



D.I.Y. Newsletter

(DO IT YOURSELF)

S U M M E R I S S U E • 2 0 2 2



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

Summer at CCS

Happy Summer! We hope everyone is staying well and finding ways to enjoy the sunshine. In this edition of the DIY newsletter catch up with Champlain Voices, enjoy some garden vegetables, and read about Chef David's amazing career. New additions to DIY are always welcome. If you would like to submit an article, send an email to jcampbell@ccs-vt.org.

Sincerely,
Julie Campbell, Editor

Garden Update By Lucy & The Garden Group

WOW, it's been an active growing season! We started planting in May, and Covid continued to put a damper on in person participation. However, with the help of Zoom, the Internet, and a handful of individuals, we were able to continue learning about planting vegetables and flowers. We even challenged ourselves to sample edible nasturtium blossoms.



Various herbs were planted, including basil, oregano, rosemary, parsley, and peppermint. Many were recommended by David, chef extraordinaire, who teaches a great zoom cooking class on Tuesdays. We learned to plant flowers near the veggies to attract pollinators (sunflowers, marigolds, nasturtium, zinnia). Our veggies included lettuce, radishes, beets, carrots, snap peas, string beans, kale, cucumbers, sweet potato, tomatoes, and zucchini. David picked some kale for one of his classes. We used basil for yummy mini quiches during Global Campus, and the kale salad at our annual picnic was picked from our garden. There's nothing like the taste of freshly picked veggies!

As many of you know, I have recently retired from CCS. I worked in the gardens with our team, and since I love it so much, will continue to do so, but not on a regular basis. Our gardens depend on watering, harvesting, weeding and deadheading of spent flowers. Please help with these tasks and don't hesitate to pluck and eat a ripe tomato, or any vegetable that is ready to be harvested. They are yours to enjoy. Have a great rest of the summer and visit the gardens!

Out in the Community



Emily P and Clyde



Marie D and Dawn



Greg and the goats



Champlain Voices Update

by the Advocates and Allies of Champlain Voices

Happy Summer Everyone!

During the last week of July, Advocate David was delighted to share fresh news from Washington D.C. where he and President Hasan traveled with Green Mountain Self Advocates to participate in the National Association of Council's on Developmental Disabilities (NACDD). President Hasan had won a national award!

With a voice trembling with pride and a few tears, David read the words that were said about Hasan as he received his award, "...Hasan has a strong work ethic. He mentors youth preparing for their first jobs. His message to his mentees is, Believe in yourself. I am telling you this because I want to share about a life of never giving up."

The other big announcement is that after well over 2 years Champlain Voices, the first local self-advocacy group to move to Zoom during the pandemic, is returning to in-person (with a Zoom option) on Monday, August 22.

You can read more about the award and see Hasan in his suit if you click on this link for the [VT Digger website](#).

For more information about Champlain Voices please contact Emily at eanderson@ccs-vt.org or Secretary Thomas at advocacy@ccs-vt.org.

DIY Art Gallery



Blue Heron by Brittany



Sunflower outside CCS

Jessica's Pet Corner

Meet Randy's Pets

by Jessica photos by Randy



Randy and his wife Wendy have 2 dogs. Belle is a 7 year old beagle. She came from a rescue shelter in Ellenburg, New York. Belle is a scent dog and can smell things that no one else can smell.

Franklin is a 4 year old French bulldog and Chihuahua mix. He's a rescue dog from Williston, VT. Franklin is very athletic and likes to run and run and run. He once chased after a deer even though his leash was caught multiple times.

Both dogs get toys for the holidays. Pet Food Warehouse is a favorite destination. The dogs are best buddies and mostly prefer to stay home. They are also known for teasing each other like a brother and sister.

Wendy's relative, Sandra Chase, is a famous artist in Italy. She free draws pictures of dogs on tiles. She drew the picture above of Franklin which is one of 500 tile pictures on a wall in Allasio, Italy.

Staff Anniversaries & Milestones

The following employees celebrated years of service in June, July and August. Congratulations and **thank you** for your dedication.

