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Imagine!

Stage Door Delights Audiences at Mount Pleasant Plaza

Contributed by Alicia Neptune, Communications Specialist

Live theatre makes its comeback! After a long hiatus, Stage Door once again delighted audiences with an in-person performance. Back in their costumes, wowing us with comedy, you'd think they'd never been away.

Before the pandemic hit, Stage Door was in production for their spring show, "Skitageous Outrageous: Go West." But when it came time to stay home and stay safe, the sketch-comedy show had to be put on hold. Instead, they stayed connected virtually. As restrictions began to lift, the group started producing video performances, with each actor filmed separately. The videos were one way of keeping spirits up during the pandemic. Then, with the summer weather, came the time to get back in front of a crowd.

After a year, they were finally able to present "Skitageous in the Square," a 30-minute comedy live show. Once a week throughout July and August, the troupe took over the 14th and Main Plaza, just down the street from their home at Heritage Hall. They put on two different shows, alternating each week, with different performers. Both combined skits, jokes, and music to create a live show that brought lunchtime laughter to the plaza.

In their western-themed show, the troupe had a rootin' tootin' time. Donned in cowboy hats, bandanas, and vests, the actors transported us back to the Old West.

Whether on foot or on "horseback," the actors got up to their usual antics in the silly skits. To break up the action, Nick Chan and Kim Dhesi teamed up to tell jokes. Colin Darge also provided some musical flair between skits, rocking out on the keyboard. Of course, it wouldn't be a western without a gunfight! In our grand finale, cowboys Colin and Nick squared off, pistols drawn, while Sheriff Adam Sturhahn tried to keep the peace.

On other weeks, the show ditched the Old West to bring us a mix of old and new. From the moment Altan Thomas stepped up to introduce the show in his crisp white shirt, stylish vest, and red bow-tie, it was clear we were headed back into a classic era. The skits were like something out of a silent film, complete with a mustachioed villain in a cape and ragtime music. Just our luck, the audience also enjoyed some dancing from a leprechaun! Philip Godolphin, a.k.a. the Laughing Leprechaun, pulled out some impressions of familiar faces including the Queen of England and BC's own provincial health officer, Dr. Bonnie Henry. Based on the laughter, the topical references were a hit with the crowd.

The show marked a milestone for Jenna Lynn Delima, who made her debut live performance on July 29. Her mom Aubrey was in the audience, cheering her on. A romantic herself, Jenna was cast in the role of romantic lead, opposite leading man Elliott Hedley. Despite getting tied to a chair and held captive by a dastardly villain, the story concluded as all comedies should—with a happy ending.

With friends, family, and Mount Pleasant neighbours cheering them on, it was clear how much fun the actors had performing in front of an audience again. You could see it as they took their bows. We look forward to the days when we can gather once again in Heritage Hall to enjoy a performance—whatever Stage Door comes up with next!



Do you have a story for our quarterly newsletter or website?

Email: communications@posAbilities.ca or call (604) 299-4001 ext. 235.

posAbilities.ca



Online INCLUSION Art Show & Sale Returns

October is Community Inclusion month in BC and we welcome you to celebrate with us at our Online INCLUSION Art Show & Sale! **The show opens on October 1 and online sales will be available from October 21-28.**

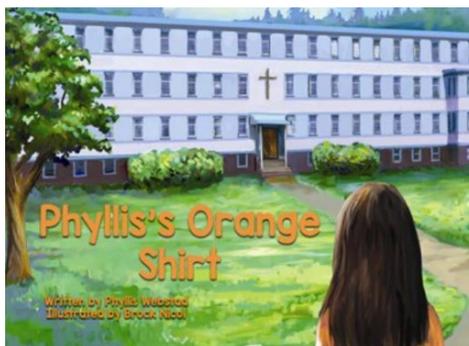
During the past year, artists have done a fantastic job adapting to the changing circumstances and are eager to share their work with you. We invite you to explore the hundreds of paintings, illustrations, pottery, glasswork, and much more.

