

# GIRLS CLUB Newsletter

“We are inclusivity, friendship and fun.” Founder Vicky Ryan



## Welcome to the first edition of the GIRLS CLUB Newsletter!

We're excited to kick off the newsletter with you. It's one more way - in addition to our events, website and Facebook group - for

us to stay connected. Having a newsletter was just a pipe dream until GIRLS CLUB mom, Christine Barnsley, approached us with the passion, vision and determination to create it. We're thrilled Christine is willing to devote the time and attention to it. As they say: "It takes a village"...Thank you Christine, for being part of that village! We'll be sharing the newsletter with you every quarter. If you have input for us, please reach out. It's a new endeavour with wings to fly. Until then Bree and I will pass the newsletter baton to Christine to introduce herself..

Hi there! Well as introduced, I'm Christine Barnsley and yes, I will be publishing the GIRLS CLUB newsletter! My family and I have been members of GC since Nov/17. I am an education assistant in North Vancouver, and my husband and I have a terrific 9 year old kiddo who (to name but a few things), loves to bake, sculpt and has autism. This newsletter is very meaningful to me, and my goal is to offer information, tips, recommendations, news, features, and ideas to our community. A big thank you to both Vicky Ryan and Bree Cawley for creating and maintaining GIRLS CLUB, and for all the time they and their peeps put into it. I hope you enjoy your newsletter.



### World Girl Spotlight

Meet Saffron: inside the colourful mind of a girl with autism - video



### Family Time

Have a movie night on a blanket by making tickets, and creating a snack bar to purchase from. 🎬



### Tips

Teach yourself or your GIRL how to send a text. Use either an emoji 🙌😊, type, or dictate words to a parent, grandparent, or friend. Look at the reply. ❤️



### PRODUCTS

Power of GIRLS detangle brushes.

[Tangle Teezer](#)



### APPS

A beautiful journey of Ida, Ro, and her GIRL

[Monument Valley](#)

Cool Interactive Fairy Tales.

[Nosy Crow](#)



### VIDEO/WEB

An autism awareness video for young non-autistic audiences.

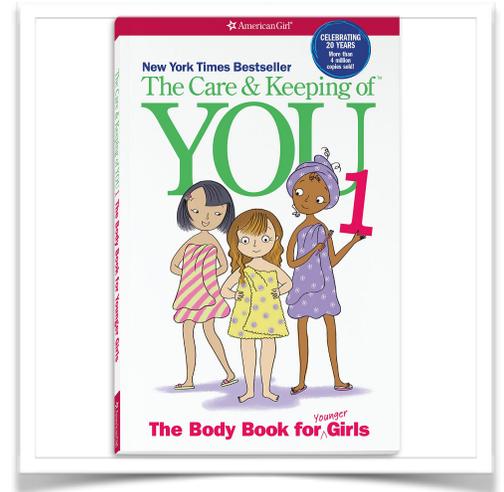
[Amazing Things Happen](#)

# Social/Books

## [“The Care and Keeping of You”](#)

This book is found at Chapters/Indigo and is an excellent series of books by “American Girl”, which feature tips, how-to’s and facts from the experts.

This series, which is great for our “Middle & Big Sisters” in GIRLS CLUB; covers everything from feelings, hair care, bad breath, bras, eating, pimples, periods, puberty, mind and spirit. There is also a beautiful “US” two-book journal for mom and daughters to share, save keepsakes and receive advice in talking about touchy subjects.



# Entertainment

## [Sensory TheraPlay Box](#)

This is a New York company that offers monthly subscriptions with a variety of sensory toys, and usable items for kids.

The subscription is a little expensive, but it’s an excellent idea to teach your girl the meaning that she is receiving mail, along with having something special to look forward to each month! However, without spending as much money on this particular subscription, another idea would be to pack your own box of monthly sensory items, label it with your daughters name and “mail it off” for her to pick up. 📦✉️



# Education

## [Lapbooks from Homeschool Share](#)

Summer is approaching and a great hands-on and interactive way to maintain or develop the the love of learning, is by lapbooking.

A lapbook is an inexpensive portfolio or collection of mini-books, flaps, and folded display material, that provides interactive space for drawings, stories, graphs, graphics, timelines, diagrams, and written work, from any topic, unit study, book you choose. Then they are gathered, glued, and creatively displayed in a coloured standard sized cardboard folder, often folded in a “shutter-fold” that fits in your lap. It’s for most ages!



# Summer Fun!

Summer is here, so let's start getting out more to enjoy the sunshine, and hopefully have an adventure or two!



Experience Vancouver's amazing activities and attractions all summer or school year for \$50!

**Kidsworld** exists for families to have an affordable way to spend quality time together at a wide variety of fun venues.

Experience art, dance, music, sports, and unique educational opportunities.

The three passes are aimed towards families on the North Shore, Burnaby, Vancouver, Surrey, Langley, Abbotsford and Richmond.



**Family Days Out** offers an really good list of things to do in BC from Cultus Lake to Ucluelet. Check out this website to get ideas and make plans for your summer.



