

# inside reach



highlights  
in this issue...

2  
message from  
the president

3  
upcoming at Reach

4  
extra! extra!  
read all about it

6  
from Reach families  
& children

## Pink Day at Reach

On February 25th Reach joined thousands of people and organizations in over 75 countries by wearing pink shirts to support Pink Shirt Anti-Bullying Day.

*See story inside on Page 3*



# inside reach

is published quarterly and it is distributed free of charge to the membership of Reach Child and Youth Development Society.

If you would like to receive this newsletter electronically please contact Reach at [info@reachdevelopment.org](mailto:info@reachdevelopment.org) and write "electronic newsletter" in the subject line.

If you would like to become a member of Reach Child and Youth Development Society please call 604-946-6622 ext. 0 for more information.

If you would like to subscribe or unsubscribe to the "inside reach" newsletter please call 604-946-6622 ext. 0 or email [info@reachdevelopment.org](mailto:info@reachdevelopment.org) and write "newsletter" in the subject line.

Submissions are welcome. Childrens writing or artwork submissions are welcome. Please include your contact information with your submission.

Submissions can be emailed to [cnidoski@reachdevelopment.org](mailto:cnidoski@reachdevelopment.org) with "newsletter" in the subject line, faxed to 604-946-6622 (please do not fax artwork), mailed or dropped off at the front desk. For more information about the "inside reach" newsletter please call 604-946-6622 ext.337.

## Message from the President: Giving.....

Why do we give, why do we have this drive to contribute back? We give all the time and may not realize how much.

We give someone a smile. We give to our children's sports teams. We give to door-to-door canvassers, especially the little kids. We give at our schools, we give to our favourite charity. We give an extra dollar when they ask us to at the grocery store check-out.

We give our money, we give our time, and we give our attention and our passion. When we feel gratitude for the bounty we have in our lives, we give. When we see the challenges other people face, we give. We care and so we give.

Reach flourishes because of what people contribute to our organization. Our employees give so much of themselves; parents, friends and families of our children give in so many ways, and Reach is so much the richer for this. Reach is strong because it is the focus of all this giving, people giving from the heart because they see the amazing things that happen in here, because they have a passion for the children we serve.

*Marcia McCafferty  
Board President*



So really, giving is all about love: what we love, who we love, and giving creates an interconnection that expresses that love. Giving is a vehicle for this connection.

We are dedicated to new and expanding volunteer opportunities in our organization, because you have told us that that is one way that members of our society would like to support Reach.

We would like to thank all of you who have given of yourselves in the past, as we explore new opportunities within Reach for people to continue to give.

Below is a link to a beautiful example of just what one group achieved when they explored their own imaginative way of coming together. Enjoy!

<http://vimeo.com/moogaloop.swf?clipid=2539741>



## Board of Directors 2008/2009

*Marcia McCafferty, President  
Jack Davidson, Treasurer  
Barbara Donnelly, Director  
Jill Desjarlais, Secretary  
Rob Vanspronssen, Director  
JoAnn McKenzie, Director  
Phyllis With, Director  
Bev Pomeroy, Director  
Karen Ostrom, Director  
Kari Thomas, Director  
Joelle Thorburn, Director  
Allison Howard, Director*





# Upcoming at Reach.....

## Summer Preschool Registration is on!

Reach Developmental Preschool-South Delta is now accepting registration for the Summer Preschool Program:

- July 7 to August 28th, 2009  
Tuesday to Friday  
Mornings 9:00 to 11:30 / Afternoons 12:30 to 3:00  
Select one of more days per week  
Cost: \$15 per session  
To register call 604.946.6622 ext. 308

## Reach announces its new Parents Support Circle

- Parent Support Circle is a free, bi-weekly, confidential parent gathering with a focus on parenting children with ADHD or behaviour challenges. Led by trained facilitators. Every second Friday from 9:30 - 11:30am  
To register call Lisa at 604.946.6622 ext. 342 or email [lisaw@reachdevelopment.org](mailto:lisaw@reachdevelopment.org) or call Bella at 604.569.3110 or email at [office@parentsupportbc.ca](mailto:office@parentsupportbc.ca)