Check out the show at: www.inclusionartshow.com



In Memoriam: Remembering Dave Hingsburger

Dave Hingsburger passed away on Sunday, July 18th at home in Toronto, Canada. An amazing advocate and person, Dave was a prolific storyteller, writer and content creator in the field of intellectual disabilities. He was also a long-time collaborator of Open Future Learning. They've put together this video to pay tribute to Dave and his passion for disability advocacy. Watch the video here: <https://bit.ly/387krER>



A Day of Reflection for all Canadians

In recent years, September 30 has been known as Orange Shirt Day, honouring the healing journey of Indigenous residential school survivors and bringing awareness to the need for reconciliation. Many residential school survivors and supporters have advocated for this to become a national day of commemoration, to respond to one of the Truth and Reconciliation Commission's Calls to Action.

Recognizing the importance of honouring Truth and Reconciliation, the provincial and federal governments recently declared September 30th as a National Day for Truth and Reconciliation. As such, this will be a day off for all employees who are normally entitled to provincial and federal holidays.

To learn more about the context and history surrounding this work, please click here: <https://bit.ly/38OVRZt>



Let's Break Bread: A Recipe for Bannock

Bannock is a type of fry bread which originates from Scotland, and was adopted by the Indigenous peoples of Canada, particularly the Métis of western Canada. It tastes fantastic cooked over a campfire and topped with jam too! Enjoy.

Ingredients

- 3 cups all-purpose flour
- 1 teaspoon salt
- 2 tablespoons baking powder
- ¼ cup butter, melted
- 1 ½ cups water

Directions

- Step 1.** Measure flour, salt and baking powder into a large bowl. Stir to mix. Pour melted butter and water over flour mixture. Stir with fork to make a ball.
- Step 2.** Turn dough out on a lightly floured surface, and knead gently about 10 times. Pat into a flat circle ¾ to 1 inch thick.
- Step 3.** Cook in a greased frying pan over medium heat, allowing about 15 minutes for each side. Use two lifters for easy turning. May also be baked on a greased cookie sheet at 350 degrees F (175 degrees C) for 25-30 minutes.



ArtRise: Engaging Community and Creating Connections

Contributed by Alicia Neptune

We've been involved with a lot of art projects over the years. From spoken word poetry, to short films, to the work of our artists in residence, we've seen how the arts can connect, inspire, and engage people. For a while now, we've been looking for ways to showcase this work.

Our art initiatives have a new home online at Artrise.ca. This brand-new website is a multi-media showcase of these creative projects and the people behind them. It was designed by Aaniya Asrani, who, for the past year, has been prototyping a new role at *posAbilities*—Community Artist Lead.

"As part of this role," Aaniya says, "I develop and support art practices, research and partnerships that aim to result in more flourishing lives and inclusive neighbourhoods."

"In this position, I have had the pleasure of encountering the art work of staff and persons served at *posAbilities* and have helped to create a platform that highlights the work of these talented folks."

ArtRise is a place where we can profile artists who share our values and highlight learnings from their work. Across the site, you'll see icons which represent inclusion, connection, equity, and other values that guide us. The projects fall into the category of "social practice art," which is a form of artwork where collaboration and co-creation are key.

"Social practice art," Aaniya explains, "is considered a medium for art making, in which engagement with an audience or participant is the primary focus. Usually, artists working in this field do so by co-creating their work with participants, or do so to propose critical interventions within an existing social system. Often, this is rooted in the context and culture that the intervention exists within, and can mobilize communities towards a common goal."

What does this look in practice? One example is the work Aaniya has been doing with InWithForward as a Neighbourhood Organizer. The designers, artists and support workers on the Neighbourhood Organizer team are exploring how to build connection to people and places in local neighbourhoods. Aaniya has been working to "to use the mediums of art and design to share neighbours' stories, and help build bridges across lines of difference."

An example of this community-engaged art is the Neighbour To Go prototype. "We are collecting stories and giving them a form to share further within the community," Aaniya says. "The larger goal with this work is to amplify voices on the margins of society and create the conditions for a more inclusive and connected neighbourhood."

If you are interested in learning more about Social Practice Art from a student perspective, you can check out the project Connecting During Covid. "This was a class I taught in the Fall of 2020," Aaniya says, "with students from Emily Carr University in partnership with *posAbilities*. The course explored and enacted how community engaged art and artistic practices can foster, build, and sustain human connection, even within the COVID context. The students in this class showed great tenacity when faced with unprecedented challenges to re-imagine and create meaningful and thoughtfully executed final projects."

You can explore these projects and many more at Artrise.ca. As you journey back through our archive of creative projects, we invite you to get inspired see the ways art can connect us and make social change.



