

# THE CITIZEN

Connecting People with Their Community



COMMUNITY LIVING  
BRITISH COLUMBIA

CLBC Newsletter - June & July 2009

Volume 5 Issue 4

## Making Connections



Donna Cannon (left) and Jocelyn Bell (right) have some fun talking about self esteem at a learning group as part of the Comox Valley Friendship Project.

To read more about the project, please see the full story on page four.

### What's Inside

Friendship Project



Home Sharing



Family Independence  
Fund



Start with Hi  
Campaign



Go Green



## MESSAGE FROM THE BOARD

Amanda Lennard



**B**eing a member of the CLBC Board of Directors has been a wonderful experience. It has allowed me to have a voice on behalf of self-advocates.

Being a Board member, I have learned a lot about CLBC, Government, other people with disabilities and their family members.

I believe that having the opportunity of being a board member has assisted me in becoming a better person. I believe this experience has allowed me to grow by learning new skills and giving me more confidence. A good example of this would be travelling back and forth between meetings, which I can manage on my own very well now. I am not nervous anymore when traveling. In fact, this is one area I will truly miss.

Being a board member was like winning a lottery, a once in a lifetime dream. I will miss everyone at the table, you have become my friends. Thank you for this opportunity

I would like to thank Lois Hollstedt (Board Chair), past and present board members, and the staff of CLBC for giving me a chance and a voice (though many times I am very quiet). I know I was elected to serve as a self-advocate and I only hope that I have succeeded in that task.

I have enjoyed every single minute of being one of the CLBC Board team. Before I knew it, time has moved on and I too must move to new adventures. I hope I can pass on to other people like Darryl Harrand (another self-advocate board member) to make sure a strong voice continues.

I hope I will find other opportunities like the CLBC Board where I can make a difference. Once again, thank you to Lois and everyone else.

In closing, Darryl and I are supposed to be representatives of self advocates. I understand that but I do not want you to remember me as just a self advocate. I would like you to remember me as a board member and a friend. ✨

*Amanda Lennard served as a member of the CLBC Board of Directors from July 1, 2005, until July 1, 2009.*

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# INSIDE VOICE

*The self-advocate's perspective.*

## NEVER A DULL MOMENT

By Sky Hendsbee

This year was the first time I attended a British Columbia Association for Community Living (BCACL) conference. I was very excited, it was in Victoria. I knew some of the self advocates from Special Olympics. I have been an athlete in Special Olympics for 29 years (I started when I was eight years old).

While I was at the Victoria conference, I decided to run for the Self-Advocacy Caucus and was very excited to win a spot. I am looking forward to volunteering on this committee. Our first meetings will be in September.

I joined the Langley Self Advocates in October 2008. I was also nominated to be on the Board of Directors for the Langley Association for Community Living.

As you can tell, my life has been busy!

Special Olympics is probably the most important thing in my life. This summer I went to Abbotsford for the Special Olympics provincial summer games and won a silver and a bronze medal. My events were 50-meter freestyle and 50-meter backstroke. I also ran with the Law-Enforcement Torch to start the games.

In winter I play floor hockey and 5-pin bowling.

I am a part of the Athletics Council for Special Olympics as well. The Council discusses things confidentially. Representatives from different sports come to the Council to discuss different needs, such as new uniforms, or possible issues and we support them.

Special Olympics also holds a conference each year where we can take workshops on leadership, mentorship and how to be a coach. I have taken Speakers level 1 and 2 as part of the leadership course.

I am really hoping to compete next year in the Nationals in London, Ontario. In 1992, I competed in the Nationals in Prince Edward Island in field hockey and we won gold.



*Sky Hendsbee has had a busy summer, which included winning a silver and bronze medal at the Special Olympics summer games.*

The best thing about being involved in Special Olympics is meeting new friends. I have learned how to be involved and how to be a good volunteer.

If it weren't for Special Olympics, I would be probably be doing nothing but sitting around.

This summer the self advocate group went to Harrison Hot Springs for the first time. We also went to the Vancouver Celebration of Lights and will be going to Crescent Beach.

