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Celebrating Community Inclusion through Art

Another year of the INCLUSION Art Show & Sale has come and gone. Once again, we moved the show online to safely celebrate creativity, community and diverse abilities. We are incredibly proud of this year's collective of artists who did a fantastic job adapting to the changing circumstances. From pottery to paintings, to glasswork and more, there was truly something eye-catching for everyone. Here are some of the special moments we cherished.

Highlights

- We launched a brand-new art show website where people could make their purchases directly and reached a total of more than \$10,000 dollars in sales! www.InclusionArtShow.com
- With the help from [Curiko](#), artists hosted live virtual events, sharing their work and giving guests a behind-the-scenes peek at their process. To find a roundup of all of these events and to watch the recordings, click here: <https://posabilities.ca/independent-artists-and-inclusion-art-show-demos/>
 - We hosted a celebration viewing party over Zoom for our participating artists and studios, complete with live music! It was such a joy to bring people together and celebrate.
 - We displayed our work at the Coquitlam Public Library and in the windows at Christ Church Cathedral in downtown Vancouver.
 - Artist Bart Vulliamy and our own Monique Nelson joined the Accessibility Collective to talk about INCLUSION and accessibility in the arts on All Access Pass. [Listen to the episode here](#). The show was also featured on The Self Advocate podcast, where Justine Olah from our Art Show Committee joined host Alison Klein. [Listen to the episode here](#).
 - Congratulations to Gabby Lam from the Richmond Society for Community Living, whose painting *Frozen Bird* was selected as the winner of our Holiday Card Contest.



INCLUSION artists proudly displaying their work - "My Creative Spark" by Larissa Shun and "Mosaic Expressions" by Fanny Chong

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

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



posAbilities.ca

Celebrating Community Inclusion through Art

Continued from Page 1

Thank You

Cheers to this year's artists and studios on a successful show and sale! We also want to acknowledge and thank all the people who support our participating artists—you help make the show possible. A big round of applause also goes out to our Art Show Committee for their hard work to make our second online show even better than the first.

We are grateful to our wonderful community sponsors and supporters: the BC Government Employees Union, the City of Vancouver, Christ Church Cathedral, Curiko and the Coquitlam Public Library. And last but certainly not least, to everyone who visited the site, purchased art, attended an art demo, and helped spread the word—thank you! We'll see you next year.



PotteryWorks artists, Dan Tell, James Lash and Sangeeta Rehki, with their celebration viewing party baskets!



"Frozen Bird" by Gabby Lam

"I love the colours used in the painting and it really helps create a calm and relaxing atmosphere in the room. I regret not purchasing the second piece by the same artist. I look forward to next year's show and adding to my collection!" – Cindy Gordon

"The website is truly amazing, what a lot of work that must have been, not only for the artists themselves, but for everyone involved in getting it online. I've adored the pieces I've purchased and this event has been close to my heart for many years." – Nell Paulien Velega

"I was really happy with my selection and the easy process of getting my pieces – thank you!" – Carolyn



Art Rise: Art for Equity, Inclusion, & Connection!

Contributed by Alicia Neptune, Communications Specialist

Our art initiatives have a new home online at ArtRise.ca! This brand-new website, designed by Community Artist Lead Aaniya Asrani, is a multi-media showcase of these creative projects and the people behind them.

Over the years, we've worked with many amazing people and organizations: *posAbilities'* own artists in residence, neighbourhood organizers, Emily Carr students, and community-engaged artists. Many of them are engaged in social practice art, a form of artwork that uses social engagement as a primary medium.

Art Rise 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. Visit ArtRise.ca to start exploring and join our creative community!



The Eastside Culture Crawl Returns to Mark 25th Anniversary

Alternatives Gallery & Studio opened their doors once again for the Eastside Culture Crawl – a visual arts, design & crafts festival in East Vancouver.

After a pandemic hiatus last year, the Preview Exhibitions were back in celebration of the Crawl's 25th anniversary. Called Surfacing 2021, the multi-venue, salon-style curated exhibition featured key works by more than 85 Crawl artists. This year's exhibition harnessed the creative force that's come out of the pandemic period. Alternatives was excited to host one of the exhibitions and with pandemic protocols in place, they opened their gallery for the evening reception on November 4th. Artist, Sharon Bessey, did a wonderful job welcoming guests and hosting the event. Sharon and Richard Wong co-created a piece called "Wild Fire" which was featured in the Crawl's catalogue this year!

