



# KCR

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## KCR Highlights

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### Workshop – Keeping Competent Staff

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This workshop will introduce participants to Competency-based HR Management. It will provide the basic “why’s, what’s and how’s” of competency –based systems with a particular focus on competency-based performance management. The workshop will explore performance assessment through the identification of appropriate competencies and their indicators and will offer template examples of performance assessment tools. The related processes of workforce, succession and back-up planning will be discussed in the session, as will professional development and training needs considerations.

**Cost:** \$40

**Date:** May 9, 2013

**Time:** 8:45am-12:00pm

[Read More...](#)

*Sponsored by Central Okanagan Foundation, City of Kelowna, KCR and United Way  
–SOURCE: Burkart Associates, Lynn Burkart*



### 2013 Okanagan Volunteer Opportunities Fair

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Registrations for the 2013 Okanagan Volunteer Opportunities Fair are now being accepted. Submissions are now open on our website.

\$50 includes a table at the Fair, participation at the Lunch and Learn, and a 1/6 page ad in the magazine

\$125 is for a 1/6 page ad in the magazine ONLY.

Because we wish to create a dynamic and exciting Fair for the public, we charge \$50 for full participation and a much higher amount for the ‘inclusion in the magazine only’ option. Don’t miss out...last year’s Fair was outstanding!

[Click here to register](#)

–SOURCE: KCR, Community Services, Dawn Anthony, Assistant Coordinator

## Directory of Community Services

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The Winter 2013 Edition of the print directory of community services for the Central Okanagan is available for \$30. It provides detailed information on the programs and services of over 400 community, health and social service agencies, as well as federal, provincial and municipal government services. To reserve your copy for pick-up at our office, [please email](#).



–SOURCE: KCR, Dawn Anthony, Assistant Coordinator Community Information and Volunteer Centre

## Free 40" Flat Screen TV

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Has your non-profit organization been seeking a 40" flat screen television? Orchard Park generously will donate 8 – 40" Sony televisions to local charitable organizations. The Model # is Sony KDL-40Z4100 and it is a LCD digital Color TV. 120V~60Hz 225W and they are 4 years old. Please let Jin Park know at [jjin@kcr.ca](mailto:jjin@kcr.ca) if your organization is interested in taking one of them.

–SOURCE: KCR, Jin Park, Online Strategies and Presence Coordinator

## Workshop: Resilience – What it Takes for Children and Youth to Thrive

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An interactive educational workshop for parents, students and service providers. In his engaging, story-filled presentation, Dr. Michael Ungar will show how a child's resilience depends on more than a child's individual capacity to overcome challenges. Resilience is also the ability of young people's parents and other caregivers to successfully help children navigate and negotiate for the supports they need to thrive. Troubling behaviors like violence and bullying, stealing, social withdrawal, avoiding responsibility for one's self and others, internet addictions, drug abuse, truancy and early sexual activity can be addressed by providing young people with nine sources of resilience.

These nine sources include: structure, consequences, parent-child connections, strong relationships with peers and adults, a powerful identity, a sense of control, a sense of belonging, spirituality and life purpose, rights and responsibilities, and the safety and

support children need to cope when problems arise. In this presentation Michael will share what he has learned from parents and helping professionals who have found inspiring ways to help children become competent, caring contributors to their families, schools, and communities no matter the challenges they face

**About the Presenter:**

Michael Ungar, Ph.D. is both a family therapist and a Killam Professor of Social Work at Dalhousie University in Halifax, Nova Scotia, where he co-directs the Resilience Research Centre which coordinates more than five million dollars in funded research in a dozen countries.

**Date:** Thursday, June 13th

**Time:** 2:30pm-4:30pm

**Location:** Kelowna Library, 1380 Ellis Street, Kelowna

**Cost:** \$20

[Register](#)

*Co-sponsored by Braintrust Canada and KCR*

*– SOURCE: BRAINTRUST Canada Association, Maribeth Friesen, CEO*

## **Apps for Special Education**

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Provides a comprehensive list of iPhone, iPad, and iPod touch apps for (Special) Education on subjects ranging from speech/language, sign language, organization/scheduling, reading/writing/math, music/song, art/photography, games, accessibility, early intervention, fine motor development, app collections, productivity, and remote desktop.

[View the Publication](#)

*–SOURCE: KCR, Dawn Anthony, Information Development, Community Services*

## **Lunch And Lead: Free Volunteer Management Series**

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Participants bring their own lunch and KCR will provide beverages and sweet treat. Register for these courses at <http://kcr.ca/community-services/workshops-training/>

a) Writing Volunteer Descriptions that Actually Work: May 7, 2013: 12:00pm–1:00pm, at KCR Training Room. Facilitators: Cheryl Wiebe and Sandy Stoutenburg.

b) Screening Volunteers: June 4, 2013: 12:00pm–1:00pm, at KCR Training Room, Facilitators: Dawn Wilkinson and an Overview of Volunteer Management facilitator.

c) Award Winning Volunteer Ideas: October 1, 2013: 12:00pm–1:00pm, at KCR Training Room. Facilitators: Mary Anny Murphy, Crystal Wariach and Phil Bond.

d) Dismissal Process for Volunteers: November 5, 2013: 12:00pm–1:00pm, at KCR Training Room. Facilitators: undecided.

e) Volunteer Recognition: January 14, 2014: 12:00pm–1:00pm, at KCR Training Room. Facilitators: Dawn and an Overview of Volunteer Management facilitator.

–SOURCE: KCR, Dawn Wilkinson, Community Services Manager

## **Governance Lab Okanagan 2013: Building Outstanding Boards**

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Do you dream of a highly engaged and mission-driven board? Learn to lead your board from micro-management to macro-governance.

Governance Lab is a unique shared learning opportunity to advance the effectiveness and efficiency of your Board by specifically targeting the Board Chair, Executive Director, and Vice/Incoming Chair. Working within the Governance as Leadership framework, the program is designed to:

- Ensure clarity and consistency of roles and responsibilities for the Chair and the Executive in leading, governing and managing the organization
- Improve team leadership by strengthening the working relationship between the Chair and the Executive
- Create continuity of leadership through a shared learning experience

This five-month program includes half-day sessions once per month on the following topics:

1. Governance as Leadership: The Role of the Board in Leading a Cause
  - Governing through three modes: fiduciary, strategic and generative
  - A framework to align board, staff and volunteers to your mission
2. Developing Your Current Board: Where Are You Now, Where Do You Want to Go?
  - Conducting (ongoing) board assessments
  - The organizational lifecycle of your organization and Board
3. Fund Development: How to Increase Board Involvement
  - Myths and facts of the Board's role
  - Seven essential elements to create and lead a culture of fund development
4. Evaluating Performance: For the Executive Director AND the Organization
  - Examining the difference between the performance of the ED/CEO and that of the organization
  - Nine methods to measure ED/CEO performance
5. Creating a Strategic Board: Your Road Map for the Future
  - Getting diversity in leadership approach, expertise, community connection and thinking styles

- Recruitment and (ongoing) succession planning: who will you require and how will you find them?

**Lead Facilitator: Vivian Smith, CFRE**

Twenty-five years of experience in the voluntary sector have provided Vivian Smith, CFRE, with a background that positions her as one of British Columbia's most successful consultants. Her strengths spring from her extensive experience with community organizations, boards and local governments, as well as a deep understanding of skilled volunteerism and the importance of relationship building in all successful revenue development initiatives. She has a Certified Fund Raising Executive (CFRE) designation through the Association of Fundraising Professionals (AFP), is an active volunteer with AFP Vancouver and co-trainer of the AFP Faculty Training Academy. Vivian facilitates strategic planning workshops for many organizations, offers major gifts solicitation development to staff and volunteers and has been invited to present at numerous conferences and workshops throughout Canada, the United States and Latin and South America.

**Registration Information:**

Governance Lab Okanagan will take place on Tuesday afternoons from 1:00pm–4:30pm.

- Tuesday, May 14: Governance as Leadership
- Tuesday, June 11: Developing Your Current Board
- Tuesday, July 09: Fund Development
- Tuesday, September 10: Evaluating Performance
- Tuesday, October 08: Creating a Strategic Board

All sessions take place at Kelowna Community Resources, #120-1735 Dolphin Ave, Kelowna.

The fee to participate is \$1725 per organization. This includes tuition for three representatives (Board Chair, Vice/Incoming Chair & Executive Director) to participate. Bursaries are available from the Central Okanagan Foundation to cover partial cost of the registration fee for organizations that cannot otherwise afford to participate. To confirm your eligibility, please contact Cheryl Miller, Central Okanagan Foundation Grants Manager: [cheryl@centralokanaganfoundation.org](mailto:cheryl@centralokanaganfoundation.org) or 250.861.6160. To reserve your organization's spot in the 2013 session, please complete the application form at <http://thevantagepoint.ca/content/governance-lab-application-form>.

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## AGMs

- [KELOWNA ART GALLERY ASSOCIATION](#)

### **Kelowna Art Gallery Association**

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The Kelowna Art Gallery Association invites all of our members to our Annual General Meeting on Thursday, April 11, at 7:00pm, at the Kelowna Art Gallery. Please stay and join us for refreshments immediately following the AGM.

Kindly RSVP by calling 250-762-2226 or email us at [info@kelownaartgallery.com](mailto:info@kelownaartgallery.com).

[Read More...](#)

–SOURCE: *Kelowna Art Gallery April E-Newsletter 2013 April 5*

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## Awards

- [IMPART FELLOWSHIP OPPORTUNITY](#)
- [PRIME MINISTER'S VOLUNTEER AWARDS ISSUES SECOND CALL FOR NOMINATIONS](#)
- [THE DONNER AWARDS](#)

### IMPART Fellowship Opportunity

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The IMPART research training fellowship provides research training awards to highly qualified individuals pursuing a career in addictions research with a particular focus on sex/gender, women and addictions. Awards consist of a time-limited stipend and a research/travel allowance for graduate student studying at the Masters' and Doctoral level and for Postdoctoral Fellows and Clinician Researchers. All disciplines are encouraged to apply. To be considered participants must demonstrate a passion for the advancement and integration of knowledge, practice and policy in the area of gender, women and addiction, have previous research experience, and interest in the intersections of violence, trauma and mental health, scholarly publications, content expertise and commitment to advancing research in relation to addictions. The deadline to start IMPART in September 2013 is June 1, 2013 and the deadline to start in January 2014 is September 1, 2013.

[Read More...](#)

– SOURCE: CMHA BC Division, *Mind Matters*, 2013 March 28

### Prime Minister's Volunteer Awards Issues Second Call For Nominations

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“The Prime Minister's Volunteer Awards has issued a second call for nominations with a reminder that the nomination period closes April 15. The awards recognize achievements in a wide range of volunteer activity, including: individual volunteers or groups of volunteers who give of their time, energy and expertise; businesses whose commitment to social responsibility strengthens the communities in which their employees live; and not-for-profit organizations whose innovative approaches to volunteerism make a difference every day in the lives of Canadians.

Award recipients will be recognized at a ceremony and can identify an eligible not-for-profit organization to receive a grant for \$5,000 (regional award) or \$10,000 (national award).”

[Read More...](#)

– SOURCE: *CharityVillage.com; Village Vibes*, 2013 March 12



## The Donner Awards

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The Donner Awards Program is Canada's largest and most prestigious non-profit recognition program. A total of \$60,000 is available to be won, with a total of nine awards granted. We are accepting applications for the 2013 Donner Canadian Foundation Awards for Excellence in the Delivery of Social Services until Friday, May 31, 2013.

In return for completing the application, all participants receive a confidential report that compares their organization's performance relative to peers in the sector. This report allows them to identify areas of particular strength in their organization's management and delivery of services as well as areas where performance can be improved. At a time when non-profits are coming under increased scrutiny over the efficiency and effectiveness of their management and delivery of programs, the performance report is an important tool to distinguish their organization from others.

Non-profit organizations may apply to the Donner Awards online. Applicants who complete their application online by our final deadline will be entered in our \$1000 cash draw.

For more information about the Donner Awards and on how to apply, organizations are encouraged to visit our website at [www.donnerawards.org](http://www.donnerawards.org).

I am also providing you with the direct links to our 2012 Non-Profit Performance Report, which highlights details of our unique non-profit evaluation system and features our 2012 finalists and recipients as well as an alumni directory listing all Donner Awards finalists from 1998.

If you have any questions please email me at [melissa.holoday@donnerawards.org](mailto:melissa.holoday@donnerawards.org) or call toll-free to leave a voicemail at 1.877.714.4531. Thank you for your ongoing support and for helping to promote high standards of excellence and accountability in the non-profit sector through the Donner Awards Program.

*–SOURCE: Melissa Holoday, Manager Donner Canadian Foundation Awards*

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# Employment

- [ELECTION WORKERS – MAY 2013 PROVINCIAL GENERAL ELECTION](#)

## **Election Workers – May 2013 Provincial General Election**

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Elections BC, a non-partisan Office of the Legislature, is recruiting election workers for the upcoming provincial general election.

The province needs 37,000 election workers to work at voting places all over B.C. The majority of these positions will work on May 14, 2013, General Voting Day. Election workers are paid to attend training and receive a daily rate of pay for working. Most roles will earn about \$250 for the day.

These job opportunities are a great way to get involved in the electoral process and obtain valuable work experience. Successful election workers are impartial, service-oriented, and able to maintain confidentiality. Positions are suitable for individuals of all ages, backgrounds, and experience. Students, retirees, and those just entering or returning to the workforce are encouraged to apply. Employees do not need to be of voting age or even Canadian citizens. The minimum age to work is 15 years, and applicants must be legally entitled to work in B.C.

[Read More...](#)

–SOURCE: *Adia Kapoor, Manager, Human Resources and Development, Elections BC*

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## Facts & Trends

- [SURVEY SHOWS CANADIANS COULD BE KINDER TO ONE ANOTHER](#)
- [DESK-SIDE PUSH-UPS ACCEPTABLE IN THE WORKPLACE, SAY CANADIANS](#)
- [CANADIAN COMPANIES MAINTAINING COMMUNITY INVESTMENTS DESPITE ECONOMIC UNCERTAINTY](#)
- [MOBILITY AND BRING-YOUR-OWN DEVICE ARE TOP TECHNOLOGY PRIORITIES FOR CANADIAN ORGANIZATIONS](#)
- [CANADA SECOND TO LAST GLOBALLY FOR PAID TIME OFF WORK](#)
- [US REPORT FINDS NONPROFITS STILL STRUGGLING TO COPE WITH ECONOMIC STRESS](#)
- [ARTEZ INTERACTIVE RELEASES FREE RESEARCH PAPER ON MOBILE FUNDRAISING](#)
- [NEW REPORT COMPARES NONPROFIT SECTORS IN SIXTEEN COUNTRIES, INCLUDING CANADA](#)
- [WORKPLACE CONFLICTS BETWEEN WOMEN GET BAD RAP](#)
- [THE GIFT THAT IS GIVING](#)

### Survey Shows Canadians Could Be Kinder To One Another

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Canadians live up to their international reputation for kindness but there's room for improvement according to a new survey examining the frequency in which Canadians perform good turns. Conducted on behalf of Scouts Canada, the survey found 51% of Canadians are the recipient of a good turn at least once a month while 28% of Canadians have a good turn performed for them twice a week or more. The survey also showed that young adults are more likely to do a good turn daily. Forty-one percent of those polled aged 18-24 indicated they do a good turn daily.