1 Year:	Kelsie
2 Years:	Michelle H
3 Years:	Freya & Tyler
5 Years:	Ashley D
6 Years:	Natalie G, Rachael & Sadie
7 Years:	Emily A
12 Years:	Kristi
14 Years:	Marie D
16 Years:	Jenn W
25 Years	Marc



Shared Living Providers:

1-5 years:	G. Cameron, S & J. Elkins, K. Ellwood, J. Gonzales, H. Kenyon, K. Kizziah, J. Ladouceur, R. LeBeau, L. Leggett, H. Miller, M. Mirabile, G. Santor & C. Stech
6-10 years:	M. DesOrmeaux, N. Giard- Jeter, V. Purinton, P. Thibault, S. Towers & C. Sheldon
11-15 years:	P. Cook, E. Duff, S Greeno, C. Kosa, A. Mudgett, K. O'Brien & R. Sightler



Cooking with Chef David— an Amazing Career by Julie

How long have you been a Chef? I've been in the food prep field for over 30 years. I took a culinary arts program many years ago which led to a full-time job at the St. Johnsbury Academy. I worked there for 15 years.

What did you do at the academy? I learned how to make gigantic pan pizzas and spaghetti sauce from scratch. Some days I made 42 balls of dough which I cut up and weighed. I also helped with catering events in the summer and worked at summer camps. I made desserts, set up tables for every meal and helped with cleanup.

What did you do next? I knew what sort of culinary arts skills I had so I decided to apply for a job at the Mount Washington Hotel in New Hampshire. This was in November and the hotel was heading into a very busy holiday and winter season. I told them about my past culinary arts experience. I got an interview with the Executive Chef and got a job the same day. I worked there for 7 years. We prepared food for weddings, banquets, and dinners in the main dining room. I prepared salads for 500 people every night. I learned a lot about Garmache and salad preparation.

My family moved to the Burlington area, so I got a job at Pillsbury Manor as a cook. I worked there for 2 ½ years. I learned a lot of cooking skills at this job. I used that experience to get a job at Wake Robin doing prep work in the kitchen. We fed around 50-70 people every day. I did that job for several years and did a lot of standing on hard concrete floors which took a toll on my body. I knew I needed to do something different.

I'd learned a lot about culinary arts at every place I've worked and thought I could use those skills to teach cooking classes to individuals with disabilities. Through GMSA my dream came true, and I've been teaching culinary arts through cooking class videos for 2 years. I show individuals how to cook using an oven, crock pot, microwave stove top dishes and how to prepare desserts. My favorite dessert is strawberry short cake. I also did a class on the importance of kitchen safety which included using kitchen mitts when taking something out of the oven, how to prevent and put out grease fires, and how to properly use kitchen knives.

In my last class we made chicken cacciatore. I love using crock pots. You can make stews, meat loaf and even oatmeal in a crock pot and let it simmer all day. When you get home from work your meal is waiting for you and the house smells good.

GMSA has the link for my virtual class every Tuesday. They also have the recipe ahead of time so participants can buy the ingredients and cook along with me at home during the class. It's wonderful to have a meal prepared and ready to eat when we're done with the class. See Chef David in action on Tuesdays at this GMSA link: <https://gmsavt.org/calendar>

What's next for you? I recently attended the National Association of Council's on Developmental Disabilities conference. I spoke with a lot of people to try to get more advocates for my cooking show. Your parents aren't going to be around forever – everyone needs to learn how to cook. I teach basic cooking skills on my show that anyone can learn.



Ken's Retirement Pin

Congratulations Ken!

Ken served on the CCS Board from 2014 through 2022.

Ken is retiring and was recognized at the CCS picnic for his years of service. He received a pin from Board President Zoltan. Ken is proud of his work and would like to continue to serve by doing volunteer fundraising for CCS.



President Zoltan & Ken



Upcoming CCS Events

CCS will be closed on Monday September 5th (Labor Day Holiday)

CCS will be closed on Monday October 10th (Indigenous Peoples' Day)

All Staff Retreat
Friday, September 16th
Closed for Services



Champlain Community Services Inc.

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 55th 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



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

DIY c/o Champlain Community Services

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