



KCR

COMMUNITY RESOURCES

Enhancing Lives - Connecting Communities

Monthly Bulletin – April 2017

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KCR's New Look



Yesterday



KCR

COMMUNITY RESOURCES

Enhancing Lives - Connecting Communities

Today

KCR has transitioned into a new look. Keep a watch out for it around the community and online.

-Source: Ellen Boelcke, Executive Director, KCR, April 2017

Volunteer, Eh!

Date: April 25, 11:00 am – 1:00 pm

Location: The Okanagan Boys & Girls Club, Downtown Youth Centre Field, 1633 Richter St, Kelowna

Calling all KCR, Okanagan Boys & Girls Clubs and Project Literacy Volunteers!

Join us for a multi-agency Volunteer Appreciation BBQ to celebrate National Volunteer Week (April 23 – 29, 2017) and show our appreciation for our volunteers. Please RSVP to your agency.

-Source: Stephanie Moore, Community Services, KCR, April 2017

Thank You – KCR’s Open House



Thank you for attending the KCR Open House. Over 300 people helped us celebrate our new location.

KCR has served our community for 33+ years. Our investment in a single location that houses all employees, volunteers and programming fulfills a long-term vision and strategic plan of our Board of Directors and confirms our continued commitment to serve the Central Okanagan and beyond.

Our new address:

620 Leon Avenue, Kelowna, BC V1Y 9T2

P: 250.763.8008 W: www.kcr.ca

-Source: Ellen Boelcke, Executive Director, KCR, April 2017

KCR is Hiring: Family Services Manager

KCR is searching for a new dynamic individual to lead our family services:

The Family Services Manager/Adoption Administrator will be responsible for all Family related services within KCR. This Department focuses primarily on early years’ prevention, domestic and international adoption/permanency planning, crisis support and community partnership programs for children and families.

The Manager is responsible for monitoring, supervision, and growth of adoption, early years’ and at-risk programs at KCR including outreach services and volunteer-based supports. Programs under this person’s guidance also include community collaboration and collective impact models requiring advanced skills in building and maintaining alliances, teamwork and diplomacy.

The Manager will have the credentials and experience to obtain and maintain delegated authority of the Provincial Office of the Director of ACBC and have familiarity with the BC

Adoption Act (1996), BC Adoption Regulations, BC Agency Regulations, Practice Standards, BCCSW Standards, and Hague Convention in the context of a social enterprise organization.

The Manager will guide a team of service providers delivering programs and services to families. The Manager will build and maintain positive and collaborative contractor and community relationships. Through the demonstration of a unique blend of business savvy, social entrepreneurship, and social service understanding, they will define areas of service gaps and explore future program and funding opportunities.

Status: 30 – 35 hours per week

[For more information refer to the detailed job description](#)

-Source: Ellen Boelcke, Executive Director, KCR, March 2017

Workshop: Board Boot Camp 201

Date: Tuesday, April 11, 2017, 4:00 pm – 6:00 pm

Location: KCR, 620 Leon Avenue (Corner of Leon and Bertram), Kelowna

Cost: \$25 per Organization (Max 2 people)

[Register Now](#)

It's 6:30 pm. You've been up since 6:00 am and have just put in a full day at work. Your head and stomach are telling you it's time for dinner. And you're still sitting in a not-for-profit board meeting that started at 4:30 ... which was supposed to wrap up at 5:45 pm. Suddenly, you hear, "I nominate [your name] for Board Chair". What?!

Maybe your appointment as Chair of your favourite not-for-profit wasn't quite so dramatic. Maybe you were one of the lucky ones that served as Vice-Chair for a term before becoming Chair. Even so, most future Chairs of not-for-profit Boards are not prepared (read: groomed) to take over the leadership position.

Do you want to become the Chair of a Board of Directors? How do you make that a reality? Board Boot Camp 201 will provide a quick primer to become the best leader you can be for your not-for-profit organization.

You will:

- Learn effective qualities of leaders
- Gain awareness about your personal leadership style
- Understand the separation between the Board and senior staff
- Find out how to run your meetings timely and effectively
- Explore when your organization might need outside for expertise

-Source: Dawn Wilkinson, Manager, Community Services, KCR, January 2017

Workshop Series: Nourishing Managers of Volunteers

This is self-care for you as a manager of volunteers. Save one lunch hour in your calendar every month. Bring your lunch and enjoy refreshments.

You will:

- Be encouraged
- Learn from talented specialists in the field
- Network of peers faced with the same challenges
- Stay current as you manage volunteers for your organization

Take time for reflection. Consider a wide variety of ways to embed your volunteer message in your organization's current activities. Find some fresh approaches too.

Next Workshop: Event Planning Made Easier

Date: Wednesday, May 10, 2017, 12:00 pm – 1:00 pm

Location: KCR, 620 Leon Avenue (Corner of Leon and Bertram), Kelowna

Cost: Free

Registration Opening Soon

It is so easy to feel overwhelmed when planning an event. Learn secrets from an expert. Take away a cheat sheet to help you for your next event.

-Source: Dawn Wilkinson, Manager, Community Services, KCR, January 2017

Workshop: Overview of Volunteer Management – Spring 2017

Dates: Monday & Tuesday, April 24 & 25, May 1 & 2, 2017, 9:00 am – 4:00 pm

Location: KCR, 620 Leon Avenue (Corner of Leon and Bertram), Kelowna

Cost: \$199. Includes materials and light refreshments.

[Register Now](#)

This 4-day workshop will help you attract and retain volunteers. Content is based on Canadian research, best practices and the Canadian Code for Volunteer Involvement.

You will:

- Master the volunteer retention cycle
- Understand current and emerging issues
- Harness the complexities of leadership
- Market successful volunteer programs

[More Information](#)

-Source: Dawn Wilkinson, Manager, Community Services, KCR, January 2017



Central Okanagan Family Hub – Calendar Of Events



Central Okanagan Family Hub – Kelowna

Open Mon – Fri 10:00 am – 3:00 pm
 Pearson Road Elementary (east side entrance) 700 Pearson Rd
www.facebook.com/COFHP for up to date info

April 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Everything is always free at the Family Hub	3 Interactive Storytelling 1:00 – 2:00pm	4 Aquabus is at PRE	5 Lift the Lip and Pregnancy Dental Health 10:30 - Noon	6 Parent-Child Mother Goose and Playtime 10:00 – Noon Kelowna Breast Feeding Café 10 - Noon Hub closed at 12:00	7 Tumble Bumble 10:30 - Noon	8
9 Drop in anytime for information or book an appointment rich@cofh.ca 250-317-0143	10 Hippy Canada Bond to Literacy 10:30 – 1:00pm Interactive Storytelling 1:00 – 2:00pm	11	12	13 Parent-Child Mother Goose and Playtime 10:00 – Noon Strong Start Closed	14 Good Friday – Family Hub is Closed	15
16 We have a great play area	17 Easter Monday Family Hub is closed	18 Peetigway Famil 11:00 – 2:00pm Strong Start Closed	19 Hippy Canada Bond to Literacy 10:30 – 11:30am	20 Parent-Child Mother Goose and Playtime 10:00 – Noon	21 Tumble Bumble 10:30 - Noon	22
23 You can reach Sarah at sarah@cofh.ca	24 Hippy Canada Bond to Literacy 10:30 – 11:30am Interactive Storytelling 1:00 – 2:00pm	25 Peetigway Famil 11:00 – 2:00pm	26	27 Parent-Child Mother Goose and Playtime 10:00 – Noon	28 Tumble Bumble 10:30 - Noon	29

Interactive Storytelling – Ki-Low-Na Friendship Society – Drop in for stories and fun for parents and children – up to age 6 years – Everyone welcome
 Parent-Child Mother Goose and Playtime – The Club House – rhymes, songs and stories – birth to 4 years – register in person – Everyone welcome
 Peetigway Famil – Melis Community Services Society – Check with Michelle or Carmen 250-718-4568 for up to date programming and registration
 Kelowna Breastfeeding Café – Breastfeeding Support and Resources – Drop in
 Tumble Bumble – Ki-Low-Na Friendship Society – Active play for parents and children – up to 6 years – Everyone welcome. Drop in
 Lift the Lip and Pregnancy Dental Health – Interior Health – Age 1-4 years – Dental Prevention Info – Fluoride varnish if applicable – Dental Info for Pregnant Mothers

[Download the April 2017 Calendar of Events](#) for the Central Okanagan Family Hub – Kelowna.

-Source: Rich Chapman, Central Okanagan Family Hub – Kelowna, April 2017

The Canada 150 for 150 Challenge is on!