I am also a big animal lover. I have two dogs and a cat. I am learning to be a DJ at monthly dances. I enjoy computers, Facebooking and taking photos. 🐾

**Inside Voice is published in each issue of The Citizen. If you are interested in writing for this column, please call Chris Rae at 1-877-660-2522 or e-mail [editor@communitylivingbc.ca](mailto:editor@communitylivingbc.ca).**



# PROJECT HELPS YOUNG PEOPLE CONNECT

COVER STORY

**T**he Comox Valley Friendship Project is a family governed project funded by a CLBC Innovation grant. The project was conceived of by a group of parents who saw the need for the young people in their lives to have opportunities to develop friendships as well as relationships that included non-disabled youth in their community.

A grant application was developed and accepted for funding by CLBC in the summer of 2008. Realizing the project would need a host agency to support it, the project committee sought out the help of L'Arche Comox Valley, who have a track record of integrating people with developmental disabilities into the community. There are five cornerstones to the Comox Valley Friendship Project: families, participants, the facilitator, the community and the host agency.

## *Parents and Families*

The Comox valley Friendship Project is driven by



*Nicole from the John Howard Society (standing) helps Helen and Erin Knipe learn about internet safety. Families and community resources are included in the learning process.*

families and continues to be driven by their energy and enthusiasm. The ideas brought forth by the participant families direct the course of the project from week to week and make it an exciting and engaging project.

"The Friendship Project is making a difference in our lives and our community. As families we are in charge of the project we developed. Our skill as leaders has been enhanced, we are more connected to one another. The young adults are expanding their personal relationship skills and their social networks. Our community is aware of our goals and responding in many supportive ways. It's exciting to see that our ideas are good and effective," says Denise Lawson, parent contact for the Friendship Project.

Parents say the project has had a great effect on their son's and daughter's ability to focus and as a result family relationships have improved. Parents reflected that regular project involvement is something they can count on to help with the challenges of raising young people with special needs.

"The project has helped my son get out more, meet new people and has aided me in helping him explore the community," says parent Laurie Edberg.

Parents can't do it all and the project ensures that social aspects of life are being taught and absorbed. The participants are practicing the components of making and keeping friends as well as healthy relationships and how to communicate. They are learning through doing.

## *Participants*

One young woman who is part of the project says she most liked participating in SPEAK, a public forum on the needs of people with disabilities. She was on the panel which made her feel good because she had something to contribute. For another, the project has given her the chance to talk about important things like how to be assertive when she doesn't like what people are doing. Others agree what is best is simply being friends. Each of the participants felt the project was fun and has taught them ways to make friends and be a part of the community.

# INNOVATION

"We are newcomers to the Comox Valley having arrived some nine months ago. Relocation always presents challenges for families especially when special services have to be put in place for a relative. The Friendship Project, along with our church, has been the key in making our transition successful. The families and individuals in the project have been a real anchor for us as we start our new life here in the valley. Kudos to all involved in making the project such a success," says the Bell family (daughter Jocelyn, and parents Kathie and Denis).

## **Facilitator**

After interviewing several people, the parent leadership group and L'Arche hired Jay Townsend as the project facilitator. Jay set up individual meetings with the thirteen families involved in the governance group. This was an opportunity to hear firsthand what individual family concerns, ideas and interests were. Through this rapport-building phase, Jay honoured the project's family-driven concept and got off on the right foot by establishing family authority over the direction and content of the project.

Three times a month, Jay meets with the young participants in a learning group that provides specific skill building exercises, and also plans social and community events. Here again, individual interests and capacities are considered and accommodated. For Jay, the project is not just about learning but includes participation and contribution in the community. He spends some of his time talking to people about building relationships and linking diverse individuals and groups in support of the friendship project's goals. As a result, the young people involved contribute to community capacity for inclusion and diversity. So far the group has engaged with the community in a variety of public events. Jay is proud of the fact that the Friendship Project has been instrumental in



*Noella Rousseau (left), Danielle Dufour (third from left), Cory Fisher, Jay Townsend, Jessica Greenwood, Alex Greenwood and Erin Knipe spend some time out with friends in the community after going to see Biloxi Blues at the Sid Williams Theatre.*

starting a Best Buddies Chapter at North Island College which will start in the fall. For Jay, working in close collaboration with families has been a transformational opportunity and continues to inspire him.

