



# IN THE NEWS

July 2019

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



## Josh, Sonya, Douglas Realize Goals *We offer individualized experiences*

As part of participants' personal growth and development, they set a number of goals to achieve each year. Sometimes their goals require planning and budgeting. Sometimes they are goals that require stepping outside of their comfort zone. Sometimes the goals are things you and I take for granted every day.

As Josh goes about his day, he often has earphones on. He enjoys listening to music at break and lunch time. He'll sit out on the lawn swing and take in the natural beauty all the while listening to music.

So, when he found out that one of his favourite performers was going to be in Nova Scotia, he set going to the concert as one of his personal goals.

On June 1, Josh and a staff member went to the 90's House Party in Truro, featuring Vanilla Ice. Not only did Josh go to the concert, he was in the VIP area, took a selfie with the star and spent the night in a hotel. To complete the magic, the hotel was managed by the son of a former Board Member of Bonny Lea Farm!

With a desire to get out and enjoy nature, Sonya set going for a trail walk as a personal goal. Earlier this year she and her house-mates walked a portion of the trail in Gold River.

Known for his engaging personality and welcoming handshake for everyone who visits Bonny Lea Farm, Douglas wanted to go shopping at Walmart for a few items and then go to MacDonal'd's.

What goals have you set for yourself for the year? Inspired? Get moving!



## Bonny Lea Farm's *Lobster Lover's Feast*

**August 4**

Dine in / Take out

**1 1/4 lb Lobster or 10oz "AAA" Striploin Steak**

**\$30**

**Purchase tickets in advance**

**Online at [www.bonnyleafarm.ca](http://www.bonnyleafarm.ca)**

**or call 902-275-5622**

Presenting Sponsors



## Good Times



### Record setting Plant Sale & Breakfast

We invited you to come to our Plant Sale & Breakfast and many of you did!

We served more than 250 of our complete breakfasts: eggs, sausage, bacon, hashbrowns, toast and coffee, tea or juice!

You took home more than \$800 in baked goods.

The green house was picked clean and had it's highest grossing sales ever.

### *What is behind the Plant Sale & Breakfast?*

When you come to our Annual Plant Sale & Breakfast, you may not fully realize that you are taking home more than a trunk full of plants.

The transplants, plants & planters you bought at the event are the culmination of months of work by our Greenhouse Crew. The team plants the seeds and carefully tends them until they grow to what you purchased at the June 8 sale. Seeing the plants grow, brings the crew a great sense of pride and fulfilment. The beautiful wooden planters, are sanded and assembled by our Workshop Crew, offering a beautiful product that people of all abilities help produce.



Jeffrey, Morgan and Amanda are part of the Greenhouse Crew. They are stripping the leaves and preparing the herbs to dry.

### The Greenhouse Crew: After the Sale

The Greenhouse Crew is busy this time of year, harvesting herbs and preparing them to dry, which is the next step towards our finished dried herb products and specialty oils and vinegars. Stay tuned for what comes next. Way to go everyone!

If you don't already know about our products, learn more at [www.bonnyleafarm.ca](http://www.bonnyleafarm.ca).



The sun is finally shining and Bonny Lea Farm Participants have been busy completing goals and living life to the fullest. We hope you enjoy these photos of Participants embracing new activities both at home and in the community.

Debbie and Anton spend some time patting and grooming horses; Ronnie, Tom, Laurie-Anne and Floyd welcome Chad McCoy for a concert in early July; Lynn receives some coaching from Special Olympic Golf volunteer, Steve Gilbert.

For more visit: [www.facebook.com/bonnylea.farm](http://www.facebook.com/bonnylea.farm)