The [Canada 150 for 150 Volunteer Challenge](#) is a nation-wide initiative lead by Volunteer Ottawa in partnership with Volunteer Centres across the country. The goal is to have Canadians give 150 hours of volunteer time in 2017 in celebration of Canada's 150th anniversary. The Central Okanagan Foundation through the Community Foundations of Canada has supported KCR to bring the challenge to Central Okanagan residents.

Locally, the City of Kelowna is issuing a challenge for all citizens to collaboratively contribute 150,000 hours of volunteer time in 2017.

- [More Information on the Challenge](#)
- [Sign up for the Challenge](#)

If your non-profit is interested in participating in the challenge, KCR would like to know! Contact Stephanie Moore at stephanie@kcr.ca for more details.



Check for local updates on the challenge at www.kcr.ca and click on the [150 for 150 Challenge icon](#).

Volinspire has also recently added a new feature for non-profits to track the volunteer hours of volunteers that do not have a Volinspire profile. In [Volinspire](#), go to “Management”, then to “Organizational Profile”, and scroll down to “In the Community”. If you need help with your Volinspire profile, [let us know!](#)

-Source: Stephanie Moore, Project Manager, KCR, January 2017

KCR Employment Programs – Apply Today!

Need to get ready for post-secondary training, or improve your Math, reading, and study strategies?

KCR is hosting their Job Readiness and Essential Skills training programs. Both programs are free to participants and involve 6-week, 3-hours-a-day training to help individuals identify career goals and take the steps necessary to reach these goals. In addition, individuals are provided with an additional 12 weeks of one-on-one follow-up support to help them meet their goals.



Information Sessions:

Dates: Tuesdays, 1:30 pm – 3:00 pm

Location: KCR, 620 Leon Avenue, Kelowna

Job Readiness for the 21st Century

The primary objective of the Job Readiness for the 21st Century Employment Program is to assist individuals who have a disability, are an immigrant, or are over the age of 50+ with finding employment.

Start Dates:

- April 17, 2017 – May 26, 2017, 9:00 am – 12:00 pm
- May 29, 2017 – July 7, 2017, 9:00 am – 12:00 pm

Essential Skills for the Workplace

Would you like to improve your Math, Reading, or Study skills to get a job or pursue further education? We will train you at your level and help you to get back to work or continue with school.

Start Dates:

- April 17, 2017 – May 26, 2017, 9:00 am – 12:00 pm
- May 15, 2017 – June 23, 2017, 1:00 pm – 4:00 pm
- May 29, 2017 – July 7, 2017, 9:00 am – 12:00 pm

Program dates for both are subject to change. Don't hesitate to call even if a program date has passed at 250.763.8008, or email employmentservices@kcr.ca. Visit our website at kcr.ca/employment-services/ to see if you're a good fit for these programs.

Funding provided by the Government of Canada through the Canada-British Columbia Job Fund's Employment Services and Support Programs. For more information about B.C.'s labour market programs, visit www.workbc.ca.

-Source: Travis Schneider, Manager, Employment Services, KCR, January 2017

Space for Rent!

KCR has an office space for rent at [255 Lawrence Avenue](#), downtown Kelowna. The building has ~2,500 square feet.

For more information, contact Ellen Boelcke at 250.763.8008 or ellen@kcr.ca.

-Source: Ellen Boelcke, Executive Director, KCR, October 2016

KCR's Mailing Lists

[Monthly Bulletin](#): Sent electronically each month, plus time sensitive information updated periodically on the website

[Publications](#): Our updated publications will be sent right to your inbox

[KCR Workshops](#): Information about upcoming training opportunities

[Adoption Centre of BC](#): Upcoming information sessions, newsletters and general adoption information

-Source: Kelsey Grmek, IT Coordinator, KCR, June 2014

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Awards

- [42ND ANNUAL CIVIC AND COMMUNITY AWARDS GALA](#)

42nd Annual Civic and Community Awards Gala

Date: Wednesday, May 10, 2017

Location: Kelowna Community Theatre, 1375 Water St, Kelowna

Cost: \$25

Buy Tickets: Call 250.469.8800

Kelowna's Civic and Community Awards recognize outstanding contributions and achievements in our community each year. The 42nd Annual Awards night will be held Wednesday, May 10, at the and will recognize individuals, businesses and organizations for their contributions in 2016.

Central Okanagan Foundation – Volunteer Organization of the Year

- Canadian Mental Health Association, Kelowna Branch
- Kelowna Gospel Mission
- Project Literacy Kelowna Society

[View all the Finalists](#)

-Source: City of Kelowna, April 2017

Fund Development

- [CHARITIES WILL FEEL LOSS OF FIRST-TIME DONOR'S SUPER CREDIT](#)
- [10 TIPS TO HOST A SUCCESSFUL RUN/WALK EVENT](#)
- [HOW TO RAISE MONEY WITH FUNDRAISING EVENTS](#)
- [ONLINE DONOR ACQUISITION & RETENTION COURSE](#)
- [DONORS BEHAVING BADLY: HOW TO NAVIGATE A CHALLENGING DONOR RELATIONSHIP](#)
- [HOW TO INSPIRE MORE DONATIONS AT YOUR FUNDRAISING EVENTS](#)
- [5 TIPS TO MAKE EVENTS DONOR CENTRIC & STEWARDSHIP FOCUSED](#)

Charities will feel loss of First-Time Donor's Super Credit

Declining donor base, looming social deficit highlight need for tax incentives to stimulate giving

Imagine Canada, the national umbrella organization representing the nation's charities and nonprofits, is disappointed that today's Federal Budget did not include a renewal of the First-Time Donor's Super Credit. As an initiative that only affected the Treasury when people made a new contribution to charities in their communities, the Super Credit has generated at least \$84 million for charities since it was first introduced in 2013.

"We understand that the federal government has prioritized simplifying the tax credit system overall, but we are disappointed nonetheless that they chose not to renew the Super Credit beyond 2017," stated Bruce MacDonald, President & CEO of Imagine Canada. "With statistics showing that fewer Canadians are making charitable contributions and our Chief Economist predicting a \$23 billion Social Deficit by 2026, it is critical that the tax system provide incentives to encourage new generations of donors."

[Read More](#)

-Source: Newsletter, *Imagine Matters*, *Imagine Canada*, 5 April 2017

10 Tips to Host a Successful Run/Walk Event

The run/walk event is one of the most common events that nonprofits host. However, that doesn't mean they're easy to coordinate. If you nail your run/walk event, it can pay dividends long after your supporters cross the finish line.

To help you avoid routines that limit the growth of your run/walk, we put together this slideshare. Learn how to set yourself up for success, the best method of registration, what to include in your event campaign page, and more.

[Read More](#)

-Source: Newsletter, *Village Vibes*, *Charity Village*, 20 March 2017

How to Raise Money with Fundraising Events

What you need to do to blow the lid off your next event, without losing yours.

Fundraising events can take a LOT of time (and money) to pull off. How do you make sure you're getting the maximum return on your efforts? Download this guide and learn how to plan an effective fundraising event (with minimal stress) and keep the giving going long after the guests go home.

In this guide, you will learn:

- How to find corporate sponsors
- How to get donors to RSVP
- How to raise more money before, during, and after the event

[Read More](#)

-Source: Newsletter, Network for Good, 19 March 2017

Online Donor Acquisition & Retention Course

Cost: \$45

[Register Now](#)

The first beginning-to-end Online Donor Acquisition and Retention course priced affordably for charities.

Comparable quality and depth to courses that cost several hundred dollars.

Ready to learn how to drive people to your website for little or no cost and have the best chance at converting them into loyal, high-value donors? Earn 3 CFRE continuing education points when you learn these proven donor acquisition and retention techniques taught by digital marketing experts in this easy-to-understand, value-packed online course. You'll learn beginner and intermediate techniques to:

- Improve your website to increase donations
- Understand who your visitors are and how they interact with your website
- Define actionable metrics, set-up Google Analytics and track performance
- Drive results through segment marketing
- Optimize your email marketing
- Strengthen relationships through social media

-Source: Newsletter, CanadaHelps, 14 March 2017

Donors Behaving Badly: How to Navigate a Challenging Donor Relationship

Donors: nonprofit organizations couldn't function without them. Donors are rightfully thanked and praised for their partnership, their vision, their contributions and even their friendship. As one fundraiser's reports, the vast majority of donors are "selfless people who love what we do and want to help with very little ego involved."

