



Kinark Adventure Camp!

Our experience at Kinark Adventure camp made us feel happy because we were working towards achieving our Bronze and Silver. We also loved that we got to go camping and enjoy new experiences with all of our friends.

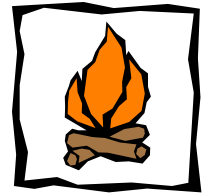
Some of our favorite activities at Kinark were: archery, singing by the campfire, fishing, rock climbing, arts and crafts, dancing, playing basketball with friends and the hike.

We learned many things such as how to make lunch over a campfire, shooting stars, how to pitch a tent, how to build a fire, how to use a compass, how to work as a team, and how to hike safely.

Some of our most memorable moments have been meeting new people such as the camp counsellors and the residents of North Beaches and Frank Drea Houses, the Girl's Group games, the midnight hikes, the dance, the campfire songs and the drive back home to Toronto.

As great as this trip was, there are a few things we would change such as the cabin sizes, which were too small, and the time we had there was way too short, we would have liked to stay longer!

By Michelle, Elliott, Kerry, Junior, Vivian, Linda, Matthew, Jennifer, Paul and Jana.



Take a nice walk through a park and enjoy the colors of fall!

Walk A Thon A Huge Success!

By Nadia

On Thursday September 23rd 2004, our Developmental Services Department held our 4th annual Walk-A-Thon in the Beaches. We raised just over \$3000. S.O.A.R participants and residents from

North Beaches and Frank Drea house came out. We had members from our local fire and police departments. A group from YMCA came to help warm us up for the walk. We had a delicious pizza lunch that was enjoyed by all.

Thank you to all staff, participants and sponsors for helping to make our 4th Annual Walk-A-Thon a great success. We will see you all next year !

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What is going on and around S.O.A.R?

Tim Horton's Camp

By Stephen

I went to Tim Horton's camp. I had a good hike with Jagger. We stayed there on Saturday and Sunday for the night. We had vegetarian pizza for lunch. We rode on the canoes. I had lots of fun with Jon Ross on the canoes.

My dad picked me up and I got home at around 6 pm Sunday.

Don Valley Clean Up

By Jana

I went to the Don Valley every Wednesday in July and August. I did lots of weeding. I went on walks. One Wednesday, it was raining, so we watched a movie. Sometimes it would get really hot

outside while we were working, but I had my water. I piled all the weeds in a pile. I had to use gloves. We learned about the plants and animals in Don Valley. I like the Don Valley trail. It was really fun going. I hope we go again soon.



BBNC Variety Show

By Matthew

I went to the BBNC Variety showing August. It was fun. I sang and I danced. When I got home I was very tired. I like going to the BBNC Variety Show.

AGM 2004 By Vivian

Jason Hines and I went to the Annual General Meeting on October 13, 2004. I spoke in front of many people. I got to introduce Marg Stanowski. We saw hundreds of people. I dresses business casual for this meeting. I got to go to downtown for dinner. Thank you for inviting me to the meeting.

Halloween Party by Karen and Sherry.

On October 28th, we had a Halloween Party. People from Frank Drea and North Beaches came. I met some of them when we went camping. I like all the food that everyone brought in. It was an International buffet. There was a haunted house, and I went in. They put a blindfold on me and I had to feel different body parts. It was very scary. We got candy. I got some chocolate and other candies. It was a good party. I hope we have another one next year or one at Christmas time.

Guess who is new or returning to SOAR?

Being New at S.O.A.R

By Jamie

I came from Sir William Osler High School. I play golf, swimming and wheel chair basketball. I did a play in church with my drama group. It is called "The Wizard of Oz". I like to watch awards. I went to a banquet and there was lots of good food and dancing. I am going away with my family to Trinidad and I am going to my cousin's wedding. I was working at Variety Village with my school. I am glad to be here.

Returning to S.O.A.R- by Zach

I have returned to S.O.A.R after an absence. I am really glad to be back at S.O.A.R. I have a clear set of goals and hope to achieve them. I am happy to see everyone here at S.O.A.R.

Vocational News

We always have new and exciting jobs here at S.O.A.R here are some new additions to our community partnership:

Chester Village- By Jon Ross

I volunteer at Chester Village. I learn about the greenhouse. The greenhouse is a small room with big windows. We have to keep the door closed to keep the air in. Some plants have bugs. I put soil in the pot and I put water in. I plant back the

pot. I like the greenhouse. I work with Matt. He is a nice guy. He tells us about plants.

