

NEWSLETTER
Winter 2013
Volume 2, Issue 2



THUNDER BAY
Family Network
...nurturing strengths, dreams and enthusiasms

**Special
Interest:**

- Upcoming Workshop Information Session with Nancy Ford

Thunder Bay Family Network is an affiliate of Planned Lifetime Advocacy Network (PLAN)

www.plan.ca

*"Nothing about me
without me"*

South African Proverb

A Celebration of hearts

Please join us on Wednesday February 13th for another evening of fun and good times where ICANer's once again celebrate their passions. Our theme is "Everything red" as we pay tribute to Valentines Day! We will have a guest musician to listen and relax to.

ICANer's Business: from 6:30 to 7:00

ICANer's Celebrate: from 7:00 to 9:00



ICAN News

Due to a lack of volunteers and much to the dismay of the participants, ICAN was closed for the summer. It was great to see everyone again now that our ICAN is once again up and running. The goal over the next few months will be to see how ICAN can be more directed and purposeful. Our Christmas Party was a great success with yummy food and lots of laughs. Bingo was a big hit on January 9th with great prizes. Currently ICAN is at it's capacity with the maximum number of participants that can be accommodated. However, we will be happy to take your name if you are interested in joining us when space permits in the future. We also welcome

you to come in at any time to chat about what services you may be looking for. We may have ideas about other opportunities and community resources that are currently available. ICAN was established to provide opportunities for networking amongst individuals and their families. There is no doubt that participant's lives have been enriched and that their informal networks have developed. Many of these friendships have continued to flourish into other fun activities in the community. The key to ICAN success is participation. Anyone that enjoys baking, playing cards, or just sitting having a conversation, will find themselves smiling at night's end. Music is always a great hit, so if you play guitar or sing, your talent will be applauded.

"I" Independence

"C" Confidence

"A" Achievement

"N" Networking



BE INSPIRED

**SPECIAL OLYMPICS ONTARIO
WINTER GAMES THUNDER BAY 2011**



**Special Olympics
Ontario**

EXCITING WORKSHOP

We are pleased to announce that Nancy Ford, currently the director for Learning and Family Development with PLAN will be coming to Thunder Bay to host a workshop on Saturday April 6th. Nancy joined PLAN in 1996 attracted by PLAN's organizational values and innovation. With a background in family counseling her extensive experience with PLAN includes coordinating and mentoring PLAN families and staff in personal social network development. She lead PLAN's first Social Audit: <http://theaccountabilityproject.ca> and developed an online course on personal network development, Weaving the Ties that bind, <http://institute.plan.ca>. Over the years Nancy has managed numerous national projects designed to help nurture the notion of resilience and sustainability when family leadership, contribution and intentional community are woven together. Nancy supports the work of PLAN's 12 Affiliates in both US and Canada of which TBFN is one of those affiliates and as part of the original design team for Tyze, has helped local and international communities to develop Tyze web-based support networks. In August 2003, Nancy joined PLAN Institute as Program Director and in July 2009 she became Acting Executive Director. Nancy's warmth, knowledge and passion touches everyone she is in contact with. A proud parent herself, she has first-hand experience of the challenges and successes of PLAN's mission.

On Saturday April 6th, Nancy will be facilitating a workshop that will focus on the core values of family leadership, relationships, contribution.

She will be talking about the following ideas:

Family Leadership – What those values mean to families as we move into 2013 and as government looks for innovative ways to respond to the aging population.

Family Leadership – As collaborators, key stakeholders, with government – RDSP.

Relationships – addressing the deep isolation and loneliness that our loved one experience if we are not intentional in helping them make friends and build community. How relationships can help secure our future plan for our loved one.

Contribution – we are very familiar with the needs, barriers and challenges of our relative. An opportunity to look at the contribution of our loved ones through the lens of the head, the heart and the hand.

Place: Kinsmen Northwood Centre
609 North James Street
577-0034

Date and Time: Saturday April 6th, from 10 to 4. Light lunch provided.

MESSAGE FROM THE PRESIDENT

by Debra Johnsen

What if we all give up? What if there is the sense that “speaking up” only falls on deaf ears? As a society, we can recognize that so many things just don’t seem to be working any longer. Systems that we once trusted are now up for question. Our community continues to struggle with issues of inclusion for all citizens and instead of having honest dialogue, we are “lawyering up” against the pending lawsuits. It is so easy to become jaded as we walk this journey.

In all of the above, we must acknowledge that times “they are a changing”. This huge paradigm shift is due to an aging demographic and a diminishing tax base – all while systems of old just aren’t working. In my opinion, it will take a movement of mammoth proportions to smoothly transition through this next wave.

As Lindsey’s mom, if I had concerns regarding the system, so did others. This is where it all began in the fall of 1999 – twelve years ago! Over the years, I have met countless individuals and families who share similar concerns and visions of a community that builds upon all of our unique abilities. This has only strengthened my resolve that this networking must continue. In fact, there has never been a more important time.

