



BECONNECTED



Your Becon Support Services Newsletter

Volume Five, Issue One

November, 2010

INSIDE THIS ISSUE:

Trackshoes 2010-	2
From the Director-	3
Facebook, Site of the Month	4
CQI, Young Men's Club, Family Council	5
Green Committee	6
OHS, Social Committees	7
HR, Accessibility	8
People First	
SABF	9
One Day	11
In Our Homes	12

BECON APPROVED AS HOST AGENCY SUPPLIER

Becon Support Services is proud to announce that we have been approved as a Host Agency Supplier with the CLBC's Provincial

Supplier's Service List.

What this means is that individuals and their families can hire BSS to assist in areas where they may need support with the Individualized Funding (IF) contract.

The support can take the form of human resources assistance, or financial coordination of your contract. For example, we can assist in the hiring of employees, completing payroll, etc. BSS would tailor the services to meet an individual's needs.

If you are interested in this ser-

CHRISTINA GILES IS NAMED BECON'S SEPTEMBER "CITIZEN OF THE MONTH"

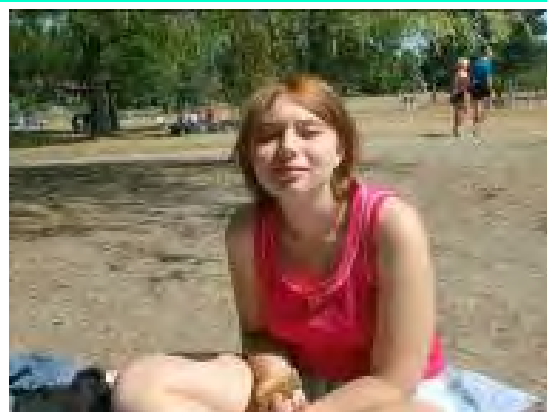
Christina Giles is this issue's **Citizen of the Month**.

Christina has been working at the Head Office every Tuesday for almost two years to help with the shredding and take all the recycling to the dump. She enjoys her time at the office and even more she is helping Becon reduce their carbon footprint by leading a recycling initiative.

Christina participated in the filming of two videos that are being used to train new workers in the field of community living: "History and Values of Community Living" and "Assisting with Personal Care and Hygiene." She really enjoyed acting out her roles, and all of the folks at Prairie House are pleased to work with a real movie star!

At Christmastime, Christina was Rhonda's helper elf delivering flower arrangements to our partners and friends. She has also assisted Kristen with community initiatives like postering and handing out brochures for the One Day event and the My Community Conference, and handing out *Globe and Mails* for the "Start with Hi" campaign. Christina really enjoys this type of work, and is available to help with similar jobs if anyone is interested.

Thanks, Christina, for being such a great Citizen!



BSS Celebrates Camosun College's Community Support & Education Assistant Program Student: Michelle Vandaele



Kristen and Andrea from BSS present Michelle with her award..

vice or are just seeking information, please contact BSS at 250-727-3891.

- Each year, Becon Support Services sponsors an award to a graduate of Camosun's CSEA program who shows a commitment and leadership in supporting individuals who present with complex needs. Congratulations, Michelle, for being the 2010 recipient of the Becon Award!



Beconnected Trailblazer Bryan poises at the start of another big event in the 2010 edition of “Operation Trackshoes”, June 11th through 13th. For the 25 participants in Becon’s third year of participation in the event, it was a dead heat between awards, personal triumphs, and smiles.

(Team practices for Operation Trackshoes 2011 begin in the spring. Contact Kristen at the Becon Office if 2011 is your year to beconnected to Operation Trackshoes!)



Andrea, KK, and Josh - who is also a BSS Community Partnership Award recipient. See page 5 (CQI) for more details.



Mark, wheelchair athlete extraordinaire!

FROM THE DIRECTOR

I can't believe it was January of 2010 when the last edition of *Beconnected* was distributed. I'm sure you will discover as you read this edition that nothing ever stays the same at Becon Support Services.

You may already be aware that there are changes occurring within the services being contracted by Community Living British Columbia (CLBC), Becon's primary funder. Organizations have been told that they need to review all current services being provided and establish a re-designed plan to find different, more efficient ways of providing services to some individuals currently supported. Staffed residential services have been identified as the



most expensive form of service; the expectation is that the number of individuals supported in group home models be reduced. Service re-design plans are due for submission to CLBC by the end of September, 2010.

Becon intends to meet this requirement by working cooperatively and collaboratively with the individuals we support, their families and/or advocates, and the funder. Discussions about service options and wishes will take place as soon as the draft re-design has been approved by CLBC. Although we have a number of individuals who have requested the opportunity to explore their options, we also have many who have lived in the same home with the same housemates for many years. Needless to say, accomplishing what we need to will be a challenge. In saying this, I am confident that with the support and trust of individuals supported and their families, we will meet our mandate.

Becon is fortunate to have many wonderful supportive families involved with their loved ones. We also support a number of individuals who are without family, friends, or identified advocates other than the staff who support them in home and community. It is important to the Administration of Becon Support Services, that we, in collaboration with CLBC, be mindful of decisions being made. This includes the provision of assurances that alternate planning is truly intended to provide an enhanced opportunity to the individual, and not for the purpose of meeting a financial mandate, or to travel the proverbial road of least resistance.

