President’s Report

June 2019
My 2018 report focused on my impressions from having attended the 2017 Aberdeen Camphill Dialogue, which, admittedly, was a bit of a diversion. Previous reports though were, as they should have been, focused on issues that dominated our discussions at the time: I wrote about community in 2015, on the importance of finding, achieving, and maintaining balance in 2016 and on the necessity of change, with a special focus on aging, retirement, and succession in 2017. In a way though, any one of these topics could have been covered in any one of these years—the issues are clearly connected.

For my 2019 report, let me recap what I wrote in 2017:

The importance of being a member of the Camphill Community Association was fully recognized by the members of the Cascadia Society … everybody present expressed their desire that the Cascadia Society remain a Camphill Community.

Previous annual reports have clearly stated that Cascadia will be facing some critical challenges in the years to come.

Personally, I believe that the years ahead will be the most challenging yet; however, as pointed out, in the past Cascadia was able to endorse change and to enable growth while maintaining stability and providing consistency, and it is my deepest hope that we will be able to continue to strike the balance necessary for the continuous well-being of our society with a minimum of disruption to the quality of life to our companions.

True to my prediction, the last two years have indeed been challenging but we never lost sight of our society’s vision and mandate. The management team and the board worked closely together, and as a group we worked hard. Work that was, temporarily at least, made a bit easier when we hired a consultant to help us out in our quest to find a common voice and a common path forward. We discussed and reviewed many different aspects of Cascadia, such as our vision and mission statements (in the process, we drafted a new and somewhat more inclusive mission statement), retirement timelines for members of the current management team, and options for Cascadia’s future.

The management team continued having their regular meetings and any suggestions and/or proposals made at the management meetings are shared with the board whenever the board meets. The board then, in turn, discusses and evaluates the management team’s submissions which, at times, can be a slow process. Partly to speed up the turn-around time, the board created or renewed a number of dedicated committees, such as a financial and a facilities committee that carry out specific tasks and report back to the board and management team. Because of the committees’ dedicated work, we were finally able to reach consensus on a number of important issues that had been dragging on for some time. Just like the management team, the board too worked very hard over the last two years and every director has earned my deepest gratitude, especially considering that the learning curve for some of our newer members must have been very steep.
Anthroposophy, the guiding principle of the Camphill Movement, is not an easy concept to grasp for the uninitiated, and several members of the Cascadia board are at a distinct disadvantage here (myself included). Clearly, both the management team and the board wish to ensure the survival of Cascadia as a Camphill Community. Nevertheless, I also have to report that, for the first time ever, at times significant differences in opinion arose between the management team and the board with regards to how to proceed. No need to be alarmed though: I am talking about differences in opinion, not conflict, and as far as I am concerned, different points of view are healthy and absolutely critical for the continued well-being of any organisation.

Without a doubt, Cascadia will survive. But also without a doubt, Cascadia will look different in the years to come. How so, nobody knows yet. But a picture of what Cascadia might look like is slowly emerging, a picture that continues to honor and preserve human dignity for everybody involved—our companions, past, current, and future coworkers, our volunteers, and Cascadia’s membership.

Finally, I wish to thank every single one of you who is and remains interested in our work and our Society! So good to have you! And remember that this is Your Community—so please stay involved!

—Franz Feigl,
Board President

PS: In case you are wondering, our updated mission statement reads:

*Cascadia—a Camphill Community—creates opportunities for people of diverse abilities to fulfill their potential through living, learning, and working in community.*
As we prepare this annual report, we are also preparing for our annual ISP meetings—where we make a plan for each individual we support at Cascadia. A lot of work goes into these meetings, as we reflect in our working groups and with the companions on various aspects of the year: highlights, health and well-being, observations, participation, strengths, goals—whether they were met or if something quite different happened. This culminates in the ISP meeting itself when each companion meets with Cascadia supporters and family members and/or residential supporters. It is a moment of concentration in the year, a moment of taking stock and making plans.

