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REMINDER:
Pathways will be closed:
 December 24, 2018 to
 January 1, 2019
 reopening, January 2, 2019.

Pictured from left to right:
 Graham, Angie, Michelle,
 Damiana, Coley and Marlena
 at the "Myra Canyon
 Trestles". The group enjoyed
 walking on the scenic trail at
 the "Kettle Valley Railway".

Pathways Community Link is written, compiled and edited by staff and people who receive services from Pathways. Please note that submissions appearing in this publication do not necessarily reflect the beliefs and values of Pathways as a whole. We would like to thank everyone for their input and contributions to this issue of the Community Link.

Thank You

**Thank you to the
following for their
generous donations!**

\$4 000.00

► Century 21

\$1 000.00

► Mike Smith for directing his retirement donation to Pathways and Gorman's in West Kelowna for matching his donation! In total we were fortunate to receive \$1,000.

\$200.00+

► Sharon and Rudie Harder

► Kent Employment Law for again directing donation funds of \$420.00. This was raised through their annual outing at the Vancouver Canadian baseball game, to our society, via CHIMP!

Up to \$200.00

► Jock and Janis Craddock



Pictured: Dr. Oz and the staff at the Rose Valley Veterinarian Hospital surprised Mercia, their valued employee, with a birthday cake!



Pictured from left to right Shane, Scott and Graham, volunteering for "Hands in Service".

Thank You/ 2019 Closure dates

Century 21 Heroes Gala Donations **Thank You!!**

* **100 Gift Card**: BikeWays, Pathways Cookbook & Shirt

* **Amici's Kelowna**: Gift Basket

* **Anonymous Donor**: 1960 Minnesota Twins Signed
Baseball and Sports Card Lot

* **Beyond Wrapture Day Spa**: Aroma Therapy
Massage

* **Cedar Creek Estate Winery**: Wine Basket

* **Charisse Daley**: Master Craft Screwdriver Set & Tool
Belt

* **Delta Hotels By Marriot Grand**: 2 Nights Stay &
Breakfast

* **Indigenous World Winery**: Wine Basket

* **Kelowna Curling Club**: 2 Hour Ice Rental -
Equipment- 8 people -50.00 GC

* **Kelowna Home Depot**: Ryobi 2 piece Drill Set

* **Kelowna Rockets Hockey Club**: Premium Club Seat
Rockets Evening

* **Mable Lake Golf & Airpark**: Golf and Carts for 4
people

* **Mr Mozzarella Kelowna Pizza & Wings**: Gift Cards

* **Nesters Market**: Plant Basket

* **Picture Perfect & Perpetual Blooms**: Framed Print

* **Player's Choice Sports Cards & Collectibles**: Gift
Card and Trevor Linden Rookie Card

* **Prestige Beach House Kelowna**: One Night Stay

* **Smack Dab Restaurant - Manteo Resort**: Gift
Cards

* **T-Bones Fresh Meal Market**: Gift Cards

* **Tim Hortons**: Gift Bag

* **Ultimate Hockey & Skate**: Gift Certificate, Hockey
Package, CCM Hockey Stick, 4 Kelowna Chiefs Game
Tickets and Warriors Hoodie

* **Ultimate Hockey Centre**: 2 Hour Ice Rental

2019 Closure dates

Tuesday, January 1, 2019
New Years Day

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**Monday, January 21, 2019**  
**In-Service**

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Monday, February 18, 2019
Family Day

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**Friday, April 19, 2019**  
**Good Friday**

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Monday, April 22, 2019
Easter Monday

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**Monday, May 20, 2019**  
**Victoria Day**

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Monday, June 10, 2019
In-Service

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**Monday, July 1, 2019**  
**Canada Day**

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Monday, August 19, 2019
to Friday, August 30, 2019
Summer Closure
Re-opening Tuesday, September 3,
2019

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**Monday, September 2, 2019**  
**Labour Day**

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Monday, October 14, 2019
Thanksgiving

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**Monday November 11, 2019**  
**Remembrance Day**

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Wednesday, December 25 to
Wednesday, January 1, 2020
Christmas Closure

Re-opening Thursday, January 2, 2020

Pathways Activities

Community Living Month Barbeque: Pathways hosted the Annual Community Inclusion BBQ. Over 200 people came to celebrate with us while enjoying burgers, potato chips and pumpkin pie with whipping cream.



Pathways and BikeWays took part in the Interior Savings Annual Scarecrow Festival by setting up a table with information and a few bikes for purchase. They also took part in the annual SAM's Day event at the Woodhaven Christmas Tree Farm.





When you attend the **Activity Service** you must bring the following each day: a backpack, lunch which requires no heating and with containers that can either be returned or disposed of, a refillable water bottle, a city bus pass if you have one, handyDART pass if you have one, any personal care or personal support supplies you require, medication and the correct documentation if you need to take them while at Pathways, recreational gear which will be specified i.e. a swimsuit, towel, hiking boots, etc. **THANK YOU!**

Pathway's Abilities Society Self-Advocates review and update the Rights and Responsibilities of People Receiving Services document regularly. The document was reviewed at the September 14, 2018 Self-Advocate Meeting and there were no changes proposed. If you would like a copy of the document please contact Krasi Chakarova at 250-763-4837 or via email at adminassist@pathwayskelowna.ca. Thank you!

Please, consider donating to Pathways. Remember, that **any donation over \$20** is eligible to receive a tax receipt. **Be Great, PLEASE DONATE!**



2019 Travel Clubs Trips

If you would like to take part in any of these fun trips with the Travel Club, please let the appropriate contact know as soon as possible. Thank you!

