



## The 6<sup>th</sup> Annual OCL Picnic

On Saturday September 8<sup>th</sup>, OCL held their annual picnic. Even though the weather in the morning was threatening rain, the day turned out to be perfect! The air was warm, the wind died down, and the sun peeked out more than a few times! Over 250 clients, staff, family members and friends came out for this memorable event.

This year we had so many activities going on. From the face painters and balloon artists, to the bouncy castle and giant slide, to the batting cage and cotton candy! The DJ kept us dancing, the stilt walker kept us enthralled, and the Rotary Club kept us fed! Yummy!

The giant tug-of-war had all participants digging in their heels, and Nick, the Plaid Lad, was throwing knives, while rolling around on a table! Thank goodness nobody was hurt! 'Driven', the Hip Hop dance group had everyone up on



their feet, learning some new moves. The music was pumping and the energy was up! What a great show!

Overall, this year's picnic was a smashing success! Thanks to all who helped out and volunteered their time, and to all who participated and came to this special event.

We look forward to seeing you next fall!

Rebecca & Kelly

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**Great Pics - in colour!**  
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**Beechcliffe**  
**And much more!**

**Happy Reading!**



## Canada Day at Day Program!



In July, Day Program invited all the program locations to Glencoe to participate in celebrating Canada Day. The special guests at this event were jugglers from Right on the Head Juggling Troop, a local Ottawa group.

The weather was perfect, and the day was too!

### Murder Mystery – Mayhem!

October 16<sup>th</sup> saw OCL's 2<sup>nd</sup> Annual Murder Mystery dinner take place. As always everyone had a great time and delicious food, AND loads of fun ! Proceeds from the event go directly to activities for our clients!

Thanks to everyone who worked on, participated and supported this event!



### Summer is Sizzlin', and so was Killarney!

This summer Killarney has been enjoying their new BBQ. At any given time of the day, you were likely to find clients and staff out on the porch taking in the nice weather and cooking up a storm. Killarney has already had K2, Pulford Day Program and Ivanhoe over to enjoy the new BBQ and porch setting.

On cooler or rainy days, you are likely to find Carole, Meghan and Christine out shopping at the mall or enjoying a movie. And everyone has enjoyed picnics at the local parks, Vincent Massey & Hog's Back.

Everyone at Killarney is trying to take advantage of the last warm days of summer and fall while it lasts, and they encourage other homes to do the same.

And "Special News"...Brent's cast has been removed! Yay!

### Thank you Stella!!

On July 22<sup>nd</sup>, Stella Rouble held a Garage Sale at her home. Along with her husband Leo and her home share clients, Chrissy and Ruth, they raised a whopping \$1005!

All proceeds were donated to the Lifeskills Ottawa Fund. What an achievement!



# OCL PICNIC 2007



# Fundraising Corner!

## OCL Goes to the Mall!

We have secured a booth at Carlingwood mall for Saturday Nov. 24<sup>th</sup>.

We'll be there from 9:30am – 9:00pm

On sale will be – baked goods, jams, pickles, salsa, crafts and OCL items.

If you are crafty and would like to donate items for sale please contact:  
Brent at 613-596-0293.

Thanks for your support  
and come on out and see us!



## Time to Party!

The OCL Christmas Party is just around the corner! Tickets just \$15.

When: November 23<sup>rd</sup> 2007.

Where: Tudor Hall

To buy your tickets call 613-254-9400x227

## Christmas Baskets Are Coming!

On sale again this year will be tickets for your chance to win some fabulous gifts baskets.

Back again will be a Pietersma Tinworks gift basket. The Pietersma Tinworks is the worlds oldest and largest maker of Tin Tinsel We will also have an OCL Pack, Scrapbookers Delight, Entertainment In or Out, Pamper Your Self, Kitchen Experience, and Starbucks Pack.

## Sherry Miller Lifeskills Instructor

Sherry grew up on a farm in Northern Ontario. She attended the University of Ottawa and received a BA in Psychology. Ottawa Carleton Lifeskills was her first experience working with Developmentally Disabled Adults. She enjoyed it so much that she has been with us for 9 years. Sherry enjoys photography, painting, animals and of course cooking. Sherry brings enthusiasm and creativity to all that she does especially her cooking and baking.

Sherry inherited her love of cooking and baking from her grandmother, a typical farm wife who rose early to ensure that there was always fresh baked breads and goodies. Sherry has done a great job organizing and planning for our newest venture "The Glebe Bistro." One day Sherry would like to set up a commercial kitchen at our Day Program so that a group of Individuals can learn to cook and bake. We would have our own Lifeskills Bistro.

