

Abbotsford Community & Services

Special Edition
Fall 2009



1969 - 2009

*Celebrating 40 years
of growth and change*

The First Word...



As we end the 2008/09 fiscal year we also end our fourth decade as an agency and look ahead hopefully to a bright future. We have much to celebrate in our achievements during the last forty years. Walter Paetkau led the organization through its formative years and then on to a period of rapid growth and expansion. I feel very privileged to have had the opportunity to succeed him and lead the agency in the last decade through policy and systems development, two CARF accreditation surveys as well as a continued growth in response to community need.

This past year we worked along with other agencies toward the goal of creating more affordable housing in the Abbotsford area. Housing projects sometimes take years to come to fruition and ours is no exception. We are clarifying our focus, however, and moving slowly forward. I have every confidence that we will achieve this goal of contributing to more affordable housing in Abbotsford.

We have made significant headway in cultivating positive environmental change within the agency and the community with the implementation of our Environmental Charter and community education. As well our work on food security has included the opening of a new community kitchen with lots of support from a number of funders in the Fraser Valley.

ACS has also taken measures to develop a strong, vibrant, and healthy workforce; to create an effective infrastructure which effectively supports our programs as we continue to grow; and to ensure sustainable, diversified sources of funding. Though we had serious concerns about programs such as the Food Bank and Recycling during these difficult economic times, our donors have continued to support us and we have managed the market challenges creatively and effectively. We are also pleased to have been successful in acquiring a number of new contracts, particularly in the Multicultural and Immigrant Services Department.

This will be my last ACS annual report as I will be retiring at the end of this year. I consider the last nine years at Abbotsford Community Services to be the pinnacle of my career. It has been an honour to serve the community through ACS. I have met wonderful people in this community and the agency. The board and staff are tremendously committed and capable people who work tirelessly to achieve our objectives. It has been a true pleasure to work with all of you.

I want to thank all those who have worked so diligently with me during the past decade and I truly wish all of you the very best in the future.

Thelma Schrock
Executive Director

Mission - Vision Statement

Abbotsford Community Services is an agency that fosters community well-being and social justice through positive action and leadership.

Statement of Diversity

We are children, youth, adults and seniors

We are of all races, all religions, all cultures, all abilities, all sexual orientation and all economic levels.

We speak many languages.

We value diversity.

We endeavour to reflect this diversity in our volunteers, board, and staff.

We respect all our neighbours and clients and extend our respect to them in all that we do.

We embrace all types of families.

Therefore, we will act to promote inclusion of all in our agency and in our community

Artistic & Graphic Design

Valdiene | creativeworks@shaw.ca

This ACS Special Edition Report is printed on Unisource Save-A-Tree Paper - 100% post consumer recycled content



Cover Design

Valdiene | creativeworks@shaw.ca

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You Are Not Alone - finding hope for the future

In December 2006 Heather went to work at the dental office never imagining this could be a day that would turn her world upside down.

A patient came in that she had never seen before. Her teeth were in bad shape and she looked like she had done some pretty hard living. As it turned out, the woman began sharing some intimate details of her life story with Heather, details of physical and sexual abuse.

“I listened,” says Heather. “I really listened and our conversation carried on into my lunch hour.”

And then the woman looked at me thoughtfully and asked, “What about you?”

“I was cautious but I told her that I had experienced childhood abuse as well. Lots of it”

In fact Heather had suffered very severe physical and sexual abuse for most of her childhood. The worst years were from the age seven to twelve. The conversation subsequently triggered flashbacks to that awful time of her life. Life became very uncomfortable. She had trouble sleeping and eating. She felt like she was losing control and couldn't cope anymore.

She remembered the woman in the dental chair talking about something called Victim Link. When she finally had the courage to call, Heather was referred to the Abuse Counseling & Support Program at Abbotsford Community Services.

Eventually Heather met with Jill Blaylock, a Support Worker in the Abuse Counseling and Support Services program. They spent time in individual counseling while waiting to get into the 15 week Women's Therapy Group.

The group teaches women about boundaries, the difference between sexuality and sensuality, self care, and anger management. The most valuable thing they learn is to articulate their emotions. “There is real power in a group setting,” says Blaylock. “Participants realize they are not alone. If someone is not yet ready to verbalize what happened to them, they can identify with the shared experience; the abuse that they all have in common.”

“Coming here was a huge turn around for me,” comments Heather. “I used to think I was fine, but in fact I was living in robot mode. I have learned to set boundaries and learned new coping skills. I'm making changes now and I feel like there is hope for my future.”

“Heather has come such a long way,” says Blaylock. “She has always been very motivated to grow and change. She's always put 100% into the skills we offered, and she's made every effort to implement those new skills.”

After spending time at ACS in the Abuse Counseling & Support Services program, Heather knows she is not alone. Unfortunately her experience is shared by many other women in our community. What advice does she offer to others who have experienced abuse in their past?

“Facing your demons is one of the most difficult things you will do, but it's worth taking the risk. There are people here to help you. Exploring your hurts and pain is okay in a safe environment in a program like this one.”

Heather is actually enjoying life now. She feels a sense of empowerment today that was never attainable before.

Today she is in control of her own life and feels very proud of herself. And so she should be.

Abuse Counseling & Support Program
51 year old “Heather”
* (not her real name)



OPEN LETTER TO ACS

from an 18 year old youth

It was almost two years ago that I came to the Youth Resource Centre (YRC). I had left home because I couldn't take the fighting and the abuse any longer. I was physically and emotionally exhausted; I was in a really bad place. I didn't know how to speak up for myself; I let everyone walk all over me. I was struggling with an eating disorder and major anxiety. I was taking medication regularly for my panic attacks. The medication made me lethargic, sleep deprived, and just feel crappy. Needless to say, my life was in a shambles.

When I first came I was connected with the Street Outreach Worker. She helped me find a temporary place to stay and provided me with the emotional support I so desperately needed.

It wasn't long before I was transferred to my Independent Living Support Worker whom I have been connected with for the last two years. She helped me find my own apartment and assisted with getting it furnished. We met regularly and she was always there to support me whenever I needed her. One time she even came with me so I could show her my prom dress. Going to prom was a nice distraction from all of the everyday chaos. She is always there to support me and help me plan for the next stage in my life.

Along the way I also hooked up with a Mentor through the YRC. My mentor has been great; and has provided me with a sense of friendship and guidance; she even invited me home to have dinner with her family. I know it may seem like nothing, but sitting at the table and eating a meal in peace is something most people take for granted.

Despite all the obstacles I faced, I graduated from high school on time with honors. I recently did a full year of Psychology courses at the University of the Fraser Valley and held down a job at the same time. With the money I made at my job and the support I have received through the Ministry of Children and Families, I was able to put some money aside and buy myself a little 'beater' car.

My Independent Living Support Worker tells me all the time, how proud she is of me for all the things I've accomplished and how far I have come in the last two years.

I recently completed Lifeguarding School and I am looking for a job in that field. Once I turn 19, I would like to travel to as many places as possible. My next big goal is to go to school to become a paramedic.

I would like to sincerely thank the Youth Resource Centre for all of the love and support they have shown me through one of the most challenging times in my life. I am happier now than I have ever been and I know that I owe a good chunk of my happiness to the YRC.



**I AM HAPPIER NOW
THAN I HAVE EVER BEEN
AND I KNOW THAT I OWE
A GOOD CHUNK OF THAT
HAPPINESS TO THE
YOUTH RESOURCE CENTRE**

The Many Faces of Senior Services

Gladys Nicol was born in Abbotsford in 1933, attended North Poplar Elementary School and married Chuck in 1957. Together they worked as the janitors for Abbotsford Community Services in the early 1980's.

These days Chuck takes advantage of the Medical Transportation Program offered through Senior Services. "I don't know what I'd do if this wasn't available for us," says Gladys. "I don't drive, never have, and our kids are busy with their own things. We can't bother them all the time."