[Read More...](#)

– SOURCE: *CharityVillage.com; Village Vibes, 2013 April 8*

### Desk-side Push-ups Acceptable In The Workplace, Say Canadians

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A recent survey commissioned by ParticipACTION has revealed that now is the time to embrace physical activity in the workplace. While only 11% of Canadians participate in desk-side exercise, 64% said they see it as an acceptable workplace habit. Research supports 10 minute bouts of physical activity as an effective way to increase fitness and meet the recommended 150 minutes of heart-pumping activity per week, as stated in the Canadian Physical Activity Guidelines. While 98% of Canadians believe physical activity leads to a healthier lifestyle and can decrease risk of disease, only 15% of Canadian adults are getting enough physical activity.

[Read More...](#)

– SOURCE: *CharityVillage.com; Village Vibes, 2013 April 8*

## Canadian Companies Maintaining Community Investments Despite Economic Uncertainty

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Canadian companies have maintained or even increased their community investment budgets despite the uncertain economic climate of the past five years, according to The Conference Board of Canada's first-ever national survey of corporate community investment activity. Thirty-nine percent of the 180 respondents to the survey said their budget had increased compared to the previous year and 47% said their budgets stayed the same. Only 14% reported that their community investment budget had declined. Over a five-year time frame, more than 50% reported an upward trend in their community investment budgets. An additional 34% reported that their community investments have remained constant in nominal dollars.

– SOURCE: *CharityVillage.com; Village Vibes, 2013 April 2*

## Mobility And Bring-your-own Device Are Top Technology Priorities For Canadian Organizations

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A recent customer survey from CDW Canada found that 44% of employees in Canada work remotely one to two times per week. The survey also showed that 77% of survey respondents access corporate e-mail and documents from personal devices. When asked which technology area is a priority for their business in 2013, 47% of organizations indicated mobility management solutions. The top mobility concerns of organizations include securing corporate data (42%), managing devices and applications (24%), maintaining network performance (12%) and an increased need for IT resources, support and training (7%).

[Read More...](#)

– SOURCE: *CharityVillage.com; Village Vibes, 2013 March 26*

## Canada Second To Last Globally For Paid Time Off Work

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Recent findings by Hotels.com®, which looked at the amount of paid and public holiday time around the world, reveal that Canada is near the bottom of global rankings with a mere 15 days, ahead only of Mexico at 13. On the opposite end of the spectrum was Russia, with a staggering average of 40 days of paid leave. Of the 30 nations surveyed, Hotels.com revealed the average annual leave and public entitlement for employees to be 28 days, with the UK right on target, but Canada falling 13 days short. Canada wasn't alone though, with 12 other countries coming in under the global average including the US, Netherlands, India and all the Asian countries featured in the study including China, Singapore, Thailand and Japan. On the opposite end of the scale are Italy, Sweden, Finland and France. These European countries joined Russia to make up

the top five countries with the most paid leave – 35 days or more.

[Read More...](#)

– SOURCE: *CharityVillage.com; Village Vibes, 2013 March 26*

## **US Report Finds Non-profits Still Struggling To Cope With Economic Stress**

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### **Charitable sector reacts to 2013 Federal Budget**

The recently released 2013 Federal Budget has a few important implications for the charitable sector, not the least of which is a new tax super credit for first-time donors. The proposed super credit would add 25 percentage points to the charitable tax credit for donations made by individuals who have not claimed (and whose spouse has not claimed) the charitable tax credit since 2007. This would increase the 15% tax credit on donations below \$200 to 40%, and the 29% tax credit on donations above \$200 would increase to 54%. The super credit can be claimed once, and will apply to donations up to \$1,000.

The 2013 budget also introduces further measures to allow the Canada Revenue Agency to collect amounts owing from tax shelter schemes and extends the Hiring Credit for Small Business, which affects charities as employers. For more information, read charity lawyer Mark Blumberg's recap of the 2013 Federal Budget or Imagine Canada's press release.

### **Vancouver art students available for unpaid internships**

The Arts Internship Program (AIP) at the University of British Columbia is now accepting postings from non-profit organizations interested in working with an intern. Interns are UBC Vancouver students in the Faculty of Arts and come from a wide range of studies in the Humanities, Social Sciences and Fine and Performing Arts fields. The internships are 8 – 12 hours per week and typically run 4 – 8 months in duration (flexible), depending on the needs of the host organization and availability of the student. Internships can occur in summer (May to August) or winter (January to April). Many previous host organizations have had students help out in a number of areas including: event planning, social media and technology, fund development, blog writing, editing, grant writing, special projects, volunteer coordination, administrative work, program implementation, and many others.

### **Vancouver philanthropists give \$12 million to new mental health centre**

A new Vancouver mental health treatment facility will be named for Joseph and Rosalie Segal and their family, who donated \$12 million to the project in one of the largest-ever personal gifts for mental health in Canada's history, Health Minister Margaret MacDiarmid announced this week. The majority of mental health programs in Vancouver are delivered from an outdated 70-year-old health centre facility at Vancouver General Hospital. The new building will consolidate these and other

specialized mental health services under one roof, and help provide more seamless patient care.

### **New study explores the motivations of social media influencers**

Social media's empowerment of the individual means anyone can be an influencer. That presents an opportunity and challenge to every cause-minded organization: What does influence truly mean and how do you harness it?

[Read More...](#)

– SOURCE: *CharityVillage.com; Village Vibes, 2013 March 25*

### **Artez Interactive Releases Free Research Paper On Mobile Fundraising**

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Artez Interactive has released a free white paper on mobile fundraising, stemming from their recent survey of more than 80,000 participants. Some of the research highlights include:

- 15% of traffic to fundraising and donation pages comes from mobile devices like smartphones and tablets.
- 23% of participants in peer-driven events and campaigns choose to use mobile technology to help them fundraise for good causes.
- Participants who use mobile technology to fundraise in a campaign raise up to 2.95x more than those who do not.
- The percentage of donations made on mobile web browsers has grown 205% in the last 12 months.
- Event participants using iPhones raise just slightly more than participants on Android devices.

[Read More...](#)

– SOURCE: *CharityVillage.com; Village Vibes, 2013 March 25*

### **New Report Compares Nonprofit Sectors In Sixteen Countries, Including Canada**

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“A new report from the Johns Hopkins Center for Civil Society Studies reveals that nonprofit organizations are major employers and major sources of employment growth in countries throughout the world. The report draws on new data generated by statistical offices in sixteen countries that have implemented a new United Nations Handbook on Nonprofit Institutions. This Handbook calls on national statistical offices to report on the economic scale and composition of nonprofit organizations in their countries for the first time. Key findings to date from implementation of this Handbook, as summarized in this

report, include:

In 6 of the 16 countries for which data are available, non-profits employ 10% or more of the total workforce, making them one of the largest employers of any industry in these countries.

On average in these sixteen countries non-profits employ more workers than either the transportation or construction industry.

Non-profits, on average, receive far less of their revenue from philanthropy than is commonly thought. Rather, 43% of the revenue comes from fees for their services, 32% from government sources, and only 23% from philanthropic giving, and even this is likely an over-estimate given limitations of the data sources.”

[Read More...](#)

– *SOURCE: CharityVillage.com; Village Vibes, 2013 March 13*

## **Workplace Conflicts Between Women Get Bad Rap**

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A new study from the University of British Columbia’s Sauder School of Business suggests troubling perceptions exist when it comes to women involved in disputes at work. The researchers asked experiment participants to assess one of three workplace conflict scenarios, all identical except for the names of the individuals involved: Adam and Steven, Adam and Sarah, or Sarah and Anna. When the scenario depicted female-female conflict, participants perceived there to be more negative implications than the male-male or male-female conflicts.

Participants judged the likelihood of two managers repairing a frayed relationship roughly 15 per cent lower when both managers were female, versus male-male and male-female. Participants rated those involved in all-female conflicts as also being more likely to let the argument negatively influence job satisfaction than male-female or male-male quarrelers.

The study also found that female experiment participants were just as likely as males to see the all-female conflict as more negative.

[Read More...](#)

–*SOURCE: CharityVillage.com; Village Vibes, 2013 March 14*

## **The Gift That Is Giving**

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Manitobans are more inclined to support registered charities than people of any other Canadian province. This was true in 2011, the most recent year for which the tax returns have been reviewed, and it has been true since the middle of the 1990s. (Winnipeg Free Press)

[Read More...](#)

–SOURCE: *Nonprofit Newswire by Imagine Canada, 2013 March 19*

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# Financial

- [DONATIONS OF OFFICE FURNITURE AVAILABLE TO NONPROFITS](#)
- [STATE FARM YOUTH ADVISORY BOARD NOW ACCEPTING APPLICATIONS FOR EDUCATION GRANTS](#)
- [NEW UNITED WAY GRANTS PROGRAM FOR CENTRAL OKANAGAN](#)
- [TELUS: HOW TO GET FUNDED – 2013 DEADLINES: THOMPSON OKANAGAN](#)
- [GRANT CONNECT](#)
- [FUNDING OPPORTUNITY FOR LOCAL GOVERNMENTS TO DEVELOP HEALTHY COMMUNITIES](#)

## Donations Of Office Furniture Available To Non-profits

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In need of office furniture? Green Standards helps non-profit organizations receive donations of furniture such as chairs, desks, filing cabinets, conference tables and much more. Green Standards works with corporations that are looking to make a positive contribution to their community and the environment. When these businesses are moving or renovating, they donate furniture that is then passed on to non-profits across Canada. Green Standards arranges for delivery, at no cost and organizations across Canada are encouraged to register.

[Read More...](#)

– SOURCE: *CharityVillage.com; Village Vibes, 2013 March 14*

## State Farm Youth Advisory Board Now Accepting Applications For Education Grants

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“The State Farm Youth Advisory Board (YAB) is a group of 30 students aged 17-20 who are passionate about the community and improving their society. Together, they form a board of directors that manage a \$4 million charitable initiative that supports charitable and government organizations across the US and Canada. The YAB is currently accepting grant applications from registered Canadian charities, government groups/organizations or publicly funded schools that offer K – 12 programming in the following areas:

- Financial literacy
- Access to higher education
- Community safety
- Health and wellness
- Environmental responsibility

Programs must also offer a service-learning component that allows students to get involved in helping their community. Grants of up to \$100,000 will be awarded. The

deadline for applications is May 3, 2013.”

[Read More...](#)

– SOURCE: *CharityVillage.com; Village Vibes, 2013 March 11*

## **New United Way Grants Program for Central Okanagan**

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United Way has one-time grants available to charities in the Central Okanagan. Grant Categories include:

- Impact Projects – grants for capacity building projects, pilot phases of programs, or other new initiatives.
- Sponsorship – grants for United Way to become a visible sponsor of an event or initiative.
- Days of Caring Supplies Grants – grants for supplies (such as paint) for United Way Days of Caring service projects, where a volunteer team has already been matched, and where the charity cannot have supplies donated or reasonably afford to purchase supplies.
- Emergency Grants – grants for charities that have been impacted by crisis (such as fire or flood).
- Prospective New Community Partner Grants– grants for charities seeking to become new United Way Community Partners (organizations that apply to the Community Fund on an annual basis). A charity that is successful in receiving this grant over a period of 2 years will then be considered a potential candidate for conversion to Community Partner status.

The application is available from [unitedwaycso.com](http://unitedwaycso.com), or by contacting the Director of Community Investment at 250.860.2356 or [moc.oscyawdetinu@lirva](mailto:moc.oscyawdetinu@lirva).

– SOURCE: *“United Way Central and South Okanagan Similkameen, Avril Paice, Director of Community Investment”*

## **TELUS: How To Get Funded – 2013 Deadlines: Thompson Okanagan**

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The Thompson-Okanagan Community board reviews applications three times a year, so there will two more upcoming deadlines. Here is the link to funding priorities and the online application form.

Please note that the application deadline time on the dates listed are at midnight EST, 10:00pm MST and 9:00pm PST.

- May 3
- September 21

[Application Form & Information](#)

–SOURCE: *TELUS, Meriko Kubota, Senior Manager, Community Investment Community Affairs*

## Grant Connect

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Is your charity or non-profit organization fund-raising, or looking for another source of funding? Grant Connect is a Canadian database listing thousands of funding organizations, including grant-making foundations, corporations and government agencies.

All 29 Okanagan Regional Library branches now have access to Grant Connect. The database is available on library public Internet stations (accessible with your library card and PIN).

With Grant Connect, you can find the best matches for your organization through searching by funding interest (e.g. health, social services, environment, education), location, average gift size, or type of support (e.g. start-up funding, multi-year funding, endowment funds). You can also review figures for gifts/ grants handed out in previous years by funding organizations.

You can print records from the site; printing costs are 25 cents/page.

If you would like more information about Grant Connect, contact your closest library branch (<http://www.orl.bc.ca/branches>), or email the library at [info@orl.bc.ca](mailto:info@orl.bc.ca)

–SOURCE: Kelowna Branch, Okanagan Regional Library, James Laitinen, Reference Supervisor

## Funding Opportunity for Local Governments to Develop Healthy Communities

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In partnership with the Ministry of Health, BC Healthy Communities Society (BCHC) is currently accepting applications for small grants (up to maximum \$5000 per community) to support local governments to engage in the development of healthy community partnerships and to build their capacity for healthy community leadership and action. Funding permitting, applications will be accepted and reviewed on a continuous intake basis up until June 30, 2013. Eligible activities must take place before March 31, 2014. To find out more please visit our [local government funding page](#) or read the [official news release here](#).

–SOURCE: BC Healthy Communities, BCHC Newsletter – March 2013

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# Housing

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## Addressing Homelessness and Mental Health Challenges

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In the second session of this Learning Series, Cheryl Forchuk discusses the relationship between mental illness, addiction, and homelessness; preventing homelessness after psychiatric treatment; and approaches for homeless youth with mental health and substance use problems.

[View the Video](#)

–SOURCE: *Homeless Hub Newsletter*, 2013 March 20

## Framing Housing First

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At the summit the video “Framing Housing First” was showcased. Framing Housing First, a 13 minute documentary style video, presents a 360 degree view of Housing First, it’s possibilities and the challenges of implementing it.

