



IN THE NEWS

July 2017

Lobster Lovers' Feast

August 6

Eat in 4:00-6:30pm

Take outs 3:00-6:00pm

Tickets on Sale Now!

\$30

Call

902-275-5622 ext 221



Behind the Scenes of Our Lobster Lovers' Feast

What does it take to prepare for our annual Lobster Lovers' Feast?

Association Support Coordinator, Jane Rafuse has been the event organizer for 11 years. She shared a bit of what goes on behind the scenes.

"There are many moving parts, shifts and stations, which all come together like clockwork." - Jane

In February and March, Jane starts contacting event sponsors to for the essential lobster & funding for the event. Without our sponsors, the

Feast would not be a fundraiser—it would be a "cost coverer".

In April and May, contact is made with the over 60 volunteers to confirm their willingness to help at the event. For some it has become an annual tradition, however there is always a need for some new recruits. We simply could not hold the event without them. About this time the list of entertainers is also confirmed.

In June, the tickets and placemats are ordered from the printer, supplies are inventoried and advertising planned.

In late June, ticket sales begin with an email blast and a round of phone calls to everyone who attended the event the previous year.

In July, supplies are ordered, tasks assigned to volunteers, and entertainers provided with time slots.

Day of, we open our doors and welcome everyone to experience the magic of Bonny Lea Farm.

Oh, and we always have a whole lot of fun!

See you on August 6th!

Sponsors

Presenting Sponsors

Clearwater

Dexter

Sure Courier Services

Universal Elevators & Lifts

Contributing Sponsors

LighthouseNow

Merrick, Jamieson, Sterns, Washington &

Mahody Barristers

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Pharmasave

Associate Sponsors

Cabot Shipping Supplies

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Bronze Sponsors

Carriage House Financial Services

McInnes Cooper

Volunteer Captains

Kitchen Captains

Kevin Healy & Karen Lake

Inside Dining Captains

Kim Geldart & Stacey MacDonald

Tent Captain

Teresa Flinn

Take Out Captain

Sandy Zwicker & Wayne Zwicker

Lobster Cracking Captains

Jim Barkhouse & Doug Morash

BBQ Captain

Bruce Flinn

Parking Captains

Robert Manuel & Joe Stackhouse

Raffle/50:50 Captains

Suzan Maclean & Amanda Walker

Entertainment Line-Up

Inside

4:00-5:00pm Coastline – Country with a kick

5:00-6:00pm Jazzette – Lively Jazz

6:00-6:30pm Agnes Clinton – Classic Country

Tent

4:00-5:00pm Jest for Fun – Down east fiddling

5:00-6:30pm SouthWind – Bluegrass/Gospel

Take Out

3:00-5:00pm Country Round Up – Country

"Clearwater is very proud to support such a tremendous community organization as the men & women of Bonny Lea Farm."

- Colin MacDonald, Clearwater Co-founder & Chair

902-275-5622

PERSONAL DIGNITY & WORTH THROUGH PRODUCTIVE LIVING

WWW.BONNYLEAFARM.CA



Laurie Anne with colleagues at Shoreham Village.

Laurie Anne: Helping Others (excerpt from *Shoreham News*)

Laurie Anne volunteers every Tuesday and Thursday to assist laundry staff to fold linen. She has been living and working at Bonny Lea Farm since 2014, residing at Gibson House. She is a kind a gentle person who makes everyone feel good just by being in her company. She likes to use her iPad, draw, colour and do crafts in her leisure time. She likes to swim, go on outings and has successfully “finished the race” with Team Bonny Lea Farm at the Blue Nose Marathon 5k walk.

At Day Program, Laurie Anne has worked in a number of our vocational programs including the Greenhouse, Cafeteria and Small Contracts.

She has learned to “skype” and uses this to keep in touch with her mother who works in Thailand. She enjoys spending time with her father and step-mother.

A big thank you to Laurie Anne for all her hard work. It is greatly appreciated!

Laurie Anne’s Strengths:

- A great person who cares about others, willing to help others, sensitive and kind, and positive influence to others
- Expresses herself well and able to handle change well
- Takes her work responsibilities seriously
- Able to set goals and achieve them with support

Brian’s “Brain Breaks”

HEART instructor Brian Willman is introducing 15 minute “Brain Breaks” for work crews at Bonny Lea Farm’s Day Program. “Brain Breaks” are quick bouts of physical activity designed to stimulate the body and mind.

“With the exception of the Cafeteria, Bark Barn and Kindling Crew our work crews’ tasks are mostly seated. By introducing short bursts of activity into their day, we are hoping to help participants achieve some of the benefits associated with “Brain Break” activities,” comments Brian.

Research has shown that even a short time of activity can:

- Improve cognitive functioning & enhance learning readiness
- Promote self esteem
- Engage all learning styles while promoting physical activity & nutritional education
- Increase on-task behaviours



2016-2017 Annual Report

To learn more about us read our 2016-2017 Annual Report online: www.bonnyleafarm.ca

**Bonny Lea Benefit Golf
Tournament
September 10
Register now!
\$500 / team**

Good Times Gallery



Top to Bottom: Canada Day at Bonny Lea Farm Group shot, Blair, Nancy and Lacosta.

Adam, Douglas, Floyd, Joanne, Nancy & Sue enjoyed their week at Camp Tidnish. Shown: Adam ready for a boat ride and Sue with her Tidnish t-shirt.

Liz, Laurie-Anne & Sonya prepare all of the cutlery packages for the Lobster Lovers’ Feast.

A trip to the Halifax Library for Debbie, Rose and Val.

Catherine & Bonnie doing the macarena during a “Brain Break”.