25th Annual Eastside Culture Crawl

The Eastside Culture Crawl is an annual 4-day visual arts festival in November that involves artists on Vancouver's Eastside opening their studio to the public. The event is focused on the area bounded by Columbia Street, First Ave, Victoria Drive, and the Waterfront and involves painters, jewelers, sculptors, furniture makers, weavers, potters, printmakers, photographers, glassblowers – from emerging artists to those internationally established.

Preview Exhibitions | November 12-14

The Preview Exhibitions are back! The Crawl is thrilled to be presenting once again, mounting a multi-venue, salon-style curated exhibition at the Cultch, the Firehall, the Pendulum Gallery and our very own, Alternatives Gallery and Studio! This year's exhibition, *Surfacing*, will harness the creative force gestated in this pandemic period and chronicle the new directions of recent works. This exhibition will explore these challenging times through art created out of moments of frustration, vulnerability, strength, hope, and gratitude.

Open Studios | November 18-21

Customize your Crawl experience to suit your personal needs. A combination of in-person and virtual options will allow you to visit studios with physical distancing measures in place, or visit those same studios virtually – through livestreaming and 360° virtual studio tours! Be sure to check out Alternatives Gallery & Studio virtually this year!

For more information about the Crawl, visit: <https://culturecrawl.ca/>



Graeme celebrating his retirement lunch at Earls!

We'll Miss You Graeme!

Our longest standing Courier, Graeme, has officially retired after 24 years with *posAbilities*. He always had a kind word, a funny joke, and a reminder to be well by working less. He was amazing at remembering all of our team member's birthdays (and our family members' birthdays and milestone events too)! Thank you for bringing such joy to the office. Wishing you a long and enjoyable retirement – we'll miss you!



Remembering Donna

Contributed by Supported Living Network

It is with great sadness that we announce the passing of Donna Megahy. We will remember Donna as a strong, feisty, fun and straight up lady who told it like it is. She was also a very thoughtful and caring individual.

She had three rules in life:

1. That business get taken care of
2. That she's not told what to do
3. That fun be incorporated into everything

Donna spent her time volunteering at the church, reading, and making jewelry for others.

We're going to miss Donna and all the laughs we had, but consider it a privilege to have had them and to have known her. Rest in paradise, Donna.



Sasamat Picnics

Contributed by Amy Chang, Team Leader

It might not have been a 3-day camp, but Sasamat participants were able to enjoy two fun afternoon picnics at Central Park in Burnaby. It was a fun opportunity to re-connect, socialize, play BINGO and laugh together.

It was SO good to see people's smiles in person!



Summer Sun Brings Garden Fun for the Rosemont Residents

Contributed by Rosemont House

Rosemont House has had a unique and eco-friendly gardening experience at the Still Moon Dye Garden in the Renfrew Still Creek neighbourhood.

Did you know that marigolds pedals can turn into beautifully dyed fabrics? You harvest the pedals from almost any dried flower, add to boiling water and then add your fabric.

Did you know you could use Indigo or begonias to paint a picture or simply write your name?

At full bloom, the petals are moist with colour. Just rub your finger on the petals and create your art from a pretty flower.

Dig | Did you know each plant tells you how deep to dig?

Plant | Did you know that some flowers need more space, otherwise they can get stressed out?

Water | Did you know that we didn't use a hose? A limited amount of water is brought to the site in a large container and allows us to water the flowers and wash our hands, being mindful of over use?

Grow | Did you know that not just flowers but communities can grow? The Still Moon Arts Society has used environmental and art projects as a way to educate and bring back the natural beauty of the Still Creek neighbourhood. Learn more about Still Moon here:

<https://stillmoonarts.ca/>

Seeing the Impacts

Contributed by Raman Manhas, Project Lead, PES

posAbilities Employment Service (PES) is excited to share the winners of our Samsung Tablet giveaway for the months of May and June!

The youth in the pictures are part of a one-year cohort of a three-year project called Impact. This research project engages youth between the ages of 14-19, who are attending high school and have a diverse ability, in exploring employment topics and job opportunities.

While being lightly guided by a Facilitator, participants have been enjoying the social aspect of connecting with others over a virtual platform, discussing work related topics with their peers, gaining confidence in their communication and utilizing teamwork skills.