Changes include a significant increase in the number of individuals being supported in our home share program,

along with additional home share contractors joining our Network of Home Living (NHL) team. A warm welcome to you all- we hope to see you out at some of our social event this fall. BSS's Annual Community Living Month Pancake Breakfast has already taken place October 2nd, but still to come is our annual Employee and Service Provider Appreciation Gala evening on November 12th.

Closing out the year, of course, will be our annual Holiday Dinner, being held at the Garth Homer Auditorium on Saturday, December 4, from 4 until 6 P.M.

Despite these changes and challenges, it is very apparent to me that the individuals we support continue to lead busy and exciting lives. BSS fielded a team of 26 Trailblazers at Operation Trackshoes in June; our Self Advocacy group, Self Advocates for a Brighter Future, hosted the My Community conference in Victoria which welcomed 110 participants. Another highlight was hosting our first annual Aboriginal Feast. Our Annual Picnic at Centennial Park was an awesome family affair; and more recently the fields of our One Day event were ablaze with the orange of our Beconnected Trailblazers t-shirts.

In closing, I'm saddened to report that we experienced the loss of another Becon family member, Ms. Judy Higgs, who lived for many years at Tamarack House with her life partner Morris and many other dear friends over the years. Our condolences to Morris, Mark, Bernie, Judy's sisters Marilyn and Kathy, and their families. Judy's warm smile, wonderful laughter and zany sense of humor have been and will always be deeply missed.

A celebration of her life was held where friends and family gathered to share memories, music and fellowship. Following the celebration, guests were invited to Judy's home for lunch and the planting of an eternal tree, donated by Judy's sisters, which has become known as the "love tree", and is tended by Morris.

As a final note, I must apologize to Kristen and Steve for the delay of this submission – I hope I didn't hold up production for too long! I am confident that the release of this edition will wow its readers with stories, information, and the details of all the happenings since the last edition.

Enjoy,

Rhonda Connell



Did you know that some 17 million Canadians have a [facebook](#) page! "Social Networking" is a new form of lei-

sure built around communicating and sharing with each other over the internet – facilitating connections between people who share similar interests or pursuits, and making it easier to stay in touch with friends and family. In the spirit of building networks, BSS now has its own [facebook](#) group: Becon Support Services. Everyone welcome, come and join us!

There are a number of ways you can submit comments, suggestions, compliments, opinions, etc. to BSS, and here's 3 of them:

1. Go to www.beconsupport.ca, click on "contact" and then scroll down to the comments section. Your submission will be sent directly to Kristen;

2. You can fill in a suggestion form at head office and submit it into the gray suggestion box across from Susan & Natasha's desks; or,



3. You can submit your comments into the "suggestion box" envelopes posted in each home. These envelopes are specifically for submissions that you would like to have come to head office. We'd love to hear from you!

We want to hear from you!!!

KRISTEN'S SITE OF THE MONTH

SymbolWorld - The Pic Symbol Website

SymbolWorld is a website for people who use symbols in their communication. It has material for all ages and includes symbols and photos that can be downloaded, film reviews, personal sto-

ries and contributions from individuals who use symbols and pictures in their communication, stories and learning materials, and eLive Magazine - an online magazine made especially for symbol readers by symbol readers.

Here is the link to July's eLive Magazine: <http://www.symbolworld.org/eLive/pdf/elive-july-10.pdf>. It has information in it about the FIFA World Cup, the oil spill in the Gulf of Mexico, Sex in the City Part 2, and other current events. Check it out!

<http://www.symbolworld.org/>



BSS volunteers Michael, Luis, Sandy, and George helping with handing-out of "Globe and Mails" in support of the "Start With Hi" campaign co-sponsored by the Globe and Mail and Victoria's Community Living Month, which promotes inclusion of those with disabilities into their communities.

BECON COMMITTEE REPORTS

The CQI Connection

The CQI Committee has awarded two more community partners the "Becon Support Services Community Partnership Award" since our last issue of *Beconnected*. This award recognizes an individual, group or business for their contributions and on-going support to people with developmental disabilities in our community. Each recipient was awarded a framed certificate and a personalized letter describing the reasons why they were chosen. The newest winners are: Alice Richard, Counsellor, Josh Heinrich, Andrea's Operation Trackshoes helper, who travels all the way from Castlegar each year to support her participation in OT's many events, and Shon Taylor from Bone Creative. Thank you! – Community Living wouldn't be what it is today without the participation and leadership of folks like you!

The Cultural Competency sub-committee hosted a workshop by Surrounded By Cedar Child and Family Services in March. SBC is a delegated Aboriginal agency that provides child and family services to restore and enhance the strength and resiliency in the urban Aboriginal community. They shared with us important things to be aware of when providing supports to Aboriginal children and youths. It was this meeting that sparked the idea for BSS's First Annual Aboriginal Celebration and Bannock Feast in May. We are very appreciative of Desiree and Corrina for sharing their stories, experiences and music with us. Thank you.

family council

BSS

Family Council's next meeting will be held Tuesday, November 23rd to discuss how Becon Support Services is being affected by all the community living issues featured so prominently in the media recently. The meeting will be followed by our Annual Seasonal Nog and Cheer. For more info or to get involved,

please email us at familycouncil@beconsupport.ca. For background information on the issue(s), go to www.bcacl.org.

