

## A Caring Way

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## POSSIBILITY IN PAINT

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Over the past six months at Community Involvement we have been exploring art in a new and exciting way. We have completed quite a few canvases using bold colored acrylics, gel mediums and modeling paste. Adapting tools as simple as kitchen spatulas, basting brushes and using small trowels we have had fun putting paint and texture on canvas with amazing results. Modifying and collaborating has helped people have positive and rewarding experiences.

For everyone taking part this is an opportunity to collaborate creatively on a project to realize its completion. We are meeting people where they are, with experience or not: developing skills and building on gifts and talents. It is our hope to open a door to possibility. Several pieces

have been sold and we have quite a gallery of pictures to show.

This week two works of art have been accepted for display at the “Miscellany” Art Show at the Root Cellar Café in London. This art is to be shown from May 5th—June 1st. Putting art work out there to be seen and appreciated by the community is a big step.

Over time as workshops develop we will invite local artists who have agreed to partner with us to visit, have fun and inspire and coach us. Volunteers from the community have come forward to offer assistance, support and cheerlead our efforts.

Art is transformative and rewarding. To feel pride in creative expression, making friends and connections and having fun along the way can only lead to positive things.

Written by Kathleen Abley



@PHSSLondon



**Mission:** Participation House supports individuals with developmental disabilities and/or complex physical needs to live in their own homes, participate in community and enjoy life with family and friends.

## Sending our Farewells...

### Best Wishes Diane!

Participation House Support Services would like to thank Diane for her years of dedicated service in our accounting department.



Congratulations Diane and best of luck with your new position! You are truly missed!

### Hennie Retires!

We would like to once again wish Hennie Minten all the best as she ventures into retirement. Hennie devoted over 20 years of her professional career to



Participation House and has made a difference in the lives of those she supported. Thank you Hennie, and don't forget to visit us all soon!!

### The Comfort and Sweetness of Peace

*In Memory of Sheree  
Callahan*

*After the clouds, the sunshine,  
after the winter, the spring,  
after the shower, the rainbow  
for life is a changeable thing.  
After the night, the morning,  
bidding all darkness cease,  
after life's cares and sorrows,  
the comfort and sweetness of peace*

*You will always be  
Remembered.*

Helen Steiner Rice

**The Board of Directors is pleased to announce that Participation House Support Services – London and Area has successfully achieved a four year re-accreditation**

*“The decision to become accredited and the work that went into meeting the standards established by FOCUS clearly demonstrates a commitment to quality and a desire to continue to improve the lives of the people they support.”*



**Partners  
For Life**

Participation House is a *Partner for Life!*

If you donate blood please consider a one time registration under our Partnership Number—**PART 013329**

**Help us give the gift of life!**

**Partners  
For Life**



Make a **Green** Choice! Sign up to receive our newsletter straight to your inbox. Visit [www.participationhouse.com](http://www.participationhouse.com)

## Thank you to those who attended the Participation House Family Social!

We had an enjoyable afternoon at the family social held at the Unitarian Fellowship Hall on March 18<sup>th</sup>, with just under 20 family members present. Shannon Riley and Barb Jones from our communication team did a presentation on the work that the team is doing and shared some positive changes that have made a big difference in the lives of the people we support. They also had some examples of some of the communication tools for people to look at. The presentation was followed by a social with refreshments...the oatmeal raisin cookies were a hit! Congratulations to Mrs. Elizabeth Zember who was the lucky winner of the door prize draw, a lovely Italian crystal pitcher.

The next event will be held on *Tuesday Oct 9<sup>th</sup> from 1 to 3 pm* at the Unitarian Fellowship Hall. There will be members of our Connector Group on hand to do a presentation followed by refreshments.

Please contact Leslie at 519.660.6635 ext. 221 or [leslieg@participationhouse.com](mailto:leslieg@participationhouse.com) if you would like to attend. Transportation can be arranged if needed.