## Join Reach on the Walk Now for Autism

- Last year Team Reach raised over \$6,000 for Autism Speaks. Visit our TEAM REACH page at [www.walknowforautism.org](http://www.walknowforautism.org)



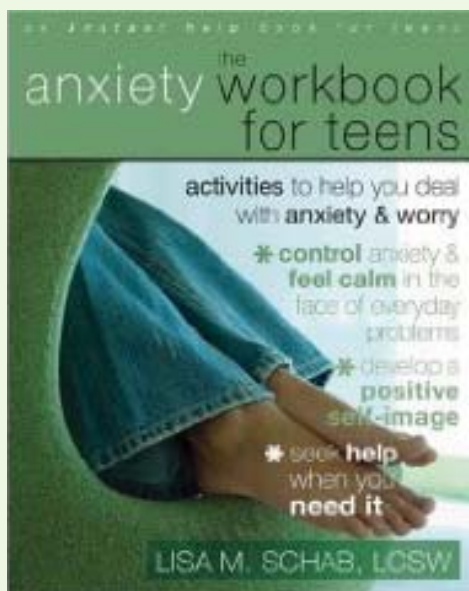
## Kids Friendship Club (KFC)

Reach created the Kids Friendship Club as a bridge to build opportunities for children with autism to develop and maintain friendships. Fall registration is on now. Contact 604.946.6622 ext. 312.

- Ages 9 - 11  
Wednesday nights from 6:00-7:30pm  
Ages 12 - 15  
Tuesday nights from 6:30-8:30pm

## from the Reach Library...

Lisa Woudzia, Associate Executive Director, Reach Child and Youth Development Society



This teen self help book is full of activities that your teen can do, or you can do with your teen, that will help with anxiety as well as with other struggles teens experience. What I really like about this book is that although the focus is anxiety, the method is self reflection. Self reflection does not come easily, and practicing for any reason is helpful. Becoming conscious of our thoughts and how those thoughts affect our feelings is a skill that is useful in all facets of life. It is the basis of cognitive behavioural therapy, which is a widely used and successful approach in counselling.

The book has the teen examine their thinking and how this affects their anxiety and the way they feel in general. One activity is to keep a log of the events in the day and to rate each event on how anxiety provoking it is. This exercise allows the reader to obtain an accurate picture, rather than over or underestimating how anxious they are. Some other useful exercises involve attitude, and how the same situation affects people differently simply because of the way they think about it; how worry is useless and may make things worse; all or nothing thinking, such as if you fail a test, you quickly move to the conclusion that you are a failure. These exercises get the reader to examine how they are thinking about things.

More general approaches are also covered, such as fitting more exercise into your life; progressive relaxation; deep breathing; problem solving; and keeping yourself organized.

You can pick and choose which exercises are most relevant and useful for your situation. Of course, as with any self help book like this, success depends upon whether one actually takes the time to do the exercises and following through. The suggestions and strategies are sound, but whether your teen will be interested in doing them is another matter, and there is no assistance in this regard. For a motivated teen, this is an excellent resource.

# EXTRA EXTRA!



Read all about it....from the Optimist in 1960

This year Reach is celebrating 50 years of providing programs and services that have made a difference in the lives of children with special needs in the South Fraser region.



Tony Schmand, president of the Delta Association for the Handicapped, gratefully accepts keys to a new Legion-bought school bus.

Making the presentation is Ted Cheetham, treasurer of Delta Legion Branch 61. George McKay, Legion president, and Nesta Clark, first vice-president, look on.

Tuesday night bingos at the Legion Hall in Ladner will pay for the \$3,000 bus.

The association's first bus, donated by Ladner Kinsmen nine years ago, recently retired with 168,000 miles on it.

Legion members decided to buy the bus the same night Mr. Schmand sought their assistance.

