

Listen Up Brant!

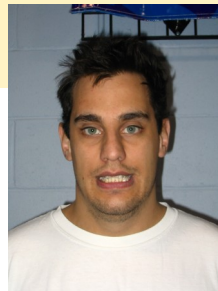
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Power Lifting by: Chris Taverner



Chris Taverner

I am a power lifter with the local Special Olympics team. Power lifting makes me feel good about myself, and proud of myself for accomplishing something I didn't know I could do. It makes me work out and stay in shape. Right now I can lift three plates at each end of the bar.

I work out at Bodyline on Thursday nights with Peter, Alex and Mike. We push each other and make each other train harder. Peter has challenged me to a dead lift competition, I'm going to take him up on it, I know I can beat him. Just try it buddy!

Betty is one of my teammates that helps me train and keeps me in line, I have to listen to her for my own good. She wants me to be the best power lifter I can be. My Special Olympics coach is Doug

Vair, he helps me train and get ready for competitions.

There are rules to power lifting, you have to lock your arms, wait for the clap and then rack.

When I'm getting ready for competitions I have to be on a special diet, I have to eat fruit, vegetables, drink lots of water and avoid junk food. Sometimes I cheat and eat some junk food.

I recently went to the spring games with Special Olympics power lifting in Durham, Ontario. I went with my teammates Arlene and Betty, who I train with at Bodyline Fitness in Brantford. I lifted 107.5 kg off the floor, which is called a dead lift. I also did a squat of 85 kg and bench pressed 52.5 kg. I got a gold in dead lift, a silver in bench press and a fourth in squat. When I was in Durham someone stole my suitcase, so I had to borrow a uniform from someone else. I finally got it back before I went home, I was lucky.

May 9th I am competing in a power

lifting tournament at North Park Collegiate in Brantford. I hope to compete in London at the Nationals for power lifting. The Special Olympics sports banquet is held in September at the Dunsdon Legion in Brantford.



squat

Last year I competed in a competition in St. Thomas. I like traveling with the Special Olympics team. I have a lot of friends in Special Olympics. They compete in sports like swimming, ten and five pin bowling, floor hockey and basketball.

I want to compete and train in power lifting for years to come. I love it!



deadlift

Memories of Victoria

By: Rebecca Daniels

My grandma lived in Victoria. Victoria is the capital city of British Columbia. I still have aunts and cousins living there. I have gone to visit Victoria nearly every year that I can remember.

We have been to concerts on the Inner Harbour. We have been on the water taxis on the Harbour. We have been on a whale watching boat and saw a male killer whale. It did a flip. We have been to Royal British Columbia Museum. There is a big Mammoth at the entrance to one of the galleries. It used to scare me a lot when I was little.

I have been to the Children's Petting Zoo at Beacon Hill Park. I also saw the Snow Birds at Beacon Hill Park. We have been bird watching in the park too. The flower gardens are very pretty. Grandma took me to Butchart's Gardens for my eighteenth birthday. The flowers there are beautiful; after dark we saw the fireworks.

Sometimes I go to Esquimalt to see the navy ships and look for birds.

There are lots of Great Blue Herons and swans.

As long as I can remember, my family has been going to Victoria and celebrating everyone's birthday in one big celebration.

Sometimes we land at Vancouver to take the ferry to Victoria, the ferry trip is one and a half hours long. The ferry goes between many smaller islands. You can see birds and whales on the ferry.

We have gone up the island to Chemainus to the summer theatre to see plays like Anne of Green Gables, the town also has lots of murals on the walls of buildings and we take a tour to



Rebecca Daniels

see them. The murals are about logging and fishing in the area. We take a picnic and eat in the park.

There is a logging museum at Doucan, part way between Victoria and Chemainus. We went there on a logging train. There is a lot to see and do in Victoria.

My grandma was a very good grandma, and whenever I visit Victoria I will think of her and my grandpa and good times with family.