[Read More](#)

-Source: Newsletter, Nonprofit Newswire, Imagine Canada, 13 March 2017

How to Inspire More Donations at Your Fundraising Events

Fundraising events are a powerful way to grow your community, engage with donors, and give supporters a positive experience with your organization. Of course, nonprofit fundraising events can also help you raise more money for your cause. Beyond ticket sales, events are the perfect time for connecting with donors who are feeling inspired and want to make a difference.

[Read More](#)

-Source: Newsletter, Network for Good, 12 March 2017

5 Tips to Make Events Donor Centric & Stewardship Focused

It's common for nonprofit board members and staff to express frustration with special events. Questions like "How does this event advance our mission?" or "Where are the major donors, new donors, and volunteers?" are typical.

Many of these concerns are raised because your board and staff want to make sure donors (and potential donors) have the opportunity to connect with the organization at a deeper level and understand how they are supporting mission-focused programs.

Instead of moving forward with the usual events plan this year, try focusing on these five things that will ensure your events are donor-centric and have a stewardship element.

[Read More](#)

-Source: Newsletter, Network for Good, 5 March 2017

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Housing

- [CANADIAN GOVERNMENTS MUST INVEST IN MENTAL HEALTH CARE TO PREVENT HOMELESSNESS FOR YOUTH](#)
- [CANADIAN OBSERVATORY ON HOMELESSNESS WELCOMES THE 2017 FEDERAL BUDGET](#)
- [NATIONAL CONFERENCE ON ENDING HOMELESSNESS](#)
- [4 SIMPLE WAYS TO END HOMELESSNESS](#)
- [RECOVERY HOUSING: A MOMENT IN TIME](#)
- [FIXING THE STRUCTURAL CAUSES OF HOMELESSNESS](#)

Canadian Governments Must Invest in Mental Health Care to Prevent Homelessness for Youth

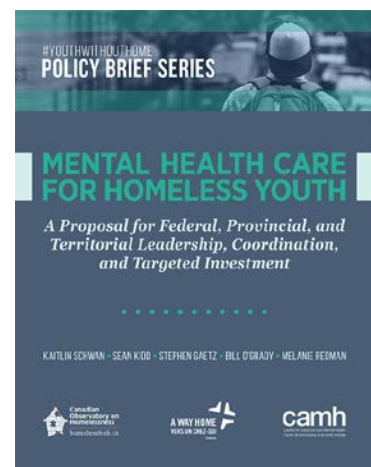
With the release of *Without a Home: The National Youth Homelessness Survey (2016)*, we now have national data on youth homelessness for the first time in Canada. The mental health findings of this report are startling:

- 85.4% of homeless youth were experiencing a mental health crisis
- 42% of homeless youth reported at least one suicide attempt
- 35.2% of homeless youth reported having at least one drug overdose requiring hospitalization

Youth experiencing the most severe mental health challenges include LGBTQ2S youth, Indigenous youth, and young women. LGBTQ2S youth and Indigenous youth are also more likely to attempt suicide, become homeless at a young age, and have multiple experiences of homelessness.

[Read More](#)

-Source: Newsletter, Homeless Hub, 6 April 2017



Canadian Observatory on Homelessness Welcomes the 2017 Federal Budget

Yesterday, we joined our partners in anticipation as Finance Minister Bill Morneau of the Government of Canada announced the 2017 federal budget. We welcome the investments in housing and homelessness announced in the new budget. Below are some key highlights.

National Housing Strategy

The Government has announced \$11.2 billion over 11 years allocated for the implementation of an inclusive National Housing Strategy. This announcement comes after almost 30 years of federal disinvestment in affordable housing, which has contributed to our current housing and homelessness crisis.

The 11-year investment in a National Housing Strategy is significant. Not only does it signal the

federal government is 'back at the table', the length of the investment means this is now a permanent program. The investment also highlights the government's commitment to flexibility and new ways of working.

The NHS investment includes:

- \$2.1 billion/11 years to expand and extend the Homelessness Partnering Strategy.
- \$5 billion/11 years to develop a new National Housing Fund to address critical housing issues and prioritize vulnerable citizens such as seniors, Indigenous Peoples, survivors fleeing domestic violence, persons with disabilities, those dealing with mental health and addiction issues, and veterans (unfortunately no mention of youth).
- \$3.2 billion/11 years devoted to a renewed multilateral investment framework devoted to building new affordable housing and renovating and repairing existing units.
- \$525 million/11 years combined to target support for northern housing and for Indigenous Peoples not living on-reserve.
- \$241 million/11 years to CMHC to improve data collection and analytics, which will strengthen the ability to report the outcomes of the National Housing Strategy and make informed policy decisions.
- \$202 million/11 years to make more federal lands available for affordable housing and to fund environmental remediation, renovations and retrofits to make the land suitable for housing.

Homelessness Partnering Strategy

Included in the NHS (as mentioned above) is a commitment to expand and extend the Homelessness Partnering Strategy. This is the longest-term commitment to addressing homelessness ever by a federal government. After years of [diminishing spending on homelessness](#) (when HPS was most recently renewed in 2013, the annual budget had been cut to \$118M), this is an increase to an annual average of \$191M.

-Source: Newsletter, Homeless Hub, 23 March 2017

National Conference on Ending Homelessness

Dates: October 25-27, 2017

Location: RBC Convention Centre, 375 York Avenue, Winnipeg, MB

Cost: \$210 – \$695

[Register Now](#)

The National Conference on Ending Homelessness arms policymakers, funders, researchers, advocates, community leaders and frontline workers with the inspiration, information, tools, and training they need to end homelessness.

Call for presentations

Our expanded conference program will include sixty-six, 90-minute concurrent sessions organized into seven streams. The seven concurrent session streams are:

1. Leadership, Planning and Practice
2. Indigenous Homelessness
3. Women's Homelessness
4. 20,000 Homes Campaign
5. Housing First
6. A Way Home – Youth Homelessness
7. Canadian Observatory on Homelessness – Research and Policy

For more information or to submit a presentation proposal [click here](#). Submission deadline is April 28, 2017.

-Source: Newsletter, Homeless Hub, 16 March 2017

4 Simple Ways to End Homelessness

Our national consciousness has shifted in recent years from “managing homelessness” to “ending homelessness.” Federal, state, and local policies have focused on specific subgroups, such as veterans, people experiencing “chronic homelessness,” and, more recently, families and youth. In many communities, these efforts have been useful in bringing together new partners, galvanizing public and private support, and shaping public awareness of what it takes to end homelessness.

Our collective progress in ending homelessness, however, is messy and mixed. Official point in time counts have shown modest reductions in homelessness, yet we know that these counts underestimate the problem: the methods are flawed, they miss many people, and they provide only a literal count on a given night and not an estimate of the extent of homelessness over the course of a year—a much, much larger number.

[Read More](#)

-Source: Newsletter, t3, 31 March 2017

Recovery Housing: A Moment in Time

I’ve listened to the words of my friends, family members, and colleagues long enough to know that without the stability of a safe and healthy place to live—and the support of people around you—long term recovery from a substance use disorder can be illusive. With what we know about the changes in brain chemistry in response to alcohol and other drugs, it’s not surprising that when people leave treatment and go back to the same environments where they were using substances, reoccurrence happens more often than not.

So, what’s the solution? One might imagine a house, filled with people supporting you, relating to your challenges and sharing in your successes—where you can come home without fear of running into your drug of choice. Where perhaps employment, education, and legal support is available. Where you know you’re accountable to your neighbor. This sounds very much like recovery housing.

[Read More](#)

-Source: Newsletter, t3, 31 March 2017

Fixing the Structural Causes of Homelessness

When I began working with people experiencing homelessness more than two decades ago, I viewed homelessness as an isolated social issue. I, like many, thought that the causes of homelessness had to do with unemployment, mental illness, addiction, and

domestic violence. What I quickly learned—in large part from the people I worked with in shelters and on the streets—was that individual vulnerabilities were not root causes. These were individual risk factors that helped determine who might slip through the cracks into homelessness. The root causes had more to do with the lack of decent affordable housing and our frayed (or non-existent) health and human services safety net. I came to understand that ending homelessness for an individual or family requires permanent housing coupled with services and supports to maintain stability.

It was also obvious that many more people of color were living in homeless shelters. Under the influence of societal half-truths, I assumed that merely reflected who lived in poverty. It quickly became clear that poverty was only one part of the picture.

[Read More](#)

-Source: Newsletter, t3, 31 March 2017

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FortisBC Energy Conservation Assistance Program – Save Money!

Looking to better manage your bills and be more comfortable in your home next winter? Join over 5,500 British Columbians who have already participated in the FREE Energy Conservation Assistance Program (ECAP) from FortisBC.