Trip Destination	Date	Cost
Mexico	First part of March 2019 – 7 nights	\$ 2,100.00
Rugby Sevens	March 2019- 3 nights	\$ 1,000.00
Mara Lake	May 2019-3 nights	\$ 800.00
Vancouver Canadians Baseball	July 2019-3 nights	\$ 1,000.00
Camp Owaissi	End of August – 4 nights	\$ 240.00
West Edmonton Mall Bus Trip	October – 7 nights	\$ 1,600.00
Christmas in Vancouver Bus Trip	December – 2 nights	\$ 800.00

If you are interested in any of the trips above please contact Glenda by email at travelclub@pathwayskelowna.ca or Rhonda at fm@pathwayskelowna.ca or phone **250 763 4837** to reserve yourself a spot.

Please be advised all prices are approximate at this time. Cost and dates will be confirmed upon booking. Trips could be cancelled if there is not enough interest.



Christmas Traditions in Bulgaria

A traditional **Bulgarian Christmas** celebration starts on the **25th of December** and include tributes to Jesus Christ's birth. One legend states that Virgin Mary bore Jesus Christ one day before Christmas, but actually went into labor four days prior to his birth. This day is celebrated on the 20th of December and is known as Saint Ignat's Day or 'Ignazhden'.

Households light candles on this day and commemorate the strength of Virgin Mary and anticipate the 'arrival' of Jesus Christ. Fasting is very popular for 40 days before Christmas Eve. The Bulgarian tradition is called "Badni Večer". It starts on the night of **December 24th**, when Jesus Christ was born. The entire family gathers around the table marking the end of Lent. People must clean the entire house early in the morning and prepare an odd number of meals- seven, nine or eleven, and homemade bread.

This is special bread, decorated with an ornamental cross in the middle and a coin inside. At night the oldest person at the table (grandfather or grandmother) break up the special rite Bread to pieces. The first piece always is for the Mother of God and Her Son. The second piece is for the house. The exciting part of this tradition, is when everybody gets the piece of bread and starts looking for the hidden coin. People believe it will bring luck and prosperity to whoever finds it and they will be rewarded with good fortune. Also, the table needs to have a bean soup, stuffed cabbage leaves with rice, peppers stuffed with rice or beans, a pumpkin pastry, dried plums, garlic, fruits and honey for a sweet life. The walnuts are a symbol of the Bulgarian Christmas and they are obligatory on the feast table. During the dinner everybody breaks one walnut. It is believed that if the nuts are full and good inside, the next year will be successful. The tradition also requests that an item is to be put on the table, of everything that the family has produced during the year. People leave the meals on the table throughout the night, so the ancestral ghosts and spirits will come and dine on the left over food, and the luck does not leave the house.



There is one Bulgarian tradition, called "Survakane" and takes place on New Year's Day (January 1) each year. Basically children bring a stick, which is a branch, made always from Cornel tree. It is decorated with coins, popcorn, dried fruits, small bagels, yarn, wool, dried fruit, and threads. Children beat adults on the back with the stick and recite cryptic incantations, sing and wish a good luck. They receive some money for their "wishes and service".

The patting with a stick signifies good times to come the following year.



Another tradition is the 'Koledari', or Christmas carolers. They are young men dressed in colorful traditional costumes. These men usually go from one village to another, dancing and singing on Christmas Eve, around midnight.

When they reach a house they sing 'the house song' praising and wishing the house well. Having the Koledari visit your home is meant to be a good luck. The songs are often in two parts with half of the singers singing the song and then the other half repeating it back. Once their performance is over, the young boys are often rewarded with money or food, like the most popular bagels with different baked seeds. Apart from reveling in the joyous customs and rituals of traditions, the people in Bulgaria consider Christmas to be a religious celebration.



Pathways would like to thank Westkey Graphics Group for subsidizing the cost of printing the Pathways Community Link. Please consider supporting another establishment that supports Pathways!



Megan Hill is Social Recreation

In July 2016 Dr. Megan Hill, a busy general practitioner just beginning her career, took some time from her schedule to start volunteering with Pathway's Social Recreation service. She has consistently volunteered since then. April Chretien, the staff person responsible for the Social Recreation service describes Megan's contribution:

"Megan Hill is Social Recreation's glorious Super Star volunteer! She always honours her commitments, showing up with a smile, greeting the people we support, engaging them in conversation. She is ever helpful, always jumping in when there is a need, and acting as our very own photographer, making sure to capture those special moments. On the average Megan comes out to 3 events per month and has even volunteered a whole weekend to come on a road trip to Nelson, proving to be a spectacular navigator, keeping us all from the stress of getting lost. Megan helps us to continuously explore new and fun activities (it was her idea to plan a weekend camping trip this September) which the people we support are really excited about! Her calm rational demeanor has been extremely helpful on more than one occasion to mediate conflicts. She has proven herself to be a kind, compassionate friend that everyone enjoys spending time with. An invaluable asset to our little community and our appreciation runs deep!"

Thank you Megan!!

If you are interested in volunteering at Pathways please contact **Leslie Munro at 250-863-2602** or **aqam@pathwayskelowna.ca**



Picture from the Social Recreation trip to the Kootenays-Megan is fourth from the left.



WISHING YOU A SAFE
AND HAPPY HOLIDAY
SEASON! ALL THE
BEST IN 2019 FROM
PATHWAYS ABILITIES
SOCIETY!!!

Pathways Abilities Society
123 Franklyn Road
Kelowna BC
V1X 6A9

