

Summer 2015

newsbreak

your community living newsletter

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FUN NB Family BBQ a time to just be families



Families in Saint John and Oromocto gathered for NBACL's Families United Network (FUN NB) Family Barbecue. The event gave families an opportunity to enjoy their time together. Photo by Jessi Roy.

By Nicoletta Gallagher

It is that time of year again when hot dogs and hamburgers are roasting, face paintings transform children into adventurous characters and cotton candy is handed out for all those to enjoy. NBACL's FUN NB Family barbecues provide a chance for families to connect with old friends and make new ones. It is one of the highlights on the NBACL calendar.

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Message from the President

Families are the cornerstone of our work at NBACL and gaining a deep understanding of the daily realities and the dreams that families have for their loved ones helps to guide our work. In June, NBACL hosted a family retreat style workshop called, *Values, Vision and Action*. Families gathered in a casual setting to talk about the issues that are important to them and to share their vision of a good life for their sons, daughters and loved ones. They also talked about what they needed as families to make this happen. Based on this information, we worked with families to develop a plan that would help to make this vision a reality. We received a great deal of positive feedback from families and staff and look forward to hosting more of these retreats in the future.

In July, NBACL hosted family barbecues in Oromocto and Saint John. Families were treated to food, fun and games and entertainment. I have heard from several staff members how nice it was to see families who were just able to relax and enjoy their time together in a stress-free environment.

NBACL also has several exciting events coming up in the fall. On September 16th, Ken Pike, NBACL Director of Social Policy will be leading a webinar on Financial and Estate Planning. The information session will be held in the Saint John office and will be available through live feed. Good financial and estate planning can lead to independence for your loved one and your family. I encourage you and your families to participate in the webinar. On November 21st and 22nd, NBACL will be holding an Inclusive Education workshop for families. You won't want to miss keynote speakers Carla Kolada, a parent and teacher and Michael George a parent and blogger.

This fall, NBACL will be hosting its Annual General Meeting in the Mighty Miramichi. Hosting our annual general meeting in different locations provides families and community members the opportunity to network with one another and to get to meet the NBACL volunteer board members. As board members, we guide the work of NBACL and we look forward to hearing what the needs are in each community so that we can support people with an intellectual disability and their families to live a good life. I invite you to join us for this event and we look forward to the legendary hospitality of the Miramichi!

It is important for people with an intellectual disability see themselves reflected through the stories we share. I think you will enjoy Diane Gorneau's story of her journey to independence and perhaps be inspired to take those first steps to participating in community and living a life of your own choice.

Employment is an important aspect of living a good life. It allows for financial independence and social interaction. I hope you enjoy reading John's story and are inspired to support employment of people with an intellectual disability in communities throughout New Brunswick.

Enjoy the rest of your summer and I look forward to seeing many of you at our Annual General Meeting this fall.

Sincerely,

Dianne Cormier Northrup

President, NBACL



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FUN NB Family barbecue (continued...)

FUN NB is led by families of children with an intellectual disability who are supported by NBACL staff. FUN NB offers families support through information sharing in a casual group setting. Families meet monthly, offering wisdom, resources and encouragement to each other. FUN NB is also an invaluable resource for NBACL to learn and understand the day-to-day reality and issues faced by families of children with an intellectual disability. It also is a great opportunity for families to share successes, laughter and companionship.

For many families, FUN NB can be a vital part of their support system. The network is welcoming to new members (there is no fee to join). While families are from diverse backgrounds, they are unified by their love for their families and their desire to build happy and healthy lives for their children with an intellectual disability.

This July, NBACL hosted free family barbecues in Saint John and Oromocto, giving families an opportunity to get together to laugh, relax and just enjoy a great night out with friends and loved ones. The events were a success and all who attended had lots of fun.

Julia McCluskey, NBACL Family Support Facilitator, also agrees and says, "Having events such as the family barbecues allow families to not only go out and have some fun, but meet other families who have children with an intellectual disability. It really helps to widen their support network."

"The daily lives of many families we support can be pretty hectic and they don't get many opportunities to just let their hair down and be families. So it's incredibly rewarding for all of us to see families laughing together and being carefree."

More than 50 people attended the family barbecue in Saint John. Cynthia Kane, NBACL Family Support Facilitator noted the importance of providing opportunities for families to gather together. "It is essential for NBACL to continue to provide events to our families to celebrate inclusion and diversity. I want to thank the families who attended and hope we see them at our next FUN event." Donations for the FUN NB Family Barbecue in Saint John were provided by Sobey's McAllister, Bulk Barn McAllister, Costco and KV Home Hardware Building Centre. The FUN NB Family Barbecue in Oromocto was funded by the OHS Student Impact Committee in partnership with the United Way Centraide (Central NB). Donations were provided by Shoppers Drug Mart (Oromocto), Just Balloons, Advanced Fabrics and Mulder's Meat (Food Service Ltd.).