The festival ran from November 18-21st and the studio was busy with people eager to get back to in-person events. Our working artists, Tina, Rachele and Deidre, had a blast welcoming guests as they filtered in and out throughout the weekend. As we couldn't offer our usual hot chocolate, we set up a table with temporary tattoos instead. We had no idea how much of a hit they would be – we'll definitely be bringing them back next year! Thank you to everyone who stopped by and supported our studio during this time.

Be sure to follow Alternatives on Instagram to stay up to date on all of their latest projects. You can also check out their time lapse of the Preview Exhibition's opening reception! Follow them here: <https://bit.ly/3nS7MhF>



Pandemic Project

Contributed by Rosemont House

This all started with a broken umbrella. Thanks to YouTube and a dedicated staff team, they worked with an eager and excited group of persons served to make something out of it. The umbrella soon became a water fountain and bird bath! Throughout this summer, the success of the project was enjoyed by persons served at Rosemont. This is the first big project that Rosemont House has accomplished during the pandemic, and it certainly won't be the last! So stay tuned for more to come!

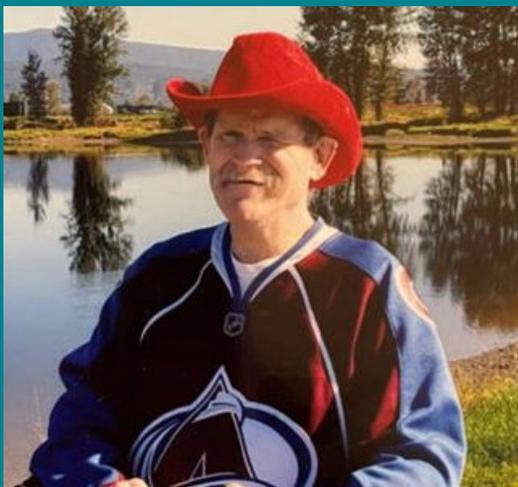
In Memoriam



Penny and Mark

Mark Halliday

We are sad to announce that on the morning of November 4, 2021, Mark Halliday passed away. He lived at Catherine House for the last year. Mark had a passion for hockey – his favorite team was the Vancouver Canucks and he never missed a game. He will be missed by his family, housemates and staff.



Kenny Grant

It is with great sadness that we announce the passing of Kenneth (Kenny) Grant. Up until last year, Kenny was supported by *posAbilities* for 30 years. Ken will always be remembered for his passion of collecting items that were big and colourful. Kenny was very active in his community, but his favourite activities were going to the PNE each year and visiting with Santa at Christmas. He would go to the PNE and play all the games he could so that he would win a giant stuffy. Kenny loved to socialize and eat a delicious meal in a restaurant. He will be remembered for his charming ways, infectious smile, and the joy that he brought to all those around him.



Seeing the Impacts

Contributed by Raman Manhas, Project Lead, posAbilities Employment Service

Brandon is part of the Impact Youth Research project this year. Impact is a 3-year initiative that is being funded by a federal grant and started last year. Youth taking part in this project learn different work-related skills through taking part

in discussions in Job Club. Youth also have the option to work with an Employment Specialist, if they are interested in getting a part-time job.

It has been great having Brandon in Job Club as he likes to share his knowledge and experiences on different topics. Brandon is a great public speaker and has surprised a lot of us in the group with his knowledge in geography during trivia days that happen at the end of the month.

Brandon is in high school and is working with an Employment Specialist to find a part-time job in his community. He's been practicing interview skills and looking at different opportunities based on his interests and strengths. Brandon has shared with us that he enjoys interacting with people, likes animals, children and watching movies.

In this picture, Brandon is shown with the Samsung tablet that he won in the draw for the month of August. This draw was based on the top five attendees of Job Club. He was very happy to receive the tablet and mentioned that it will be easier for him to join Job Club via Zoom rather than having to use his phone.

We look forward to Brandon getting his first job soon. If you know of any youth who are between the ages of 14-19, have a disability and are attending high school, feel free to connect with Raman Manhas at 778-238-6703 or ramanjit.manhas@posAbilities.ca to register for next year, which will be the last year of the Impact initiative.