[View the Video](#)

–SOURCE: *Homeless Hub Newsletter*, 2013 March 13

## International Homelessness Research Conference – Advancing the Policy and Practice of Crisis Response Systems

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The University of Pennsylvania and the National Center on Homelessness Among Veterans in the U.S. Department of Veterans Affairs are organizing an international research conference on homelessness crisis response systems, focused on the themes of homelessness prevention and diversion, rapid re-housing, and effective approaches to emergency housing. The conference will also include plenary sessions on recent multinational studies of Housing First research demonstrations, and cost of

homelessness studies. This event is underwritten by the Dana and Andrew Stone Chair in Social Policy at the University of Pennsylvania and co-sponsored by the VA National Center on Homelessness among Veterans, the European Observatory on Homelessness, the Canadian Homelessness Research Network and the Australian Urban and Housing Research Institute.

[Register Here](#)

–SOURCE: *Homeless Hub Newsletter*, 2013 March 20

## Homes for Women Campaign Launched

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[Homes for Women](#), a broad-based national campaign to raise public awareness of women's homelessness, foster public policy and program change and spark individual, community, corporate and government action to prevent, reduce and eventually end women's homelessness, was launched in Ottawa. The campaign is hosted by YWCA Canada. Partner organizations include Canadian Association of Elizabeth Fry Societies, Canada Without Poverty, All Our Sisters, Justice for Girls, the Canadian Women's Foundation and YWCAs and YMCA-YWCAs across Canada.

The Homes for Women Campaign is supported by new polling information. Women have become Canada's fastest growing homeless population, but action can reverse the trend, organizers say.

–SOURCE: *HousingAgain Bulletin*, 2013 March 1

## Children Who Run Away From Home: Risks for Suicidal Behavior and Substance Misuse

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Approximately 7% of 16- to 34-year-old individuals reported running away from home before the age of 16 years, with higher rates in women than in men (9.8% compared with 5.3%). Overall, 45.3% reported being bullied, 25.3% experienced violence at home, and 8.8% reported unwanted sexual intercourse. Runaways were far more likely than other children to have suffered victimization and family difficulties and to exhibit behavioral problems. Adults who reported running away from home were three times more likely than other adults to have thought about or attempted suicide, but the relationship with substance abuse was far less pronounced.

[Read More...](#)

–SOURCE: *Homeless Hub*, 2013 March 6

## **CMHC Changes Lending Rules**

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The federal government announced changes to CMHC's lending programs that support existing social housing projects. The changes will allow non-profit and co-operative housing sponsor groups to refinance in order to undertake needed capital repairs and renovations and extend the life of their projects.

[Read More...](#)

–SOURCE: *HousingAgain Bulletin*, 2013 March 1

## **Young Family Critical Time Intervention: Successful Transitions from Homelessness to Stability**

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The Young Family Critical Time Intervention (CTI) model was designed to provide continuous assistance to young homeless families as they transition from shelters to stable housing. CTI is a time-limited, structured case-work model that utilizes housing first and provides continuity of care from homelessness to housing. As adapted for young homeless families, it focuses on both the strengths and needs of young parents. The first implementation of the Young Family CTI model was the Second Chances Program in Westchester County, NY, which included a program evaluation component and resulted in positive outcomes such as reduction in risky behaviors and an increase in income and independence.

[Read More...](#)

–SOURCE: *Homeless Hub*, 2013 March 27

## **Homelessness Research Call for Abstracts**

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The National Conference on Ending Homelessness invites proposal submissions in any one of a number of key themes relating to homelessness research (themes can be found below). The submission deadline is April 26, 2013.

The National Conference on Ending Homelessness is designed to accelerate and facilitate the adoption of 10 Year Plans to End Homelessness across Canada by giving community leaders, agencies, researchers and policy makers the inspiration, information, tools and training they need to begin to end homelessness.

Our aim is to provide a national audience for presentation of programs, practices and policies relevant to preventing and ending homelessness in Canada. This conference is a rare opportunity for community leaders, practitioners, researchers and policy makers to meet collectively, exchange learned wisdom and promising practices and identify future directions for dealing with multiple aspects of homelessness and housing in the diverse regions of Canada. We encourage all stakeholders to contribute to this national

effort.

Completed submissions, or inquiries, should be sent to: [NCoEH@edu.yorku.ca](mailto:NCoEH@edu.yorku.ca).

The submission deadline is April 26, 2013. Authors will be notified of their acceptance by May 17, 2013.

[Read More...](#)

–SOURCE: *Homeless Hub*, 2013 April 9

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## Local

- [OKANAGAN PRIDE VARIETY SHOW FUNDRAISER 2013 – SATURDAY APRIL 13TH](#)
- [PATIENT VOICES NETWORK COMING TO KELOWNA](#)
- [BOOSTER SHOTS FOR CHILDREN](#)
- [PUSH TO END HOMELESSNESS](#)
- [METIS MARKET](#)
- [TEN-YEAR SURVEY EXHIBITION OF CALGARY-BASED ARTIST BILL RODGERS ON VIEW](#)
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- [WARM WEATHER BECKONS CYCLISTS](#)
- [KELOWNA SECULAR SOBRIETY GROUP](#)
- [CAPITAL ONE RACE FOR KIDS](#)

### **Okanagan Pride Variety Show Fundraiser 2013 – Saturday April 13th**

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The Second Annual Variety Show Fundraiser hosted by Okanagan Pride Society is sure to amaze and astound the toughest critics. This year we are proud to announce that a portion of the proceeds raised from the talent show will go towards a youth bursary for LGBTQA youth making positive change in their schools or the community. With our new venue, array of LGTBQA-friendly talent acts, and selection of goods to bid on, you are sure to have one fun night out on the town! We will be hosting a dance after the event which will run until 1:30am, so make a night of it, and support your Okanagan Pride. The event is at Okanagan Mission Community Community Hall. Doors Open @ 7:00pm, Talent Portion at 8:00pm - Dance Starts at 10:00pm. 19+ event. (Note: Our liquor license states that youth can partake in the talent portion of the night, but cannot be in the audience, so if you are less than 19 and want to perform, please participate!) Volunteers are also needed.

[Read More...](#)

- Source: Wilbur Turner, President, Okanagan Pride Society



## Patient Voices Network coming to Kelowna

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The Patient Voices Network (PVN) is hosting a free orientation in Kelowna on Saturday, March 9<sup>th</sup>. Patients, caregivers, and others living in the interior region are invited to learn how they can be a part of health care change in our province.

“The orientation session is a fantastic opportunity for participants to learn more about the Patient Voices Network and how they can help make real changes to the health care system,” says Carol Stathers, the Network’s Interior Health Liaison.

[Read More & Register...](#)

- Source: Julia Ren, Patient Voices Network Communications

## Booster Shots for Children

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All children 4-6 years of age should receive a booster for tetanus, diphtheria, pertussis and polio as well as a 2<sup>nd</sup> dose of varicella (chicken pox vaccine) before starting Kindergarten in the fall.

**Pre-Kindergarten clinics** are being held at the three health units in **May** and in **June**.

Please call your local health unit to book an appointment.

Kelowna Health Center- 250.868.7700

Rutland Health Center – 250.980.4825

West Kelowna Health Center – 250.980.5150

- Source: Rhonda Tomaszewski, Interior Health Association

## Push to End Homelessness

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Register your team now for the Second Annual – Arthur Cottie Memorial – Push to End Homelessness

This Shopping Cart Scavenger Hunt Adventure is a fun community event to raise social awareness and support programs aimed at ending homelessness in Kelowna. Teams of 4 – 6 will push decorated carts through downtown Kelowna, collecting objects, information and prizes.

Great prizes for the most pledges collected, the best decorated cart and the highest score in the scavenger hunt will be awarded after the event during a picnic in City Park. Organize your business, social group, church, school, friends or family and create a unique cart that represents your group! Special prizes for elementary school groups will be available. Our goal is for each team of 4 – 6 people to raise a minimum of \$750.00 in pledges

**Date:** May 11, 2013, rain or shine

**Start:** Inn from the Cold-Kelowna, parking lot, 1157 Sutherland Ave, across from Extra Foods at 9:00 am. Gathering Time, Coffee, Treats, Registration and Cart decorating (bring your own decorations!). T-shirts, water and awareness signs for your cart will all be provided for you. 10:00 am sharp – Start Pushing and solving the clues to your scavenger hunt!

This is not a race. All teams will have three hours to complete their adventure.

**Finish:** 1:00 pm, City Park for a BBQ celebration. The BBQ will be free for participating teams. Music will be provided by the Malarkeys and great prizes will be awarded!

[Register Today](#)

–SOURCE: *Inn from the Cold – Kelowna, Tara Tschritter, Coordinator*

## Metis Market

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Our Metis Women's Circle, is going forward with a Metis Market – Friday, April 19 (4.30PM – 7.30pm) and Saturday, April 20th (8.30am-3.00pm). The Metis Market will be held at Metis Community Services 2949 Pandosy St. We are accepting donations of baking, household, gardening, sports items, books, etc.

For more information please contact: Donna Cichelli #250-868-0351 ext.100 email: [admin@mcsbc.org](mailto:admin@mcsbc.org).

–SOURCE: *Metis Community Services, Maria LaBoucan, BSW, Aboriginal Infant Development / ASCD, Cultural Coordinator*

## Ten-year Survey Exhibition Of Calgary-based Artist Bill Rodgers On View

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Working in partnership with the Nickle Galleries at the University of Calgary, the Kelowna Art Gallery is pleased to present Bill Rodgers: Journeyman: a Ten-Year Survey of Work by Calgary-based artist Bill Rodgers.

Some forty works from seven different series are included in the exhibition. These range from works stemming from research into the 1880s evictions of Irish farm tenants, to motorcycle race tracks as seen from Google Earth. Rodgers' ongoing and overriding interest has been the notion of the palimpsest, that is a document rewritten over an erased original.

A full-length, colour catalogue has been produced to accompany the exhibition, with texts by the Nickle Galleries' curator, Christine Sowiak and the curator of the Kelowna Art Gallery, Liz Wylie.

The Kelowna Art Gallery is located at 1315 Water Street in downtown Kelowna.  
[Read More...](#)

–SOURCE: Kelowna Art Gallery, Joshua Desnoyers, Marketing and Events Coordinator

## 10 Ten Thousand Villages Stores Closing

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10 Ten Thousand Villages stores across Canada are closing. Our store in Kelowna is one of the stores.

We will be closing on April 17th. We will be selling all products excluding coffee, food & cd's at 50% OFF beginning today. Please note that we are at the temporary location at 1771 Harvey Avenue in Central Plaza beside Paramount Music. Thank you for your support over the past 10 years.”

–SOURCE: Ten Thousand Villages, Cindy Henderson Manager

## Community Service Days

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### CLOTHES CLOSET

Friday, May 3 from 8:30am-1:00pm

Saturday, May 4 from 8:00am-11:00am

Free, good quality used clothing for anyone needing it.

### CAR CARE

Saturday, May 4 — morning only appointments available

Free oil change and safety inspection for single moms and others requiring assistance.

MUST register in advance for Car Care. Sign up in person at the Trinity office starting Monday, April 8, 2013.

For more information, or to sign up as a volunteer for this event, contact Charlotte Stockford at 860.3273 (102) or [ten.tsitpabytinirt@drofkcotsc](mailto:ten.tsitpabytinirt@drofkcotsc).

–SOURCE: Trinity Church, Charlotte Stockford, Administrative Assistant, Care and Cause Ministries

## Real Estate Board and Fire Department Launch Smoke Alarm Awareness Campaign

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The Okanagan Mainline Real Estate Board (OMREB) and the Kelowna Fire Department are pleased to declare March as “Smoke Alarm Awareness Month”.

The purpose of the Kelowna campaign is to get home owners thinking and talking about smoke alarms with the help of REALTORS® to ensure that they have functioning alarms in their homes.

The Fire Department supplied copies of the Canadian Association of Fire Chiefs brochure, “How to Stay Safe at Home”, that has been distributed to Kelowna real estate offices to be included with listing documents and left with home sellers as a community service in March.

[Download a Copy of the Brochure](#)

–SOURCE: *City of Kelowna, News Release, 2013 March 9*

## **Bringing Car Sharing to Kelowna: Okanagan Car Share Co-Op**

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Don't own a car? Don't like the hassle of car ownership? Car sharing can give you convenient access to a car when you need it, and only charge you for what you use. The new Okanagan Car Share Co-Op (OGO) is bringing car sharing to the Okanagan. Learn more about how car sharing works, why you would benefit, and how you can become a member.

[Read More...](#)

–SOURCE: *Central Okanagan Economic Development Commission, 2013 March 12*

## **Ride2Survive**

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On June 22nd, very early in the morning, long before the sun brightens the night sky, I, along with over 150 riders, crew and supporters will embark on an awe-inspiring journey to defeat cancer.

Armed with nothing more than our bikes, we will steel ourselves against the elements, the ailments, and the greatest deterrent– self-doubt. We will overcome these threats together as a committed and dedicated team of cancer fighters.

Our journey takes us over 400 kilometres, travelling from Kelowna to Delta in one day. We will traverse two mountain summits, climb over 12,000 feet (greater than the vertical climbs of the Tour de France), and pedal over 75,000 revolutions.

I am describing the fundraising event known as Ride2Survive supporting the Canadian Cancer Society.

[Read More...](#)

–SOURCE: *Canadian Cancer Society Newsletter, 2013 March 27*

## **Annual High School Art Exhibition Celebrates Talent Of Local Students**

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The Kelowna Art Gallery is pleased to host our 27th annual Art in Action exhibition, entitled Mapping the Unknown. The exhibition features over 100 works of art created by middle- and high-school students from School District No. 23.

*–SOURCE: Kelowna Art Gallery, Joshua Desnoyers, Marketing and Events Coordinator*

## **Annual COCDA Stakeholder Survey for 2013**

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Each year we send out a Survey to our stakeholders. Would you be kind enough to give us your feedback in order for us to improve our service? Please know that all returned surveys are kept confidential and anonymous.

Please go to the link listed below to complete your survey.

<http://www.surveymonkey.com/s/RNKV96B>

Final Cut-off date is: April 19, 2013 (12:00 noon)

Thank you for taking the time to participate in our survey.

*–SOURCE: Central Okanagan Child Development Association, Wendy Falkowski, Executive Director*

## **Western Institute for the Deaf and Hard of Hearing Branch CLOSING**

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The Western Institute for the Deaf and Hard of Hearing (WIDHH) regret to announce that the WIDHH Okanagan Branch will close operations at the end of March 2013. It is a great loss, not only for Deaf and Hard of Hearing residents in the Okanagan receiving services, but also for WIDHH. Leslee Scott has been the heart and soul of the Okanagan Branch, based in Kelowna. She has brought a great deal of compassion, professionalism, and a depth of experience to the Okanagan Community. The closing of the branch is made more difficult by the loss of an excellent and loyal employee. The decision to close the branch was difficult for the WIDHH Board of Directors to make. WIDHH has subsidized the Okanagan Branch since it first opened in 2003. Over the years, we have been successful in securing time-limited project funding or fee-for services in the areas of Employment Services and Community Outreach. This funding has never been enough to sustain all of the needs of the Community or the costs associated with the branch.