We are now in our sixth month of running the Glebe Bistro, and it is going great! Both the clients and Glebe Center Staff enjoy having the Bistro. Everyone is on a first name basis. For the summer we have been serving Gourmet Sandwiches that are a big hit! Salads, fresh fruit, and of course baked goods are also a delight! All funds raised from the Glebe Bistro go back to our clients through



special parties or activities (i.e. Little Ray's Reptile, Jugglers, Christmas Parties, etc.)

Many of our Day Program clients who have attended and help out are:

Armand Martineau, Tracey White, Tina Wong, Dayna Pearce, Doug Drolet, Daryle Lemoine, Liz Anderson, Paul Berrigan, Richard Lepage, Joey Leduc and Danny Beaulne. The Ivanhoe Work Group also lends a hand with Keith, Bryan Jones, Sue Roy, Willis Mar, Andy Tate and Kathryn Morris.

**Many Thanks to all the Day Program Staff. It is only with everyone's help that this opportunity can happen!**



### Christmas Baking

**Sherry and her group of elves will be doing their annual Christmas Baking. You can purchase an assortment of baked goods.**

- 1 dozen assorted baked goods in a plain container - \$5.00**
- 1 dozen assorted baked goods gift wrapped - \$7.00**

**Please call your orders in to Kim Gallant at 254-9400 extension 226. Specify how many dozen you would like, and if they should be gift wrapped or just ready to eat.**

**All orders must be received by December 1, 2007.**



***What a  
great idea!***



## Special Announcement

**John Vroom was married July 7<sup>th</sup> 2007.  
Congratulations John from everybody  
here at OCL!**

## The photo contest results are in.....

The winners are: Sarah Kukuscka, Amy Stewart and Kim Gallant.

Congratulations - thanks so much to everyone who submitted their photos and made this fundraising contest a success!

### Another Winner!

The winner of our recent raffle for a paid day off winner was *Micheline Carriere*

Thanks to all who participated!!

### Good Health Lottery Winners!

Congratulations to our latest Winners:

April 07	Renee Kastner
May 07	Sarah Kukuska
June 07	Erin Mehmet
July 07	Lisa Ramjattan
August 07	Kurtis James

How does the Good Health Lottery Work?  
Every employee that works all their scheduled shifts and doesn't call sick for the entire calendar month is eligible. It's really that simple!

### LIFESKILLS OTTAWA FUN(D)-RAISING

Few people know about all the important things that happen to our fundraised dollars. They are paid into Lifeskills Ottawa Fund, our charitable arm. Not one cent goes into OCL budgets—LOF dollars are spent to directly improve the quality of life for individuals we serve. The OCL Picnic and Christmas Party are just two of the many great uses for OCL's fundraised dollars. Everyone who has attended knows how much fun is had by all—those we serve, their families, OCL staff, and our families. But money raised

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### Beechcliffe Program Profile

Kathryn Morris has been living at Beechcliffe since January 2007. She attends Live Work Play on Wednesdays, and the Ivanhoe Work Group the rest of the week. In her spare time, Kathryn enjoys swimming, spending time on the computer and spending time with her family.

Shane Dalton enjoys long drives in the country, swimming and spending time on the trampoline. He attends the Beechcliffe Day Program with Russell.

Mark Cormier is in class #1 at the Glencoe Day Program. He spends his time moving from class to class, participating in various cook days. He also enjoys baking. At home, he enjoys spending time in the kitchen, ensuring that supper preparation is done correctly and helping staff out by setting the table. After dinner, Mark enjoys relaxing on the couch and sometimes having the occasional snooze.

Patrick Krysiak attends the Rosenthal Day Program, and has been there since December 2006. Pat has adjusted very well and enjoys spending his days alongside his girlfriend Tammy from Ivanhoe. Pat also enjoys helping out around the house, going on outings in the community, and keeping busy at all times.



### New First Aid Instructor



Hello Everyone, my name is Debbie Scott. I am one of the new First Aid Instructors for OCL. I have worked at OCL for the last 7 ½ years mostly at the Day Program. I have been taking First Aid courses for 10 years and look forward to teaching the course for OCL. I have been happily married for the past 2 years. My interests include volleyball, Brownie and Guide leading, scrap booking and traveling the world.

### CT Instructor

Hi, my name is Dale Joynt. I am one of the new CT Instructors. I have been with the agency for the past 12 years, working primarily out of the Day Program at Glencoe. I have also spent some time at the OCL group homes. I attended Algonquin College (DSW) and graduated in 1995. OCL was one of my first placements. In my spare time I am either training for a marathon or running after my 18 month old daughter. I look forward to working with everyone in CT.