**New!**

## SHOUT OUT CORNER!

We would like to give a BIG SHOUT OUT to

**Corrie Fitt, coordinator at Participation House Support Services**

Thank you Corrie for your amazing and inspiring leadership style. You always go above and beyond to encourage your staff while creating a fun, welcoming workplace. We appreciate all your hard work!

**Do you know someone who deserves a Shout Out?**

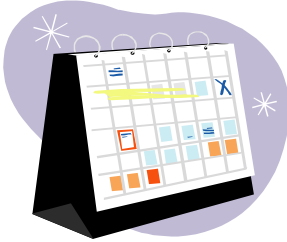
Is there someone in your life who has gone above and beyond?  
Do you want to Shout Out to someone for just being fabulous all the time?

**LET US KNOW!**

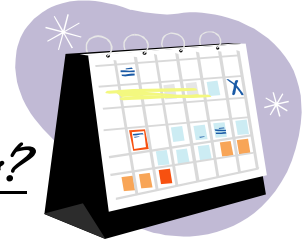
Contact Leslie at [leslieg@participationhouse.com](mailto:leslieg@participationhouse.com) or 519-660-6635 x221  
and tell us about them!

# Participation House

FOUNDATION - LONDON



## Upcoming Events



*Have YOU marked Your Calendar?*

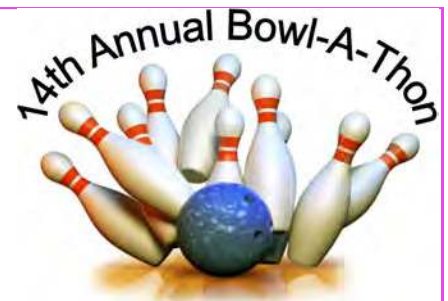
### The 15th Annual Salute to Laudable Londoners Honouring Janet and Jamie Caskey

At the time of publishing our newsletter this event was just about to take place (April 29, 2014) - for pictures and details from this fantastic evening as well as information on our 2014 Honourees—visit [www.participationhouse.com](http://www.participationhouse.com)



Get your teams and mark your calendars!  
**The 14th Annual Bowl-A-Thon** will be held  
**June 1st, 2014** — At Fleetway!

Prizes / Raffles / Dinner / Bowling / FUN!  
For more info: [www.participationhouse.com](http://www.participationhouse.com)



### 2nd Annual Ladies of Harley Ride for Michael

Come join the motorcycle fun — June 21, 2014  
A Poker Ride—Starting at Rockey's Harley-Davidson  
10am registration, 11am departure.  
Prizes, 50/50 draw, poker ride high/low hand and  
so many beautiful bikes!  
For more info: [www.participationhouse.com](http://www.participationhouse.com)



London Chapter

### 13th Annual Leo Kirwin Golf Tournament Dust off those golf clubs! August 22, 2014

More details to come —  
Keep an eye out on our newsletters and  
[www.participationhouse.com](http://www.participationhouse.com)



Further information about these events is available on our website.  
Or contact [elliem@participationhouse.com](mailto:elliem@participationhouse.com)



## Meet Board Member, Anne Alexander

### ***How did you initially become involved with Participation House?***

I met Brian Dunne many years ago when we were both on the Board of Big Sisters of London. Brian often spoke of his work at Participation House and I was intrigued by the concept of residential homes providing such a cost effective and high standard of care for people with physical & cognitive challenges. In addition I was always impressed by his passion for the organization and commitment to the people served. In 2011 I happened to meet Brian at a fundraiser and he mentioned that there was an opening for someone with a financial background on the Participation House board. It was perfect timing for me and I was eager to learn more. I have enjoyed serving on the Finance Committee and the Board of Directors and look forward to continued involvement in the future.

### ***Could you tell us a bit about your family and professional background***

I am a Chartered Accountant with a background in accounting and finance. I have worked for a large public accounting firm, in industry and finally as a self-employed accountant. Now, I would describe myself as an avid volunteer who really enjoys getting involved in our community. The combination of my financial background & interest in volunteering has led me to the Finance Committees & Boards of Directors of many non-profits! In addition to Participation House, I currently sit on the WCA (McCormick Home) Board and the Poverty Impact Council for the United Way of London & Middlesex. Previous Boards have included Big Brothers Big Sisters of Canada, Big Sisters of London (now Big Brothers Big Sisters of London & Area), Goodwill Industries Ontario Great Lakes and the Victorian Order of Nurses. I hope there will be more in my future too.

