



IN THE NEWS

April 2018

We're 45!
Empowering people with disabilities since 1973.

Thank You Mahone Bay Quilters Guild!



Earlier this month two members of the Mahone Bay Quilters Guild dropped by with a donation of beautiful quilts to be enjoyed by participants.

Thank you for sharing your labours of love with us!

Our Kitchen Crew's Earth Day Challenge to you: 1 Small Bag of Garbage Per Week

Each week our Kitchen Crew does something the rest of us should be doing. They produce only one small bag of garbage that fits in a five gallon bucket!

How do they do this when on a daily basis the Kitchen Crew prepares coffee break snacks and healthy cooked lunches for 37 participants? Lead by their vocational instructor, the crew adheres to the following daily steps:

- ◇ Minimize the amount of packaging that enters the kitchen.
Example: Instead of purchasing individually packaged products such as yogurts and condiments, buy large containers and serve them in dishes.
- ◇ Reuse as much of the packaging that enters the kitchen as possible.
Example: No need to buy storage containers, use large containers for storing or freezing leftovers. The large bags used to line banana boxes make great garbage bags.
- ◇ Plan your meals so that you are not wasting food and incorporate left overs into the next day's meal.
Example: Don't let fruits or vegetables go to waste. Use them in a salad or make soup instead of tossing them in the compost bucket.
- ◇ Sort plastic, glass, metal, cardboard and paper recyclables and compostables. And, don't forget to separate and return your refundables!
Example: Recycle even the smallest items, like a coffee stir stick. Rinse or wash out all recyclable containers and sort them properly. Even an empty paper sugar packet can be composted.

Volunteers Make Our World Go Round



Our Board of Directors and related committees are comprised of nearly 25 volunteers who meet regularly to guide us in realizing our mission.

A small group of volunteers are involved in providing one-on-one activities or supporting staff in delivering our enhanced programs for participants.

It takes nearly 100 volunteers to make our annual Lobster Lovers' Feast the success it is!



Give a hoot - don't pollute! - Kitchen Crew

Good Times Gallery



Nancy - Achieving a Goal

Baking is a favourite activity for many participants at home. Nancy is shown here making up a batch of cookies, which was one of her IPP goals.

(photo credit: Natasha Hennigar)

Way to Go Larry!

Larry can be found laughing, speeding with his walker, and working.

He is an innovative crew member who often creates his own tasks adapted to his abilities. He works in the Barn where he bundles the kindling sticks into a jig for tying. He also is a part of the Wood Workshop crew, where he likes to hammer, and label paint cans and lids.



This past year, Larry took a vacation day, saw the Monster Truck Jam in Halifax, and was an athlete with Special Olympics (bowling & golf).

This year, Larry looks forward to going to the movies, trying yoga, and seeing the Tall ships. He is also part of Team Bonny Lea Farm for the Chester Cut 'n Run. In his spare time, Larry enjoys boat rides, baking cookies, and watching TV at home.

Fun Fact

The participants love yoga. In fact, our weekly yoga classes have a 92% participation rate.

Thanks to the Lunenburg County Community Health Board for providing a grant for this purpose. And, hats off to DeNel Rehberg Sedo of Blue Lotus Living for awakening participants' inner yogi! See the photographic proof! ➔



Hold the Date

Get your pen, calendar, day timer or phone and mark these dates!

Check our website for more details|: www.bonnyleafarm.ca

Amanda Robar Memorial Benefit Concert* May 27 @ 1:30pm

Chester Cut 'n Run with Team Bonny Lea Farm June 3

To join or sponsor the team online click on the event on our homepage: www.bonnyleafarm.ca

Plant Sale & Breakfast June 9 @8:00-11:00am

Lobster Lovers' Feast August 5

Annual Benefit Golf Tournament September 9

TOP to BOTTOM: Thank you to the Professional Institute of the Public Service of Canada for making us their charity of choice at a recent training session; Kudos to the Scottish Rite Charitable Foundation for their donation; Val hamming it up at the Shoreham Village Volunteer Tea; Gibson House celebrating Larry's birthday; Yoga is a favourite activity for participants made possible through a grant from the Lunenburg County Community Health Board.