

Connecting our Community



A publication of the Madawaska Valley Association for Community Living

Bahamas Bound By Jessica Lee

Going to The Bahamas was fun. I went with my aunt Janet, my cousin Kaitlyn, my grandma, my mom and my other aunt. (My mom and I were surprised because we didn't know she was there.) My 90-year-old grandmother planned the trip for us all. It was fun (and the food and drinks were great and free!).

The hotel had a huge pool with a bar in it. The pool was like a hot tub. We all went shopping, and when we did we found it was a wise idea to bargain with the vendors and we got lots of good deals.

We also went swimming in the pool. The beach was white, like yellow-gold sand. You could walk right down from the hotel onto the beach. Another thing when we were in The Bahamas is that people drove on the opposite side of the road. Sometimes they had the steering wheel on the left, or on the right side of the car. The last thing I want to tell you is when we went swimming, we went swimming with a dolphin. His name was Andy. This was a dream come true for me. I would love to go back to The Bahamas again.



Jessica Lee had an opportunity to swim with dolphins while on a trip to The Bahamas in early 2011.

Fort Worth, Texas

On the morning of February 11, Nancy Ferrigan bustled around her hotel room preparing herself before flying out of Toronto bound for Fort Worth to visit her sister and extended family.

In Texas the weather was a balmy 72 degrees. Nancy enjoyed walking, shopping and sisterly chats during her visit. One of the highlights of her trip was going to restaurants where

she enjoyed different cuisine, such as Mexican and Italian. She reported enjoying The Spaghetti House very much.

Nancy's excitement of her travels was apparent. Nancy shared news of new babies and how big the children have grown, all the while beaming because she is yet again a very proud aunt.

Nancy was glad to be home, and hopes that her sister will come to visit her in Barry's Bay in the future.

Nancy is proud of her home and is excited about introducing her support workers to her sister.

Nancy's dream of visiting her sister in Fort Worth, Texas was made a reality. This is just one of Nancy's dreams made possible through careful planning by her support workers at Madawaska Valley Association for Community Living.

We left Sandhill Drive on March 17 (Oh, to be Irish on this glorious day!) for my trip to Nashville, Tennessee.

It was good to be on the road after a couple of months of planning. We made it through The Big Smoke (Toronto) in record time and made it to Windsor in time for a short supper break. We were off again and made it to Lima, Ohio after reassuring the American border patrol that I wouldn't leave Billy behind, or that I wouldn't take any jobs away from them by staying in Nashville and performing on stage.

After a good night's sleep in Lima we left for Nashville. We drove through Ohio and Kentucky. We saw some very nice farms along the way. After a few stops we arrived in Nashville, finally!

The next day we went to the Grand Ole Opry. We went early to look around and go out for supper before the show. There were quite a few

shops and stores still under repair from the flood they had last spring. Bill and I talked to people from around the world. We met a couple from China and another one from France. Everyone was very friendly.

The show was great – Charlie Daniels and a few others. I sang along with them because I knew most of the songs. It was a long day, but worth it.

The next day we went downtown to see the sights. There were all kinds of performers on the streets and every bar and restaurant had live entertainment. People go to Nashville to try and make it in the music business; some do.

The next day we went downtown again to the Ryman Theatre, which is where the original Grand Ole Opry started. Johnny Cash once played the Ryman to a sell-out crowd.

March 22 was a special day – my birthday! Bill and I went for breakfast

and then headed downtown. We did a bit of sightseeing and then headed over to the Bridgestone Centre to pick up our tickets for the hockey game. It was very loud during the game. Mike Fisher played a good game for Nashville (I think he should still be in Ottawa). Nashville beat Edmonton 3-1. It was a great birthday!

The next day we were on our way back to Barry's Bay. We took a different route home. We ran into a mini tornado in Kentucky, but nothing happened, thankfully. We saw lots of wildlife, and there were horse farms everywhere!

We arrived home after travelling 3,600 kilometres. I think Bill and I would agree this was a trip to remember for a lifetime. I hope to do another one someday.

Love,

Dale (Chief navigator and co-pilot)
Bill (Pilot)



Dale McCallum fulfilled a lifelong dream when he travelled to Nashville, Tennessee with one of his support workers.





On March 25 we held a “Looking Back” celebration, acknowledging 15 years of programmed activity at Activities Plus.

