

# Connections Newsletter

WINTER 2007 ISSUE

*Living in Friendship Everyday Inc.*

A BIG CONGRATULATIONS TO WANNETTA WILKINS AND STEPHEN DYCK ON BEING INVOLVED WITH THE ICOF PROGRAM FOR 10 YEARS!



## A MESSAGE FROM MARGO

Hello Everyone!

We have settled into our new location at 120 Maryland and have been really enjoying it. It's so nice to have room to spread out and welcome people into the office. We hosted an open house in September and thank everyone who made an effort to join us that afternoon.

The Coordinators have been hard at work training new Resource Staff. Three new people have begun in resource roles lately, Jennifer Callerec in Westman, Jackie Halabisky in Parklands and Central, and Amy Campbell in Eastman. Welcome to you all! Those of you who attended the fantastic Fall Fling on November 3rd had the opportunity to meet them and connect with many other friends and acquaintances.

After much soul searching and thinking, I have decided to resign my position as Executive Director with LIFE. This is so bitter-

sweet for me I must say. While I am very excited to pursue other dreams, I will miss everyone terribly and have felt so blessed to share in your lives. I finish up December 20th; just before Christmas. The board has been hard at work to begin the recruitment process. This is an exciting time for the organization and the new director will have many exciting avenues to pursue to continue growth and strength within LIFE and ICOF. I know LIFE and ICOF will continue to be successful as the future unfolds.

For those of you who have requests for Employment Standards funding and Staffing Stabilization, everything should be coming together soon and we hope that the funds will start to be received in the next month.

As well, a retroactive payment (April to August) for the 2% increase is being finalized and will soon be received.



I wish you all well in everything you do. I have learned an incredible amount about life, myself, the world, and the things that are most meaningful. A huge thank you for sharing your journeys with me. I am humbled and incredibly grateful.

Margo Powell

## A CHRISTMAS WISH FOR YOU

A Christmas wish for you...

Comfort on difficult days,  
smiles when sadness intrudes,  
rainbows to follow the clouds,  
laughter to kiss your lips, sun-  
sets to warm your heart, gentle

hugs, when spirits sag, friend-  
ships to brighten your being,  
beauty for your eyes to see,  
confidence for when you  
doubt, faith so that you can

believe, courage to know your-  
self, patience to accept the  
truth, and love to complete  
your life.

## A NOTE FROM JACKIE - THE NEW RESOURCE STAFF IN PARKLANDS AND CENTRAL

Hi, my name is Jackie Halabisky. I am a new Resource Staff for the Parklands and Central Region. I am very excited to be working for this organization!

I live in the country near Dauphin Manitoba. I just got married in June and am loving my new life. I re-located her from Winnipeg and have wanted to be back into nature since I was a young girl. My husband, Ronnie, is an awesome man! I have a dog named Zach who has been my side kick for 12 years, and we love to take walks together and

enjoy the wildlife around us.

My jobs have almost always been working with people, and it is what I love to do. I went to my first Fall Fling in November, had a blast, and enjoyed meeting new people. It was a great opportunity to get to know more of the people with ICOF and a great way to have some fun together.

I look forward to connecting with people in the days ahead!



*“We can do anything we want to if we stick to it long enough”.*

## A NOTE FROM AMY - THE NEW RESOURCE STAFF IN EASTMAN

I wanted to take this opportunity to introduce myself and tell you a little bit about me.

I don't think I could have found a better agency to work with than LIFE... Living In Friendship Everyday! This has been the way I have tried to live my life, and I am so excited to share this vision with all of you! At 12 I joined a circle of friends for a friend of mine at school and realized just how important friendship is to us all.

At 23 I joined my friend's support network who is a participant with ICOF. He introduced me to the philosophies of the program. Since then it has been my goal to one day be a part of the LIFE team. I have been working with people with disabilities for 6 years now and I too have a disability. When I was 22 I was diagnosed with a form of arthritis. This changed my life in many ways, for one it changed my career path. I got involved with the Independent Living Resource

Centre and then the MB E-Association, working with adaptive technology. After that I worked for a day program called TSEN and this is where I stayed for the last 2 and a half years. I realized this was where I worked best and where I could share my strengths with my community!

Now I am here at LIFE and it feels great. I have looked forward to this experience for 6 years, and now it is here. I look forward now to getting to know you all. See you soon!



