



NEWSLETTER
NOVEMBER 2015 — JANUARY 2016

EXECUTIVE DIRECTOR'S REPORT

- DONOR APPRECIATION**
- ALBERTA CULTURE & TOURISM
 - CISN COUNTRY RADIO
 - EDMONTON OILERS FDN.
 - MAC COSMETICS
 - PEPSI—COLA
 - AL & RUTH SHIPTON
 - MARGO ZUPET
 - SEE PAGES 8, 9 & 10
 - FOR FULL LIST

Jack Frost is here once again, which means that winter is upon us and Canadians know that winter means hockey. Here in Edmonton that means the Oilers. Selections is very fortunate to be a beneficiary of the 50/50 draw at the Oilers game on Sunday, January 10, 2016 and we still require about thirty volunteers to assist us in this endeavor.

While Karen Clarke has been off jet setting during her retirement, busy Christine Schultz has taken over her bookkeeping duties, so welcome Christine. Also adding to the team at Selections is Bill Cattroll, our newest board member. Selections is very fortunate to have acquired him on our board, as not only is he a valued board member but he doubles as Selections very own photographer. His latest photography at our BBQ and Annual General Meeting 2015

captured moments such as Curtis Wentworth receiving the Zena Kich-ton Award, which we are all so proud of, as well as the awesome looking tiles that were made by some very talented individuals at our Annual General Meeting. The tiles will be used for a mural that will be put up in the office of Selections.

As we all know the Selections Annual General Meeting always marks the change in the seasons and with this the holiday season is just around the corner. Keep in mind our calendars we are selling in November which make excellent gifts for everyone. On behalf of myself and the Selections Staff and Board we would like to thank everyone for their generosity, volunteer efforts and support to make this year a great success.

We wish everyone a Happy Holiday!
Judy Travnik, Executive Director

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SELECTIONS STAFF & BOARD

Christine Schultz

Selections would like to welcome Christine Schultz who took over for Karen Clarke's bookkeeping duties. Christine has a lot of experience and we look forward to working with her.



Bill Cattroll

We would like to welcome Bill Cattroll to Selections board as a director. Bill also doubles as our photographer.

We are very fortunate to have Bill serving on our board and look forward to his stories and experiences.

BOARD OF DIRECTORS

- Sondra Priestley** - President
- Chris Eckert** - Treasurer
- Jerome Klein** - Secretary
- Francesco Palladino** - Director
- Chrissy Palladino** - Director
- Ivor Lee** - Director
- Bill Cattroll** - Director

SELECTIONS TEAM

- Judy Travnik** - Executive Director
- Sylvia Reynolds** - Assistant Executive Director
- Mark Birkland** - Specialist Coordinator
- Amanda Annette** - Specialist/Volunteer
- Karen Rea** - Executive Assistant
- Haley Weiss** - Career Coordinator
- Kim Larson** - Career Coordinator
- Sheena Aquin** - Career Coordinator
- Christine Schultz** - Bookkeeper

FEATURE SELECTIONS INDIVIDUALS

H

ENRY KRAUSE

Selections would like to send out a big congratulations to Henry Krause on his new job at McDonalds! It is sad to see Henry leave Taco Bell/ KFC in Sherwood Park as he has built such a strong relationship with them over the past year, but truly exciting to see Henry move on to new possibilities. Henry is a hard worker and we know he will continue to keep up the good work!



FEATURE INDIVIDUALS

Selections' individual Alana Gersky enjoys singing and writing her own lyrics. Here are a few for you to enjoy:



Choices

When these choices are in
my head when I have to
make a choice. I don't always
like my choices wether it's
between two people or being on a
side or having a difference of opinion.

Sometimes choices can run your
life if you are not careful. When
you are about to make a choice you
have to make sure you are doing the right
thing then you can go ahead and make your
choice.

Some choices are made out of logic
and some choices are made of
fear and some choices have to be taught
to make the right one.

When you have a choice to make
keep in mind your limitations the
way we make choices may be different. The
choice to do the right thing is always
hard wether you listen to your inner thoughts.

We know that the first step in doing the
right thing is acting responsible and listening
to your heart. And knowing the truth
behind your choices out of sight out of mind
A lot of the times we have to choose our words
very carefully.

