

THE ADVOCATE

THE SPEAKING OUT CONFERENCE

ON FRIDAY OCTOBER, 18TH TO SUNDAY, OCTOBER 20TH SEVEN PEOPLE FROM COMMUNITY LIVING GUELPH WELLINGTON ATTENDED THE SPEAKING OUT CONFERENCE IN PORT ELGIN.



This conference is hosted, planned and presented by self-advocates. This year the conference celebrated 12 years of networking, learning and self-advocacy.

Brian Platt, Tom Huxley, Cheryl Turner and Aimee Olivier had been attending this conference for years. This year was

a first for Judy Noonan and Direct Support Professionals Joan Beauregard and Michelle Maloney. This year was also uniquely special for participants Brian, Tom and Judy from CLGW, as they had the opportunity to present their workshop on Sunday. The workshop entitled My Voice – My Choice is an interactive training that teaches people

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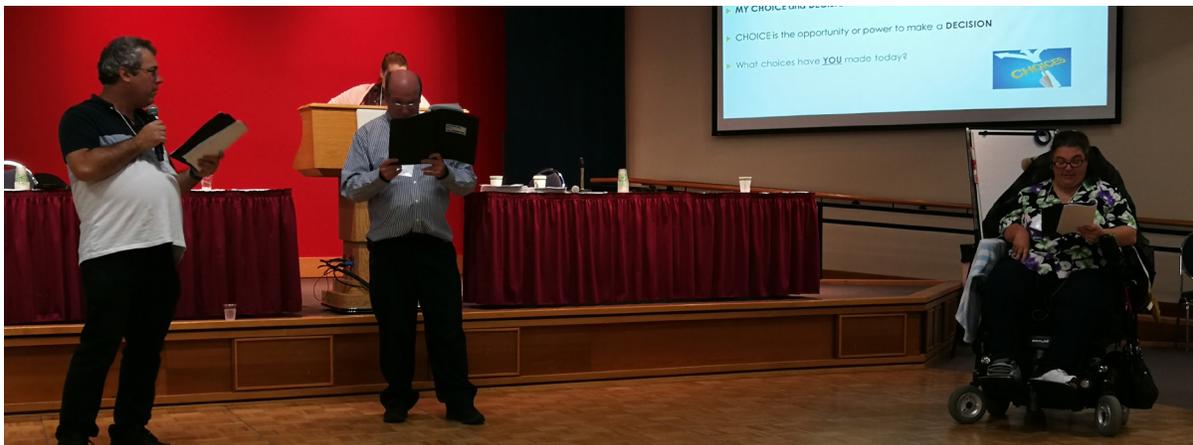


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their Rights and Responsibilities of self-advocacy. Judy, Tom and Brian put on an amazing workshop that included real life scenarios, interactive games, slideshows and time to reflect. Although they felt very nervous and excited they were extremely well prepared. Judy, Tom and Brian have worked really hard perfecting their presentation building up to the weekend. They had multiple opportunities to practice and present to people of Community Living Guelph Wellington. The feedback from the audience was unanimously positive and all participants really enjoy themselves. Brian expressed how proud he felt of the group as it has always been his dream to be a public speaker for Advocacy. Judy enjoyed learning to work as team and would also like to be a motivational speaking and Tom enjoyed presenting the role playing exercises.

Throughout their stay each person had the opportunity to attend workshops with topics such as “Advocates Against Abuse”, “Take Time to Smell the Roses”, “Healthy Eating”, “Benefits of Employment” and “Stress Therapy”.



MY VOICE MATTERS, MY LIFE MATTERS, I MATTER!



Each workshop was presented by people with real life experiences. Every evening brought people together in the dining room after dinner for music and dancing. Saturday offered a live band and drinks and snacks could be purchased at the bar. One of the participants could be seen dressed up each evening in Cosplay costumes of Deadpool and Spiderman.

The conference was located in the beautiful community of Port Elgin at the Unifor Family Education Centre. The building and rooms were fully accessible with breakfast, lunch and dinners all provided in the large conference room which allowed people to mingle and make new connections. The openness of the conference offered everyone freedom to come and go from their rooms and network as they pleased.

