



Kelowna
Community
Resources



Community Information & Volunteer Centre



Bulletin February 2010

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Awards



35TH ANNUAL
CIVIC & COMMUNITY
AWARDS

Celebrating the achievements and generosity of Kelowna citizens.

Each year the Civic and Community Awards honour individuals whose achievements and contributions have been of significant benefit to Kelowna. The awards recognize the talent, dedication and generosity of our outstanding, athletes, volunteers, artists and a business whose unique gifts have contributed so greatly to life in Kelowna.

Celebrating community spirit, the awards cover a wide spectrum of accomplishment. Award recipients are chosen by committee, from nominations received from the public. Nomination period runs from January 4th to February 12th, 2010.

This year's gala dinner and awards presentation will be held on Wednesday April 14th, 2010 at the Delta Grand Okanagan Lakefront Resort and Conference Centre. Tickets available thru Ticket Master starting March 15th, 2010.

For more information on the Civic & Community Awards, call 250.469.8967 or email agilbert@kelowna.ca.

CATEGORY CRITERIA

MALE ATHLETE OF THE YEAR

Awarded to the male athlete (amateur or professional) bringing the greatest amount of recognition to Kelowna.

FEMALE ATHLETE OF THE YEAR

Awarded to the female athlete (amateur or professional) bringing the greatest amount of recognition to Kelowna.

AUGIE CIANCONE MEMORIAL AWARD

Awarded to the most outstanding high school male and female athlete in the area of the Central Okanagan.

BOB GIORDANO MEMORIAL AWARD

Awarded to a Kelowna citizen who has contributed significantly through voluntary service to amateur sport, such as coaching or administrative support.

BRYAN COULING MEMORIAL ATHLETIC TEAM OF THE YEAR AWARD

Awarded to the Kelowna team (amateur or professional) bringing the greatest amount of recognition to Kelowna.

CENTRAL OKANAGAN FOUNDATION VOLUNTEER ORGANIZATION OF THE YEAR AWARD

Awarded to the volunteer organization that has provided outstanding community service relating to actions having a direct beneficial effect on residents in Kelowna.

TEEN HONOUR IN THE ARTS AWARDS

Awarded to a youth who has made an outstanding contribution in their community through cultural and/or artistic efforts. Must be a current resident of Kelowna.

HONOUR IN THE ARTS AWARD

Awarded to an individual who has made an outstanding contribution in their community through cultural and/or artistic efforts. Must be a current resident of Kelowna.

WOMAN OF THE YEAR – SARAH DONALDA TREADGOLD MEMORIAL AWARD

Awarded to a woman in recognition of her overall outstanding contributions to the well-being of the City of Kelowna. Nominees must be current residents of the City of Kelowna.

MAN OF THE YEAR – FRED MACKLIN MEMORIAL AWARD

Awarded to a man in recognition of his overall outstanding contributions to the well-being of the City of Kelowna. Nominees must be current residents of the City of Kelowna.

YOUNG FEMALE AND YOUNG MALE CITIZEN OF THE YEAR AWARDS

Awarded to a young female and young male citizen who has made an outstanding contribution to the well-being of the City of Kelowna. Nominees must be current residents of the City of Kelowna.

PLATINUM SPONSORS:



ADDITIONAL SPONSORS:



**NOMINATIONS CLOSE
12:00 NOON
FRIDAY, FEBRUARY 12, 2010**



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GERT BEADLE AWARD

The Kelowna Women's Resource Centre is seeking nominations for the annual Gert Beadle Award.

The Gert Beadle Award recognizes the value of the invisible work done at the community level to enhance women's equality. The Kelowna Women's Resource Centre understands that the process of change towards women's equality is a slow one, and that it requires perseverance, determination, commitment, and above all solidarity and teamwork. This is why the criterion for this award is a broad one – we hope to recognize work done at all levels, as well as the diverse needs, experiences, and values of women.

The nominee must be a woman living in the Kelowna area, over the age of 18 who is committed to women's equality and social justice. The nominee may also be a group. The winner needs to be available the evening of March 8, 2010, to accept the award at KWRC's International Women's Day Event to be held at Okanagan College.

Nominations should include:

1. Nomination form filled out completely (one for each nominee)
2. A narrative, no more than 500 words, explaining how the nominee has contributed to the struggle for women's equality

The nomination package can be picked up at the Kelowna Women's Resource Centre or downloaded from www.kwrc.net. **Deadline for completed package is February 19, 2010.**

Please email coordinator@kwrc.net or mail your completed package to:

Kelowna Women's Resource Centre - Gert Beadle Award
1492 St. Paul Street
Kelowna, BC V1Y 2E6

Please note that emailed packages must have "Gert Beadle Award" in the subject line.