YMC

Young Men's Club



"Hockey Night at Becon" Playoff Action!

Summer struck at the perfect time this year as the Young Men's Club geared up for some serious fun in the sun. Over the past months, National Patriotism was never more in your face as we gathered at the office to watch the Team Canada Men's team take on Slovakia in the winter Olympics. A couple of new faces showed up and were welcomed in with a sea of hi-fives and "right on Dudes".

We were all on the edge of our seats as it came down to the final minutes in a 2-2 tie. This is about when Teddy turned up his own volume and began cheering extra hard for Canada and BANG!! Canada sinks it in a 3-2 win. Madness ensued as everyone leapt from their chairs. The dream final is on: Canada versus USA in the Olympic gold medal showdown.

This was the beginning of Hockey Nights at Becon Central (HNBC)- complete with goalie gear, sticks, and before long a couple of hockey nets built by the gang. Well, before the second net was even finished, one of the guys was in a goalie mask waiting to stop some slapshots. To date no physical injuries have happened but a couple of bruised egos maybe.

In July, we dug baseball, (continued on page 6...)

Young Mens' Club, cont...

taking in a game between Victoria's Seals and the Chico Outlaws from California.

One of the repeated highlights of what was a great summer for the guys was a kind of inevitable result of the intense summer heat, namely:....WATERFIGHTS!!!!!!!!!!

The battles continued in August at the ever popular warzone known as Beaver Lake Park. A barbeque usually followed as the young men shared war stories.

Well, that was our summer- here's wishing you all a great rest of the year- from the guys at the YMC.



Update from The Green Committee

Do you love the planet? Are you interested in ways to make Becon Support Services greener? The Green Committee is recruiting new members...you might just be the green piece we need!!

The Green committee recently developed Becon's first "Green Initiative". The Green Initiative outlines the practices that the agency engages in that are sustainable, and also, sets goals to help reduce our greenhouse gas emissions in the future.

April was Earth Week (April 19-27) and Earth Day, which was celebrated on April 22nd. This year, the Green Committee ran a contest to see which program could be the most "green". Our pledge was to include a "No Van Day" and encourage each team to use public transit, walk, participate in activities close to home, etc. It was also an opportunity to use no plastic, re-usable bags, to-go coffee mugs etc. After all the nominations came in we decided it was too difficult to pick ONE winner. Here is a sample of some of the activities each home accomplished...

Parkside House turned down the thermostat, residents had shorter showers, lunch was eaten at home to reduce any food packaging items, all paper towels were put away and real towels were used to dry hands, the residents walked to the Gordon Head Rec. Center instead of taking the van out that day. After lunch the women walked down to Starbucks with to-go coffee mugs and drank fair trade coffee, and picked up trash along the way home!! Way to go Parkside House!!

Everyone from the Heights wore green t-shirts and made peanut butter sandwiches. Thank you Heights!

Maggie at Forrester refrained from driving ALL day long while Eddie choose a restaurant at the local mall instead of his first pick pub in Langford! Thanks for your efforts!

At Pearl House the staff used cloth towels instead of paper ones, all dishes were washed by hand, the washer and dryer were only used for soiled items while the energy efficient cycle was used, all appliances were unplugged, staff ensured all lights were turned off when not in use, and they turned down the heat in the home. Great job Pearl House!!! Thanks!!

Prairie House packed an eco-friendly lunch, used metal drinking containers and hiked up to the top of Mt. Doug to enjoy a picnic lunch while taking in the beautiful view. Perfect idea!!! Thanks!!!

So as you can see, there was a lot of great thought and effort put into this year's contest. The Green Committee has decided to award all participating teams with a prize!!!

BECON COMMITTEE REPORTS, (continued)

OHS COMMITTEE

The past six months have been especially busy for the OH&S Committee. We completed home inspections at all the sites and found a great deal of effort put in by each home and the employer to insure a safe workplace for their teams and residents. In April we held our second annual fire suppression workshop in coordination with the Saanich Fire Department. There were 17 attendees and each home provided representation which allows information to be shared directly through their OH&S rep. Each person learned the proper procedure for using a fire extinguisher and even had the opportunity to put out a small fire. Thank you to the Saanich Fire Department; we had a great time and learned a lot.

We sent one of our reps to an OH&S secondary boot camp in April. She was able to share a good deal of information with the team. As well, the employer sent two management team members to a VIHA sponsored "Emergency Preparedness Workshop". The result showed Becon Support Services has excellent procedures in place in the event of a major disaster.

We finished off the first half of 2010 doing inspections on all BSS vans. Once again, many improvements were seen over the previous year, certainly a tribute to the employer and OH&S reps.

We look forward to continuing to look to ways to insure the safety of all our team and residents and the challenges it will present.



Maggie putting out fires at the fire suppression workshop

SOCIAL COMMITTEE

Last year we ended with a bang the Becon Christmas was a huge success with record number of people in attendance. It is definitely time to look for a bigger venue to hold all of us Beconese! Thanks to Santa and his elf for handing out all the presents.

