

# ***BEYOND ME WEEKLY***



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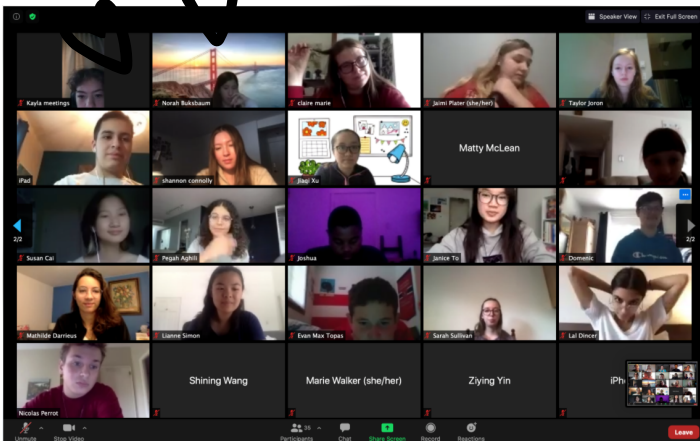
# *AN INCREDIBLE VIRTUAL EVENT!*

WHO SAID THAT WE CAN'T HAVE FUN ONLINE?

THIS PAST SATURDAY, ON OCTOBER 10TH, BUDDIES AND MENTORS GOT TOGETHER VIA ZOOM FOR BEYOND ME'S FIRST VIRTUAL EVENT OF THE YEAR. WE WERE THRILLED TO SEE ALL OF YOUR FACES AND HEAR YOUR STORIES! EVEN IF WE WEREN'T AT THE SAME PLACE PHYSICALLY, WE HAD A GREAT TIME, FILLED WITH LAUGHTER AND JOY.

WE FIRST PLAYED A HALLOWEEN-THEMED BINGO, AND THE BUDDIES WERE INCREDIBLE, EVEN WINNING MOST OF THE GAMES! THEN, WE PLAYED Pictionary, IN WHICH PEOPLE HAVE TO GUESS WHAT THE OTHER PERSON IS DRAWING AS FAST AS THEY CAN. FINALLY, WE PLAYED HANG MAN, IN WHICH WE HAVE TO GUESS THE WORD THAT THE PERSON CHOSE BEFORE THE CARTOON STICK FIGURE IS HUNG!

***A HUGE THANK YOU TO EVERYONE WHO PARTICIPATED!***



# *FORCES Avenir*

*Forces Avenir is a non-profit organization that seeks to highlight, honor, and promote students' engagement in projects that positively contribute to the development of responsible, environmentally and socially conscious, dynamic citizens. Its awards are deeply founded on the principle that every human being deserves the right to live in an inclusive society that fosters both individual and collective growth.*

We are proud to state that we won \$2,000 at the *Forces Avenir* gala! A special thank you to **Victoria Carenso & Janson Kappen** for organizing this!

From **Janson Kappen, CO-President of Beyond Me:**  
"Although we didn't win the award, we still won \$2000 which we'll use this year and years after to host amazing events for mentors and buddies!  
Thanks again to everyone who is or has been involved with Beyond Me. Let's keep it running for the next 10 years to come."



# Beyond Me's Executive Team

## Victoria Carenso | Co-President

- U3 student majoring in Physiology and am currently in my third year at McGill
- My buddy is incredible and I am so happy I can help him and his family in their daily routine
- After one year as the VP Fundraising I am now Co-President this year and can't wait for this incredible opportunity to keep on the good work for the club!



## Janson Kappen | Co-President

- U3 student at McGill
- It's my third year as a mentor to my incredible buddy and friend Adam, and my second semester as a Co-President!
- I'm really excited for this year with Beyond Me !

## Tolga Ercan | VP Internal

- U2 student at McGill majoring in Psychology with minors in Economics and Behavioral Science
- It's my second year as a mentor to my awesome buddy Joseph and my first year as the VP Internal
- As the VP Internal, I'll be matching McGill students with children with disabilities. The best part of my job is to get to see the progress between the buddies and the mentors!



## Lou Veteau | VP External

- I am French and American, and I am in my fourth year of psychology and behavioral science at McGill
- I joined Beyond Me last year. I am in charge of the club's finances





### Celia Jarweh | VP Events

- 3rd year Pharmacology student at McGill
- First year with Beyond Me and I am super excited to join the team!
- As VP Events, I will be in charge of planning all sorts of fun activities for the mentors and their buddies

### Lianne Simon | VP Fundraising

- 3rd year student majoring in biology
- I enjoy being part of Beyond Me because it fosters the formation of genuine, long-term friendships between mentors and their wonderful buddies
- I am so happy to be a part of the Beyond Me team as VP Fundraising and look forward to raising money to put towards the planning of fun events for all of our mentors and buddies to enjoy!