ECAP has helped income-qualified customers lower their monthly energy bills and improve the comfort of their home. The program provides free home energy evaluations, energy-saving products, and in-home energy conservation education.

For more information, or to access/submit the application form, contact Dawn Anthony at info@kcr.ca or call 250.763.8008 ext. 125.

-Source: Carol Suhan, Manager, Conservation and Energy Management, FortisBC Inc., 5 April 2017

Monthly Food Calendar

April 2017							EVERYONE WELCOME:
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 Metro@CC 9 am Sikh Temple 11-2 Gospel Mission 7am, 12pm, 5pm	2 Cedars 11:30 am ***	3 First United 10-11:30 am ***	4 Gospel Mission 7am, 12pm, 5pm BBQ in City Park (Metro)	5 First United 10-11:30 am ***	6 Gospel Mission 7am, 12pm, 5pm ***	7 Ki-Low-Na 8:30-9:30 am Gospel Mission 7am, 12pm, 5pm	1 & 8 **Every day** • free meals at Gospel Mission 7am, 12pm, 5pm
8 Metro@CC 9 am Sikh Temple 11-2 Gospel Mission 7am, 12pm, 5pm	9 Cedars 11:30 am ***	10 First United 10-11:30 am ***	11 Gospel Mission 7am, 12pm, 5pm BBQ in City Park (Metro)	12 First United 10-11:30 am ***	13 Gospel Mission 7am, 12pm, 5pm ***	14 Ki-Low-Na 8:30-9:30 am *Easter * @ Gospel Mission 11-6pm * United Church 8:30- 11:30am*	Sunday • Breakfast hosted by Metro at Cultural Centre (CC) : 702 Bernard St – 9am • Lunch at Sikh Temple – 11am - 2pm Monday • Lunch at Cedars Restaurant – 11:30am Tuesday & Thursday • Coffee and sandwiches at First United Church – 10-11:30am Wednesday: City Park-BBQ (Metro) Saturday: Breakfast at Ki-Low-Na (Friendship Centre) – 8:30 - 9:30am
15 Metro@CC 9 am Sikh Temple 11-2 Gospel Mission 7am, 12pm, 5pm	16 Cedars 11:30 am ***	17 First United 10-11:30 am ***	18 Gospel Mission 7am, 12pm, 5pm BBQ in City Park (Metro)	19 First United 10-11:30 am ***	20 Gospel Mission 7am, 12pm, 5pm ***	21 Ki-Low-Na 8:30-9:30 am Gospel Mission 7am, 12pm, 5pm	22 ***Mon, Tue, Thurs., Fri • Free lunch @ First United Church All welcome 12:00-12:30
22 Metro@CC 9 am Sikh Temple 11-2 Gospel Mission 7am, 12pm, 5pm	23 Cedars 11:30 am ***	24 First United 10-11:30 am ***	25 Gospel Mission 7am, 12pm, 5pm BBQ in City Park (Metro)	26 First United 10-11:30 am ***	27 Gospel Mission 7am, 12pm, 5pm ***	28 Ki-Low-Na 8:30-9:30 am Gospel Mission 7am, 12pm, 5pm	CERTAIN GUESTS ONLY: Tues, Wed, & Thurs: lunch at CMHA 12 pm *members only* for info contact CMHA: 250-861-3644 Tues & Wed: lunch at Ladies Haven Coffee House 12pm *women only*
29 Metro@CC 9 am Sikh Temple 11-2 Gospel Mission 7am, 12pm, 5pm	30 Cedars 11:30 am ***	31 First United 10-11:30 am ***	1 Gospel Mission 7am, 12pm, 5pm BBQ in City Park (Metro)	2 First United 10-11:30 am ***	3 Gospel Mission 7am, 12pm, 5pm ***	4 Ki-Low-Na 8:30-9:30 am Gospel Mission 7am, 12pm, 5pm	*EASTER EVENTS- April 15

In this month's Food calendar we have added the Mobile Lunch Program that is being spearheaded by a team of organizations including the Kelowna Gospel Mission, the Salvation Army, and The First United Church.

The Free Lunch service is delivered to the First United Church on Mondays, Tuesdays, Thursdays, and Fridays, from 12:00 pm – 12:30 pm.

[Download Now](#)

-Source: Donna & Betty, Outreach Urban Health, 4 April 2017

Foundry Kelowna Baseline Survey

The Foundry will soon be opening its integrated youth mental health and substance use site.

Before it opens, we would like to gain a better understanding of the barriers as well as what's working well for providing young people and their families with the health services and supports they need.

The Foundry and McCreary Centre Society have developed a survey for youth, aged 12-24, and a separate survey for the parents/caregivers of youth in this age range.

Young people (aged 12 to 24) who complete the survey can choose to put their name in a draw to win a \$30 gift card (their survey answers will stay anonymous).

[Take the Youth Survey](#)

[Take the Parent/Caregiver Survey](#)

-Source: Melissa Feddersen, Foundry Kelowna Centre Lead, CMHA Kelowna, 28 March 2017

Downtown Kelowna Small Shop

Show big love to small shops and support local!

Like food and shopping? What about art, music, culture? Downtown Kelowna kicks off spring with Small Shop on April 8, 2017.

Come enjoy the beautiful spring weather with friends, stroll around Downtown Kelowna and show some big love to small shops. Grab your special someone, a tea and make the pledge to support our neighbours and friends by supporting your local small businesses and enjoy the Downtown culture.

AND, when you make a purchase at any of the participating businesses, receive a ballot for a chance to win \$250 to spend Downtown Kelowna

[More Information](#)

-Source: KCR Contact Form, Ryan, Downtown Kelowna, 3 April 2017

14th Annual Easter Pancake Breakfast

Date: Friday, April 14, 2017, 10:00 am – 1:00 pm

Location: Parkinson Recreation Centre, 1800 Parkinson Way

Cost: Free

- FREE pancake breakfast
- FREE new & used clothing
- FREE Easter egg hunts with 15,000 candy-filled eggs
- FREE children's activities
- ArtWalk featuring artwork from local students
- Non-perishable food items for the local food banks
- Prizes & entertainment
- Fun for the whole family

[Volunteer or Donate today](#)

-Source: Colleen McCallum, Victory Life Fellowship, 28 February 2017

7th Annual Kelowna Vaisakhi Parade

Date: Saturday, April 29, 2017, 12:00 pm – 4:00 pm

Location: Okanagan Sikh Temple, 1111 Rutland Road, Kelowna

More Information: Paramjit Patara, 250.717.7844

The Vaisakhi parade celebrates the founding of the Sikh religion as well as a celebration of the harvest in the Punjab region and marks the beginning of the new year.

-Source: Newsletter, Uptown Rutland, 30 March 2017

Elevation Outdoors – New Programs

Get a Grip Climbing Program

Our Get a Grip program introduces participants to the joys of rock climbing. We start off by taking everyone to Beyond the Crux in Kelowna to learn the basics before we all head outside to the Skaha Bluffs in Penticton for some outdoor climbing.

The program will run from May 1st – 28th, running on Monday and Wednesday evenings from 5:00 pm – 7:30 pm, as well as two Sunday sessions for the outdoor climbing.

[More Information](#)

Wind in Your Sails – Learn to Sail

Wind in Your Sails is designed to introduce young people to the freedom of sailing under the power of the wind. Participants will get 6 weeks of sailing with instruction and boats provided by the Central Okanagan Sailing Association. WIYS will run on Tuesday evenings from May 16th – June 20th, 4:30 pm – 7:00 pm. Transportation as always is provided for any participants that cannot make it to COSA on their own.

[More Information](#)

Intro to Adventure Summer Camps

We are excited to announce that our “Intro to Adventure” summer camp program is coming back for year 2! This is our Fee for Service program designed to introduce young people of all backgrounds to some of the amazing activities that are available here in the Okanagan. The camps will run weekly from July 11 through August 15th on a Tue/Wed/Thur schedule with campers getting a day of mountain biking, a day of rock climbing and a day of wakeboarding all for only \$250. All instruction and equipment is provided and transportation to and from the meeting points is also included.

[More Information](#)

-Source: Newsletter, Elevation Outdoors, 4 April 2017

Canadiana Suite – A Sesquicentennial Celebration

Dates: May 4 & 5, 7:30 pm

Location: Kelowna Community Theatre, 1375 Water St, Kelowna

Cost: \$26.25 – \$56.25

[Buy Tickets](#)

Ballet Kelowna, in partnership with the Okanagan Symphony Orchestra (OSO), will close the season with a special tribute performance in honour of Canada's 150th anniversary. The program will feature Canadian music arranged for and performed by the OSO. Ballet Kelowna will ignite the stage with four world premieres from celebrated Canadian choreographers Donald Sales, Gioconda Barbuto, Matjash Mrozewski, and Simone Orlando, reflecting the striking beauty, rich history and diverse culture of our vast country.

