

SUMMER
2016

THE STAR



Developmental
Disabilities Association

IN THIS ISSUE

SCHOOL DAZE 2
Concerns in our education system

RESIDENTIAL EVENTS 4
St. Patrick's Day & Easter Egg Hunt

NEW CLOTHING DONATION BINS 6
A thank you to our new bin hosts

EXPRESS ART KIDS WORKSHOP 7
Building community through Art

DDA OUTDOOR MOVIE NIGHT 8
Invitation to our Annual Event

IN MEMORY OF DOROTHY JANE FREW 9
Her story: A celebration of life

BLAINE'S MOVIE REVIEW 10
Star Wars: The Force Awakens

SUMMER LEISURE FAIR 11
A look back at our 15th annual event

SUMMER LEISURE FAIR

PAGE 11



SCHOOL DAZE

BY ALANNA HENDREN

The biggest issue for families that we're hearing about these days is the number of children being kicked out of school for behavior problems related to their special needs. This is a disturbing trend that has larger implications than one or two children being denied their right to a public education. The question is: who has the ultimate responsibility for ensuring that children in British Columbia receive a basic education? Is it the family or the government? According to legislation, it's up to the government – the Ministry of Education and local School Boards, with any additional tutoring or other costs the responsibility of families. So what do we know?

- Teachers are concerned about their own physical safety and that of other children in the classroom. The B.C. Teacher's Federation and Worker's Compensation Board support the rights of teachers to work in an abuse-free environment.
- Families of kids with special needs also want teachers and students to be safe, including their own children.
- Legislation and policies state that "School Boards are responsible for ensuring that special education services are delivered to any of the students who require them."
- The Ministry of Education has an overall policy of inclusion and individualized education programs.
- The population of children with Autism Spectrum Disorder; complex medical needs; ADHD; Learning Disabilities; special needs; ESL needs; and those in need of aboriginal supports is increasing steadily.
- Peak brain and language development takes place from ages 0-7; learning takes place most intensely between ages 0-13 for interests and information; and between 0-25 for communication and socialization skills (including prosocial behavior development). Lack of learning opportunities or inability to focus during these ages significantly limits student brain development, particularly those students with special needs who require enhanced learning opportunities and unique interventions.
- Families often do not know how to deal with their child's behavioral issues and need help, particularly those at home 24/7. This help is very difficult to receive from specialist service providers and can be very expensive.

Children with special needs who are asked to leave their school leave their families with two options. Either one parent (often the only parent) must quit their job to stay home or they can send their child to private, segregated

special needs schools that are expensive and often unaffordable. This is not inclusion and their omission from typical schools stunts their development. When kids are kicked out of school they become isolated from their peer community and regress in the areas of pro-social behavior development, getting along with others, communication, learning and skill acquisition.

We need to find a way to balance the rights of teachers and students to a safe environment with the rights of children with special needs to an inclusive education. Because these kids are either sitting at home doing very little or are attending segregated schools with a high number of other kids with 'unmanageable' behaviors, their behavior sometimes gets worse. This was the state of supports over 50 years ago. Like DDA's earliest pioneers, some

charitable associations founded their own special community schools (starting in church basements) or enrolled their children in Woodlands School. The difference now is that families have to pay for special education schools. The irony is that B.C.'s pioneers in integrated, inclusive education finally succeeded in the 1980's - no special schools remained - but now private special schools have returned and families have to pay for them.

The problem today appears to be funding. I recently came upon a web post I wrote in 2009, when this was beginning to become an issue: "... it is alarming how quickly the reversion to 'home schooling' and separate schools is happening. Some families are being told they have to remove their child from school because s/he is a danger to him/herself or others. Other families

are concerned about the quality of education and inclusion their children are receiving in public schools due to lack of funding..." Most families realized that when their special needs child graduates, they did not have the skills to transition into life as an adult.

In 2016, this problem has become significantly worse. Children are being expelled from school as young as age 6. If nothing changes, things will get worse still. BC School Trustees recently released their reaction to the government's 2016 budget with concern that \$54 million of the \$60 million increase they received will go to negotiated wage settlements, leaving only \$6 million to pay for 6,577 more students than originally forecasted. They are warning that the result of this 'status quo-only' funding: "... is a decline in the level of services and resources that can be provided to individual students". Sounds like the market for private, segregated schools will only be growing.

