



March 2005

## Index

2

President's Message

3

Executive Directors' Message

4

Infant Development Program

5

Children's Services

6

Adult & Youth Services

8

What's Happening in Our Community

10

Employees

12

Accreditation

13

Self Advocates' Corner

14

This Ability

16

Philia



*This year's home show was another success story. (see page 11)*

## Mission

The Association, through innovative programs and exceptional facilities exists to:

- Empower people to live their lives by respecting their choices
- Assist in the learning, development and growth of all individuals
- Ensure that people are connected to family and friends
- Support families to provide the best care for their children
- Advocate, by raising community awareness, for individuals with disabilities.

## Vision

Burnaby Association for Community Inclusion (BACI) serves individuals of all ages with disabilities together with their families, provides an infant development program and offers child care for all children.

BACI advocates that all individuals are accepted and valued members of the community who, in their own way, contribute to society.

### Editor

Carol Broomhall

### Design & Layout

Monique Kalmokoff

# WIN DINNER FOR TWO!

## NAME THE BACI NEWSLETTER CONTEST.

### See page 15 for details!



*Fergus McCann  
President*

**There is much exciting news at BACi so please read your newsletter carefully. Your thoughts and contributions are always welcome.**

**A**s we move rapidly along in the calendar year there are two dates to keep in mind. The first, of course, is the May 17th Provincial election where we will all have the opportunity to shape the next four years of life in British Columbia. BACi has a number of election activities planned, including an All Candidates Meeting on April 28th. As well, you'll be receiving cue cards with questions for you to ask any politicians or people calling on their behalf.

---

**The cue cards give you some key points to raise about how a political will treat our community of interest.**

---

The other significant date is the July launch of the new Community Living BC. This organizational transformation was created by the effort of many people with the good intention of making sure that the quality of life and support needs of individuals with developmental disabilities would be handled independent of government policy. The initial enthusiasm that I felt has been overtaken by the ponderous development of the organization and the bureaucratic quicksand that has emerged. However, now is not the time to become weary of the struggle. It is important for all of us to become as informed as possible over the next few months.

### **For more information**

Please check out the website at:  
<http://www.communitylivingcoalition.bc.ca>

---

## **All Candidates Meeting!**

BACi will be hosting an "All Candidates Meeting" for the upcoming provincial elections on:

**Date:** Thursday, April 28, 2005

**Time:** 7:00 pm to 9:00 pm

**Location:** Still Creek Centre  
(in the Large Education Room)

We encourage everyone to attend and bring questions for the candidates on issues that affect your community living supports.

---



*Richard Faucher & Tanya Sather*

It's a good thing we've been paying attention, because with all of the things going on like BACI's accreditation, the Ministry's restructuring, and the creation of Community Living British Columbia, we might have missed the wonder that has taken place on Marlborough Street...

Two men were finally given the chance to come home from Willow Clinic, and BACI was given the opportunity to revisit the foundational values of community living and re-commit ourselves to them, and to the men.

Watching the two men as they experience their new home and neighbourhood, and witnessing the struggle that comes with freedom and the challenge that comes from limitless possibilities, has been inspiring. Reconnecting with friends, and in the case of one of the men, finding a brother right at Still Creek, has been simply amazing.

The path ahead won't always be smooth, but it is the right path. BACI began its journey almost fifty years ago. Hundreds have joined in that journey and with each traveler our commitment to stay on the path is strengthened.

So thank you to the men of Victory House who have joined in the journey and helped strengthen our commitment to it.

Special thanks to the Victoria Foundation, the Ministry of Children and Families and BACI's dedicated staff for making it possible for these men to come home.



*Victory House: freedom, challenge and limitless possibilities!*

## Floor Time is Best!

In our work with infants and their families we see a lot of different toys and gadgets that are meant to entertain babies and make life easier for parents. However, sometimes these gadgets are not as good for baby as parents think. We see many children who are delayed in their sitting and crawling because they are spending too much time in exersaucers or jolly jumpers and not enough time on the floor. Children who do not crawl can also have problems with written output in school.

Many parents think that exersaucers and jolly jumpers will help their baby to learn to walk sooner, but in fact the opposite is true. Both jolly

jumpers and exersaucers give babies lots of trunk support and often allow them to be up on their feet before they are developmentally ready. In the case of jolly jumpers, the baby is putting a lot of force onto their delicate feet and joints when they hit the floor with each bounce and they may hold their feet in a tiptoe position which can lead to tight tendons in the back of the legs. Not to mention that time spent in these gadgets is time not spent on the floor developing the muscle strength needed to roll, sit, crawl and walk.