Their volunteer driver, Phil, takes her & Chuck in to Surrey or New Westminster for Chuck's medical appointments. "I really like Phil. He has a heck of a laugh and he's always joking with Chuck. He's very helpful with Chuck. I appreciate that."

If you need assistance with medical transportation or know someone who does, call 604.870.8763.



Gladys with Senior Services manager Christina Ragneborg

Harry Gauthier had 4-1/2 years of active service in the Heavy Artillery Division during WWII

"I was 21 years old when I joined up and spent most of my time on anti-aircraft gun sites in England and France. I guess I was lucky because I never got injured."

Harry moved to BC in 1947 and worked in heavy construction until he was in his early sixties. "I was working on the Revelstoke Dam when I finally retired."

Harry's wife passed away eleven years ago, so now it's just him and his trusty eight year old dog. "I don't know what I'd do without Keno, he's my best buddy."

Harry's eyesight is poor and at 91 years of age, he's getting somewhat tired. But he stills loves to watch every hockey game he can. He'd rather watch a good hockey game than cook a decent supper any day. If you start talking to Harry about hockey, be ready to spend a few hours.

Four years ago he started taking Meals on Wheels. Every Wednesday a volunteer driver brings his seven frozen meals for the week. Harry is very thankful for the help that others offer him so willingly.

If you would like some information on Meals on Wheels, call 604.870.8764.



Harry with his dog Keno

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around. - Leo Buscaglia -

Hank Van Werkhoven might be legally blind and hard of hearing, but don't be fooled. This 86 year old Dutch immigrant is sharp as a tack.

Hank and his wife Diny came to Canada in 1950 and raised their seven children in the Fraser Valley. He's done all sorts of interesting things in the past 59 years:

- Owned a garage on Fraser Highway just west of Aldergrove Fire Chief in Langley for 10 years
- Drove an ambulance for a private funeral home
- Dedicated foster parents to almost 120 children

He can't remember exactly how he got connected to Seniors Services, but one thing he knows for sure. It was important for him to show his appreciation back to a community that had done so much for him. When he retired as a mechanic he began delivering Meals on Wheels in the mid-1990's and did that faithfully for five or six years.

Hank used to go to the old MSA Hospital and pick up the meals and bring them back to Abbotsford Community Services. There with a few of the other volunteers, he would sort out the meals according to designated delivery routes, and then off he would go. He says he delivered six or eight meals a day back then.

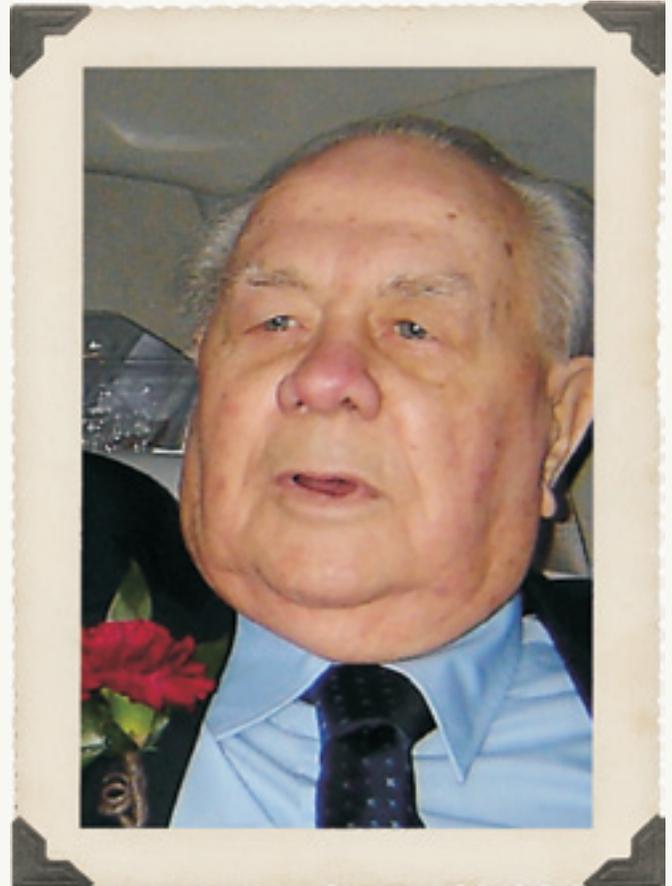
Unfortunately Diny passed away suddenly on January 23, 2009. They had been married for over 58 years. The question came often to his mind: "What am I going to do now all by myself?"

But he was not alone for long. He is very grateful for his children and grandchildren. "They are so good to me and to each other. One of them is always around on weekends to help." But days can be very long and lonely when you can't drive anymore and you live by yourself.

One of the things he looks forward to now is the weekly Lunch With the Bunch gathering on Mondays. A volunteer driver picks him up at home and brings him to Abbotsford Community Services where he spends a few hours of fun, food and friendship. Hank has also gone to some local music concerts with the group. "I love good music," he says. "If I know the tune I sing along, maybe not so good, but I do because I really enjoy music."

Another way that the Seniors department has been able to help Hank is through the Income Tax preparation service.

**To find out more about Meals on Wheels or Lunch With the Bunch, call 604.870.8764
For information on other services for seniors, call 604.870.8763**



Lunch with the Bunch client Hank VanWerkhoven

REMEMBER THE THINGS YOU CAN RECYCLE

The Abbotsford Mission Recycling Program features a drop off area for blue bag recyclables, other recyclables and household hazardous waste at no charge. Residential items accepted at the Recycling Programs's drop off locations include:

PAINT

GASOLINE

FLAMMABLE LIQUIDS

HOUSEHOLD PESTICIDES

BATTERIES

household, rechargeable, car

SCRAP METAL

washers, dryers, stoves, empty propane tanks

ELECTRONICS

TV's, computers, printers etc.

CELL PHONES

and cell phone batteries

FLUORESCENT LIGHT TUBES

AEROSOL CANS

DROP OFF LOCATIONS

33670 Valley Rd. Abbotsford
7229 Mershon St. Mission



Best for Babies participants (from left) Allison Rickey (with partner Rod Harwood beside her), Joshua Coronado-Miranda and Stephanie Gill learn how to make strawberry salad from volunteer instructor Cindy Reisig in the new Community Kitchen at Abbotsford Community Services.

What's Cooking?

by Vikki Hopes
Abbotsford News

Today's menu features fresh salsa and strawberry salad. The group of parents-to-be gather in the kitchen at Abbotsford Community Services (ACS). They are participants in the Best for Babies prenatal program, and today they are learning some healthy new recipes.

Volunteer Cindy Reisig, a mom with a passion for cooking, leads the class.

She is fond of fresh, healthy ingredients, and soon has participants mincing onion, dicing peppers and tearing lettuce.

It's all part of the new Community Kitchen, which celebrated its official opening in April, thanks in part to a \$20,000 grant from United Way of the Fraser Valley.

Kathy Doerksen, manager of the ACS anti-poverty and advocacy department, said the idea is for participants to concoct healthy recipes in a social setting.

"One of the biggest concerns today is food security – access to good, nutritious food for everybody," she said.

The kitchen is currently used by ACS program participants, many of whom come from low-income backgrounds and are recipients of the ACS Food Bank.

Doerksen said they don't always know what to do with the fresh produce and healthy ingredients they receive. People using the kitchen learn to plan and prepare budget-friendly meals that they can later create on their own.

The food used in the sessions is supplied by each program.

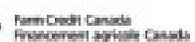
The goal is to open the kitchen to the entire community and have interaction between various groups — for example, aboriginal youth cooking with seniors or cultural groups sharing ethnic recipes.

Thanks to the generosity of the following community partners, the

dream of a community kitchen has become a reality.



Boag Foundation



Students Learning much more than language

Pat Poliquin is a Level 4 English as a Second Language (ELSA) teacher at Abbotsford Community Services. Pat comments “this teaching experience has been a wonderful gift that words cannot express my gratitude for.”

English Language Services for Adults (ELSA) classes are about much more than just words and language.