ALANA GERSKY

Accepting ME

you may see me as a person
with abilities and a voice
that needs to be heard.

We all may be different in some
way it may be mental or it may
be physical. knowing we have
challenges we're not going to defy
who we are as a person

We all know it's okay to have a
disability we need to educate
the world. We need to know that
you are going to give us a second
chance united we stand we may look
different but that's okay but the true
reflection will show who we are

What's inside that counts we have
opinions and dreams and a chance to make
a difference in this world. We also have the rights
as anyone else when you put your voice in with a crowd's
it's a lot louder than you expect it

And look beyond the label there's a saying
yes I have this special need but this
special need does not have me. Accepting For I am knowing my
best is good enough knowing when someone is listening

I'm a person first with feelings that
needed to be counted.



NORMAN KRISPIN

Selections would like to congratulate Norman Krispin. Norman has been nominated for an Over the Top Award in the category of Top External Customer Service at his place of employment. (West Edmonton Mall). The Over the Top Awards (OTT) is a program to reward, recognize and acknowledging their accomplishments. Norman has identified himself as someone who has such qualities as having an exceptional attitude, committed to his job and his work ethic. Through his efforts and achievements, he is helping West Edmonton Mall offer a unique, diverse and memorable experience. These awards are based on peer nominations and Norman's coworkers recognized that day in and day out, Norman goes above and beyond to offer outstanding service to the numerous patrons that visit West Edmonton Mall. Due to his nomination, Norman has been invited to the Over the Top Awards Gala which will be held March 27, 2016 at West Edmonton Mall. Congratulations Norman!

KRISTY HITCHEN

It is with great excitement that Selections announces that Kristy Hitchen has started a new job as Courtesy Clerk at Sobeys. Kristy's job is very important as she will be one of the first and last people the customer sees; her role will be crucial to creating a memorable customer experience that will keep customers coming back again and again. Kristy's bubbly and friendly personality will surely help her be successful in her new position as well as a great asset to the company. Congratulations on your new job Kristy!

YVONNE KERZ

Selections would like to congratulate Yvonne Kerz on receiving her ten year award from Winners. Yvonne attended an award luncheon in November in which she was recognized for her years of service with Winners.

Yvonne is a hard worker and committed to ensuring she goes above and beyond so that customers receive exceptional service. In speaking with Yvonne's co-workers it is clear that she is an invaluable asset to their team. Congratulations Yvonne!

What's new at Selections:

Selections has some exciting news! In the very near future we will be hosting some new social events. This is a great opportunity to get out of the house, mix it up, mingle and make some new friends and connections. It will be a blast.

Dates will be announced soon.

All events will be announced in the Opportunities Directory. You may email Amanda if you wish to receive notifications:

annette@selectionscareer.com



DONOR APPRECIATION

Alberta Culture & Tourism (Premier Jim Prentice, Minister Maureen Kubinec, MLA Sohail Quadri)

Dr. Brant Alfaro

Alley Kat

Amanda Annette

Michelle Aquin-Lunty & Anders Lunty—Rustic Treasures

Aradia Fitness

Ken Armstrong

Shona Bailie

Walter Barabash

Lydia Beaudry

Mark & Francisca Birkland

Bill Cattroll

City of Edmonton Community Services

Coast Edmonton Plaza

Con Boland

Bonnie Doon Bowling Lanes

Barb Brown

Cactus Club

Christian Labour Association of Canada

CIOG

CISN' Country Radio

Cleanit Greenit Composting

CN

Comic Strip

Cookies by George

Cruz 95.7 Radio

Dairy Queen

DONOR APPRECIATION

Edmonton Oilers Community Foundation

Edmonton Symphony Orchestra

Fairmont Hotel MacDonald

Devanaiagee George

Festival Place

Gateway Entertainment Centre

Gateway Fraternal Society (Lorna Plouffe, Stan Dykstra, Ken Muir, Bill Timms)

William & Barbara Hart

Frank & Lavaine Hayden

Tracy Hayden

Holy Family Columbus Club

Hudson's Pub

Vera Kichton

Louie Kleen

Jerome & Mary Jane Klein

Robert & Laurel Hudson

Kara Staff

Werner & Rosemary Kerz

Vera Kichton

MAC Cosmetics

Shanna Makin

Earl & Ruth Mansfield

Namao Flying Club

Nexen Energy ULC

O'Byrne's Pub

1-800-GOT-JUNK

DONOR APPRECIATION

Brian Peters

Qualiglass Windows & Doors

Red Robin Restaurant

Matthew & Anita Ripmeester

Rivercity Games

Audrey Robinson

Lydia Romanow

Walter Romanow

Safeway—Capilano

Snow Valley Ski Club

Marguerite Sprogis

Al Shipton

Peter & Linda Steedman

TD Williamson Canada ULC Inc.