Parents are better off to not spend their money on these kinds of toys, but if you do have an exersaucer or a jolly jumper we offer the following advice:

- Use sparingly, no more than 20 minutes per day (good for taking time to shower or cook dinner and know that baby is safe and happy)
- Make sure that baby has well-developed head control so as not to risk a neck injury
- When using an exersaucer, position low enough so baby's feet are flat.
- When using the jolly jumper, position the jumper high enough so that baby can bounce without hitting the floor.

The best advice we can offer is to put your baby on the floor as much as possible, and

give him lots of practice on his tummy when he is awake. Floor time for your baby is like a workout at the gym. If the baby does not like tummy time start with short periods several times a day until she gets stronger and will tolerate it longer. You can also place a rolled towel or blanket under her chest to make lifting her head easier. The single best thing you can do to help your baby's development is to give him lots of floor time EVERY DAY.

*Phyllis Burke*



*Speaking of Infant Development, congratulations to all the BACI women who are having babies. Is there something in the drinking water? If this keeps up, we are going to need another daycare program!*

## My Experience at the National Summit on Inclusive Education

My children attend BACI's day care at Fair Haven, and Out of School Care at South Slope. The staff members at both sites are making a great contribution to our kids' development and early education. My wife and I feel fortunate to have our children involved in these programs and I'd like to take this opportunity to send our thanks for all the good work.

We did not know much about BACI when we first joined the program at Fair Haven. We have since learned much more about the association and its work in the community. I began working on the Board of Directors last year.

I had the good fortune to be able to attend the National Summit in Ottawa last November. This was my first time at a conference on education and my first trip to Ottawa (outside of the airport).

I wanted to attend because I was interested in learning more about this concept of "Inclusive Education". It is a nice sounding phrase, but I wondered what it really meant to the teachers and principals involved in working with students in the classrooms. What I found out was not a big surprise. The teachers know what they need to do and they want to do it correctly, but they often do not have enough time or support to create truly in-

clusive classrooms that work for all kids. The teachers also lack basic training in some ways of teaching and creating individual learning plans because their university programs did not cover those topics.

Despite these problems, everyone had good ideas on how to make improvements to the system that would benefit the students sooner rather than later. The summit organizers took time to record all of the ideas. The next step is for the various community living associations to follow up with governments at all levels.

I met my goal of learning more about this movement in education and I think I am a bit more prepared to help my children as they enter the school system.

I will finish this off with some of the jargon I recently added to my vocabulary:

- Students are not students anymore. Now they are "learners"
- We don't have a society anymore. Now it is an "inclusive civil democracy"
- Kids don't learn about right and wrong anymore. Now they are taught about the "social contract"

Thank you to *Richard Faucher*, *Fergus McCann*, *Kevin Lusignan* and *Jack Styan* for making me welcome in Ottawa, and to *Tanya Sather* for encouraging me to attend this event.

*Scott Strandberg*



*The children continue to enjoy a wide variety of play-time activities.*

## “Spirits Are Lifting in Eleanor Hannan’s Hatha Yoga Class”



I had not been chatting five minutes with *Eleanor Hannan* the other day when she offered this comment about the effect of Hatha yoga exercises on the participants in her class: “It raises their spirits”. Now, what could be more important than that? And while spirits are being raised for the fifteen or so individuals who are regular joiners in the yoga sessions, so are limbs made more flexible, muscles stretched, nerves calmed, and feelings of belonging enhanced.

There’s the pleasant sound of an Indian raga playing in the background (somewhere *George Harrison* is smiling), and the lights are dimmed, making our eyes relax immediately. The yoga mats are laid out in a circle, the perfect shape for allowing all of us to follow Eleanor’s instruction, and for her to monitor our progress as we do our best

to bend and mold our bodies into the various poses that make up the hour and one half long classes (with a five minute break to unbend about mid-way through...)

We begin with a series of breathing and stretching exercises, and Eleanor invites us to let go of tension and worry “...like you’re taking off a pair of old socks...” That image works. Stress stinks.

The individuals in the class demonstrate the same range of willingness and resistance one might expect to see in any group. Some are complaining, some are giggling at their own effort, and all the while Eleanor is gently teaching; kidding the individuals through the progression of poses, always reminding us to focus and concentrate.

I’m partnered with *Erin*, and he is the embodiment of flexibility. Eleanor comes

around to where Erin and I are working on a leg stretch. “That’s it, Erin”, she coaches, “All the way back...” Now Erin’s toes are touching the floor beside his ears. And I’m in touch with my feelings of jealousy.