Supervisor Corinne Vooy says, “The ELSA program is a great opportunity for new immigrants to get to know their community and their new country. Students learn about going to the doctor, landlord and tenant laws, transportation, health, nutrition and Canadian citizenship. This is done in a safe classroom environment where students feel secure enough to practice their language skills at whatever level they are at – and have fun at the same time.”

Hannah Choi and her family moved to Burnaby, BC from Korea in 2000.



Hannah Choi

They eventually moved to Mission in 2004. Hannah is a Level 4 student, and her husband James attends the Level 2 ELSA class at Abbotsford Community Services.

“When we first came to Canada we were very scared to talk with our neighbors. We did not know how to make a proper sentence, so we were very nervous,” says Hannah. But being in English class for 3 hours, 5 days a week has made a real difference. “Pat really understands our problems. She always encourages us to let people know we are just learning the language, so please speak slowly and say it again.”

Vivian Hsueh, who immigrated from Taiwan in June 2008, says she is able to adapt to the Canadian way of life and culture very quickly because of the ELSA classes and the church her family has connected with.

“I have made lots of friends in my ELSA class. It is very relaxed which makes it easy to learn in this environment. In the Level 4 & 5 classes, it is almost like a family. At break time we all share food.”

Students are learning much more than language. They are learning about Canadian laws and customs, how our financial institutions and educational systems work. As Hannah says, “I am learning how to enjoy living in this country more confidently.”

Vivian still struggles with communicating some of the things she feels very passionate about. The words don't come quick enough. But with three young children enrolled in local schools, she will learn soon enough. In fact the reason the Hsueh family came to Canada, was mostly for the sake of the children.

“In Taiwan there is so much pressure on children to succeed academically. Here our children have more time to experience other parts of life and have fun.”

Hannah and Vivian are very grateful to their teachers Pat and Bonnie Sibley (Level 5). They agree that both are very skilled, generous and kind. The positive encouragement they get in the ELSA classes has made all the difference in the world. “All the students are happy. Everyone is so friendly and kind. Everyone smiles.”



Ali Habibi and his mentor Swaran Bhatthal

With the Right Designation, newcomer has a bright future ahead

Ali Habibi came to Canada in May 2007. After spending a year in Montreal, Ali and his wife moved to BC where he believed his employment opportunities would be brighter.

Ali is a professional scientist with a Masters Degree in Petrology, recognized in his home country Iran, but not here in Canada. Ali was hopeful for a good job because of BC's active oil and gas industry.

"In this profession, the required credentials are not easily earned," says Terasen Gas Manager of System Capacity Planning, Swaran Bhatthal. Swaran has been a professional engineer since 1995, working in the oil and gas industry most of his adult life. "Terasen Gas is committed to giving back to the community and volunteering as a mentor for the Newcomers Mentor Program felt like the right thing to do."

The goal of this program is to 'build connections for employment'. An employment mentor is someone who

volunteers not only his/her time, but also shares their knowledge and expertise with a newcomer of a similar professional background.

Ali learned of the program while going through some employment counseling in the community. He was accepted into the program as a 'mentee' and matched with Swaran.

Ali has had to work in various manual labor jobs since coming to Canada, but he is getting back on track now. "I wanted to work as a geoscientist right away but it has taken two years already just to get the right papers."

Swaran understands that frustration as he continues to gently encourage and guide Ali. "The first objective, the main hurdle a professional has to overcome is to secure the recognition for their academics from their home country. That's not easy, but it is necessary. In the line of work we do at Terasen Gas, our employees are authorizing work that affects the public's safety."

Ali has now been accepted as a Geoscientist in Training through the BC Association of Professional Engineers. "He is now at an equivalent level with our UBC graduates," says Swaran. "My next step is to work with Ali on his resume, to help open doors for him, and to give him a thorough understanding of how this industry works in Canada."

Swaran also encourages Ali to continually improve his English language skills. "Immerse yourself in the community and situations that force you to speak English." Good advice for any newcomer. "This will build confidence, and confidence is the key when looking for a job."

"His friendliness to me is the most important part of our relationship," says Ali. "I am very glad I met him."

For more information about the Employment Mentors Program or how you can become a volunteer mentor, call Pat Christie at 604.217.0444.

Program Snapshots

Elder Abuse Awareness Day

Throughout the world, abuse and neglect of older persons is largely under-recognized or treated as an unspoken problem. Unfortunately, no community or country in the world is immune from this costly, public health and human rights crisis. Research indicates that public education campaigns like World Elder Abuse Awareness Day are vital for informing people in a growing number of communities.

At ACS, the Seniors Department in partnership with the BC Association of Community Response Networks, presented information and resources to our seniors at the Monday Lunch with the Bunch gathering.

It is estimated that one in twelve active seniors in BC experience some form of financial abuse, and that 10% of BC seniors will experience some form of abuse in their later years. Senior abuse can take place anywhere. The type of abuse inflicted ranges from physical, emotional, financial and sexual. It's happening behind closed doors every day, often at the hands of family members or others in positions of trust.

If you have been a victim of any type of abuse or know someone who has, ask for help by calling Christina Ragneborg, Manager, Seniors Services @ 604.870.3763



Discovery Program participants checking out the new oven

Discovery Program

Renovations
+ Room Updates

Better Services

Thanks to various funding sources including Community Living British Columbia, the Discovery Program site located on Montvue Street is now able to better serve its participants. Two of the main benefits of these upgrades include having more cooking options and a great fitness room that is easily accessible to all.

The Discovery Program offers leisure and recreational activities to adults with developmental disabilities. For more information about this program, call 604.870.8725.

Program Snapshots

Punjabi Mothers & Grandmothers Program

Jagir Kaur Dhaliwal has never been to school in her entire life. With the help of this program she is now able to write her name and her contact information like her phone number and address. This is a remarkable improvement in the life of a woman who is 65 years old. She has worked hard to learn some basic English right from square one while still looking after her domestic responsibilities.

“By not missing a single program session she has shown her exemplary dedication towards a better cause,” says program coordinator Simmy Cheema.

Someone once said, ‘Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul’. “Jagir’s practical understanding of that quote, her joint enthusiasm with us, her positive and cheerful attitude and the quest to learn has significantly added to our success.”

“Students like her will always remain a perfect example of breaking the barriers between age and education. For information on this program, call 604.308.1857



Jagir Kaur Dhaliwal learning basic English

Family Centre pleased to be part of McHappy Days

Thanks to our special supporters like McDonalds, parents and children continue to enjoy quality time together, receive referrals, resource information and support services through Family Centre.

To learn more about the programs offered at Family Centre, call 604.859.7681 Ext. 302



Chuck Vertes with Penny Petersen of ACS Family Centre



I Had No Idea

what I was getting myself into

ACS: What was it like when you were hired in July of 1976?

LM: I was hired as a receptionist and at that time the office was in the little house referred to as “the manse”. It was at the side of the church which was the original occupant of the old part of the main ACS building now. Sue Morgan was the office manager and John Conroy was the lawyer contracted to supervise the law office.

ACS: Any legal experience?

LM: No, I came from a banking background. I had absolutely no idea what I was getting into or what it was all about. But Tim Roberts and Kathy Doerksen helped a lot. There were a few paralegals and other secretaries and we all worked very well together.

ACS: How have things changed over the years?

LM: Well, initially we were very much a grassroots community law office until the time that we became a part of the whole provincial legal aid system in the early 1990’s. As a community law office we did a lot of ‘poverty law’. That meant we worked with a lot of divorce cases,

tenants’ issues, employment insurance, wills and estates, small claims, and Workers’ Compensation Board claims.

At one point I remember our staff lawyers carried case loads of up to 100 files. This was at a time when we had 18 staff. Our first criminal staff lawyer was Ken Skilnick who is now a judge. Eventually we had 3 criminal lawyers and 2 family lawyers.

ACS: It all changed in 2002 right?