In the 1960's Reach was known as The Delta Association for Handicapped Children (DAHC). Part of our 50 year history includes the creation of the Ladner Farm Training Centre by Tony Schmand, then Vice-President of The Delta Association for Handicapped Children and parent of a youth with special needs. Mr. Schmand dreamt up the idea of a Farm Training Centre for children with special needs who are older than 16, who could not attend the DAHC special classroom, and had very few other options for education and vocational training. The new farm would provide employment and training in work readiness skills and farm work experience. The Ladner Farm Training Centre opened in the Fall of 1964 and in 1966 was officially recognized by the Department of Education and granted per student funding and transportation costs. The Centre took children from Delta, Surrey and Langley school districts. Today The Farm Training Centre is housed by the Delta Community Living Society's Work Plus program, sitting alongside Reach's current Ladner location. For more about Reach's 50 year history visit our 50 Years page at [www.reachdevelopment.org](http://www.reachdevelopment.org)

## Saluting Reach Volunteers.....

When a child has developmental needs, help is within reach. Volunteers at Reach have been helping children reach their potential for 50 years. National Volunteer Week was April 19 to 25 with the theme of 'Celebrating People in Action', honouring the individuals who dedicate themselves to taking action and helping out in their communities. Reach would like to thank all of our dedicated volunteers, such as our Board of Directors, some of whom have volunteered with us for over a decade! It is their hard work and commitment that has helped us to continue to grow and continue to make accessible and provide the very best possible direct services to local children, youth and families. Thank you Board volunteers, and all the other Reach volunteers, for generously giving your time and your talents and for your commitment to making a difference in the lives of children with developmental needs.

If you would like to help in your community by volunteering with Reach, please contact us. We have a wide variety of volunteer opportunities available, from fundraising events, assisting staff in programs, to committee participation. Visit [www.reachdevelopment.org](http://www.reachdevelopment.org) and click on the 'Volunteer' page to find out more. Together we can all make a difference.

Volunteers make a difference!



Thank you all of our caring volunteers for your commitment to helping children reach their potential. You can make a difference too. Volunteer with Reach.



"BELIEVING IN POTENTIAL"

Contact Elysa at 604-946-6622 ext.312 or [elysap@reachdevelopment.org](mailto:elysap@reachdevelopment.org)

To learn more about volunteer opportunities at Reach visit our web site [www.reachdevelopment.org](http://www.reachdevelopment.org)





## Reach goes PINK for Anti- Bullying Day

In the past several years bullying has been brought to the forefront of issues that parents, schools and organizations want to address to find effective ways of preventing. The Province of British Columbia proclaimed February 25th Anti-Bullying Day, and from that emerged Pink Shirt Day, a campaign to promote the prevention of bullying. Schools, organizations and individuals across BC, as well as in 75 countries across the world, all took part in wearing pink on that day to support efforts to end bullying. Reach took part in both North Delta and South Delta, with staff, teachers, therapists and children dressed in pink shirts to show their support.

Reach Developmental Preschool North Delta was one Reach program that took part in Pink Shirt Day. The message that bullying is wrong, and that bullying hurts, is especially important to share with young children just beginning their journey into the social world.

“We believe that Pink Shirt Day is an important and meaningful activity for preschoolers because the social learning starts here”, said Jean Sedor, Teacher and Coordinator of Reach Developmental Preschool in North Delta.

One of the ways to address bullying is to guide children into gaining a sense of value and respect for others as well as for themselves. “At preschool we talk about how everyone has abilities”, added Sedor, “That we are special as individuals, unique, and that each person has something to offer. As teachers we show and model for the children how each person’s contribution is accepted, valued and respected.” Throughout the day the children at Reach Preschool talked about what Pink Shirt Day meant. “One child let their peers know that it was anti bullying day, and when asked what that meant responded with ‘No more bullying!’” said Sedor, “Some of the children said they were wearing pink because it meant ‘don’t be mean anymore.’”