For more information about the FUN NB, please contact Elizabeth Kearns, Manager of Family Support. Call our toll free number at 1-866-622-2548, direct (Fredericton main office) at 506-453-4400, or email ekearns@nbacl.nb.ca.



Families taking part in the parachute game during the FUN NB Family barbecue in Saint John. Photo by Jessi Roy.

Historic Algonquin Resort's warm hospitality extends to employees

When you enter the lobby of the majestic Algonquin Resort in St. Andrews by the Sea, New Brunswick, you immediately feel welcome by warm and courteous staff. Their friendly nature is genuine, from the guest service agents at the front desk to the kitchen staff, which is where you will find hotel steward, John Bridges.

John graduated from St. Stephen High School. During high school, John participated in the New Brunswick Association for Community Living's 'Going to Work program.' Going to Work supports students to develop employment plans, set goals, and gain the skills necessary to enter paid employment upon graduation. Following graduation, with the skills he gained in the Going to Work program, John was hired at the Algonquin through Ready, Willing and Able (RWA), a national initiative designed to increase the labour market participation of people with an intellectual disability and Autism Spectrum Disorder (ASD).

John was initially supported by a job coach, Mike Townes, but soon demonstrated his ability to work independently and eventually the support of a job coach was no longer needed. However, as John's job coach, Mike showed an interest in the culinary arts and was hired by the Algonquin as an apprentice chef. Mike now works in the kitchen as John's co-worker, allowing Mike to offer natural supports to John when he needs them.

For people with an intellectual disability, transportation is a common barrier, especially for people living in areas where there is limited or no public transportation. But thanks to Mike, who offered to drive John to work, and the Algonquin, for scheduling them for coordinating shifts, the two car-pool to work.

Executive Chef, Dale Nichols says John fits in very well among kitchen staff.

"He is always on time and he's a hard worker. Taking care of your feet is very important with this type of job, so sometimes we have to remind John to take his scheduled breaks and rest," says Chef Nichols.

Hannah McGee, Human Resources Generalist for the Algonquin says there was no hesitation about John's disability when he was hired.

"We had the same expectations of John as we do of all of our employees in that position," says Hannah.

"As an employer, we want to give staff opportunities to grow and learn and we want everyone to have that opportunity, regardless of whether or not they have a disability."

It is the Algonquin's high season and John is working 40 hour weeks.

"Tomorrow we have six weddings, so we're working like crazy right now," says John.

When asked what he likes the most about working as a steward, John says, "I like pitching in and working together. It's a nice place to work. And I like saving money."

Hannah says while John learned how to work with other employees, his co-workers also learned from him. "They're learning from John how to work together, how to support one another and how to be more flexible in their approach to their work."

For more information about Ready, Willing & Able, contact Jon Lister, Director of Labour Facilitation at jlister@nbacl.nb.ca or NBACL's Going to Work Program, contact Lynn Akmens, Manager of Employment Training Initiatives at: lakmens@nbacl.nb.ca, or visit www.nbacl.nb.ca.



John Bridges (left), Steward at the Algonquin Resort fits in well among kitchen staff, says Executive Chef, Dale Nichols .

Diane Gorneau lives a good life

When Diane Gorneau was around 20 years old, her parents felt that by earning her driver's licence, she would also be free and independent and would have more opportunities to socialize with friends. But even after getting her licence, Diane was isolating herself. The bullying she was subjected to in high school led to feelings of anxiety when it came to meeting new people, so she spent many years living in her family home, and was reluctant to venture out into her community.

Enter the NBACL Social Inclusion Facilitator in Edmundston. She supported Diane to transition out of the family home into a home of her own. In July 2013, she finally settled into her new place.

Social Inclusion Facilitator Pierrette Bouchard, supported Diane to become more involved in her community.

"It was important to build Diane's self-esteem and her trust of others," says Pierrette.

Pierrette introduced Diane to many people and brought her to inclusive activities in the community. She also connected Diane with Éline Côté, the Live Well councillor and introduced her to the Edmundston Association for Community Living.

Diane made two new friends, Shirley and Tina and so began her personal circle of support.