Across the room *Terrina* is in the cat pose, and she is also demonstrating a natural ability to do this kind of workout. It’s remarkable to see, and I’m encouraged when I notice that

after only a few sessions I am improving too.

Eleanor allows the individuals to name some of the poses; this is one of the ways she gets them to buy in. Erin requests the Incredible Hulk pose, and there is laughter throughout the room as we regard one another’s scrunched up faces.

Make no mistake, yoga is a discipline, and Eleanor works hard to impart the benefits to our individuals. It’s safe to say that we feel better by the time the class is complete than we did at the achy start.

The sessions end the way they begin – with a period of quiet reflection and relaxation. Then we face one another, and the center of the circle, and exhale with one long breath, “Om, shanti!” Peace. This is how we say thank you until next time.

*John Daly*



*Stre.....tch!!!*

# Valentine's Day Party

Neville House shared the love this Valentine's Day by hosting a Valentine's Party on Sunday, February 13th. Preparations for the party began in January by making invitations and planning the guest list. Then the invitations were hand-delivered by *Marlene, Rolande and Loraine*. The ladies at Neville made the cupcakes for the dinner and also made Valentine candy cups and filled them with candies. The day of the party we decorated the house with red balloons and hearts and then we were all set for our guests to arrive.

We had 23 people in attendance and everyone had a good time eating and dancing to Marlene and Loraine's favourite CDs. There were even a few romantic connections, but we won't tell who (although we do have pictures as evidence!) This party was so much fun, we think it will have to be an annual event.

*Liz Inglis*



*Loraine & Brent*



*Russell & Marlene*



*Phil & Sue*



### First Annual BACI Food Bank Drive

The Celebration Crew, supported by the Still Creek Education Centre, held a very successful Food Bank drive during the month of December. The group collected 300 food items, donated by self-advocates, family members and staff. This amount of food far exceeded their goal of 150 items.

Thanks to the Celebration Crew for organizing the event and everyone who donated. A big thanks also to the Community Options – Still Creek gang who delivered the food to the Food Bank. The Food Bank was very short of food this winter season, so they were extremely grateful for our help. They have given us a certificate of appreciation for our involvement, which will be hung in the reception area at Still Creek.

*Laurel Charnetski*

### Community Connections

On January 24th, 2005, BACI was invited to participate in the Community Connections event hosted by the Jewish Family Service Agency in Vancouver.

This event was a celebration of people with disabilities, with a focus on connecting Jewish families with information, opportunities and resources available for individuals with disabilities within the broader community.

*Chris Tanner* from BACI was on hand to distribute information about our organization and our services, and to answer any questions the attendees had. It was a great event to be a part of, and BACI looks forward to sharing more community connections with the Jewish Community.

### Woolley's Annual Plant Sale!

Explore the wonders of an English country garden at this annual plant extravaganza featuring a wide variety of sun and shade plantings, hanging baskets, and more.

#### When:

May 28th from 12:00 pm

#### Where:

2660 Queens St., W. Van.

Proceeds from the sale to benefit BACI programs.

### Newsletter Contributions

If you are interested in contributing to BACI's newsletter, here are the submission due dates for 2005:

- May 9, 2005
- July 25, 2005
- September 19, 2005
- November 21, 2005

Please send all submissions to:

BACI Newsletter  
2702 Norland Avenue,  
V5B 3A6

OR by e-mail to:  
[chris.tanner@gobaci.com](mailto:chris.tanner@gobaci.com)

### Thanks to...

The City of Burnaby for their continuing commitment to creating a more accessible community. With the City's approval to build a sidewalk on the East side of Douglas Street from Goring to the Holdom Skytrain, they have greatly improved the accessibility and safety of that route. Special thanks to *Ernie Jensen* in the Traffic Department for his efforts in helping to make this initiative a reality.

### Burnaby Parent Support Group

#### UPCOMING MEETINGS:

##### *Meeting One*

Date: Monday, March 14th

Time: 7 – 9 PM

#### TOPIC: Calling Nanny 911!!

What do you do when your kid has a melt-down in the supermarket check-out line? Would you like some advice from a pro? Do you have a great hint for other parents? What has worked for you? What hasn't? Our guest is *Norah Lirag* from the Centre for Abilities and we'll have a conversation about our children and behaviour.

We will also be showing the short documentary "The Ties That Bind" in the cafeteria for parents of older children. Come on down and have a coffee and cookie and renew old friendships.