--SOURCE: Micki Smith, Kelowna Women's Resource Centre

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ALAN THOMAS FELLOWSHIP NOW ACCEPTING APPLICATIONS

The Carold Institute Alan Thomas Fellowship to Promote Civil Society and Voluntary Action was established to provide a sabbatical to a leader in the NGO/nonprofit sector who would not normally have access to one. It is hoped that the award will free the recipient, at a transitional moment in his or her professional development, to make a significant contribution to the NGO/nonprofit sector through research and possible publication or dissemination in the medium of the applicant's choice (e.g. film, exhibit, performance piece). Applications are invited for projects that fit within the broad scope of promoting civil society and voluntary action, and are **due no later than March 26, 2010.**

For more information, and to submit an application, visit: www.carold.ca.

--SOURCE: CharityVillage, January 11, 2010

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THE CANADIAN ASSOCIATION OF ELIZABETH FRY SOCIETIES 2010 MEMORIAL BURSARY

The Canadian Association of Elizabeth Fry Societies announces its annual Memorial Bursary. The bursary assists the educational efforts of criminalized women. The amount allocated each year is \$2500 with the Selection Committee generally awarding one bursary in each of the five CAEFS regions, for a total of \$500 per person.

The bursary is open to women who have been criminalized (eg, currently or formerly provincially or federally sentenced women).

For more information, please call the Central Okanagan Elizabeth Fry Society at 250.763.4613.

--SOURCE: Central Okanagan Elizabeth Fry Society

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NOMINATE A YOUNG PERSON FOR THE HUGGABLE HEROES PROGRAM

The Build-A-Bear Workshop annual Huggable Heroes program is now accepting nominations. Young leaders, ages eight through 18 years old as of February 26, 2010, who have made positive contributions in their communities and/or around the world, are eligible to win \$10,000 (\$7,500 in the form of an educational scholarship and \$2,500 from the Build-A-Bear Workshop Foundation to be donated to the charity of the winner's choice). Nominations will be accepted until February 26, 2010.

For more information, and to submit a nomination, visit: www.buildabear.com.

--SOURCE: CharityVillage, February 1, 2010

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KCR Database

KCR ONLINE DATABASE

Deneen McArthur, Data Management Assistant Coordinator (250.763.8008 ext.28 or deneen@kcr.ca), has been hired to work full time updating the Kelowna Community Resources Database of community information.



Kelowna
Community
Resources

Deneen's main priority will be accuracy of existing records, utilizing International Information and Referral Standards. Those agencies with multiple programs will have an 'anchor' record, which will contain a description of the agency and a list of programs offered. Each program record will contain the details and contact information, and refer back to the 'anchor' record.

To check the accuracy of your record in our online database, please click:



KELOWNA WOMEN'S SHELTER SUPPORTIVE PROGRAMS FOR WOMEN

Do you know a woman who has experienced relationship abuse and could use some support? Many people are unaware that the support groups and counselling services of the Kelowna Women's Shelter are available to women who have never stayed at the shelter, completely free of charge. A woman does not need to leave her relationship or make a police report in order to begin taking steps toward a better life.

Nobody should have to live with relationship abuse, but it is unfortunately all too common in our society. Recent statistics tell us that 1 in 3 women will experience some form of relationship abuse during her lifetime. Abuse takes many forms, including emotional, physical, and sexual abuse.

Many of the victims do not immediately recognize that they are experiencing abuse, or realize that other options are available to them, especially because abuse victims are often isolated from other supports by the abusive partner. If you know a woman who has experienced abuse, you can help break the cycle by letting her know about community supports.

DROP-IN SUPPORT GROUPS ARE HELD AT THE KELOWNA WOMEN'S SHELTER:

Tuesdays, 12:30 pm - 3 pm

Wednesdays, 1 pm - 3 pm

Wednesdays, 6:30 pm - 8:30 pm

Childcare is usually available for the daytime groups. Please call Sharon (Outreach Worker) at 250-763-1040 for more information and location.

To view this record in the KCR database, please click:



BRIDGES EDUCATION COURSE - BC SCHIZOPHRENIA SOCIETY, KELOWNA BRANCH

BRIDGES Education Course is a 10 week peer taught recovery course for those living with a mental illness. The goal is Building Recovery of Individual Dreams and Goals through Education and Support.

To view this record, please visit KCR's database by clicking:



FROM GRIEF TO ACTION

FGTA provides hope, resources and respect through support groups including Parents in Action and Parents Forever. They provide resource information about drugs and treatment available, assist to open new treatment centres, work with School Boards on education and prevention, lobby government for detoxification facilities and treatment on demand and raise awareness that drug addiction is a disease and not a choice.

To view this record, please visit KCR's database by clicking:



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ONE SIGHT PROGRAM

One Sight Foundation also accepts donations of used prescription glasses and non-prescription glasses and non-prescription sunglasses to local opticians, optometrists and retail locations of LensCrafters, Pearl Vision, Sears Optical and Sunglass Hut for distribution to people in need, locally and worldwide.

For additional details, please visit KCR's database by clicking:



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Facts and Trends

SUCCESSION PLANNING

We've just been notified that the two key leaders for our largest spring event are unable to continue. Where to we start?