My husband, Doug is also a professional accountant who serves on several corporate and non-profit Boards of Directors. We have 2 children. Our son, Rob also lives in London and our daughter, Lisa attends St Francis Xavier University in Nova Scotia.

### ***What interests you about the non-profit sector?***

The non-profit sector interests me for 3 main reasons. First I am impressed by the amount of work & the difference that these organizations make in so many lives encompassing so many worthwhile causes. Secondly, I find it astounding that these non-profits can accomplish so much, led by an army of volunteers, often operating on shoe-string budgets.



And finally, the staff and volunteers are so incredibly passionate and committed to these organizations and their causes. My involvement in the non-profit sector has made me realize that there are so many people in London who struggle to meet the basic necessities of life such as food or shelter and they must often battle a multitude of issues, including medical problems, addictions etc. I have been very fortunate in my life and therefore, feel that since I am able, I have a responsibility to “give back” to the people in this community. Through my volunteer career, if you can call it that, I have learned new skills, participated in new experiences and met the nicest group of people ever, many of whom have become good friends. There have been laughs when goals were achieved and disappointments when they have not. When you work or volunteer in a non-profit environment you realize that you are having a direct impact on someone’s well-being. I think I’ve grown into a better-rounded person throughout it all. I’ve had fun. Most importantly, knowing that I have helped others in some small way makes me happy.

### ***What inspired you to dedicate yourself to Participation House Support Services Board of Directors in 2011?***

Initially I became involved because I respect Brian Dunne and felt that Participation House met a crucial need in this community. I am most attracted to organizations that empower people to live life to the fullest. The more I learned about Participation House, the more impressed I was with the extent of services offered to those who were living with significant physical and cognitive challenges. The care & compassion shown by the staff is extraordinary. A key part of the mission is to ensure that the people we serve live meaningful lives, so that they are assisted and empowered to participate in community life to the fullest. I respect that. I believe in the mission of Participation House and its core values. 25 years ago a handful of parents were determined to find a way to take care of their grown, special needs children in a professional, yet residential setting in London. Participation House Support Services now operates over 50 such homes as well as Project Hope, an adult day program. In addition the Participation House Foundation has a key role in raising funds for these homes. These organizations enjoy an excellent reputation in the community and with its funders, the Ministry of Health and the Ministry of Community & Social Services. We can be proud of this legacy. I am honoured to be part of the Participation House Support Services Board of Directors.

## Ken's Pursuing his Passion for Radio

My name is Ken Crivea and I have a passion for music. It has always been a dream of mine to visit a local radio station. Through the combined efforts of Project Hope, Volunteer & Employment Program and Fanshawe College, this dream became a reality for me. I visited the radio station at the Fanshawe College—London Campus and was fascinated by how big it was. I was thrilled to see all of the computers, televisions, sound rooms and microphones. The people who greeted me were all so friendly and welcoming. Upon returning to Project Hope, I expressed interest in volunteering my time at the station. With the help of staff, I sent Michael Stoparczyk (Programming Director of the Radio and Broadcasting Program at Fanshawe College) a letter to inquire of the possibility along with some information about myself. I was pleased to hear back from Michael, as he was very enthusiastic to the idea and I had the opportunity to work at the radio station as an active volunteer for 3 months. It was my responsibility to monitor the on-air studio. I felt very lucky because I get to monitor the 80's Retro Program on Wednesday afternoons and the Kickin' Country Program on Friday mornings. My favorite music to listen to!! This experience has not only made me happy but it has made me confident, strong and proud.



Ken kickin' it in the studio!

A special thanks to Al Findlay, Jeanette Fletcher and Michael Stoparczyk.