As a result, the WIDHH Board of Directors made the decision that we can no longer continue to provide services in the Okanagan area without adequate funding. All of us acknowledge the need for services in the region and the excellent service that Leslee has provided over the years.

Our Vancouver Office will continue to provide Medical Interpreting Services (MIS) and Community Interpreting Services (CIS) in the Okanagan.

Please accept our thanks for your years of valuable assistance and support. We sincerely thank you and hope that many of you will be able to work with us once we can secure stabilized funding.

For those seeking to access information regarding hearing loss and/or referral for services may contact WIDHH at:

1-888-736-7391 (voice toll-free)

1-888-736-2527 (TTY toll-free)

[info@widhh.com](mailto:info@widhh.com)

[www.widhh.ca](http://www.widhh.ca)

–SOURCE: WIDHH, Leslee Scott

## **Setting Our Direction: Community Planning for Women and Families in West Kelowna and Peachland**

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### **Community Forum**

**When:** Friday, April 26: 1 pm – 4 pm

**Where:** Westbank Lions Community Centre, 2466 Main Street, Westbank

The Elizabeth Fry Society, The Kelowna Women's Shelter, and the Kelowna Family Centre each provide services to residents on the West side and estimate that approximately one third of the clients are residents of the Westside. We have identified gaps in services for this area and would like to work together, and engage more partners to develop a Strategic Plan to improve services to women and families in this area. With funding provided by the Central Okanagan Foundation, this project has been developed to engage community support and develop a strategic plan for service provision to at-risk women and families residing in West Kelowna and Peachland. To achieve our objectives, we have obtained feedback from clients and community members who live on the Westside through surveys. We have also conducted a review of services and resources in three other communities located in the province.

We are inviting you to assist us with the development of our Strategy to improve services for women and their families by participating in a Community Forum on Friday, April 26th, 9 am to Noon. We will be sharing the results of the project so far and seeking your input as we develop a plan to move forward. Please RSVP today and help us to

help families on the Westside! RSVP via e-mail to [justmicki@shaw.ca](mailto:justmicki@shaw.ca) or call Micki Smith @ 250.718.5634.

This project has been led by the Central Okanagan Elizabeth Fry Society with financial support from Central Okanagan Foundation.

–SOURCE: Micki Smith, Consultant

## Warm Weather Beckons Cyclists

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With spring's arrival comes warmer weather and longer days – and more people biking and walking on Kelowna's bike lanes and pathways.

An experienced cyclist himself, Mike Kittmer, Active Transportation Coordinator, says it is much more comfortable riding on the road with traffic when you know the rules and have a planned route. He suggests cyclists visit [bikesense.bc.ca](http://bikesense.bc.ca) for a thorough explanation of bicycle safety and regulations. "When you follow the rules of the road, drivers respect you and are better able to interact with you safely."

This year, Bike to Work and School Week is May 27 to June 2 and the community is encouraged to sign up to cycle to work or school with colleagues, family or friends. For more on Bike to Work Week and cycling in the Central Okanagan, visit [smartTRIPS.ca](http://smartTRIPS.ca). A map of cycling routes in Kelowna is available at all local bike shops or online at [kelowna.ca/transportation](http://kelowna.ca/transportation).  
[bikesense.bc.ca](http://bikesense.bc.ca)  
[smartTRIPS.ca](http://smartTRIPS.ca)

–SOURCE: City of Kelowna, News Releases, 2013 April 2

## Kelowna Secular Sobriety Group

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The Kelowna Secular Sobriety Group (KSSG) is a peer support group for individuals who want to abstain from alcohol or other addictive substances in a non-religious context. The group provides a safe, respectful and anonymous setting for anyone who wants to work toward becoming and staying alcohol and drug free — regardless of their religious beliefs or lack of them. The group is accepting of people of any faith or of none.

It is an alternative to traditional 12 step programs. Those looking for an alternative will appreciate the practical approach of the KSSG. The KSSG offers unconditional respect for the individual — accepting them as they are.

It also subscribes to the notion that since everyone is different, each person benefits from having choice in recovery — provided the choices made (with positive, active support from peers) result in abstinence. Abstinence is always the goal. The Kelowna Secular Sobriety Group maintains that the solution to each person's addiction is inside themselves. Within a caring and respectful group atmosphere, individuals discover their own power and determination to get their lives back on track.

The Kelowna Secular Sobriety Group currently meets each Tuesday, 7pm at the Pride Centre, 1476 Water Street, Kelowna. Anyone who wants to get and stay sober is welcome!

The KSSG is facilitated and coordinated by Van Hill and supported by the Okanagan branch of the Centre for Inquiry. CFI is a non-profit organization that promotes the values of reason, science, humanism and secularism.

—*SOURCE: Kelowna Secular Sobriety Group, Van Hill*

## Capital One Race for Kids

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Okanagan Boys and Girls Clubs are excited to be hosting the 2nd Annual Capital One Race for Kids™ in Kelowna on June 1, 2013.

The Capital One Race for Kids™ is like a mini Amazing Race or Scavenger Hunt. The emphasis is on solving clues and quick challenges at 10 Checkpoints throughout Kelowna. Teams of four (colleagues, friends and or family) try to identify Checkpoint locations based on clues they are given. Once they arrive at a Checkpoint they complete a challenge that is something everyone can complete. When they have completed that challenge they receive a Checkpoint token (clue to where the finish line is) and they can move on to the next Checkpoint.

In order to be eligible for prizes, teams must complete all Checkpoints and be the first, second or third team to cross the finish line.

- \$2,500 Value Team Prize awarded to the team of four that crosses the finish line first.
- \$1,250 Value Team Prize awarded to the team of four in second place.
- \$500 Value Team Prize awarded to the team of four in third place.

Prizes will also be awarded to the individual and team who fundraises the most as well as for team enthusiasm and costumes.

- Westjet Voucher for 2 for the Top Fundraiser Individual
- \$1,500 Value Team Prize for Top Fundraising Team.
- All teams that raise over \$2,500 will receive a Line-Bypass Card.
- Any team that raises over \$1,000 will receive a clue to the final landmark in advance of the race.
- Eligible for Draw Prizes for all Individuals who raise over \$500.



If the fun and prizes don't convince you, here is the most important part!

The best part of Capital One Race for Kids™ is the difference you will make to children and youth in our community. It doesn't get any better than knowing you are having a great time at the same time as changing the lives of the young people we live around. This year all proceeds will help give children and youth a chance to participate in a camp experience at Camp Arrowflight where they will learn and grow and have the time of their life. It will be an opportunity that will create life long memories, build lasting friendships and impact their future. How exciting to know you played a part in that. Join Capital One Race for Kids™ ....it's one day where Adults Play and Kids Win!!!  
[Race for Kids Website](#)

–SOURCE: *Okanagan Boys and Girls Clubs, 2013 March 25*

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- [STATISTICS CANADA HAS RELEASED FURTHER INFORMATION ON CANADIAN DONORS FOR 2011](#)
- [CCPA'S NATIONAL BLOG](#)

### **CMHA's Mental Health Week – May 6-12**

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CMHA's Mental Health Week is an annual national event that promotes CMHA's vision of 'Mental Health for All.' This year's Mental Health Week focuses on youth mental health and includes both high school and university/college students and their families. It is estimated that 10-20 percent of Canadian youth are affected by a mental illness or disorder. Mental illness is increasingly threatening the lives of our children and Canada's youth suicide rate is the third highest in the industrialized world.

Mental Health Week takes place the first week in May and encourages people from all walks of life to learn, talk, reflect, and engage with others on all issues relating to mental health. Local events and activities are being planned in communities across Canada. News and updates will be updated soon! Until then learn how to participate, promote and advocate mental health in your community at [www.mentalhealthweek.ca](http://www.mentalhealthweek.ca)

–SOURCE: CMHA BC Division, *Mind Matters*, 2013 March 28

### **New Canada Revenue Rules Target Charitable Tax Shelters**

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The Canada Revenue Agency has been given controversial new powers to go after Canadians who participate in tax shelters that involve donations to charity. The CRA has been cracking down on these types of shelters in recent years, disallowing more than \$5-billion in donations, penalizing more than 160,000 taxpayers and revoking the charitable status of dozens of organizations.

[Read More...](#)

–SOURCE: *CharityVillage.com; Village Vibes, 2013 April 8*

## **Canadian Human Rights Commission Launches Online Complaint Tool**

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Starting today, people who believe they have suffered discrimination will have easy online access to a tool to determine if they have grounds for a complaint under the Canadian Human Rights Act. The Canadian Human Rights Commission has launched an online complaint assessment tool, an interactive, self-service questionnaire that helps people determine if a discrimination complaint is valid and should be formally filed. The complaint assessment tool is just one of the new features of the Commission's redesigned website, launched today. With its complaint assessment tool, new e-learning projects and tools for employers, and the Human Rights Maturity Model, which provides employers the opportunity to self-evaluate workplace human rights performance online, the Commission is tailoring the delivery of its services to the needs of the public.

[Read More...](#)

–SOURCE: *CharityVillage.com; Village Vibes, 2013 April 8*

## **CRA Develops New Resources Exploring Political Activity**

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The Canada Revenue Agency (CRA) has developed a series of pages on their website to help charities understand and comply with the requirements regarding political activities. These pages explain and highlight key elements from Policy Statement CPS-022, Political Activities. Generally speaking, the CRA will focus on whether a charity is operating exclusively for charitable purposes and devoting substantially all of its resources to charitable activities when assessing whether a charity has complied with the requirements of the Act. If a charity satisfies this obligation and continues to meet the various other regulatory requirements for registration, it is free to engage in non-partisan political activities in support of its charitable purposes.

[Read More Here...](#) and [Here...](#)

–SOURCE: *CharityVillage.com; Village Vibes, 2013 April 1*

## **Charitable Sector Reacts To 2013 Federal Budget**

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The recently released 2013 Federal Budget has a few important implications for the charitable sector, not the least of which is a new tax super credit for first-time donors. The proposed super credit would add 25 percentage points to the charitable tax credit for donations made by individuals who have not claimed (and whose spouse has not

claimed) the charitable tax credit since 2007. This would increase the 15% tax credit on donations below \$200 to 40%, and the 29% tax credit on donations above \$200 would increase to 54%. The super credit can be claimed once, and will apply to donations up to \$1,000.

The 2013 budget also introduces further measures to allow the Canada Revenue Agency to collect amounts owing from tax shelter schemes and extends the Hiring Credit for Small Business, which affects charities as employers. For more information, read charity lawyer Mark Blumberg's recap of the 2013 Federal Budget or Imagine Canada's press release.

[Read More...](#) and [Download the PDF](#)

–SOURCE: *CharityVillage.com; Village Vibes, 2013 March 22*

## **The First-Time-Donor's Credit – Will It Work?**

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Those in the sector will know that Imagine Canada has been pushing for the Stretch Tax Credit as a way to increase the overall donor base and encourage those who have never before made a donation. ([Hilborn Charity eNEWS](#))

–SOURCE: *Nonprofit Newswire by Imagine Canada, 2013 April 4*

## **Triple Your Impact – Matching Gift Offer**

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It's something we've all wished for – being able to do more with less. Whether it's getting more done in less time or finding more value for less money, it's hard to resist the chance to make our resources stretch farther.

That's why we're so excited to announce that your generosity will now make more impact than ever before this year! From today until the end of April, our partner State Farm® has promised to TRIPLE all\* contributions from donors.

Every dollar you donate online to the Canadian Red Cross will go three times as far in assisting families across the country recover from disasters big and small. Think about what this means you can do for someone who has just lost their home, their possessions, their security and comfort.

This offer transforms a donation of \$150 that provides a family of four emergency accommodation for the night and also gives that family hot meals for a week, personal hygiene supplies, replacement clothes and an infant care kit.

There isn't a better definition of more for less than that.

I encourage you to take advantage of State Farm's® Triple Impact Match today by making your own donation. This is your opportunity to ensure that more Canadians will have the resources to rebuild their lives when disaster strikes.

Thank you for the hope and inspiration you provide to us and the families we help.

[Read More...](#)

–SOURCE: Canadian Red Cross, Conrad Sauvé, Secretary General & CEO

## **CRA Letter On Whether Organization Qualifies As A Non-profit When It Has A Reserve**

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CRA recently released a letter which discussed whether a Corporation qualified for tax exemption when it held a reserve. In this case, the Corporation was receiving funds as a result of a funding agreement and could only expend them for specific purposes such as community, educational and charitable works or purposes.

[Read More...](#)

–SOURCE: *Blumbergs' Canadian Charity Law List – March 2013*

## **Revised version of CRA Guide T4033 – Completing the Registered Charity Information Return**

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In January, CRA released a revised T4033 Guide which we blogged on earlier, which assists Canadian registered charities with completing the Registered Charity Information Return. Now they have slightly revised the T4033 again.

[Read More...](#)

–SOURCE: *Blumbergs' Canadian Charity Law List – March 2013*

## **Statistics Canada Has Released Further Information On Canadian Donors For 2011**

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Statistics Canada has recently released donor information for 2011. Every year Stats Can puts out this information and people write about it. Stats Can notes: "Charitable donations reported by taxfilers increased 2.6% from 2010 to just under \$8.5 billion in 2011. At the same time, the number of people reporting charitable donations on their 2011 income tax return decreased by 0.6% to 5.7 million.

[Read More...](#)

–SOURCE: *Blumbergs' Canadian Charity Law List – March 2013*

## CCPA's National Blog

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The Canadian Centre for Policy Alternatives is an independent, non-partisan research institute concerned with issues of social, economic and environmental justice. Founded in 1980, the CCPA is one of Canada's leading progressive voices in public policy debates.

[Behind the Numbers](#) delivers timely, progressive commentary on issues that affect Canadians, including the economy, poverty, inequality, climate change, budgets, taxes, public services, employment and much more.

Contributors include staff and research associates from the Canadian Centre for Policy Alternatives. The views expressed on this blog are those of the individual contributors, and do not necessarily represent the views of the CCPA.

—*SOURCE: Canadian Centre for Policy Alternatives, New from the CCPA, 2013 March 28*

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- [LAUNCH DATE ANNOUNCED FOR BC'S NEW SOCIAL ENTERPRISE HYBRID STRUCTURE](#)
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## Overview of the Aboriginal Healthy Living Branch

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The Aboriginal Healthy Living Branch:

- applies an Aboriginal lens to health policy development and program implementation for the Ministry of Health (MoH);
- helps implement government's key strategic directions for Aboriginal health;
- provides guidance and support on Aboriginal health issues to other ministries;
- collaborates with key Aboriginal stakeholders and political organizations; and
- works with health authorities to integrate Aboriginal interests into their services.