This conference is offered every two years, we hope you can join us next time – you'll have a blast!

WHAT WAS THE BEST PART OF THE CLGW DINNER & DANCE?

ON FRIDAY, NOVEMBER 22, 2019 WE CAME TOGETHER TO CELEBRATE THE HOLIDAY SEASON. THERE WAS MUSIC, DANCING, JOY, FOOD, AND AS YOU CAN SEE, PLENTY OF SMILES!

“Everyone looked nice” ~Brandi

“Food was good” ~Tamie

“I had a good time” ~Tracy

“The food was good and spending time with everyone is always a blast. Lots of laughs!” ~Sandra

“I enjoyed everything about the evening” ~Krista



MY VOICE MATTERS, MY LIFE MATTERS, I MATTER!

“When Judy jumped out of her chair to dance. I believe Shania Twain was playing “...the best part about being a woman...” ~Nancy

“Nick’s speech” ~Kevin

“Meeting my friends and dancing.”
~Jamie

“My dance with Whitney and my sister’s friend Vicki.” ~Amol

“Dancing.” ~Jerrett

“Getting all dressed up ...in a dress! So glad Minerva talked me into it!” ~Janette

“Sitting with Alec and Jamie Porter and dancing.” ~Tasha

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“Dancing” ~Evan

“Dancing with Evan” ~Leanne

“Everything” ~Connie

“The cake” ~Randy

“Meal was really good and the dessert. Just being with our friends and staff. Enjoying the music too!” ~Jacquie

“The dancing, and the food... except the salad” ~Lucy

“The best part for me was having fun with everyone and the excellent music for dancing!” ~Laura



MY VOICE MATTERS, MY LIFE MATTERS, I MATTER!

“The dinner and the dancing”

~Ryan

“The food, especially the dessert”

~Lorie

“Enjoyed the dancing, but the salad sucked” ~Marion

“The food” ~Ryan

“Seeing Elvis” – Allan

“The dancing! And seeing everyone so excited to be there and feeling so proud to introduce their guest.” Minerva

“The music and I loved the dessert” ~Fiona



RECIPE: CAULIFLOWER BAKE

BY BRIAN PLATT

As the holidays quickly approach, we are starting to imagine our celebratory meals. One of our family's favourite dishes is this light and fluffy cauliflower bake. It is always the first side dish to be requested and eaten at every holiday meal.



INGREDIENTS:

- 1 (3-pound) head of cauliflower, cut into large florets
 - 1 tsp Kosher salt
 - 4 tablespoons (1/2 stick) unsalted butter, divided
 - 3 tablespoons all-purpose flour
 - 2 cups hot milk
 - 1/2 teaspoon freshly ground black pepper
 - 1/4 teaspoon grated nutmeg
 - 3/4 cup grated Gruyère cheese, divided
 - 1/2 cup grated Parmesan cheese
 - 1/4 cup fresh breadcrumbs
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INSTRUCTIONS:

Preheat the oven to 375 degrees. Cook the cauliflower florets in a large pot of boiling salted water for 5 to 6 minutes, until tender but still firm. Drain.

Meanwhile, melt 2 tablespoons of the butter in a medium saucepan over low heat. Add the flour, stirring constantly with a wooden spoon for 2 minutes. Pour the hot milk into the butter-flour mixture and stir until it comes to a boil. Boil, whisking constantly, for 1 minute, or until thickened. Off the heat, add the salt, pepper, nutmeg, $\frac{1}{2}$ cup of Gruyère cheese, and the Parmesan cheese.

Pour one-third of the sauce on the bottom of an 8 x 11 x 2-inch baking dish. Place the drained cauliflower on top and then spread the rest of the sauce evenly on top. Combine the breadcrumbs with the remaining $\frac{1}{4}$ cup of Gruyère and sprinkle on top. Melt the remaining 2 tablespoons of butter and drizzle over the gratin. Sprinkle with salt and pepper. Bake for 25 to 30 minutes, until the top is browned. Serve hot or at room temperature.



