

# CLM POST

Community Living  
Manitoulin

John Phillip's Joke of  
the Month:

What tribe has the  
most lawyers?



The Sioux! (Sue)



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## A Letter from Our Staff

Hello Everyone!  
As some of you may, or may not know, not only am I brand new to the Community Living Manitoulin team, I'm also brand new to the island! I just wanted to extend a big hello to staff, community members, council, and individuals, and thank you for allowing me to join a whole new adventure. If you see me around town or at work don't be afraid to approach me, I'm always up for meeting new people and engaging in conversation.

I grew up in southern Ontario in the small town of Courtice (right in between Oshawa and Bowmanville). After high school, I moved to North Bay to study the three year Journalism program at Canadore College. After graduat-

ing this past April, I was ready to embark on a new journey. I have visited Manitoulin Island in the past and it seemed like the perfect place to start fresh. Now, here I am, ready to run full force into a new life with Community Living Manitoulin!

I'm really excited to have joined the Community Living Manitoulin team and I can't wait to start contributing my all to upcoming projects. I hope I get the chance to meet all of you in person as I settle in and learn more about the agency. If you have a minute and want to stop by to say hello, you can find me in the Community Living Manitoulin office.

Thanks to everyone for being so welcoming. I look forward to working with all of you.

My warmest regards,

Monique DuBray  
Business Development Officer  
Community Living Manitoulin  
[mdubray@clmanitoulin.com](mailto:mdubray@clmanitoulin.com)



## Everything under the sun

The first thing that caught my eye when I walked into *Everything Under the Sun*, was how organized the store was. Being a bargain shopper most of my life, I was more than impressed with how clean, and coordinated all the merchandise was.

Upon walking in, I was greeted by such a friendly staff, everyone who worked there seemed to be genuinely happy to be there.

Roger, the manager, has been

running the store for over four months.

When I asked Roger what he loves most about his job he responded,

"I like meeting all the customers. We mostly have regulars, but in the summer time we get to meet a lot of new people."

*Continued on next page*





Roger working on cash

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## Everything Under the Sun *Cont'd*

The store runs on donations, and is staffed by approximately 22 individuals associated with Community Living Manitoulin.

The staff members all pull together to get the job done. Duties include sweeping, dusting, sorting, mopping, tagging and putting away items.

"I've been working here for 10 years. I love meeting new people who come into the store, and directing them to where they

need to find what they're looking for. That's my favourite part," said John Phillip, a staff member.

People have a chance to make a few bucks when they drop their items off. Their merchandise has 60 days to sell. If sold, the person gets a slice of the profit.

People mostly donate clothes, accessories, furniture, and toys.

"New furniture is what I like to see come in. I like the summer-

time because that's when we're the busiest and we get the most stuff," explained Roger.

If you would like to check out *Everything Under the Sun*, it is open weekdays from 930am-530pm and on Saturday from 1030am-530pm.

*Submitted by Monique DuBray*

**"I know how to cook on my own, but I like coming here to learn new things,"**

**-John Phillip**

Individuals with Community Living Manitoulin have been taking part in a cooking class! It gives them an opportunity to develop basic cooking skills, it allows them to try new foods and provides them with a way to sit down and enjoy a meal with a group. Individuals pay a fee of five dollars which provides them with experience and lets them take home two dishes to put in their freezer.

"I know how to cook on my own, but I like coming here [the cooking program] to learn new things," stated John Paul, a frequent participant.

The class is run by Alice Harmer or Michelle Dickinson, every Tuesday and Thursday from 12:30pm to 3:00pm.

"We try to pick recipes that the individuals can make at home," mentioned Harmer.

Meals that have been prepared include hamburgers and fries, pork chops and vegetables, and even a delicious chicken stew with dumplings has been made from scratch. A favourite dish that many of the individuals like to cook is pasta.

Community Living Manitoulin would like to offer a way to help people to get involved in a fun experience.

We are looking for volunteers who would like to teach a cooking class as the "Celebrity Chef" at Hope Terrace in Mindemoya. A diploma in the food industry is not a requirement. We are look-

ing for volunteers who have a passion for cooking and feels generous enough to donate their time for a good cause. A one hour training session will be provided to the volunteer to help prepare them for the cooking session.

We think that this is an exciting way to help get the community involved and have fun at the same time!

If you or anyone you know would be interested in being our "Celebrity Chef" please contact Monique via email to [mdubray@clmanitoulin.com](mailto:mdubray@clmanitoulin.com) or call 705-377-6699 extension 29.



## Jamie's Pictures

Jamie, one of our very talented individuals, takes pictures in his spare time. Here is a spread of what he's put together for us this month.



**"I like to take  
pictures of nature."**

***-Jamie***





## Community Living Remembers...



Community Living Manitoulin announces with sorrow the passing of a loved member of our community, Gary Bigford. Gary passed away peacefully at his home on September 17, 2013. Gary was born on March 24, 1944 in Toronto Ontario and lived for many years on Manitoulin Island in Mindemoya. Gary was a loved member of our community and had lived at Maple Terrace with his friends, who were his family. In Gary's earlier years

he appreciated the natural beauty of the Hope Farm and could be found walking the Maple Ridge trail while holding on to a friend's hand. He used a non-traditional form of communication that was understood by the people who cared for him in his life. Gary was a feisty yet gentle man who taught us the meaning of a genuine true smile. He was a man who appreciated life's pleasures in his own way and was well loved and

respected by his community. Gary will be missed and would want us to remember to continue to respect, love and live our lives to our fullest potential. An intimate gathering was held on October 8, at Maple Terrace, which was Gary's home. Stories were shared and Gary's life was celebrated and shared.