LM: Yes, there was some major restructuring by the provincial government. Our office was devastated. Now here we are 7 years later and all you see is this small office, staffed by myself and Celia whom I hired 28 years ago. We are legal aid intake workers and Chris Maddock is our supervising lawyer. So we can only help people up to a point.

ACS: What is it about this job that gets you up every morning – 33 years later?

LM: I try to give people confidence. The people that come in here are scared, often crying. They have no idea what’s going to happen to them. It’s my job to

explain what can and cannot happen. I help them understand their rights, and what they will have to go through. These clients all end up with busy lawyers and eventually face very busy judges. But when they come in here to see me or Celia, we can take the time to calmly explain the system to them and help them calm down.

ACS: What’s the best part of your job?

LM: When clients leave here saying they feel ‘so much better’ – and that happens almost every day. When they stop and say that we have been so helpful and they feel more confident & better about what they have to face and go through – that’s when I feel really good about my job.

Staff Member: Linda McNeil
Position: Legal Intake Worker
Length of Service: 33 years
Program: Legal Aid

1969-2009

Four Decades

of growth & change

The First Steps

In the mid-sixties Walter Paetkau was working for the Mennonite Conference. His assignment: organize activities for churches to get involved in. An ad-hoc committee of pastors & volunteer group representatives get things started. "Through those general get togethers people decided that there was a real need for youth services, and family and life programs. Slowly more volunteers were brought in and work began," Paetkau said.

1969 MSA Community Services is organized as a society. A small office opened above James Fraser TV on Essendene Avenue, staffed by volunteers.

The prominent players in those early days:

Father Paul Foran of St. Ann's Catholic Church
Rev. Bob Pollock of Calvin Presbyterian Church
Lloyd Wilson, a local lawyer
Mauritz Vanderveen, district supervisor of welfare
Peter Adrian, mental health worker
Dr. John Buirs & Dr. John Krahn

July 1969 - American astronaut Neil Armstrong stepped down from Apollo 11 to be the first man to walk on the moon.



The 70's

Defining and Emerging Decade

Newspaper Article - On May 8 a new organization will be born in the area when the MSA community services council becomes an entity. Various committees and persons representing a cross section of the community have been working on such items as service needs, family counseling, coordinated hamper distribution, development of a community services directory.

October 1969 - Paetkau & Tom Farrell appear before Sumas Council to explain the role of community services. Farrell sums it all up by saying, "what we are really trying to do is help people help themselves."

May 1972 - Meals on Wheels begins

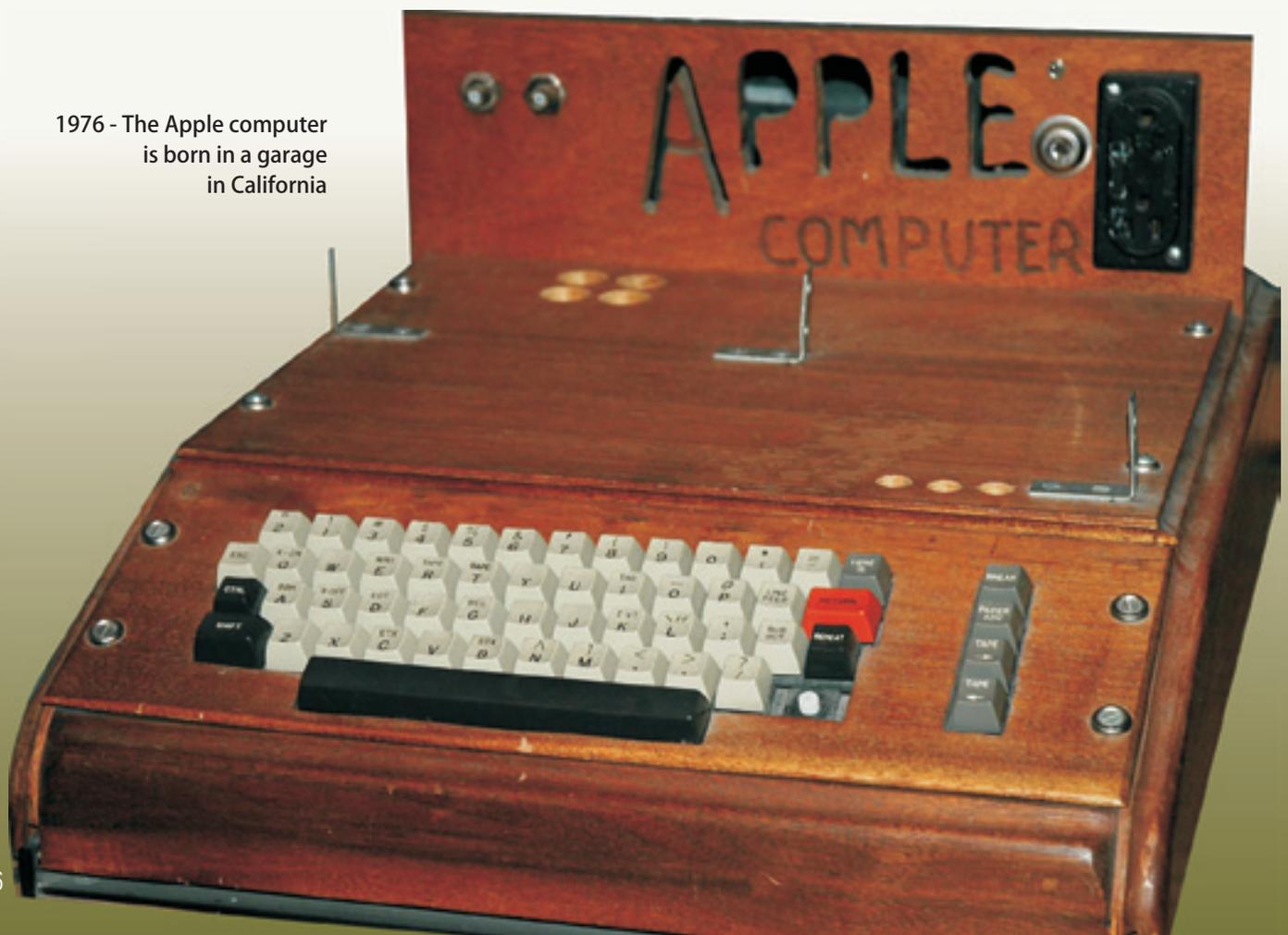
September 1975 - MSA Community Services moves into the former Pentecostal Tabernacle on Montrose

June 1976 - Community legal service (opened in late 1972) praised in local papers. "Abbotsford's legal services clinic, a branch of Community Services, is being recognized throughout the province by the legal profession as a model for providing legal services to people on low and fixed incomes"

Mid - late 70's - family services, youth and counseling programs added

Late 70's - multicultural services and recycling depot added

1976 - The Apple computer is born in a garage in California



The 80's

Rapid Growth & Coming of Age Decade

'84 – Aim of multicultural services was to improve race relations and promote inter-cultural understanding. “Translating school documents from Greek to English and interpreting at hospital bedsides are just two of the ways the Language Bank has been helping area residents.”

Oct/85 – Popularity of recycling is growing, product up 60% Community Enterprises (Mat.-Abb. Community Services recycling operation) won the GVRD's award for non-profit recycling operations earlier this year. Program Supervisor Gerry Wiebe places a lot of the credit for that win with the municipalities of Abbotsford and Matsqui. He says community enterprises has the best relationship with local government of any recycler in BC

Oct/86 – Mat.-Abb. Food Bank - As many as 900 people pass through the doors each month. For most it is an experience they would rather not repeat. Many are well-educated, well-read, and well-informed.

Late 80's – Alcohol & Drug Outreach programs added, as well as English classes for adults

The 90's

Decade of Uncertainty

Oct/90 – Street Workers needed to deal with problems According to Matsqui Abbotsford Community Services Family Services program coordinator Doyle Clifton, “a small group of young people, some as young as 12, are involved in prostitution, drug dealing, theft and other crimes.”