"We viewed many apartments until we found the perfect one, just next door to her friend, Shirley. We applied for NB Housing and she was accepted on the first Portable Rent supplement that was approved in Edmundston," Pierrette added.

On November 1st 2013, Diane moved into her new apartment. To help with her new transition, a support worker assisted her with her cooking, cleaning, budgeting and shopping, but now Diane is able to stay by herself without any paid support.

"We have a good personal support group around her and her mother visits her often. Her sister and niece, who live in the same neighborhood, also support her. They visit each other every day,"

Diane goes on walks with her friend Shirley several times a week and she participates in community activities.

It is because of her inclusion in community and her circle of support that Diane's quality of life and overall wellbeing has improved.

"Diane looks great and feels great and she is very happy to live her life the way she wants. And she's not afraid to take her car and go to activities by herself," says Pierrette.

Her family members and social worker are very happy with how her life has improved and thanks the NBACL team for supporting Diane through her transition to independence.



Diane Gorneau's bright smile is proof of a good life. Diane transitioned into her home of her own, thanks to the support of NBACL's Social Inclusion Facilitator, Pierrette Bouchard and a great group of friends.

NBACL events at a glance



NBACL Annual General Meeting: Friday, September 25th, Miramichi Golf and Country Club. All are welcome to attend our 58th Annual General Meeting. Come and learn about our progress and our direction for the upcoming year. It's a great opportunity to meet people and learn more about how you can become a part of one of the most important social movements of our time. For more information, contact Rebecca Pilson, rpilson@nbacl.nb.ca or call 1-866-622-2548.



Finance and Estate Planning Information Session: Wednesday, September 16th from 6:30 to 8:30pm. This free workshop will be an opportunity for you to explore the importance and implications of trusts, wills and financial/estate planning for a family member with a disability. Workshop presenter Ken Pike is a lawyer and currently the Director of Social Policy for the New Brunswick Association for Community Living (NBACL). Ken has authored several publications for families and professionals in the area of estate planning. Ken will be presenting from the Saint John office with live video feed to Fredericton and Moncton. To register, please contact Rebecca Pilson, rpilson@nbacl.nb.ca or call 1-866-622-2548.



Family Networks Survey NBACL currently hosts Family Networks in Fredericton, Saint John and Moncton. These Family Networks (Seniors United Network and Families United Network) meet monthly and members are connected to information and to other families who may share similar experiences. We believe families support each other and offer strength, stability, confidence and knowledge. NBACL wants to ensure that we are meeting the needs of families, and providing the type of support and information that families are seeking. We've developed this short survey to gather information in order to improve our family networks. All information collected through the survey will be kept confidential. This survey can be filled out online at: <https://www.surveymonkey.com/r/sun-fun-eng>, or to request a paper copy, please contact one of our Family Support Facilitators at 1-866-622-2548.



Inclusive Education Conference: November 21st and 22nd, Fredericton Inn. Parent and teacher Carla Kolada will be presenting as well as parent and blogger Michael George. For more information and to register, contact Rebecca Pilson, rpilson@nbacl.nb.ca or call 1-866-622-2548.

Staff matters

With over 70 staff working around the province doing "whatever it takes for as long as it takes," NBACL is an ever growing and ever-changing organization! Here are just some of the changes that have taken place on the NBACL team.



Anna McLean, Social Inclusion Coordinator, Fredericton. NBACL would like to congratulate Anna McLean, Social Inclusion Facilitator for Fredericton, who was recently accepted to the Faculty of Medicine at Dalhousie University. Anna starts her program this fall and we wish her best of luck.



Kimberlee Dixon, Community Animator, Saint John. As Community Animator, Kim is responsible for assisting people with an intellectual disability, cooperatively with their families and friends, to develop opportunities for social inclusion within their communities, which includes the facilitation and development of connections to community.



Nathalie Gagnon, Transition Facilitator, Moncton. Nathalie, former Provincial Family Support Facilitator, has accepted a new position as NBACL Transition Facilitator in Moncton, where she will support high school students to transition from school to employment. Congratulations, Nathalie!



Mary Louise Wood, Executive Assistant. NBACL bids a fond farewell to Executive Assistant, Mary Louise Wood who is relocating to Peru to join her partner and his family. Mary Louise is looking forward to making a difference in people's lives in her new home.



Amanda Dobbelsteyn, Social Inclusion Coordinator, Fredericton. Warm wishes to Amanda who is relocating to Germany with her husband, John.

2015 Elimination Draw



In support of Fredericton Sports Investment and the New Brunswick Association for Community Living



Over 40 prizes to be won!

