



# VENTURES VOICES

Winter Issue

Volume 3 Issue 3

## Climb for Community Living

On February 17, 2006, twenty people with developmental disabilities and 20 of their supporters, will be standing on the roof of Africa, 19,341 feet in the sky, having achieved a great mental, physical and emotional accomplishment. They will have climbed Mt. Kilimanjaro:

Two of those people will be our own Rochelle Paquin and Steven Braak.

Rochelle's and Stevens Goal



Rochelle Paquin (a.k.a. the "little angel") is 35 years old. She has been actively supporting community programs such as SPCA and Fur-Bearers Defenders, The Greater Vancouver Foodbank as well as the Empty Stocking Fund and the Rape Relief Women's Shelter. She says, "I can't believe I am going to Africa! But I'm



really glad I was chosen! Because I am also very interested in learning about other cultures."

Steven Braak is 40 years old. For twenty-two years he has enabled people with special needs to reach their potential. "I am very excited and proud to be escorting my friend and representing Community Ventures Society on the adventure of a lifetime. Kilimanjaro, one of the highest peaks in the world, look out here we come!"



There are challenges and then there are challenges.  
Challenging Mt Kilimanjaro

## Community Ventures Christmas Fling



Kelly helps Santa distribute Seasonal Joy to all those in attendance



Christmas was a beautiful family event this year

Inside this issue:	
Self Advocate Group	2
Climb for Community Living - UP-DATE	2
Notes From the Board	3
CARF Commends CVS	3
Staff Notes	4
BCACL 50th Party	4

# Self Advocacy Group Update

by Yaulanda Hennessy

The Self-Advocacy group had a speaker come to speak to them on self-advocacy issues. He talked to us about the rights of Self-Advocates. Then we were shown a video. The video was very informative. In the video they talked about a lot of different issues. They also talked about how to be a self-advocate and about how to run a self-advocacy group. They also talked about how to run a Self-Advocacy meeting. They also talked about the positions in the self-advocacy committee. They also talked about a lot of other stuff as well. It was all very interesting and useful information.

They then had a discussion afterwards and a question period. Jerry Juzenas was a very fantastic speaker and it was a very enlightening experience especially because of his good sense of humour. In the video they also talked about the importance of good communications skills , protocol, etiquette and especially of the importance of listening closely to what is being said in the meetings so you can stay updated on what is being done. Finally the video reminded us to take notes so we can stay updated.

## Climb for Community Living People Living their dreams . . . Realizing their abilities!

*Message received from Berg Adventures International:*



This is Shelley from the Berg Adventures office in Canmore, Alberta. This afternoon I received a phone call from Wally Berg who was excited to tell me that all 43 BCACL participants and Dr. Charles Martin arrived safely in Arusha just after 9:00pm Arusha local time.

After the group cleared customs everyone was whisked away in our buses that were waiting for them at the airport. When Wally called the team had arrived at their hotel in Arusha and were quickly being assigned rooms so that they could get some much needed rest. We are all very excited that the team is finally together in Arusha and Wally will begin his dispatch reports as February 10, 2006.

**Please support our climbers by making a donation today.**

Visit [www.bcacl.org/Mount Kilimanjaro](http://www.bcacl.org/Mount Kilimanjaro) and donate online.



**Thank you for your Support!**

## Notes from the Board—Glen Miller

### Fund Raising.

One of those things most people hate to do but reluctantly participate in one form or another. I am one that falls into that category and my degree of participation depends on how I feel about a particular project.

When my daughter joined the Community Ventures Society 12 years ago fund raising was a very small issue. As parents we were not asked to participate in car washes, bake sales or any of the other myriad of fund raising projects. As a Society we were adequately funded (just kidding) and we were in receipt of up to \$40,000.00 from bingo revenues.

Since I joined the board of CVS in 2001 things have changed drastically financially in our society. We lost our bingo revenue and the government has found it fit to reduce our revenue from our contracts by 8%. These are significant amounts of lost money and if it wasn't for our executive director and staff our society could be in serious financial trouble. To maintain our high quality of service and to make sure that people with disabilities are given opportunities within our community we need money and until the government decides to return the revenues they took away we will have to find new moneys and that means we will have to fund raise.

Thus we have partnered with the BCACL to raise money. . The project is called Mt. Kilimanjaro 2006 "Climb for Community Living ". We had our first fund raising night on Friday Nov. 25<sup>th</sup> at the Cat and Fiddle Pub and to all those that participated thank you. Our second Kilimanjaro night was Sunday Dec. 18<sup>th</sup> at the French Quarter. This was great event with the music by Steven Dawson and Jim Byrnes. With over a hundred guests buying tickets, the silent auction, and Toonie Toss we raised over \$3000. A special thank you goes out to all the volunteers and staff who made this the success it was.

