

Home Sweet Holdom

Welcome to the newest vocational program in CLS – Holdom Centre- located on Holdom Street in Burnaby right next to the Holdom Sky Train station. We opened on November 3, 2014 with a staff of two and four individuals. At 700 square feet this is a small space but the potential is unlimited.

The excitement at the centre is palpable. It is with the philosophy of "People Before Programs". The supported individuals are defining the centre; their wants and desires are the basis of the program. As in all CLS vocational centres the goal is to empower the supported individuals to have an enriched experience, in a safe, enjoyable environment. Our aim is to assist individuals in growth in areas such as: reading, writing, money concepts, safety in the community and exploring job options. As a new centre there was no established program and so the supported individuals have the opportunity to write their own script, to plot their own direction.

So the staff was tasked to be enablers, promoters, sources of encouragement and empowerment. Their job was to listen to the supported individuals who already knew in their hearts what their personal goals and choices were. The individuals have the freedom that many people take for granted - to be self-directed. By letting them set the agenda, they own the accomplishment of attaining their goals. Staff and the community have the opportunity to witness empowered individuals on journeys of



The Holdom group getting ready to start their day.

discovery, growth and community inclusion. Just listen to what the individuals have to say:

N.G.: "I love coming to the centre because it is stress free. I get the opportunity to try new things and look for a job. I like working with you guys." (N.G. is now working at a volunteer job, developing her job skills as she looks for a paid job.)



Heidi and Donna sort donations of winter jackets for the homeless as well as for the Rotary Club.

K.P.: "I come here because I like it." (K.P. is work on her reading and writing as she explores her community)

P.K.: "It's nice. I like to do some work and clean the table."

H.D.: "I'm a lot happier. I like the staff. I feel safe, I feel heard and I am respected. I would also like to find another job". (H.D is saving money to pay for her horseback riding.)

At this point each individual's program is unique. There are bowling outings, work days, community outings to libraries, restaurants and parks. There is time to work on skill development and time to have fun.

What is next? We will have to see what the individuals come up with. There is talk of visiting new restaurants to discover new cuisine, adopting a street to keep it clean, outings to the movies and Grouse mountain are also on the horizon.

But it will be up to the individuals what happens in their program. Already there is growth, the number of individuals has increased to six. But more importantly the individuals, having taken pride and ownership of THEIR centre, are growing in confidence, independence and contentment.

Submitted by:
Henry Nagel, Assistant Coordinator

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"We hold ourselves to the highest standards and are openly accountable for our actions"

Although we have many forms of monitoring in place, (i.e. Self-Advocates, Families, Networks, Front Line Employees, Management, CLBC, Acquired Brain Injury program, Fraser Health Licensing, Vancouver Coastal Health Licensing) and numerous standards that we comply with (i.e. Residential Care Regulations, CLBC policies, CLS policies and procedures, Community Care Act, etc.) to ensure that we continue to hold ourselves to the highest standards and ensure we are openly accountable for our actions, I wanted to take a moment to share with our CLS Community the informal results of our recent CARF accreditation survey, yet another way of holding ourselves to the highest of standards.

Accreditation is a sign of quality; it is a reassurance to supported Individuals, families, funders, networks and even employees that we hold ourselves to the highest standards set forth in terms of Leadership, Governance, Strategic Planning, Input from Persons Served and Other Stakeholders, Legal Requirements, Financial Planning and Management, Risk Management, Health and Safety, Human Resources, Technology, Rights of Persons Served, Accessibility and so forth up to and including over 1,100 standards.

"Accreditation is a process that demonstrates a provider has met standards for the quality of its services."

From February 25th – 27th 2015, the CLS hosted a team of 4 professionals known as surveyors with training and experience in accreditation for Community Living Services. During this time the surveyors consulted a wide array of stakeholders, visited all of our vocational sites, and visited select homes, interviewed supported Individuals, and reviewed documentation, plans, budgets, and the like at the Admin. Centre.

The surveyors were all extremely positive and complimentary about all of the work being done, the quality of the teams, the people being supported, including the care and safety of the homes, vocational sites and the overall spirit of CLS as a Society.

The majority of the time in the exit conference was spent complementing what was seen, heard and revealed during the survey and the CARF team acknowledged how the CLS clearly continues to improve and meet quality assurance standards while preserving the primary goal of supporting persons to realize their hopes, dreams and live their lives as active, contributing members of their community.