“
The irony is that B.C.'s
pioneers in integrated, inclusive
education finally succeeded in the
1980's - no special schools remained
- but now private special schools
have returned and families have to
pay for them.
”



A WALK IN TIME

BY: DAVID WONG



There is nothing more nostalgic than looking at pictures and objects from the past. The Anvil Center in New Westminster houses a museum that displays historical pictures and artifacts showcasing the development of one of British Columbia's oldest cities. The Main Street Drop-In participants Hugh Campbell, Jane Barrett Lennard and Mark Hawksworth deeply enjoyed their experience at the museum. It brought back good memories when they were children growing up. Hugh remembered family friends owning the same Ford Model-A automobile that was displayed in the museum. Hugh commented that his family friend's vehicle had a rumble

seat in the back to carry extra passengers. Jane was fascinated regarding the old Victorian homes that were restored after the great depression. Mark remembered his mother taking the electric trolley cars that used to link various municipalities with each other.

The museum in the Anvil Center is free of charge and easily accessible via the Skytrain. Spend a memorable hour or two going back in time and then have a social chat about the experience at the New Westminster Quay over a cup of coffee or tea.



Looking for a reliable and eager employee for your business?

Let Jobs West Employment Services help.

We match our candidates with your available positions. Onsite support is provided for the employer and the candidate until all job requirements are met. We



maintain contact with the employee on a regular basis for any re-training or change in job requirements.

www.jobswest.ca

DDA AGM SAVE THE DATE

For more information about our AGM or becoming a DDA member, visit our website www.develop.bc.ca

WEDNESDAY, JUNE 22, 2016



IRISH WHO? IRISH YOU A HAPPY ST. PATRICK'S DAY!

BY: RATNUM MATHUR

Curzon house celebrates St. Patrick's day every year. This year, everyone displayed the spirit of the day by wearing traditional green clothes and hats to celebrate the occasion. Our staff prepared authentic Irish stew that was enjoyed by all, along with plenty of music and dance! Many residents and staff, from different ethnic backgrounds and cultures, enjoyed the Irish themed event. The fun continued with 'real' Irish cookies and coffee that our staff had prepared.

Many thanks to all our staff members for their hard work and making the St. Patrick's day a big success!

ONLY IN VANCOUVER...

BY: RATNUM MATHUR

By now, our residents and staff have truly become 'professional' Bollywood dancers! They have been training with Shiamak Davar's Victory Arts Foundation on the beats of hit Bollywood songs, and then performing at the Bell Arts Center over the past several years. This year they broke out with a new song and dance theme, wearing green attire and hats for St. Patrick's Day to create an 'Indo-Irish' choreographed dance, on the stage at the Queen Elizabeth High School in Surrey. They performed before a hugely applauding audience!

The number of participants has increased from a dozen to about thirty people! The show was great and our group's unique theme was enjoyed by all. Rohan, our dance instructor from the Shiamak's Foundation and the staff really encourage and help all our residents to take part in weekly practices. The residents reciprocate by showing much enthusiasm to learn and are mastering the dance steps. Bollywood dancing is fun and provides an added value of a fitness workout!

Special thanks to all of the participants for taking the initiative, giving constant encouragement to each other, and for helping to make the performances lively and successful!

We are truly proud of you all!





EASTER EGG HUNT, 2016

BY: RATNUM MATHUR

Rain didn't dampen the spirit of Easter. At Curzon we organized and enjoyed our annual Easter egg hunt which took place both indoors and outdoors. With lots of music, dance and great food, we organized games and an egg hunt that was enjoyed by everyone. We always try to do something different every year to make the day very interesting and memorable for all!

Thank you to all the residents and staff for their willingness to think and plan novel ways to organize and celebrate events like this!





NEW CLOTHING DONATION BINS IN THE LOWER MAINLAND

THANK YOU to our new bin hosts for supporting DDA
Be sure to drop off your donations at any of our white DDA donation bins!