First name drawn wins \$200 cash
Every 20th name drawn wins a prize valued at \$50
Last 10 names win a prize:

- 10th \$100 Cash
- 9th \$200 Voucher – The Twenty/20 Club (\$200) – The Twenty/20 Club
- 8th One night weekend stay and \$50 gift certificate to Urban Grill (\$225) – Delta Fredericton
- 7th Avalon Salon Spa Gift Basket (\$500) – Avalon Salon Spa
- 6th Hybrid Bike (\$650) – Savage's Bicycle Center
- 5th Titleist Package (915 D2 Driver; SM5 Vokey Wedges 52, 56, 60 degrees; Pro V1X3) (\$1,200) – Titleist
- 4th SimpliFire 58" Modern Linear Wall Mount Electric Fireplace (\$1,500) – Sunpoke Energy Systems
- 3rd Discovery 169 Old Town Canoe (\$1,500) – Eastern Water Sports
- 2nd Deluxe 28" Ariens 291cc Snow Blower (\$1,675) – Yard Gear

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453-4400

www.nbacl.nb.ca

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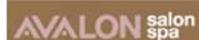
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Eastern Water Sports



Meet NBACL ChangeMakers, McInnes Cooper



The inclusive team of McInnes Cooper at our annual Changing Lives, Changing Communities luncheon. From left to right: Back row: Miranda Bowden, Tammy Grieve, Len Hoyt, Robb Baird, Duska Frink, Nancy Day. Front row: Lori-Ann Simoneau, Lynn Kavanaugh, Matt St.Onge, Heather Black, Amy Alderman, Katie Paterno,

Five years ago, NBACL launched its first ever multiple-year giving society, the ChangeMaker Society where people and/or organizations donate \$1000 a year or more for five years. In this edition of Newsbreak, we are profiling ChangeMaker McInnes Cooper. They were interviewed by NBACL Development Coordinator, Lindsey Gillies.

Can you tell us a little about yourself?

McInnes Cooper is one of the top business and litigation law firms in Canada, with 500 lawyers and staff in seven offices, including three in New Brunswick. The firm's mission is to "turn our knowledge, skills and effort into value for our clients and our communities". By adopting that statement as our shared goal, we have clearly articulated our commitment to social responsibility – a commitment that is embedded in all that we do.

In 2009, the firm created a formal Collective Social Responsibility initiative that involves coordinated efforts in the areas of community engagement, environmental stewardship, diversity promotion, and pro bono legal services.

The goals of the CSR Program are to undertake projects that make a deep and lasting impact in society and to build a sense of community and engagement within the Firm. It is based on the principles of volunteerism, altruism, authenticity, innovation and inclusion.

To ensure that we address local needs in a meaningful way, the firm created CSR committees in each office and empowered them to build local partnerships with community organizations. Our office in Fredericton has been leading

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NBACL ChangeMakers, McInnis Cooper continued...

our collaboration with the New Brunswick Association of Community Living (NBACL) for the past four years. By combining sponsorship with meaningful engagement opportunities for McInnes Cooper, it has become one of our most rewarding community partnerships.

Why do you feel it is important for others to get to know NBACL and to support the work we do?

Creating an inclusive society requires the awareness and commitment of all citizens. In that regard, it is very important for people to understand the mission and principles of NBACL. The *Changing Lives, Changing Communities* events that we support help to achieve that goal while also generating critical funding for NBACL.

As an organization that moves beyond *caring* for persons with an intellectual disability, and instead *empowers* them to care for themselves, the work of NBACL is imperative.

When people and organizations learn about NBACL, they are inspired. When they are inspired, they are compelled to contribute. Learning creates a cycle of thoughtfulness, support, action and advocacy – all components needed to achieve inclusivity and equality for those who have historically been marginalized and disempowered.

All social advancements start with knowledge.

Why did you choose to support NBACL and why is this important to you?

As a firm, we have resources that enable us to foster an inclusive community, both internally and externally.

Initially, we were compelled to support NBACL because of their mission to provide people with intellectual disabilities the tools they require to live independently.

Shortly after committing to sponsorship of the NBACL *Changing Lives, Changing Communities* luncheon tour, we hired a young man named Matt St. Onge through the NBACL Going to Work employment program.

Having Matt join the MC family has solidified for us the value and importance of ensuring all members of our community have opportunities to achieve their potential. His presence has become a welcome addition to our Fredericton office. He brings a cheerfulness that's infectious and a work ethic that's commendable.