## Sandra Wins Bronze While Representing Team Ontario!

My name is Sandra and I am an individual who plays a sport called Bocce. Bocce is a hard sport to play, but I enjoy competing because it keeps me thinking! I joined a team called the Cannon Balls eight years ago. After I met the Cannon



Balls, I was really happy the team asked me to come and play with them as they helped me further understand the game and improve on my skills. When I started, we practiced on Wednesdays at Stronach arena located in North London. I require special equipment in order to play, including a ramp and bocce balls. My club is associated with the Ontario Paraplegic Sports Association. This association has some funding that covers everything from equipment to travel expenses. Athletes who get on the Ontario

team must use the funding wisely, and I fortunately was one of those athletes for two years! When I was training with the Ontario team, it greatly helped me with my game and some training sessions would last up to nine hours in a day! I had the opportunity to play in a competition in November of 2012. These competitions call upon the higher caliber athletes who come from other provinces to play in the competitions. We also have officials who help with the games. My partner and I had our minds focused, and secured a bronze medal in 'team play'!



# Notes from the Meaningful Moments Board

*Played a game of Trouble with a friend*

Completed a song writing class and started another series

Celebrated birthday with friends from church, neighbors, and brother!

Completed first painting on canvas



Gary enjoying a coffee at the Market!

Went Tubing!!

*Received feedback from local businessman who loves visiting us at PH because of our welcoming manner and helpfulness!!*

Sold over \$150 worth of self-knitted scarves over the winter!!



To add your posting, feel free to come into the office or fax it to (519) 660-1654.



# YET, ANOTHER NEW LOOK FOR PARTICIPATION HOUSE SUPPORT SERVICES!!

## NEW RESPITE LOCATION! DOWNTOWN LONDON!



Participation House Support Services—London and Area is proud to announce the opening of their brand new respite location in downtown London!

Thank you to everyone for all your hard work to make this new facility a reality!

Read more about this new venture in our next issue of Speak Out! due this summer



## DON'T FORGET TO VISIT OUR WEBSITE AT WWW.PARTICIPATIONHOUSE.COM

Font size: **AAA**  **Listen** 

Check out our new BrowseAloud feature!



- reads website content out loud, highlighting each word as it is spoken.
- works with smartphone and tablet technology, as well as PC and Mac computers
- is free to use and works with all major browsers
- is very useful for people with print disabilities such as dyslexia or mild visual impairments, and people with English as a second language.

## DONATE ONLINE \* INFORMATION ON UPCOMING EVENTS \* SIGN UP FOR DIGITAL SPEAK OUT \* GET INVOLVED



# Diversity

*“Variety is the Spice of Life” - Proverb*



February 13th, 2014 marked the first annual “International Potluck” brought to the persons supported and staff of Participation House Support Services from their very own Diversity Committee. It was a delicious afternoon for those who joined in relishing in flavors of appetizers, dips, entrees and desserts from around the world. Attendees created and shared many different dishes, from salads and guacamole from Mexico, good old fashioned tarts from Canada, and sushi from Japan; to homemade meatballs from Italy, trifle from the UK, and perogie dishes from Bosnia. Creations were also enjoyed from Jamaica, Ukraine, Germany and many more!! Thank you to everyone who joined us in experiencing the taste of diversity. The committee appreciates all the hard work and efforts from all as the afternoon was a great success!



**Brought to you by the Participation House Diversity Committee**

Check out the back page for the Diversity Committee’s latest quiz! Submit your answers to [PHdiversity@execulink.com](mailto:PHdiversity@execulink.com) and stand to win a prize of **Unbelievable Value!**

NATIONAL

WEEK

### ***Thank you to our Volunteers!***

National volunteer week was held April 6-12. We want to thank our over 50 volunteers who contribute their time and skills with us. Volunteers are an important part of the Participation House Family. Volunteers play many roles with us including: the friendly visitor, leisure experiences or physio buddy volunteers; and to the many committee and board member volunteers. Thank you from all of us for making a difference in the lives of the people that we support.

