



KNOWLES CENTRE INC.

Helping Individuals Find Their Path: Yesterday, Today, and Tomorrow

INSIGHTS

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An inside look at the programs and services of Knowles Centre Inc.

Culinary Arts students winners in Grey Cup festivities



Culinary Arts students helped make Winnipeg's Grey Cup festivities a success.

Three students from Knowles Centre and John G. Stewart School's joint Culinary Arts program took their learning on a road trip in November.

Along with teacher Chef Paul, the students were MVPs at the RBC Convention Centre where they helped prepare for back-to-back Grey Cup celebration events. On Friday before the game, the Culinary Arts team helped to prepare for the Winnipeg GC Touchdown Manitoba Social. What do you feed over 3,300 excited football fans? Over 25 bowls of dill pickles, 165 pounds of cubed cheese, 385 pounds assorted cold cuts, and 300 dozen assorted rolls.

While the Friday event might wear out even an experienced caterer, two students returned to assist with the sold out gala dinner on Saturday. Here the students applied their skills to help hand carve the 330 beef tenderloin, plate, and serve the gourmet meals for some of the 2,235 guests.

Their quick work and attention to detail made the students indistinguishable from the regular staff, thanks to the great training and experience they receive through the Culinary Arts program.

Still, the students were amazed by the hundreds of behind-the-scenes staff that made such a great event possible. They even had a chance to catch a bit of the entertainment by comedian Gerry Dee and music by Randy Bachman. Certainly not everyone gets a chance to take in the glitz and glamour of such an event, but the students are proud that they helped make it happen.

Such experience is priceless. Besides offering real-world work experience, the students earned the well-deserved pride and self-esteem to be had from rewarding work.

Red River Co-op helps create a *wheelie* good summer

In May 2015, the Knowles Centre's Recreation Program received a generous donation from Red River Co-op. The funding was used to purchase three new mountain bikes, three new helmets, and an air pump for the clients at Marshall's Place.

Active living – which most remember as simply playing outside! – has endless benefits for the young people at Knowles Centre. In addition to healthy exercise, it promotes friendship, self-confidence, community exploration and involvement, and more. Most of all, it lets the clients at Knowles Centre just be kids!



Red River

On behalf of the Knowles Centre youth and staff, thank you to Red River Co-op for helping make this happen!



BEAT MODE lays track for student learning and success

“Can we make some beats?” is often heard coming from several students at Knowles Centre. The students are referring to the Beat Mode music program started by Greg McKinnon, an experienced Knowles Centre youth care worker and RETSD educational assistant. Greg, also a trained audio engineer, brings his music production techniques and imaginative teaching style to help Group Care and Day Treatment students produce their own songs (instrumental and vocals) or contribute to other projects.

Beat Mode, open to those with good school attendance, allows students to create high-quality music as they work towards their academic/life goals. Making music can be a great way of connecting with peers for a common purpose, or escaping a bad mood!

Beat Mode uses a student-centered, strength-based approach. Innovative audio production techniques, combined with an environment that allows for uniqueness, almost guarantees something new and exciting on a regular basis! “We have been composing, recording, doing constructive writing, singing, rapping, and other poetry. We can easily record guitar, vocals, hand drums or any other sound source, and build on it!” says Greg. “A key lesson of this program, that the Creator would want students to get from it, relates to discipline and mindfulness.”

Ludwig Van Beethoven once wrote, “Music is a higher revelation than all wisdom or philosophy.” One great aspect of the Beat Mode

program is that it is not just about the beats; there are aspects of science, math, reading and computer literacy involved. Beat Mode makes success possible

when we connect the learning experiences to develop a stronger sense of self, both linguistically and musically.

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Strengthening academic performance remains a primary goal of the program. By tapping into their inner rhythms, students also hone their ability to focus in the classroom or a studio setting. When combined with musical intuition, and technical assistance, focus helps to achieve the best possible results.

For a student like MH, 13, his goal of creating his own CD of quality beats and vocal recordings is within reach because of such determination. MH

was one of the participants in a recent field trip to CKUW 95.9 FM at the University of Winnipeg. Here, MH and others students in Beat Mode performed and spoke on air with music industry professionals.

Looking ahead, Greg aspires to continue Beat Mode both onsite and on field trips to help students achieve success and growth, to build positive relationships, to promote healthy living, and of course, to produce a unique and progressive brand of music that is culturally relevant.

For more information on Beat Mode, contact Knowles Centre or John G. Stewart.

Contributed by Greg McKinnon

With our heartfelt thanks!

The holiday season brings with it an opportunity to exchange warm wishes and share good fortune. We often do this by exchanging cards, small gifts, or a few extra kind words. This year, many friends of Knowles Centre have made a most unselfish gift to the young people receiving services from our agency, most of whom they will never meet. On behalf of the Board of Directors, the staff, and especially the clients at Knowles Centre, we offer the following individuals and organizations our sincere appreciation.

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| <p>3M
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<p>YES! I want to make a difference in the lives of young people at Knowles Centre.</p> <p>Please use my gift to support:</p> <p><input type="radio"/> Area of Greatest Need <input type="radio"/> Camp & Recreation Programs</p> <p><input type="radio"/> Other _____</p> <p>I wish to give:</p> <p><input type="radio"/> \$35 <input type="radio"/> \$50 <input type="radio"/> \$100 <input type="radio"/> Other _____</p> <p>_____ Name</p> <p>_____ Address</p> <p>_____ City Province Postal Code</p>			<p>I am paying by:</p> <p><input type="radio"/> Cheque or money order payable to Knowles Centre</p> <p><input type="radio"/>  <input type="radio"/> </p> <p>_____ Card Number</p> <p>_____ Expiry Date Telephone</p> <p>_____ Email</p> <p>_____ Signature</p>		
<p>A tax receipt will be promptly issued for gifts of \$15 and over. Our charitable number is: 11898 4624 RR0001</p>					

Knowles Centre seeking foster parents

The program is seeking potential foster parents who:

- Would like to make a difference in a child's life while working from home
- Are interested in providing care to children, adolescents and sibling groups with complex emotional/behavioral needs
- Offer skills and experience related to fostering (i.e. have experience as an educational assistant; daycare, youth care or group home worker; or support or respite worker)
- Are caring, flexible, and have a good sense of humour
- Have one adult in the home full time to care for children
- Are able to communicate fluently in English and complete paperwork effectively
- Are legally permitted to work in Canada

Foster parents will receive a high level of support and training to help them be successful in their role.

Interested? Please visit us online at www.knowlescentre.org for more information or to complete an preliminary application.



Knowles Centre staff support United Way

Staff at Knowles Centre raised an astounding \$15,921 for the United Way campaign in 2015—an increase of over 9% from the previous year.

Funds raised included pledge card donations and proceeds from a Bud, Spud, & Steak night with a silent auction in November.

Our campaign is an important part of the United Way's city-wide effort to bring together people and resources to invest in the well-being of our city. The United Way

uses the funds to support programs and services across the city, including Knowles Centre's own Sexual Abuse Treatment Program.

This level of success would not be possible without the dedication of the United Way Fundraising Committee, chaired by Kristi Venton, Sexual Abuse Treatment Coordinator/Therapist; community supporters; and most of all our staff, friends and family.



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