Margaret Teasdale-Labrie

Tony Roma's Restaurant

Travnik Family

Bill & Dorothy Tront

Unique Health & Wellness

Valard Construction

Value Village Thrift Store

Jason Yen—The Provincial Pub

Margo Zupet



UPCOMING EVENTS



Selections Needs Volunteers!

Selections Career Support Services is pleased to announce that they have been selected to be one of the Edmonton Oiler's Community Foundation's 50/50 recipients for the 2015/2016 NHL season. On Sunday, January 10, 2016 Selections will be volunteering to sell 50/50 tickets as the Edmonton Oilers take on the Florida Panthers. Selections will require 60 volunteers to assist on game day, for approximately 5 hours (5-10PM); volunteers will be reimbursed for all public transit fees. If you would be available to volunteer for this day, please RSVP at weiss@selectionscareer.com or call (780) 461- 5270.

CALENDARS 2016



Selections is selling calendars for the new year!

These calendars are unique items that feature the amazing work that Selections' program participants are doing, as well as local employers that support inclusive workspaces.

Proceeds from the sale of Selections' calendars will help fund Selections programs—supporting individuals with developmental disabilities in vocational settings throughout Edmonton & area. You may order desk top or wall calendars.

Wall calendar - (15.00 each)

Desk Top calendar - (10.00 each)

To order calendars please phone Karen 780-461-5270.

Deadline is November 27, 2015.

BUY FOR CHRISTMAS GIFTS!

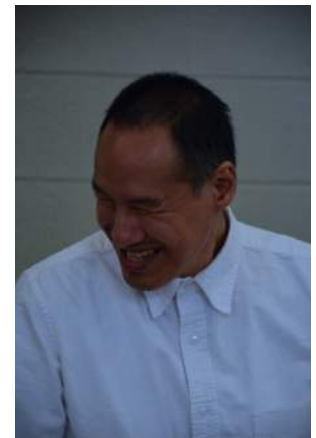


PAST EVENT

PICTURES FROM OUR ANNUAL GENERAL MEETING 2015



Fun in
the sun



ZENA KICHTON MEMORIAL AWARD

The Zena Kichton Memorial Award is presented annually in memory of Zena Kichton who was a client from 1990 to 1997 when she passed away suddenly.

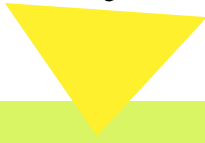
Zena was a special person who enjoyed life and really strived for and exerted her independence. She also enjoyed music and doing volunteer work.

This award is presented for outstanding service in enhancing the status, quality of life and independence of individuals in Selections programs. The award recipient can be an individual, parent, employer, staff, board member or other community member.

At our Annual General Meeting tCurtis Wentworth was the recipient of the Zena Kichton Award for our 19th year.

Curtis was awarded the Zena Kichton Award for his outstanding work at the Kara Family Resource Centre and St. Michael's Extended Care Hospital. Curtis is a hard worker who takes pride in his work. Curtis is very well liked by residents and staff. Congratulations to Curtis!





Like us on Facebook!

Selections Career Support Services is hitting social media to keep you up to date on exciting community events, their newest initiatives and valuable information for workers and job-seekers alike! Who knows – you might just see yourself on our wall as we feature participants and their accomplishments. So send us a message, give us a “like” or leave a comment and we’ll keep in touch!



Follow



Like

[Selections Career Support Services](#)

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10 RELAXATION TECHNIQUES THAT ZAP STRESS FAST:

Meditate * Breathe Deeply * Be Present * Reach out * Be Grateful *

Tune in to your body * Decompress * Laugh out Loud * Get Moving *

Crank Up the Tunes

Relax. You deserve it, it's good for you and it takes less time than you think.