In summary the CLS received 3 recommendations (of the possible 1,100) all of which will be immediately easily resolved at the administration centre level.

The CLS is proud to share with you an exemplary 3 year accreditation thanks to all.



My Thoughts on the Transit Referendum - by Deb Power

Researching and learning more about this issue enlightened me on the topic and let's face it; you have voting power so why not get informed and VOTE! Decisions Decisions.....

The following is from the Georgia Straight News - follow this link for the full story <http://www.straight.com/news/411676/10-best-reasons-voting-yes-transit-referendum>

"Starting the last week of March, if you live in the Lower Mainland you will have received an invitation to vote in the referendum on the future of the region's transportation.

Here are my 10 best reasons for voting Yes

1. More cycling makes for a happier city
2. More transit makes for a more civilized city
3. Shorter wait-times will bring a less stressed life
4. One day, you too may have difficulty travelling
 - You have a disability of some kind or difficulty travelling without assistance, or you may in the future?
 - Vote "Yes" and Metro Vancouver will increase HandyDART services by 30%
5. Some of us live in Surrey and Langley
6. You love driving
7. You want a 21st-century transit system
8. You want better exchanges and better customer information services on transit and SkyTrain?
9. You worry about the climate crisis
10. You want a better future

This is just the opinion of one writer, but it feels good to be informed.

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Culture and Diversity

As humans Chinese people are the same as any other people, they value friendships, they love food, and typically try to be good people. What culturally may be different is that unlike Canadians who pride themselves in their code of politeness, Chinese people might not know of this code or its casualties because they didn't grow up with this particular set of Canadianized rules. They grew up with a different set of rules on how to be polite towards other people, but in the end we all still want the same outcome / goal - to connect with people.

I also wanted to share that although it might seem harmless, and people might even laugh along with you, it might not be too appropriate to make seemingly "harmless" jokes around different cultures. Though we are in the age where these jokes get thrown around quite often and it feels acceptable, they can



still cause the slightest of stings for some people.

Now for the fun stuff!

Most Cantonese people are from Guangdong province. This is where Jack is from as well! Hong Kong is also a part of this province. Every region of China has their own type of cuisine and down in this area you will find more stew and



steamed foods and not too much deep fried foods. They typically accompany their dishes with white rice.

There is a card game that Cantonese people are obsessed with called big 2. Like all of China, Chinese New Year is celebrated according to the lunar calendar. This year it was on Feb 21st, Year of the Goat. Because of the regional differences, the type of food in the feast is also different. my mom is from mainland China



Jack and Jessica at lunch celebrating the New Year. Jack lives at Ross Road in North Vancouver where Jessica works as a counsellor

so we celebrated her way in the past. But my dad's from Hong Kong so I've asked him. For Cantonese people they have this massive pot/stew with all the food from the feast in it (vegetables and meat) and everybody digs into that accompanied by rice. I think the idea is to have a togetherness of sharing from the same pot. A fun ingredient included is pig's hoof for good fortune. Red envelopes are given out for lucky money and they sleep with it under their pillow before they open it the next day.

For birthdays it's important to eat long noodles for a good long life.

I know Jack loves pork and noodles, so that is how we celebrated this New Year!

Submitted by: Jessica Lee - CLC Ross Road

Veggie Spaghetti Sauce

At the Paisley home we try to make cooking an adventure. Our recipes are open to changes and additions. Anything we write down is only to be used as a guideline, a doorway to your own cuisine experience! Spaghetti is a comfort food at Paisley but it is Erin's favourite hands down. She is a generous soul and she has agreed to share our basic recipe.

- Sauté 1 medium onion and 2 or 3 cloves of garlic (or to taste) in a couple tablespoons of coconut oil or olive oil.
- Add approximately 1 cup grated carrots with 1 teaspoon each of oregano and basil.
- Add approximately 1 cup chopped celery and 2 bay leaves.
- Stir in 2 cans, 796ml. each of stewed, diced tomatoes and 1 can of tomato soup 284ml
- Add 1 tablespoon brown sugar, and a couple shakes of Worcestershire sauce.
- Simmer on medium heat for at least 1 hour, longer if possible.
- Salt and pepper to taste. Add a few chilli flakes if you like heat.