### Félicia Proteau-Fortin | VP Communication



- U2 McGill student majoring in Psychology & Sociology
- My buddy October is an awesome and simply extraordinary person & we always have unique adventures and great laughs
- It is my first semester as VP Communication as well as my second year as a Beyond Me mentor.

### Charlotte Goldberger | VP Outreach

- U1 student in Arts
- Interested in Philosophy and Sociology
- I joined Beyond Me as a mentor last year and have had the pleasure to work with an awesome kid!
- I look forward to helping Beyond Me raise awareness about the special-needs community and partnering mentees with awesome mentors like you!





## OLIVIA LIN | VP SOCIAL

- U2 student majoring in Finance and concentrating in Business Analytics
- This year is my second year as a mentor and I am super excited to join the exec team as a VP social!
- I will be in charge of making social outreach and managing the social media accounts, trying to let more people know about Beyond Me and raise more awareness of these children

## Jaimi Plater | VP External

- U1 Political Science major with a double minor in Philosophy and Canadian Studies
- I'm from Thunder Bay, Ontario and am very interested in Canadian politics and exploring the outdoors
- My role as VP External consists of outreach with other university and community groups so that we can provide our buddies and mentors with cool events and great learning opportunities





# What to do during the COVID-19 Pandemic?

BEYOND ME

APPROVED



## GO FOR A WALK

Walking respects social distancing!

## WRITE A LETTER!

If you cannot see your close ones during COVID-19, write them a letter!

## YOGA

Yoga is an excellent way to relax the mind, the body, and let go of the everyday stressors!



## PUZZLES

Puzzles are also a great way to relax the body and the mind!

## LEARN A NEW SKILL

It can be cooking, drawing, anything!

## READ

If you already own books, consider reading outside in the sun! If not, you can always find some online or in libraries / bookstores.