In recognition of the special dynamic Matt brings to our office; we are honoured to partner with NBACL. Furthermore, because of our success with Matt, we are planning to hire two more individuals through NBACL's Going to Work program for our Moncton and Saint John offices.



Views of disability community on assisted suicide to get hearing

The following media release was issued by the Canadian Association for Community Living and the Council of Canadians with Disabilities (CCD) on July 18, 2015. It outlines their response to the federal Ministers of Justice and Health to appoint a panel to hear from Canadians on the Supreme Court of Canada's *Carter* judgement striking down a ban on doctor assisted suicide.

The Council of Canadians with Disabilities (CCD) and the Canadian Association for Community Living (CACL) are pleased that the federal Ministers of Justice and Health have appointed a panel to hear from Canadians about how to respond to the Supreme Court of Canada's *Carter* judgment striking down the total ban on assisted suicide.

CCD and CACL intervened in the case to state our concerns and evidence about the risks of legalizing assisted suicide. We are concerned this practice will further entrench stigma and social exclusion of people with disabilities and those with long-term health conditions. A decision to authorize interventions to proactively bring about the death of people with 'disability, illness or disease' in the words of the court, poses fundamental ethical and legal questions.

Canadians should be very wary of equating decisions for physician-assisted death with their daily health care decisions. Authorizing physician assistance to proactively bring about the death of another person is a very different step than intervening to help a person heal, rehabilitate or manage and remediate physical or psychological pain and suffering. Legalizing assisted suicide has profound implications for the health profession, families, caregivers and community members, all of whom must make sense of what it means to take pro-active steps that will result in another's death. Codes of practice and a cultural environment conducive for this purpose will need establishing. This prospect we find deeply concerning, one which we believe justifies strict safeguards in order to protect vulnerable persons.

We believe any such authorization must involve external oversight and approval, as it will have enormous public consequences for defining what will count as a life worth living and deserving of the highest quality health and social support. We will continue to affirm that as private a matter as death may be, its authorization under such circumstances must be one that is considered a community decision, exercised by a publicly appointed and accountable review board empowered for this purpose; and able only to authorize physician-assisted death after serious consideration of alternative courses of action, a standard element of informed consent protocols.

CCD and CACL are pleased that the Government of Canada will be soliciting the views of interveners in the *Carter* case and respect the decision to appoint a panel of experts in law and ethics to consider options. We will bring forward to the panel proposed principles and guidelines for a safeguarding system and hope that our views and concerns will be given a fair hearing in this most important of policy decisions.

Media contacts: Council of Canadians with Disabilities – Dean Richert, 204-951-6273

Canadian Association for Community Living – Michael Bach at 416-209-7942

Authorizing physician assistance to proactively bring about the death of another person is a very different step than intervening to help a person heal, rehabilitate or manage and remediate physical or psychological pain and suffering. Legalizing assisted suicide has profound implications for the health profession, families, caregivers and community members, all of whom must make sense of what it means to take pro-active steps that will result in another's death.

NBACL Changemaker Society

NBACL would like to extend a special “Thank You!” to our ChangeMaker Society members. For the past few years the following people have made significant contributions in support of the work we do for children and adults with an intellectual disability and their families:

David & Rhonda Alward
Joy Bacon
Base Engineering Inc.
Krista & Jody Carr
Ed Carten Realty (1998) Ltd. & Francine Comeau
Elaine Colter
Claude Francouer
Fredericton Inn
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Moira Wilson
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Krista Yates
And two anonymous donors

Thank-you to our lead donors!

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Contact:

Christy McLean, Manager of Communications

Email: cmclean@nbacl.nb.ca

Tel: 1-506-453-4404

Toll Free: 1-866-622-2548

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Help spread the word about our work by *liking* and *sharing* our Facebook page (<https://www.facebook.com/nbacl>). We're also on Twitter: twitter.com/NBACL



We don't want to lose you!

The Canadian government has introduced new anti-spam legislation which comes into effect July 1, 2014. This law regulates the distribution of all commercial electronic messages within Canada.

Due to this new legislation, the New Brunswick Association for Community Living (NBACL) requires your expressed consent in order to continue sending electronic communications (emails) to you. This includes our Newsletters, information about our activities, programs, support work and events.

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Help us save our resources, and the environment!

If you would like to receive *Newsbreak* electronically please email us at nbacl@nbnet.nb.ca.



NBACL/ANBIC is a provincial non-profit organization that has been supporting people with intellectual disabilities and their families since 1957. NBACL works to ensure that people with intellectual disabilities have the supports they need to live meaningful lives and participate in their communities as valued and contributing members.