Abstract Glass Ltd
32210 Lougheed Hwy, Mission



Benjamin Moore
1838 W Broadway, Vancouver
22602 Lougheed Hwy,
Maple Ridge



Bosely's Food Pet Plus
3045 West Broadway,
Vancouver



Church's Chicken
17998 Lougheed Hwy,
Vancouver
5704 Fraser St, Vancouver



Cove Bikes
1389 Main St, Vancouver



General Paint
1250 Venables St, Vancouver
5798 Victoria Dr, Vancouver
5280 Kingsway, Burnaby
10120 King George Blvd,
Surrey



DQ
4990 Victoria Drive,
Vancouver



Eden Autopro
2625A St Johns St, Port Moody



Esso Pitt Meadows
17998 Lougheed Hwy, Pitt
Meadows



Fountain Tire
1750 Clark Dr, Vancouver



Diamond Head Motor Inn
32550 Logan Ave, Mission



Gian's Sweet Shop
31836 South Fraser Way,
Abbotsford



Home Hardware
11768 223 St, Maple Ridge



Kal Tire
1670 Main St, Vancouver



Lost in the 50's
7741 Edmonds St, Burnaby



Mission Automotive
1-32809 Lougheed Hwy,
Mission



Pasta Polo
2754 Barnet Hwy, Coquitlam



Puff Eastside
1204 Commercial Drive,
Vancouver



Sabji Manti Supermarket
31831 South Fraser Way,
Abbotsford



Sangam Sweets &
Curry Express
32040 Lougheed Hwy, Mission



Sherwin Williams
2750 Barnet Hwy, Coquitlam



Small Paws Doggie
Daycare & Spaw
491 Sperling Avenue, Burnaby



Socrates Greek
6633 Hastings St, Burnaby



Weeds Glass & Gifts
143 E 2nd St North, Vancouver
991 Marine Drive North,
Vancouver



XO Bella
2294 W 4th Ave, Vancouver

Brickyard
17475 56 Ave, Cloverdale

Carousel Art Glass
618 12th St, New Westminster

Fraser Valley Hindu
Cultural Society
31545 Walmsley Ave,
Abbotsford

Gurdwara Baba Banda
Singh Bahadar Sikh
Society
31631 South Fraser Way,
Abbotsford

Guru Nanak Sikh Gurdwara
7050 120 St, Surrey

Sunfarm Produce
9196 160th St, Surrey

Kahlun Investment
12355 Patullo Pl, Surrey

Mission Gur Sikh Society
32086 Lougheed Hwy, Mission

Pizza Express
15932 96 Ave, Surrey

Sikh Academy
9115 160 St, Surrey

Hillside Car Wash
32721 Logan Ave, Mission

TO LOCATE A BIN NEAREST YOU, VISIT www.develop.bc.ca

MAKING ART HELPS BUILDING COMMUNITY, CONNECTIONS AND COMMUNICATION SKILLS

BY MICHAEL HADJUK

On April 16th, the Family Support program organized a workshop called “Expressive Arts Kids” with the focus on siblings of children with disabilities. The workshop was facilitated by Angela Carroll-Wallace, an Expressive Arts Therapist, and the participants came from the families who are involved with DDA’s Family Support program.

The idea for the workshop came from the fact that children are significantly affected by the challenges their brothers and sisters diagnosed with developmental disabilities experience at home and in the community. We realized siblings can’t easily access support for themselves to learn how to cope with stressful situations. “Often they do not have the abilities or the words to express their experiences as adults do. Art making and creative activities help to increase confidence, build motor skills, increase personal awareness and provide an outlet for expression”, says Angela Carroll-Wallace.

Eleven workshop participants had fun creating entire imaginative worlds using recycled materials, crayons, glue, and yarn. All of the children left smiling and proudly carried a piece of the group’s creation home to show others.



CONTRIBUTE TO THE STAR! WE WANT TO HEAR FROM YOU!

Do you have comments, thoughts, or your own stories about DDA or people with developmental disabilities?

SEND SUBMISSIONS TO
COMMUNICATIONS@DEVELOP.BC.CA



THANK YOU, VANCITY!

In February, the Vancity Blundell Centre Community Branch featured DDA and our Donation Bin Program on their Community Business Showcase display. The Community Business Showcase allows local small businesses and non-profits to showcase their services and educate customers in the branch. With growing competition for bin donations this was a fantastic opportunity to educate Vancity customers and employees about our donation program. Many were interested to learn about the programs our bins support and that our bins are 100% non profit owned and operated.

We would like to thank Vancity for this important exposure and commitment to non-profits in our community.