"Working with a group of invested families, support networks, and young adults has provided our community the opportunity to grow and become more welcoming to all of its citizens," says Jay.

## **Host Agency**

The host agency for the Friendship Project is L'Arche Comox Valley. L'Arche is a faith based national organization whose primary mission is welcoming of people with developmental disabilities into mutually valued relationships where they can contribute their unique gifts to society. Terry, who is the project bookkeeper, and Rae, the Community leader, are two of the principals of L'Arche in the Comox Valley. They agree that the mission of the Friendship Project fits well with the L'Arche mission and philosophy of building lifelong relationships, so it was an easy decision to provide host agency support for the project. Their advice for an agency considering hosting a family governed project is to match the project to their own values. ✨

# HOMESHARING PROVIDERS SHARE THEIR THOUGHTS

**H**omesharing is one of the fastest growing residential options in B.C. It's a natural, flexible and responsive residential option that supports more than 2,500 adults in the province.

There is a great deal of interest in this living option. CLBC fields many inquiries from interested families and people who would like to become homeshare providers. We tell them about the standards, expectations and principles that guide homesharing, but the only people who can really tell them what it's like, are the homeshare providers themselves. Below are some responses from Homeshare providers about their chosen vocation:

## **What are the most important things you've learned about living and working with someone with a disability?**

"Someone with a disability needs the same things everyone else does - love, understanding, acceptance, friendship, family, meaningful activities, community."

"Focus on the persons abilities. They're much more important than their disabilities. I feel blessed to have learned more about the values of life and the importance of day to day living from people I support. We can all be valued, contributing members of our community"

## **What are some of the most important qualities a homeshare provider should have?**

"Enormous capacity for listening, hearing and understanding everything not being said."

"Homeshare providers should always be thinking about what you can do to improve the quality of life for the individual in your care."

## **Tell me about your worst day or worst fear as a homeshare provider.**

"That someone will not fully understand the individual's disability and put them in a vulnerable situation."

"My worst fear is that people who don't know her the way I do, won't see the progress or understand the reasons behind what we do. Lack of knowledge can lead to false assumptions."

## **Do you have any tips on how to best work with the individual's day supports?**

"Have open communication and problem solve together in the best interest of the individual. Share ideas and suggestions in reaching common goals. Attend meetings as needed and provide positive input."


"Set goals and work towards them together."

## **What is it like working with an individual's family?**

"You're opening up your world to the individual, but also their family. That means respecting their values, understanding their views and priorities, even if you disagree. That can get tricky; I've learned a lot about give and take and patience."

## **What would you tell people who want to become homeshare providers?**

"You not only share your home as the title implies, you share the daily ups and downs of life 365 days a year."

"I have shared my home and life for 20 years. They are a part of my family and extended family. I can't imagine life without them. The benefits far outweigh the challenges." 



# SHARING FRIENDSHIP AND LAUGHTER

By Greta Cooper, Team Assistant - Vernon Community Living Centre

Michelle Tom's life hasn't been an easy road and she continues to struggle with health and mobility issues while raising a teenage daughter, but a bright light by the name of Nadine Williams has certainly lent a positive influence in her life.

Nadine, 21, runs House Cleaning with Care in Salmon Arm and her business is slowly growing.

It's her beautiful smile, full of love and life you first notice when you see Nadine. It says I'm funny, creative and very loving.

That's what Michelle, her first business client, says about her.

"It's her happy and chatty personality," says Michelle.

Gales of laughter break out and they both relay an incident that happened when Nadine was at Tom's cleaning.

They heard a crash and Michelle screamed. Nadine discovered a drawer bottom containing a bunch of VHS tapes and DVDs had fallen out. When Nadine realized what had happened, she started laughing until they both were.

They first met at Okanagan University College four years ago where they realized a special connection. Their business relationship is only enhanced by their friendship. They talk to each other on Facebook a lot and Nadine says she only has one misgiving



*Nadine Williams and Michelle Tom have been good friends for over four years.*

about Michelle, "Too bad you don't have a cell phone."