Oct/1990 – New Beginnings Program starts at Abb. Senior Secondary

June /92 – Last year Dawn was a single mom on welfare with a grade 8 education. This week she picked up her high school diploma and an Abbotsford Kiwanis Club Scholarship. She is one of 16 young mothers in the 2nd graduating class of the New Beginnings Program.

May 1996 – ACS on the Move
Abbotsford Community Services moves programs into the Old Courthouse building like English Language Services for Adults, Youth Resource programs, and programs for adults with special needs.



March 1983 - First mobile phone is made available to the public for some \$3,995 dollars.

It takes 10 hours to charge and allows you 30 minutes of calling time.

For the first ten to fifteen years the business and local political community just couldn't understand what we were doing. The general feeling was churches and services clubs should be doing this work. But we persisted. As individual programs and services succeeded, we decided to keep them all under one roof. It gave us self-confidence, and it demonstrated the impact of this growing agency. I believe social services are a very important part of a city's infrastructure. If Abbotsford Community Services was not here anymore, there would be a very large hole in this community. It is something which is vital to the City of Abbotsford, and something to be very proud of.”

Walter Paetkau
Executive Director
1970 - 2000

2000 & Beyond

Gains & Losses Decade

June 2000 – Paetkau steps down after 30 years and Thelma Schrock becomes the new Executive Director

July 2001 – Community Employment Development Office opens and during the next almost eight years it served over 10,000 unemployed people in Abbotsford & Mission return to work.

Feb/2002 – Legal Aid Casualty - Abbotsford gave birth to the legal aid movement in BC more than 30 years ago, and now the legal aid office is a casualty of government cutbacks.

Aug/2007 – Abbotsford Mission Recycling Depot begins taking electronics

Sept/2008 – Food Bank opens a free dental clinic for the homeless and low-income clients

“While there have been many losses in this last decade, there have also been exceptional gains with many new exciting programs. As community needs change, ACS will also continue to change and evolve. But one thing remains the same. This is an agency that fosters community well-being through positive action & leadership. ACS will always be, People Helping People.”

Thelma Schrock
Executive Director
2000 - 2009

As we look forward, you can be a part of some very big things –

Working together with other agencies, we are trying to make sure people in Abbotsford have access to safe & affordable housing no matter what their personal circumstances.

Our Multicultural & Youth Resource departments are committed to reducing crime & gang violence in our youth and young sexually exploited populations.

We believe prevention is vitally important, so we are focussing on supporting parents during that critical period when their children are between infancy & 3 years of age. We want to help individuals build strong, positive families.

Together, we can do amazing things.

FOR 40 YEARS
YOU
HAVE BEEN THERE TO
SUPPORT US
IN OUR WORK,
GIVING GRACIOUSLY
OF YOUR TIME & MONEY
THANK YOU!

A Rapid Response Saves Family

from Falling Through Cracks

By Anushka Hart
Youth & Family Worker

I had called to introduce myself and the support that the Rapid Response Program offered. I heard “live in car” and “the system has failed us” punctuate the nearly two-hour long conversation. I think I said about twenty words.

They had five dogs, a lifetime of treasures and one week to find a new home. 'They' included a mom recovering from cancer treatment, an angry fourteen year old boy, and a depressed sixteen year old girl. Mom was broke with a mountain of debt and had recently moved to Abbotsford to start on a 'new life'. A job had fallen through and mom, already fragile, had struggled through several months of what felt to be closed doors and empty promises from the 'professional others' she had once been. The children were fearful, guarded and quite frankly, ready to attack should authenticity be in question. Welcome to Abbotsford.

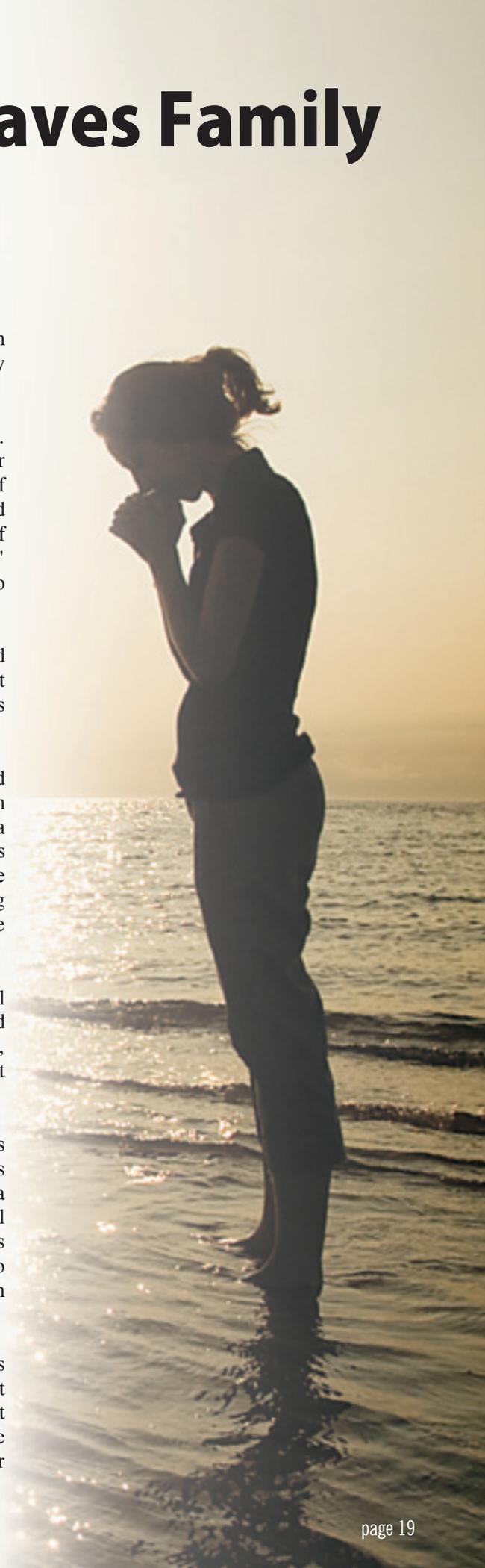
We hit the ground running. As a veritable new-by myself, both to the city and the agency, I was about to ride a learning curve which to this day has made me not only an employee, but a fan of Abbotsford Community Services and its peripheral services.

Our identified goals included primary needs such as housing, belonging and food. Through a connection at the Youth Resource Center, a home was found in two days. Our family had no damage deposit or references and considered this a miracle moment. It was not until they actually moved in that all family members really believed that this WAS happening. Social housing provided a damage deposit and MCC provided new beds. Our next job was to find a sustaining income that would allow our exhausted family to rest and with support, move forward in their lives.

A number of individuals stepped up. Our mom needed support through Legal Advocacy, Income Tax support (mom cried at this one as she had not received family allowance for over a year as she could not afford to file her Income Tax), and an immediate provision of food through the Food Bank - all taken care of at Abbotsford Community Services. Wow! We were then ready for the next step.

Our boy had not been in school for a year and a half. Living through mom's cancer and experiencing life a foot away from living in the family car had left its mark. After a brief sit on a wait list, school began with the ACE Program. As a final wrap-around, services were provided for both group and individual counseling through a connection to Abbotsford Mental Health and the Maples Adolescent Resource Unit. A return to school also occurred for his sister who became connected with a caring counselor. To date, both kids have continued in their school programs.

Our final connection found mom attending a Parent of Teen Group as well as meeting with a mentor on a weekly basis. Mom's words say it best. “I felt hopeless and a complete failure as a parent and human. We were given support immediately and even though all I did was constantly cry, people met us where we were at. Now we have a home, lots of services and people we can count on for support – or just to talk. Thank you!”



Not Easy Being a New Mom

Especially When You Are Alone

Twenty-two year old Mandeep Mehmi is a new mom to daughter Simran. She has been in Abbotsford for almost two years. Unfortunately, her parents, brother and four sisters are all still in India. She misses them very much, especially now during the long days when her husband is at work and she is all alone with Simran.