-Source: Newsletter, Ballet Kelowna, 28 March 2017

2017 Walk so Kids Can Talk

Date: Sunday, May 7, 2017, 10:00 am – 1:00 pm

Location: Waterfront Park – Rhapsody Plaza, 1200 Water Street, Kelowna

[Register Now](#)

The Walk so Kids Can Talk presented by BMO is a fun and inspirational 5K walk where thousands of kids, adults, families, schools, community organizations, and corporations across Canada join together to support kids' emotional well-being by raising funds for Kids Help Phone. It's a great way to build community and enjoy a fun, family friendly experience outdoors while supporting an important cause.

The Walk provides help and hope to kids everywhere, sending them the message that we walk together to make our world a more supportive place for them.

Held on the first Sunday in May since 2002 – this walk is Canada's largest for child and youth emotional health and well-being and celebrates Mental Health Week in Canada each year. The Walk allows Kids Help Phone to keep its services available to kids across Canada 24/7. Come out and support the Kelowna event!

[More Information](#)

-Source: KCR Event Submission Form, Kendra Penrose, 4 April 2017

YMCA Healthy Kids Day

Date: Sunday, May 7, 2017, 12:00 pm – 4:00 pm

Location: Kelowna Family YMCA, 375 Hartman Rd, Kelowna

Cost: Free

As a leading nonprofit for strengthening community, the Y holds Healthy Kids Day to bring families together to engage in fun, active play, and learn healthier habits that help them grow and thrive. Activities are FREE and open to all. Children will enjoy games, activities, healthy snacks, prizes, and much more.

Putting children first because...

Active kids are needed more than ever

The percentage of young people who are overweight has TRIPLED over the past 25 years. It is well researched that physical activity through play helps children better manage stress, succeed

in school, reduce frustration, build energy, and—most of all—learn skills that encourage a lifetime of activity.

Being active must be accessible to all

The Y believes that no one should be turned away because they can't afford the full fee to participate. At Healthy Kids Day, everything from the park and pool activities to snacks is free to everyone.

Connecting families to healthy resources strengthens the community

The Okanagan is rich in non-profit and business organizations who work each day to better our community's future. Healthy Kids Day is one day where all activity partners, sponsors, and volunteers pour their energy into children's health—building the foundation of a healthy community today and tomorrow.

[More Information](#)

-Source: Jessie Billey, Marketing Coordinator, YMCA of Okanagan, 10 March 2017

Blossom Time Fair

Date: Saturday, May 13, 2017, 9:45 am – 2:00 pm

Location: Strathcona Park, 2290 Abbott Street, Kelowna

It's the 65th Annual Blossom Time Fair hosted by the Auxiliaries to KGH Foundation and we're changing it up this year! Same huge plant and baking sales and delightful spring fun, on a new day and location! Join us for Family Friendly Saturday at Strathcona Park.

Featuring opening Ceremony at 9:45 am, with Sales starting at 10:00 am. Face Painting, Fish Pond and Bouncy Castle; Games and Prizes, BBQ, Clowns and Musical Entertainment; Huge Plant, Craft and Collectibles Sales.

Net proceeds support patient care and comfort at IH Facilities.

-Source: KCR Event Submission Form, Georgiann Kasdorf, 5 April 2017

Community Shred Day

Date: Saturday, May 13, 2017, 10:00 am – 2:00 pm

Location: RDCO Parking Lot, 1450 KLO Road, Kelowna

Confidential shredding by donation will all proceeds going to the Central Okanagan Crime Stoppers. Suggested Donation of \$5 / box.

-Source: Lori Holand, Assistant Coordinator, Central Okanagan Crime Stoppers, 8 March 2017

Free Youth Outdoor Leadership Camp: Get Outside BC

Get Outside BC is a collaborative youth outdoor leadership program that strengthens youth attachment to BC's wilderness. We empower youth aged 14-18 by teaching them hands-on skills in wilderness survival, leadership, and conservation in order to prepare them to lead projects that connect other youth to wild spaces. This is a FREE 4-month outdoor leadership program for youth in the greater Kelowna area.

3 phases of the Get Outside BC project:

- Phase I – Youth Outdoor Leadership Camp at Conkle Lake Provincial Park
July 10 – July 14, 2017
- Phase II – Youth-led Community Initiatives & Outdoor Adventures
July 14 – October 21, 2017
- Phase III – Celebration
October 21, 2017

[Apply Today](#)

*-Source: Alana Wittman, Get Outside BC Coordinator, Canadian Parks and Wilderness Society
– BC Chapter, 5 April 2017*

2017 United Way Pulling for My Community Bus Pull

Date: Saturday, May 27, 2017, 10:00 am – 1:00 pm

Location: Parking Lot at Prospera Place, 1223 Water Street, Kelowna

Cost: Minimum entry fee – \$1,500 per team of 8 (less than \$200 per person)

Join us for the Annual United Way Bus Pull in downtown Kelowna!

Your team could earn the bragging rights to the United Way Community Cup! Or at the very least walk away knowing that you and your team are “Everyday Heroes” in your community.

Dress up, show your team spirit, bring your competitive self, your desire to make a difference and even your own Superhero cape!

Teams of 8 will be matched up in head to head competition with other teams to pull our BC Transit bus toward the finish line. Winning teams will advance.

Join us for team building, fun, prizes and most of all bragging rights for supporting the many front-line agencies that United Way partners with to provide services to 1) Help Kids Be All That They Can Be, 2) Move People From Poverty to Possibility, and to 3) Build Strong and Healthy Communities.

Bring your friends, your coworkers, your arch enemies – you must build a team of 8 and join us in “Pulling For My Community”

[More Information](#)

-Source: Ian Gerbrandt, Interim Executive Director, United Way of the Central & South Okanagan, 17 March 2017

Pushor Mitchell – Okanagan Symposium on Brain Injury

Date: Thursday, June 1, 2017, 8:00 am – 4:30 pm

Location: Ramada Hotel & Conference Centre, 2170 Harvey Avenue, Kelowna

Cost: \$125

[Register Now](#)

A collaborative approach to brain injury and its concurrent issues: addictions, homelessness, mental health and violence... from chaos to hope.

Your Conference Ticket Includes: A light breakfast, hot buffet lunch, and snack breaks.

-Source: Braintrust, February 2017

Silver Lake Camp – Summer Registrations Now Open

Silver Lake Camp will be hosting summer camps for the 2017 season! We would like this year to be a great one and we are asking your help in getting kids to camp! There will be discount pricing from now til May (sooner you register the bigger the discount). There are payment plans and subsidy available for qualifying families.

[Apply Now](#)

-Source: Silver Lake Camp, 28 February 2017

Save the Date: Colour with Cool Arts

On Saturday, July 15th, Cool Arts Society is hosting Colour with Cool Arts, an evening fundraiser featuring dinner, silent auction, dance and much much more. Save the date on your calendar and stay tuned for more details.

-Source: Newsletter, Cool Arts Society, 29 March 2017

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- [FEDERAL BUDGET HIGHLIGHTS FOR FAMILIES](#)

Federal Budget Highlights for Families

Health Nexus: There are many websites and news articles on the recently release Federal Budget. Here are a few highlights for families. You can read the full budget in the links below.

- Families: Option to extend parental leave up to 18 months and allowing expectant mothers to claim maternity benefits 12 weeks before their due date
- Child care: \$7 billion over 10 years for 40,000 new subsidized spaces, starting 2018-19
- Coding kids: \$50 million over two years for initiatives to teach children to code
- Indigenous: \$3.4 billion over five years for infrastructure, health, and education
- Caregivers: New caregiving benefit up to 15 weeks, starting next year
- Housing: \$11.2 billion over 11 years for the national housing strategy

[Read the full budget](#)

-Source: Newsletter, CATCH, 27 March 2017

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- [SIGNIFICANT FUNDING BOOST TO IMPROVE CARE FOR SENIORS](#)
- [EDI BC: 2016 PROVINCIAL REPORT](#)
- [LIVING WAGE ELECTION TOOLKIT CALLS ON BC GOVERNMENT TO BECOME A LIVING WAGE EMPLOYER](#)

Significant Funding Boost to Improve Care for Seniors

The Province is investing \$500 million over the next four years as part of a Ministry of Health action plan to improve care for seniors across the system, including increasing direct-care hours for seniors in residential care.