David Wighton, Community Development Coordinator

### **Participation House Support Services London And Area Western University - London Bridges, Games Night**

**By David Wighton,**

*Community Development Coordinator*

London Bridges is a community service club at Western University. The club members have a great time volunteering biweekly at the Participation House London games night social. Uno and Yatzee continue to be the favourite games played through the night. It can get very competitive and the volume level can get pretty high.

The goal of London Bridges is to connect the Western student body to the greater London community by giving students the opportunity to volunteer and fundraise for local charitable organizations in need of greater support. London Bridges is not only committed to raising awareness, but also to actively respond to the issues that affect London residents.

The games night has been a great way for the club to meet their goals and also an opportunity to celebrate and experience cultural diversity by bringing together people of many different cultural backgrounds and abilities.

Club president Brij Patel says "By volunteering at games night, our club members have a lot of fun, but at the same time are learning and building critical interpersonal skills.

This dynamic group of young people have stepped out of their comfort zone to meet some new and interesting people. It does not take long for people to forget about disabilities and focus on the game and have a fun night out. London Bridges makes a positive difference in the London community. We are so pleased to have London Bridges as our friend and help in the shaping of these emerging leaders of tomorrow.



Western students Elliot Yu, Geetha Selva  
chatting with Regena Kress





**Participation House and Western University Leadership Conference**

Western University Student Success centre hosted a day on campus with Participation House and Western students on Saturday March 22. Uyen Nguyen was the student coordinator who spent many hours helping to organize the event. There were 12 students from various faculties who came to learn more about Participation House and the volunteer and employment opportunities available with us. Damon Whatmore shared his perspective as a consumer to the group. There were 14 people from Participation House that came out to join in the afternoon activities. Tim Schisler led the group in a drumming circle and Tom Mahoney guided us through the adaptive Bocce part of the event. It was a fun afternoon enjoyed by all. Thanks also go out to the volunteers from “London Bridges” the campus club who helped make the day a success.



***Reap personal growth, feel good, make the difference in the life of a person with a disability.***

Many opportunities exist for individuals interested in volunteering with Participation House – London and Area. Volunteers provide support at all levels of the organization. Opportunities are available for those interested in providing support in group settings, as well as assisting with special events and fundraising.

***For more information, visit our website [www.participationhouse.com](http://www.participationhouse.com)***







### The Crochet Club of London Blanketing our Community

Thank you to the members of the London Crochet Club for their generous donation of 16 afghans for the people at Participation House. Your hard work and dedication to blanketing us this spring is greatly appreciated! We look forward to being the recipient of more beautiful afghans in the future!!



#### Got Yarn?

Thank you to those who have donated! Participation House is still collecting yarn

donations for the Crochet Club of London. Drop off at the PH main office or Call 519-660-6635 or email [info@participationhouse.com](mailto:info@participationhouse.com) to arrange pick up! Thank you again to the Crochet Club of London for donating towards this years Bowl-a-Thon!



Ruthanne (left) and Ellen (right) staying warm this spring with their beautiful new afghans!

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### THERE'S NOTHING LIKE THE RELAXING TOUCH OF MASSAGE!

In November of 2013, Elias was introduced to massage from Deb Hache, owner of *All About Wellness*. Elias' support staff noted an offer when at the office for a free 30 minute massage with "All About Wellness". They thought it would be amazing to try with Elias and called Deb right away. A booking was made within the same week! Elias has now been having a massage weekly for five months, in the comfort of his own home, in his own bed and it has been amazing! When Deb first came to see Elias he was very uncomfortable with his involuntary muscles spasms due to his Cerebral Palsy. His first massage with Deb was a great success, he was able to be so relaxed he was fast asleep by the end of his 30 minutes. We have noticed a huge difference in the way Elias is able to cope with his day to day comfort now; he is sleeping much better, seems far more comfortable, has decreased pain and reduced muscle spasms and relaxes far easier. Elias responds very well to the essential oils Deb brings along. Each time she mixes a new blend for Elias and he loves sniffing them when put under his nose for the approval of the mixture. He is also enjoying the relaxing sounds Deb plays for him from her IPAD. Thank you Deb for helping Elias with your relaxing touch!



