**Meet Gilbert the New CPABC Newsletter Mascot**

By Lauren Stinson

Meet Gilbert! As a carrying pigeon it is his duty to bring you the most updated news and content about the Cerebral Palsy Association of British Columbia. With a flick of his colourful wings he is off to deliver you the news. He travels tirelessly to Vancouver from Chilliwack and all around British Columbia with his mailbag tightly fastened around his small shoulders. Gilbert is a determined little fellow that prides himself on the highest quality and timeliness of his service to his CPABC members. However, he can often be seen swooping down and catching a bite of ice cream from unsuspecting tourists around the Vancouver Seawall or tipping his blue cap to passersby on the steps of the Vancouver Art Gallery. If you look to the sky you might even see a flash of his bright orange feathers. Yet they will be quick to disappear since Gilbert is a quick little bird so you better not blink. Off to the next CPABC member he flies with the Insider Newsletter tucked safely in his mailbag chirping happily as he goes.

Gilbert the mascot was designed and created by CPABC Events and Youth Outreach Assistant

Lauren Stinson