International Day of Persons with Disabilities

3 DECEMBER

Art, Community and Celebration!

Contributed by Alicia Neptune, Communications Specialist

For a second time, we mark International Day of Persons with Disabilities (IDPD) during the COVID-19 pandemic. With many parts of the world thinking about what the future and pandemic recovery looks like, this year's IDPD theme reflects the necessity of including people with disabilities in the decision-making process. The future can and should be inclusive and accessible.

IDPD is a day which promotes equality for people with disabilities in all areas of society. On December 3rd, we celebrate IDPD with events that invite the community to come together and recognize the contributions of people with disabilities. This year, there are a number of arts- and community-focused events both virtual and in-person to enjoy. Learn about the journey to inclusion in BC, get to know the man who brought a daily dose of light to our COVID-19 briefings, and enjoy artwork from artists of all abilities.

- **What Disability?!? – Art Exhibition**
December 3-19
- **Inclusion: The Journey to Community – Exhibition Launch**
December 3, 11-11:45am
- **Who the Hell is Nigel? – Film Screening**
December 3, 5-6:30pm
- **New Wave – Virtual Closing Celebration**
December 3, 5:30-7:30pm

For more information about these events, read our blog here: <https://bit.ly/3E3ADp2>

Meet the photographers



Introducing Curiko

Contributed by Allison Chow, Community Mobilizer

Feeling bored, lonely, or eager to share your passion? Check out Curiko – a brand-new experience platform *posAbilities* helped bring to life over the last 7 years. It evolved from earlier versions like [CoMakeDo](#) and [Kudoz](#) with input from self-advocates, families, and the community at large.

Curiko is made for community members whose brains and bodies work in beautifully different ways. Maybe you identify as living with a disability. Maybe you support someone living with a disability. Maybe you reject the label of disability. Maybe you've never thought much about disability. Curiko is a place for you. In a world that is constantly separating us by our differences, Curiko celebrates the spectacular variety of humans by bringing people together through free one-on-one, group, video, and boxed experiences. Why? So we can exchange and grow from each other's curiosities and perspectives. On Curiko, choose from experiences on topics from A to Z — from armchair travel to hip-hop dancing to zoology and more. Book one-on-one conversations, join group Zooms, order project boxes to your house, and watch videos anytime.

You can also contribute by offering something you love. Every experience is hosted by fellow community members. Whatever your interest or side hustle — whether it's cats, claymation, or cello — you've got something to add and a role to play. Because this is the big idea behind Curiko: cultivating the community's capacity to care. Rather than return to a reliance on one-way help, let's carve out space for two-way connections. Let's co-produce care. Get started at curiko.ca.

The Clint Morrison Scholarship Fund

Contributed by Alicia Neptune, Communications Specialist



Self-advocate Clint Morrison is on a quest to ensure students with developmental disabilities can live full lives in community. He's created a new, ongoing scholarship fund to support youth transitioning from high school into adulthood.

The \$500 Clint Morrison Scholarship is for students who are enrolled in a pre-employment or ACCESS program, registered for post-secondary courses or job training, and have demonstrated community-mindedness. The award, introduced this year, was only available to Burnaby students, but Clint is working to raise the funds to expand the scholarship to other communities in BC.

He hopes to help students take advantage of the opportunities that weren't available to him at the same age. As a young boy, Clint was placed at St. Christopher's School in North Vancouver. For the first few years, there wasn't any formal teaching. He and the other boys living at the school would play when they were not doing their chores. Later, teachers came in to teach an adapted curriculum.

Clint went on to learn at several public schools from ages 16-19 where he completed grade 11.

But it took him until age 38 to finally complete grade 12 and graduate high school. Post-secondary education wasn't an option. In fact, growing up, Clint was told he could never hold a job or live independently. Well, contrary to expectations, he went on to do just that. Clint worked for the Vancouver General Hospital for most of his life, starting out in the kitchen and later taking on a number of different roles. He has also been involved with Special Olympics since the earliest years of the movement. After many years as a coach, he remains a champion of Special Olympics, raising funds and awareness — to date, he's raised more than \$56,000!

In this season of giving, consider joining Clint on his mission to support students with disabilities in communities around the province. If you're interested in contributing to the scholarship fund, you can contact Clint at (604) 565-5044.