A SPECIAL DINNER WITH SHARON

BY JULIE HUBER

On Thursday evening, March 24th, Sharon Spartz made a lovely dinner. We had roastbeef, mashed potatoes, yams and ribs. We had a spectacular evening. We had 20 people to our house. People from Commercial house attended. Ken and Doug came. Tasia, it was nice to see you for this special occasion for Dorothy. Sharon, I want to thank you for your support. I was the hostess at this event. All of us in Worthington had a great time. Sharon, I hope you enjoy your mugs that I gave you. Thanks for a great evening. Your cooking was amazing!

DDA OUTDOOR MOVIE NIGHT

FEATURING
INSIDE OUT!



DATE : Friday, August 26, 2016

LOCATION: Nat Bailey Stadium,
4601 Ontario Street,
Vancouver

TIME: Activities from
4:30pm to 6:45pm
Movie to start at 7pm
No entry after 6:45pm

NOTES: Children under age of
16 require supervision.
Bleacher style seating.
No outside food. No
Pets. Concession
Available. Cash, Credit
or Debit Cards accepted

QUESTIONS? Contact Kathy Moncalieri at kmoncalieri@develop.bc.ca
or call 604.233.5466

FREE EVENT! No tickets required.

FRIDAY AUGUST 26, 2016



HOLIDAY OPTIONS

The Holiday Options Program provides an opportunity for youth and adults (ages 18+) to participate in a variety of summer excursions.

Day trips may include taking a paddle-wheeler up the Fraser River, dining aboard a cruise boat and other community-based recreational activities. Out-of-town trips explore popular vacation sites in British Columbia and may feature far away destinations such as Alaska and/or Hawaii. Each trip begins and ends with the same goal: to provide fun, interesting and exciting experiences for youth and adults with developmental disabilities who may not otherwise have the opportunity.

The program operates June through August.

FOR MORE INFORMATION

Please contact the Holiday Option's Program Manager at
T: 604-321-4745 Email: holidayoptions@develop.bc.ca

Mrs. Dorothy Jane Frew

OCTOBER 7, 1961 – MARCH 20, 2016

A STORY ABOUT COMMUNITY LIVING

BY TASIA ALEXIS

It is with great sadness that we announce the passing of Dorothy Frew. She died peacefully surrounded by beloved friends and DDA staff in Vancouver General Hospital on the first day of spring, March 20, 2016.

She was predeceased by her father and husband Steven Frew.

Dorothy fought death 3 times and lived her life with determination. She loved life and cherished every minute of it! She brought so much joy to many on a daily basis. Dorothy was committed to her roommates, friends and staff. She delighted and sought great purpose in caring for others, often before herself. She was the consummate 'den mother'.

Dorothy received services and supports from the Developmental Disabilities Association since 1991. She was an advocate, widow, volunteer and employee. She worked at the legendary DDA Hero's Restaurant and then secured employment at the Spaghetti Factory in Gastown where she worked for over 20 years. She was an employee that other workers looked up to.

Dorothy lived independently in the community with her husband for a several years before transitioning into the Community Apartment Program and then residential services. She lived happily at Worthington for the last 4 years.

Dorothy was the inaugural recipient of the I AM Award in 2014. The I AM Award celebrates individuals who have made an inspiring contribution and effected positive change in their communities.

She was nominated for her perseverance in overcoming major health obstacles. Living with a life threatening disease, she

demonstrated bravery and optimism even when the odds were against her. She had to fight the healthcare system to get the vital care she needed. As a result, she was able to receive dialysis and was put on the wait list for a kidney transplant. Dorothy fought death 3 times and lived! Peers and patients at the hospital called her their role model for her willful determination to live.

She loved life and cherished every moment of it and brought so much joy to others. Dorothy was an extraordinary person who thought of others before herself.

Sincere gratitude to her dear friend and Representative Sharon Spartz — you truly made the difference in her life! Also much appreciation to her beloved friends and dedicated staff, who have adored and supported her over the years — thank you. Dorothy will be profoundly missed by many.

Many thanks to Dr. Copeland, the VGH Dialysis unit and the VGH Intensive Care Unit. Your care, support and attention to Dorothy was outstanding.



EULOGY FOR DOROTHY'S CELEBRATION OF LIFE

BY JULIE HUBER

April 8, 2016 at Creekside Community Centre

Good morning everybody. We are gathered here today to celebrate the life of our wonderful roommate, Dorothy Frew.