##### *Meeting Two*

Date: Monday, April 4th

Time: 7 – 9 PM

(Note date change due to Easter holiday and Spring Break)

#### TOPIC: Parent Group Meeting with Tom McGregor, BC Coalition of People with Disabilities on applying for Persons with Disability Benefits in BC.

If you require childcare for the meeting, or more information, please phone the BACI receptionist at 604.299.7851 or leave a message for *Carol* or *Walter* at local 262.



### BACI's 3rd Annual Lunar Celebration

On Thursday, February 10th, BACI sponsored a marvelous party to welcome the Year of the Rooster. The attendance was even greater than the past two years' celebrations.

The room was filled with festivities reflecting inclusion and involvement from our diverse community. All of the guests were given a passport showing the activities in the room. Before they could go to the refreshment table they had to obtain three stamps on their passport to indicate that they had done at least three activities. The best part was that most people continued to do many more than three. After all, who would want to stop when one has choices such as Fortune Teller, Paper Airplanes, Lanterns, Rooster Booklets, Cut and Paste Roosters, Chinese Writing, Masks, Roosters with Real Feathers, and Ring Toss to obtain a Lycee. The race soon involved not only who could finish each activity the most quickly, but who could go through the most activities, therefore obtaining the most stamps. It was a great reflection of how much fun everyone was having.

*Sherwin Kuan* told the story of The Legend of the Twelve Animals with wonderful detail and humour, and the audience listened with great interest. We thank Sherwin for the fantastic performance. Sherwin is the elder brother of *Cheyenne*, who is receiving tutorial services from the Global Health Family Support Program.

The Lion from the Wind of the Sword Club gave such an incredible and energetic performance that we all felt like we were participating in a traditional Chinese New Year's parade right in our room.



Of course, there was a fabulous variety of delicious Chinese and other ethnic dishes for everyone to enjoy. Many of these were contributed. We sincerely thank the people who supervised the activities, who helped out at the food table, and who donated the delicious food.

We were very pleased that *Mayor Derek Corrigan* and *MLA Richard Lee* were kind enough to celebrate this important event with us.

The party ended with people whose passports had winning numbers on the back winning one of the 28 prizes. However, someone said she felt she had won a prize by just attending the party because she had such a great time.

*Mimi Chu*



## The Vancouver Sun Run is HERE!

BACI's Wellness Committee would like to encourage and support any BACI employee or group of employees to participate in the Vancouver Sun Run on Sunday, April 17th. The Committee will provide a \$10.00 subsidy towards the entrance fee for each individual.

A few of your co-workers are taking up the challenge and would like to extend it to everyone. If we can gather 10 people to participate, we can enter as a team. (Group t-shirts!) Remember, walking the course is perfectly fine for those who are not regular joggers or runners.

Train on your own or as a group. *John Daly* has offered to train with those who are interested at the Fitness World gym, located at Kingsway and Imperial (must sign in as a guest or join the gym). Please give him a call at 604-525-0792.

If you are interested in joining the team, contact:

*Chris Tanner*  
T: 604-299-7851 or  
chris.tanner@bamh.org

Please visit the Sun Run website for further information and registration:  
[www.canada.com/vancouver/specials/sunrun](http://www.canada.com/vancouver/specials/sunrun)  
*Chris Tanner*

## Employee Wellness

### IT'S RSP SEASON!

The Wellness Committee is hosting an information session on Registered Retirement Savings Plans on February 21st. Come and listen to a Manulife Representative provide information about plans, termination/retirement options, investment reviews and accessing the Manulife website to monitor your account. Pre-registration required. Please contact *Chris Tanner* at 604-299-7851, or *Leslee Madore* at 604- 292-1272.

### The Wellness Committee is circulating "APPRECIATION CARDS"

These cards are to recognize and appreciate colleagues who brighten your day or someone else's, or are a way to say "thanks for being you". Let's acknowledge our own "random acts of kindness". For more formal occasions – birthdays, get-better-soon, weddings and babies – contact Wellness Committee Member *Karey* at Clinton House, who will send out a Wellness Card to acknowledge those events.

### DO YOU LIKE TO READ?

Take a book, leave a book. The Wellness Committee's book exchange in the foyer of Still Creek is going strong!

### STARTING SOON...

Weight Watchers, Yoga Classes and the Vancouver Sun Run. Would you like to be part of the BACI Sun Run Team? The Wellness Committee will provide a \$10 subsidy towards employees' registration for the Sun Run event.