SECTOR NEWS



Canada Disability Benefit

YOUR VOICE MATTERS

Speak up for the elimination of disability poverty!

A Wish for 2022: Disability Without Poverty

A message from our friends at PLAN Institute

As one of the many who are part of the Disability Without Poverty movement, we are focused on ensuring that the government follows through on its commitment for a Canada Disability Benefit.

On June 22, 2021, the Government of Canada tabled legislation to create a Canada Disability Benefit. In order to increase momentum, Disability Without Poverty has initiated a petition calling on the Government of Canada to keep the Canada Disability Benefit as a national priority.

The parliamentary petition is calling for:

- Fast-tracking the design and implementation of the Canada Disability Benefit
- Active and genuine involvement of disabled people every step of the way, from start to finish

The petition deadline is January 11, 2022.

Together, we can make a bold statement for a future filled with dignity, independence, and opportunity for people with disabilities.

To sign the petition and for more details, [click here](#).



New MCFD Framework Proposed for Serving Children with Support Needs

**Fernando Coelho, CEO and Kavita Kamat, Clinical Director,
Laurel Behaviour Support Services**

The Ministry of Children and Family Development (MCFD) recently announced that it is developing a new Children and Youth with Support Needs (CYSN) Service framework, in order to fold in more children with additional support needs, earlier in their lives. The framework speaks to the creation of “one-stop family connection hubs” throughout the province. Under this new approach, children, youth and their families access information, expert intervention and therapies at a centre, rather than by administering their own funds to purchase professional services. There are plans to prototype the hubs in two areas, the Northwest and Central Okanagan, starting in 2023. The goal is to launch the model province-wide by 2025, and to wrap up individualized funding for families who administer their own autism support services.

The announcement unfortunately was not accompanied by a great deal of details, and as such has resulted in uncertainty and stress for families, advocates and many other stakeholders. Many questions have been posed by stakeholders, and not yet answered. One thing that we all agree on is the need for a better system of care for children and youth with additional support needs. We also believe that the success of this model will hinge on additional investment to serve the larger, more inclusive case load that is currently waiting for support.

We see a need for consultation and engagement with families and service providers as the preferred route to designing meaningful change and the future we all envision. We remain hopeful that such a process will unfold in the year ahead, as many voices have been raised, and stakeholders are seeking deeper involvement. To learn more and to get involved, please visit one of these advocacy organizations: Autism Community Training, [ACT-BC](#); [Family Support Institute of BC](#), or the [Autism Society of BC](#) and send your questions and thoughts to the Ministry directly.



Diversity, Inclusion and Belonging: Committee inspires awareness, education and action

Did you know that *posAbilities* has a Cultural Competence, Diversity and Inclusion action plan? A committee of representatives from across the Association has been working on increasing our collective awareness of the various aspects of human diversity, and our knowledge of concepts like unconscious bias, racism, colonialism, micro-aggression, ageism, ableism, gender identity and much more since 2017. We are members of

the Canadian Centre for Diversity and Inclusion (CCDI), which provides us with lots of timely information and education to support our work. For more information, please contact diversitycommittee@posAbilities.ca or sign up for the free monthly newsletter offered by [CCDI here](#). Persons served and employees are welcome to join the committee or its Culture Club meet ups any time of year!



Variety Funds Private Autism Assessments

Dave Namkung is a professional recruiter who is passionate about community living, child development, housing, and employment. He is also a proud autism dad, supporter and member of the Canucks Autism Network and BC Centre for Ability. We'd like to give a shout out to Dave for his fundraising efforts, which have resulted in an individualized grant for Private Autism Assessments for families in financial need through Variety, the Children's Charity. Currently, a family can wait **84.4 weeks** for a government funded autism assessment. This time is stressful for all involved, and cuts deeply into the early years learning window. To learn more or to apply, visit [Autism Assessments - Variety Children's Charity online](#). Other priority granting areas include: adaptive equipment, mobility equipment and specialized therapies, tuition and tutoring, and Continuous Glucose Monitors. They also fund Sunshine Family Vans and support families away from home seeking medical care for their children.