In February we celebrated Valentines Day with a craft night making cards for our love ones and heart head bands for ourselves. We all got together for Chinese New Year at the Crystal Jade Buffet good food and lots of laughs were shared by all.

Our second annual Becon Easter egg Hunt and BBQ was yet again a huge success thanks to the gang at Tamarack for hosting the festivities again this year!

Mothers Day and Fathers Day were celebrated with activities; we hosted group mini golf at Mattick's farm, enjoyed movie nights, and held our First Annual Aboriginal Ban-nock Feast.

Other highlights of the Year To Date: Becon Support Services Annual Picnic on July 11th at Centennial Park; and in the fall: One Day and the BSS Annual Community Living Month Pancake Breakfast! We're also looking forward to some winter-themed events in November and December. This year's Annual Resident Christmas Dinner will be held in a bigger venue—the Garth Homer Auditorium, on Saturday December 4 from 4 until 6 P.M.

Watch for dates for a snow-globe-making craft night and our Annual Christmas movie night.



The late Judy Higgs at one of many Social Committee functions held in 2010. Judy, you were always the life of the party!



D-d-d-dark doings were afoot in preparation for Becon's 2010 Hallowe'n festivities!

BECON COMMITTEE REPORTS, (continued)

HR COMMITTEE

It has been a quiet few months for our HR Committee. There have been relatively few new workers hired as few workers have left. This is a welcome change for the organization and we are sure our residents find it a positive change that their workers are sticking around longer. We have been planning some supplements to our staff training. One change will be to offer a half-day "Recharging" workshop to our long-term employees to bring them up to date on the ways that the organization has changed and is changing, and to try to keep up their enthusiasm for their job. A review of the evolution of Becon Support Services from its beginnings to the present: an agency that is positively regarded by its partners, and a valuable contributor to its community. Part of this workshop would be a brief introduction to Non-Violent Communication (NVC) as well as instruction on how each employee can build their own wellness plan to avoid burn out. We also plan to include the introduction to NVC in our Central Orientations for new employees.

On September 27, Becon Support Services and the South Island Education Committee hosted a full day seminar with noted consultant and facilitator David Pitonyak . David has consulted with families and professionals throughout the United States, Canada, England, the Republic of Ireland, Northern Ireland, and the Netherlands. His Victoria presentation was: "Toolbox for Change:" *How does a traditional organization move towards person-centered supports? How do caregivers maintain their sense of purpose, joy, and commitment in times of growing complexity and changing expectations?*

The day-long workshop focused on specific strategies for transforming system-centered organizations to person- and family-centered organizations while never losing track of joy.



THIS YEAR'S BECON SUPPORT SERVICES ANNUAL STAFF AND CONTRACTOR APPRECIATION GALA WILL BE HELD ON FRIDAY, NOVEMBER 12, FROM 6:30 TO MIDNIGHT, AT THE AMBROSIA CENTRE, 638 FISGARD STREET.

Contact Head Office for Details (250)727-3891

ACCESSIBILITY COMMITTEE

Canada ratified the UN Convention on the Rights of Persons with Disabilities on March 11, 2010. Disability is now recognized as a matter of fundamental human rights. The Convention creates a new and lasting foundation on which to build an inclusive and accessible Canada where rights can no longer be diminished on the basis of disability.

The Convention recognized the valuable role that families play in making rights a reality for their family members with disabilities. The Convention is a road map that explains where, why and how the rights of people with disabilities have been neglected and what steps are required to realize human rights for people with disabilities in meaningful ways.



The newly appointed BC People First Board celebrates at their conference. Mike Langridge, from Becon's Carey House, is at far right. Article on Page 14...

HomeSharing



Home Sharing- A Great Opportunity!

Are you, or someone you know, interested in a unique experience? Are you willing to share your home with someone? Would you welcome someone into your family who will contribute to the daily joys and experiences that life has to offer?

Home Sharing—What is it?

The Network of Home Living, or “NHL” program, is the area of Becon Support Services where home sharing services is provided. Home sharing is a living option for a person with a developmental disability where they share a home with an individual or family – someone who provides ongoing

and long-term support. Support may include assistance in daily living skills, training to develop skills and independence, self-care, relationship-building, life skills, use of community resources, activities and generic services.

This living option includes a wide variety of arrangements and relationships. This may be having someone live in your home with you and your family, two people sharing a home or apartment as roommates with the supports offered by the roommate.

When a decision is made by someone receiving support to choose home sharing, it is

BSS’s role to seek out the best “match” possible. The person and their personal support network may be involved in the selection of a suitable home. They are provided with the opportunity to meet with the potential individual or family, visit the home, learn about family values, likes and dislikes, and any other information they feel they need to enable them to make an informed decision about this option.

For the family of the Network of Home Living provider, home sharing is a lifestyle. It requires commitment from all members of the family and may be a significant change in your lifestyle.

Home Share providers will be matched with the specific needs, interests and lifestyle preferences of the person receiving supports. There will be many considerations involved in selecting an appropriate Home Sharing contractor for each person.

For further information on this opportunity including requirements for the contractor, please contact Jason Falk at jfalk@beconsupport.ca, or 250-727-3891

Did you know? The Network of Home Living is Becon Support Service’s fastest growing program.

