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# B21 Gazette – The place we all belong

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## **We're back** 😊

*There have been so many new adventures over the last several months, it seems we've been neglecting our paper. We'll do our very best to get caught up and continue to have regular publication. Included in this edition will be some stories from 2023 and 2024, that we feel were important but never made it to press.*

## **Christmas Pageant**



The story of the Christmas pageant came from singing Christmas songs during program in the gym. One of our facilitators, Nancy, presented to

us a poem called Under My Hood, to be read back by the whole group. This is where the idea for a Christmas play came from, and suddenly became a bigger project. For most of November, we practiced our songs, our lines, new skills, instruments, and much more. These new skills include time management, learning sign language, teamwork, learning to organize, practicing and taking on a role. This was the first time many of us had the chance to get involved in a big project. New participants will have the chance to experience and contribute to our Christmas pageant.

We will now tell you the different acts that were performed at the pageant. We started with Under My Hood, led by Nancy. We all got up and delivered a great performance.

It was a bit challenging learning our lines. Next, we got dressed in our costumes and put our makeup on for the Little Drummer Boy. We dressed in our Nutcracker costumes, as Aaron sang, and the others played the drums. The magic show, led by Gerry, Chad, and Dawson, and their magical assistant Sabrina. First, Dawson made flowers appear out of his wand, Gerry pulled a rabbit out of his hat, and Chad made a second ball appear from his gadget and turned a big dice into little dice. The audience was amazed by the magic tricks performed. A little later on, with the use of his iPad, Todd read his famous Christmas dad jokes and had the audience cracking up laughing.

Our show included many solo and duo performances starting with

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Austin and Aaron singing Jingle Bells. The other songs that followed in our show include Sabrina, with the help of Mr. Grinch, singing You're a mean one Mr. Grinch, Thomas singing the Twelve Days of Christmas, Paskale singing Do they know it's Christmas, Melissa singing Last Christmas, Sam singing Santa Claus is coming to town, and many more. Mylene performed the song "Petit Papa Noel", through music and pictures. Due to non-verbal communication, staff was prompted to make the show inclusive, so a staff member and another participant helped her perform the song through pictures.

Some participants have shared that singing in this pageant helped boost their confidence and they feel they have accomplished something great. It takes a lot to get up and

sing in front of an audience, especially in front of family and friends. This show was a great success, made to include everyone and to have fun! That's what Beyond 21 is all about!



Chad:  
I acted as one of our masters of ceremony. In the process, I learned many new skills such as memorizing a couple of sentences in french, how to fool an audience with magic tricks, and sharing the role of being a host. At first, I was very nervous, but eventually, I got

comfortable in this role. The reason I decided to do my part in french, I wanted to step out of my comfort zone and try speaking a different language. I told myself I wouldn't be able to do it, and the more I practiced, the better I got. My mom was very proud of me, for being able to learn a little bit of a different language. Having the confidence the facilitators had in us was motivating us and pushed us to do our best.

Paskale:  
This was not my first time singing in front of an audience. I performed True Colors by Cyndi Lauper at the Joey Awards at St. Joseph's high school. This time I sang "Do they know it's Christmas" by Band Aid. I had a great time singing in front of everyone, and I felt very proud singing and dancing for my mom in

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the audience. My mom was very happy, she had a big smile on her face and gave me a big hug.

Gerry:

I've been a part of a production before, back in Kinsmen school, we made our own version of the Wizard of Oz. I played one of the Munchkins. I was proud of myself. This time, I got to play many different roles in this Christmas pageant, like being a magician, I pulled a bunny out of my hat, I joined the big group for Under My Hood with Nancy, I became Frosty the Snowman, and danced around the room, and lastly I played Grandpa in our play, Grandma got run over by a reindeer. Some of it was easy, and some of it was hard, like going around the room, seeing all of the people in the audience. Nancy shared something that

helped me, don't worry about the audience, do what you have to do. I know that I did a good job and I had so much fun doing it.

## Meet Charles!



Charles is a new recruit at the hub! Charles is here to have fun but to also achieve some goals. Firstly, Charles would like to work on his confidence, being included in a social environment with other adults with disabilities will be great. Charles is used to a school environment with people younger

and older, so the hub is a great change of pace from school. Secondly, he would also like to work on his social skills. The hub is an opportunity for Charles to experience new things that he would not have seen at school. Some of Charles' interests include sports, more specifically hockey. Charles is a massive Ottawa Senators fan. One of his favorite players is Brady Tkatchuk. At school, he helps coach the basketball team, so he is looking forward to engaging in the different sports at the hub, such as our baseball program. Charles will be participating as a Coach's assistant for baseball. Charles is here to meet new friends!

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## Maria around the world!