### DO YOU HAVE IDEAS FOR EMPLOYEE WELLNESS?

Come to the next meeting, share them with a Committee member, drop them in a Wellness Idea Box, or contact *Chris Tanner* at 604-299-7851 or *Leslee Madore* at 604-292-1272. Watch for upcoming activities in the Spring, including a BACI talent search!!

### FIRST AID TRAINING

First Aid training is offered quarterly at Still Creek. If you need to renew your certification, please register for one of the following sessions in 2005: February 24 & 25, May 30 & 31, August 9 & 10 or November 15 & 16. The training is 2 half days from either 9am –1pm, or 4pm - 8 pm. You must sign up for both of the mornings or both of the evenings. To register, please call or e-mail *Leslee Madore* at 604-292-1272 or [leslee.madore@bamh.org](mailto:leslee.madore@bamh.org)

### EMPLOYEE NOTES

Congratulations to *Cassandra Savage* on her new position in Day Services, and to *Rhonda de Boer*, *Kathryn Chang* and *Elmer Granado* on their new positions in Residential Services.

## 2005 Home Show

For the third year in a row, BACI participated in the BC Home & Garden Show and once again, it was a resounding success.

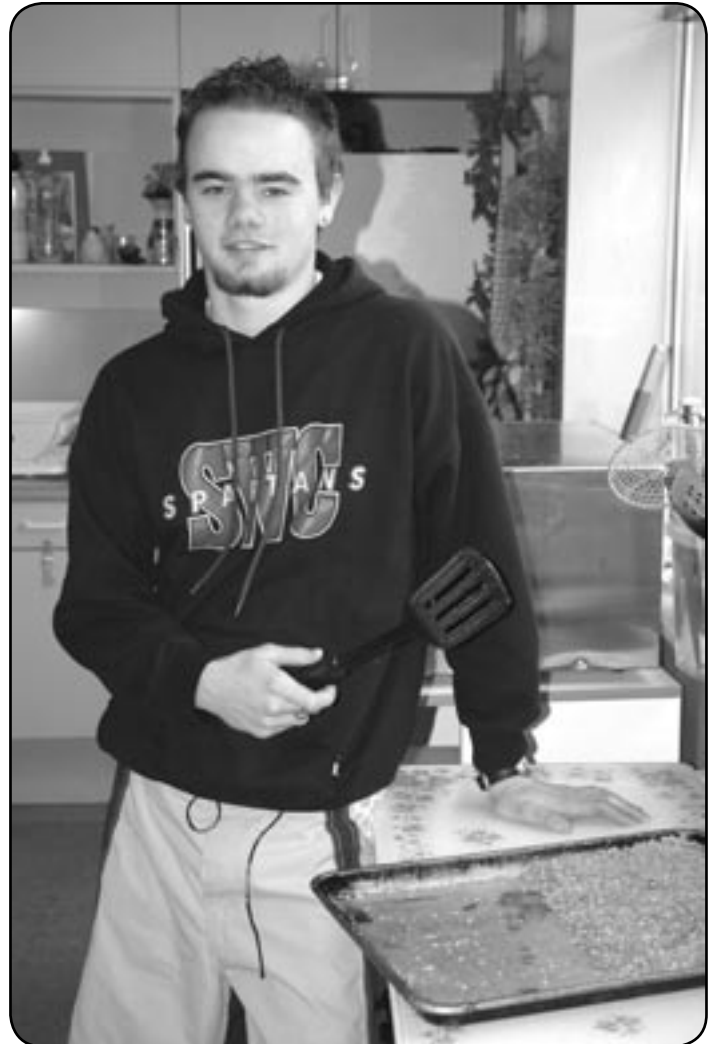
Each year at the show we display and sell the products made at the woodshop—picnic tables, garden arbours, planters, chairs and whirlers. Pratap, Ron & the individuals we support make high quality, beautiful furniture that is extremely well received by the Home Show visitors.