Even though Pink Shirt Day is over for this year, its message should continue to be reinforced with children. With the proclamation of Anti-Bullying Day the Ministry of Education developed resources for parents to help families better understand their shared role in bullying prevention. The parent resource brochure and Internet safety tips were published in 14 languages and can be found online at <http://www.bced.gov.bc.ca/sco/resources.htm#keepingkidsafe>. The site includes some other valuable parent resources including “Call it Safe”, a parent guide to dealing with bullying in elementary and secondary schools, and “Social Responsibility: A Framework” that provides educators, students, and families with a common set of expectations for student development in four categories: contributing to the classroom and school community; solving problems in peaceful ways; valuing diversity and defending human rights; and exercising democratic rights and responsibilities.

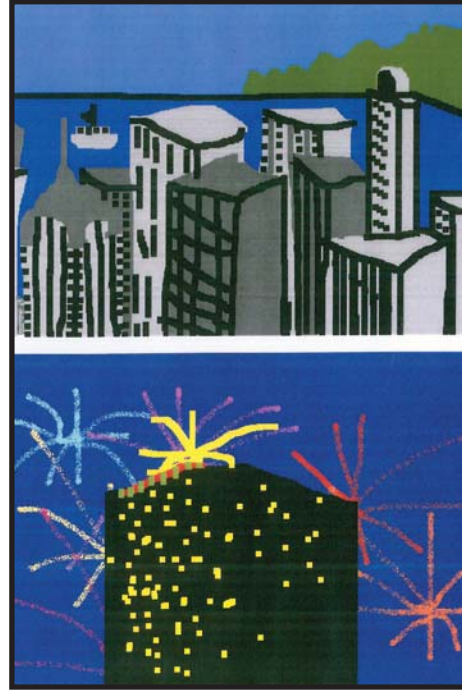
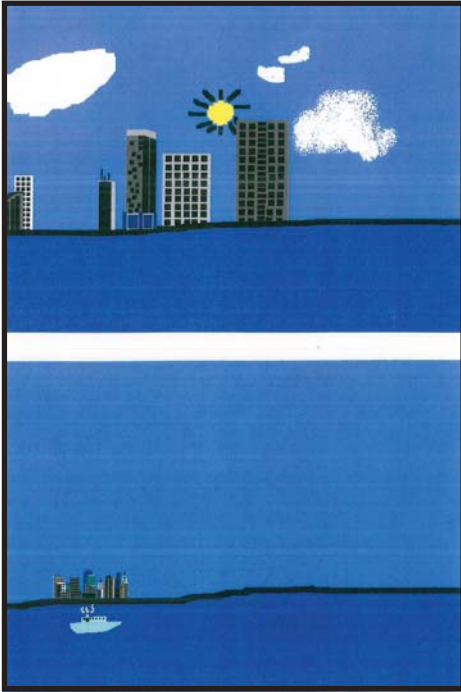
To hear more Pink Day stories and get more information go to the website at

[www.pinkshirtday.ca](http://www.pinkshirtday.ca)

# From Reach Families and Children...

In this issue we are featuring the amazing computer artwork of 9 year old Balaj, a student in Reach's Positive Behaviour Support Program. Balaj's mother told us that Balaj began drawing with pencil and paper at the age of 8. When she showed him a drawing program on the computer, Balaj started drawing with it. Balaj loves the city and often draws scenes of the city from memory.

**Thank you for sharing your marvelous artwork with us Balaj!**



## Canada.....

### ***Ontario follows BC's lead in closing all institutions for people with developmental disabilities***

Ontario officially joined British Columbia in becoming one of four provinces in Canada to close all of its large institutions for people with developmental disabilities.

Ontario's journey from an institution-based service system to a community-based system has been a long one. In 1987 the Ontario government announced plans to close all of its large institutions and at the time, there were over 6000 people in 16 different facilities. Today, thanks to groups such as People First of Canada, People First of Ontario and Community Living Ontario, individuals in that province who were once segregated from society are meeting new neighbours, co-workers, schoolmates and friends, and participating as citizens in their communities.