Similarly, each coworker has a yearly meeting to look at highlights, goals, what stood out, and what each one would like to commit to for the year to come. These meetings can be taken as a rote duty or as an opportunity to reflect and review, to remember achievements, and also to think about what worked and what didn’t. I always look forward to these conversations, as they offer a window into each person’s life and striving at Cascadia.

So it is with our annual report, which offers a window into Cascadia’s year. Many people have contributed to our report this year, taking the pulse of the community from their point of view. There are many highlights, many strengths, but also deeper questions and even struggles. Big efforts are being made to find the way into the future. In our annual general meeting we report on the year and also share our aspirations for the year to come, like an ISP for our Cascadia Society.

In last year’s report, I wrote that we will have our moon node in November of 2018, a time when the human being assumes more independence and seeks new paths in life. So how have we done as a community? How have we done in the categories of self-management, striving for wholeness, and evolutionary purpose?

From my point of view, it has been a very good year. I see a growing amount of engagement from all members of our community: companions, coworkers, volunteers, and board members. In all areas there is a sense of creative energy, be it in the young volunteers conducting newly composed music for the fairytale, companions preparing and serving meals at Oppenheimer Park, the management group working to find new models for Cascadia’s governance, or board members helping Cascadia into its next phase of existence. I see and hear it every day in our morning and afternoon meetings: a willingness to work together to do what it says in our leading thought, to strive to create a place of healing every day. This is what makes it worthwhile and even exciting, the goodwill that stands behind our work, our work of growth and development for each individual and in turn our community.

Cascadia is also becoming better known in our city, as evidenced by our inclusion in local art shows, and recognition of our efforts to beautify our neighbourhood. This summer we will take our workshops out into the community in a weekly “Art in the Park” series.

We hope you enjoy our report and can participate in some aspect of Cascadia’s work, from near or far. We always appreciate your interest and support.

—Patricia Smith,
Executive Director
Cascadia Day Program: Focus on Fibre Arts

Saori Looms at Cascadia
Last year we received our second Saori loom thanks to a generous donation from Mount Seymour Lions Club. Saori looms have been a wonderful addition to our weavery. Owing to its simple design and additional accessories, the task of weaving is greatly simplified on the Saori loom. A lot more companions have the opportunity to try weaving now. In the last year Thomas, Marijke, William, and Scott have learned to weave on the Saori loom. They have made some beautiful cloth which has been converted to some toys and scarves. Our enthusiastic weavers are keen to get more weaving time: hopefully we can add another Saori loom to our weavery soon!

Textile Narratives
Last fall we got an opportunity to exhibit our art piece Everything Flows at Cityscape Art Gallery, as part of the North Van Arts Council Exhibit called “Textile Narratives”.

It was a great opportunity to showcase our talent for the local community to see. Everybody at Cascadia had a hand in the creation of the fabric collage. The summer before last we had repurposed old bedsheets, dyed, printed, and sewn them together to create the fabric “collage” quilt.

Companions who visited the exhibit were pleased to see their handwork on display. This year we look forward to displaying some of our artwork at the Delbrook Community Centre.

—Simran Likhari, Coworker

Susan, Simran, and Mary visit the Cityscape Art Gallery to view their work titled Everything Flows
Working with Natural Plant Dyes

I interviewed Anna and Sim about last year’s summer project. I didn’t have to ask many questions as they were eager to tell me all about it.

—Patricia

A: Metamorphosis was the theme—working with the plant kingdom.

S: First, we collected plants during a walk around the whole neighbourhood.

A: Then we did plant observation and drawing. Some of the same plants were used to do eco printing [on] cloth, silk scarves, and paper. We made cards and wall hangings out of the prints.

S: Some of the plants we gathered and some of our own were also used to naturally dye yarns for use throughout the year. The yarn was used to weave fabric, which became beautiful cushions, scarves, and placemats.

Everybody enjoyed this work and the materials could be used throughout the year. We’re looking forward to what the fibre arts workshop comes up with this summer!

Thank you Anna, Simran, and all of the companions and coworkers in the fibre arts workshop.

Eco printed images of leaves using dyes from local plants

Naturally-dyed yarns

Thomas models a scarf he helped to make.