## A NOTE FROM JENNIFER - THE NEW RESOURCE STAFF IN WESTMAN

Hello my name is Jennifer Callarec and I am the new resource staff in the Westman Region. I live in Sand Lake with my husband Curtis and our two children, Kendra who is 5 and Logan

who is 1.

I am originally from the Sandy Lake area but I lived in Brandon for a portion of my life, during that time I took my schooling in Com-

munity Social Development and Aboriginal Community Development.

I started with LIFE in July and I am loving every moment of it!

## FALL FLING 2007

This year at the Fall Fling, LIFE presented on the four Basic Assurances—being treated with dignity and respect, being free from abuse and neglect, having the best possible health, and exercising rights. These four assurances should always be present in your life. If you would like more information about the four Basic Assurances, please contact your Resource Staff.

The Fall Fling took place at a new location for the first time this year, and everyone had a wonderful time. There was great food and door prizes. One of the



highlights of the night was the DJ, who got everyone up dancing, and at one point had half the room doing “the train” around the hall.

A special thanks to Becky Brownlee and her family for taking charge and putting on the Fall Fling this year— you all did a great job and we look forward to many more!

# Welcome! Welcome!

LIFE would like to take the opportunity to welcome Willie Enns from the Central region, Janardana Messmer from the Winnipeg region, and Farley Eichler from the Interlake region to the In the Company of Friends program.

*“Let us join our hands and hearts to build a better world”.*

## THE SPIRIT OF GIVING!



Clarence, Evelyn, Maryann Friesen hold an annual Christmas party for their family, friends, and support team. Each year they prepare a huge feast followed by a charity

auction. To which, they invite many members of their community. They contact a local church and commit the proceeds generated by the auction to making Christ-

mas hampers for three local area families. In chatting with the Friesen’s about their plans for this party, it was a true reminder of the spirit of giving!

## A HOLIDAY RECIPE FOR YOU TO TRY...



### *Mint Thins*

*Prep 20mins - Total Time 20mins*

- 1 package (8 squares) Baker's semi-sweet chocolate
- 1 quarter of a teaspoon peppermint extract
- 36 Ritz crackers
- 1 peppermint candy cane (6 inch) crushed

Microwave chocolate in small microwaveable bowl as directed on the package. Stir until completely melted. Blend in peppermint extract. Dip crackers in melted chocolate, completely coating crackers with chocolate. Carefully scrape off excess chocolate. Place on waxed paper covered baking sheets; sprinkle with crushed candy cane. Refrigerate for 30 minutes or until firm.

Makes 3 dozen or 12 servings of 3 crackers each.

## LIFE MEMBERSHIPS

Living In Friendship Everyday Inc. (LIFE Inc.) now has memberships! Anyone wishing to vote at the Annual General Meeting held in Winnipeg, now needs a membership to do so.

There are three types of memberships:

**Active Members-** These members consist of participants of the ICOF program, support network members for each and all of the participants of the ICOF program, as well as any Manitoba residents who are supportive of the program objectives. All Active Members are entitled to a vote at the Annual General Meeting.

The memberships of the participants of the ICOF program will expire when they leave the ICOF program. All other Active Members must pay an annual membership fee of five dollars which can be renewed at the Annual General Meeting.

**Associate Members-** These members consist of staff members and contract employees of LIFE Inc., as well as, staff members of participants of the ICOF program. Associate Members are not required to pay a membership fee, and are not entitled to a vote at the Annual General Meeting.

**Honorary Members-** These members consist of persons who have been designated as such by resolution of the Board of Directors, for their outstanding achievement or outstanding services to the corporation. Honorary Members are not required to pay the annual membership fee, and are not entitled to vote at the Annual General Meeting.

If anyone you know is interested in having a membership, please have them phone or email the LIFE office at (204) 772-3557 or [info@icof-life.ca](mailto:info@icof-life.ca).



*Living in Friendship  
Everyday Inc.*

4-120 Maryland Street  
Winnipeg, Manitoba, R3G 1L1

Phone: 204-772-3557  
Fax: 204-784-4816  
E-mail: [info@icof-life.ca](mailto:info@icof-life.ca)



Check out our website: [www.icof-life.ca](http://www.icof-life.ca)