how clean the store is, and beautiful are the clothes. This is a different experience from working at Westminster Spaw with Emily, where Jenn started her adventure into independence as a staff.

Some of the tips and tricks learned from Gail, to name a few: waxing the top of the



racks, this helps the hangers to flow across the racks smoothly. Nothing worse than viewing clothing in a store, and the hangers are all intertwined. The owner of this business, Lorraine, uses all natural cleaning supplies for the mirrors and floors. How refreshing to walk into a store and not be exposed to artificial air fresheners and chemicals. This makes for a healthy work environment. The amazing smell you experience walking into Closet Chick is fresh flowers on the counter every week. These add beauty and an amazing aroma for your shopping experience.



Every Accomplishment Starts with the Decision to Try

by: Jordan Tokarz & Kim Nieuwenburg

Jordan: Things sometimes work out if you just give it your all ... toward your own personal growth. You need to exercise your brain by learning new things with the hopes of accomplishing new challenges for your future.

Just recently, I surprised myself. I am very proud to say I registered and completed the CPR and First Aide course with St. John's Ambulance. At first, I was nervous with this challenge. Knowing how complex this course could be was a little bit overwhelming. Just doing something new and something I had no experience with was intimidating. It made me a bit skeptical. I wondered if this was a course, I could handle.

In the end, I pulled through, studied hard, and when it was over I found out I passed the class. I am so happy that I have achieved this great success for myself.

Kim: After Marge was asked if she could set Jordan up for this course, it was evident Jordan became nervous. Jordan was now registered and committed to attending. No longer was it part of his bucket list. There was no doubt in my mind Jordan would do well. A bit of nervous energy is always something that makes us sharp. I think saying, "**you are not nervous, you are excited**", is a better way of relating to this energy that sometimes stops us from moving forward. Watching Jordan put his CPR and First Aide card in his wallet felt good.

Bravo Jordan!