[Read more...](#)

–SOURCE: BC Ministry of Health, *Aboriginal Healthy Living e-Newsletter*, 2012 December 21

## Election 2013 – VoteMentalHealth4All

---

British Columbia leads as one of the healthiest provinces in Canada, but the reality is that not all British Columbians are thriving in relation to their mental health and well-being. BC has taken some important action with a ten-year-plan for mental health and addictions, however many people are still having a hard time accessing the services and basic essentials they need and deserve. It is time to do more so that all British Columbians can thrive with better mental health. We propose 4 steps for the government to make change now:

1. Ensure that everyone can expect the same level of care from the healthcare system no matter if you are seeking treatment for depression, cancer, schizophrenia or diabetes
2. Make it easier for everyone to receive high quality treatment and support for addiction
3. Ensure that all British Columbians receiving the Persons With Disability Benefit, as a sole source of income, can afford the rising cost of living
4. Make sure that all British Columbians including those living with mental illness and addiction have access to safe and secure housing

Come Election Day everyone can take action and vote [mentalhealth4all](#)! Help us ask the government to commit to these 4 steps within 100 days of taking office to be delivered within 2 years of the start of their term.

[Read More...](#)

[@VoteMH4All](#)

–SOURCE: CMHA BC Division, *Mind Matters*, 2013 March 28

## **BC Launches New Labour Market Partnership Program For Nonprofit Sector**

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British Columbia has launched a new Labour Market Partnership Program for the nonprofit sector that hopes to help address the human resources issues that the entire sector is facing. The need for a nonprofit partnership program was identified by the sector through the Government Nonprofit Initiative (GNPI) in 2009 and the current program is a partnership between the provincial and federal governments. Starting this year, and building on the previous years of work on the program, they have launched a new website called the Thrive Project. They are looking to collaborate with sector professionals to develop a menu of HR resources and services that will be housed on a portal launching this fall.

[Read More...](#)

–SOURCE: *CharityVillage.com*; *Village Vibes*, 2013 April 4

## **Launch Date Announced For BC's New Social Enterprise Hybrid Structure**

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Regulations allowing the creation of a new corporate structure designed to bridge the gap between for-profit businesses and nonprofit enterprises received BC government approval this week. The regulations, approved by order-in-council on Wednesday, allow for the incorporation of community contribution companies (CCCs), a hybrid business model aimed at encouraging private investment in BC's social enterprise sector. Based on a similar model adopted in the United Kingdom, CCCs will be able to accept equity investment money, issue shares and pay shareholder dividends, options that are not currently available to non-profits. Unlike typical for-profit companies, CCCs will have



a limited ability to pay dividends. However, they will be able to assure potential investors that a portion of the company's profits will be used for social purposes.

The new regulations, slated to take effect on July 29, 2013, will bring into force a series of amendments to the Business Corporations Act that were passed last spring.

[Read More...](#)

–SOURCE: *CharityVillage.com; Village Vibes, 2013 March 5*

## **First Call 2013 Provincial Election Toolkit**

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As you are well aware, May 14, 2013 is Election Day in the province of British Columbia. On behalf of First Call, we have prepared an election toolkit to support individuals and community groups in their advocacy for legislation, policy and practice that benefit children and youth and their families in the lead up to the May 2013 provincial election.

The toolkit is structured around First Call's 4 Keys to Success for Children and Youth. Each section highlights some of the current issues facing children, youth and families in BC and suggests solutions government can act on, in the form of questions to parties and candidates. We have also included information on how to vote, information about the parties running in the election, and information about where to find the money for children and youth.

[Download the PDF version of the toolkit](#)

We also have put the same toolkit information in blog format, along with links to media articles and links to additional election

resources: <http://firstcallelectiontoolkit.wordpress.com/>

–SOURCE: *First Call: BC Child and Youth Advocacy Coalition, 2013 April 4*

## **Much More Than Paperwork: Proper Planning Essential to Better Lives for B.C.'s Children in Care**

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The Representative for Children and Youth, Mary Ellen Turpel-Lafond, released a report titled Much More Than Paperwork: Proper Planning Essential to Better Lives for B.C.'s Children in Care. The report is an audit on plans of care for children in the long-term care of government. The Representative partnered with the Federation of BC Youth in Care Network to consult with young people in and out of care about their views on planning and plans of care when preparing this audit.

[Read More...](#)

–SOURCE: *The Federation of Community Social Services of BC, Rebecca Ataya, MSW Interim Executive Director*

## **BCAA & UWLM Car Seat Program**

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The British Columbia Automobile Association (BCAA) and United Way of the Lower Mainland are working in partnership to make child car seats available to non-profit agencies that work with families with children age nine and under through their Community Child Car Seat Program. Successful applicants will receive child car seats for use within their programs and/or for distribution to client families in need. Due to the provincial scope of this initiative, we are requesting your support to help raise awareness about this initiative to ensure eligible candidates across the province apply. Kindly share this email to your network of non-profit agencies you believe would be interested.

[Read More...](#)

–SOURCE: *United Way of the Lower Mainland, Michael McKnight, President & CEO*

## **Youth Transition To Disability Assistance Simplified**

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The Ministry of Social Development is simplifying the Persons with Disabilities (PWD) designation process for youth with developmental disabilities who are eligible for disability assistance and Community Living BC (CLBC) supports. Effective early July, youth with developmental disabilities who are eligible for disability assistance, along with their family, will be able to use an existing psychologist assessment by a registered psychologist or certified school psychologist, instead of filling out the PWD form to apply for designation.

[Read More...](#)

–SOURCE: *BC Council for Families, Bulletin Source, 2013 March 27*

## **Seniors Advocate: Creating A Voice for Seniors**

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The Seniors Advocate Act (Act) was introduced by the Minister of Health on February 20, 2013 during the spring legislative session and was passed on March 14, 2013. The Act paves the way for the creation of an Office of the Seniors Advocate, a key commitment in the Seniors Action Plan and a priority identified in the 2013 Speech from the Throne. Seniors, their families and stakeholder groups have been anticipating the legislation since consultations were held last year.

[Read More...](#)

–SOURCE: *SeniorsBC.ca e-Newsletter Volume 4 Issue 2, 2013 March 15*

## **New Provincial Strategy to Reduce Elder Abuse in BC**

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Elder abuse is a societal problem that concerns each and every one of us. It can take many forms including physical, emotional, financial and sexual abuse, and often involves a person in a position of trust or a situation of dependency. Some examples include intimidation, physical assault, scams, misuse of a power of attorney, overmedicating, and censoring mail. Elder abuse can have devastating impacts on seniors and their families.

[Read More...](#)

–SOURCE: *SeniorsBC.ca e-Newsletter Volume 4 Issue 2, 2013 March 15*

## **Report “Promote, Protect, Prevent: Our Health Begins Here”. BC’s Guiding Framework for Public Health (the Guiding Framework)**

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The Ministry of Health recently published this new guiding document for the public health system. The Guiding Framework unifies resources and strategies that are in place to support public health and address key public health challenges. It defines a collaborative process to identify and set new priorities, make strategic investments and increase focus in areas that contribute to a strong, effective public health system. Furthermore, the Guiding Framework reinforces the importance of effective partnerships and strategic connections within the health system (particularly with the primary and community care sectors) and with external partners to support the broader population health approach.

Implementation of the Guiding Framework will be done in collaboration with key partners, reinforcing continuous quality improvement and ensuring effective and efficient resource use to support the overall health and well-being of British Columbians and a sustainable public health system well into the future.

[Download the Guide](#)

–SOURCE: *BC Healthy Communities, BCHC Newsletter – March 2013*

## **2013 Provincial Election: Early Childhood Development Questions**

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Community Action Toward Children’s Health is promoting questions for the upcoming 2013 Provincial Election.

These questions have been adapted from the EYCDI (Early Year Childhood Development Institute) webinar by the election advisors and CATCH contractors. If you have any comments or questions please contact Eve Layman at [eve.layman@catchcoalition.ca](mailto:eve.layman@catchcoalition.ca).

After April 16th (when the writ is dropped) they will be put on the CATCH website, Facebook and Twitter and we will be inviting candidates to submit their responses. These questions will also be forwarded to the Federation of University Women to be considered for inclusion in their all candidates forum on May 6th.

–*SOURCE: Community Action Toward Children’s Health, Eve Layman, Community Support Coordinator*

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## Research

- [SURVEY SAYS: USING SURVEYS TO IMPROVE STRATEGIC DECISION-MAKING](#)
- [HOW TO CONVERT ONLINE SUPPORTERS TO DONORS](#)
- [BC POVERTY REDUCTION COALITION](#)
- [STUDY REVEALS GENE THAT PREDICTS SCHIZOPHRENIA OUTCOMES](#)
- [THE EFFECTIVENESS OF SHORT-STAY YOUTH MENTAL HEALTH PROGRAMS](#)
- [THE POTENTIAL OF PHYSICAL ACTIVITY TO PREVENT AND MANAGE ALZHEIMER'S DISEASE](#)
- [FLEXIBLE WORK SCHEDULES = HEALTHY WORK-LIFE BALANCE](#)
- [MOST CHILDHOOD INJURIES ARE PREVENTABLE](#)

### **Survey Says: Using surveys to improve strategic decision-making**

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For an organization to grow and thrive, it must continuously collect information. This information can then be used by an organization's leadership to make strategic decisions that affect everything from marketing, to hiring, to funding.

[Read more...](#)

–SOURCE: *CharityVillage.com, village Vibes, 2012 December 18*

### **How to Convert Online Supporters to Donors**

---

December 18 2012 Online communities represent a huge untapped pool of potential donors. With the increasing cost of acquiring new donors through traditional channels, more and more non-profits are looking at their online supporters as potential new donors. Stratcom has been converting online supporters to donors for several years and we have identified some key success factors as well as pitfalls.

[Read more...](#)

–SOURCE: *Non-profit Newswire by Imagine Canada, 2012 December 12*

### **BC Poverty Reduction Coalition**

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2012 Child Poverty Report Card, website launch, health and poverty webinar, tax poll & more.

[Read more...](#)

–SOURCE: *The Federation of Community Social Services of BC, Federation Weekly News Items – December 7th, 2012*

## **Study Reveals Gene that Predicts Schizophrenia Outcomes**

---

A recent study from the Centre for Addiction and Mental Health (CAMH) found a single gene that may explain the dramatic differences between patients with schizophrenia. The study reveals that some people with schizophrenia have a unique version of the microRNA-137 gene that is associated with the disease. The study published in the latest issue of *Molecular Psychiatry* studied this gene in 510 individuals with schizophrenia. The researchers found that patients with the unusual gene tended to develop the illness at a younger age and had distinct brain features – both associated with poorer outcomes – compared to patients without this version of the MIR137 gene. This research may help develop tests to screen for different versions of the MIR137 gene and treat patients more effectively.

[Read More...](#)

–SOURCE: CMHA BC Division, *Mind Matters*, 2013 March 28

## **The Effectiveness of Short-Stay Youth Mental Health Programs**

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The Children’s Hospital of Eastern Ontario (CHEO) has implemented a short-stay program for youth with serious mental health challenges. Short-stay programs focus on stabilizing and assessing youth and facilitating community connections that can be effective at improving risks and symptoms in youth. Researchers studied the effectiveness of this approach in Ontario through a series of surveys. 211 patients aged 7-17 completed the survey which assess the patient’s mental health at admission and discharge. Regardless of the length of stay or type of service received most youth showed improvement in mental health risk and symptoms by discharge. This means that the program’s short admissions were able to provide crisis stabilization, symptom reduction and with system support improved youth in the transitional care stage. This research could be of interest because it examines the effectiveness of short-stay programs beneficial to hospitals.

[Read More...](#)

–SOURCE: CMHA BC Division, *Mind Matters*, 2013 March 28

## **The Potential of Physical Activity to Prevent and Manage Alzheimer’s Disease**

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Researchers in Ontario examined the role of physical activity in the prevention and management of Alzheimer’s disease. Researchers reviewed 871 articles, of these 24 randomized control trials and 21 prospective cohort studies examining physical activity

were selected for further analysis. The research showed that within older adults with Alzheimer's disease regular physical activity improved quality of life, activities of daily living and decreased occurrence of depression. For older adults without Alzheimer's disease those who were physically active were almost 40% less likely to develop Alzheimer's disease than those who were inactive. The research was observed from a population level and showed that 1 in 7 cases of Alzheimer's disease could be prevented if everyone who is currently inactive were to become physical active. The collective findings show that physical activity has the potential to both prevent and manage Alzheimer's disease in Ontario. Additional work is needed to identify the optimal dose and mode of activity, but the research is promising.

[Read More...](#)

–SOURCE: CMHA BC Division, *Mind Matters*, 2013 March 28

## **Flexible Work Schedules = Healthy Work-life Balance**

---

Struggling to balance work and family life is something that almost every working person is familiar with. Deciding where to allocate your time is an undertaking that can result in stress, frustration, and sometimes, depression. Past research has shown that when employees face challenges in balancing their obligations; absenteeism increases, work performance plummets, and employees may even consider leaving their jobs. Traditional work schedules that consist of going to the office Monday to Friday on a 9 to 5 basis are proving to be too rigid and unaccommodating for many contemporary families.

Having a flexible work schedule is a major factor in increasing employee's satisfaction with paid work and perception of work-life balance, according to a recent study from the University of Manitoba.

[Read More...](#)

–SOURCE: BC Council for Families, *Healthy Families*, 2013 March 25

## **Most Childhood Injuries Are Preventable**

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It is estimated that 90% of the unintentional injuries that children suffer are preventable. According to research, and Frances MacDougall's firsthand experience as a burn unit nurse, about 25,000 Canadian children under 14 are hospitalized for serious injuries each year, and 390 of those children die from their injuries. These numbers are shocking!

The Safe Kids Canada survey indicates that 70% of Canadian parents do not know that the most common cause of burn injuries to children is scalds from hot liquids, such as

tea or coffee, and hot tap water.

[Read More...](#)

–SOURCE: *BC Council for Families, Healthy Families, 2013 March 11*

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## Resources

- [VISIONS MAGAZINE – WELLNESS](#)
- [RETHINKING WOMEN AND HEALTHY LIVING IN CANADA REPORT](#)
- [WHY IT'S HARD TO FIND A JOB AND WHAT YOU CAN DO ABOUT IT](#)
- [FROM THE VAULT: JOB POSTING SUCCESS – 12 TIPS FROM THE EXPERTS](#)
- [RECRUITERS WEIGH IN ON RESUME LIES, PERSONALITY AND PRESENTATION](#)
- [BLACKBAUD RELEASES FREE EBOOK EXPLORING NONPROFIT MARKETING](#)
- [PROBATION MEANT AS AN OPPORTUNITY TO DEMONSTRATE SKILLS](#)
- [THE ABUNDANT NOT-FOR-PROFIT: HOW TALENT \(NOT MONEY\) WILL TRANSFORM YOUR ORGANIZATION](#)
- [OKANAGAN AUTISM NETWORK FORUM](#)
- [INTRODUCING SECTOR SOURCE, THE NEW ONLINE LIBRARY](#)
- [DAN PALLOTTA: THE WAY WE THINK ABOUT CHARITY IS DEAD WRONG](#)
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- [TEENS' SUICIDAL BEHAVIOUR INFLUENCED BY PARENT'S INPATIENT CARE](#)
- [AGING BOARDS – HOW TO DITCH THE “KIDS’ TABLE”](#)
- [APRIL IS DAFFODIL MONTH](#)
- [CAN YOU DIG IT](#)
- [DEFLATING THE “CARBON BUBBLE” THROUGH FOSSIL FUEL DIVESTMENT](#)

### Visions Magazine – Wellness

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The new issue of HeretoHelp's Visions magazine explores the concept of wellness. Writers contributed personal stories of wellness including being engaged in the community, feeling centered and empowered to take on problems and contribute to something greater. The issue defines wellness from a mental health perspective and looks at well-being from an individual level as well as its influence on families, schools, workplaces and communities. The issue touches on the importance of community, be it families, workplaces, support groups or cultural and spiritual groups. Visions is produced by CMHA BC on behalf of HeretoHelp.