Maria has been on many trips with her family and would like to share these experiences with everyone!



**Maria and mom in Virginia Beach, 2016**



**Maria and her family on a Caribbean Cruise!**



**Maria resting on Treasure Island beach in Florida!**



**Maria and mom relaxing in the pool in Punta Cana!**



**Maria and mom with Elmo, Busch Gardens, Florida**



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## **VANCOUVER CANUCKS by**

**Dylan (WRITTEN APRIL 2024)**



The Vancouver Canucks were number one in the entire league for many months, but are now number five in the standings. The reason I wanted to write about the Canucks is because I believe they have a strong team, and with their new coach, Rick Tocchet, and new players, I think they can make it far. I used to root for the Washington Capitals, now I root for the Toronto Maple Leafs. I believe the Vancouver Canucks are much better.

J.T. Miller is one of the top players on this team. He has played 81 games this season, has scored 37 goals, and assisted 66 goals. During his whole career, he has played 799 games, has scored 238 goals, and has assisted 401 goals. I like J.T Miller because he is a strong player.

The Canucks won 8 games in December and were on a hot streak during January, winning 10 games. This is good because it means more points for their team and they can go higher in the standings. In February, they did not do as well, but they picked up in March, with more wins than losses. They are facing the Winnipeg Jets for their last game of the year on April 18.

The Vancouver Canucks made it to the Stanley Cup Playoffs, and are facing the Nashville Predators in the first round. I believe that they will make it through this first round and make it to the semi-finals.

## **STAR WARS DAY**



To celebrate Star Wars day, May the 4th, we decided to have Star Wars themed activities. In the morning, we had regular program, and the fun began in the afternoon. There was a Star Wars themed

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photoshoot in the morning. For lunch, we had Bantha burgers on blue melt buns, with Yoda juice (green lemonade), and Star Wars chocolates. We later played many fun games, such as lightsaber ring toss, dressing up Yoda in teams, and wrapping our friends in green tissue paper. We had so much fun!

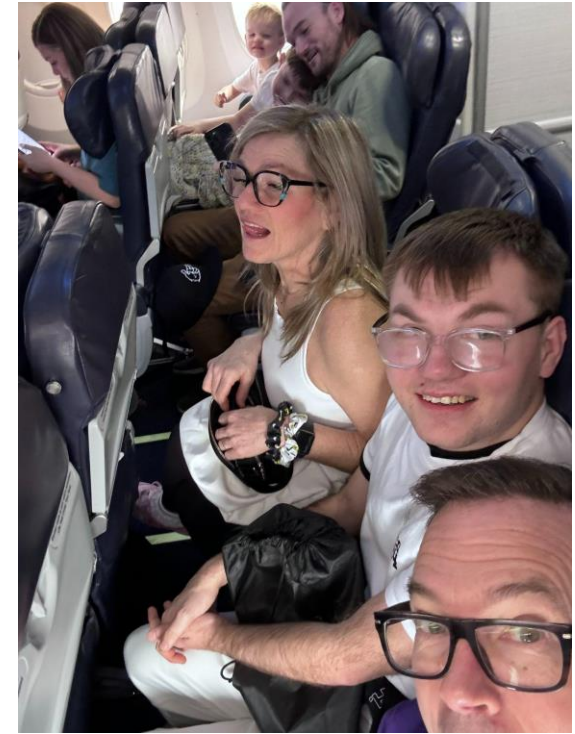
## **A ROAD TRIP TO MIRAMICHI by Stephen**

Last summer my parents and I went on a road trip to Miramichi, New Brunswick. I went on this trip to visit the Price family, my twin sister Kristina's family. Kristina is married to her husband Brandon, and together they have five kids. Donovan, Oliver, Ariel, Octavia, and Brooklyn. This was my first trip to Miramichi. I stayed at Kristina's house for a week. While I was there, these are some of the things

I did. I went swimming at the beach, which was far away from Kristina's house. I enjoyed the view of the ocean, it was different from the view of the St. Lawrence River, here in Cornwall. I was excited when we all went out for a drive to the park to feed the birds. It was a nice way to spend time with my family. I also enjoyed watching movies in Kristina's TV room. I gave big hugs to Kristina and her family because I missed them a lot. After staying the week, we packed up our duffel bags and went back home to Cornwall. I would be happy to see Kristina again, I hope we can travel to see her.

## **AARON GOES TO MEXICO!**

Aaron has taken a trip to Mexico with his family, and would like to share some of his experience!