“I always wanted to live in Canada, so in a way, this a dream come true for me. But it has been so hard. At first I couldn't speak much English, couldn't drive and did not understand the culture.”

While she was still pregnant, Mandeep found out about a drop in program offered at the Kalgidhar Darbar Sahib Society Temple. The woman had been a former participant and told Mandeep how much it helped her.

Eventually she connected with Monica Grover, Resource Worker for the Pregnancy & Early Parenting Drop-In Group for South Asian Women. “The purpose of the program is to make South Asian women feel comfortable in their own surroundings,” says Grover. “Many of these ladies are new immigrants and it is so important for them to have someone to talk to in their own language, and they feel safe here at the Temple.”

Now in its fifth year of operation, the program typically sees 30 participants a week.

Monica has watched Mandeep grow from being sad, closed and very shy to becoming open, talkative and funny. “She has a great sense of humor and she has become much more self-confident.”

“Being a new mom is a good experience, but being alone with a baby all day is hard. But when I come to this meeting, the rest of the day is so much better for me.”

For more information on the South Asian Drop In program, call 604.859.7681 Local 288.



Mandeep Mehmi and daughter Simran



Robbi Harder

1991 Graduate Remembers

New Beginnings Experience

At 17 years of age, Robbi Harder was pregnant and a high school drop out. “I didn’t come from a troubled home or anything like that. I created all my own trouble, trouble with a capital ‘T’,” says Robbi.

While at a pre-natal class she met Abbotsford Community Services Manager of Early Childhood Development and Family Resources, Debbie Jarvis. “Debbie talked to me about a program she was considering for teen moms.” That program was New Beginnings which gives teenage mothers the chance to complete their high school education.

Robbi’s baby was born in July. It was a difficult birth because little Marcia was born with Hydrocephalus – Aqueductal Stenosis.

“I considered withdrawing from New Beginnings because her life expectancy was questionable. I didn’t think I could take care of this baby, but I will always remember my mom saying to me: You know Robbi, special people get special babies.”

Debbie Jarvis spent time talking with Robbi and told her to reconsider her decision to leave the program. “You will need us more than you know; you will need support systems beyond your own family. Boy was she ever right!”

Robbi came into the newly formed New Beginnings program in September 1990. After a second pregnancy with the support and encouragement of the program, Robbi eventually got her GED and graduated in June 1992.

In 1993/94 New Beginnings offered Robbi Peer Counseling which is available to program graduates. Then she learned about another new program called Nobody’s Perfect. “It helped me be a better parent and gave me all sorts of skills.”

Over the years Robbi has worked at miscellaneous jobs. “I didn’t really have a career, but I managed to stay independent and look after my family.”

In January 2006 Robbi was involved in a very serious bicycle vs. automobile accident. Her right leg was shattered. Bedridden for three months she ended up with a serious bone infection. Rather than have her leg amputated Robbi opted for an experimental leg transplant surgery, the first of its kind in Canada.

In February 2009 she began helping organize the Income Tax Preparation service. “I love being able to help other people. It’s so nice to know you’ve made someone’s day a little better. And I’m a functioning member of society again.”

From her early days as a young mom attending New Beginnings, to volunteering by helping seniors, Robbi has seen a lot of this organization. “It’s an amazing place and you offer amazing stuff to everybody who asks for help. There isn’t anyone out there who doesn’t get the help they need here.”

For more information on New Beginnings, call 604.850.3703.

more than a food bank

CORE PROGRAMS

FOOD BANK
emergency food and short term solutions
for families & individuals in need

NEW HOPE
helping create independence and
self-sufficiency for the working poor

DENTAL CLINIC
free dental clinic with two chairs in
operation two mornings a week

FOOD FOR THOUGHT
school supplies for kindergarten
to high school students

CHRISTMAS BUREAU
toy run, sponsor a family, Curl for Kids

EXTREME WEATHER
providing shelter for the homeless
during harsh weather conditions

HIGH PROTEIN PROGRAM
providing food for those with HIV/AIDS

BASICS FOR BABIES
baby food, diapers, and other supplies

CARES CARD
goods and services card with basic
necessities for the homeless

GARDEN BOX
low cost/high quality produce



DONATION DROP-OFF LOCATION

33914 Essendene Avenue

Abbotsford, BC V2S 2H8

Tel: 604.859.5749

*for every season
there is a time of need
and a time to give*

Bleak Christmas Looks Brighter with the Food Bank
“Hi – my name is Summer. I have a 21month old son and we have been living in Abbotsford for a year. My only means of income is social assistance and because we live in a high rent area, we don’t have a whole lot to live on.

I’ve been going to the Abbotsford Food Bank once a week for almost a year now. I can honestly say that if I didn’t have their support, I wouldn’t be able to survive. They have helped me out so much. At Christmas things were looking really bleak for us, but the Abbotsford Food Bank stepped in and changed all that. My son and I had the best Christmas ever. We had everything we needed and more. It just warmed my heart to know there were people who cared.

It’s uncomfortable to walk into a Food Bank and ask for help, but when you walk into the Abbotsford Food Bank, you don’t feel that way. The staff are so friendly, they almost make you feel like you’re family. If you are stuck, they help you out. If you need diapers or sugar, they always do their best to help you.

I’d like to thank all the staff and people involved in the Abbotsford Food Bank. Thanks for all your help and support.”

Chronic Dental Pain Relieved

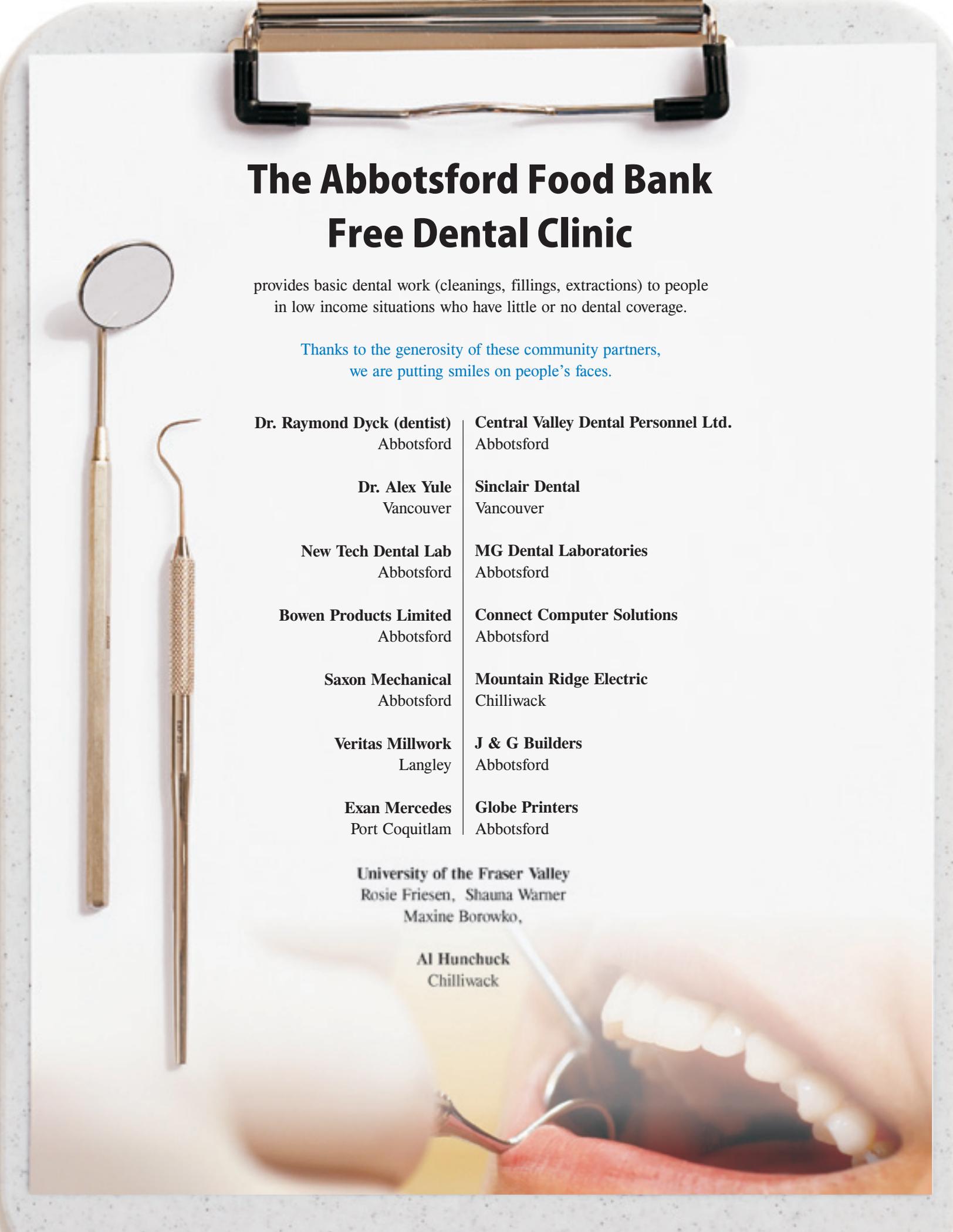
A lady came in who lost everything due to drug addiction. She desperately needed some dental work. After getting all the work done at our Free Dental clinic she felt inspired to give something back. She used to be a hairdresser so she now volunteers to cut other Food Bank clients’ hair for free. She was so thankful for the help she found here, she now wants to help wherever she can.