We sometimes add a few tablespoons of onion soup mix and or a tablespoon of miso just to make it a little more rich in flavour.

Some people like their sauces smooth or pureed. Erin and her roommates prefer to see their veggies so except for the carrots we chop the celery and onion in larger pieces so they do not dissolve. If you miss the texture of ground meat you can add ¼ to ½ cup of bulgur wheat at the beginning, or for a healthier version add quinoa. We have found that tomato soup is not as harsh as tomato paste and helps the sauce adhere better to the pasta. We use all types of spaghetti.



Erin making the Veggie Sauce at Paisley

In Loving Memory

We are sad to report the passing of three people who were supported by the CLS. Our deepest sympathies to the families, friends and staff involved in their lives. They will all be deeply missed.

Leslie Fehr

Leslie lived for a very long time with the same family. He attended the Burnaby Initiatives Centre. Les died suddenly on January 27th.

Susan Lilly

Susan lived in Richmond with her roommates Julian, Debra and Niki. Susan passed away on January 19th.

Audrey Patterson

Audrey lived at the Eastlawn home in Burnaby with her roommates Joe, Ernest and Kathy. After a short illness Audrey passed away with her brother at her side on March 8th.

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Annual AGM

June 24, 2015

CLS Administration Centre

Summer Picnic

July 4, 2015

at Lower Hume Park, New Westminster

Save the Date



Emergency Preparedness

Did you know that there is a 1 in 4 chance of a major earthquake in the Lower Mainland within the next 50 years? We all have a responsibility to be prepared. All CLS locations have emergency planning in place and it is important that staff and families also have their own emergency planning in place.

During an emergency you could lose important services such as electricity, water, phone and transit. All of us as British Columbians need to be prepared to be self-sufficient for at least 72 hours after a significant event such as an earthquake without the usual services we depend on. Everyone needs to have an emergency plan in place and prepare an emergency kit to use at home and in your vehicle. Your emergency plan should include meeting places where you and your family can get back together- one close to home and one further away. Your family might not be together during an emergency. It is important to have a plan that will help you communicate and find each other. You should review your emergency planning twice a year to make sure that everyone understands and remembers the details in the plan. There are a number of things that you can do to reduce the risk of injury if an earthquake occurs while you are at home.

- Hang objects such as pictures away from beds and seating
- Ensure that chemicals are all securely stored
- Keep at least one A-B-C type extinguisher at home
- Secure your water heater, large appliances, bookcases and mirrors
- Keep clutter to a minimum
- Place heavy objects on low shelves

Learn the location of your water shut off and gas shut off valves and how to use them. Remember that an important part of your emergency planning is to build your emergency network. You may need help from family, friends and neighbors.

Barb Robinson, Director of Residential Initiatives

From the Archives

Also known as Guiding Principles for the Society, the following was developed by parents to help ensure that the “group” care model, limited access to loved ones and the historically entrenched way of thinking would not continue beyond the institutional setting.

Principles As Developed By Parents

- The focus of all supports must reflect the strengths and needs of the individual being served.
- A personal network must be in place to support the individual in making decisions and for monitoring support services with, and on behalf of, the individual.
- Access by the personal network to an individual being served must be unimpeded and complete.
- A fixed point of responsibility must be in place to ensure accountability to the individual.

From Community Living Society – Exploration April 29th 1985

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CLS Workshops for Families and Network Members

On March 5th the CLS hosted an RDSP (Registered Disability Savings Plan) information workshop, presented by PLAN (Planned Lifetime Advocacy Network), and facilitated by Dan McDonald. Dan is a PLAN parent, Chartered Accountant with a PhD, and a former accounting professor at Simon Fraser University. He openly shared his wealth of knowledge surrounding RDSP's and explained to the families, networks and staff in attendance how to start working towards securing a supported Individual's financial future.

“The Registered Disability Savings Plan” (RDSP), is a unique savings program that allows savings to grow in a tax-deferred environment and provides matching federal contributions of up to 300% annually. Canada is the first country in the world to have a RDSP, which helps those living with a disability and their families save for the future. An estimated 50,000 people across Canada will benefit from this initiative, and future impacts of the RDSP go well beyond a simple planning tool.