# Pumpkin Receptions!



## PUMPKIN BARS

<https://www.tasteofhome.com/recipes/pumpkin-bars/>

## PUMPKIN BREAD WITH SALTED MAPLE BUTTER

<https://www.bonappetit.com/recipe/pumpkin-bread-with-salted-maple-butter>



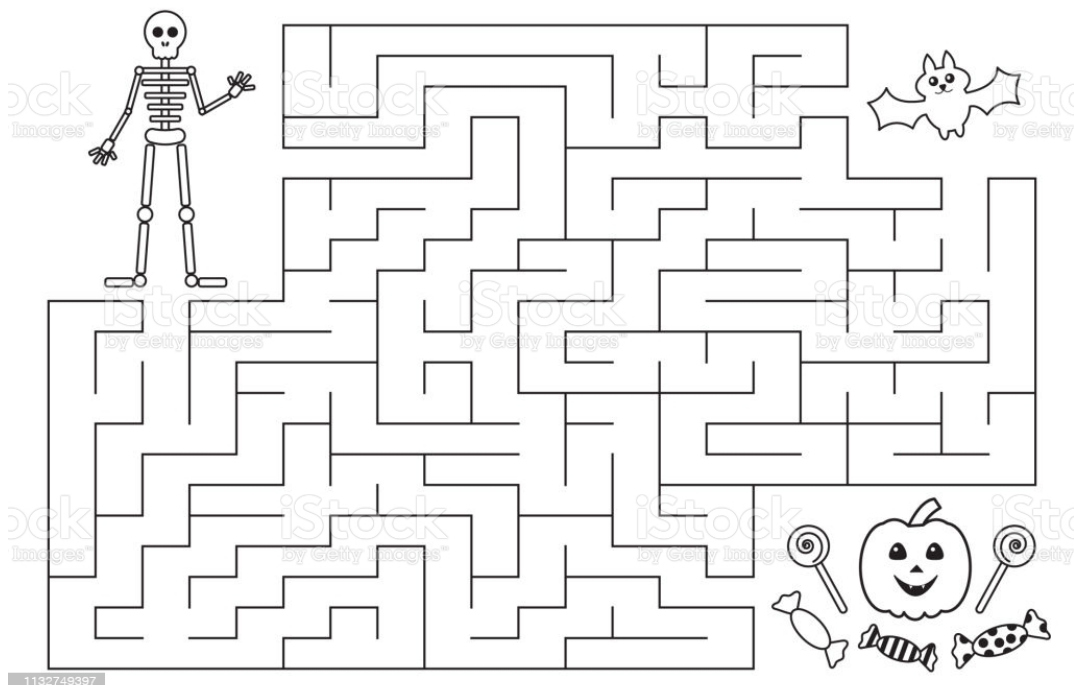
## HEALTHY PUMPKIN SOUP

<https://www.acouplecooks.com/easy-pumpkin-soup/>





# Mazes & Word Search



## Halloween Word Search

C O A I O E I Q A I I I P E U  
 S P N Q Q N U J W Y T L G L P  
 T N W E I T G N Q S W C E N I  
 R L V Y Y T N D O L O L V C W  
 E L D R V I R H I N A U L S I  
 A D T X L Q G I E D G R G C T  
 T G D B B U X E C M N V A P C  
 E P O G Q F W M B K J U O M H  
 S G F Q A O U G O Z B A M U E  
 J I X Y L A V N A N K Y T M S  
 I M O L L W E M C Z S K C M J  
 D U A P U M P K I N V T F Y C  
 O H A Z Y T C O S T U M E K G  
 C I L P E O C T O B E R Y R M  
 E P P X R S H W R H L J S S E



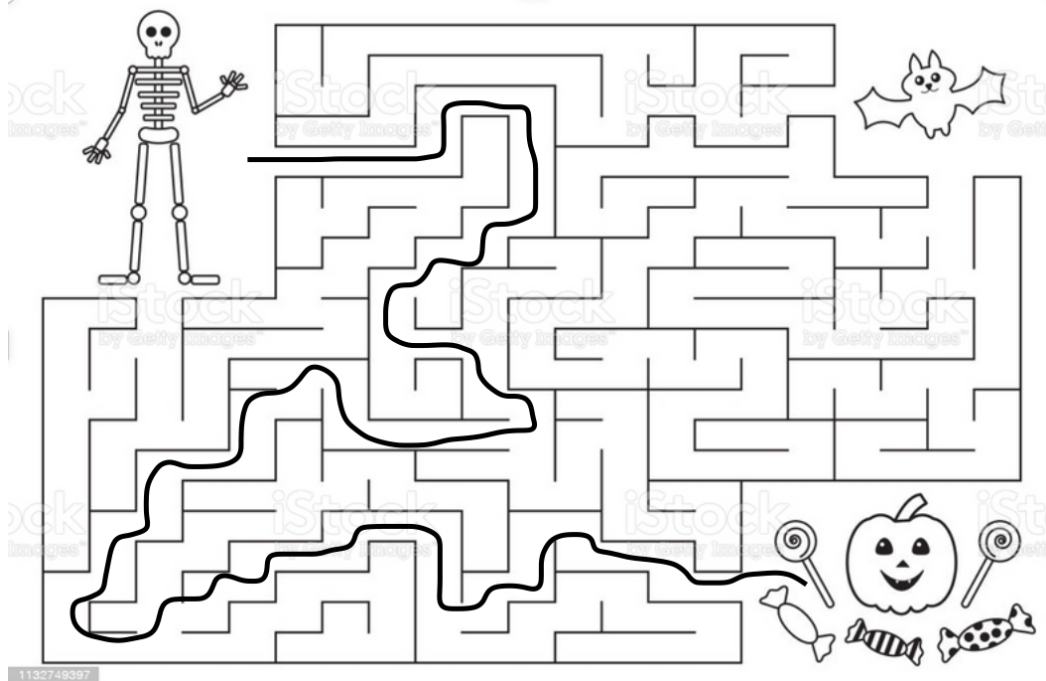
Fun  
 Costume  
 Mummy  
 October  
 Halloween  
 Goblin

Trick  
 Ghost  
 Monster  
 Witches  
 Pumpkin  
 Treat





# Mazes & Word Search (Solutions)



## Halloween Word Search

C	O	A	I	O	E	I	Q	A	I	I	P	E	U	
S	P	N	Q	Q	N	U	J	W	Y	T	L	G	L	P
T	N	W	E	I	T	G	N	Q	S	W	C	E	N	I
R	L	V	Y	Y	T	N	D	O	L	O	L	V	C	W
E	L	D	R	V	I	R	H	I	N	A	U	L	S	I
A	D	T	X	L	Q	G	I	E	D	G	R	G	C	T
T	G	D	B	B	U	X	E	C	M	N	V	A	P	C
E	P	O	G	Q	F	W	M	B	K	J	U	O	M	H
S	G	F	Q	A	O	U	G	O	Z	B	A	M	U	E
J	I	X	Y	L	A	V	N	A	N	K	Y	T	M	S
I	M	O	L	L	W	E	M	C	Z	S	K	C	M	J
D	U	A	P	U	M	P	K	I	N	V	T	F	Y	C
O	H	A	Z	Y	T	C	O	S	T	U	M	E	K	G
C	I	L	P	E	O	C	T	O	B	E	R	Y	R	M
E	P	P	X	R	S	H	W	R	H	L	J	S	S	E



Fun  
Costume  
Mummy  
October  
Halloween  
Goblin

Trick  
Ghost  
Monster  
Witches  
Pumpkin  
Treat







*Thank you  
for  
reading!*