Decent Haircut Makes a Big Difference

“We’ve had a lot of positive feedback from clients we’ve seen. They have all really appreciated getting a good haircut and have been very pleasant. We had one gentleman come in with his card, received his free haircut and left very happy. He became a returning customer after he got a new job. He’d been going through a rough patch and needed some help. His haircut made him feel more confident and he landed a new job!

We are glad to help even in this small way!”

Marissa @ Shear Performance Barbershop
Cares Card Sponsor



The Abbotsford Food Bank Free Dental Clinic

provides basic dental work (cleanings, fillings, extractions) to people in low income situations who have little or no dental coverage.

Thanks to the generosity of these community partners,
we are putting smiles on people's faces.

Dr. Raymond Dyck (dentist)
Abbotsford

Dr. Alex Yule
Vancouver

New Tech Dental Lab
Abbotsford

Bowen Products Limited
Abbotsford

Saxon Mechanical
Abbotsford

Veritas Millwork
Langley

Exan Mercedes
Port Coquitlam

Central Valley Dental Personnel Ltd.
Abbotsford

Sinclair Dental
Vancouver

MG Dental Laboratories
Abbotsford

Connect Computer Solutions
Abbotsford

Mountain Ridge Electric
Chilliwack

J & G Builders
Abbotsford

Globe Printers
Abbotsford

University of the Fraser Valley
Rosie Friesen, Shauna Warner
Maxine Borowko,

Al Hunchuck
Chilliwack



Volunteer Elise Goertz & Youth Mentor Program Coordinator Pam Redden

Learning More About Self- by giving to someone else

ACS: Pam, what is the purpose of the Youth Mentor program?

PR: The program tries to give one or more positive influences to kids who are having problems at home or at school. They are often using drugs or alcohol and sometimes involved in self-harming behaviours. They range in age from 15 – 19, though we do have a 13 year old on our wait list.

ACS: How do you find the mentors?

PR: They have usually heard about it through a friend, word of mouth mostly. Two of our mentors are former Youth Resource Centre practicum students.

ACS: Elise, why did you decide to become a Youth Mentor?

EG: I found out about this from a friend who had done it and it was such an amazing experience for her so I thought I'd like to give it a try.

ACS: Tell us about your 'mentee'.

EG: She is a 16 year old student at Robert

Bateman School. She's into fashion and acrobatic dance. Right now she's not seeing eye-to-eye with her foster parents.

That happens; I guess she's coming into that rebellious stage. But we go for walks, coffee & make jewelry together.

ACS: You're a young professional, why take the time to be a volunteer?

EG: I believe that as humans we are meant to be in relationship with each other. Volunteering like this, in a one-on-one situation, you can have a pretty big impact. How I live is to help others. In our lives, lots of us have had hard times when we've needed someone to talk or to give us encouragement. I just feel it's my responsibility to give back.

ACS: What are you getting out of this volunteer relationship?

EG: I've learned a lot about myself. Because of spending time with this girl I have changed and keep changing. It's a

mutual relationship; she encourages me too. My mentee is realizing that I am there to help her because I want to, not because I'm getting paid to. That's cool.

ACS: Pam, what do you look for in a volunteer Youth Mentor?

PR: Well, our mentors are incredible; they are selfless and they have a natural desire to help other people so they do it well. I look for people who care deeply, are genuine, and have a passion to help.

ACS: Do you have enough mentors?

PR: No. We desperately need more male mentors right now. So if anyone is interested, I would love to hear from them. We ask for a one year commitment and most mentors spend 2 – 4 hours a week at this volunteer job.

For more information, call Pam @ 604.859.7681 Local 309



Recycling...

*Keeping up with
the need for education and awareness*



Recycling Education Program

Presentations on recycling & composting to service clubs and community groups

School Education Program

Education focusing on the 3 R's to students in both Abbotsford and Mission

Recycling Education Centre

The Centre, open since 2008, is built from recycled and reused materials and serves as an excellent environment for demonstrating and delivering education to schools, community groups, and the public.

Environmental Awareness at various community events

Abbotsford Agrifair
Berry Beat Festival
Abbotsford Farm and Country Market
Mission Folk Festival
Gotta Be Kiddin Show
Old Car Sunday at Heritage Park in Mission

Programs and Services

Early Childhood & Family Resources

Child Care Resource & Referral – licensed & license not required child care support and referral for parents and childcare providers

Prenatal Classes – education programs for expectant parents – early intervention support assisting high-risk pregnant & parenting women

Family Centre & Nobody's Perfect – support, socialization & educational activities for families with young children

Cricket Corner & Country Corner – open to children 3-5 years of age

Parents & Children Together (PACT) – literacy program for parents & children in partnership with UFV

Post Partum Wellness – education, peer training & a post-partum depression support group (English & Punjabi)

Women's Wellness – exploring wellness and healthy lifestyles (English & Punjabi)

Neighborhood Places – family drop-ins, resource & referral information for families with young children

Strong Start – a literacy program helping families prepare their children for school

New Beginnings – encourages young parents to complete their high school education with on-site childcare & education about the realities of pregnancy & parenting

Fathering Support – opportunities for fathers to get together, socialize & learn parenting skills

Multi- Cultural & Immigrant Services

Cultural Diversity Awards & Diversity Health Fair – annual community events

Diversity Education & Resources – promotes cross-cultural understanding in the community

Translation & Interpretation – available in 36 different languages

Legal Advocacy – assistance to agricultural workers with legal issues related to employment

ITFAK – Enhancing Harmony – respectful relationship counselling to men focusing on preventing family violence

Immigrant Settlement Counselling – short-term counselling to assist with cultural & language barriers

Multi-cultural Family Services – information dealing with family related problems

Settlement Workers in Schools – settlement support and liaison between school & home for newcomer students & families

Youth Buddy – friendship program for new immigrant youth in secondary schools

English Language Services for Adults (ELSA) – ESL classes for adult immigrants

Fraser Valley Human Dignity Coalition – a community group working together to respond to incidents of discrimination & hate in Abbotsford

Youthemes – recreation program for youth in grades 6-12 promoting fun & friendship

BC Employment Program – individual & group support for resident immigrants on Income Assistance

Host Program – friendship program bringing new immigrants together with Canadians

Employment Mentoring – building connections for employment between mentors in the business community and professional immigrants

Punjabi Mothers & Grandmothers – providing basic ESL support & parenting information to mothers & grandmothers of young school children

