

# GIRLS CLUB Newsletter

"We are inclusivity, friendship and fun." Founder Vicky Ryan

## Welcome to the fall edition of the GIRLS CLUB Newsletter.

Autumn is an exciting time of the year. In fact, I'd say it's my favourite. In case you need some reminders of why it's so great - once the rain hits, or if we get an early snowfall - just ponder these:

- 🍁 The weather / outdoors. Cool temperatures, with a refreshing breeze and gorgeous fall leaves in vibrant colors. Stunning!
- 🍁 The food. If you eat seasonally, the food is hearty and rich.
- 🍁 The pumpkins. Probably the most jolly, fun and vibrant vegetable to ever grace your local supermarket. Plus excellent for soups and, of course, pumpkin carving.
- 🍁 The TV. Cold outside? Get cozy inside under a snuggly blanket and a good guilty pleasure show.
- 🍁 The fun of Halloween. It's easy to create an epic night out, without having to make excuses for over indulging in chocolate.
- 🍁 The clothes. Feel free to get out your most comfortable jumpers, scarves and big furry hats.
- 🍁 The books. You can always find this time to indulge more in books. Combined with back to school and staying in more, it's a perfect time to build up your library again. ...Which leads us into this autumn newsletter which focuses much on books.



### VEVO FIT 2 GIRLS WATCH

#### MEC

A comfortable wristband with time telling, activity & chore tracker. Kid approved!



### EBooks

#### EPIC!

A leading Ebook subscription service with high quality books. FYI, it's free for EAs to use for their student!



### MOVIES

#### Common Sense Media

Movies with Strong Female Characters from ages 4-17+.

### World Girl Spotlight



**Miss Amazing.** A very special pageant for girls who are differently abled.

### Family Time



**Yumbox** is a fun and nutritious way to make lunch - on your own, or together.

### Tips



**Teach** your girl to dial 911 (and/or an emergency contact #), and why / when to do so.

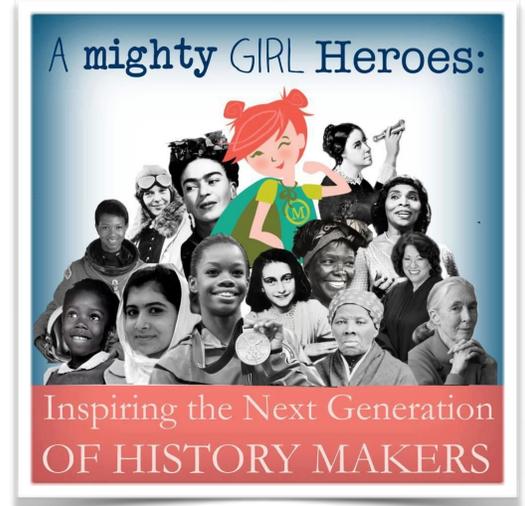
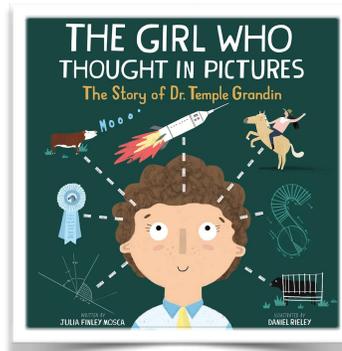
## Social/Books

### [A Mighty Girl!](#)

A Mighty Girl contains the world's largest collection of books and movies for smart, confident, and courageous girls.

You will be sure to find much inspiration from A Mighty Girl.

You're guaranteed to discover your own or your GIRLS amazing collective of good reads, music, clothing, parenting, best of, character collections, and a enjoy a great blog.



My current pick is “The Girl Who Thought in Pictures” which has a 5/5 star review.