**On the plane!**

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**At the resort!**



**Me at a pool party! I had lots of soap around me!**



**My family and me at the beach!**

## **PEEP INTO SPRING!**



**(Gerry hanging out with the chicks)**

Jason, from a farm in Lunenburg, recently paid us a visit, along with some baby chicks. We had an amazing afternoon visiting. The baby chickens were only one day old and only female. We learned that the chicks are born with no stomach, as soon as they start to eat, the stomach forms. Chicken feed is very tiny. Chicken feed is full of protein, calcium, corn and soybeans. They are fed automatically, down an auger and then into a feed pan. There 130 000 kilos of chicken feed for 30 000 chicks in 35 days.

Jason informed us that there are approximately 30 000 chickens per barn, and 300 000 a year. It takes 5-6 weeks for an egg to hatch, but they need to be fertilized first. Good hens lay 2 eggs in a day and others



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just one egg. The chicks that hatch eat and drink right away.

We came up with questions to ask Jason during our visit, and he delivered answers to every question we prepared. We appreciate learning new things and meeting new people (and chicks!).



Will:

I enjoyed the visit from the baby chicks. The chick felt very light and soft in my hand. I was not scared of the birds but did not want to hold it very long.



## **SPRING TEA by Beyond 21 participants**



Beyond 21 recently hosted a Spring Tea. This event was designed to give back to the people who have helped our organization grow. These people include community donors, volunteers, and community leaders. This list also includes those who we come in contact with every day, like Cornwall transit and dedicated students. The Spring Tea was also a job opportunity for the participants. The participants filled out a job application. The job



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application gave a list of requirements and positions to be filled such as serving coffee/tea, clearing tables, resetting tables, greeting visitors and many more. After applying, Cathy and Nancy conducted interviews with the participants. The different questions that were asked during the interview include, “what are you applying for?” and “what are your expectations?”. Staff had a discussion with each participant about what the expectations were for the tea. Next, the participants prepared for the tea. Tasks we accomplished ahead of time were separating the doilies, placing sandwiches on the trays, polishing the silverware, making napkin rings and practicing pouring tea. The day before the big event, the participants and staff rearranged furniture to set up tables in the

great room. The next morning was very busy. Participants, staff and volunteers ran around to make sure everything was perfect. When visitors arrived, they were seated at their tables and served coffee/tea, punch, sandwiches, and desserts. The spring tea was a great success, we had many visitors and lots of great feedback. We are hoping to continue displaying the many talents of the participants in future events!

**Here are some pictures from the day that we would like to share!**



**The great room is ready for visitors!**



**Gerry setting up the tables**



**Chad placing tea cups**

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**Tavia preparing sandwich/dessert plates**

## **Meet our New Executive Director!**



(Our participants created questions for Amy, as well as conducted an interview with her. This information was given by Amy, written by the participants)

My name is Amy, and I am the new executive director of Beyond 21. I have a family, I am happily married and have two sons. Some hobbies I enjoy are spending time with my friends and family, playing indoor soccer, and spending time outside. I teach Aerial hoop at my studio, Sky Studios Fitness. I also teach hip hop dance and do choreography for the Seaway Valley Theater Company.

I have studied a couple of subjects during my career. I have a diploma of business administration and a masters certification in economic development. I specialize in communication, and I enjoy taking courses about social media,

psychology, and others. I enjoy continuing to learn.

Let me tell you about my work experience. I started working at 8 years old in my family's hardware store. I started off by working at the cash register. Instead of making money, I got paid in chocolate bars and chips. I learned about inventory, customer service, how to treat people in the community and that hard work pays off. I worked at a Wendy's, a McEwen's gas station, and the Alexandria pizzeria as a waitress. I later worked for the Chamber of Commerce in Cornwall, I started as an administrative assistant, continued as the event and membership coordinator, and finished as the Assistant Executive Manager before moving on to the Economic Developers Council of Ontario as the marketing and

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program manager. I then began working as a tourism coordinator/development officer for the city of Cornwall. I was with the city for 9 years.

There are many links between my previous work experience and being the executive director of Beyond 21. A lot of it involves community engagement. It is about knowing what is going on in the city, as well as having community partners. I have been able to work with people to start and grow local businesses. I found out about the position at Beyond 21 while promoting different jobs in our area, promoting these jobs in different areas like Montreal or Ottawa. I did not believe initially that I would be right for the position, because I have never worked in this kind of field before. Some people had

called and told me I would be a good fit.

I decided to change careers to continue giving back to my community and make an impact. Since I have been here, I have found it to be an interesting position. I find that I do a little bit of everything. I work at improving the program, as well as acquiring funding. I am the link between the program, the foundation, and our board. I make sure that everyone is working towards the same goal.

As the executive director, here are some things I wish to accomplish. I want to make sure our participants make it back out in the community, making our program as educational and exciting as possible, helping our program grow, and the possibility of a housing project. I

also want to make sure we have sustainable funding. I am very excited to be a part of this team!