Preparing marigold flowers grown in Cascadia’s gardens

Stephen, Julian, and Daniel sort plants into various parts in preparation for printing and dying.
Craft and Cuisine

On Friday September 2018, Cascadia hosted an event called “A Community Craft and Cuisine Celebration”. Over 35 guests had the opportunity to share a three-course meal created by John Winkler’s son, Nicolai, who works as a professional chef in San Diego. The meal was served on dinnerware created in the clay workshop with napkins from the fibre arts studio.

John characterized it like this:

I see this event as a community call that is intended to celebrate the work of companions in the Craft workshops as well as our family ties. The meal celebrates the Michaelic memory of our human connections. Like a weaving of threads or an opening of clay to form a centered or woven art piece, it is a crafting of life’s interactions and an opportunity to experience a moment of harmony in being able to sit together, share food, and converse with friends.

It was a culmination of my son’s and my dream of working together to share our arts—dinner created by Nicolai on plates created by the clay workshop.

The table is set... ...and the chef and his servers are ready!
Carnival

This year our Carnival celebration fell on Tuesday, March 5th. Upon entering the hall, one saw a birch forest on the left wherein lived various animals including a lynx and some birds. A white sheet standing in for a blanket of snow filled out the countryside as it was being waved like drifts of snow while live music was played to set the mood. At the far end was a large arch made of willows and fabric representing the Song Festival Stage in Estonia’s capital city of Tallinn. Here we heard about the history of Estonia while various actors played different parts including neighbouring countries to Estonia.

Liisi, who really is from Estonia, read part of the famous Kalevipoeg story. There was a game played called Kes Annias which involved many people dancing in a circle with one person as a bee in the center. There was also a talent show where many different skills were highlighted including singing, music, dancing, juggling, and joke telling. During lunch one could supplement one’s meal with typical Estonian fare such as potato salad, black rye bread and jam, and a rye-based drink named Kama.

After our meal break Estonia’s most famous composer, Arvo Part, led an improvised music piece with various rattles, drums, chimes and other instruments. Later, we moved outside to the sunny alleyway where a variety of sporting events took place such as the egg and spoon race, the pancake flipping race, and, the main spectacle, the wife carrying race. The latter involved walking or running as quickly as possible with a dummy made of fabrics and clothing items resembling a peasant wife on one’s shoulders up and down the alley next to a neighbour with their wife! While the races took place, the fire for a home built sauna was being stoked and whoever wanted could either look in or take part by sitting on wooden benches in their bathrobes whereupon glowing hot stones and bricks were pulled into the enclosure and water—containing a wee bit of beer for good Estonian-style aroma—was poured over them to create the steam. The sauna was left in place for a few weeks for a repeat steam room experience because of the effort involved in building it, making this our longest lasting Carnival time yet as far as the writer of this report can tell!

—Felix Scharnberg, Coworker
**College**

This year in our Thursday college gathering, we touched a few very exciting, but also challenging topics. We started out looking into our nature, the beautiful BC rain forest with its animals such as bears and squirrels and eagles. We continued with different creatures and took a closer look at four different zodiac signs and constellations: Waterman, Scorpio, Leo, and Taurus.

After looking towards stars and different creatures, we learned to recognize and notice sympathy and antipathy in varies of areas in life and surroundings. Different coworkers together with companions presented the topic of sympathy and antipathy in geography, eurythmy, music, story, and visual arts. We learned some difficult words like *convex* and *concave*, tried graceful eurythmy gestures, and composed sympathy and antipathy in music.

For the celebration of spring and growing nature, we had sessions of plant observation where we studied four different plants over couple of weeks and saw how they changed and grew. It was amazing to witness and acknowledge the power of nature!

In the spring, we were inspired by the theme of Leading Images, which we worked with for our West Coast Gathering (with Glenora Farm) and chose to continue with the theme of Imagination. It was a very practical and fun theme where every time we experienced a new way to explore our imagination. It took us to little adventures when we came up with our own stories or listened sounds with our eyes closed.

