

COMMUNITY VISION

The Newsletter for Community Living Walkerton & District



CREATIVE DUO BRINGS UNIQUE DESIGNS TO LIFE WITH CEDAR AND SAGE DESIGNS

by: Heather Travis & Tracy Plakholm

In the heart of our community, two incredibly talented young creators, Psalm and Dayna, have turned their passion into a thriving creative venture called Cedar and Sage Designs. With the support and encouragement of their parents, Beth and Andrew, this homeschool project has blossomed into a full-fledged business that celebrates both creativity and the entrepreneurial spirit.

Cedar and Sage Designs is a family-powered operation where Psalm and Dayna take the reins on every part of the business, from creating and managing inventory to capturing professional-quality photos of their handmade products. Together, they run every aspect of their brand, learning business and artistic skills that showcase their dedication to craftsmanship and ingenuity.

Continued on next page....




CEDAR AND SAGE...CONTINUED...

by: Heather Travis & Tracy Plakholm

Learn More About Cedar and Sage:

cedarandsagedesign.ca

 [@cedar_and_sage_designs_co](https://www.instagram.com/cedar_and_sage_designs_co)

The inspiration for Cedar and Sage Designs began close to home, as the girls were motivated by their mom's own creative shop. Psalm took an interest in designing items with biodegradable 3D printing materials, producing eco-friendly creations that stand out in the market. Meanwhile, Dayna found her passion in jewelry-making, using a variety of materials, including vibrant polymer clay, to craft unique pieces that highlight her creative flair.

You can find Cedar and Sage Designs every week at the Owen Sound Farmers' Market, where loyal customers come to see their latest designs and buy new additions for their collections. For those who can't make it to the market, Psalm and Dayna keep their online store stocked and updated, reaching customers far and wide through their website and active social media presence, including a Patreon account where fans can support their creative journey.

With a steady flow of new ideas and an eye on expansion, Cedar and Sage Designs is poised to bring even more original creations to the community. Psalm and Dayna's story is a testament to the magic of young, boundless creativity and family teamwork.





CELEBRATING COMMUNITY



Autism Awareness day wearing our purple!



70's dance enjoyed by all. It was great to connect with old friends and meet new ones. Thank you for a great time, Owen Sound Community Living!!



Christmas luncheon at the Hub and they were our cooks. They are the people who did the Turkey meal. Tami Kauk, Crystal Wales and Roberta Lavallée



Josh showing off his cooking skills with Choices for tonight's dinner:)



Christmas party ready! David Benninger, Lorriane Merchant, and Emily Kunkel



JESSICA'S CUSTOM-FIT DRESS: A PROJECT COMPLETED WITH PRIDE

by: Tammy Schipprack

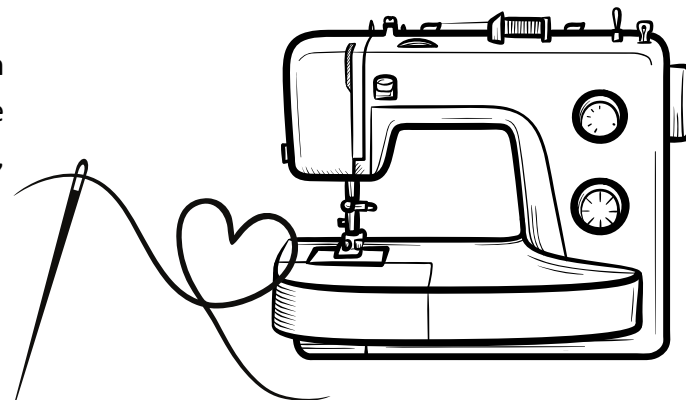
Jessica completed her project — a beautiful, custom-fit dress she made herself!

She had picked out several fabrics for future projects, and one piece stood out: soft, flowy, and perfect for a dress. With her sewing teacher's collection of vintage dressmaking patterns, Jessica searched for the right one. She knew what she wanted — a knee-length hem, easy to slip on and off without assistance, and a comfortable, flattering fit.

Together, Jessica and her teacher sifted through the options, ultimately crafting a custom pattern just for her. They adjusted the neckline, added longer sleeves, tweaked the hemline, and included a tie for a more tailored shape. Through the process, Jessica learned how to measure properly, fit a pattern to her own body, and understand how small changes could transform a garment.

The project was packed with firsts: fitting patterns, testing paper necklines, working with interfacing (an inner layer that adds firmness and structure), pinning the pattern to the fabric, cutting the pieces, and sewing everything together using both a sewing machine and a serger. Jessica quickly realized that creating a perfectly fitting dress wasn't about rushing — it was about patience, precision, and celebrating each step forward.

With every milestone — each seam sewn, each adjustment made — Jessica's confidence grew. By the time she finished, the pride she felt was unmistakable, shining as brightly as the dress itself.





NOLAN'S WISH

by: Tammy Schipprack

Twelve-year-old Nolan is living with cerebral palsy, that mainly affects the left side of his body. When he was first diagnosed, his family was told that surgery for his legs was an option, but it would be a waiting game. A few years later, Nolan underwent surgery on his legs where rods were inserted into both femurs, and a tendon lengthening procedure was performed on his left foot. The recovery ended up being three months longer than it was supposed to after Nolan fell during his stay at the rehabilitation centre and broke his arm. It was during this time that Nolan met someone who would end up becoming his best friend. For two years after the surgery, he also underwent additional occupational and physiotherapy.