### New First Aid Instructor



Marcel Walsh started with OCL in July 2003. He came to us with a medical basic background, and many years of experience working with people.

Marcel loves his dog, being pampered, organizing, doing crafts and Starbucks (Grandi Bold: 2 creams and 2 Splenda).

Marcel always enjoys getting the job done and has lots of fun while he's doing it. He presently works at Ivanhoe and spends lots of time using his pampering skills on all the clients there.

Way to go Marcel!

### CT Instructor

Brent Lafreniere started with OCL in October 1997. He has worked in many of our Group Home locations, including Wylie, Pulford and currently Beechcliffe.

Brent earned his Child and Youth Worker Diploma from Algonquin College in 1995.

Brent enjoys music, woodworking and cycling.

Brent has been married for 10 years, and has two daughters.

We are pleased that Brent has joined the CT Instructor Team!



### Changes are here again!

This fall, there was some movement among the Supervisors. Marcel Tousignant is now supervising part of the Home Share Program and Beechcliffe, Brent Barlow is now at Ivanhoe, and Kelly Meyer is at the Day Program. Good luck to you all in your new positions!

### Notice:

Brent Lafreniere had a bicycle accident on Tuesday June 26<sup>th</sup>. If you saw Brent or spoke with him on that day, please contact him and tell him that correspondence. He does not remember anything about that day.



## Farewell Dear Friend.

Donald Murdoch Macleod Scott – July 21<sup>st</sup> 1947 to July 6<sup>th</sup> 2007

Don was a very kind soul. He loved his mom, Santa, colouring, music, especially Irish jigs, and “Joe”. Over the 20 years I knew him, he had many incarnations of Joe. There were brown ones, black and white ones, all white ones and even a pink one once. Sometimes the name was Tony, but usually it was Joe. And if you are wondering, Joe was his best friend on earth...his teddy bear. Actually, one Joe was a moose once.

Don would have conversations with Joe; he would show him pictures in books and make him dance in front of him if a particular piece of music took his fancy. One time he even gave Joe a little spanking on his behind. When asked why he was spanking Joe, he told me that Joe was “being bad”, but would not say what Joe had done. As far as Don was concerned, Joe was his baby and he loved him no matter how he changed over the years.

Don lived with me for seven years and though he was living in a nursing home for the past four years, I can still picture Don on the couch listening to the radio with his Joe bear in his arms or sitting on the couch beside him. Don always had a beautiful smile on his face. You will be missed my friend.

Miki Saint-Denis



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for Lifeskills Ottawa Fund has improved the quality of life for those we serve, in other important ways.

Lifeskills Ottawa Fund has paid for summer camps for people who could not otherwise attend; helped several people to go to Florida, who could not afford to go; bought Christmas gifts for some who have no family and no money; purchased clothing and bus passes for some of our SIL participants; paid for television in hospital rooms; and it has paid for restorative dental work to save teeth, when ODSP would only cover extraction. These are important in the lives of those we serve, and are good reasons to help fundraise.

Many of us are unable to attend fundraising events or buy products, and that's understandable. But you might be able to sell your hairdresser a couple of tickets for the Murder Mystery Dinner, or get your car repair guy to donate a few dollars for the Christmas Party, or drop into the grocery store where we are hosting a barbeque, and pick up a burger for lunch. If you are a clever crafter, you might have some attractive items to donate to our Christmas Booth at Carlingwood, this November.

If you do have the time to give an afternoon or an evening once a year, volunteering for an event is also a lot of fun! Whether you choose to sell pop and chips at a Loeb Centre dance, or volunteer to judge the Hole-in-One contest at the Golf Tournament, or show up at a Saturday barbeque to flip hot dogs for an hour, or if you're a wizard with gift wrap, you will enjoy great company, good humour, and energetic people working for a great cause. Just ask some of the generous people who have volunteered for OCL in the past year or so: All the usual suspects from the Bytown Rotary Club, and OCL's Janet Bailey, Nancy Andrews, Randy Moar, Lindsay Larocque, Steve Bent, Jocelyne Paul, Charlene Faubert, Leah Sample, Kim Gallant, Kirk and Tanya Leclair, Cam Legault, and Stella Rouble, whose garage sales have raised more than \$1,600!!!

If you are interested in hearing more about the fundraising events coming up, and the benefits to OCL clients, contact anyone on the Committee: Kelly Meyer, Leah Sample, Kim Caron, Vicki Bosse, and Brent Barlow. Remember, we're in it for those we serve!!!