We have surpassed last years' sales already and expect to sell a lot more in the next month. We are certain to be over \$10,000 and possibly as high as \$15,000. All of this would not be possible without the support of BACI volunteers, so thank you *Liza Taylor, Pratap Singh, Chris Tanner* and her husband *Keith, Lyn King, Alistair Archibald* and especially *Stan Fell, Paul Dhaliwal, Karim Jiwa* and last, but not least, a big thanks to *Jimmy "Home Show" Jenkins!*

*Dave Woolacott*



*Lyn King showing off our handy nesting chairs!*



### **KATIMAVIK VOLUNTEER**

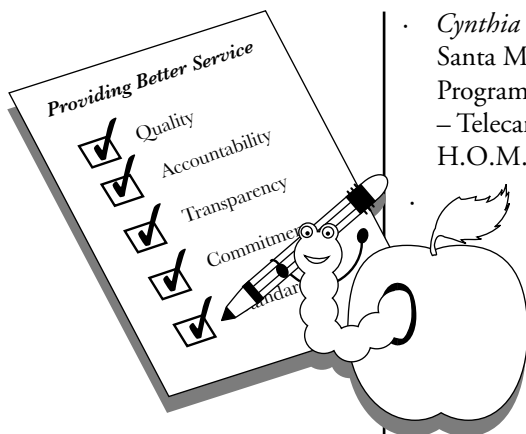
BACI has enjoyed having Katimavik volunteer *Teejay Crockett* in the Education Centre. Teejay quickly made himself at home, was enthusiastic and well liked by all!

**Farewell Teejay!**



## Accreditation – The Survey Date is Set

The survey is meant to be a non-intrusive process that people can be a part of because they want to.



· *Cynthia McCoy* (from Santa Maria, California), Program Surveyor – Telecare Santa Barbara H.O.M.H.E.S

· *Judy Geyer* (from Muskegon, Michigan), Program Surveyor – MOKA Corporation

In the last newsletter update, we reported to our members that BACi was in the home stretch of its Accreditation process. Now we can say that the organization is almost at the finish line. We are excited to announce that our BACi Accreditation Survey date is set – APRIL 18-20, 2005. The following surveyors will be visiting BACi in April:

- *Karen Hoffman* (from Federal Way, WA), Administrative Surveyor & Team Coordinator
- *Pete Hathaway* (from Anaconda, Montana), Program Surveyor – A.W.A.R.E

The survey team coming to BACi is made up of professionals working in the same field as BACi. The surveyors are volunteers who have been trained by CARF to be surveyors. One of the reasons people become surveyors is to visit other organizations (in different parts of the world) to learn and share information with colleagues and individuals receiving services. During their visit, the surveyors will talk to staff, families, and individuals receiving services. The surveyors will also review documentation like policies and procedures, family handbooks, governance manuals, financial records, and other related information that helps tell the story of BACi. The final part of the survey will include visits

to our program sites. Although the survey process may feel like something to be nervous about, we want people to feel comfortable and at ease.

The survey is meant to be a non-intrusive process that people can be a part of because they want to.

April is quickly approaching and there are still preparations to complete, such as emergency preparedness for the agency, including Still Creek. All of our staff are working hard to get ready for the survey and we greatly appreciate their efforts. A smaller group of staff is also meeting every two weeks to help move the preparations forward.

Even though Accreditation is a big part of BACi right now, the organization's first priority continues to be providing quality services to the individuals and families we serve. Although after the survey is finished, a big priority will be to celebrate all the work everyone has done over the past 18 months for us to successfully complete the Accreditation process. Stay tuned for party details in our next newsletter in May!

*Tanya Sather*

## Accreditation Information Evenings

These evenings are an opportunity to update our families and individuals about Accreditation as well as offer a chance for families to ask questions and give their feedback. We will continue to have information evenings once a month.

### The next evening is:

Date: March 15, 2005

Time: 6:30–7:30pm

If you would like to attend this session (dinner is provided), please contact *Kam* at 604-299-7851. Child care is also available if needed.

**The following information is provided by BASA, the Burnaby Association's Self Advocates group:**

**Is this happening to you?**

In December 2004, the provincial government increased the Disability Benefits cheques to self advocates by \$70. We have heard that many self advocates do not get this \$70 directly. Instead, it goes to their caregivers if they live in a private care setting. Is this happening to you? BASA believes that the money belongs to the self advocates because they still live below the poverty line. Please let us know so we can write a letter to the Minister of Human Resources and find out why this is happening. Please contact *Gerry Juzenas* at the Self Advocates Resource Room at Still Creek.

**See better for less money**

Everyone who gets Disability Benefits are able to get a cheap pair of glasses if they go to Douglas College's Vision Centre, as long as they bring in their own prescription. They are located at:

Room A 2030 at the David Lam Campus, 1250 Pinetree Way, Coquitlam.

**Movie ticket discounts**

Famous Players Theatres is offering a discount and free movie tickets to caregivers who support people with disabilities. The person with a disability needs to apply for

the Entertainment 2 Access Card, which is available at all Famous Players theatres. You can get the card at the theatre's Guest Services booth, online at [www.Access2.ca](http://www.Access2.ca), or by mail at 90 Eglinton Avenue East, Suite # 208, Toronto, Ontario, M4P 2Y3.