This year, we are also excited to connect youth with an Employment Specialist to help them find part-time employment.

The research gathered from this project will inform best practices as they pertain to youth gaining the knowledge and experience needed to be successful while transitioning toward graduation and adulthood.

Every month, the top five participants demonstrating consistency in their attendance are entered into the draw for a brand new Samsung tablet. Congratulations Steven and Seth!

If you are interested in finding out more about the Impact initiative, feel free to connect with Raman Manhas at 778-238-6703 or Ramanjit.manhas@posAbilities.ca.



Lori, Jason & Tammy receiving the generous donation of wipes!

Disinfecting Wipes Anyone?

Contributed by Lisa McKeddie, Team Leader

Charito, a staff member at ROOTS Community Inclusion Program, forwarded me a phone number for a friend of hers that wanted to donate some sanitizing

wipes to posAbilities. When I followed up, I learned that Chris is Charito's neighbor. He works for Cadillac Fairview, who owns Pacific Centre Mall among many other malls and office towers in BC and Alberta. He graciously offered us some disinfecting wipes stating that they ordered too many at the beginning of the pandemic and they would like to share them with a non-profit agency like ours. Little did I know that his donation would be a whole pallet of wipes! Chris arranged for a delivery service to have the wipes delivered right to one of posAbilities' PPE storage locations. Thank you to Chris and Cadillac Fairview for your generous donation! These wipes have been put to good use to help keep the people we support and our staff teams healthy.



Back to School Safely?

We realize that this year, the march off to school for many of the children and families we serve is particularly stressful due to the continued prevalence of COVID-19 variants.

If you are a parent or guardian looking for support, knowledge and information about inclusive education in our province, please check out the **BC Ed Access Society**, an entirely volunteer-run organization serving families of students with disabilities and complex learners all over the province of British Columbia.

The Society's parent support group has over 4,000 members who share stories on a private discussion board. Together, they address the challenges families face in pursuing equitable access to education for their children. Learn more about their work [here](#), and request an invitation to their online support group.

If you are searching for an advocate to assist you with getting the

proper supports in place for your loved one to safely return to school (or to continue with home school learning), we recommend contacting Inclusion BC and sending an email to advocacy@inclusionbc.org or calling them at 1-844-488-4321.

This pandemic experience we are all living through prompts us to continue our fight for our children's rights to an inclusive education. In a recent [article](#) published in the Globe and Mail, mother, activist and author Sue Robins does just that. Have a read, and if you can, join Sue in her advocacy, or lend your support to a family whose child is being excluded.

The Family Support Institute of BC, another family led society, draws its primary resource from the love, strength and wisdom of families. They offer peer to peer and group supports, as well as other services through their [website](#).

Your Quick Reference Guide for Inclusive Education and other Family Support Services



BC Ed Access – <https://BCEDAccess.com>



Family Support Institute of BC (links to Wayfinders, Support Worker Central, Find Support BC) - includes transition information, community events, workshops, sibshops, support groups and more! Begin here: www.fsibc.ca



Inclusion BC – Advocacy, virtual learning events, employment supports and inclusion for all - www.inclusionbc.org

Virtual Inclusion Learning Summit Online! Save the date: October 14, 1-4pm - See the video – [click here!](#)

Family Leadership Series – Connecting the Fraser Valley – The Connecting the Fraser Valley Working Group invites families living in the Fraser Valley to attend a series of free virtual sessions. Learn ways to strengthen your advocacy and access resources to help build a good life for your loved one with a disability. Join other families in sharing knowledge and developing community support. This series is meant to be taken together and registration is for all 8 events. As families are busy, there may be times you cannot attend. You are welcome to attend the ones you can. Please register by October 12. Click here for more info: <https://inclusionbc.org/connecting-the-fraser-valley/>



Umeed – A community of support for Punjabi speaking families of children on the spectrum, www.Umeed.ca



Vela Canada – www.VelaCanada.org

We have collected a variety of free and low cost supports for individuals and families please visit our websites or contact Monique at mnelson@posAbilities.ca or call 778.945.3367 if you need something that you cannot find online: [posAbilities - Useful Links](#) ; or [Useful Links - Laurel Behaviour Support Services \(laurelbc.ca\)](#) Our Family Resource Coordination service is there for you, and we are always open to learning about more supports that can be added. Ask us about resources or supports in additional languages!