HOW TO SAY "NO" WITH CONFIDENCE AND RESPECT

Do you find it easy to advocate for other people but difficult to advocate for yourself? Do you feel like people walk all over you? You are not alone! Everyday people work hard to find a way to advocate for themselves without creating conflict. We all have a right to say “no” without feeling guilty. Looking online we found a lot of sites that offer help for this exact subject.

This website HealthyPlace.com offers the following tips:

1. Know that you have the right to say no.
2. Stop being a people pleaser.
3. Be clear, concise and confident in your response.
4. Use the “broken record” techniques.
5. Use a delay tactic.
6. Negotiate a compromise, but only when you want to.
7. Have healthy boundaries.
8. Learn to be assertive.

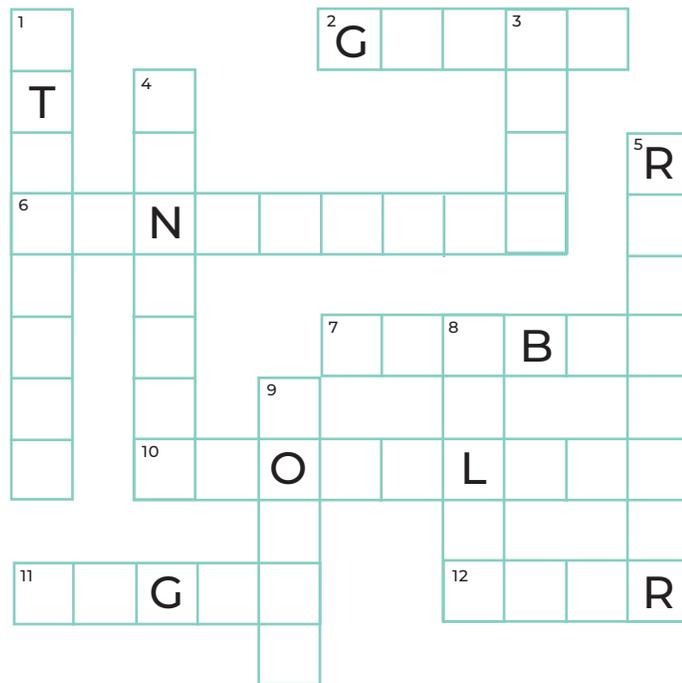
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[HTTP://BIT.LY/THEADVOCATE-SAYNOCONFIDENTLY](http://bit.ly/theadvocate-saynoconfidently)

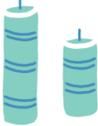
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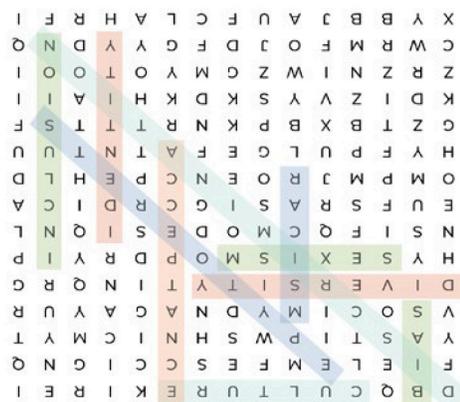
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FIND THE ANSWERS IN THE NEXT ISSUE!

ANSWERS

FROM THE SEPTEMBER
2019 ISSUE



THE P4P MISSION

IT IS THE GOAL OF PEOPLE 4 PEOPLE TO LEARN THE SKILLS THAT WILL ENABLE US TO KNOW OUR RIGHTS, UNDERSTAND OUR RESPONSIBILITIES AND LIVE WITH DIGNITY AND RESPECT.

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FUN FACTS: The largest gathering of people wearing holiday sweaters is 3,473 and was achieved by Kansas Athletics (USA) at the men's basketball game vs. Montana in Lawrence, Kansas, USA on 19 December 2015. Brightly colored KU sweaters were visible throughout the game, including the marching band and most of the team's bench staff.



IF YOU WOULD LIKE TO SUBMIT THROUGH THIS NEWSLETTER, CONTACT THE ADMIN. OFFICE AT 519-824-2480 OR 226-314-0829.