To read the Wellness issue of Visions magazine online or to subscribe for the magazine visit [www.heretohelp.bc.ca](http://www.heretohelp.bc.ca).

–SOURCE: CMHA BC Division, *Mind Matters*, 2013 March 28

### Rethinking Women and Healthy Living in Canada Report

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The Centre of Excellence for Women's Health has released a new women's health resource, Rethinking Women and Healthy Living In Canada. The report, funded by Health Canada, aims to generate an understanding of women and healthy living in order to address challenges related to healthy living for women in Canada. The report argues that healthy living needs to be reframed and embrace a broader concept of health and

health issues. The report includes an overview of the status of women in Canada, a profile of women and healthy living, healthy living strategies and promising gender-sensitive intervention and conclusions. The report is accompanied by fact-sheets on healthy living including Physical Activity, Sedentary Behaviour, Smoking Tobacco, Drinking Alcohol, Sexual Behaviour, Food Inspection and Self Injury. To access these resources visit [www.bccewh.bc.ca](http://www.bccewh.bc.ca)

–SOURCE: CMHA BC Division, *Mind Matters*, 2013 March 28

## **Why It's Hard To Find A Job And What You Can Do About It**

---

Getting a job can be hard but it can be made at least a little easier by modifying your job search strategies. Down economies, lack of experience, lack of connections, not enough effort; these can be just a few of the many barriers to getting a job in the nonprofit sector. Read on for strategies and specific tactics that you should be using to beat unemployment.

### **The 10x rule**

Grant Cardone, in his book *The 10x Rule*, talks about the 10x rule as being the only difference between success and failure. The 10x rule suggests that the amount of effort you think it takes to do something should be multiplied by ten times. This will guarantee you the results you are aiming for.

This is a great rule to apply to your job search. Many job seekers don't cast a wide enough net. If you think it's going to take 15 applications to get a job, use the 10x rule to multiply that to 150. You need to dig deep and put ten times the effort into your current job hunt. Many job seekers underestimate the amount of effort it will take to secure a great job. Don't give up and stay persistent.

[Read More...](#)

–SOURCE: *CharityVillage.com; Village Vibes*, 2013 April 8

## **From The Vault: Job Posting Success – 12 Tips From The Experts**

---

Creating a great job posting is one of the first steps in a successful hiring process. A well-crafted job ad will not only attract the right quality of candidates for the job, but will also increase the likelihood that applicants will be a good fit with your organization's culture and values, making selecting the right candidate that much easier for you.

At CharityVillage®, we see hundreds of postings go live on our job board every month. We talked to our internal experts to get their tips and advice to help you put together a successful job posting.

–SOURCE: *CharityVillage.com; Village Vibes*, 2013 April 8

## **Recruiters Weigh In On Resume Lies, Personality And Presentation**

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The internet is rife with websites claiming to be the authority on resume do's and don'ts, tricks of the trade, and how to set yourself apart. Recruiters weigh in on resume lies, personality and presentation

[Read More...](#)

–SOURCE: *CharityVillage.com; Village Vibes, 2013 April 8*

## **Blackbaud releases free eBook exploring nonprofit marketing**

---

Blackbaud, Inc. has released a free eBook called npEXPERTS: Online Marketing Insights for Non-profits, which features ways non-profits can connect with supporters, activate their donor bases and raise more money online. The authors share their expertise from years working with organizations both as employees and consultants and the book's chapters cover such topics as social media, email marketing, mobile, peer-to-peer fundraising, and integrated marketing.

[Read More...](#)

–SOURCE: *CharityVillage.com; Village Vibes, 2013 March 6*

## **Probation Meant As An Opportunity To Demonstrate Skills**

---

I sometimes refer to the probation period as the Rodney Dangerfield of employment law (for those of you not old enough to know, that means it gets no respect). But few legal mechanisms can be more effective in getting employers out of employment relationships which seemingly have no future.

[Read More...](#)

–SOURCE: *Smithson Employment Law Corporation, 2013 April 1*

## **The Abundant Not-for-Profit: How Talent (Not Money) Will Transform Your Organization**

---

Colleen Kelly and Lynda Gerty, Newly Released from Vantage Point!

Put old-fashioned views of volunteering into a new light and discover the untapped wealth of "knowledge philanthropists" – people who will donate their expertise to causes that matter to them, if invited to participate in significant work. From organizational

culture to planning, from great governance to excellent people processes, The Abundant Not-for-Profit offers leaders a new road map to transform their organizations with talent, not money.

This book is available in e-book (PDF) format for immediate download. (US\$24.99).  
[Order The Abundant Not-for-Profit today!](#)

–SOURCE: *Energize, Inc., Book Buzz, 2013 March 27*

## Okanagan Autism Network Forum

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After hearing from many families about the need to improve communication and connection for parents of children with Autism, we have set up an online forum for that purpose.

We have set up the Okanagan Autism Network Forum at the following link:  
<http://autismnetwork.freeforums.net>

Please feel free to check it out, to add information or to connect with other parents and caregivers in your community.

–SOURCE: *Stepping Stones Counselling Group, Deanne Leung M.Ed., Coordinator/Therapist*

## Introducing Sector Source, The New Online Library

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Sector Source is the next generation of Imagine Canada's Nonprofit Library. It is organized around key topics aligned with our Standards Program, along with Imagine Canada's signature research, and much more. The wealth of information in Sector Source includes:

- Popular Topic Guides featuring information about governance, financial accountability, fundraising, human resources and more;
- A Training and Events listing of professional development activities hosted by Imagine Canada and our partners; and
- A simple Library Search function to help you find information you need.

Visit [Sector Source today](#). You may also be interested in opting in to our [Sector Source newsletter](#)! [Sector Source Standards Program](#) opting in to our [Sector Source newsletter](#)

–SOURCE: *Imagine Canada, Imagine Matters, 2013 March 12*

## **Dan Pallotta: The Way We Think About Charity Is Dead Wrong**

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Activist and fundraiser Dan Pallotta calls out the double standard that drives our broken relationship to charities. Too many non-profits, he says, are rewarded for how little they spend — not for what they get done.

[View the TED Video](#)

–SOURCE: *Imagine Canada, LinkedIn 2013 March 22*

## **Global Ageing and Environmental Change: Attitudes, Risks and Opportunities**

---

Global ageing and environmental change bring together two key policy challenges, which need to be addressed to ensure a safe, secure, equitable and sustainable future. Growing old in the twenty-first century will bring with it the unique challenge of a changing global environment with variable climate and weather patterns which will impact on all aspects of life.

In order to effectively manage the impacts associated with environmental change it will be necessary to confront and integrate social dimensions in adaptation planning. This requires a better understanding of the effects a changing environment will have on older people at the local, regional, national and international level and in different geographical and socio-economic contexts.

This study reviews the key issues relevant to global ageing and environmental change. It examines older people not only in terms of their vulnerability to environmental threats but as contributors to environmental sustainability.

[Download the Report](#)

[Stockholm Environment Institute](#)

–SOURCE: *BC Healthy Communities, BCHC Newsletter, 2013 March*

## **A Few Good RSVP Tools: Online Registration Options for Free Events**

---

Planning a free event? It can be difficult to justify paying a lot of money for online registration software, but trying to get by with email or online invitation tools like Evite can leave you frustrated. Don't worry—you have options. IdealWare talked to seven nonprofit technology experts about useful and affordable options for collecting RSVPs for free events.

[Read More...](#)

–SOURCE: *4GoodResources, 2013 March 26*

## Teens' Suicidal Behaviour Influenced By Parent's Inpatient Care

---

When someone close you to attempts, or completes suicide, it is extremely difficult to cope with the painful feelings that result. Immediately after such an event, grief is raw and support systems to prevent further suicide attempts, or deaths by suicide, are absolutely essential. Established methods of prevention and support are especially necessary when dealing with parents who are in care due to a mental condition, and the children that are left behind.

[Read More...](#)

[NOTE: Download KCR's free Suicide Prevention Handbook](#)

–SOURCE: BC Council for Families, *HealthyFamilies* 2013 April 3

## Aging Boards – How To Ditch The “Kids’ Table”

---

The Boomer generation “has grown up with and held on to [their] parents’ notion of an ‘adult’s table’ and a ‘kid’s table.’” And that, says Third Sector Company head Jeffrey Wilcox, leads nonprofit boards to ignore the two generations after the Boomers.

[Read More...](#)

–SOURCE: *Nonprofit Newswire* by Imagine Canada, 2013 April 1

## April is Daffodil Month

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The Canadian Cancer Society’s Cancer Information Service offers immediate access to information about cancer and to compassionate support resources for those facing cancer. [Visit our website](#) to learn more. Are you in need of support? Do you have questions? Don’t hesitate to call us: 1.888.939.3333

–SOURCE: *Canadian Cancer Society, Newsletter*, 2013 March 28

## Can You Dig It

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Can You Dig It supports newcomers to Canada and their communities to create and coordinate inclusive food growing gardens where everyone can grow and share their own food, with part of the produce donated to those in need.

Click here to watch a short and fun video about how you can support more inclusive communities and raise funds for your own project through an innovative campaign: <http://www.youtube.com/watch?v=MWBgnpIYIOM>

Support Can You Dig It, sponsor a garden bed and buy your seeds! Please share in your network and have a look at the flier attached. More than 1,000 gardeners are now experiencing community inclusion in our network of 26 gardens, and we want to include you! Contact us to join an existing garden or to know more about creating your own inclusive garden.

–SOURCE: *Can You Dig It*, Cinthia Pagé, Project Coordinator

## **Deflating the “Carbon Bubble” Through Fossil Fuel Divestment**

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Between two-thirds and four-fifths of known fossil fuel reserves have been deemed to be “unburnable carbon” that cannot safely be combusted without leading to catastrophic climate change.

A new study by CCPA economist Marc Lee and SFU graduate student Brock Ellis looks at the implications of unburnable carbon for the Canadian fossil fuel industry and for financial markets and pension funds. The authors argue that Canada is experiencing “carbon bubble” that must be strategically deflated in the move to a clean energy economy. The study estimates Canada’s share of a global carbon budget and finds that, at least 78% of Canada’s proven oil, bitumen, gas, and coal reserves, and 89% of proven-plus-probable reserves would need to remain underground.

Read more about the “carbon bubble” and the authors’ recommendations to green Canada’s financial markets in the report, [Canada’s Carbon Liabilities: The Implications of Stranded Fossil Fuel Assets for Financial Markets and Pension Funds](#).

An easy-to-read summary of the report can also be found on our blog: [Carbon bubbles and fossil fuel divestment](#).

–SOURCE: *Canadian Centre for Policy Alternatives, New from the CCPA, 2013 March 28*

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# Social Media

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## It's Time to Tumble into the Newest Social Media Phenomenon

Before we get started, rid yourself of any preconceived notions of what you think Tumblr is all about. Start fresh. Resist the urge to assume it is just the place where teenagers post pictures of their brunches or that site that is nothing but videos of cats. Even if you are under the impression that the content produced on Tumblr is frivolous, the site's rapid user growth cannot be ignored. But are many Canadian non-profits using Tumblr?

A simple search of many non-profit websites across the country reveals that while Facebook and Twitter are now staples, only a handful of these organizations are actually using the micro blogging site.

[Read More...](#)

—SOURCE: Heather @ DIOSA Communications & Non-profit Tech 2.0, 2013 February  
4

## Creating a Social Media Policy For Your Non-profit

A good social media campaign or engagement strategy can help your organization fulfill its mission. There are many examples of non-profits using these tools successfully for everything from fundraising and volunteer recruitment to building awareness on sites



such as Facebook, Twitter, and LinkedIn. But there are also examples of organizations that have encountered pitfalls along the way to an effective social media presence.

[Read More...](#)

–SOURCE: Heather @ DIOSA Communications & Non-profit Tech 2.0, 2013 February 4

## 11 Obvious Signs Your Non-profit Needs Social Media Training

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Many non-profits need social media training - they just don't know it. There's always room for improvement and unfortunately overconfidence in social media skills prevent many non-profit staff from getting training that could significantly increase their [social media ROI \(Return on Investment\)](#). Social media best practices are constantly in flux as tool sets change and algorithms are modified. Unless you study Facebook, Twitter, Pinterest, Google+, etc. on a regular basis you may not realize that the best practices that worked six months ago have evolved and some simply don't work anymore at all. Social media is time consuming and if you aren't doing it right, you're wasting your time.

[Read More...](#)

–SOURCE: Heather @ DIOSA Communications & Non-profit Tech 2.0, 2013 February 4

## VoiceTexter

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Ideal for mobile social media managers, VoiceTexter is an iPhone app that instantly transcribes your voice messages and allows you to post them on social media. The app can also translate your messages into multiple languages.

[Check out the app](#)

–SOURCE: Heather @ DIOSA Communications & Non-profit Tech 2.0, 2013 April 1

## PicMark

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[PicMark](#) is a free tool that easily enables you to watermark your images before uploading them to social networks. It's good for branding your non-profit and protecting the copyright of your photos. PicMarked photos would make a good Flickr slideshow as well.

–SOURCE: Heather @ DIOSA Communications & Non-profit Tech 2.0, 2013 March 6

## **Tweriod**

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[Tweriod](#) gives you the best times to tweet. It analyzes both your tweets and your followers' tweets so you can start tweeting when it makes most sense to reach others.

–SOURCE: Heather @ DIOSA Communications & Non-profit Tech 2.0, 2013 March 11

## **Quozio**

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[Quozio](#) is a simple tool that enables you to create images of quotes that can be uploaded to Pinterest, Facebook, Twitter or Google+.

–SOURCE: Heather @ DIOSA Communications & Non-profit Tech 2.0, 2013 March 18

## **Easel.ly**

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[Easel.ly](#) allows you to create infographics for your non-profit by using pre-designed templates and a simple drag-and-drop process for data integration.