Dorothy was a great friend to us all. Dorothy, you were an inspiration to me. Your cooking was amazing. I like the way you did your artwork. It was very peaceful.

Dorothy liked to do Word Search puzzles. She liked to watch the weather forecast, and she loved to watch the news.

Dorothy liked to have friends over from other houses. She loved going for coffee and loved going shopping. She was a great help in the kitchen. She loved playing cards with Robert and Ed.

We will all miss Dorothy. In conclusion, on behalf of Worthington, Thank you everybody for coming today.





COURTESY OF WALT DISNEY AND LUCAS FILMS LTD.

BLAINE'S MOVIE REVIEW

BY BLAINE MACDONALD

****Movie Spoilers Included****

My movie review for this issue of the Star is *Star Wars : The Force Awakens* which takes place 30 years after the previous Star Wars movie, *Return of the Jedi*. In this latest installment, corruption and darkness infect the galactic senate. The First Order, which is the military and political organization inspired by the galactic empire, extends its sphere of influence. Supreme Leader Snoke aims for total domination and is unwilling to let the first order prevail. Princess Leia leads a movement of freedom fighters and resistance. Needing the help of Luke Skywalker, she sends her best pilot, Poe Dameron, to the desert planet Jakku to recover a map that leads to her brother, Luke. The First Order troops land on Jakku also, in search of the same map. Poe hides it in his droid bb-8, which is later found by a young scavenger named Rey. Together with Finn, a former storm trooper who left the First Order, Rey and bb-8 find the map and leave Jakku. Their mission is to take the map to the Resistance, but they are pursued by a dark figure, Kylo Ren, a member of mysterious knights of Ren who betrayed Luke Skywalker and who will stop at nothing to find him now. Unfortunately, Han Solo gets killed while trying to save his son from the dark side of the force. I found this movie too dark, too sinister and too violent.

★★/5

CHARLES WATERMAN : ADOPT A STREET PROGRAM — A BC BEAUTIFICATION PROGRAM

BY MANASVINI KUMAR

The city Beautification Program encourages and challenges residents, business, schools, youth groups, seniors groups, sports groups, strata councils, associations and clubs in Richmond to participate. Only by working together and sharing our collective resources can we make a difference in our common environment - the City of Richmond.

Community building and community pride are benefits of participating. When Charles heard about this program he wanted to join, and was very excited when he got his favorite street to adopt.

DDA NIGHT @ THE NAT BAILEY STADIUM

JOIN THE DDA SPONSORED 9TH ANNUAL VANCOUVER CANADIANS GAME!

LOCATION Nat Bailey Stadium | 4601 Ontario Street

DATE Monday June 27, 2016

TIME Gates open at 6:00pm.
First pitch at 7:05pm

CONTACT Sukhbir Kang at
604-233-5421 or
skang@develop.bc.ca

COST Tickets are \$12.50 each.
Please make cheques payable to the
Developmental Disabilities Trust.

We have a limited number of wheelchair accessible seats so purchase your tickets early.

MONDAY JUNE 27, 2016



Since February 2016 Charles has adopted Curzon and Chelmsford streets. He is trying his best to keep the neighborhood clean. He is very committed to volunteering every Wednesday afternoon. He proudly puts on his vest, picks up a pair of tongs and gets down to work. He takes great pride in cleaning up his surroundings. His neighbors appreciate his exemplary work. Great work Charles! Congratulations for cleaning up "your" neighbourhood!

LEISURE FAIR

BY REET SIDHU

For the 15th year, DDA co-hosted an incredible Leisure Fair on Wednesday, March 30th at Trout Lake Community Centre!

With support from Sunny Hill Health Centre for Children, Trout Lake Community Centre and the Vancouver Board of Parks and Recreation, the event was a great opportunity for local organizations to meet community members and share their various programs with those enjoying the festivities that evening.

Over thirty-five (35) organizations participated in the event, set up booths and activities so everyone had something to participate in and enjoy. They learned about the programs offered across the Lower Mainland for children, youth, and adults with disabilities.

Among those involved was the Disability Foundation, where foundation member Eric was showing his soon to be crowdfunded innovation: the Tetra Gear light for wheelchair visibility.

The event also included core strengthening activities with BOSU balls provided by the Kids Physio Group and eye/hand coordination activities provided by the Yoga It Up group.