**Website of the month**

BASA recommends the Canadian government's new website for people with disabilities, called Person with Disabilities Online. You can find out about all the disability-related programs and services in Canada. It has a library and information on assistive technology, health, taxes, accessible travel, housing, education, employment, laws, and your rights.

The website is located at [www.pwd-online.ca](http://www.pwd-online.ca).

**Eating for Life**

For years I have been going to see a dietitian. For healthy eating I learned there are five basic food groups. The five are milk products, grain products, vegetables, fruit, and meat and alternatives. My goal is for healthy eating, losing weight, and watching how many servings I have a day.

*Gerry Juzenas*

**Need free legal advice?**

Everyone on Disability Benefits and family members who cannot get Legal Aid are able to get free legal advice from the North Burnaby Neighbourhood Clinic, located at Still Creek Centre, 2702 Norland, from 5:00 p.m. to 7:00 p.m. every Thursday in the Self Advocate Resource Room. To make an appointment, please call 604-299-7851.

**Representation Agreement Workshops**

All BACI individuals, families and staff are welcome to attend one of these three workshops in the Still Creek Boardroom, 2702 Norland Avenue, on either:

- Thursday, March 24, from 2:30 pm – 4:00 pm
- Thursday, April 7, from 2:30 pm – 4:00 pm

Please RSVP at 604-299-7851.



**Self advocates enjoying the Nutcracker Suite performance by Ballet BC. A fun time was had by all!**



## “This Ability Project” will use the power of media to communicate the contributions and gifts of individuals of all ages within the BACi community



### “This Ability” Media Project

#### What is it?

As you may have heard, the Burnaby Association for Community Inclusion (BACi) and the National Film Board of Canada (NFB) have entered into a joint project called “This Ability”. The project is scheduled to last one year, and will use the power of media to communicate the contributions and gifts of individuals of all ages within the BACi community.

**We are very excited to have this opportunity to work with the NFB and for individuals to share their stories, activities, or experiences with the broader community.**

People will also have the opportunity to take a turn behind the camera and be part of the design and roll-out of the media making process. A film, series of films, or other media products (web site, video, etc.) will be developed from the footage gathered. All participation in this project will be on a voluntary basis.

*Lorna Boschman*, the film-maker, comes with a

wealth of experience and knowledge. Through generous funding from the United Way’s Community Innovation Grant, BACi’s *Chris Tanner* will work to facilitate the communication between our organization and the NFB on this joint endeavour.

#### What’s happening now?

The media project is off the ground and running. *Lorna Boschman* has been out to meet many of the individuals in the BACi community. She had a great time at the drumming class and met a lot of new people at the Artists

Helping Artists Co-Op and the Lunar Festival. If you see *Lorna* in the hallways or at an event, please introduce yourself.

#### How can you participate?

If you have a special event coming up that you’d like to include in this project, please contact *Chris Tanner* at 604-299-7851 or by e-mail at [chris.tanner@bamh.org](mailto:chris.tanner@bamh.org), and we will try to be there.

Another part of this media project is to keep a record of what is going on with the project and how people feel

about it. One of the ways we will do this is to use two big scrapbooks, which are located in the Self Advocates Room, for people to express their thoughts. You can write in it, draw in it, paste in it, or get a friend to help you out. All the supplies are there. We will also be taking these scrapbooks on location for more people to access.

A big thank you to the Celebration Crew for decorating the media scrapbooks with pictures and fun items to stimulate our creative juices!!

*Chris Tanner*  
(photo: *Lorna & Chris*)

### Media Workshops for Everyone!

Starting March 7th to the end of July, we will be running weekly Media Workshops at Still Creek, 2702 Norland Avenue, on Mondays from 12:30 pm to 2:30 pm.

These sessions are open to everyone who is interested. During each workshop we will feature a variety of activities that will include:

- A Speakers Corner: share your thoughts in front of the camera
- Learn to be the director – all the angles
- Video making techniques: learn more about how to use the camera
- Watch video footage taken – you give suggestions to the editors
- Journal your thoughts in the media scrapbooks

Everyone is welcome to attend! For more information, please call 604-299-7851.

## BACI General Meeting

All BACI members are invited to join us at our upcoming General Meeting on March 31st at 7:00 pm in the Still Creek Large Education Centre, 2702 Norland Avenue, Burnaby.