Family with Grandma



Picnic with Grandma



Totem Pole



Rebecca at Grandma's House



Back of the British Museum

What's Happening at the Aktion Club

By Kristie Beckham

This is a busy time of year at Brantford Kiwanis Aktion Club. The Aktion Club is holding a speech contest and a scrapbooking contest.

As a group, the Aktion Club picks people that are interested in entering either the speech or scrapbooking contest. I was picked to do a speech on our Aktion Club and what we have accomplished throughout the year. I presented my speech to the Paris/Brant Kiwanis Club, I was videotaped presenting my speech. The videotape of my speech will be sent to Kiwanis International to be judged. I also presented my speech to the Brantford Kiwanis Club, it was videotaped as well. My Aktion Club leader is going to give me a copy of the DVD of my speech, so I can show my speech to anyone who would like to watch it.

Another project the group is discussing at our next meeting is having a garage or bake sale to raise money for the Children's Safety Village. I am attending the next Brantford Kiwanis meeting to present this project to them so they can come and support us in our venture. I will also present it to the K Clubs, Paris/Brant Kiwanis Club and R.E.A.C.H. OUT, the self-advocate committee of Community Living Brant.



Kristie Beckham



On April 4th some of the members of the Aktion Club, Brantford Kiwanis Club, K Clubs and Paris/Brant Kiwanis Club went to the Children's Safety Village to clean up the grounds, clean the buildings, paint and rake. We all pitched in and helped each other, it took us two hours. Afterwards some of us went for breakfast to reward ourselves for a job well done.

The Aktion Club meets once a month at the Beckett Graves Carriage House.



Presenting my speech

Trip to the Philippines

by: Joanna Young

In November 2008, I had the opportunity to take a trip to the Philippines. This was my first time flying and what a long flight it was. We landed in Hong Kong and then we flew to Manila. It was a big culture shock for me, starting with a taxi which was crammed full of people. I drew a lot of attention from the people there because of my blond hair.

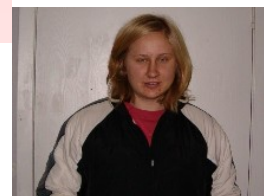
We went to a festival where my father's wife's family lives. We looked around and had some local fish. While there we got to see the tide come in which I thought was really neat.

My father was getting married and I experienced a true Philippine

wedding. I was a bridesmaid and wore a pink Philippine style dress.

While I was away I had the chance to go sailing and I tried the banana boat ride which was fun, but I sure had to hang on tight. We also went snorkeling, explored some caves and then went to a tourist area and saw some monkeys. The monkeys made me very sad as they were chained up which was something I am not used to seeing.

In Manila I had the chance to swim with the dolphins and a relative of the killer whale, which was one of my favourite memories. It was an experience to see the Philippines. I



Joanna Young

am not sure if I will go back for a long, long time, but these sure are memories that I will never forget.



Swimming with the dolphins

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Special points of interest:

- **June 13-Aktion Club garage sale**
- **June 27-Project Track Champion**
- **Sept. 3-R.E.A.C.H. OUT Spaghetti Dinner at Heritage United Church**

Listen Up Brant! is a publication celebrating the goals and accomplishments of people who receive support through Community Living Brant. It is written and published by a dedicated group of individuals who wish to share their own stories and help other folks share what provides value in their own lives.

We're on the web
www.clbrant.com

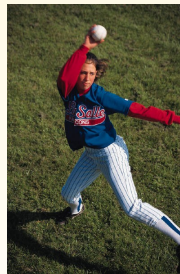
2009 PHOTOGRAPHY CONTEST

**GET YOUR CAMERA
AND GET SNAPPING!!!**

PRIZES to be AWARDED in the CATEGORIES of:



LANDSCAPES



PEOPLE



ANIMALS

DEADLINE FOR SUBMISSION: SEPTEMBER 18, 2009

ENTRIES TO BE SUBMITTED TO: Denise Tanguay

Drop off your pictures at Community Living Brant or e-mail to denisetanguay@clbrant.com (include your name, category and caption of photo)