

# CELEBRATING PERSONAL OUTCOME ACHIEVEMENTS!

## INKED ON MY SKIN.....

I'd thought about it often  
For many years a tattoo would be cool  
But, the nerves and the fears!  
I talked to my staff  
I'd question & think  
Should I try the fake ones?  
Till I'm permanently "inked"?  
I watched a tat artist  
Ink someone else.  
I asked if it hurt  
I wanted to know how it felt.  
Still unsure about it  
I thought for awhile...

"I'm ready" I said  
A tat is my style!  
I'd like the bald eagle  
Just outline in black  
If I want colour later  
I'll be sure to come back.  
I wear my tat proudly  
And I showed everyone,  
Then decided I wanted the colouring done  
I was proud of myself  
Above everything  
But what I really wanted  
Was a tat of the "The King"

It would cost a lot  
And hurt just a bit  
But with some assistance,  
Made my appointment to sit.  
With my support team behind me  
One hundred percent,  
Back to the parlor  
I happily went.  
All the time it had taken to plan this all out,  
Fulfilling my dreams  
That's what it's all about.  
Now, Elvis my Hero  
The "Rock and Roll King"



## “TRIP OF A LIFE TIME” Lorna & Alvin Williams

What a wonderful trip of a life time it was. Three days in Walt Disney and four days on a boat. What fun it was.

Well our trip started out going to stay overnight in Toronto, the next day we would leave on an airplane for the first time. Wow what fun and the hotel that we were in, you could see the airplane's come and go all night long. Wow it was fun to watch.

So the next day came and it was off to the airport to Walt Disney, but there was a lot of people coming and going so we had to wait for the airplane to come. We sat there and waited for it to come along. I went to sleep while we waited. We had a drink too!! So finally the plane came and on it we went.

While on the plane we had something to eat & drink, we could sleep or watch TV. As we flew into the Florida airport you could see Disney. Wow what a picture it would make.

Our first night we went to Main Street Disney for supper, shopping and touring around. The next day was our 20th wedding anniversary. We spent the day at Disney and then went out for a nice dinner at a place that had lightning, thunder and rain. It was a nice place. We had a lot of fun. Busy, busy day.

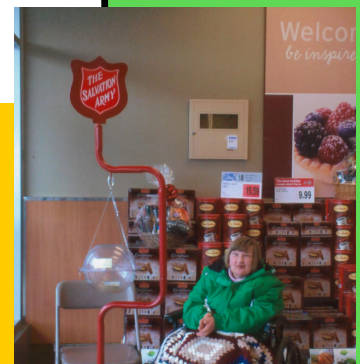
The third day it was off to our boat. Four days it was a lot of fun because I have never been on a boat that big, but the people were very nice and we did a lot of swimming, eating and Alvin got me lost on it. Well we had a lot of fun, and when it came to land I went and got my hair done in the Bahamas' and we went back on the boat to have supper and take some pictures and have some more fun.

It was a wonderful trip and when the fourth day came it was back to the dock and then back to the plane. Our trip was fantastic and if you can ever go, do, because you will love it like we did.



## Christmas Spirit...

Debbie attends the Salvation Army. To get into the Christmas spirit Debbie dedicated her time to volunteering for the Christmas Kettle Drive.



67 King St.  
Unit #1  
Picton, ON

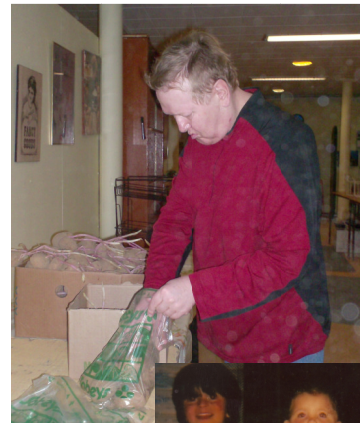
Phone: (613) 476-6038  
Fax: (613) 476-2862  
E-mail: info@clpe.on.ca

**Goal & Vision**

"That all persons live in a state of dignity, share in all elements of living in the community and have the opportunity to participate effectively"

**Volunteering at the local food bank....**

Dan has been volunteering at the Picton Food Bank for the past few months. While there, he has helped unload the donation trucks, bagged shampoo, bagged animal food, unpacked and sorted grocery bags from local stores, and placed items in the proper rooms for storage. Once the work is completed, Dan along with the other volunteers, sit and enjoy coffee and snacks. This worthwhile volunteer job gives Dan the opportunity to enjoy the company of other volunteers in our community.



**The Positive Side of Facebook...**

Many people worry about the internet, the dangers of it, the risk, but it does have a positive side too.

I have always had a strong positive relationship with my family but two years ago they moved over six hours away. Traveling would be difficult so we agreed to email each other to maintain regular contact. I set up a hotmail account so I could e-mail my family. Then we moved to MSN so we could chat back & forth.

You have to keep up with the times so I

set up a facebook account, created a profile, posted a picture of myself and a whole new world opened up for me. I can now email, chat and keep informed of all the things my sisters post on their facebook. My uncles, cousins, even my grandparents joined facebook so I have so many family and friends to stay in touch with. One day I noticed my brother on facebook and I had lost contact with him years ago.

I sent him a request asking him to add me to his friends list. Now I have

another important person to stay in touch with. I even got to see a picture of my niece whom I have never met.

Another time I was contacted by a foster sister who I hadn't seen for over 20 years. I now am using facebook to search for other friends from my past.

Although some people may view the Internet and facebook as a scary, risky, experience, for me it has been a very positive and exciting one.

**Women In Business...**

Leslie Elliot, who works at Heart of the County and Kim Gagne attended the Women In Business luncheon on November 13th at the Waring House. We introduced ourselves to the other business women sitting at our table. We engaged in some conversation then enjoyed a wonderful lunch. We then laughed at the comedian Doug Funk. He really kept us in stitches. The nominated business women were profiled and their stories were enjoyed by all. The winner was Jean Arsenault. There was also a draw for a \$50 gift certificate for a local spa & Leslie had the winning ticket.



**Attending Abba Mania....**

On July 22nd, Bob attended the Abba Mania Concert at the Regent Theatre. A Bee Gee's tribute concert. As soon as the lights went down and the music began, he was grooving and dancing in his seat along with the rest of the theatre. At the end of each Bee Gees song he would cheer and yell "Good Job"! He waited patiently through the half hour intermission, then as soon as the music started again, a big smile came across his face and he was on his feet with the other theatre patrons dancing & grooving to the music. A great night!