Abbotsford Mission Recycling Depot

Recycling, education and composting

Programs and Services

Advocacy & Anti-Poverty Services

Community Legal Advocacy Centre – information, advice, referrals & representation on Income Assistance, housing, employment and Canada Pension Plan issues

Food Bank – food, basic necessities & more for emergency assistance

Christmas Bureau – food hampers & gifts for residents in temporary crisis during the Christmas season

Legal Aid – applications taken for criminal and family legal aid matters

Specialized Victim Assistance – court orientation & support for victims of violence & abuse in Abbotsford & Mission (offered in Hindi & Punjabi)

Discovery – leisure & recreation day program for people with developmental disabilities aged 18-65

Employing People in Community (EPIC) – vocational options for adults with developmental disabilities

Focus on Friends – connecting adults & seniors with developmental disabilities to the community

Special Training & Recreation Club (STAR) – recreational & skill building programs for kids & teens with developmental disabilities

Counselling, Youth & Family Support Services

Abbotsford Addictions Centre – alcohol & drug counselling, recovery & support groups and referrals to treatment

Abuse Counselling & Support Services – individual & family therapy for survivors of sexual abuse

Basic Life Skills Training – providing support to youth living and coping with mental illness (based in Langley)

Caregiver (Foster Parent) Support – support & advocacy for foster parents referred by MCFD

Family Connections (formerly Supervised Access) & Life Skills – for parents with children in the care of MCFD

Family Education – parenting classes for families with children 0-12 & after school programs for children in grades 3-7

Family Outreach – supportive family intervention & referral services for families with children 0-12 referred by MCFD

Langley Family Guidance – intensive professional counselling for troubled children & families referred by MCFD

Sentinel Group Home – receiving & assessment, residential placement through MCFD referrals for youth 12-18

Youth Resource Centre – a wide collection of services working with youth 12-18

Rapid Response – for families with children 0-18 in need of intensive family services

Seniors Services

Adult School Crossing Guards – adults patrolling school crosswalks to ensure children's safety

Adult & Senior Computer Classes – training provided by professional instructors in our computer lab

Caregiver Support & Resources – assistance for those giving care the elderly & people with illness or disabilities

Community Access Program – free public access to computers with high speed Internet connections

Community Information Resource – help for seniors with forms, information & referrals to community resources

Income Tax Preparation – trained volunteers assist with completion of Income Tax forms

Lunch With the Bunch – fun, food & friends for seniors every Monday, transportation provided

Meals on Wheels – hot, nutritious meals delivered five days a week for unable to shop or cook for themselves

Medical Transportation – transportation for medical appointments for a fee

Financial Highlights

Abbotsford Community Services

April 1, 2008 to March 31, 2009

RECEIPTS	2008-2009	2007-2008
Provincial Government	\$7,490,883	\$7,014,669
Federal Government	293,159	589,982
Recycling	2,348,248	2,178,761
Dklonations	808,166	751,126
Gift in Kind	1,096,797	1,328,911
Volunteer Hours	449,780	481,013
Bingo, Direct Access & BC 150 Grants	223,541	228,063
Fees and Other	1,955,805	1,646,589
Deferred revenue - for Capital Purchases	7,302	7,300
Deferred revenue - for Operating Expenses	251,876	6,700
Gain (Loss) on disposal of capital assets	200	6,300
TOTAL RECEIPTS	\$14,927,757	\$14,239,414
DISBURSEMENTS		
Wages and Related Cksts	10,353,898	9,685,691
Facilities & Equipment	705,350	809,861
Office Operations	369,549	381,246
Other Program Costs	1,043,162	899,580
Distribution of Gift in Kind	1,548,577	1,809,924
Transfer to Vancouver Foundation	400	76,162
Capital Acquisitions	732,677	420,205
TOTAL DISBURSEMENTS	\$14,753,613	\$14,082,669
NET SURPLUS/DEFICIT FROM OPERATIONS	\$174,144	\$156,745



To Our Donors - You Hold The Key To The Future

DONATIONS BY DIVISION

Senior Services	19,422	2.4 %
Multicultural & Immigrant Integration Services	3,345	0.4 %
Legal, Advocacy & Anti Poverty Services	592,513	73.3 %
Community Living	11,050	1.4 %
Recycling	0	0.0 %
Early Development & Family Resource	70,138	8.7 %
Counselling, Youth & Family Support Services	7,574	0.9 %
Building & Administration Support Services	104,124	12.9 %
TOTAL:	808,166	100 %

ENDOWMENT FUNDS WITH:

Vancouver Foundation	\$648,202
Abbotsford Foundation	81,718
TOTAL:	\$729,920

CLIENTS SERVED - by department

Seniors	8,559 clients served More transient and mental health clients have taken advantage of our Income Tax Preparation service this year than ever before.
CYFSS	2,045 clients served This department noticed a 40% increase in the 13-18 age groups served this year with the majority being females.
Multicultural	9,500 clients served The Legal Advocacy Program had a major victory this year. On behalf of 63 farm workers, staff advocated for a first time ever tax court trial to be held in Abbotsford. All 63 cases were appealed without a trial.
ECFR	8,557 clients served Every program has operated at full capacity. This department is exploring ways to increase its capacity to meet the needs of everyone wishing to take part in these programs.
Advocacy & Anti-Poverty	8,486 clients served The Food Bank continues to see a steady increase in monthly visits, most likely due to the overall weakened economy.
Total Clients Served	37,147

VOLUNTEERS

575 people donated 38,000 hours of their time & expertise
Throughout the year, hundreds more individuals volunteer their time through their churches, schools, service clubs and business groups to assist the Food Bank & Christmas Bureau
Every volunteer is valuable to our organization and the people we serve. Thank You for caring!

GIVING

it's **easier**
than you
think

Set up direct preauthorized debit or credit card donations
by calling our office at 604.859.7681

Make an on-line donation at
www.abbotsfordcommunityservices.com

Consult your lawyer or financial advisor
to leave a gift in your will and learn about the many tax
saving benefits of making charitable donations today



Final Thoughts



As we celebrate our fortieth year we have much of which to be proud and thankful.

Although a few of our programs suffered funding setbacks this year, the majority of our programs experienced growth and we were pleased to see significant expansion in our multicultural programs. The Board of Directors has identified social housing as a main priority of Abbotsford Community Services, but to this date we have been unsuccessful in our efforts to provide housing. Although we have been disappointed in our slow progress we continue to work towards our goal. Well planned growth takes time as is evident when one reflects upon our forty year history.

Sadly, this year we will fondly say goodbye to our Executive Director, Thelma Schrock. As a board, we have enjoyed working with her and acknowledge and appreciate her for her confident and competent composure. Thelma has provided a decade of wise leadership and leaves our organization with policies and procedures which will ensure our long term financial and program viability. We look forward to selecting a replacement who will carry on Thelma's work and provide a new leadership perspective for the organization.

As President of Abbotsford Community Services it has been a pleasure to work with Thelma and all of our inspiring and inspired managers and staff. As a new president of the organization is elected this year, I will look back to eleven years as President with great satisfaction and look forward to continuing as a Director of the Society.

I believe that with the exception of raising my three (soon to be four) little children into good citizens, (the jury will be out on this issue for a long time), that I will look back on my years at Abbotsford Community Services as the most important contribution that I will make to my community. I believe many of us at Abbotsford Community Services may conclude that as we reflect upon the forty years of accomplishments of our organization.

Gerry Palmer
President, Board of Directors

2008/09 Board of Directors

Russ Bleackley
Dr. Virginia Cooke
Cheryl Dahl
Barry Griffiths
Christine Lane
Gerald Palmer
Njeri Kontulahti
Donna Inrig
David Smith
Dr. Elizabeth Watt
Barbara Pearson
Serge Blanchette
Betty Joan Traverse
Anne Morrison

Abbotsford Community Services

2420 Montrose Avenue
Abbotsford, BC V2S 3S9

604.859.7681

www.abbotsfordcommunityservices.com

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local, provincial & federal government
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foundations and our loyal donors

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Member of