## The Islanders

On Friday Oct 11, Day Program was presented with quite the treat. A local Manitoulin band titled *The Islanders* stopped by to play some tunes for everyone.

The crowd filled the room with an uplifting energy from everyone clapping and laughing. Dancing was contagious, some people even danced through out the whole performance!

The band played mostly classics but they did take some requests from the audience! Including a crowd favourite called 'Chickadee' that everyone loved to sing along to.

The band included local islanders

Peter Tilston, Lyle Dewar, Harold Dewar, Gore Greenough, and Norm Hore.

'We were in Gore Bay a few weeks ago and we saw some of you guys there and we knew that we had to come back here and play for you guys again!' exclaimed Tilston while talking to the crowd.

At the end of it all, everyone agreed that they had a great time. Whether they were dancing, toe tapping, playing air guitar, clapping, or smiling, everybody shared a bit of excitement when *The Islanders* performed.



## Cardboard Boat Races!

I would like to thank everyone who came out and supported our boat teams, it was GREAT to have a awesome cheerleading team!!!

Our individuals were so excited about the races and were beaming from ear to ear...they all did an amazing Job in creating their boats (with support from staff) and they sure were proud to race those boats.

Race results: Team Silver sinker (myles and Tim) placed 3rd in the business category.

Team Gray Gagne (Wanda and Dave) got the Titanic award for best sink.

Team Fanny Dunker and Team SS Olympic did a great job but the

waves took over and our teams of Janet, Bruce, Carrie and Arthur took a refreshing dip in the lake.

Everyone did an amazing job!!!

Special thanks to Janet, Myles and Carrie for all your hard work and dedication it was great to see all the guys with huge smiles and it was nice to hear all the laughter.

Looking forward to next year, some of the individuals already have ideas and are talking about the next race.

Maybe we can challenge Management to join in and enter a team!!

*Submitted by Wanda Clayton*



## Thanksgiving Dinner at Hope Terrace



On Sunday Oct 13th a thanksgiving dinner was held at Hope Terrace. The dinner was attended by Bradley, Steve, Rachelle, Tony, Carlene, Sonya, Richelle, Collette, and Dan.) It was a delicious dinner made up of turkey, stuffing, gravy, mashed potatoes, cranberries, green bean casserole, candied yams, carrot & turnip, dinner rolls, jellied salad, apple pie, pumpkin pie, cupcakes, cookies and juice. Staff members Wanda, Floyd, Kim, Brittany M., Melody, and Tammy all helped out. An evening of full bellies and good company was had by all. Everyone enjoyed themselves! The staff all pitched in to make it a wonderful holiday get together! Happy Thanksgiving!



## A Word from Our Executive Director

The old saying that time fly's takes on a whole new meaning at Community Living Manitoulin. The past few months have been action packed as the Board of Directors approved the first ever Board Governance Policy manual, spearheaded by Jim Noble, and adopted a strategic plan that will guide our development over the next five years.

We recently welcomed Monique Dubray to our staff, with assistance from the Northern Ontario Heritage Fund, Internship Program. In addition to assisting us with our outreach goals, Monique will be helping me put together a business case for a new enhanced supportive independent living complex in Mindemoya.

Two long serving staff members have been promoted to management and are serving as Program and Services Managers. Both Gwen Young and Bonnie Closs bring years of direct service delivery experience, and a commitment to the mission and mandate of the agency, to the undertaking of their mandate. Megan Wickett, who joined us in the summer of 2012 as an Intern is currently serving as our Acting Human Resources, Technology and Property Manager.

Everyone at Community Living Manitoulin is excited about our Harvest Ball celebration and awards night, scheduled for Friday October 18th at the Missionary Church. Plans are well underway for our Halloween

party, where we will be joined by our friends from Community living Espanola.

Then it will be time to plan the Christmas dinner and celebration, hosted by our amazing board of directors.

At our recent AGM we thanked, and with regret said good bye, to two wonderful Board members. Steve Clark and Brad Allison served the agency with commitment and distinction. We are now on the hunt to replace them, so if you are interested in joining a dedicated group of community leaders who are committed to serving as a policy board, please consider this opportunity and email Jim Noble at [jamesnoble@amtelecom.net](mailto:jamesnoble@amtelecom.net)



## Life is a Gift

By: Mother Theresa

Life is an opportunity;  
benefit from it.  
Life is beauty; admire it.  
Life is bliss; taste it.  
Life is a dream; realize  
it.  
Life is a challenge; meet  
it.  
Life is a duty; complete  
it.  
Life is a game; play it.

Life is a promise; fulfill it  
Life is sorrow; overcome  
it.  
Life is a song; sing it.  
Life is a struggle; ac-  
cept it.  
Life is a tragedy; con-  
front it.  
Life is an adventure;  
dare it.  
Life is luck; make it.

Life is too precious; do  
not destroy it.  
Life is life; fight for it.



Community Living  
Manitoulin

*Inspiring Possibilities*



### Organization

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Community Living Manitoulin is an incorporated non-profit agency offering residential, vocational, and community services to adults with developmental disabilities.

Community Living Manitoulin currently operates 4 group homes, a Supported Independent Living program, a Life Skills program, a Transitional program for young adults, a Respite program, a Supported Employment program, and a Consignment store.

Community Living Manitoulin serves over 60 individuals with developmental disabilities across Manitoulin Island and employs close to 60 staff. We are led by a volunteer Board of Directors that works with the Executive Director, the Management Team, and an organized staff to ensure the individuals we serve attain their goals of independence and inclusion within their communities.