Nadine's aboriginal heritage is an important piece of who she is today and it's evident in her business card logo: a fanshaped array of feathers attached to a medicine wheel.

Laureen Vandenberg can personally vouch for Nadine. For nearly four years Nadine would clean her home and those of a few church families. She tried her hand at two dishwashing jobs until layoffs took place. That's when the business idea became a reality.

Laureen explained that Nadine's

heritage brought understanding to her own life and "a new perspective on the Aboriginal community and indigenous people of the Little Shuswap."

As with any young person who starts a business and has no credit established, Laureen wanted to help out. Through a swap of bathroom cleaning for the creation of business cards, she gave her support to Nadine.

"It's her personality and what she brings to our relationship is why she's still in my life." ✨

# CAMPAIGN ENCOURAGES BRITISH COLUMBIANS TO START WITH HI

**C**LBBC helps people living with developmental disabilities understand how to keep themselves safe through various education, mentoring and communications initiatives, but the job is not ours alone.

Helping people with developmental disabilities to remain safe and to be welcomed in our communities requires partnerships with community groups, businesses and all British Columbians in towns, large and small. Many people with developmental disabilities cherish their independence. However they may need support from friends, families and fellow community members to help them live a safe life in community.

CLBC has started the "Start with Hi" campaign, which encourages British Columbians to become aware of people with developmental disabilities and to connect by simply saying "hi", with the hope that further conversation will occur.

When we talked to people with developmental disabilities about how they could feel safer in their day-to-day lives, they had some great advice. They said, "If people would just say 'Hi' to us more, maybe we would feel more included and feel like we had more people to ask for help if we needed it."

Small gestures such as this can have a big impact on enhancing the lives and increasing the safety of people with developmental disabilities.

The faces of the campaign are five self-advocates from around BC: Heather, Cliff, Emin, Justin and Tracy Jo.

They are featured in posters, rack cards and newspaper ads that have been distributed throughout the province.

There are also two ways to participate in the campaign online: a microsite called [www.StartWithHi.ca](http://www.StartWithHi.ca) and a fan page on the social networking site [Facebook.com](http://Facebook.com). Both pages feature videos of Heather, Cliff, Emin, Justin






and Tracy Jo telling their own stories as well as much more. Read the two items at the bottom of this page to learn more

So here's what we're asking you to do: Just say "Hi" to a person you see regularly, or someone you've just noticed, who has a developmental disability. Look them in the eye and let them know you're a friendly person. You don't need to help them, or grab their arm to cross the street, or commit to a lifelong friendship.

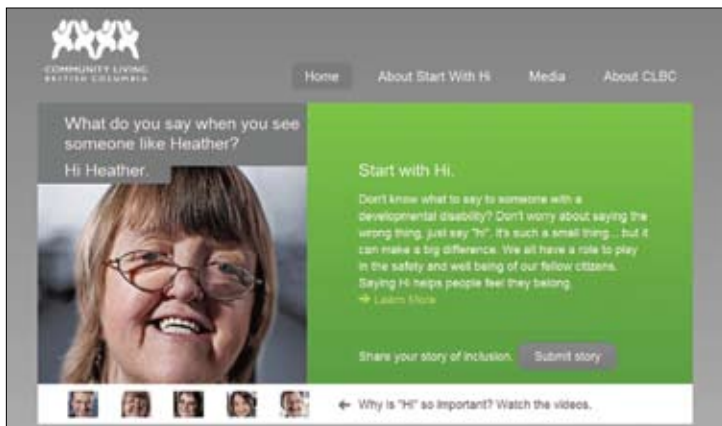
Just start with "Hi." This will be the start of a small connection that will help establish a sense of belonging in a community. You might find out that that person likes coffee as much as you do, or movies, or golf. Who knows? But, rather than look away, or at your shoes, or wonder what to say, just say "Hi."

The campaign will move into full swing during Community Living Month in October.

Be sure to check out the next issue of The Citizen for information about Start With Hi events taking place around BC. 