Nolan was first introduced to Make-A-Wish seven years ago. He was all set to go to Walt Disney World when the pandemic hit, and he had to delay his wish. It worked out for the best because he would now be able to go on his trip at the same time as his new friend Chase. Chase is an 11-year-old boy living with a spinal tumor who Nolan met and instantly bonded with during his stay at the rehabilitation centre. They understood each other on a level like no other. The boys were ecstatic to get to experience their wish trips together.

Continued on next page....





NOLAN'S WISH CONTINUED....

by: Tammy Schipprack

Nolan was so excited to go on all the rides and experience the warm, sunny weather Florida has to offer. Throughout the whole trip, the family was treated like royalty. They got to skip all the lines, bond with like-minded families, and enjoy celebrations all week long. "Nolan is a kind and genuine soul, and he met with some amazing people who him like everyone else. He could just be a kid!" Heidi, Nolan's mom shared. A highlight for the family was watching the magical firework show at Magic Kingdom.

After being separated during Nolan's recovery, the trip was a chance for Nolan and his family to make life-long memories, with friends who have become family. "I don't know how to put into words what the trip meant to our family," Heidi shared. "[After] two years of surgery, rehab, recovery, and financial struggles, our Make-A-Wish trip to Disney took away all of our suffering for a week, and we could just be a family." There were no appointments to rush to and no worries for the family, only fun times together.



A Huge Thank You to Hays Electrical! 🎉🎄

This holiday season was extra special for the Self-Advocate Group, thanks to the incredible generosity of Hays Electrical! Their \$1,900 donation made our Christmas party a truly unforgettable celebration, filled with joy, connection, and community spirit.

Because of their support, self-advocates were able to come together, enjoy a festive gathering, and create lasting memories. Their generosity is more than just a donation—it's an investment in inclusion, empowerment, and belonging.

From all of us at the Self-Advocate Group, thank you, Hays Electrical, for making this celebration possible! Your kindness and commitment to our community mean the world to us.





COMMUNITY SNAPSHOTS



Belmore Maple Syrup Festival never disappoints!!



We always enjoy our visits to the library. Some people read on their own, others listen to stories and even more do some crafts or puzzles. The smiles were well worth the walk in the cold wind (and snow on the way back).



We don't know who is happier here:) Remy the Support Dog seems to really like his visits!:)



Delivering donations from the Action Committee Christmas Party to the Walkerton Food Bank



COMMUNITY SNAPSHOTS @ CHRISTMAS





COMMUNITY SNAPSHOTS @ CHRISTMAS





ROCK YOUR SOCKS!

Congratulations to our “Rock your Socks” winners

1st- Pellow’s Pharmasave

2nd-The Guesthouse

3rd-Meridian Credit Union

A HUGE thank you to all the businesses that showed support, helped to raise awareness & celebrate the uniqueness of people with Down Syndrome!!



Thanks to Dash’s Dawgs for coming to Community Living to celebrate Rock Your Socks Day. The JUICY JUMBOS were Delicious!!!



DID YOU KNOW?



Ants invented it first.

Ant colonies are some of the oldest, most efficient communities on Earth — with jobs, agriculture, garbage collection, and even "nurses" and "soldiers."

You're wired for it.

Human brains release oxytocin — the "bonding hormone" — during shared group experiences, making connection literally feel good.

Online or offline, it's real.

Studies show digital communities can offer the same psychological benefits as in-person ones, including reduced loneliness and increased purpose.

Language grew out of gossip.

Some anthropologists believe human language evolved so we could talk about each other — basically, early communities were built on tea.



Communities improve your health.

People with strong social ties live longer, have better immune systems, and are more likely to be happy.

It doesn't take a village — just five people.

Research suggests that even being part of a small group of 3–5 people you trust deeply can significantly increase life satisfaction.

Some fungi are in massive underground communities.

The largest organism on Earth is a 2,400-acre mushroom network in Oregon, all connected by underground threads — basically a fungal neighborhood.

Good communities don't require sameness.

The healthiest communities thrive on diversity — not just of identity, but of thought, background, and experience.





Coming Soon



COMMUNITY LIVING
Walkerton and District



Annual General Meeting Dinner & Dance

with music by DJ Jackie Ralph

Together we grow, together
we shine — community,
heart, and shared time.

Tuesday, June 17th, 2025
5:00-8:00 pm

Knights of
Columbus
Walkerton, ON

Your presence would mean the world to us!
Kindly RSVP by June 4th for this FREE event



EDITORIAL TEAM

Heather Travis,
Communications Manager

CHIEF EXECUTIVE OFFICER

Michele Bell

COMMUNITY LIVING WALKERTON & DISTRICT 2024-2025 BOARD OF DIRECTORS

President: Dan Sullivan **Past-President:** Sharon Sewers **Treasurer:** Wilf Lane
Members: Kathy Benninger, Debi Mortimer, Dave Benninger, Craig Harrison,
Dan Gieruszak, Margaret Elliott-Niesen, Nancy Skiba

COMMUNITY LIVING
Walkerton and District

Community Living Walkerton & District
19 Durham St E, Walkerton, ON N0G 2V0
Telephone: 519-881-3713



@CLWalkerton
clwalkerton.org