—Liisi Einmann, Coworker
Cascadia Continuing Education: Embryology Course

In early April, Cascadia had the great pleasure of hosting two visitors from Camphill community Glencraig in Northern Ireland, Dr. Maria van den Berg and Vreni Glur. Dr. Van den Berg is an anthroposophical medical doctor who over many years has studied the processes connected to birth and death. In a three-day conference attended by a group of coworkers, a few interested companions and people from the wider community she shared with us her knowledge of embryology, focusing especially on the development from conception through the first three weeks of pregnancy. To facilitate our understanding of the forces that are at work in these early stages of development we worked with clay, starting with a sphere and bringing in more and more differentiation until some of us could already see a human or embryonic form. During a longer break we did a nature observation during a walk, again looking for the forces or gestures behind the natural phenomena.

The conference took place in Circle Hall and so the regular Cascadia day program took place across the street, with Thursday’s college and bells in the living room, and a very cozy snack and lunch time all together instead of spread out over the two buildings. It was truly a gift to have these days of continuing education at Cascadia and our gratitude goes out to all who made this possible.

—Florian Burfeind, Coworker
Transformation Through the Arts

Last year it was the first time in nine years that we did not work on a fairy tale. On one hand it was a relief and less work for sure, and yet something essential was missing. The companions were sad and did not quite understand why this beloved work did not continue. In March of 2019, we dared to take on a story, a shorter fairy tale called “The Donkey”. The preparation happened in a weeklong intensive work with bells and eurythmy. Alison, our new music director for the fairy tale, was game for trying to compose music and to find ways to involve the companions in the process. It was a success and the smiles on the faces of the companions were proof of this. There was a mood of elevation, laughter, and hard work all within this one week. At the end we were able to share the story with some of our parents. In the weeks to come we could polish it and could get ready to show it at the medical conference on the theme of “Metamorphosis in Life and Death”. We planning another performance at our St. John's festival at C-Dar Farm.

The story of the donkey is a humorous tale as the donkey insisted on becoming an artist, a musician. Even though he was told that this would not be possible: “Oh, my little master,” answered the minstrel, “that will be difficult for you, because you don’t have quite the right fingers; they are too large. And I am afraid that the strings would not hold up”. But, with perseverance and practise, he gained skills and became as good as his master. The transformation still needed to take another step when he married the princess. Through the marriage he could shed his donkey’s skin and show his true form, his true being as a prince. The fairy tale shows in pictures what can happen in life. In this case music was the tool for the transformation. For our companions the process of learning to do the sounds in eurythmy, to move the forms, to play the bells—and all the other instruments—is a way of transformation which can only happen within the arts.

The picture of the donkey playing the lute or harp goes back to ancient times. Already in Sumeria we have images showing the donkey playing an instrument. In Egyptian mythology, Seth, the god who killed Osiris, was depicted with a donkey head. Even now in the rural parts along the Nile children and farmers alike use the donkey for transportation. The donkey is the animal who is single minded and hard to guide and yet is able to be of service to humanity by carrying the sacks and the goods as well as people. In Medieval times the picture of the donkey as a musician appeared on the great cathedrals mainly in France.

—Ruth Tschannen, Artistic Director
Music Program: Bell Choir

This year, Cascadia revived its famous bell choir. Alison Roberts—a talented pianist and music teacher—brought music from the classical era for our bell choir to play. Our volunteers and coworkers took turns conducting each piece. Music from Mozart, Vivaldi, and Pachelbel could be heard from our Circle Hall. We had many visitors to hear our bell choir including a local preschool. We hope to expand our repertoire in the coming months and try out new ways of playing music.

—Aisling Hennessy, Coworker

Alison conducts as Elliott leads a group bell players.

A light moment, courtesy of Susan Schmidt.

Johanna guides her section of the bell choir.
Remarks from our Volunteer Coworkers

Taehun: It was a great experience for me because my major is social welfare. I could learn how to help disabled people. This work and this life were comfortable and relaxed for me. It was very good. I will return to my studies when I go back to Korea.