*Cliff works with photographer Peter Holst to capture images for the Start with Hi campaign.*



**StartWithHi.ca** is a microsite set up for people to get involved in the Start with Hi campaign by sharing stories of inclusion. When you visit the site you will be able to browse through stories submitted by other visitors. You can see the five self-advocates who were involved in the campaign telling their stories in short video clips. You can also share your own stories by posting words, pictures and videos.



The Start with Hi Facebook page allows anyone with a Facebook account to become a fan. The page features videos, pictures, regular updates and allows fans to post their thoughts and respond to others. As of press time, there are already 1,260 fans from not only BC, but also other parts of Canada and countries as far away as France and China. To find the fan page, search for "Start with Hi CLBC" in Facebook.

# FAMILY INDEPENDENCE FUND ASSISTS TWO FAMILIES

## Living A Good Life

by Annie Gallant, Quesnel Cariboo Observer

**N**olan Fallowfield loves his new front door.

As a blind man who also has autism, Nolan was looking to gain independence, but with his disabilities his parents also wanted to ensure he was safe, comfortable and able to access the assistance he needed.

A grant from the Family Independence Fund provided the money for a basement conversion in the family home.

The Fallowfield basement, which already had a bedroom, bathroom and family room, needed to add a kitchen and separate entrance.

Nolan, in his quest for independence, had taken an apartment in downtown Quesnel but found the unfamiliar inside and outside surroundings too much of a challenge.

"I had wanted to move to Prince George but decided to try downtown Quesnel," he said.

"I didn't know my way around. I had grown up in Johnson subdivision where I know the streets, the transit system and the neighbours."

Determined to support their son and encourage his search for independence, Bonnie Fallowfield said they encouraged Nolan to make choices for himself.

"We always taught him to live life to the fullest," she said.

And when Nolan chose to move back home, Bonnie knew they needed to help him secure the independence he sought.

Nolan was the only Quesnel student working in Braille throughout elementary and secondary school and he realizes the rest of the world has a long way to go regarding accessibility.

Since graduating from high school in 2006, Nolan has been working on his goal to make the world accessible



*Nolan Fallowfield makes a cup of tea in his new kitchen in the basement of his parents home. (Annie Gallant photo)*

to blind people.

He did some work for the Quesnel museum, Brailleing all the information and creating a Braille tour.

He's started his own business offering his services to local restaurants to Braille their menus.

A Taste of Braille offers customers menus, business cards and other items in both Braille or large print.

So far, Joeys Only, Begbies and Mr. Mike's have added Braille to their menu and Nolan hopes to expand his business to include the large chain restaurants.

Bonnie is proud of her son and his strides towards independence.

"It was fortunate the funding was in place to help that happen," she said.

"Nolan has really embraced his independence. He goes fishing, snowmobiling, golfing, goes for walks, volunteers with the SPCA and is part of the Cariboo Hoofbeats Assisted Activity Program. I strongly urge other families to access this fund."

But more than just the great job Icon Homes did, or the improvements to the family home, Bonnie is happy her son is gaining the sense of freedom he wanted.

"It's my own house, my own entrance," Nolan said with confidence.

"It's nice and quiet, I can visit with the family and have friends over but I need to learn how to clean. I can come and go as I please and when visitors come over they come through my door."

Bonnie and her husband have the peace of mind Nolan is safe and secure in his own neighbourhood and his own apartment.✖

**F**azil Karim is a vibrant, out-going and social 18-year-old from Surrey who has a developmental disability, and depends on his family and others for help in all areas of his day-to-day life.

With funding received from the Family Independence Fund, the Karims purchased a van which allows them to transport Fazil more easily to appointments, shopping, events and visiting relatives.

"My son loves to get out of the house and socialize. I am his main caregiver, and since he is now as tall as I am but bigger, the van is making it so much easier for us to get around to do the things that my son enjoys," said Laila Karim, mother of Fazil.