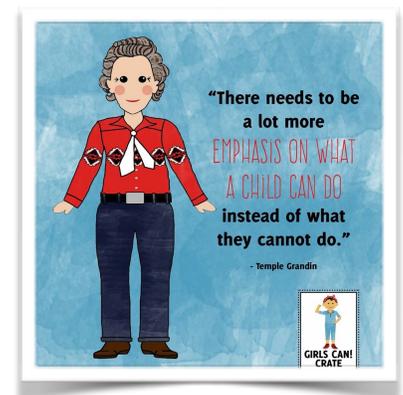
## Entertainment

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### [Girls Can Crate](#)

This monthly subscription box for fearless girls, delivers empowering and inspiring women's history and hands-on STEM fun!

The three female founders of Girls Can Crate aim to break gender stereotypes in girls, and promote a message: that girls and young women have what it takes.



## Education

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### [IEP TIMELINE](#)

It's IEP time soon, and many of our GIRLS will be navigating this in 2018. Being “S.M.A.R.T.” helps!

**S Specific • M Measurable • A Active • R Realistic and Relevant • T Time-limited**

**[BC Confederation of Parent Advisory Councils](#)**

**[Inclusion BC](#)**

**[Autism BC](#)**

# Fall Fun!

Here are some awesome suggestions for getting the most out of fall! 🍂



[Country Living Magazine](#) offers 45 **GREAT** fall crafts with links to their websites for preschoolers to adults.



A new and excellent Netflix/  
book series.

Checkout the trailer here! [Hilda](#)

Making a Halloween costume with your girl can be very satisfying and creative. If you have time, check these sites out for inspiration.

[BRIT & CO.](#)

[Country Living](#)

[DIY Network](#)



[BC Pumpkin Patches](#) are high on the list for fall, and finding the right patch is essential. Check out the link to explore your options.



## GIRLS CLUB SPOTLIGHT – SADIE!

Written by mom Abbe and Sadie.

Sadie is 21 years old. She loves fashion, dancing, swimming, watching Glee, eating sushi, and spending the weekend with her boyfriend Jason! Sadie does not care for people who are rude. Sadie has a big heart and cares for everyone!

I would say Sadie's strengths are her kindness, and her very caring way towards people that really need a friend. Her challenges are sometimes trying to take part in a conversation. This is really difficult for her. We are starting to support her to engage better in conversation.

Sadie's personality is beyond being loving, sweet, caring, giving and sharing. She loves her time spent with Jason, but she has many other passions and interests too. Sadie loves her college at the Down Syndrome Research Foundation, being a big sister at Girls Club, her Friday evening program at Hillcrest CommCentre, her job training at Possibilities, our soccer team and teammates. Sadie adores her cousins, and entire family, our dog Forrest, her Rock band The Vancouver Bff's, but most of all Sadie just loves life!!



Sadie has Down Syndrome, and she knows if she wants something in life, to go for it!! She loves modeling and her dream is to work at a restaurant as a hostess, just like I use to be!! She's smart, she's beautiful inside and out and as her mother, I am truly blessed with a daughter like Sadie!!! Yes we've had difficulties over the years, but we, like everyone else, gets through those rough times!!