Youth Connections: Finding Home

Contributed by Monique Nelson, Director of Community Engagement

Each year, *posAbilities* partners with other family support leaders at BACI, Vancouver Parents of Transitioning Youth and the Square Peg Society to provide education on housing opportunities for persons with disabilities. In 2022, we plan to offer in-person sessions on developing skills for independent living, finding affordable housing, and learning from case studies of families' unique experiences. We are building upon the great work led by Ben Postmus and Rachel Skidmore of the [Family Support Institute](#). This duo started hosting weekly zoom meetings showcasing housing options across BC throughout the pandemic. To join their email list or to register for upcoming sessions, please email Ben Postmus at: bpostmus@fsbc.com

Personally speaking, our son found his home in an affordable rental this Fall. We are excited to share our experience with others, as we have been working towards this moment for a long time. Nick and his friend Casey, are part of a group of tenants connected to the PALS Adult Services Society (PASS) Housing Program, and occupy 16 of the 145 suites in the Aspen, which is located in Vancouver's Mount Pleasant neighbourhood. Learn more by watching a short [news clip](#) on Global TV, or by visiting [this website](#), where you can access more stories and information.

You are also welcome to contact me anytime about housing questions, or to find resources on other topics. Don't forget our [useful links](#) page has lots of resources of value. Until we meet in person, I wish you all the very best this holiday season!



Buy Social! Your Gift Giving and Celebration Guide

The items in this guide have been selected to help you deliver gifts and experiences that will benefit artists with diverse abilities, disability advocates and the organizations operating in the social care sector. There are no fees collected by *posAbilities* for this service. If you would like to list an item in this directory, please contact info@posAbilities.ca to learn more! We wish you a very happy holiday season.

Check out some of the items below and view the full list here: <https://posabilities.ca/gift-giving-guide/>

Add Zip to your Zoom Parties with These Entertainers



Live Entertainment: 10 x 10

Enjoy ten minutes of comedic, event themed music and voice impressions for just \$10!

Website: www.BenSimcoe.ca

Email: bensimcoe@hotmail.com

Call: 604-746-8478



Experienced Hotel Pianist at your Service

Manuel has memorized 100s of songs, and his range includes Disney, pop, and classics. He also loves playing Richard Clayderman tunes.

Email: ManuelHiiPianist@gmail.com

Call: 778-320-7488 (Mary)

Send a Holiday Card by Mail



Assorted Cards (Boxed Set: 10 cards for \$35)

Brought to you with love by the artists from Alternatives Gallery and Studio.

Website: www.alternativesart.ca

Instagram: [alternativecreationsstudio](https://www.instagram.com/alternativecreationsstudio)

Email: gallery@posabilities.ca

Call: 604-322-0585



Ingredients:

- 2 packs grated cassava
- 1 pack shredded young coconut
- 1 bottle coconut string in syrup 340g
- 1 can condensed milk 300ml
- 1 can coconut milk 398ml
- 3 eggs
- Vanilla flavoring
- 3 tbsp margarine or butter

Cassava Cake

Contributed by Charito Wiseman, ROOTS

One of the most delightful aspects of every meal is, without question, the scrumptious dessert that ends it. Cassava cake is one of my favorite desserts and is a classic Filipino dessert. Cassava is also known as kamoteng kahoy and balinghoy in the Philippines. You may be surprised to find out that this sweet and decadent dessert actually stems from a root crop, not unlike sweet potatoes or yams! This cassava cake recipe is great because it tastes good and is very easy to prepare. All of the ingredients can be found in Filipino stores. Enjoy!

Directions:

1. Open the young coconut package. Drain the juice and set aside the young coconut. Melt the margarine and beat the eggs. When opening the coconut milk, set aside at least 1/4 of it for toppings.
2. In a big bowl, combine the cassava, shredded coconut, beaten eggs, melted margarine, condensed milk, coconut milk and mix together thoroughly. Put a few drops of vanilla in. In a medium sized disposable aluminum tray, spray with vegetable oil cooking spray. Pour the mixture in tray. Heat the oven to 375 °F. Bake for an hour (approximately).
3. To check whether your Cassava is cooked, get a toothpick and insert it in the cake. When there are no solid particles on the toothpick, it means your cake is cooked. Take it out of the oven and coat with the remaining condensed milk. Reduce the oven temperature to 300 °F, then bake it again until the colour turns light brown. You can serve this cake hot or cold.