Though I have no had personal experience with **Autism on the Seas**, I've read review after review about this marvelous cruise ship experience for families with autism. Autism on the Seas, an international organization, has been in collaboration with Royal Caribbean International since 2007. It offers cruise vacation services to accommodate adults and families with

children with Special Needs. This includes but is not limited to, Autism, Asperger Syndrome, Down Syndrome, Tourette

Syndrome, Cerebral Palsy and all Cognitive, Intellectual and Developmental Disabilities.



The Autism on the Seas Foundation offers two types of Financial assistance for families that have a child diagnosed with a disability, wishing to vacation with Autism on the Seas Cruises WITH Staff.



## GIRLS CLUB SPOTLIGHT - STELLA!

Written by mom Megan.

Stella was born December 21, 2014 with a partial trisomy 13, which is a rare genetic chromosome disorder.

Stella's name means star, and she is most definitely the star of the show! Her smile and giggle can make anyone feel better. Stella absolutely loves (you could say obsessed) Mickey Mouse Clubhouse!!! It is the one thing that keeps her calm and content most of the time; so we make sure we always have a way for her to watch it whenever needed.

Stella really enjoys being outside and constantly moving or being stimulated. Cruising in her mustang gate trainer, and swinging on a swing, or playing in the pool are also ways she loves to stay entertained.

Stella loves to give hugs and kisses, and they really are the best. She is the biggest papa's (dad's) girl, and her eyes light up when he gets home from work. She really doesn't like waiting or when things stop. Let's just say, she's not a fan at all of red stoplights! Loud noises and big crowds can be a lot for her at times, I think she really enjoys the quiet of Lumby.

Stella is a very unique girl and beats to her own drum. She is an all or nothing kind of girl, and since she is not able to speak she has some of her own interesting and LOUD ways to get what she wants! She can be so happy and excited about things but then can have massive "meltdowns" over things as well.

Stella proves to the world every day to never give up, she is overcoming a lot of adversity and challenges every day. Even with having a rare diagnosis and being told, "she may not live past three months and if she did, it would be a hard life", (and it is hard); her strength and determination to fight for her life is remarkable.



## Recent Happenings!

- **Kiki the Eco Elf** - fun filled dance party and face painting. GC Okanagan
- **Sexual Health Education** (Middle & Big Sisters) GC Lower Mainland
- **Painting Party**...“it took all hands to create this masterpiece together. A truly collaborative work of art”! GC Lower Mainland
- **Big Sisters Make Sushi** - a great time learning how to make our own sushi rolls using a variety of ingredients. GC Lower Mainland.
- **Spa Day Okanagan College** - enjoyed a professional manicure and pedicure. Ooh la la...

## Coming next Edition....

Watch reviews ~ *The Octopus*.  
Toy suppliers ~ *A great Canadian toy store*.  
Movies & Books ~ *Some oldies but goodies*.  
Grocery Shopping ~ *Get your young one involved with a visual shopping list*.  
GIRLS CLUB Spotlight.

Our usual GIRLS CLUB features and much more!!!



## Upcoming Lower Mainland GIRLS CLUB Events: Save the Dates!

**Sun June 24 - Happy Birthday GIRLS CLUB!** Our 1-year anniversary party will be a birthday- themed event. It will be an outdoor picnic / potluck style with lots of little surprises. All-ages, bring the whole family! (For those of you at our Canada day picnic last year, it'll be similar.)



**Sun July 15 - GIRLS CLUB at Playland.** Hold onto your hats (and your wallets!)... GIRLS CLUB is going to Playland! \* please note that we will have shifted from our usual THURSDAY night to a Sunday (due to Playland's hours). All other info TBD.

**Sunday, July 29 Pool Party!** We'll cool off from the heat at Maple Grove pool... Family Style: bring the whole family, your blankets, your picnics, your Frisbees, your swimsuits, and your sense of fun.

## Upcoming Okanagan GIRLS CLUB Events: Save the Dates!

**Sat July 14 - Vernon Teach and Learn** craft and lunch day.  
(kindly sponsored by Vernon Teach and Learn!)

**Sun August 19 - GIRLS CLUB Anniversary party** - Come and celebrate our one year in the Okanagan with carnival fun!



**Sept/Oct/Nov - GIRLS CLUB** has partnered with the **Vernon Public Art Gallery** for some ongoing creative fun at their location on Saturdays.

GIRLS CLUB Lower Mainland will then take a hiatus for summer vacation, with no events through August or early September. We'll be back on **Sunday, September 30th** to see how everyone's summer and (for the school-aged) how back-to-school went.

GIRLS CLUB Okanagan will be running through the summer which includes a one year celebration in August!

## GIRLS CLUB News:

We're EXPANDING AGAIN!!

Please tell anyone you know in Northern BC.

Pacific Autism is considering introducing a GIRLS CLUB at the Prince George Spoke. If your daughter has special needs, and is interested in connecting with other girls, please contact Heather at 250-645-0995 or [heatherk@pacificaautismfamily.com](mailto:heatherk@pacificaautismfamily.com)

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

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)

### LOCATION SPONSORS:

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

Okanagan: NONA Child Development Centre 2802 34 St, Vernon, BC V1T 5X1

### SOCIAL MEDIA:



[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)