“Seniors are an important part of the fabric that makes up our communities, and often some of the most vulnerable,” said Health Minister Terry Lake. “This investment helps ensure access to quality services across the continuum of care, from supports in their homes to residential care. No matter how complex a person’s needs are, we want to ensure they get the most appropriate care that best enhances their quality of life.”

[Read More](#)

-Source: Newsletter, Office of the Seniors Advocate, 24 March 2017

EDI BC: 2016 Provincial Report

HELP has been collecting EDI data since 2001 and has collected data for over 245,000 kindergarten children in BC. This has created an important foundation for a population health monitoring system that supports an increased understanding of children’s early developmental outcomes over time and across geographies. In this report, we explore these patterns and trends in early child development outcomes in BC through the use of Early Development Instrument (EDI) data.

[Read More](#)

-Source: Newsletter, CATCH, 27 March 2017

Living Wage Election Toolkit Calls on BC Government to Become a Living Wage Employer

Are you part of a group organizing an all-candidates meeting or an event? The Living Wage for Families Campaign has set up a provincial election website (www.goodjobsbc.ca) with a photo booth kit (pdf) for you to show support for the living wage in your community.

The Living Wage for Families Campaign is asking all parties to commit to a living wage for all provincial government direct and contract staff. The provincial government should take action to

end poverty, not create it.

BC is the last province without a poverty reduction plan, and we have the second-highest rate of poverty in Canada. Paying a living wage to all direct and contract staff is a key part of an overall poverty reduction strategy. We have the ability to create good jobs and invest in our communities.

Seven local governments across BC have committed to paying a living wage to all direct and contract staff. Paying a living wage is an achievable and practical way to show leadership on the issue of working poverty. It's time for the BC government to step up.

[Read More](#)

-Source: Newsletter, The Child and Youth Advocate, 17 March 2017

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Research

- [POVERTY & ECONOMIC INSECURITY AMONG BC SENIORS IS GROWING](#)
- [NEW REPORT ON THE COST OF RAISING CHILDREN SETS AGENDA FOR CANADA](#)

Poverty & Economic Insecurity Among BC Seniors is Growing

BC seniors are anything but a homogenous group. Large income and wealth inequalities exist among both seniors and working-age British Columbians—the defining problem we face isn't about intergenerational inequality, but rather the growing gap between rich and poor across generations.

This study uses Statistics Canada data to study the economic well-being of BC seniors, and takes a close look at indicators of economic insecurity including core housing need, the costs and accessibility of essential care and prescription medications, and food insecurity.

[Read More](#)

-Source: Newsletter, CCPA-BC, 6 April 2017

New Report on the Cost of Raising Children Sets Agenda for Canada

State-of-the-art estimates of the cost of raising children are the missing link for social policies and programs meant to support low income and middle class families, says Campaign 2000. Released today, Campaign 2000's new report, "Estimating the Cost of Raising Children: Setting the Agenda for Canada," outlines the need for official estimates to guide public policy and assist parents across Canada with planning. Read the full report in English or French and check out the infographic summary.

In "Estimating the Cost of Raising Children: Setting the Agenda for Canada," authors Dr. Dana Bazarkulova, Dr. Karen Duncan and Dr. Sid Frankel provide a comprehensive overview of the importance and history of the topic and present the advantages and disadvantages of various methods used to calculate the costs. Accurate estimates of the cost of raising children are dependent on comprehensive measurement of the costs families face. Further, costs can differ based on ethno-cultural practices, geographic location, disability and health status of children and such variation requires recognition. The report highlights that different types of estimates are best used for different purposes.

[Read More](#)

-Source: Newsletter, the Child and Youth Advocate, 13 March 2017

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Resources

- [T3 PODCASTS](#)
- [SELF-COACHING STRATEGIES FOR NONPROFIT LEADERS](#)
- [MISSIONBOX: YOUR GLOBAL NETWORK OF NONPROFIT POWER](#)
- [A GUIDED MEDITATION FOR NONPROFIT PROFESSIONALS](#)
- [WHY WE NEED TO STOP ASKING “WHAT DO YOU DO?”](#)
- [AFABC YOUTH SCHOLARSHIPS – APPLY BY APRIL 30](#)

t3 Podcasts

Integrating Peers into Service Delivery Models

Dr. Ellen Bassuk and Senior Associate Justine Hanson join Jeff Olivet to review the findings of their systematic review regarding the relationship between peer support and reoccurring substance use. They looked at not only the quantity of existing research but the quality of methodologies used within the research.

[Listen Now](#)

Double Jeopardy: Ageism and the LGBTQ Community

Clinical social worker Jessica Rowe sheds light on some generational difference in the LGBTQ community and focuses on quality of life issues that are unique to the less discussed, LGBTQ aging population.

[Listen Now](#)

-Source: Newsletter, t3, March/April 2017

Self-Coaching Strategies for Nonprofit Leaders

There is nothing like understanding that your decisions and actions will be consequential to reinforcing learning. Therefore, learning on the job, with a lot of feedback and reflection, can be a very rich source of leadership and management development. Research reinforces over and over the value of learning through risk taking and reflection, but how exactly do we construct the cycles of consideration in our experiences to encourage continuous and humble but increasingly confident development?

This article addresses some just-in-time leadership development strategies that can provide nonprofit leaders with opportunities to shift their perspective and stretch their current repertoire of practices and competencies. It is a guide to self-coaching on leadership and management issues. The leadership issues revolve around driving change, aligning programs with mission, thinking generatively, creating a desired culture, developing strategic partnerships, and understanding one's impact on others. The management issues revolve around getting to results, developing tactical solutions, supervising individuals and teams, and managing resources.

[Read More](#)

-Source: Newsletter, Village Vibes, Charity Village, 3 April 2017

MissionBox: Your Global Network of Nonprofit Power

MissionBox gives nonprofits and charities the power to connect to other people and organizations, learn from our collection of “gold” knowledge, share insight from past experiences, and shine to the world through personal and organizational profiles. Nonprofit professionals can find best practices, have meaningful conversations, and discover new ideas or resources — locally, regionally and globally. Working together, we can elevate social impact worldwide.

[Join Today](#)

-Source: Newsletter, LinkedIn Groups, 15 March 2017

A Guided Meditation for Nonprofit Professionals

Find a comfortable position, whether sitting on your favorite donated chair, lying down on a cushy donated sofa, or huddled up in the fetal position beside a milk crate filled with 300 copies of your gala program booklets that you refused to recycle for some reason.

Let’s take several deep breaths. With each breath, feel your body relax and your worries drifting away.

Breathe in...and out...your 1700 unread emails are gone.

In...and out...the 175 items on your to-do list have faded away.

[Read More](#)

-Source: Newsletter, Nonprofit with Balls, 13 March 2017

Why We Need to Stop Asking “What do you do?”

A while ago, while I was seeking input for a post on how we can all be more disability-inclusive, a colleague mentioned that we should drop the get-to-know-you question “What do you do?” because people with disabilities face significant employment discrimination, and this question is often a painful reminder of that. Another colleague of mine who is brilliant and talented and hilarious and wheelchair-enabled told me she spent seven years searching before someone hired her. I can imagine all the times during those seven years when people asked her “What do you do?” and how she must have felt. This has made me think of the “to-do” culture that we have and how it’s been affecting our work.

[Read More](#)

-Source: Newsletter, Nonprofit with Balls, 6 March 2017

AFABC Youth Scholarships – Apply by April 30

Did you know the Adoptive Families Association of BC offers two scholarships for youth from foster care and youth who joined their family through adoption?

The Howard Legacy Youth Fund and the AFABC Youth Bursary are two separate scholarships that are awarded once per year, at \$1,000 each.

These scholarships assist in covering tuition or other costs directly related to a post-secondary program. Application deadline is Apr. 30, 2017.

[Apply Today](#)

-Source: Newsletter, the Child and Youth Advocate, 13 March 2017

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Social Media & Tech

- [INSTAGRAM HACKS: 44 TRICKS & FEATURES YOU PROBABLY DIDN'T KNOW ABOUT](#)
- [STARTING WITH CONTENT STRATEGY TO ENSURE SUCCESSFUL WEBSITE DEVELOPMENT](#)
- [GET MORE OUT OF SOCIAL MEDIA, 5 STRATEGIES FOR 2017](#)
- [CONTENT MARKETING USING SEO WORKS BETTER FOR LOCAL BUSINESSES](#)
- [GOOGLE ACCOUNT SECURITY TIPS](#)

Instagram Hacks: 44 Tricks & Features you Probably Didn't Know About

Instagram users Like 4.2 billion posts every day. Let that sink in: 4.2 billion.