Thunder Bay Family Network and its Board of Directors have worked diligently to be the “go to” place for families. With our staff vacancy, it was a perfect opportunity to do some naval gazing. Many of you assisted our reviewer in gathering important feedback. From these responses, the strong message emerged of NOT becoming another service provider. So now, we are moving ahead slowly making sure that we stay true to our mission and vision. Our values are constantly at the forefront of steps forward – to strengthen the individual and family voice within our community. In this regard, we will continue to explore funding options with the hope of hiring a full time coordinator.

So, the long and short of it is – this has been a time for regeneration, a digging through the roots. With our new staff in place, we look forward to building more meaningful connections and partnerships. All TBFN board members are extremely passionate and committed to this process.

Chair

Debra Johnsen

The “We Can With Tyze” Project



Thunder Bay Family Network is extremely fortunate to be a microsite for Tyze. This is an innovative tool for individuals and families and is a safe and private place where we can stay organized and connected. We will be setting up demonstrations shortly.

Thunder Bay Family Network gratefully acknowledges the generous support and sponsorship of the Hill City Kinsmen!



Volunteer opportunities

Volunteers are the heart and soul of many organizations and Thunder Bay Family Network is no exception.

We are currently seeking volunteers to assist with our ICAN! Program as well as office and administrative duties as needed. Applications for Board Members are always welcome.

If you have a few hours to spare and are looking for a satisfying and rewarding opportunity, please contact us for further information.

Please visit our website at www.tbfm.ca



Memorial Donations

Thunder Bay Family Network receives memorial donations on behalf of loved ones. Any such donations directly support network development.

For more information on volunteer opportunities please contact Erin at 577-0034 or via email at erin@tbfm.ca

Message from staff

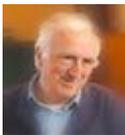
by Erin Marszowski

I am very excited to be a part of the Thunder Bay Family Network. Having worked in the area of Developmental Services for many years, I see this as the exciting next phase of my journey to help families to understand and navigate our system. I look forward to meeting all of the families currently belonging to the Network and to listening to their stories.

Unfortunately, we do live in a world of emotional upheavals and daily stressors and generally not enough time in the day to complete half of the things that we wanted to accomplish. We are faced with insufficient or lack of any resources and can end up feeling that we are all on our own...an island unto ourselves.

I see TBFN as being a catalyst for new beginnings and possibilities as we begin 2013. It will continue to be a welcoming place where we can share hope and ideas and gain and recharge our batteries. It is important to have a place to go to share stories of success and challenges and to know that we are not alone. It is important for us to feel that there is a 'sense of community' with other families in a welcoming and nurturing environment.

Our Conversation Café's will be continuing on the second Wednesday of every month. Currently they are being held from 12 to 2 p.m. If this is not a good time for everyone, I would be happy to look at our days or times that might be easier to attend. Also, if there is an area of interest which I could explore or a speaker you would like to hear, please feel free to give me this feedback.



Community as Caring

In Community people care for each other and not just for the community in the abstract, as a whole, as an institution or as an idea way of life. It is people that matter; to love and care for.

Jean Vanier, founder of L'Arche

Welcome To Erin!

Everyone involved in Thunder Bay Family Network has been extremely patient during these past months of transition, but we are now excited to introduce Erin Marszowski. Many of you know Erin from her many years working as a Planner/Broker. TBFN feels extremely fortunate to welcome her into the fold of TBFN.

In December of 2010, the Board approved TBFN's membership structure. Various levels of membership are available and multiple payment options can be facilitated on an individual basis. We continue to seek sponsorships for those facing financial difficulties. Membership options are listed below. Application forms are available on our website at www.tbfn.ca

Organizational Membership - \$50

Newsletters
Information on events
Updates on TBFN activities

Basic Membership - \$50

Newsletters
Notice of events, network gatherings and family information sessions
Book – Safe and Secure
Ability to vote at our Annual General Meeting
From PLAN Canada:

- ✓ Three bulletins on topics relevant to planning for a good life.
- ✓ Two PLANfacts connecting you to the PLAN community.
- ✓ Monthly e-zines highlighting PLAN's policy and advocacy work
- ✓ For an additional \$9.99 you receive a subscription to Abilities Magazine or Exceptional Parent

Tyze Membersip - \$250

All benefits included in basic membership, with the addition of one year's subscription to Tyze Personal Networks (www.tyze.com)

Lifespan Membership (first year) - \$1000

All benefits included in Tyze membership, with the addition of a Community Connector for one year to establish a circle of support

Lifespan Membership (second and subsequent years) - \$650

All benefits included in the first year lifespan membership, with the addition of overseeing and monitoring hours (4 hours) for circle of support. (Any additional Community Connector hours to be billed directly to family)

Our Mission:

"We will nurture the strengths, dreams and enthusiasm of families, creating inclusive, caring lives for all members"