–SOURCE: Heather @ DIOSA Communications & Non-profit Tech 2.0, 2013 March 25

## **Best Practices For Promoting Your Fundraiser Online**

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As marketers in the non-profit sector, we realize that conversations are taking place online between non-profit organizations and their donors, as well as among many supporters and their friends and associates. The growth of the Internet and online technologies has created tremendous opportunities for marketing your fundraising events in new ways. Yet it can quickly lead to information overload.

[Read More...](#)

–SOURCE: CharityVillage.com; Village Vibes, 2013 April 8

## **New Study Explores The Motivations Of Social Media Influencers**

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Social media's empowerment of the individual means anyone can be influential. That presents an opportunity and challenge to every cause-minded organization: What does influence truly mean and how do you harness it? To explore these questions, Georgetown University's Center for Social Impact Communication and Waggener Edstrom conducted a study of more than 2,000 digitally engaged, cause supporting adults. The study provides insight into the habits, behaviors, and motivations of these

individuals, as well as information on how to engage them to produce greater awareness and support of causes.

Respondents fall into four categories:

1. **Mainstreeter:** The most common group, Mainstreeters are active on social media but only support causes offline, partially due to privacy concerns.
2. **Moderate:** The second most common group, Moderates balance offline support with online actions such as liking a cause on Facebook.
3. **Maximizer:** This group is relatively uncommon and supports an average of 12 different causes both online and offline.
4. **Minimalist:** The least common group, Minimalists only support causes online and cite lack of money and time as barriers to offline support.

[Read More...](#)

–SOURCE: *CharityVillage.com; Village Vibes, 2013 March 21*

## **How Non-profit CEOs Use Social Media (Enthusiastically) for Personal and Organizational Leadership**

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As the leader and voice for your non-profit organization, should you as the CEO or executive director use social media as part of your organizational or personal leadership tool set? Certainly, your marketing communications staff has talked about the benefits of effective social media integration that personalizes your organization's brand with the voice of its leader – you. But getting into the habit of regular tweeting, Facebooking, or experimenting with new tools like Instagram is another story.

It's not that you don't think it is a good idea. But you are probably, like most who work in the social change sector, incredibly busy. Maybe you are muttering to yourself "Who can find the time to do social media? It isn't a matter of finding the time, it is a matter of making the time and starting with some steps. Have a conversation with your social media team and ask these questions.

[Read More...](#)

–SOURCE: *Beth's Blog by Email, 2013 April 4*

## **Top 10 Spreadsheet Secrets From A Non-profit Data Nerd**

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Note from Beth: I made a personal goal for myself to get past my dislike of spreadsheets and become more fluent. First I had to "Stop Fearing the Spreadsheet" and then started to interview non-profit data nerds about their Excel secrets. Why get good at Excel?

[Read More...](#)

–SOURCE: *Beth's Blog by Email, 2013 April 3*

## **New Book: How To Implement Multichannel Online Campaigns**

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Colleagues Allyson Kapin who founded a web agency called Rad Campaign (they designed my blog) and Amy Sample Ward, who the NTEN Membership Director (and I've known since 2007) have published a new how to book called "Social Change Any Time Every Where." Craig Newmark wrote the foreword. I blurbbed this book with, "If you are looking for a recipe book for tips and tactics to integrate mobile and social media to round out your non-profit's marketing plan, look no further than this book." The book offers up advice and techniques on how to make your online channels – email marketing, web site, and newer tools like mobile and social media work together in a sophisticated strategy or your organization to reach its advocacy, fundraising, or community building goals.

[Read More...](#)

–SOURCE: *Beth's Blog by Email*, 2013 April 1

## **Tips and Tools for Integrating Social Media Into Your Non-profit Event Marketing Plan**

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Integrating social media into your non-profit's event can help you engage with your organization's audiences AND help get better results. Whether your event is hybrid offline/online event or virtual, one way to think through a strategy for events is a simple: Before, During, and After. I queried non-profit colleagues, asking for their best advice. Here's a summary of tips, tools, examples, and resources for getting the most of our non-profit event with social media.

[Read More...](#)

–SOURCE: *Beth's Blog by Email*, 2013 March 28

## **What is your organization's "One Metric That Matters?"**

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Two new books on measurement and analytics came to my attention this week. One is about non-profit performance assessment and written for an audience of non-profits, especially those that manage social service programs. The other is about using data to make decisions, but for the start-up audience. They have some ideas in common – including finding the "One Metric that Matters."

[Read More...](#)

–SOURCE: *Beth's Blog by Email*, 2013 March 27

## **New Disaster Response App Uses VolunteerMatch APIs**

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From 9/11, to Katrina, to Hurricane Sandy, we've seen over and over the chaos and tragedy that arise from disasters. We've also seen the critical role that non-profits play in supporting local communities, helping them to prepare for and of course recover from disasters.

Last month Microsoft launched a new mobile application. Helpbridge, developed with support from VolunteerMatch, is now available on Windows Phone, Android and the iOS platforms. It's a disaster response app that helps people get help and give help during a natural disaster such as a hurricane or earthquake.

[Read More...](#)

–Source: *Volunteer Match, 2013 February 7*

## **8 Tips for Making Your Non-profit Website Mobile Friendly**

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Do thoughts of the mobile Web send your mind into a whirlwind frenzy of tiny website pictures, modified html code streams, and manual configuration images? If so, close your eyes, take a deep breath, and relax! Network for Good's here to help make mobile easier.

Non-profits are reporting that up to a third of their Web traffic is now coming from mobile devices. The mobile Web is rapidly becoming a key way to communicate your message to donors; it's important that your non-profit website isn't giving them a bad impression.

[Read More...](#)

–SOURCE: *Network for Good, Newsletter, 2013 March 14*

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# Training

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- [WORKING WITH VULNERABLE POPULATIONS: THE MINDSET AND HEART-SET OF BEST PRACTICES](#)
- [FREE TRAINING TO BE A VOLUNTEER ACTIVE CHOICES COACH](#)

## Pinwheel Education Series

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Upcoming topics:

- Gender Identity: April 11
- The Role of Recreation in Recovery: May 23
- Parental Mental Illness: June 20

Participation options include: In person; Telephone; Telehealth.

Visit: [www.keltymentalhealth.ca](http://www.keltymentalhealth.ca)

–SOURCE: *Kelty Mental Health Newsletter, 2013 April 5*

## Living Life to the Full Courses

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The Living Life to the Full course is a series of eight, enjoyable 90-minute sessions – one per week – that helps people to make a difference to their lives. Each session is expertly moderated and includes a booklet. Participants are taught how to deal with their feelings when fed up, worried, or hopeless, and learn skills that help them tackle life's problems.

Register for one of the following courses or learn more about the program at [www.lltf.ca](http://www.lltf.ca).

- Penticton – April 4 –May 24, 10:30am–12:00pm

–SOURCE: CMHA BC Division, *Mind Matters*, 2013 March 28

## **Housing Options for Seniors Workshop**

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Offered the second Thursday of each month. Next workshops will be:

April 11, May 9, and June 13  
10:00am-11:30am  
Seniors Outreach & Resource Centre  
102-2055 Benvoulin Court, Kelowna, BC

Plan ahead and learn about the housing options available to you and seniors in your life. Information about Subsidized Housing, Supportive Living, Assisted Living, and Residential Care will be covered.

To register for this free event please call 250.861.6180 or email [ten.sulet@roines](mailto:ten.sulet@roines).

–SOURCE: *Seniors Outreach and Resource Centre, Kathryn McLean, Housing Outreach Social Worker & Volunteer Coordinator*

## **Building Proposals that Sell – Being Offered in Kelowna, BC**

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The day will focus on how to take the knowledge you have about your organization and apply it to custom building proposals for sponsors that will sell. If you or your organization are tired of getting rejections or have a closing ration of less than 75%, this is a must attend workshop. This workshop will provide you with the tools, insight, training and break out session interactive group work to successfully deliver a much higher closing rate than you presently have. Most who follow these approaches and suggestions will maintain a closing rate of 75% or higher.

Do you presently have a series of “Gold, Silver and Bronze” packages that seem to incite sponsors to say “no”? Do your sponsor packages ramble on about your organization and fail to excite sponsors on how they can benefit from investing with your organization? Do you understand the acronym WIIFM and how it applies to sponsors? If you answered yes, yes and no, then this one day workshop is critical for you to attend.

[Register Now!](#)

–SOURCE: *Partnership Group – Sponsorship Specialists*, 2013 March 27

## **Building SustainAble Communities Conference**

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The Fresh Outlook Foundation is hosting its 6th Building SustainAble Communities conference November 25th to 28th in Kelowna. Please save room in your calendar and your budget for this highly acclaimed and hugely popular event that last year drew 600 delegates from 80 communities!

In keeping with our commitment to make every conference a unique encounter, we've partnered with global performance improvement organization FranklinCovey to provide an informative and inspirational conference/training experience designed to accelerate your move toward sustainability.

[Visit the FOF website](#) to view the Preliminary Agenda, Sponsorship Package, Exhibitor Package, and registration options. [Register before June 1st and save big!](#)

*–SOURCE: Fresh Outlook Foundation SustainAbility Support Services Inc., Joanne de Vries, Founder & CEO*

## **CYSN, Mental Health Week, CATCH Network Gathering and Partners Resource Exhibit**

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We are pleased to announce our Spring Network Gathering. This event includes a new collaboration with community partners for the resource exhibit. These partners include:

- Mental Health Week Community Open House
- Children and Youth with Special Needs
- Community Action Toward Children's Health – Early Childhood Development Table

CATCH's Network Gathering theme for this event and speaker panel is Engaging Hard to Reach and Vulnerable Families.

Event details:

11:30am-1:00pm – Lunch and panel

1:30pm-4:00pm – Community Partners Resource Exhibit

Trinity Baptist Church, 1905 Springfield Road, Kelowna

[Register Here](#)

*–SOURCE: CATCH, 2013 March*

## **Conference: Professionalizing the Face of Volunteer Leadership**

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AVRBC is very excited to be hosting our bi-annual conference in Victoria BC from May 22 to May 24. The theme of our conference is "Professionalizing the Face of Volunteer Leadership" and we are very fortunate to have Susan Ellis, an internationally acclaimed leader in volunteer management, as our keynote. Susan rarely speaks in Canada and this may be your last chance to experience her leadership. She has a very well-known company and regular publication <http://www.energizeinc.com/>. Also included in the



conference are a choice of 7 other dynamic sessions, an evening gala, great networking opportunities, meals and more!

The conference takes place at Delta Pointe Hotel and is sandwiched between Victoria day festivities and the Swiftsure yacht races.

For registration and further information, [visit our website](#).

–*SOURCE: Administrators of Volunteer Resources British Columbia (AVRBC), Clare O’Kelly, CAVR President*

## **Conference: 2013 Heart Mind Conference**

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Registration is now open for the May 9 -11, 2013 Heart Mind Conference in Vancouver BC. Heart-Mind 2013 brings together some of the leading minds in child development and contemplative practice – from scientific researchers to practitioners – to address the Dalai Lama’s question, “How can we educate the hearts of children?” Early bird pricing through March 15th. The theme of this year’s conference is Mindfulness and its role in helping children thrive physically, socially and emotionally. It is for all those who care for and about children – parents, educators, mental health workers, healthcare professionals, out-of-school-care providers, yoga instructors, recreation leaders, academics, thought leaders and many others. The conference provides a wonderful opportunity to network with like-minded people who are committed to integrating mindfulness into the lives of children.

[Register Here](#)

–*SOURCE: Community Action Toward Children’s Health, CATCH Network Newsletter March 11, 2013*

## **Next Charity Tax Tools Webinar: Tuesday, April 16th, 2013**

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Practical Implications of CRA’s New Community Economic Development Policy  
1:00pm-2:00pm EDT

On July 26, 2012, Canada Revenue Agency (CRA) released Guidance CG-014, Community Economic Development Activities and Charitable Registration (the New Guidance). Presented by Terrance Carter, managing partner of Carters Professional Corporation, this webinar session will cover the following:

- What is community economic development (CED)?
- Can charities engage in CED?
- Types of CED activities
- Activities that relieve unemployment
- Grants and loans to eligible beneficiaries
- Program-related investments

- Social businesses for individuals with disabilities
- Community land trusts
- Promotion of commerce or industry
- CED activities in areas of social and economic deprivation

[Register today!](#)

–SOURCE: *Imagine Canada, Imagine Matters*, 2013 March 26

## **The Role & Responsibility of Board Members**

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Board Members are legally and financially responsible to ensure that their organizations meet the requirements of the AODA. This webinar series has been designed to give Board Members the key information on each of the standards, the timelines for compliance, and a summary of their responsibilities.

When: Mondays, April 29th to June 3rd, 12:00pm-12:30pm

Cost: First webinar on April 29th is FREE.

[Register](#)

–SOURCE: *Accessibility Ontario, Newsletter*, 2013 March 6

## **Abuse, Neglect and Self-neglect of Vulnerable Adults**

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**Date:** May 3, 2013: 8:30am-12:30pm

Starts with coffee and muffins and ends with light “networking” lunch.

*Sponsored by BC Association of Community Response Networks (BC CRN)*

Alison Leaney (previous Prov CRN ED) and Sherry Baker (current Prov CRN ED) are putting on a workshop for all of us interested in CRN work re “abuse, neglect and self-neglect of vulnerable adults”. Alison will present 2 sample cases (one a “capable” person and one an “incapable” person) and she and Sherry will discuss/present ideas around creating coordinated community responses to such issues.

(More details will follow soon. Email [administration@bccrns.ca](mailto:administration@bccrns.ca))

–SOURCE: *BC Association of Community Response Networks (BC CRN)*, Linda Hall, Administrative Assistant

## **World Elder Abuse Awareness Day Guide**

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To: CRNS, CRN Members, Coordinators, Mentors, Board Members and interested community participants.

Attached please find the Agenda for April's Provincial Teleconference. The Minutes of the last Provincial Teleconference will be forwarded shortly.

**BC ASSOCIATION OF COMMUNITY RESPONSE NETWORKS  
PROVINCIAL TELECONFERENCE – APRIL 16, 2013**

10:30am–12:00pm

Please mark your calendars, and dial in to join the conversation.

Dial: 1.877.353.9184 (in Vancouver local area 604-681-0260)

Participant: 9239214#

\*6 (to mute)

Our Guest Speaker will be Sherry Baker – Executive Director, BC Association of CRNs and the topic will be the new WEAAD (World Elder Abuse Awareness Day) Guide developed this year which will be included in packages of promotional materials forwarded by the Association.

To follow Sherry's presentation, we will include links to the WEAAD Guide on our website [www.bccrns.ca](http://www.bccrns.ca) by next Tuesday.

–SOURCE: BC Association of Community Response Networks (BC CRN), Linda Hall, Administrative Assistant

## **Development of a Canadian Housing First Toolkit**

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### **Homelessness Partnering Secretariat Webinar**

When: Monday April 15, 2013, from 11:30am-1:00pm EDT

How: This FREE Webinar opportunity combines web-based viewing of PowerPoint presentations with audio via a teleconference.