That's a lot of double taps.

It's no secret that Instagram is a power player in the world of social, but with a whopping 600 million active monthly users and 150 million daily users on Stories alone, it's clear that businesses can't afford to ignore the photo-and video-sharing app.

Get your business a bigger piece of the action—and make the most of your efforts—with these little-known features, tricks, and straight-up Instagram hacks.

[Read More](#)

-Source: Newsletter, Kivi Nonprofit Marketing Guide, 5 April 2017

Starting with Content Strategy to Ensure Successful Website Development

Markus Stadelmann-Elder is the Director of Communications at Maytree: an organization doing work in the area of poverty reduction. In 2015, Maytree announced a new strategic direction, with a focus on taking a human rights approach to addressing the systems that create poverty. With the new mission and strategic direction came a rebrand. And with a new brand, came the need for a new Maytree website.

“When we contacted Marlene, our site was close to eight years old (with some changes to navigation over the years) and reflected Maytree of the past,” explains Markus. “With our new focus on poverty and rights, we needed a site that allowed us to have a new conversation with our core audiences.”

Markus knew that the new website would become Maytree's main communication tool and that it needed to:

- Highlight Maytree's work and that of its partners
- Highlight Maytree's latest thinking
- Provide access to training and tools

[Read More](#)

-Source: Newsletter, moflow, 5 April 2017

Get More Out of Social Media, 5 Strategies for 2017

Lack of traffic is a problem most new businesses face. Even established sites are looking for ways to get new visitors and create opportunities to make more sales, earn greater ad revenue, or increase email subscribers. While many traffic-generation tactics are evergreen, some go out of fashion as they become diluted or offer a poor return on investment. There are, however, a number of broad categories that consistently produce results, whether individual sites or platforms within each category become more or less effective. The following 5 traffic strategies are all working right now, helping businesses from a range of niches to find their audience.

[Read More](#)

-Source: Newsletter, LinkedIn Groups, 14 March 2017

Content Marketing using SEO Works Better for Local Businesses

Content marketing for Search Engine Optimization is the big online trend, and, the best part is, it works even better for local businesses than it does for national and multinational companies.

Marcus Discovered SEO The Hard Way

In 2007, his swimming pool company in Northern Virginia did very well. In 2008, after the financial crash . . . not so well.

Back against the wall, Marcus went online to research how to save his business.

[Read More](#)

-Source: Newsletter, LinkedIn Groups, 6 March 2017

Google Account Security Tips

Apps connected to your Google account are sites and applications in which you have granted permission to access your Google Account. There are several different levels of access you can grant, from viewing basic profile information to having full access to your account. With the rise of cyber security attacks, within a matter of moments all of your sensitive information and even your career could be in jeopardy.

Apps connected to your account, which you can view at: support.google.com/accounts. Provides a list of your connected apps and the level of access you've granted permission.

The most common apps that connect to your Google account are SaaS apps, Chrome extensions, G Suite add-ons, and mobile apps.

[Read More](#)

-Source: Newsletter, Tech Impact, 6 March 2017

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Training

- [WEBINAR: THE ANATOMY OF A MAJOR GIFT ASK](#)
- [SOCIAL MEDIA CHANNELS OVERVIEW](#)
- [KNOWLEDGE IS POWER: DISORDERED EATING](#)
- [OPEN DOORS: A WORKSHOP ON THE CHALLENGES FACED WHEN WORKING WITH TRANSGENDER INDIVIDUALS](#)
- [NON-PROFIT LUNCH 'N LEARN: ACCESS \\$120,000 USD/YR. IN GOOGLE ADWORDS GRANTS](#)
- [WEBINAR: 5 SIMPLE STEPS TO STARTING A MAJOR GIFTS PROGRAM](#)
- [THE WAVE FORWARD CONFERENCE: NEW FUNDAMENTALS FOR ARTS AND CULTURE LEADERS](#)
- [SAFEGUARDING AGAINST FRAUD IN THE NON-PROFIT SECTOR](#)
- [UNDERSTANDING ADDICTION](#)

Webinar: The Anatomy of a Major Gift Ask

Date: Tuesday, April 11, 2017, 1:00 pm

Cost: Free

[Register Now](#)

Want a foolproof blueprint for asking for major gifts? Join us for this webinar and learn how to prepare, practice, and perfect your pitch. We'll talk about common mistakes that come from inadequate preparation, and give you the inspiration and information you need to make your donors an offer they can't refuse.

In this webinar, you'll learn:

- The three keys to overcoming "ask" anxiety
- The secret to preparing, practicing and performing the perfect pitch
- The common pitfalls to avoid when making an ask

-Source: Newsletter, Network for Good, 4 April 2017

Social Media Channels Overview

Date: Wednesday, April 12, 2017, 11:30 am – 1:30 pm

Location: Ramada Hotel & Conference Centre, 2170 Harvey Avenue, Kelowna

Cost: Member \$28 / Non-member \$38

[Register Now](#)

This 30 minute presentation will give you a high level overview of which Social Media Channels to use for business and offer some tips on what to do and when. Hear case studies, success stories, "if then" scenarios and statistical information that will help motivate you to take the leap to this not so new marketing arena.

-Source: Newsletter, Csek Creative, 5 April 2017

Knowledge is Power: Disordered Eating

Date: Wednesday, April 12, 2017, 6:00 pm – 7:30 pm

Location: Okanagan Regional Library, 1380 Ellis Street, Kelowna

Cost: Free

[Register Now](#)

Hear from people with lived experience, family members, and professionals specializing in disordered eating.

Learn about:

- Early recognition
- Living with disordered eating
- Local resources and supports
- The journey to recovery

Registration is required as space is limited. Presented by the Canadian Mental Health Association, Kelowna.

-Source: Jayme Pereira, Wellness Programs Access Coordinator, CMHA Kelowna, 30 March 2017

Open Doors: A Workshop on the Challenges Faced when Working with Transgender Individuals

Date: Thursday, April 13, 2017, 9:00 am – 12:00 pm

Location: Coast Capri Hotel, 1171 Harvey Ave, Kelowna

Cost: Free

[Register Now](#)

Violence Against Women in Relationships and WorkBC welcome you to participate in a workshop to explore solutions to the issues and challenges faced when working with transgender individuals.

Community service providers and employers play a key role in creating an inclusive and accepting community.

Join us for a workshop exploring the issues and challenges facing transgender individuals and those who work with them, and discussing solutions.

Special Guest: Dr. Trevor Corneil, VP Population Health and Chief Medical Health Officer of Interior Health

Dr. Corneil provides leadership in the areas of public health focussing on the accessibility of marginalized and vulnerable populations to primary and secondary care of their acute and chronic illnesses. He has worked in Vancouver where he undertook a special interest in inner-city medicine, practicing in Vancouver's downtown south and east side.

Refreshments will be provided

-Source: Linda Hancock, Office Manager, Kelowna Family Centre, 5 April 2017

Non-profit Lunch 'n Learn: Access \$120,000 USD/year in Google Adwords Grants

Date: Friday, April 21, 2017, 11:30 am – 1:30 pm

Location: 11th Floor, Landmark 6, 1631 Dickson Avenue, Kelowna

[Register Now](#)

Did you know that Google offers qualifying non-profit organizations \$120,000 USD per year in AdWords? Imagine what you could do with \$10,000 USD of in-kind advertising every month from AdWords, an online advertising solution from Google. You could recruit more volunteers. Attract more donations. And share your story with audiences all over the globe. It's all possible with Google Ad Grants.

Join Google Partner & Search Marketing Pioneer Alexandre Brabant along with Certified Executive Coach Melanie Hart for a fun informational lunch and learn session about Google Ad Grants for non-profit organizations.

Whether you are an Executive Director, Marketing Director, Fundraiser, or staff member in charge of online marketing campaigns, fundraising, community events – or all of the above – join us! You'll be glad you did.

Bring your lunch. Light refreshments including coffee, tea and water and snacks will be available.

-Source: Newsletter, Melanie Hart, 5 April 2017

Webinar: 5 Simple Steps to Starting a Major Gifts Program

Date: Tuesday, April 25, 2017, 1:00 pm

Cost: Free

[Register Now](#)

Closing major gifts is the most efficient way to raise the money you need to sustain your nonprofit, but it's also the most challenging. Where do you begin? Join us to find out how to get a major gifts program up and running—even if you're a very small organization.

In this webinar, you'll learn:

- Identify and discover potential major donors
- Optimize your prospect research and personal screening sessions
- Get your board involved identifying prospects – make it into a game!