The Really Big Conference, called **My Community**, was hosted June 16th, 2010, and was a big hit! We hosted a day of guest speakers on the topics of: Developing Networks of Support; Anti-Bullying; De-Institutionalization: Getting Out and Staying Out; and Leadership for Self Advocates. A round table discussion was held at noon and attended by Victoria’s emerging self advocate leaders to learn about provincial groups and initiatives. During the morning and afternoon coffee breaks, we were entertained by karaoke presented by Mike Langridge. Food and drink was catered and all food and drink scraps (including dishes!) were compostable so that we created no garbage. Delegates received conference packages including t-shirts (t-shirt and logo design and print materials donated by www.bonethinking.com), and by all accounts, had a fabulous day! (And be sure to check out the SABF’s website at www.SABF.ca.)

MY COMMUNITY Self Advocacy Conference

MY COMMUNITY was an awesome day of fun, food, networking, learning, and friendship—building! A team of self advocates from SABF and the Victoria Self Advocates (Michael, Jessica, Mary, Ava, Candace), with support from Kristen, Sharon, and Maryanne, planned and hosted a conference - For self advocates, BY self advocates - the first of its kind in Victoria; on June 16th, 2010! The conference was attended by over 100 participants!



A graphic illustration of Aaron Johannes and Susan Kurliak’s presentation on Personal Network’s of Support, drawn by Lisa Arora. Lisa drew graphic illustrations of all the presentations...



At left, Jessica, self-advocate and member of the conference organizing committee, co-master-of-ceremonies, introducing Tricia Lins from 100 Mile House and Sky Hendsbee from Langley. Tricia and Sky are presenting their workshop on Leadership for self-advocates. At right, Aaron and Susan presenting.





The My Community conference planning committee: Mary Ann, Candace, Ava, Sharon, Jessica, Michael, Kristen, Mary.

Community Living Month is a time when communities around the province and across Canada host events to celebrate the abilities and achievements of people living with developmental disabilities. ONE DAY uses community living month to bring ALL citizens of our community together in friendship, food, and fun. (And judging from the photos on pages 11, 12, and 13, this year it more than lived up to its billing....)



SABF's "One Day" Event was held September 11. This is how it was billed in advance:

This second annual ONE DAY is a day to celebrate our diversity, community, humanity. A day to play together, dance together, and eat together. On September 11th, come one, come all, to celebrate ONE DAY, in the park.

There will be a ball tournament that EVERYONE can play, children's activities, prizes, refreshments, barbecue, music, Trainwreck (a live band), local celebrities, your friends, my friends, our friends. ONE DAY. We are ONE.

MANY ONE DAY MEMORIES



**...MMMMORE
MEMORIES!**



MORE "ONE DAY" MEMORIES



Thanks! We needed that!



Hmmm, now where have we seen this guy before? Don't tell me, don't tell me..! It's CLIFF! MISTER "START-WITH-HI"! For more info, go to www.startwithhi.ca



BC "PEOPLE FIRST" STEERING COMMITTEE HOSTS "POWER IN UNITY" CONFERENCE

A hundred men and women gathered in Burnaby from June 17 to 19 to share and learn together. The 2010 Power in Unity conference, supported by CLBC, was organized by the BC People First Steering Committee for people who have been labeled with a disability. The result of the two-day conference was the resurgence of a powerful voice and a strong sense of unity across the province.

People First is a national grassroots movement by and for people with disabilities, but the BC chapter has been dormant for several years. The steering committee hosted the conference to revive the organization and elect an official board of directors. In addition to the conference, the group has recently obtained grants and funding to resume its mission to "support people who have been labeled to speak for themselves and help each other, making sure what they say is heard."

Self-advocacy groups, agency representatives, and independent individuals attended to have their voices heard. On the first day, workshops explored how to ensure inclusion, close institutions, share stories, engage youth, and find group advisors. Large group sessions were a chance to build consensus and hear about the rights of people with disabilities. On the second day, a special workshop made possible by the BC Association for Community Living educated participants on the "Past, Present and Future" of People First. An Annual General Meeting at the end of the two-day conference resulted in the election of a board of directors for the provincial organization.

Also included in the event was an evening screening of the Freedom Tour Film at UBC's Robson Square. This National Film Board documentary is the story of the fight for the rights of all people with intellectual disabilities to live in community.

In addition to support from CLBC, the conference was also made possible by the BC Association for Community Living, People First of Canada, Spectrum Society

for Community Living, Community Living Society and the Burnaby Association for Community Living.

The event was well received by delegates. "This conference", said one participant "was very beneficial and helpful for all self-advocates who are insecure about their rights and their lives. We all need to be strong with our voices, have faith and be willing to share our stories. I've enjoyed the past two days and am proud to be a member of People First."



Late in the fall, 2009, Self Advocates for a Brighter Future (SABF) applied for two grants from BCACL's SASI (Self Advocates Seeding Innovation) Project. The project was designed to meet the goals of strengthening self advocacy in B.C., giving back to community, bringing people together, speaking out, and building leadership. SABF was awarded \$5000 to host a conference BY self advocates FOR self advocates in Victoria; and \$2500 to develop a learning tool for self advocacy groups to use to learn about the history of community living and self advocacy in BC. Much of our work since the last edition of *Beconnected* has revolved around our SASI initiatives! But let's not forget that Michael, Kathy and Janice traveled to Vancouver to attend BC People First's conference for two days in June; and Michael was nominated to the Board of Directors of BC People First, representing the south island region. Congratulations Michael! Michael was also nominated to the CLBC South Island Community Council earlier in 2010 – Mike's a self advocate in action! SABF will hold our next meeting November 10th, and our Seasonal Celebration is scheduled for December 8th. Contact Kristen at the office for more details.