#### *All About Wellness*

Call Deb Hache to inquire about the first time complimentary offer for PH individuals. If family members or staff are interested in meeting to discuss this individualized mobile massage service please call Deb 519-317-2211

## ANDREA SUPPORTS LOCAL CANINE RESCUE!



Andrea has a great love for dogs. While she lived at home, her dog Daisy would rest in her lap all the time, and Andrea would be calm and content. Unfortunately Daisy passed away last year. We all wanted to keep dogs in Andrea's life, she has an amazing calming effect on them, so we decided to raise money for dogs in need. This started Andrea's Bow Wow Biscuits, the money from the sales goes towards All Breed Canine Rescue a local group



who relies on donations and foster homes to help dogs stay out of pounds and gets them ready for loving "forever" homes. Andrea has had two successful fundraisers which is a HUGE help for All Breed as they never say no to a dog in need and that has raised their vet bills a lot over the years. Andrea is going to help them out at adoption events and get more money raised for them. She has been a great advocate for the need to adopt dogs and spreading the word about All Breed. Thanks for your support in Andrea's new role by buying the biscuits!!

## INFORMATION FROM THE POWER TO THE PEOPLE GROUP!

### Our Mission

We advocate for people with disabilities to be included in our community, have a say in creating better supports to gain independence and make informed choices for our lives.

### Our Vision

People with disabilities making decisions that allow us to live the life we want and participate fully in our community.

Do you have a family member interested in joining the Power to the People? The next members only meeting will be held on: **June 5, 2014 at the CNIB from 1-3pm**, All meeting minutes are in text and mp3

***Contact us now! Fun events to come including the annual picnic in the park in July!***

The Power to the People group is currently working on making videos to show their rights, and advocating for changes to be made within the community.

**Keep an eye out for our soon to be Facebook page!!**

For more information, contact Charlie or Sandra at [phpowertothepeople@gmail.com](mailto:phpowertothepeople@gmail.com)

# Participation House

## SUPPORT SERVICES

London and Area

Are you a highly skilled and dedicated person committed to providing a safe, caring and enriching environment?



Participation House Support Services – London and Area is currently recruiting Part-time Developmental Services Workers. Successful candidates will be responsible for supporting persons with disabilities; assisting with planning; teaching life skills; supporting and creating community involvement and participation; recreation and leisure; maintaining and monitoring health care supports; assisting with financial matters; preparing reports; updating job knowledge; and enhancing department and organization reputation.

Visit [www.participationhouse.com](http://www.participationhouse.com) for more information and how to apply

**PARTICIPATION HOUSE SUPPORT SERVICES WILL SPONSOR YOU!!**

Developmental Services Worker (DSW) Apprenticeship programs are available!

Please contact [shelleya@participationhouse.com](mailto:shelleya@participationhouse.com) for further details.





*The Health and Wellness Committee presents ...*

## Relay for Life

It's hard to believe it's six weeks until *Relay for Life*, in London 2014.

Join us in raising funds to lead the fight against cancer. Please register with our team online

Participation Cure 4 sure. [www.relayforlife.ca](http://www.relayforlife.ca)

***Celebrate, Remember and Fight Back.***

Event Date: Friday June 13, 2014

Where: TD Waterhouse Stadium, London Ontario

Time: 7:00pm to 7:00am

Any questions or more information: please contact team captain Shelley Anderson 519-615-0289 or

[shelleya@participationhouse.com](mailto:shelleya@participationhouse.com)



## Healthy Recipe Corner



### *Lentil Patties with Lettuce and Yogurt*

**Prep Time: 25 Min Total Time: 50 Min Serves: 4**

#### INGREDIENTS:

- 1/2 cup plus 2 tbs dried French green lentils
- 1 small onion, half finely diced (1/2 cup), half thinly sliced
- 2 large eggs, lightly beaten
- 1 cup fresh breadcrumbs
- 2 tbs chopped fresh flat-leaf parsley leaves, plus more for serving
- 1 head lettuce, such as oak leaf, Bibb, or escarole, leaves separated
- 1/2 cup plain yogurt
- Cayenne pepper, for serving
- 8 to 12 caper berries, for serving