"We are very grateful to receive this funding, and found throughout the process that we were treated with dignity and respect."✖



*Fazil Karim is happy to be able to get out in the community with the help of his family's accessible van.*

## About the Family Independence Fund

**T**he Giving in Action Society provides grants to families living in the province of British Columbia through the Family Independence Fund. Grants enable families to stay together by addressing accessibility issues in their home and community.

The Family Independence Fund is a \$30-million fund provided by Community Living BC. The fund helps families who have children or adults with developmental disabilities by providing one-time grants for home renovations or expenses related to wheelchair-accessible vehicles.

Requests for renovations to expand the size of the house are ineligible. However, additions to facilitate independent living for individuals over 16 years old may be considered.

The application process has two stages. First, families are required to submit a letter of inquiry. Successful applicants will then receive a full application package to submit within six months.

Families can apply for assistance with both renovations and wheelchair-accessible vehicles at the same time.

The fund is being paid out in grants over a three-year period that began in January 2007.

The Family Independence Fund is administered by the Giving in Action Society which is supported by the Vancouver Foundation.

For more information on the fund, eligibility and how to apply, please visit [www.givinginaction.ca](http://www.givinginaction.ca).



## SHARING HER INSPIRING STORY WITH OTHERS

**R**honda Brouillette is excited about her life, she is proud of her accomplishments and wants to share her life story with others. Rhonda says her disability has not stopped her from leading a full and happy life.

She lives in 100 Mile House with her husband Jason and their daughter Candace. Rhonda and Jason have been together for seven years and married for five years. Their daughter Candace is an active four-year-old who likes to ride bikes and go camping with her parents.

Rhonda says that one day she will tell Candace about her disability. In the meantime she shows Candace all the things she can do and gets support from her husband, mother and her community for the things she needs help with. Rhonda has learned how to stand-up for her rights, but sometimes still feels like she has to prove herself to others, especially when her decisions may be different from what other people think is best for her.

Rhonda likes to learn and is not afraid to make mistakes. She has developed solutions to the barriers her disability creates.

When she is out doing errands or buying groceries she will ask the clerk or bank teller to help her count her money. She listens to books on CD so she can follow along when her husband reads a story to their daughter. This way of living has provided her with a wealth of experience that she can now use to help others.

“People with developmental disabilities are like everybody else and should be treated with respect and patience,” says Rhonda.

“Don’t be embarrassed for things you can’t do on your own such as read or write, it is okay to ask for help. You have the right to speak and be listened to.”

Rhonda’s dream is to become an advocate and help other people learn to stand up for their rights. She is passionate about learning public speaking skills so she can inspire others to believe in themselves and their dreams. Rhonda plans to connect with Shelley Nessman, CLBC’s Self-Advocate Advisor and join with other advocates around the province who are raising awareness about inclusion. ♿



*Rhonda Brouillette lives a full, happy life with her husband Jason and daughter Candace.*

## GATHERING BRINGS MANY COMMUNITIES TOGETHER

From July 13 to 15, the Nisga'a Nation Elders welcomed thousands of First Nation Elders from throughout BC to the 33rd Annual BC Aboriginal Elders Gathering in Terrace. The theme of the gathering was Sayt K'ilim Goot: One Heart, One Path, One Nation.

CLBC's Aboriginal Advisor Donna Good Water attended the gathering to represent CLBC and to connect with other attendees from communities around the province.

"I got a sense of the communities that are represented. I will now be planning ways for CLBC to participate at the conference next year and will be sharing that information with staff as the gathering approaches. It was very educational and worthwhile," says Donna.



*CLBC Aboriginal Advisor  
Donna Good Water.*

Over the three days, the Nisga'a profiled their pride in the culture, language, Treaty, and Nisga'a Communities as well as providing prevention, and invention training. There were panel presentations on topics ranging from Traditional Medicine to Assisted Living. The Nisga'a hosted a tribal picnic made up of a "Seafood Extravaganza" of all their traditional foods, followed by contemporary entertainment. On the final day, guests began the journey home, with happy hearts and many cherished memories. ✖

## DEDICATION AND PRACTICE KEEP YOUNG MAN ACTIVE

By Greta Cooper, Team Assistant - Vernon Community

Vernon's 31 year old Jessie Dewing returned home July 12 from the Special Olympics held in Abbotsford. Caregiver Bill Hargreaves watched him step off the bus proudly clutching the gold medal he received for 5-pin bowling.