I believe in CVS, the great work they do and the hard working, caring staff . It is why I actively participate in these fund raising projects but we need new fund raising ideas and we need greater family and community participation. Please help CVS be the best they can be. Thank you

### **CARF Praises CVS Services**

*Community Ventures receives commendations and a three year  
CARF Accreditation Certificate following our June Survey.*

Let's just say it seemed a long time in the making! After much hard work and many long days spent at the office, CVS was accredited on June 27th and 28th, 2005. The surveyors, much to our delight, were pleasant, competent and very quick at gathering needed information. It must be noted that the surveyors felt that the CVS Respite program was the best they has ever seen!

The Respite coordinators were asked to consult with CARF: as well, Adult Services excelled in self advocacy, volunteerism and supporting not only the individual but the family.

At the debriefing meeting we were told that "CVS jokes about being all about food—we believe CVS is all about relationships".

**THANK YOU, . . .**

*. . .to all the staff, supervisors and board members for all of their hard work!*

# Staff Notes

## Staff Changes

It is with regret that we note Salina Sachedina departure from the Respite Program last fall. Salina poured her heart and soul into supporting the families served by the Program . It is no cliché to say she will be missed. Sue Mann has been appointed as the new Children Services Manager. Sue brings a wealth of experience gathered from her experiences: as a parent of a son with a disability, her years as a Resource Parent with the Family Support Institute, her management experience with a local association and her strong sense of social justice.

## Seasonal Notes on Driving:

Most importantly Slow Down! When on snow or ice accelerate gently and steer smoothly. Carefully test your braking and steering at a very slow speed. Allow extra space margins between you and all other vehicles. Slow down before curves and corners and when going down icy hills try to remember to use a low gear and avoiding passing at all times. Lastly , If you wheels lock, ease off the brakes then re-apply them to maintain steering control.

## Sledding Safety

Tobogganing is one of several great outdoor sports that make Canada's cold, snowy winters more bearable, and enjoyable. Every year however, people are injured on the slopes.. Whether by falls or collisions, snow sport enthusiasts break bones, and suffer head injuries, abrasions, cuts and sprains. To minimize the risk of injury while having fun, learn how to toboggan and sled safely . Sled during daylight hours or if you are out at night make sure the hill is well lit. Enjoy!

# BCACL's 50th Anniversary Conference

By Yaulanda Hennessy

On September 29th , 2005 Rosemary and I arrived at Richmond near the Vancouver Airport. We arrived for BCACL's 50th Anniversary Conference. We went to room 759 on the Seventh floor and put our stuff away. We then went to our first workshop... Rosemarie's Workshop was different than mine. . My first workshop was National Issues and Perspectives. In this workshop we talked about peoples rights. We talked about how some people were being denied these rights and what we could do about it. The next Workshop I had was Ending Isolation. In Ending Isolation we talked about people with Disabilities and how a lot of them are lonely and the value of forming social networks. They also gave us some information on how to do it. Then there was the welcome reception. The Welcome Reception was fantastic. Then they gave opening speeches. The next day I did the Art of Self Advocacy. In the Art of Self Advocacy we did Artwork and Self-portraits.. Or the portrait of another person. Then they took our Photograph as well which we got to keep. Then we had the Power of Language. We talked About the Power of Body Language, Posture and what we say and how we say it .We also talked about how what people say can effect Society as well. The next course I had was Planning for our Future. In this workshop we talked about impor- tant Issues. Then we narrowed down the Issues to what we felt were the most important Issues. The five everyone agreed were the most important were : Education, Disability Benefits, Income, Housing and Employment. Then the next workshop I had was People Planning Together. In this workshop we planned for the Future. Then we brainstormed in Groups. The next day I had two Encouraging Self Advocacy workshops. In these Workshops we learned to analyze details and other things as well. I then went and listened to the Caucus and voted with the other self-Advocates about who I thought should be on the Caucus. Some of the recreational activities they did was they had a Puppet show on cerebral Palsy and Autism. They also had a Community Idol another day and they even had a idol Prize package for the winner. Then another day they had the Imposters. They were a group of people who mimicked famous singers with real music and singing included by a machine. Another day they had a Gourmet dinner, dancing a Live band and a slide show celebrating 50 years of community Living and then everyone sang Happy Birthday to BCACL and mad wishes on star candles and blew them out.



*PS Everyone wrote down their wish for Community Living on paper stars. And we Did a whole bunch of other stuff as well too each day!*