## Recent Happenings!

### Lower Mainland - Summer

**Sushi Making** - older girls connect, and to bond over their love of sushi!

**One year anniversary/birthday party** - our birthday party with games, cake, and loot bags.

**Playland** - Roller coasters, tea cups, cotton candy!!!!!!!

**Maple Grove Pool Day** - picnic and swimming.

**Spa Night** - Let's pamper ourselves!

**Taekwondo & Ice Cream Night** - at Sirota's Alchymy.

**Halloween Party** - Strut around in your costume, carve a pumpkin and more!

### Okanagan Valley - Summer

**Spa Day Field Trip** - we got pampered and had beautiful hands and feet at the end of the event.

**One year anniversary celebration!** - carnival events, complete with clowns, cotton candy, games and prizes.

**Art Gallery Day too!**

**Northern Club** - Sculpture & Canvases: An Art-Making Party!



## Upcoming Lower Mainland GIRLS CLUB Events:

### Save the Dates!

**Nov 8 - Rhythmic Gymnastics 6:30 - 8:00** - A fun and fired-up intro to rhythmic gymnastics. Fun for all!

**Nov 25 - Christmas Party 12 - 2:00** - Christmas cheer, food, music, dancing, and a very VIP. visitor!



## Upcoming Okanagan GIRLS CLUB Events:

### Save the Dates!

**Nov 17 - Gallery Girls 10:00 - 2:00** - A day at the Vernon Public Art Gallery.

**Dec 9 - Santa, photos and holiday crafts.**

**Dec 9 10:00 - 2:00 - Santa** - Santa visit and Santa photos at the NONA :)



## Upcoming Northern BC GIRLS CLUB Events:

### Save the Dates!

**Meets the third Wednesday of every month - 6:30 - 8:30** - Ongoing "All About Me" journal project.

**Nov 21 - Lantern Making - 6:30-8:30** - Join us to make Popsicle stick lanterns!!

**Nov - Date TBA - Pajama and move night.**



## GIRLS CLUB News:

**GIRLS of Northern BC** we launched our Northern chapter in September 2018. If you live in the area, we want you to come and hang out with us! Spearheaded by GIRLS CLUB Chapter Director, Heather, the Northern chapter of GIRLS CLUB embraces all that GIRLS CLUB holds dear: friendship, fun, frivolity... inclusiveness, connection and community!

Meet Heather! As the manager of the Prince George Spoke of Pacific Autism, I am privileged to spend my days supporting families and individuals on the autism spectrum as well as those with other developmental differences. Everyone needs a place where they can go to get support, assistance and acceptance, as well develop connections and friendships. I am so excited for how the Northern Chapter of GIRLS CLUB will be that place for our exceptional girls in Prince George!

GIRLS CLUB holds a special place in my heart because of an amazing young lady that has been turning my world inside out for over ten years by embracing her uniqueness and rocking it! I love that GIRLS CLUB is open and inclusive, giving girls a place to rock their differences... together.

**GIRLS of North Peace** chapter will launch in January 2019. If you live in the area, we want you to come and hang out with us!

Spearheaded by GIRLS CLUB Chapter Director, Jaandi, the North Peace chapter of GIRLS CLUB embraces all that GIRLS CLUB holds dear: friendship, fun, frivolity... inclusiveness, connection and community! More about Jaandi in our next newsletter!

## Coming next Edition...

Holiday light tours, wreath making, holiday movies and books, holiday baking, gingerbread houses, holiday ornaments, donating to charities, Christmas festivals, GIRLS CLUB Spotlight and more! Our usual GIRLS CLUB features and much more!!!

GIRLS CLUB is a volunteer run non-profit club for girls with autism and neurological/developmental differences. To learn more visit us!

### LOCATIONS

Lower Mainland: GoodLife Fitness Family Autism  
3688 Cessna Drive, Richmond, BC V7C 1C7

Okanagan: NONA Child Development Centre 2802 34 St, Vernon, BC V1T 5X

Northern: *Pacific Autism Family Network spoke* | Victoria St, 216 - 1811 Prince George BC V2L 2L6

our website - [inGIRLSCLUB.com](http://inGIRLSCLUB.com)

our donation page - [inGIRLSCLUB.com/donations/](http://inGIRLSCLUB.com/donations/)

our calendar - [inGIRLSCLUB.com/calendar](http://inGIRLSCLUB.com/calendar)



[Facebook](#)



[Twitter](#)



[Instagram](#)

Want more GIRLS CLUB events? So do we!  
Why not help us plan one, or share your ideas so we can!

Contact your local GIRLS CLUB, and ask how you can help.  
[info@inGIRLSCLUB.com](mailto:info@inGIRLSCLUB.com)



NONA Child Development Centre