Working at the Gap

By Vanessa

I got a job at the Gap. A guy named Prabjot interviewed me and I had to wait a few days until I got a call back. I



Check out our new work place-ments!

got a call back and the next week I started working at the Gap. I get to meet new people. My first day was fun. I met this guy named Mike and he showed me how to fold stuff and within 5-10 minutes I learned how to fold clothes. There are very friendly and kind people to work with and I have fun there.

I really like my job at the Gap.

Vocational Continued

Working at East Side Mario's

By Karen

I like work. I like all my friends at work like David, Jason, Becky, Steve, Megan and Steph. I set the table and clear tables. Work is really fun. I work every Monday, Wednesday and Friday from 10-2. I come to S.O.A.R afterwards.



An Ideal Work Placement

By Stephen A

I want to work at the Food Bank with other people I know. We went to the Food Bank and helped put together some portions for families. There was a lot of donated food. I like working with the donated food and putting it all together for families in need. I would like to work in the food department. There is a lot of

food at the Food Bank. I would like to work at the Food Bank because I would like to help people who need food. I can count out food and make sure that I put together enough food for each family.

My Work at Kelsey's

By Melissa

I help out everyone at Kelsey's. I do good and work fast. Janet is my boss. She is nice and she dresses nice. She helps me out when I need it and she tells me I do good work. I help fold boxes. It gets very busy at Kelsey's. I like my job there and I am getting paid now.

Working At Rona

By Shaun

I have been at RONA for 2 years. Some of the people I have worked with have quit. I also got a raise because I have working very hard.

My Favorite Actor- by Darren

I like I Robot with Will Smith. It was a good movie. I saw it on TV when I was in Las Vegas. I love Will Smith and I really enjoy movies with him. Will Smith is funny and he is a nice guy. I wish I had the chance to meet Will Smith in person.

My Friend S.O.A.R- By Elissa

I have a really cool friend at S.O.A.R. His name is Junior. I like him a lot. We joke around a lot and when we are on break or lunch he pushes my chair. He also pushes my chair when we go for walks. He is a cool friend.

Manners At S.O.A.R by Vivian

When people come into our program they will say "Hello". People here listen and respect one another. We all work as a team to help each other out. We are all happy when one of us gets a job or reaches a goal. We say "please", "Thank you" when we are asking for something.

Astrology with Elliott

Aries- Meeting new people is not such a bad thing, welcome the opportunity.

Taurus- Be a friend to those around you, you may need their support soon.

Gemini- You have been working hard, and the pay off is just that near. Keep up the good work and you will be rewarded.

Cancer-Now is the time to give up bad habits. Get a hobby to help out.

Leo-You have a clear idea of what you are working for and that makes the job easier. Stay focused.

Virgo-Learn to manage your finances a little better and you may be able to travel this holiday season

Libra-Now is a great time, and you are having a clear idea of what you are working on. Go for it!

Scorpio-Do not promise any favors, unless you are prepared to deliver.

Sagittarius-Planning and organizing is a good idea. Set your priorities before you get overwhelmed.

Capricorn-Consider going ahead with romantic plans, even if you have to do all the planning.

Aquarius-Avoid making big decisions about your career. Things may be changing.

Pisces- Just because you are not getting everything you are after, do not abandon your goals!





The S.O.A.R Citizen has 3 new assistant editors. This edition features an article by one of our assistant editors Franco.

Being the New Assistant Editor– by Franco

As one the new assistant editor of the S.O.A.R “What is Happening?” section, I would like to inform you that this edition of the S.O.A.R Citizen might please you more than the past because of the great team that we have to work on it. I hope you have enjoyed this edition. I would also like to thank you for your support towards our paper. At this time I would also like to congratulate Tanya Parrish, our beloved Vocational Counsellor on her marriage this past October.

I would also like to take this opportunity to introduce you to our new student, Sarah. I have had the pleasure of interviewing her.

F: Could you tell me a little more about you?

S: I am a child and youth worker student from George Brown College.

F: What are some of your interests?

S: I like reading novels, general writing, quality time with friends, attending

S.O.A.R program as part of Co-Op Placement.

F: Since you have been at S.O.A.R, do you have a favorite moment?

S: Yes, my favorite moment was when I attended the Variety Show at BBNC for the first time.

F: Finally, is there anything you want us to say to your everyone at S.O.A.R?

S: Yes, I would like to thank all the staff and participants for the warm welcome and an excellent year to come.

F: Thank you, Sarah.

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*S.O.A.R Citizen Winter Edition
In Our Next Issue:*

- **More Job Placements**
- **Details about our Community Outings!**
- **Meet another Assistant Editor!**
- **How are we celebrating the holidays?**
- **S.O.A.R Christmas Party**
- **Special Holiday Recipe**



See You in Our Next Edition!