Fanny: In the beginning, it was overwhelming to get to know so many different people, also with the language. It was different to be away from family and all the people you know not here—then it changed and all the people at Cascadia became like family, and took me as I am; I didn't have to be someone else. I learned some new skills: how to make a candle, how to make a basket, and also how to take responsibility for other people. I enjoyed all the excursions and projects we did and how everyone treats each other in such a warm and welcoming way. It was nice to be part of something like that even if it’s only for a year.

Johanna: It was definitely a good year and I’m happy that I came here. I felt really welcome from the beginning and enjoyed the good atmosphere in the house and the centre. I always felt really valued. I think I learned lots: how to be with other people, and how to help and support the companions. It was good to have a break from studying, to be with new people, and to just concentrate on one thing.

Florian: I came at the beginning of March. My first day was Carnival: with so many things happening and so many new people, it was pretty overwhelming! But soon I learned to work with the companions with all their individual needs, especially what they like and don’t like. Most of the time I’m with the garden group and I have had to learn how to engage them. In Sophia House, I learned to cook with the ingredients you have—to create things out of my own mind. Getting to know different types of people in a different culture also changed me personally.

Jana: When I first came to Cascadia, I didn’t really know what to expect. At first, I felt a little bit overwhelmed because sometimes I wasn’t quite sure how to behave towards the companions and how to react in certain situations. But as time went by, I got to know the different companions better and especially the ones from Kaspar House. I really enjoy living in a house with the different companions because I have the opportunity to experience them on a whole different level.
Camphill Association

The Camphill Association of North America was founded in 1983 to provide opportunities for the growing number of communities to come together to share ideas and experiences, and to develop ways of approaching questions regarding visas, immigration, advocacy for people with disabilities, all while growing new communities and nurturing the Camphill ethos.

In 2019, we continue to face our current version of many of these same questions: immigration and visa policies which affect our ability to recruit volunteers and coworkers from overseas, government policies which question our intentional communities, advocacy for our friends’ right to choose to live in community with their friends, and reviewing our membership guidelines to ensure that they reflect our commitment to uphold the Camphill impulse in an ever changing environment. To support this work we have been turning to the essentials of Camphill, three guiding principles that can be best summarized as: acknowledging the human being as a spiritual being, inner work, and brotherhood in the realm of economics.

In the spirit of associating with one another, our meetings rotate through the various North American communities. This past year found us in Ontario in October at Camphill Nottawasaga. In March we gathered in Hudson, New York in Camphill Hudson, an urban community in the neighbourhood of Triform, Copake and Camphill Ghent. Most recently we held our annual general meeting in May in Camphill Minnesota. Next year, the March meeting will be at Cascadia.

—Monique Walsh, Program Director and Camphill Association Trustee

"May a greeting from soul to soul
Sound through the bond of our deeds."

—Karl Koenig, August 1962
(from “For the friends in America”)
Donations
April 1/18 to March 31/19

We acknowledge and appreciate all the individuals, foundations, clubs and businesses who have generously made donations throughout the past fiscal year.

Individuals

Anttila, John
Banta, Elizabeth & Greg
Barker, John & Martha
Brampton, Roberta
Brown, Brenda Lea
Chobaniuk, James
Collins, Michael
Cumming, Ian
Deery, Janice & Watson
Donnellan, Fergal
Driehuyzen, Fiona
Driehuyzen, Gretel
Feigl, Franz & Margaret Schmidt
Fish, Leslie
Fisher-Lang, Abegael & Aiden
Gold, Monica
Grant, Fraser & Sheilah
Harris, Pam
Hartney, Valerie
Haugh, Lynn
Hudson, Keith & Felicity
Hudson, Shastine

Kennedy, Linda
Kilian, Raymond
Leigh, Sarah
Listi, Giovanna
MacAulay, Anita & Duncan
Mah, Wendy
Martin, Donna
Martus, Grant & Renee
McFadden, Barbara & Andy
McLaughlin, John & Margot
McQuilkin, Ida
Michaud, Paul & Catherine
Morton, Kyle
Newman, Dave & Glen
Norma Ramsay Trust
Oslund, Ruth & Graham
Puls, Margaret
Qureshi, Carole
Regan, Bertha
Reid, Kerri
Reuter, Stefanie
Rich, Barry