Help us celebrate our accomplishments over the past 6 months, our upcoming Accreditation Survey on April 18-20, and the launch of BACI's new website.

For more information, call 604. 299. 7851.

## New BACI Website

It's here!! We're excited to announce that our new BACI website is being launched on March 24th for all to enjoy. Its new address is [www.gobaci.com](http://www.gobaci.com).

We hope you like the look and feel of our new site. We think it does a good job of representing the inclusive and dynamic character of our organization. As well as offering up-to-date information on all aspects of BACI and related community living issues and events, it contains message boards for self advocates and families to participate in discussions with others beyond the BACI community.

We'll celebrate the public launch of the site on March 31st at BACI's General Meeting, at 7:00 pm in the Still Creek Large Education Center, 2702 Norland Avenue. Everyone is welcome to attend! We hope you'll have had a chance to explore the site and give us feedback on what you like, and what more you'd like to see in the future.

## NAME THE BACI NEWSLETTER CONTEST!

WE NEED A NAME FOR OUR NEWSLETTER.

Please submit any and all suggestions you might have to:

[chris.tanner@gobaci.com](mailto:chris.tanner@gobaci.com) or 604-299-7851.

The winner will receive a \$75.00 gift certificate for dinner at Joey Tomato's on Lougheed Hwy.

### Note:

If more than one person enters the same name chosen, a draw will be held to determine the winner.

**Contest Deadline:**

**Friday, April 15th**



Philia promotes the core values of caring communities such as hospitality, reciprocity, respect and tolerance.

Philia News

The concept of Philia centers on building friendships and creating a more caring and inclusive community. Over the past four years, BACI has been involved with the Philia dialogue, which promotes the core values of caring communities such as hospitality, reciprocity, respect and tolerance. This involvement has resulted in the development of many community activities such as the "Who Cares" speaker series, a public speaking class, the purchase of drums for drumming circles, the further development of a community garden and the creation of a hospitality committee.

On February 16th, BACI's Philia group gathered to discuss upcoming events and possible community projects for the new year. A few new faces were welcomed among us to offer their thoughts and ideas about community events. The group was also eager to welcome Lorna Boschman, the media maker of the project, "This Ability". Lorna provided the group with some details about the media project and the different ways people could get involved. Everyone was anxious to share upcoming

ing events that were happening in their communities and reflect on past Philia stories.

It was also announced at the meeting that the Philia report, which was started by Avril Orloff last year, is finally complete. The group discussed sharing the report with the greater community. One idea was to transform some of the thoughts within the paper into a scrap book format.

**The beginning of this transformation will take place at the next Philia gathering on Wed., March 16th at Still Creek, 2702 Norland Avenue.**

The group also decided to hold some of their future gatherings at different locations, such as Rev's bowling alley and Miles of Beans.

As the gathering came to a close the dialogue continued on; but with more of a focus on the wonderful food that everyone brought!

Chris Tanner

*Celebrating Our Diversity Spring 2005*

Baha'i Faith

- March 2-20 The 19-Day Fast
- March 21 Naw Ruz (New Year's Day, 161 BE)
- April 21-May 2 Feast of Ridvan
- April 29 Ninth Day of Ridvan
- May 23 Declaration of the Bab
- May 29 Ascension of Baha'u'llah

Buddhism

- March 20 Spring Ohigon
- March 29 Kwan Yin Day
- April 13-14 Saka New Year
- May 23 Wesak

Christianity

- March 14 Great Lent Begins
- March 20 Palm Sunday
- March 25 Good Friday
- March 27 Easter Sunday
- April 24 Palm Sunday
- April 25-29 Holy Week
- May 1 Pascha
- May 5 Ascension
- May 15 Pentecost

Hinduism

- March 25 Holi (last day)
- April 9 Bikarami Samvat (New Year's Day, 2062)
- April 13 Vaisakhi (Solar New Year)
- April 17 Ramanavami

Islam

- April 30 Mawlid al-Nabiy (begins in evening)

Jainism

- April 21 Mahavira-jayanti
- May 10 Akshaya-tritiya

Judaism

- March 25 Purim
- April 24-May 1 Pesah
- May 6 Yom HaShoah

Shinto

- March 21 Shunki-sorei-sai Spring Memorial Service

Sikhism

- March 14 New Year's Day
- March 26 Hola Mohalla
- April 14 Vaisakhi

Zoroastrianism

- March 6-20 Ghambar Hamaspathmaedem
- March 21 Nowruz (New Year's Day)
- March 26 Birthday, Prophet Zarathustra