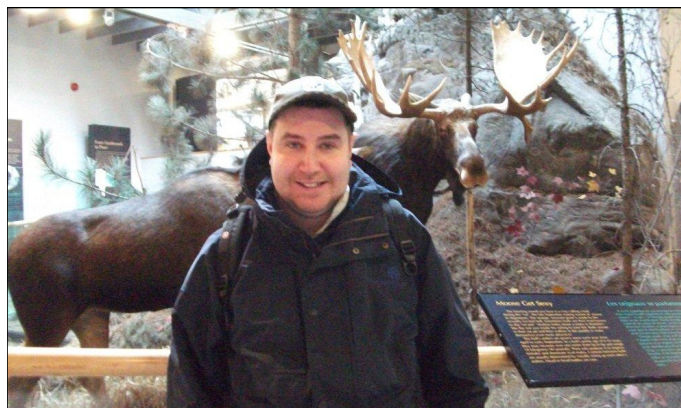
This celebration marked the end of the events calendar distributed monthly by the Act+ team. With better individualized support plans that program gradually became underutilized. It was decided it was time to look at new ways to use these resources.

We’d like to thank everyone who was involved in this program for their support and effort over the years.

We are excited to announce that **INSIDE OUT**, MVACL’s summer camp program, will now operate year-round. During the summer months we will continue to offer our full calendar of events, and from September through June, **INSIDE OUT** will host one activity weekly. If you’re not receiving our calendars please contact Stephanie Jessup at Act+ to be added to our mailing list.

On May 3, a group of **INSIDE OUT** adventurers went on a “Moose Sighting Expedition” to Algonquin Park. The group got lucky and got a close view of a bull moose, a cow and her calf. They enjoyed lunch and a trip to the Algonquin Park Visitor Centre afterward. A great time was had by all.

We’re looking forward to kicking off our summer season on “The Green” (our park-like space between Liberty House and the office) on Monday, June 27 from 12 - 4 pm. We hope to see you there, and look forward to another fun-filled summer!



Rhys Geddes was one of eight adventurers who took part in the Inside Out program’s “Moose Sighting Expedition” in Algonquin Park.

In Brief

Membership

Are you interested in the future direction of MVACL? Consider a voting membership in our organization. Cost of yearly membership is \$10, or a lifetime membership is available for a one-time fee of \$250.

For more information visit www.mvacl.ca, call us at (613) 756-3817, or drop by the office and fill out a membership application.



The Lite Lunch staff take a break from a busy day to pose for a recent picture at Activities Plus.

Lite Lunch

Tired of packing a lunch? Don’t forget about our Lite Lunch program, which delivers healthy, affordable meals to your workplace or home every week from Monday to Thursday. Menu selections for the following week must be placed by Thursday each week.

For more information, or to have a menu delivered call Diane at 756-6961.

* Watch for the new Lite Lunch cookbook out this fall!

MVACL Executive Director resigns

This is my final message for the MVACL newsletter as I will be leaving the organization as of June 24.

Over the past 22 years I have had many enriching experiences. There have been moments when I laughed so hard I cried and sometimes hurt so much I cried. Our work can be very personal and to think of it as a job is an understatement. I have seen many changes over the years; our growth has been impressive and resulted in increased capacity for the future in our community. Our programs are up-to-date and offer a variety of choices to the people who use our services. Working together our staff and board have offered endless commitment towards improving and expanding resources for the benefit of people receiving services from MVACL. Our organization has earned a reputation as a leader in innovation and creativity in the eastern Ontario region.

I am grateful for the relationships I have enjoyed with the staff, board members and community partners and hope to continue these as I move forward. I feel confident that the management team and board will continue their efforts to meet the goal of accreditation and look forward to receiving news that MVACL has achieved that certification.

In closing I would like to thank the many people who have supported me over the years. My departure is bittersweet. I look forward to the new adventures and challenges ahead, but closing this chapter of my life has a certain sadness. My personal pledge is to take the knowledge and leadership experience I have gained working at MVACL and continue to be the best advocate I can for people of all abilities.

Marion Peck



Former Executive Director Marion Peck with new Executive Director Darcy Lacombe.

Greetings from the President

Hello everyone!

The Board of Directors wishes to thank our "cheese fundraisers," Annie and Hede. Your hard work is greatly appreciated. The Board is also working on a new version of the Lite Lunch cookbook. It should be out shortly. Thank you to everyone who took the time to submit a recipe.

There is a super "fab" fundraiser being planned for the fall. Details will be announced later in the summer.

I am sure by now that everyone is aware that our Executive Director will be leaving MVACL on June 24. Marion has been a vital, driving force behind all the growth and improvements that our agency has accomplished over the years.

She has been recognized by other agencies and by the provincial ministry as an extremely knowledgeable, committed, hard working person who demands the best in herself and those who work with her. It comes as no surprise that another agency would see all this also. The Board of Directors wishes Marion all the best in her new position.

The Board of Directors wishes to welcome Darcy Lacombe as the incoming Executive Director. Darcy has a long experience with our organization and we are confident she will offer great leadership to MVACL.

Bring on summer!

Bridget Gutoskie

MVACL BOARD OF DIRECTORS

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