"For him to win is well deserved and as special as it gets," says Bill.

Eleven years of dedicated practice paid off. For Dewing it's been serious business all along and Hargreaves chuckles, "He's always waiting by the door ready and raring to go to Lincoln Lanes., If I've been late, I hear about it."

Dewing visited CLBC's Vernon office decked out in his impressive red Olympic t-shirt. He swears he'll never take the medal off. So far it's survived work, showering and even a trip to the hot tub.

Employed at Venture, TLC Landscaping, Hargreaves said Jessie has a great work ethic and always says, "Let's make it nice."

At home Jessie has three Labrador dogs he loves, enjoys fishing and has an eye like an eagle which comes in



*Jessie Dewing proudly shows off his gold medal.*

handy for hunting. "He sees stuff far away and it blows my mind," says Bill.

"I always knew I could do it." Dewing recalls the late nights and early mornings during the competitions and how nervous he was. "I shot three strikes in a row."

It's a dream come true and thanks go out to the bowling coaches, volunteers, all his friends at Lincoln Lanes, and CLBC, including his former worker Philip Kowalski, but especially to the Hargreaves who've provided ongoing support and love him like family. ✖

## GO GREEN COMMITTEE CONTINUES IMPORTANT WORK

Leading climate experts predict that without prompt and concerted action to reduce greenhouse gases, we risk many negative climate outcomes including rising sea levels and large land masses that are no longer capable of producing food.

In response to these challenges, the BC government legislated that BC will reduce greenhouse gas emissions by at least 33 per cent below current levels by 2020. As part of its plan, government mandated that Ministries, Crown Corporations, and other public sector organizations, including school boards and health authorities, will become carbon-neutral by 2010.

CLBC is one of the province's largest Crown agencies, and amongst the six largest contributors to greenhouse gas emissions. However, CLBC is committed to becoming carbon neutral by 2010 and achieving its goal of becoming BC's greenest Crown agency.

This commitment involves accurately defining, measuring and reporting greenhouse gas emissions from its operations; implementing aggressive measures to reduce emissions and reporting on these reduction plans; and offsetting any remaining emissions through investments in the Pacific Carbon Trust.

To date, CLBC has taken the following steps:

- A "Go Green Committee" was established and continues to provide direction to CLBC on its carbon reduction strategic plan which was developed with input from CLBC staff
- A staff member in each office was tasked to work with field staff to carry out local carbon reduction strategies such as composting, using compact fluorescent bulbs, encouraging double-sided printing, and recycling plastic, metal and tetra-packs

CLBC increased its fleet of high-efficiency hybrid vehicles from 33% to 40% of its overall vehicle fleet in 2008

- A website was created to provide staff and the public with the latest information on climate action, including tips and tricks and helpful web links. You can visit CLBC's Go

Green website at by visiting [www.communitylivingbc.ca](http://www.communitylivingbc.ca) and going to [What We Do > Go Green](#).

Two exciting new initiatives were developed by the Go Green Committee: An on line course, I Go Green, will be completed by new staff as part of their orientation. It is also available to existing employees. Key goals of this course are to increase staff's green knowledge and increase their range of green strategies to apply at work in order to minimize their impact on the environment. The course will be launched in August. An e-mail discussion forum was also established for staff and will enable them to discuss and address climate issues.

Everyone can make a difference. You can begin by considering different ways to reduce your carbon footprint, both at work and in your personal life. The key to becoming carbon neutral lies in finding and maintaining a balance between producing and using carbon. ♻️





## UPCOMING EVENTS AROUND THE PROVINCE

### Enterprising Non-Profits Orientation Sessions

**Details:** Enterprising Non-Profits (ENP) is an organization that provides technical assistance grants to non-profit organizations to support the development or growth of their social enterprises. ENP will be offering orientation sessions workshops on social enterprise for non-profit organizations this fall in communities around BC.