Presented in English with French simultaneous translation available

Topic: Building a Canadian Housing First Toolkit

Register for this event here: <http://event.networktelsys.com/HRSDC-RHDCC/n4uq81as3>

For additional information or if you do not wish to receive further HPS Webinar notices please let us know by e-mail: [hps-teleforums-spli-gd@hrsdcc-rhdcc.gc.ca](mailto:hps-teleforums-spli-gd@hrsdcc-rhdcc.gc.ca).

### **Description:**

The purpose of this webinar is to discuss the development of a Canadian Housing First Toolkit that can be used for the dissemination of the Housing First approach across Canada. The toolkit will be based largely upon the accumulated wisdom and experience of the Mental Health Commission of Canada's At Home/Chez Soi project, other related projects, as well as the qualitative and mixed methods research conducted by the At Home/Chez Soi research team on project conception, planning, implementation, and fidelity. The audience for the toolkit is policy-makers, planners, practitioners, researchers, and other stakeholders involved in preventing and reducing homelessness. A participatory approach to the toolkit development is being employed with

consultations with the At Home/Chez Soi sites, other Housing First programs in Canada, and potential users of the toolkit.

**Potential Modules for the Toolkit:**

Module #1: The Housing First Model: Principles, Programs, and Research

Module #2: Getting Started – Conception of a Housing First Program

Module #3: Planning – Creation of a Housing First Program

Module #4: Building and Stabilizing – Early (first year) and Later Implementation of a Housing First Program

Module #5: Keeping It Going: Sustaining the Housing First Program

Module #6: How to Evaluate a Housing First Program

**Questions for Webinar participants that will be discussed after the presentation:**

1. What information would you find most useful in terms of a Housing First Toolkit?
2. We have developed a draft outline of the Toolkit. [See the draft outline above]. Do these Modules capture the topics that you find most important? Is there anything that you suggest removing, modifying, or adding?
3. In terms of the Toolkit format, what would you find most helpful? For instance, some Toolkits consist of a written narrative, checklists and handouts, case studies of Housing First programs, Power Point slides, and video clips.
4. Do you have any suggestions regarding ways that we can make the Toolkit:
  - o Engaging?
  - o Well organized?
  - o Informative?
  - o Easy to read?

Presented by Dr. Geoff Nelson of Wilfrid Laurier University and Dr. Paula Goering of the University of Toronto's Centre for Addiction and Mental Health

*–SOURCE: Homelessness Partnering Secretariat, Human Resources and Skills Development Canada 2013 April 3*

## **Measuring the Networked Non-profit with Beth Kanter**

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Measuring the Networked Non-profit, co-authored by Beth Kanter and KD Paine, is an entertaining and useful book about two processes that non-profits need for success in a networked age: To become networked and measurement. This book provides valuable, how-to insights on using data to change the world – insights all non-profits can use to fulfill their missions. The book relates stories, outlines measurement frameworks and offer up a host of resources. Suggested donation is \$30.

[Register Now](#)

Purchase the book [on Amazon](#) or [for Kindle](#)

Beth Kanter: [www.bethkanter.org](http://www.bethkanter.org) or Twitter id: [@kanter](#)

*–SOURCE: Leadership Learning Community, 2013 April 3*

## **Working with Vulnerable Populations: The Mindset and Heart-Set of Best Practices**

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What makes a best practice a best practice? Join t3 faculty members Ken Kraybill, MSW and Katie Volk, MA to explore the four elements of the mindset and heart-set of best practices:

- Partnership
- Acceptance
- Compassion
- Evocation

Borrowing from the third edition (2013) of Motivational Interviewing by William R. Miller and Stephen Rollnick, these four elements reminds us that how we work with people is just as important as what practice we implement.

This webcast is FREE! Join us on Tuesday, April 30th from 12:00pm-1:00pm Eastern. [Register here!](#)

–SOURCE: *t3 (think. teach. transform.)*, 2013 April 11

## **FREE Training to Be a Volunteer Active Choices Coach**

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You will receive: facilitation skills, exercise and the body, problem solving, coaching skills and the opportunity to be part of a larger Active Choices Coaching Community (skills for lifelong learning)

Date: Saturday, April 20th, 2013

Place: Evangel Church, 3261 Gordon Drive, Kelowna

Time: 10:30am-4:00pm

Please bring lunch, all other material will be supplied

Call today to register at 1.877.522.1492 or [angela.activechoices@shaw.ca](mailto:angela.activechoices@shaw.ca)

(early registration is recommended because seats fill up quickly)

Benefits of regular physical activity: Weight Management, Manage Glucose levels, Manage hypertension, Manage stress, Increased Energy, Better, deeper sleep, Better Digestion, Manage medication

–SOURCE: *University of Victoria, Angela Sealy, Coordinator Active Choices*

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## Designing Trauma Informed Services for Children and Families

WJS Canada is pleased to be bringing Dr. Bruce Perry, of the ChildTrauma Academy to Burnaby, BC to present this workshop. Workshop Description: The development of a young child is profoundly influenced by experience. Experiences good and bad.

**Date:** Tuesday, 19 February 2013

**Time:** 9:00am-4:30pm (PST)

**Place:** Hilton Vancouver Metrotown, 6083 McKay Ave, Burnaby, BC

**Early Bird:** \$195 + Fees and HST

This saving– \$20 per person–only available until midnight on January 31st.

[Read more...](#)

–SOURCE: WJS Canada Training Division

## Canadians With Flexible Work Schedules More Likely To Volunteer

A new report by Statistics Canada shows that the extent to which Canadians volunteer is affected by their working arrangements. In 2010, about one in five full-time workers aged 25 to 54 volunteered five or more hours per month on a regular basis. In comparison, about one third of part-time workers and nearly one quarter of those who were unemployed volunteered with the same frequency.

Among full-time workers with flexible work conditions, 26% volunteered on a regular basis. The corresponding number for those with fixed working schedules and who did not work at home was 18%. Commuting time also affected the likelihood of being a regular volunteer. Among full-time workers who took 45 minutes or more to get to work, 15% were regular volunteers. For those whose commute was 30 minutes or less, the rate was 21%.

In contrast, the number of hours worked by full-time workers had no impact on the extent of volunteering. Those who worked 50 hours or more per week were as likely to be regular volunteers as those who worked fewer hours. Among the self-employed, women (35%) were more likely than men (21%) to volunteer on a regular basis. In comparison, the proportion was 19% among male and female employees.

[Read More...](#)

–SOURCE: *CharityVillage.com; Village Vibes, 2013 April 4*

## **Can We Get Some Volunteers, Please?**

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Fewer boomers have been volunteering lately. What's the problem? Even putting the year-to-year figures aside, why is it that fewer than a third of my fellow boomers — who often think of themselves as the original giving-back generation — volunteer?

There's no simple explanation, of course. We're busy. We need to focus on hanging onto our jobs. We have obligations to our kids and parents. All true.

But I think a key reason is that many boomers haven't found ways they can volunteer the way they want to, by putting their talents and skills to use, rather than by stuffing envelopes, answering phones and donating food.

[Read More...](#)

–SOURCE: *LinkedIn, Top Content, Tailored for You, 2013 April 4*

## **Study: Volunteering May Improve Cardiovascular Health**

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In an inventive attempt at countering the increasing prevalence of heart disease, a new study in *JAMA Pediatrics* evaluates the impact of volunteering not on the recipients of good will, but on those donating their time. The authors believe this is the first time a study like this, which focuses on physical health effects of helping others, has been done.

Led by Dr. Hannah Schreier, a postdoctoral fellow at Mount Sinai, researchers split up a group of high school sophomores from inner-city Vancouver, so that 52 students fulfilled their school-mandated volunteer hours in the fall, while the other half, as a control, waited for the spring.

They didn't ask very much of the volunteers: just one hour a week spent doing after-school activities, like arts and crafts or "homework club," with elementary school students.

Before and after the semester started, the researchers measured the students' risk factors for cardiovascular disease, including BMI, inflammation, and cholesterol levels.

After just ten weeks of volunteering, the volunteers had measurably lower levels of each risk factor, compared to those in the control group.

Can we say that this wasn't just because they spend extra hour a week running after young kids? Not entirely. But researchers also looked at the students' changes in mood, self-esteem, and sense of altruism. They had theorized that the very act of volunteering could serve as a kind of social intervention, their involvement in the community substituting for the support networks that adolescents at high risk for cardiovascular disease are often lacking.

As Schreier sums it up, "The volunteers who reported the greatest increases in empathy, altruistic behaviour and mental health were the ones who also saw the greatest improvements in their cardiovascular health." Caring more about others was directly related to reduced markers of inflammation, and increased altruistic behavior (above and beyond what was required for the study) was related to reduced cholesterol. Greater self-esteem did not appear to have a physical effect.

While a small study, this is probably the least cynical way of demonstrating the benefits of civic engagement possible. Not that there's anything wrong with volunteering for self-serving reasons, be it improved health or a padded resume, but it's particularly nice that the people shown to benefit here are kids who could realistically expect to be on the receiving end of do-gooder activity. That said, everyone can benefit from volunteering, and should probably sign up to do so now. Once you're done, you can celebrate with some wine and be the healthiest person ever.

NOTE: Volunteers can create their own Volunteer Profile at [kcr.ca](http://kcr.ca), [Volunteer Opportunities Search Central Okanagan](#).

–SOURCE: AVRBC Weekly Digest, 2013 March 10

## **Volunteers Cast A Beautiful Shadow – Presented by: VOLUNTEER BC**

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Do you have photos of volunteers who graciously donate their time and talents to their communities? Send us your best image that reflects the positive impact volunteers have on communities across BC.

Photos must be taken in the 2012/2013 year. More than one photo can be entered by an organization. Prizes will be awarded to the top 3 photos. Winners will be announced in our newsletter – The Connector and be included in our Annual Report. All entries will be posted on our website – [www.volunteerphotocontest.tumblr.com](http://www.volunteerphotocontest.tumblr.com) during National Volunteer Week.

Submit photos to: [volbcphotos@gmail.com](mailto:volbcphotos@gmail.com) by April 13.



–SOURCE: *Volunteer BC, Special Edition Connector 2013 March 13*

## **The Science Behind Why Employee Giving & Volunteering Works**

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Typical human resource theory and practice has suggested that the best way to strengthen employee commitment is through benefit packages that appeal to the individual's self-interested motives to receive. New research is beginning to show that this is only half the story – and possibly not the most important half.

[Read More...](#)

–SOURCE: *Realized Worth, 2013 March 18*

## **Volunteer Futures 2013 Conference**

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Save the date for Volunteer Futures – our annual training event for volunteer and non-profit sector leaders from around the province. The conference is October 3 & 4 at the [Four Points by Sheraton Vancouver Airport Hotel](#). Our event brings leaders from small organizations in rural BC and their colleagues from urban non-profits where they can come together to learn, interact and grow their organizations. Mark your calendars! More details to come.

–SOURCE: *Volunteer BC, March Connector, 2013 March 26*

## **Share Your Thanks On The NVW Thank You Wall!**

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National Volunteer Week is all about saying thank you to Canada's volunteers. As we near NVW 2013, Volunteer Canada is excited to unveil our online "[Thank You Wall](#)", where you can post and send messages of appreciation to your volunteers, or Canadian volunteers generally. Join us in celebrating Canada's 13.3 million volunteers by visiting the Thank You Wall and sharing your message of appreciation!

If you're still in the planning stages of your NVW campaign, check out our [Campaign Kit](#) for free downloadable tools, all designed to support you. For last minute appreciation ideas, [our online gift store](#) is full of affordable and meaningful gifts, ideal for thanking your volunteers.

–SOURCE: *News from Volunteer Canada, 2013 April 10*

## The Canadian Corporate Community Investment Benchmarking Report

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The [Conference Board of Canada](#) has just released the Canadian Corporate Community Investment Benchmarking Report, thanks, in part, to the support of Volunteer Canada's Corporate Council on Volunteering and other sector leaders. This report is based on the findings of their national survey of the community investment activities of 180 corporations in Canada, and marks the first time data has been compiled detailing Canadian corporations' investment in community. It examines community investment broadly, looking at both the numerous ways in which companies provide financial and other resources to support community initiatives, and how company employees contribute to communities through volunteering. At a glance, the report notes that very few companies are reducing their community investment budgets, even in the current challenging economic climate.

Volunteer Canada is able to share a copy of the report with all members of the [Corporate Council on Volunteering](#) and all Volunteer Canada non-profit members. If you are interested in receiving a copy, please contact Janelle St. Omer, Director, Corporate Citizenship and Fund Development, at 1.800.670.0401 x241 or [jstomer@volunteer.ca](mailto:jstomer@volunteer.ca).

–SOURCE: News from Volunteer Canada, 2013 April 10

## Volunteering and Older Adults Report

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Volunteer Canada is pleased to announce the release of our most recent research report on volunteering and older adults. The Volunteering and Older Adults Final Report provides a comprehensive review of research on the nature and scope of baby boomer and senior citizen volunteering. The report was completed thanks to generous support from Human Resources and Skills Development Canada's Community Development and Partnership Directorate.

[Read the Report](#)

–SOURCE: News from Volunteer Canada, 2013 April 10

## Free Song Recording in Time to Recognize Volunteers

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Raheem Dilgir is a lyricist, vocalist, arranger and producer of songs, based in Vancouver, Canada. He contacted Energize, Inc. with a wonderful request: to help him share and disseminate a special song called “Century of the Volunteer” in time for National Volunteer Week in North America.

You can download an MP3 file of his recording of the song and a PDF of the lyrics and his background information, and read about his perspective, in the [March 19 posting to the Energize News in the Volunteer Field Blog](#).

How can you use this audio? Well, you could:

- Play the song at volunteer recruitment or recognition events
- Use it as the background music for video footage or a slide show that shows expressions of volunteerism
- Adopt it as a theme song (especially for young volunteers) to learn and sing as a group

Please let us know if and how you incorporate the song into your volunteer recognition event.

The song is permanently available on the Energize Web site in our [Collective Wisdom – Songs area](#). To hear more of Raheem Dilgir's compositions, [visit his site](#).

–SOURCE: *Energize, Inc., 2013 April 2*

## **Vitalize 2013: Alberta Provincial Volunteer Sector Conference**

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Are you ready to Recharge Your Power?

- Early Bird Registration is now available! Register by April 30th for a discounted price of \$150.
- Opening Keynote Speaker – Amanda Lindhout. Come hear Amanda's amazing story, a journalist held hostage for 15 months in Somalia, and the positive contributions she has made to Africa since her release.
- Closing Keynote Speaker – Michael 'Pinball' Clemons. This Canadian Football League legend will share his story of triumph and community building with passion and energy.

**Dates:** June 13 – 15, 2013

**Place:** Shaw Conference Centre in Edmonton

**Registration:** [VitalizeConference.ca](http://VitalizeConference.ca)

–SOURCE: *Alberta Culture, Leah Paton, Special Initiatives Consultant, CEI Branch*

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