IN OUR HOMES

CAREY HOUSE REPORT

Mike Langridge: has been happily involved with Self Advocates for a Brighter Future, CLBC's South Island Community Council (SICC), and was recently nominated as a Board Member of BC People First! Mike was proud to help organize the SABF conference 'My Community' in June, as well as attending 'Operation Trackshoes' as a Beconnected Trailblazer. The year-end Special Olympics dance couldn't be missed, nor the Men's Group shenanigans!



Mike D-J-ing at One Day Event

July was stuffed with all kinds of fun things! Vacation to Parksville with mom, BSS picnic, a ball game, car show, movies out, meals out, shopping...

August started off with a 'bang!' at the Symphony Splash, swimming with Lyndsay on weekends as well as rendezvous for coffee or dinner at his favorite Japanese sushi bar.

September included time spent with his friend Corey, DJ

– ing at ONE DAY, a David Pitonyak seminar which carried over to Vancouver for further consulting, attending a blues concert, getting a hand-made electric guitar from his step-dad (!) and still managing to go out with Lyndsay and his parents, go to the Juan de Fuca dance, work at Rosi's Tuscan Bistro and spend his money as fast as he earned it!

October was just as much fun: Special Olympics Floor Hockey and Alpine Skiing starts, Family Focus conference at Whistler for 3 days and a flu shot!

Julia Hurst: was happy to get back into her weekly swim routine, as well as her weekend foray to 'Dan's Farm' on Oldfield Rd. to check out the livestock and taste-test their coffee. Dinner at 'The Noodle Box' restaurant is frequently a highlight as well as the BSS summer picnic and fun time at 'ONE DAY' (especially the coffee served!).

But without a doubt the best part of Julia's year thus far was a visit from her mother, who drove up from California in her classic VW van for a 2 week visit!

This is always a very special time for Julia, the time of the year when she absolutely 'sparkles'.

Paul Cottrell: continues to be content keeping a low profile, enjoying floating in the pool and enjoying the hottub every weekend, going to Francelli's for a smoothie twice a week, and attending the Juan de Fuca dance.

Not one to mix and mingle too much, Paul enjoys quiet time at home in a sunny spot, listening to softly playing music and enjoying a good home cooked meal.

David Green: "Now then luv, is life really a bowl of cherries?". Well, not literally Mr. Green. "Yes, sometimes there are some pits aren't there?".

When David isn't waxing philosophic he is enjoying his full schedule of; attending church to "plump" his soul and a good work out at the gym to "flatten my buttocks" on Sundays.

Monday "must be the sing- a- long at Bill's", Tuesday is for "laying about", Wednesday is for "lunch out with



Mike (right) at Whistler Conference in October

Carey House Report, cont...

(David, continued...)

Thursday is for a swim,

Friday is for renting a movie,

and Saturday is for sleeping in, brunch and not disappointing the crowd at Francelli's "for a cuppa hot chocolate with the whip".

Weekends are also for not using the exercise bike, "twice a day is plenty, luv".

FORRESTER HOUSE REPORT

ROY: I like Edmond watching hockey in my bedroom with me. I like Edmond. Going to the pub to watch hockey with Mike is one of my favorite things. Jess cuts my hair for me – buzzcut #3, so that I don't sweat when I wear my helmet. Oh, yup, the new bathroom makes it easier for me to use it. I like staying home on Wednesdays and listening to music. I like going to self- advocacy meetings. And I liked the Canucks before Helen did.

HELEN: Go Canucks go! My favorite team is the Canucks, and I have a Canucks flag to put on the van. I like Forrester House, and I like Manuel. I like doing the grocery shopping and putting everything away, and taking the garbage out to the can every night. It's been cold and rainy sometimes. I'm going to be a great aunt soon!

CHRISTY: I like my room and having privacy when I need it. I got some new furniture. Now I've started to go riding at program, and I like horses. I take my gumboots when I go there. I got a new pink (my favorite colour) jacket. Music with Dr. Ross on Sunday is loud, but I laugh and play instruments and sometimes I sing too. Anne Marie spends time with me on weekends, and now the petting zoo is open we can go.

LORNA: I like to go to McDonalds for dinner, and Helen and I went to the Blethering Place for lunch, too. I like cheese sandwiches in my lunch. I take a nap on the living room sofa every day after work. I get to see Jerry when he comes with Dr. Ross for music. I love Jerry! I play my maracas when Dr. Ross comes – I have my own set. Jess helps me to scrap book, and so does Anne-Marie on the weekends. I want to go to McDonalds for dinner tonight.....

ED: Sometimes I go to watch hockey in Roy's room. Music with Dr. Ross is very loud, but I play instruments and sing along. I like to go to the Juan de Fuca dance, and I help with the grocery shopping and putting stuff away. I go to my mum and dad's house on Wednesdays for soup. They come to see me every Sunday. I have Christmas dinner with them too. The petting zoo is my favorite place!