#### DIRECTIONS

1. Bring lentils and 3 cups water to a boil in a medium saucepan. Reduce heat, season with salt, and simmer until lentils are tender, about 20 minutes. Drain and let cool. (if not using lentils immediately, let cool and then refrigerate in cooking liquid for up to 5 days).
2. Combine lentils, 1/2 teaspoon salt, diced red onion, eggs, bread crumbs, and parsley in a medium bowl. Transfer half of mixture to a food processor; pulse until smooth (or mash with a potato masher). Fold into remaining lentil mixture until well combined. Using a 1/4 cup measure as a scoop, shape mixture into eight 2 1/2 inch patties.
3. Heat a large skillet over medium-high heat. Add oil and swirl to coat bottom. Add patties in a single layer, working in batches if necessary. Cook, turning once, until crisp and brown, about 4 minutes. Transfer patties to serving plates and let cool slightly.
4. Divide lettuce leaves among serving plates; top with lentil patties. Divide yogurt among plates. Season with salt, sprinkle with cayenne, and drizzle with olive oil. Garnish with caper berries, sliced onion, and parsley.

**We want to  
hear from  
YOU!**

Participation House Support Services—London and Area is always searching for innovative ways to support people with developmental and/or complex physical needs to live in their own homes, participate in community and enjoy life with family and friends. We do our best, but we're not always perfect. We want to hear from you about our services and supports. "You" could be a parent, an advocate, a member, a person we support or a concerned citizen.

However, first you should try speaking with the person with whom you normally communicate. If you're not satisfied, contact the Chief Operational Officer, Carmell Tait.

If you feel your problem remains unsolved, contact the Executive Director. We will work to resolve your issue, and if need be, the President will raise it with the Board of Directors.

This procedure is intended to address issues that are within the power of Participation House Support Services—London and Area to resolve. Issues such as insufficient government funding for services cannot be rectified through this route.

We are confident that if we all work together we can come up with solutions which will benefit all of us. We would also like to hear from you if you are pleased with our programs and services, and we will make sure your comments reach the staff and volunteers involved.

**Key Contacts:**

**Brian Dunne**

Executive Director  
(519) 660-6635 ext. 227  
briand@participationhouse.com

**Carmell Tait**

Chief Operational Officer  
(519) 660-6635 ext. 223  
carmellt@participationhouse.com

***Diversity Team Quiz! Enter and WIN!!!***

Send your answers to [PHdiversity@execulink.com](mailto:PHdiversity@execulink.com) (or call/fax the office) and stand a chance to win a prize of "UNBELIEVEABLE VALUE"! Entries close June 28!

***Match the spring traditions to the countries that celebrate them***

The Floriade — Annual month long festival celebration in September and October. World class floral spectacular with more than one million blooms and a month long festival filled with music, cultural celebrations and entertainment.

India

Sechselauten—celebrated on the 3rd Monday of April. After a parade of the guilds everyone gathers around the Sechselautenplatz to burn winter. Winter is symbolized in the form of a snowman stuffed with explosives.

Australia

Celebrates a version of the Walpurgis Night, April 30th to May 1st. Main tradition is to light bonfires, usually accompanied by copious amounts of wine or alcohol.

Finland, Sweden, Czech,  
Estonia, and Germany

Holi—a celebration marked by lighting bonfires called Holika. Both children and adults chase each other and throw brightly colored water and water balloons at each other. In the afternoon, everyone cleans up and partakes in festive meals.

Zurich, Switzerland

**(Need a hint?...check out our latest Diversity newsletter online at [www.participationhouse.com](http://www.participationhouse.com)!)**

**Participation House**  
SUPPORT SERVICES  
London and Area  
*A Caring Way*

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 **FOCUS**  
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FOCUS-Accredited Organization