Although the RDSP is the most powerful financial tool for Canadians with disabilities and their families to secure stability for the future, the biggest challenge has been getting the information about RDSPs to the families that need it the most; it is PLAN's goal to inform families with disabilities about the RDSP in order to help create a good life and a strong financial future. This course, designed for families and individuals with disabilities, is hosted as a small group session where specific individual questions can be answered.

For more information or assistance in completing your RDSP forms contact Helene Eschenbach c/o 778.724.0298 from PLAN or visit their website at www.plan.ca RDSP packages are also available from Roxanne or Azadeh at the CLS Administration Centre

*“Quite informative!
Learned that the plan does not require any contribution if the income is low and instead use the Disability Savings Grant/ Bond as contribution to the RDSP.
I would highly recommend this session!”
Rena – CLS Coordinator*

Join us for a FREE session on Wills, Trusts and Estates

Hosted by CLS on [Wednesday May 13th 2015 6pm to 8pm](#) at the CLS Administration Centre Training Room - 7th Floor, 713 Columbia Street New Westminster

Being informed about wills, trusts and estate planning is necessary to secure the financial future of your loved one with a disability. In this workshop, estate-planning attorney Halldor Bjarnason will explain how to arrange your estate. This course, designed for families and individuals with disabilities, is hosted as a small group session where specific individual questions are answered.

Please RSVP to Roxanne Wiseman at rwiseman@communitylivingsociety.ca or call 604-517-2032

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Contest Corner



Guess Who ?

We were having some fun at the Administration Centre
 Guess who the staff are in these pictures and you could win a prize.
 Please submit your answers to:
rwiseman@communitylivingsociety.ca
 by April 25th



How to **S-t-r-e-t-c-h** the dollar to make the budget go further!

Let's talk about seniors discounts!

I am always looking for ways to help the people I support save money and have the things they enjoy in life!

- Did you know that the **first Tuesday of the month is customer appreciation day at Safeway?** Not one of my favorite stores for regular prices but at times excellent prices on meat and their sales are good (i.e. buy one get one free). The first Tuesday of the month if you spend over \$35 you can get 10% off . With our aging population also take advantage of the senior discounts!!!
- McGavins Bread Basket - even without a discount it's great; they also have a punch card to get further discounts. **Wednesdays is senior day 60+ and is an additional 10% off**
- M&M meats **Tuesday's senior day 5% off** and if you spend over \$30 it's 10% off
- On the **1st Wednesday of the month at Canadian Tire there is 10% off regular priced items.** Though if you watch their flyers you don't need a discount, their specials are amazing.
- Shoppers Drug Mart - **20% off on the last Thursday of the month. They start senior discounts at 55+ years.** Also always check the clearance at shoppers usually at the end of an aisle or on a rack at the front. Shoppers have a habit of changing its packaging often and when they do they clear out the old packaging. Unbelievable deals. One deal I got recently \$10 for 4 sonic tooth brush replacement heads, regular \$44, and I had a \$5 coupon. So \$5 total
- Rexall - **seniors' day is last Tuesday 20%**
- FYI - A lot of stores will just give you 10% off if you ask about discounts, don't forget to smile :)

A couple of tips!

I don't have any specific plan that I follow, however, I do shop the flyers occasionally, but mostly use the grocery store in our neighbourhood that has the best prices, Terry's no frills.

Also our heat is programmed to be lower when no one is in the house. Because one of our individuals is very interested in turning on all the lights, we use 13W CFL light bulbs and we also unscrew any unnecessary light bulbs in a double light bulb fixture.

Submitted by Kris Okamoto- 158A Home

Danielle is the winner of a \$25 gift card for her article on how to s-t-r-e-t-c-h the dollar to make the budge go further! Danielle is an avid coupon clipper and a great resource for thrifty shopping and savings information.

For the next edition of *The Communicator* we are asking you to share with us how you Support the Rights and Choices of the people you support. Do you question yourself before saying yes or no? Do you ensure informed consent? Do you respectfully question the rules that have been in place for years? Send your submission to

rwiseman@communitylivingsociety.ca by April 15th for your chance to win a \$25 gift card of your choice.

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2014 Show Season

The 2014 holiday show season was our busiest and most successful show season yet.
 Shows included:

- Inclusion Art Show
- Glass and Pottery show
- Culture Crawl
- Havana Art Gallery
- Christmas Open House



The View From Here - Our show at the Havana Art Gallery

This was the 10th Anniversary of the Inclusion Art Show and it was the first time that it was over 2 nights. Pottery-Works sold more than we ever have.