Pet Treats and Snacks



Johnson's Dog Treats

Johnson's dog treats come in three different sizes, so you can choose the best fit for your dog. Ingredients include pumpkin, peanut butter, whole wheat flour, and eggs. The pricing is \$5 for 20 large treats, 40 medium treats, or 60 small treats. Delivery is free for Burnaby and surrounding communities.

Call: 778-865-9964 (Karl)

Email karl.johnston@posabilities.ca

Unique Gifts and Art Pieces



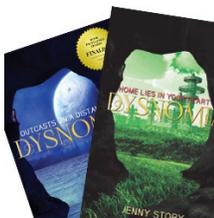
Margaux Wosk, Autistic Artist

Also known as Retrophiliac, Margaux has developed an amazing online store collection that includes their signature bright designs on a variety of products – from face masks, to t-shirts, tote bags, lapel pins and more!

Website:

<https://www.etsy.com/ca/shop/retrophiliac>

Readers or Poets on Your List?



The Dysnomia Series by Jenny Story

Jenny Story is the author of the Dysnomia series, and the second book in the trilogy, *Dysnomia: Home Lies in Your Heart*, was released in May 2021. Her mother, Janet Walmsley, has written a book about Jenny's story, *The Autistic Author and Animator: A Mother's View of a Daughter's Triumph*.

Website:

<https://jennyjennystory.wixsite.com/dysnomia>



Season's Greetings!

Last year, I titled my holiday greeting "A completely different kind of year" and indeed it was. I didn't expect that this year was going to give us a repeat of 2020 and then some.

We are now in the 4th wave of the pandemic; however, thanks to the vaccines, the 3rd and 4th waves have been fought with the knowledge that we are better armed to protect ourselves and our loved ones against the virus. A collective sigh of relief could be heard and felt from coast-to-coast – just in time for us to deal with the impacts of climate change on our beautiful province.

Throughout this past year, our province has endured a heat dome, forest fires and most recently, an atmospheric river event that has devastated communities. Yet, our collective frame of mind remains determined, generous, caring, kind, hopeful and most importantly, undeterred. And this is true of all of you. You continue showing up and focusing on what matters most to the people we serve.

For many of us, this is a time of unprecedented struggle and upheaval and I remain grateful for your perseverance. Despite the trials and tribulations that 2021 brought to our collective doorsteps, it was also a year to be proud of our accomplishments.

In October, we once again secured a three-year accreditation outcome. This achievement is an indication of our dedication and commitment to improving the quality of the lives of the individuals we support. We are proud to share that once again, our report identified no recommendations – an accomplishment achieved by only 3% of CARF surveys.

We also completed another successful WorkSafe BC Certification of Recognition (COR) survey in November. We are pleased to announce that we passed the audit with a score of 97%! Our commitment to the health and safety of our team members and the individuals we support remains our top priority.

These achievements were made possible because of your dedication and your commitment to *posAbilities* and the work that you do. I look forward to a new year (I think we all do) and am excited to announce that 2022 will also usher in a year of review and reflection. We will be developing our new Strategic Plan in pursuit of Vision 2028 – Good and Full Lives for everyone.

Wishing you and your families joy, warm memories, good health and a new year filled with happiness and peace.

Sincerely,
Fernando Coelho,
CEO



It's hard to believe that we are about to embark on another holiday season during this global pandemic! This December, although we aren't quite out of the woods, we are dealing with fewer exposures to the virus and we have not had any recent outbreaks. We are also returning to nearly full participation rates in our community inclusion services, and are expanding our other program activities and in-person outreach services too. I am so grateful to the families and team members who have made this all possible.

Given that current public health advice is to keep our parties small and safe for those who attend them, I may not see you in person over the holiday season, but am looking forward to joining virtually where possible. I hope that you are able to take advantage of the opportunities you do have to connect with us. Although a couple of our treasured traditions remain on hold (e.g. drop-in visits and potluck dinners,) I remain optimistic that they will return in 2022.

Until then, we will continue safely planning for all indoor visits, hosting smaller groups, and offering alternatives such as virtual, window or outdoor visits. We appreciate your continued support of our health and safety measures, and trust that they won't impact our holiday spirit!

Until we meet again, I wish you a healthy and joyful festive season.

Sincerely,
Vinita Prasad,
Program Director