The highlight of the evening? An amazing martial arts performance provided by Sirota's Alchymy, a martial arts and life skills centre for children and adults with developmental disabilities. The centre's team of twelve performers showed the audience how to kick, jump and spin like a true martial artist and they put on an amazing show for the crowd! Incredibly, the team performed a routine they practiced only once. They did a flawless performance as the audience cheered.

Overall, the two hour event was a great hands-on introduction to local recreation and leisure programs offered throughout the Lower Mainland. The booths were amazing so everyone got to learn about an activity, and in some cases, try out some activities at the event. Way to go!

Thank you to everyone for coming out to the event, and we hope to see you all again next year for another exciting, fun, and fantastic Leisure Fair!



STARBURST SPRING 2016

FAMILY SUPPORT GROUPS SPONSORED BY THE
DEVELOPMENTAL DISABILITIES ASSOCIATION

VANCOUVER CHINESE SUPPORT GROUP

General support for children's and adult's issues
in Cantonese and Mandarin.

MEETING: 3rd Saturday of the month
from 6:30-8:30pm;
No Meetings in July & August

PLACE: 4948 Fraser Street, Vancouver

CHILD MINDING: Available on site when
requested at least one week in
advance of meeting

CONTACT: John at 604-928-8289
john_tsang2000@yahoo.ca

DDA YOUTH IN TRANSITION

Support information for transition to adulthood.

MEETING: June 18, 2016 at 10:30am;
No Meetings in July & August

PLACE: Vancouver Resource Society,
2006 West 10 Avenue
Vancouver

CONTACT: Liz Cochrane at 604-733-6252
transitionparents@gmail.com

BOLLYWOOD MAZA

Support to families in Hindi and Punjabi

MEETING: Wednesdays 3:30 to 4:30pm;
No Meetings in July & August

PLACE: 4948 Fraser Street, Vancouver

CONTACT: Michael Hajduk at 604-301-2831
mhajduk@develop.bc.ca

VIETNAMESE FAMILY SUPPORT GROUP

Support to Families in Vietnamese

MEETING: Second Thursday of the Month
6:30pm to 8pm;
No Meetings in July & August

PLACE: 3455 Kaslo Street Vancouver

CHILD MINDING: Available on site when
requested at least one week in
advance of meeting

CONTACT: Nikki Tran at 778-895-2535
from 6:00 to 9:00pm

JAPANESE FAMILY SUPPORT GROUP

Lower Mainland general support to families in Japanese

MEETING: **No Meetings in July & August**

PLACE: 3455 Kaslo Street, Vancouver

CONTACT: Chigusa Barnes at
chishebarnes@msn.com

VOLUNTEER WITH DDA

We're looking for volunteers for events
happening between March to July 2016



St. Patrick's Day	Vancouver	Mar 13
Port Coquitlam Rotary May Day Parade	Port Coquitlam	May 7
Hyack Parade	New Westminster	May 28
Lynn Valley Days Parade	North Vancouver	May 28
Ladner May Days Fair	Ladner	May 29
Hats Off Day Parade	Burnaby	Jun 4
Teddy Bear Picnic Grande Parade	Coquitlam	Jun 12
North Delta Family Day Parade	Delta	Jun 19
Canada Day Parade	DT Vancouver	Jul 1
North Shore Canada Day Parade	North Vancouver	Jul 1
Steveston Salmon Festival Parade	Richmond	Jul 1
Vancouver Pride Parade	DT Vancouver	Jul 31

INTERESTED IN VOLUNTEERING?

Please contact us at 604.273.4DDA or visit www.develop.bc.ca

VISIT OUR SOCIAL MEDIA SITES

TO FIND OUT WHAT'S HAPPENING AT DDA AND IN YOUR COMMUNITY.



FACEBOOK: facebook.
com/dda604



TWITTER: twitter.com/
dda604



YOUTUBE: youtube.com/
dda604

Canadian Publications Agreement Number 40011236

SUITE 100 — 3851 SHELL ROAD,
RICHMOND, BC CANADA V6X 2W2



Developmental
Disabilities Association

The Star is a quarterly external publication of the Developmental Disabilities Association.

We welcome your comments and feedback. Kindly direct all comments and submissions to rsidhu@develop.bc.ca.