Next we joined Studio73 at the Surrey Access Centre for a show of glass and pottery. The show was visited by several politicians and CLBC officials.

This was our fourth year in the Culture Crawl, many people came to the Culture Crawl , everyone liked the show.

The Havana Art Gallery was opened 18 years ago. PotteryWorks artists had their paintings there. There were many people at Havana to look at the different kinds of art that the artists made. The Havana Art Gallery Show was successful, everyone loved our show. It was a busy night. The artists whose work was shown at Havana were James Lash, Dan Tell, Mark Pacey, Tony Sulina, Jesse Fields, Rob Bell, Geoffrey Lee. It took 2 years to get the show at Havana and all the people at the Gallery really liked the show. They invited the PotteryWorks artists to be in a group show following the PotteryWorks show. Congratulations to the staff and artists who made the show successful.

Anna Wong, PotteryWorks Representative

An Empty Chair at PotteryWorks

As many of you have heard, there was a loss at the Burnaby Initiatives Centre and PotteryWorks recently.

Leslie Fehr was a true artist, who created original pieces that came straight from his own imagination and his own world. Nobody taught Leslie how to make his original pottery pieces and art cards, they came straight from him in a never ending stream, week after week. Leslie was a character and loved being recognized for his creative efforts. He was on television as a Pottery-Works artist several times and he liked to watch recordings of those appearances at home. Every once in while, Leslie would tell me that it was time for him to be on television again. So when PotteryWorks was approached by Sean Pacey of Pacey's Pianos to participate in the piano painting project at River Market, Leslie was a natural choice.

When the television cameras arrived at the River Market on painting day Leslie went into action, giving an impromptu piano performance on camera, before laying on the ground to paint the bottom of the piano. Leslie lived his life with passion and humour and leaves a large hole in our hearts.



Leslie Fehr
 April 12, 1952 -
 January 27, 2015

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Bruce's Story



Bruce Howard proudly shows off his Grade 12 Graduation Certificate

It is hard to believe that only eight months ago Bruce Howard began receiving support from the CLS. His main goals were:

- get back into school and finish his grade 12
- find a home share to live in
- learn to communicate better

He had not been in school since grade 9 and had been socially isolated for many years when living in Alberta. Bruce returned to British Columbia in October of 2013 and had many dreams that he never thought could turn into reality. Dreams such as getting a driver's license and pursuing post secondary education. These were the things he thought of but truly never imagined that they would happen for him.

Today Bruce has just about completed his grade 12 with marks no lower than a "B". In fact out of his 4 classes he has finished with

three A's and one B. He is in the process of applying to a trades school at Riverside College in Mission to become an automotive technician, and is working with Work BC to access funding.

Bruce has successfully achieved getting his learners license and is living on his own, managing his own bills and cooking his own meals. Bruce has gained experience in the community by volunteering this past summer with the Envision Concerts in the Park and the Mission Rocking on the River Festival as well as helping out and participating with Mission Special Olympics.

Bruce also begins training for volunteering with Mission Literacy this month.

Congrats Bruce and remember - *if you can dream it you can do it.*



Congratulations to the following new or newly promoted CLS employees

Jetnor Martika	Assistant Coordinator, 216A
Katherine Ritchie	Assistant Coordinator, Sardis
Charlotte Casson	Coordinator, Surrey Access Centre
Brenda Henderson	Director of Residential Community Inclusion
Amanda Peacock	Coordinator, Individualized Supports
Jenn Hart	Assistant Coordinator, Surrey Access Centre
Dominic Sabatino	Assistant Coordinator, Southern Lower
Gord Rea	Individualized Supports Recruiter
Darlene Holland	Coordinator, Crest
Dawn Berryman	Coordinator, CRC & Steveston
Kyle Spencer	Home Share Coordinator
Henry Nagel	Assistatn Coordinator, CRC

Hannah Darby had a baby girl – Chanell Roseanne Darby on January 17, 2015. She arrived at 10:59am at RCH weighing 8lbs 13.6oz. Hannah is Counsellor at City Club, Garfield and Holdom.