Over the years the Ontario Government held broad consultations on the transition to community living with a number of groups and individuals, including former residents of BC institutions, their family members and staff from the BC Association for Community Living.

As one of the first provinces in Canada to close all of its large institutions for people with developmental disabilities. British Columbians were the pioneers of the community living movement, holding dear the values of inclusion.

# Mark your calendars.....

Date & Cost	Event and description	Location and Contact information
<p><b>The 2009 Summer camp schedule for children with special needs is now available on-line at ACT: Autism Community Training website at the following link: <a href="http://www.actcommunity.net/AI/Resources/Summer%20Camp%20List%202009.pdf">www.actcommunity.net/AI/Resources/Summer Camp List 2009.pdf</a></b></p>		
<p>Saturday June 6, 2009</p> <p>RSVP by May 22</p> <p>Malahat Docks 20 Huron Street Victoria, BC</p>	<p><b>Variety BOAT for HOPE</b> Your child will experience a magical day on the water as they get taken around Victoria's Inner Harbour to collect treasures, fend off pirates, get a little wet, and have the time of their life. Each stop will have a different prize package for your child to enjoy...they may even get into a little mischief. The young pirates will return to feast on a hearty BBQ, and enjoy the many activities provided at our Treasure Island land event.</p>	<p>To register or for more information please call 250.477.4112</p>
<p>Saturday June 13 10:30am - 12:00pm</p> <p>Cost: \$300</p>	<p><b>The Art of Experience</b> In cooperation with Tumbleweeds Theatre, the Victoria Society for Children with Autism is offering an "Art of Experience" 10 week workshop for youth with autism ages 10 to 14. The goal is to explore all forms of artistic expression through the use of mixed media while observing and recreating basic forms through still life and figurative drawing.</p>	<p>For more information register phone: VSCA at 250.818.4662 or email: vscaactivities@gmail.com</p> <p>Community Living Victoria 3861 Cedar Hill Cross Road, Victoria</p>
<p>Week long camps from June 27 - 30 to August 24-28</p> <p>Cost:\$500-\$1300 (50% of actual costs subsidized by Zajac Foundation)</p>	<p><b>Summer camps at the Zajac Ranch for Children</b> Each year the Zajac Ranch for Children hosts hundreds of children with serious and chronic illnesses and disabilities who might not otherwise have a change to enjoy a summer camp experience.</p> <p style="text-align: center;">APPLICATIONS HAVE DEADLINES SO REGISTER SOON!</p>	<p>To register or for more information visit: <a href="http://www.zajacranch.com">www.zajacranch.com</a></p>
<p>August 10 - 14 9:00am to 3:30pm</p>	<p><b>POPARD's Introduction to Autism Spectrum Disorders - Practical Applications: A Course for Education Professionals, Paraprofessional and Parents</b> Presented by Marianne Mackenzie Garrison, E.Ed., Education and Behaviour Consultant, Provincial Outreach Program for Autism and Related Disorders</p>	<p>Registration is limited to 30 Call the ACT office at 604.205.5467 or toll-free 1.866.939.5188 or online at <a href="http://www.actcommunity.net">www.actcommunity.net</a></p> <p>SFU Harbour Centre Campus 515 West Hastings Street Vancouver, BC</p>
<p>Thursday &amp; Friday August 20 &amp; 21, 2009 8:30am-3:30pm</p> <p>Cost: \$250 to \$350 Parents may use 20% of their autism funding to pay for training workshops and travel costs</p>	<p><b>A SMILE Training Seminar - Structured Methods in Language Education, Conducted by Enid Wolf-Schein, Ed. D., CCC-DLP &amp; ASHA Fellow (American Speech-Language Hearing Association)</b> This hands on two day workshop provides a detailed overview of Structured Methods in Language Education (SMILE), a communication development program. Teachers, SLPs, educational assistants and parents have reported that SMILE is an effective low-tech, multisensory methodology that can be individualized for students who are speaking or reading very little or not at all. While it has been used extensively for pre-schoolers, it is also useful as an approach to teaching reading to students who need to more individualized approach.</p>	<p>To register online at: <a href="http://www.actcommunity.net">www.actcommunity.net</a> or by telephone using a credit card at 604.205.5467, toll-free 1.866.939.5188 or by fax to 604.205.5345</p> <p>SFU Harbour Centre Campus Room 1420 515 West Hastings street, Vancouver</p>