-Source: Newsletter, Network for Good, 2 April 2017

The Wave Forward Conference: New Fundamentals for Arts and Culture Leaders

Dates: April 27-30, 2017

Location: Black Rock Oceanfront Resort, 596 Marine Drive, Ucluelet, BC

Cost: \$95 – \$325

[Register Now](#)

Join your fellow community arts and culture leaders to RETREAT and RENEW on the edge of the Pacific Rim. Join Arts BC and our local hosts, The Pacific Rim Arts Society, for our Annual Provincial Conference—what is widely cited as our most valuable contribution to the development of community arts and culture leaders in BC.

Based in the spectacular West Coast communities of Ucluelet and Tofino, we start The Wave Forward: New Fundamentals of Arts and Culture Leadership with a networking reception at the stunning oceanfront Black Rock Resort on Thursday evening, April 27th in Ucluelet.

-Source: Newsletter, Arts BC, 27 February 2017

Safeguarding Against Fraud in the Non-Profit Sector

Date: Tuesday, May 2, 2017, 1:30 pm – 4:00 pm

Cost: Free

[Register Now](#)

The Scotiabank Centre for Non-Profit Excellence is partnering with BDO Canada LLP for an interactive seminar on the unfortunate reality of fraud in the nonprofit sector. Accountant, Sinéad Scanlon will provide key insights on how to recognize fraud and implement strategies to safeguard your organization against it.

Please note: Lunch and a short additional presentation from our partners at Scotiabank on how a banker can be a strategic partner, will be provided if you plan to attend BOTH the Decoding Financial Statements and Safeguarding Against Fraud seminars on May 2nd.

If you have any questions or require additional information, please contact Faith at centrenonprofit@gmail.com.

-Source: Faith Pickles, Scotiabank Centre for Non-Profit Excellence, 4 April 2017

Understanding Addiction

Cost: \$100

[Register Now](#)

Understanding Addiction is an online learning program that seeks to equip non-specialist workers and volunteers with the knowledge, skills, and attitudes to confidently help people who face challenges with substance use and addiction. The goal of this course is to ensure that anyone in a “helping role” will be able to foster healthy

relationships and build supportive environments.

Participants will engage in eight interactive online lessons that feature opportunities for personal reflection, downloadable resources, and a facilitated forum. They will learn about topics such as: the factors behind addiction and control, the dynamics involved in helping people change their behaviour, and what to do in difficult situations. Participants will also have opportunities to practice skills that enhance client engagement while promoting safety.

This program has been developed by the Canadian Mental Health Association BC Division (CMHA BC) in partnership with BC Non-Profit Housing Association, BC Government and Service Employees' Union, Centre for Addictions Research BC (University of Victoria), 7th Floor Media (Simon Fraser University) and Walden Media Group. CMHA BC exists to promote the mental health of British Columbians and support the resilience and recovery of people experiencing mental illness.

-Source: Newsletter, CMHA, 27 March 2017

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Volunteerism

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Volunteer, Eh!

Date: April 25, 11:00 am – 1:00 pm

Location: The Okanagan Boys & Girls Club, Downtown Youth Centre Field, 1633 Richter St, Kelowna

Join us for a multi-agency Volunteer Appreciation BBQ to celebrate National Volunteer Week (April 23 – 29, 2017) and show our appreciation for our volunteers. Please RSVP to your agency.

-Source: Stephanie Moore, Community Services, KCR, April 2017

National Volunteer Week

To celebrate all volunteers and to get you thinking more deeply about volunteering, during [NVW Volunteer Canada](#) will release a series of crossword puzzles that reveal the impacts, benefits and diverse ways Canadians are involved in communities. Some answers may be obvious, while others may cause you to stop and say: “Volunteering, Eh?”

However you recognize volunteering in 2017, one thing remains timeless...and that is volunteer efforts create positive impact in communities across Canada.

[Learn More](#)

-Source: Dawn Wilkinson, Manager, Community Services, KCR, April 2017

Workshop: Board Boot Camp 201

Date: Tuesday, April 11, 2017, 4:00 pm – 6:00 pm

Location: KCR, 620 Leon Avenue (Corner of Leon and Bertram), Kelowna

Cost: \$25 per Organization (Max 2 people)

[Register Now](#)

It's 6:30 pm. You've been up since 6:00 am and have just put in a full day at work. Your head

and stomach are telling you it's time for dinner. And you're still sitting in a not-for-profit board meeting that started at 4:30 ... which was supposed to wrap up at 5:45 pm. Suddenly, you hear, "I nominate [your name] for Board Chair". What?!

Maybe your appointment as Chair of your favourite not-for-profit wasn't quite so dramatic. Maybe you were one of the lucky ones that served as Vice-Chair for a term before becoming Chair. Even so, most future Chairs of not-for-profit Boards are not prepared (read: groomed) to take over the leadership position.

Do you want to become the Chair of a Board of Directors? How do you make that a reality? Board Boot Camp 201 will provide a quick primer to become the best leader you can be for your not-for-profit organization.

You will:

- Learn effective qualities of leaders
- Gain awareness about your personal leadership style
- Understand the separation between the Board and senior staff
- Find out how to run your meetings timely and effectively
- Explore when your organization might need outside for expertise

-Source: Dawn Wilkinson, Manager, Community Services, KCR, January 2017

Workshop Series: Nourishing Managers of Volunteers

This is self-care for you as a manager of volunteers. Save one lunch hour in your calendar every month. Bring your lunch and enjoy refreshments.

You will:

- Be encouraged
- Learn from talented specialists in the field
- Network of peers faced with the same challenges
- Stay current as you manage volunteers for your organization

Take time for reflection. Consider a wide variety of ways to embed your volunteer message in your organization's current activities. Find some fresh approaches too.

Next Workshop: Event Planning Made Easier

Date: Wednesday, May 10, 2017, 12:00 pm – 1:00 pm

Location: KCR, 620 Leon Avenue (Corner of Leon and Bertram), Kelowna

Cost: Free

Registration Opening Soon

It is so easy to feel overwhelmed when planning an event. Learn secrets from an expert. Take away a cheat sheet to help you for your next event.

-Source: Dawn Wilkinson, Manager, Community Services, KCR, April 2017

Leading for Transformation: Advancing the Volunteer Management Profession

Date: May 10-12, 2017

Location: Delta Ocean Pointe Inn, Victoria

Cost: \$250 – \$400

Early Bird Registration Deadline: April 13, 2017

[Register Now](#)

You are invited to **Leading for Transformation: Advancing the Volunteer Management Profession**, a Conference for anyone who works with and in support of volunteers. Co-hosted by the Administrators of Volunteer Resources BC (AVRBC) and the Volunteer Management Professionals of Canada (VMPC) this year's Conference is scheduled for May 10-12 in beautiful Victoria BC.

-Source: Tina Lowery, Regional Representation Chair, AVRBC Board of Directors, 30 March 2017

TimeDrive Marketplace

Date: Wednesday, May 3, 5:30 pm – 7:30 pm

Location: Sandhill Winery, 1125 Richter St, Kelowna

Cost: \$15

[Buy Tickets](#)

First envisioned in 2013, TimeDrive began as a collaboration between the OYP Collective where non-profit organizations could showcase their volunteer opportunities to event attendees who bid their time as a sign of support in a "Charity auction" format. New this year is the addition of a marketplace component, where local vendors who share our passion for community and volunteerism among youth will be on hand to showcase their businesses.

Presented by our newest partner, Bananatag, this year the event will be hosted in the beautiful Sandhill Wines tasting room in downtown Kelowna. Each guest will be able to enjoy one drink free of charge from Sandhill Wines or Tree Brewing, as well as choose from a selection of delicious appetizers (provider TBA). Kelowna's own Wild Son will be on hand to set the mood with an awesome set of acoustic tunes.

-Source: United Way of the Central & South Okanagan, Facebook, April 2017

Welcoming Immigrants as Volunteers at your Organization

Volunteer engagement is so much more than getting work done: it allows the community to see, first hand, what a nonprofit or other mission-based organization or program does, it allows a nonprofit or government program to cultivate relationships with certain demographic groups it might not otherwise, it creates stronger ties between a program and the community, and it can contribute to community cohesion, bringing together different segments of a population in a setting that can help build relationships and understanding.

All of these reasons for engaging volunteers are why it's a good idea for mission-based programs to explore ways to welcome residents who are immigrants as volunteers. You are missing out on a tremendous amount of talent and energy if you are excluding immigrants as volunteers, and such exclusion contributes to community divisions.

[Read More](#)

-Source: Newsletter, LinkedIn Groups, 22 March 2017

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