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Chantelle Hyde had a baby boy – Odin Soutar on December 3, 2014. He arrived at 11:30am in Richmond Hospital weighing 7lbs 12 oz. Chantelle is a counsellor at the Surrey Access Centre

Are you a family member? Want to talk?

Feel free to connect with the CLS Family Support Worker, Azadeh (As-a-day) Miley by phone at 778-989-3144 or by email amiley@communitylivingsociety.ca

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Family Cafe

The Family Café opened at CLS's Administration Centre on January 9th! Come and enjoy some coffee, cookies and some fun and interesting conversation.

"Café offers families the opportunity to connect"

The next Family Café will be at the CLS Administration Centre **April 10th from 1:00 – 3:00**

Parking is available on the street as well as at the Anvil Convention Centre across the street and Sky Train is a few blocks away.

For more information, contact:
familycafe2015@gmail.com or 604 598-0257

Look forward to meeting you, Shirley Moeller

Jo Dickey Foundation

The Jo Dickey Foundation was established to help mentally and physically challenged members of the community in improving their quality of life.

It is the mission of the Jo Dickey Foundation to help provide the funds necessary to afford these unique individuals a chance to live in respect and harmony with the rest of society. We welcome grant requests all year round; however, the best time is September to May as the Foundation is off June to August and grants requested during that time will be delayed.

To find out more about the Foundation, donate, or apply for assistance, contact:

#310 - 800 West Pender Street
Vancouver B.C. V6C 2V6



**The following individuals who receive support from the CLS
celebrate their birthday in March and April**

We wish you all a very Happy Birthday

Rachel Kendall	March 2	Jonathon Foxtton	April 3
Jeremiah Campbell	March 2	Donna Malin	April 5
Tiffany Geddert	March 2	Lisa Lambert	April 6
Peter Needham	March 4	Caroline Herczeg	April 8
Colleen Yip	March 4	George Madeira	April 9
Timothy Hutton	March 5	Bill Campbell	April 12
Colleen Savicevic	March 7	Patty McGeorge	April 14
Darren Fisher	March 11	John Takacs	April 14
David Potyondi	March 12	Lorne Krauss	April 15
Barbara Carter	March 14	Colin Blondeau	April 17
Thomas Greenaway	March 16	Markus Rebneris	April 18
Lorelei Davies	March 16	Joslyn Reaume	April 19
Leslie Wood	March 16	Sondra Coblin	April 20
Sonja Persak	March 17	George Kulscar	April 21
Joanne Long	March 18	Shane Smallwood	April 22
Barbara Lea	March 19	Clayton Vantent	April 23
Samantha Horan	March 20	Jamie Dicus	April 25
Siobhan Harris	March 21	Paul Kierans	April 25
Lyndsey Chaid	March 23	Kelley Miller	April 26
Ronald Brunwin	March 26	Renu Shambhy	April 26
Mojgan Ghaus	March 27	Geoffrey Johnson	April 26
Ashna Saheb	March 30	Thomas Mackie	April 28
Niki Pastro	March 31	Russell Leew	April 30
Desiree Hamon	April 2	Misha Mackay	April 30
John Pickburn	April 3		

**Congratulations to these employees who have now been with the CLS for five
years or more as of March and April 2015**

5 - 10 Years

Aneesha Marwa
Henry Nagel
Emmanuel Johnson
Katelyn Lund
Elena Unabia
Norm Jang
Bruce Debruyn
Hamid Khatami
Gordon Rea
Diane Ebner
Heidi Cain
Nick Istvanffy
Ross Chilton
Ruki Lawal
Ali Fard-Behbahani
Chad Ford

11 - 20 Years

5 Lorraine Lepine
5 Kenny Ajibike
5 Parminder Dhillon
5 Amy Beaudin
5 Judith Henriksen
5 Shammi Singh
5 Andrew Rayner
5 Tony Maravilla
6 Marta Mierzwinska
6 Kristi Wilken
6 Purnima Maharaj
7 Kevin Renaud
8 JP Daspe
8 Marcela Herrera
8 Paul Beauchamp
10 Kasia Hislop

Over 20 Years

12 Tokasa Franssen
13 Tracy Quinn
14 Elizabeth Symmers
14 Francine Seaman
14 Lenore Frank
14 Farren Gillaspie
22
23
26
27
28
32

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