# Reaching out into the Community!



Steve Krawchuk, owner of McDonald's in Tsawwassen & Ladner, presents a cheque to Reach for \$5005.93 from McHappy Day sales on May 6

Spring is a time for new beginnings and with the new fiscal year starting in April, Reach got off to a good start with the announcement from **Variety The Children's Charity** that our request for **\$25,000** to purchase 3 specialized Bicycle/Wheelchair Tandems is approved. Look for these fancy new wheels (and details on how to borrow one) later this spring.

A BIG Thank you to everyone who supported **McHappy Day** on May 6. An amazing total of **\$5,005.93** was raised with llamas, musicians and sports activities from Sportball adding to the fun!

Reach is in the minds of some young philanthropists: we have been approached by several groups of students as they do projects on local charities. We displayed a poster prepared by high school students about Reach services at the Ladner McHappy Day. And close to home, one of our neighbours, the intermediate class from **Boundary Bay Montessori House** adopted us as their charity of choice this term & is busy raising money to buy a Pool Cart for use in the family changing room at Winskill Pool. Their Jazz Group also entertained at McHappy Days. To all these keen young people, Thank you! We're proud of your efforts to raise awareness and to assist others in the community.

Did you know that just buying groceries can help Reach? And it doesn't cost you anything extra. The **Thrifty Foods SMILE Card**, is available from our office & can be used by anyone you know. Whenever you load up the card, 5% of the total is donated to Reach to help purchase books & toys for our programs and lending library. Cards can be used over & over again until next Spring. Thrifty Foods is known for their delicious baking, fabulous deli & beautiful flowers, so check it out and support Reach.

**Looking ahead.....**Plans are well underway for the AGM & 50<sup>th</sup> Anniversary Celebration scheduled for Oct. 17<sup>th</sup>. Special fundraising activities at this event will include Raffles and the ever-popular **Silent Auction** and we need prize donations such as Gift Certificates for products or services. You may "re-gift" an item you have received that is a duplicate or isn't exactly your cup of tea; contribute an item for one of the Theme Baskets tentatively labeled: *Gourmet, Family Fun, Chocoholics, Beautiful You, Beautiful Home* and if you own recreational property, please consider offering a weekend get-away as a prize. If you have any ideas or if you know an individual or company who may be willing to make a donation, please contact Su Wieczorek, Funding Development Manager at (604) 946-6622 ex. 339 or email [suw@reachdevelopment.org](mailto:suw@reachdevelopment.org).



Hazel Cooksley and her sons Carson & Carter with Sheldon Phieffer from Sportball present a donation to Reach for \$680

**Thanks for your ongoing support ~ it's crucial to our success!**

**Yes!** I want to help Delta Children Reach their potential!

Here is my gift of:  \$45  \$90  \$180  \$Other

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ P/C: \_\_\_\_\_

Please charge my gift to my credit card:  Visa  MC

One time donation  12 Monthly donations

Card #: \_\_\_\_\_ Expiry Date: \_\_\_\_\_

Signature: \_\_\_\_\_

This gift is in memory/honour of: \_\_\_\_\_

Please make cheques payable to: Reach Child & Youth Development Society



**"BELIEVING IN POTENTIAL"**

#3-3800 72nd Street  
Delta, BC V4K 3N2  
[www.reachdevelopment.org](http://www.reachdevelopment.org)

You will receive a charitable tax receipt for the full amount of your donation

Your personal information will not be shared with other organizations