Forrester House would like to offer some thank-yous: Thanks to Mike Engels who helps us fine-tune the dynamics, Heidi Hartman at BC Housing for her timely response to our needs, Matthew Laroche at HSCL for keeping all our health stuff up to date, Ron Liew for listening to our concerns around medication changes (and for sponsoring this year's One Day event!), and Dr. John Kelly for facilitating some needed health changes. Oh, and thank you, Todd Mallory- for always being there to help on short notice!

PEARL AND ONYX HOUSE REPORTS

Pearl

Since last time big changes have happened at Pearl. We'll start with Carl. Since having his wisdom teeth extracted, Carl has become a calm, smiling, and engaging young man who enjoys choosing and creating his own meal plans. Steven was successful at securing his very first paying job! (editor's note – Steven, we're

Pearl and Onyx, continued...

(more Pearl...)

all very proud of you!). You can find him at the Quadra/Mackenzie Thrifty's packing bags and generally helping out. Of course Steve has a million plans for ways to spend his hard earned riches but top on the list is a new bike, a new skateboard, a new iPod, a new computer, a new, a new, a new – like previously stated, a million ideas. The only down note is that Steven will have to delay his planned trip to Alberta to visit his brother, for just a couple of months... Elliott is mostly busy hanging out with friends, playing video games (Xbox, playstation, you name it), and caring for reptiles. And Christopher and Patrick continue to bring us laughter and play every weekend.

Onyx

The boys of Onyx are all doing well at school, and manage to stuff trips to Coombs and visits with family and friends in between running around at 100 miles an hour (160 k) to go swimming, playing basketball, slapping a hockey ball around or just sitting in a chair playing computer or PS2 games. Onyx has also been graced with another young man who can usually be found reading, watching tv or playing games in his room. Whatever is happening around Becon, you can be sure one of the Onyx boys will be in the middle of it. 'Til next time.

PARKSIDE HOUSE REPORT

Parkside House has been busy since our last edition of *Beconnected*, celebrating birthday parties! Hayley turned 25 and held a Dora the Explorer theme party at home. Lyndsay threw a Mexican festival for her 33rd birthday – there were 20 attendees and a piñata to boot! And Kathy celebrated a dinner out at Applebee's with close friends and family.

Between all the celebrations, the women have been busy participating in Special O events. Kathy, Janice and Lyndsay went to Port Alberni with their bowling team and had successful outcomes at the tournament. Rosalyn competed in two invitational rhythmic gymnastic competitions here in Victoria. Rosalyn placed first in both her ball and ribbon routines! And this spring/summer we all tried something new: Lyndsay began T-Ball, Kathy and Lyndsay started soccer and Rosalyn tried her hand at golf!

Now what is a life without vacations?!!

Hayley vacationed in Parkville for three nights with her parents. She enjoyed visiting her aunt and uncle, swimming in the hotel pool, and of course shopping!

Rosalyn enjoyed several week-ends away at dad's in Duncan, one week-end away with mom in Nanaimo and a weekend away tubing up on Mt. Washington with Natalie!

Janice jetted off to Mexico for a week and a half to celebrate her sister's wedding at an all-inclusive resort in Cozumel! (lucky!) Janice came home relaxed after a week by the pool sipping margaritas!

And Kathy had the once-in-a-lifetime opportunity to attend the opening ceremonies for the 2010 Winter Olympics!

We've said good bye and congratulations to Sheree and Jay at the birth of their daughter, Kenna; and "welcome back" to Christa who has returned from maternity leave.

"I miss everyone, think of you often, and will bring the wee babes in for a visit soon," says Sheree.

PRAIRIE HOUSE REPORT

Busy as usual at the little house on the Prairie!

Christina has been horseback riding at VRDA every Wednesday morning and has been doing so well she got to star in a horseback riding show in June. Christina is busy with her job and her almost daily swimming program, and in particular on Thursdays when she meets her friend Jenny at Crystal pool for some laps and lunch. She had a wonderful time at "Franklin, The Musical", and in Vancouver for her summer vacation.

Andrea is staying busy with her swimming (the hot tub is her favorite!) and Tuesday deaf BINGO. She is enjoying monthly Self Advocates for a Brighter Future meetings, and starred in a film about people with disabilities. The waterslide was the highlight of Andrea's second annual Really Big Trip to Parksville with her friend Chrystal, and she had a second vacation to the mainland with her family. Andrea has begun volunteering at the local pound and enjoys visiting with the animals there. As hockey season is upon us, Andrea will be cheering for her fave Calgary Flames, and our local leaguers, the Grizzlies.

Have a great rest of the year, everyone!



STEVENS HOUSE REPORT

We have had much fun the past few months.

Lynda: I went on a spa vacation to Tigh Na Mara for 3 days. While I was there, I visited Milner Gardens, the sand castle competition on Parksville beach, and was thrilled with a wagon ride at Morning Star Farm. My favourite animal at the Hamilton Hobby Farm was the donkey. My massage at the Grotto Spa was a delight, and the food served at the resort delicious. I came home very relaxed and happy.