**Date:** September 14 to October 29

**More Information:** The sessions are all day and the cost is \$100 for the first person from an organization and \$50 each for 1 to 2 additional members of the same organization. Cost includes breakfast, coffee, lunch and a copy of The Canadian Social Enterprise Guide.

For information on ENP and their workshops, visit [www.enterprisingnonprofits.ca](http://www.enterprisingnonprofits.ca) or contact Peter Roundhill at 604-871-5421 or by e-mail at [peter@enterprisingnonprofits.ca](mailto:peter@enterprisingnonprofits.ca). Further information is available on the CLBC website under [News & Events > Events](#).

### Learners on the Autism Spectrum: Creating a Culture of Inclusion Through Peer Play and Friendships

**Details:** Presented by Pamela Wolfberg and Heather McCracken, this specialized two-day seminar is designed to prepare participants to carry out the practices of the Integrated Play Groups and related approaches for children and teens.

The focus will be on designing and delivering Integrated Play Groups in school, home and community settings

**Date:** Friday, October 2 and Saturday, October 3, 2009

**Place:** SFU Harbour Centre, 515 West Hastings Street, Vancouver

**More Information:** For more information, and to register, please visit [www.friend2friendsociety.org](http://www.friend2friendsociety.org).

For more information on these and other events, please visit the CLBC website under [News & Events > Events](#).

## STAY CONNECTED WITH CLBC

It is a major priority of Community Living BC to communicate with the people we support, their families, service providers and stakeholders. We strive to provide the most up-to-date information in a timely and consistent manner.

And we need your help. To provide better communication, we need to collect your contact information. If you are interested in receiving the latest news from CLBC, please visit the 'Contact Us' section of

our website at [www.communitylivingbc.ca](http://www.communitylivingbc.ca), fill out the contact form and provide us with your contact details. If you do not have access to the Internet, please call 604-664-0101, to provide our receptionist with your name, address, phone numbers, affiliation and e-mail address.

Free access to the Internet is available at all public libraries across BC. You can also sign up for a free e-mail address at [www.hotmail.com](http://www.hotmail.com) or [www.yahoo.ca](http://www.yahoo.ca).




## CALLING ALL PHOTOGRAPHERS

The Citizen is now accepting entries for its fourth annual photo contest, but this year we've added a little extra. As well as your photos, we want to hear your stories.

Inclusion is the theme of this year's photo contest and we're looking for photos that show what inclusion is all about. With your photo, we'd also like a short story telling us about how your photo or photos show inclusion. It doesn't need to be a long story. We're looking for about 100 to 150 words.

The contest is free and is open to anyone with a camera. Winning photos and stories will be featured in the November edition of The Citizen, and top winners will also win prizes.

For full contest rules and regulations, please visit [www.communitylivingbc.ca](http://www.communitylivingbc.ca) and then go to **News & Events > Photo Contest**.

Remember, when you head out the door, don't forget your camera! 



## CONTACT US

*The Citizen* is published every two months by CLBC's Communications department. It is your information source for news that's relevant to the individuals and families CLBC supports. The views and opinions expressed in *The Citizen* are not necessarily those held by CLBC. We are always on the lookout for inspirational stories about people in the community. If you know of an event that others might like to know about, an issue that invites debate, or news worth reporting, let us know. While we appreciate story ideas and submissions, *The Citizen* reserves the right to edit content for accuracy, grammar and space, but strives to maintain the integrity and voice of the author.

If you have a story suggestion or feedback on the newsletter, please e-mail [editor@communitylivingbc.ca](mailto:editor@communitylivingbc.ca).

To receive the electronic or paper version of The Citizen, please visit [www.communitylivingbc.ca/who\\_we\\_are/contact.htm](http://www.communitylivingbc.ca/who_we_are/contact.htm) and click on either E-mail or Paper Newsletter Sign-up.

If you have a general question about CLBC, please e-mail [info@communitylivingbc.ca](mailto:info@communitylivingbc.ca).

CLBC is a Crown agency of the government of British Columbia and is committed to being carbon neutral by 2010.

This newsletter has been printed on FSC certified paper and is 50 per cent recycled fibre and 25 per cent post-consumer.



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