

Opportunities to Donate

Donate your bottles/ cans to our account

@ Island Return It Bottle Depot 6476 Norcross Road

Donate steel to our account at Schnitzer Steel @ 3015 Boys Road

Schnitz Thank-you for your Generous Donations.

CO-OP Number for Gasoline and to help support
Cowichan Independent Living.
Our Co-op Number is: 0046798

Thank you to the community that donated to our Garage Sale on October 25, 2014.

We are planning a Garage Sale this spring. We are accepting donations at this time for May. Drop-off at our Office at 103-121 First Street, between 9 am and 4 pm Monday through Friday.



COWICHAN INDEPENDENT LIVING

Promoting a new perspective on disability.

COWICHAN INDEPENDENT LIVING

MEMBERSHIP APPLICATION

Name: _____ Date: _____

Mailing Address: _____

City: _____ Postal Code: _____

Email Address: _____ Phone: _____

* OK to email news & events? Yes No

TYPE OF MEMBERSHIP: New Renewal

One Year Individual \$5.00

Mail or drop off your application at:

#103 - 121 First St., Duncan, BC, V9L 1R1

Winter 2015

Monday- Friday 9:00 am- 4:00 pm

www.cvilrc.bc.ca



Cowichan Independent Living

Choices

Ph: (250) 746-3930

#103-121 First Street, Duncan BC

Volunteers Needed

These are the areas in which we are in need of Volunteers:

- Medical Loans
- Reception
- Fund Raising

Please Contact our Volunteer Supervisor Jean Scholefield at our office 250-746-3930 for opportunities to volunteer



**Celebrating 25 years serving
the Cowichan Valley!**



Change towards Change



Our Change towards Change Drive will begin on January 30, 2015 and continue until April 25, 2015 with the Burger and Beer and Silent Auction finale. We will have locations set up for you to drop your change. Please visit our website for more information. <http://cvilrc.bc.ca/>



2015 ART GROUP CALENDARS

Do not miss the opportunity to buy one of our 2015 Art Group Calendars available for \$10 at the CIL office. The funds go to support the programs and services at CIL. Limited numbers.

THANK-YOU FOR SUPPORTING

Christmas at Merridale Cider Works and Silent Auction Fundraiser

We would like to thank the local businesses who donated to our silent auction. We would like to give a big thank you to Merridale Cider Works for hosting the fundraising event and lastly, our volunteers and staff, and the board for the dedicated hours to make this night successful.

Thank you to our Silent Auction Donors for our Christmas at Merridale's

- Merridale Ciderworks
- Claire (Imagine That)
- Hudson on First
- Mystic Mirage Tanning Salon
- Jacquie Gordon Bed and Breakfast
- Cowichan Capitals
- Dinter Nursery
- Pioneer House Restaurant
- Modern Country Interiors
- Jean Scholefield
- Ray Hedstrom
- Beth Caskey
- Lynne Petreillo
- Judi Bailey
- Avio Adornments
- Bound to be Different
- Staples Duncan
- Sassy Wood Home Furnishings
- Ken Lavigne
- Etc.!
- Sand Piper Garden and Glass
- Top Shelf Feeds
- West Jet Airlines

Medical Loans Equipment

Cowichan Independent Living is here for you. We loan medical equipment from walking casts and walkers to power scooters and medical beds by donation. We also sell and repair medical equipment.



Alaina's Insights "Practice Does not make Perfect"

For persons with disabilities, (pwd) the phrase "practice makes perfect," isn't true it's just not that simple unless "practice" mean's; taking a year or longer.

"But" what would happen if we (pwd), and our supporters could learn to "take apart" the tasks, or situations that may feel confusing like an overload for us (pwd). We can focus on solving one concern at a time, instead of struggling to handle / remember all the details at once?

New opportunities for positive changes would eventually start to happen, regardless of our (pwd) challenges; this is what it means to "Become Able!"

To clarify it is my belief that a certain amount of struggle in life is normal, so be glad that we (pwd) have lots of experience with struggling from an early age, accept that it's time to state our (pwd) concerns, and begin to "shake up" our (pwd) resolve to keep searching for remedies and other options so that we (pwd) may continue to "struggle forward!" **What do you think???**

If you would like to respond to Alaina's article please reply to cvilrc@cvilrc.bc.ca

Community Volunteer Income Tax Program

Tax preparation will be available again for the 2014 taxes. The program begins beginning in March. This is a program for people with a low income to have their taxes prepared.

This is open to all members of Cowichan Independent Living.

Cost of membership is only \$5.00

Help us save on paper and postage! Contact cvilrc@cvilrc.bc.ca to have your newsletter delivered by e-mail.