



D.I.Y. Newsletter

(DO IT YOURSELF)

AUTUMN ISSUE • 2018



Providing essential supports to people with intellectual disabilities and autism,
building a community where everyone participates and belongs.

Autumn at CCS

We hope you're enjoying the autumn colors in Vermont. In this edition of the DIY newsletter meet Winston the horse, read about a wedding celebration to remember, visit Shelburne Farms, and much more. New additions to DIY are always welcome. If you would like to submit an article, send an email to jcampbell@ccs-vt.org or join the newsletter group that meets every Wednesday at 10:00 am at CCS.

Sincerely,
Julie Campbell, Editor



Annie's Scarecrow Adventure

by Annie & Rachael
Photo by Rachael

Annie went to Sam Mazza's so she could see the goats, horse, bull and donkey. She

enjoyed petting the animals and feeding them grass.

She was excited about the Halloween decorations. When Rachael pointed out the big tall bucket scarecrow Annie covered her mouth and said, "Oh my God" and laughed. Annie enjoyed her visit and seemed to find the size of the scarecrow to be especially funny!



Jordan Visits Shelburne Farms

by Jordan & Colleen
Photos by Paige

I visited Shelburne Farms on October 9th. The weather was in the 80's and sunny. I saw one of the employees showing people how to milk a cow.

We saw chickens and goats. My favorite animals to visit at the farm are sheep. I also like the walking trails, gardens and the pumpkins.

As a special treat I got some cider at the Farm gift shop to celebrate the fall season.





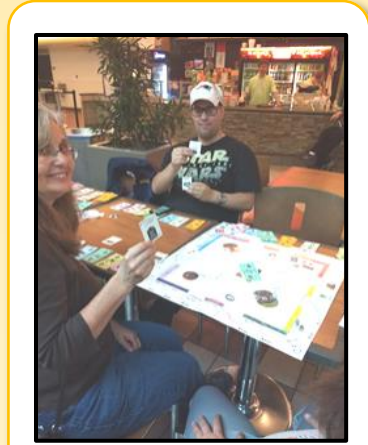
**A Message from Mark
Vice President, Champlain Voices**
Celebrating Emily Anderson's Wedding
Photos By Ron Simon

Dear Readers,

I really wanted to share that I was the first person to perform a wedding using Facilitated Communication. I was assisted by Angie Sylas, my communication supporter. The voice was performed by Paul Schnabel.

How wonderful to share this beautiful day with Thomas, who read a poem I wrote as a toast. Also, Scott honored the power of love with a bit of The Velveteen Rabbit.

We are so happy our long time and well-respected advocacy co-facilitator, Emily Anderson, found such a great guy to be her husband.



The creation of the CCS-Opoly game is complete! Patty and Andy enjoying a game at the mall.



Jessica's Pet Corner
Meet Winston
by Jessica & Kristi - Photo by Michelle

Michelle Paya's pet, Winston, is a registered quarter horse born on February 21, 2008. Winston came to live with Michelle in 2013.

He was found by her husband and best friend.

Michelle stops in to visit Winston every day with a pat and a carrot. Winston knows when his "Mom" arrives. He looks over the top of his stall and nickers a greeting. For his birthday and holidays Michelle decorates his stall, gives him a hat and a birthday cake made of horse treats and food.

Winston became a champion of novice in 2015 and a state champion in 2016. In general it takes about two years for a rider and their horse to bond as one. Jessica is looking forward to meeting Winston also known by his show name, "A Winning Tail".

Art by Matt & April
(Neverland & September)





My Mini Bike News

by Sean
Photos by Lucy

For over 10 years, my brother Kevin and my good friend Peterson and I go to car shows and Flea Markets looking to buy old, rusty, junk mini bikes. We look on the computer and

ask around for parts to fix them so they look brand new. We buy seats, tires, engines and all kinds of parts. I like to get my hands all dirty. We sandblast them and paint them.

The picture of me working on the red one is my big money prize project. Peterson keeps some of my fixed-up bikes in his basement.

I just love working on them! Aren't they nice? The picture with me and the mini bikes shows just some of the ones we've finished.



Camp Thorpe 2018 by Dawn

I arrived at Camp Thorpe on a Sunday afternoon in August for registration. I was assigned to the Bread Loaf cabin. The Bread Loaf cabin is white inside and outside with the words written above the door, "Bread Loaf." Arriving before my cabin mates, I saw five single size beds in a circle near the windows. My bed was near the wall and a window. Bath houses were available for toileting and showers. On the inside wall there were names and dates of when a camper stayed at Camp Thorpe.

I met three new friends and a helper in my cabin. I met new counselors and counselors from years past. All the counselors were wearing the traditional green Camp Thorpe T-shirts. My cabin counselor is from Scotland. After supper, we had a get to know you gathering at the camp fire. Counselors translated songs from their native country into English so we could sing with them. Campers and staff were asked to write about what they were feeling that day. They had an option to share and then throw their feeling into the fire. I shared that I was nervous and threw it in the fire.

My favorite memory is the Olympic activities we did at camp. The three events were volley ball, relay races and bocce ball. I was asked to train the counselors on how to play bocce. The counselors kept knocking the other bocce balls. I had fun training the counselors and fun with the activities. My favorite things about the Olympics are meeting new people and enjoying the games. Also, I like that everyone wins. This makes us all winners. Hope to see you next year at Camp Thorpe.

Upcoming CCS Events

Benefit Bake for CCS
American Flatbread
November 27th
5-10 pm

Holiday Party
CCS
December 13th
11:30 am to 2 pm

CCS will be closed on:
November 22nd & 23rd
(Thanksgiving Holiday
break)

December 24th & 25th
(Christmas Holiday
break)

Joke of the Day

by David

**What did one wall
say to the other
wall?**

**I'll meet you at the
corner.**





Champlain Community Services

512 Troy Avenue
Colchester, VT 05446

Our Mission & Vision:

Champlain Community Services provides essential supports to people with intellectual disabilities and autism, building a community where everyone participates and belongs.

CCS is in its 51st year of serving our community, and offers coordinated one-to-one supported employment, home & shared living, school-to-career transition, and community supports.



Visit us on the web!

ccs-vt.org



Champlain Community Services

Subscribe to our D.I.Y. Newsletter!

Black & white copies are free. Make a contribution and receive a color copy.

Submit your stories, photos, ideas to:
jcampbell@ccs-vt.org

DIY c/o Champlain Community Services

512 Troy Avenue
Colchester, VT 05446
Phone: 802-655-0511