Salisbury, Gordon
Scharnberg, Leila
Schiller, Rolf & Ilse
Schmidt, Alex
Scorda, Sam & Helgi
Scoretz, Mimi
Seeley, Kathryn
Singh, Vir
Silvester, Karen & Dan
Skuse, Geoff & Geraldine
Smith, Patricia
Thatcher, Marjorie
Thorhaug, Dodi
Tschannen, Ruth
Tulloch, Leslie
Turnbull, Rick & Charlie
Walsh, Monique
Weber, Giselher
Wiens, Elaine
Wilby, Elizabeth
Williams, Jane
Yamashita, Tony & June
Yates, Jason

Companies, Organizations & Foundations

Benevity Impact Fund
Empire Grain Stevedoring
Lynn Valley Seniors Assoc.
McLean McCuaig Foundation
Mount Seymour Lions Club
Pacific Display Boards

Synergy Collective Society
Terra Breads
Thifty Foods
VanCity
Vancouver Computer Tutor
Y.P. Heung Foundation

Grants

Camphill Assoc. of N America
City of North Van- Tax Exemption
THE CASCADIA SOCIETY FOR SOCIAL WORKING
Statement of Financial Position
March 31, 2019
(Unaudited)

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<thead>
<tr>
<th>ASSETS</th>
<th>2019</th>
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## THE CASCADIA SOCIETY FOR SOCIAL WORKING
### Statement of Operations
#### Year Ended March 31, 2019

*(Unaudited)*

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<th>2019</th>
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<tr>
<td><strong>Total revenue</strong></td>
<td><strong>1,343,660</strong></td>
<td><strong>1,412,493</strong></td>
</tr>
</tbody>
</table>

|                     |        |        |
| **EXPENSES**        |        |        |
| Day program         | 874,467 | 881,688 |
| Residential contracts | 141,793  | 145,497  |
| Amortization of capital assets | 67,781  | 67,341  |
| Properties *(Note 7)* | 83,660  | 82,702  |
| Properties - interest | 77,499  | 79,478  |
| Administration (not including salaries) | 48,861  | 46,131  |
| **Total expenses**  | **1,293,861** | **1,302,837** |

<table>
<thead>
<tr>
<th></th>
<th>2019</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>EXCESS OF REVENUE OVER EXPENSES</strong></td>
<td><strong>$49,799</strong></td>
<td><strong>$109,656</strong></td>
</tr>
</tbody>
</table>
## Statement of Changes in Net Assets
Year Ended March 31, 2019
(Unaudited)

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>NET ASSETS - BEGINNING OF YEAR</td>
<td>$ 521,391</td>
<td>$ 208,488</td>
<td>$ 979,976</td>
<td>$ 1,709,855</td>
</tr>
<tr>
<td>Excess of revenue over expenses</td>
<td>114,766</td>
<td>2,814</td>
<td>(67,781)</td>
<td>49,799</td>
</tr>
<tr>
<td>Investment in capital assets</td>
<td>(59,797)</td>
<td>-</td>
<td>59,797</td>
<td>-</td>
</tr>
<tr>
<td>Internally imposed restrictions</td>
<td>(12,000)</td>
<td>12,000</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>NET ASSETS - END OF YEAR</td>
<td>$ 564,360</td>
<td>$ 223,302</td>
<td>$ 971,992</td>
<td>$ 1,759,654</td>
</tr>
</tbody>
</table>
The Cascadia Society is a Camphill Community and a member of the Camphill Association of North America

Board of Directors

Elisabeth Banta, Co-Recording Secretary
Franz Feigl, President
Barbara McFadden, Treasurer
Grant McLaney
Ruth Oslund
Patricia Smith, Secretary
Angela Trudeau, Co-Recording Secretary
Jason Yates

Management Group

Leslie Fish, Business Administrator
Gundula Kientzler, Basketry
Patricia Smith, Executive Director
Ruth Tschannen, Artistic Director
Monique Walsh, Program Director
Jason Yates, Volunteer Coordinator

The Cascadia Society has been accredited by CARF for the following programs: Community Housing, Community Integration, and Host Family Services