Ted: I went on a 5 day vacation in August to the beach resort in Qualicum Beach with the big waterslide. I enjoyed the park full of statues in Coombs. I went on many nature and beach walks with Sandy. I was joined by some friends (Andrea, Chrystal, Jenn, Kristen, Jason, Adam) for a couple days and we BBQ'd together.

George: I went up the mountain to Whistler for 5 days in September to stay with my sister, Cecile. I went to the very top of the highest mountain and the view was beautiful from up there. I shopped and dined out in fancy restaurants and celebrated my birthday 3 times on my vacation!

For super-clean commercial or industrial washrooms, (and to help an NHL guy re-enter the workforce) give Adam a call, at 727-3891 (Becon Head Office).



Need a hand rounding up those pesky bottles and cans? Call "J's Recycling Services" at:

(250) 885-8843



THE HEIGHTS HOUSE REPORT

The first half of 2010 was full of fun for everyone at The Heights. We had David move in and everyone is getting used to living with new roomies. It is certain the crew still miss Dennis and ask about him every so often. We hung his picture to honour his memory and he is forever in our hearts.

Martin has had a wonderful first half of 2010 and it was certainly highlighted by attending his first hockey game (Salmon Kings) with Mat and mom. Lots of popcorn and soda kept him busy and seated for most of the game and he did well being with so many people. Martin also enjoyed an exciting adventure trip to see a BC Lions football game this summer!

Melissa went on a series of daytrips with her vacation money this summer, including a trip to Salt Spring Island for cheese and bread tasting. She continues to enjoy her days, and gets pleasure from her paper delivery job and swimming, in particular.

David has quickly become a very helpful addition to the Heights, helping with dinner preparation and even helping with cleaning the house. Well done! David has also become a Victoria Salmon Kings fan, and in true David fashion, he has pictures with the prettiest girls at Save-On Foods Arena!

And Jenny is so happy that her mom has moved back to the Victoria area and they get to spend more time together shopping and lunching and visiting!

TAMARACK HOUSE REPORT

2010 has been a year of individual and shared highlights as well as a touch of sadness for our residents.

Among the shared highlights were a magic show, and the achievement of hosting both the Annual Becon Easter Egg Hunt and Potluck for the second year in a row, the Annual Hallowe'en Party, and the last Wednesday of every month day services luncheon.

Congratulations to us? Don't mind if we do!

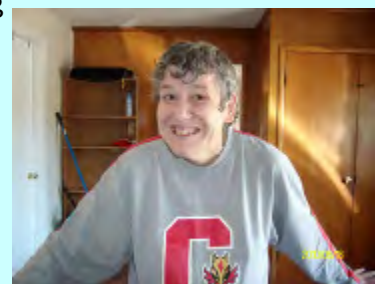
Mark has been having a special time re-connecting with his former housemates from Shelby House. They all met for dinner.

Mark also celebrated his 57th birthday with a steak dinner at Montana's Restaurant. He thought the birthday hat with horns was especially fetching and wore it throughout the celebration!

Judy's final year at Tamarack was a full and happy one.

One major highlight for her was the time and energy she was able put into re-decorating her boudoir (bedroom). Carefully choosing complementary colors of paint, drapes, shelving and pieces of art, Judy was very proud of the end result... We still expect HGTV to be dropping by for a photo session any day now!

Morris' garden beds did very well again this year, resulting in a truly bountiful harvest of vegetables and flowers. He is also supervising the bird (squirrel) and hummingbird feeders. Mo and Judy had a 'date night' and went to 7 Salmon Kings game...it was great way for them to end their many years together. ***(Tamarack Report continued on page 20...)***



Tamarack welcomes Bernice, our newest resident!

Tamarack House Report, continued...

Tamarack's note of sadness was, of course, the passing of Morris' long-time life partner Judy Higgs in the late summer.

From our Director's letter on Page 3 of this issue:

"A celebration of her life was held where friends and family gathered to share memories, music and fellowship. Following the celebration, guests were invited to Judy's home for lunch and the planting of an eternal tree, donated by Judy's sisters, which has become known as the "love tree", and is tended by Morris."



NETWORK OF HOME LIVING REPORT (NHL)



Network of Home Living

BSS's NHL continues to be the fastest growing service area of the organization. As we have been identified as an organization that supports a younger population, and with good abilities to support youths, many of the home shares referred to us by CLBC are individuals transitioning from foster care to an adult home share as they turn 19.

One exciting thing that this program has allowed us to do is to be connected to multiple members of the same family and to re-engage our support with individuals that once lived with us. In February Brandy moved into a home share in Victoria. Brandy had lived in one of our old group homes (Darwin House) many years ago. Another new addition is Aaron, who joined us from an existing home share in Victoria after being a member of our Operation Trackshoes team for the past two years and attending many Becon functions.

The Network of Home Living (NHL) is BSS's fastest growing program - for more information you can check out the program pamphlet at www.beconsupport.ca, call Jason Falk at 250-727-3891, or read the article on page 9 of this issue.

Becon Support Services Ltd.

~Head Office Contact Information~

1-3891 Douglas St. Victoria, BC V8X 5L3

Phone: 250 727 3891 Fax: 250 721 2571

Email: office@beconsupport.ca

Website: www.beconsupport.ca



Bryan, one of BSS' first NHL-ers