The need for a plan and process that addresses this type of situation is an important priority today. Burnout, reliance on a few individuals and an aging leadership population pose risks for most organizations.

The need for a plan and process that addresses this type of situation is an important priority today. Burnout, reliance on a few individuals and an aging leadership population pose risks for most organizations.

Succession planning is a consideration for committee chairs, team and working group leadership, board and key staff positions as well as roles where specific skills are required. It is particularly important when an individual has been working with the organization for a number of years and a great deal of knowledge will go with them! Quick, surprise losses of key talent can take its toll on the success of an event or program.

A quick assessment is your first step. Was there a strong team of individuals working on the event that supported one another? Did the group share responsibility for leadership and making decisions? Was any cross training done or were backup positions in place? Are there current, easily accessible documents of key activities and timelines?

The more engaged the entire group was and the more detailed the documentation, the easier it will be to move ahead. Assess the remaining talent pool, identify gaps, and strategize to recruit and support new leadership. Consider offering current members opportunities to learn and develop, as long as the appropriate support and feedback can be provided.

The ultimate goal is to make succession planning a standard practice rather than dealing with emergency situations. A challenge often faced is that those with long-term involvement can't even imagine someone else being able to do the job! They don't know what 'letting go' might look like.

Perhaps changing the focus and discussing the importance of 'continuing the legacy' may be an approach that is more acceptable. One article referred to it as conducting a 'succession fire drill' to identify critical vulnerabilities that might inhibit success and then building a plan to address these.

Ensure feedback and evaluation is part of the planning cycle. Provide each individual with an opportunity to assess abilities and future involvement. Incorporating term limits is a good practice. 'Alumni' can be great mentors or take on the task of visual representation to transfer knowledge into comprehensive and detailed charts, diagrams, and checklists. Ultimately it is a process to ensure an organization has the people power to continue and deliver on mission!

--SOURCE: Barb's Bytes, Volume 10, Number 5, November & December 2009

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CANADIANS PLAN ON GIVING MORE TIME AND MONEY IN 2010

According to a new poll, 29% of Canadians report they are planning to give more time to worthwhile causes in 2010, and 19% indicated they are planning to donate more money. With regards to how they like to give, 69% of respondents said they would rather donate time than money, and 89% indicated they prefer to volunteer locally in their community. Another 82% said they donate to local charities and causes.

--SOURCE: CharityVillage, January 4, 2010 (Harris/Decima)

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MEDICAL AND CHILDREN'S CHARITIES REMAIN ON TOP IN CANADA

Among online Canadians that have donated to a charity in the past year, the biggest beneficiaries have been medical charities (77%), followed by poverty and international development charities (51%). Others are less likely to be the recipients of donations, with 41% donating to children's charities, 33% to social charities such as places of worship or the arts, 31% to environmental charities, and 7% to

political/justice causes. Donations to medical and children's charities also tend to increase with household income.

--SOURCE: CharityVillage, January 4, 2010 (Ipsos Reid)

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CANADIANS APPEAR LESS GENEROUS THAN AMERICANS

According to a new report, Canadians appear to be less generous than their American neighbours in donating money to charity. In 2009, 26.6% of US tax filers donated to charity compared to 24% of Canadian tax filers. Further, Americans gave 1.6% of their aggregate personal income to charity, more than double the .73% that Canadians donated.

--SOURCE: CharityVillage, January 11, 2010 (Fraser Institute)

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ATLANTIC CANADIANS MOST LIKELY IN CANADA TO GIVE LOCALLY

Among online Canadians who made a donation to charity last year, Atlantic Canadians, at 87% were most likely to state that their donation had affected their local community. Ontarians (48%) and Albertans (45%) were more likely to state that their giving had affected Canada as a whole, while British Columbians were more likely than others in Canada to state that their donation had benefited developing countries (27%). Across the country, Albertans, at 92%, and Atlantic Canadians, at 89%, are most likely to give to medical causes. Furthermore, those in western Canada are more likely to donate to poverty/international development than the rest of the country. Respondents from Quebec were least likely to give to social causes (13%).

--SOURCE: CharityVillage, January 11, 2010 (Ipsos Reid)

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UK PUBLIC VISITS WEBSITES AND GIVE

25% of the public have visited a charity website in the past 3 months. A third of those who did made a donation.

This data is taken from our Charity Awareness Monitor - our regular survey of the UK public which charities can buy into. It's a cost-effective form of research which holds a mirror up to your charity, letting you see the public's perception of your organisation and the sector in general.



For additional information, please visit: <http://www.nfpsynergy.net>

--SOURCE: *nfp Synergy*

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TRANSITION HOMES MOST COMMON TYPE OF WOMEN'S SHELTER

According to a recent report, transition homes, which provide short- to moderate-term housing, were the most common type of women's shelter in Canada. In 2008, they represented 47% of all shelters, while emergency-type facilities accounted for 26%. Since about 70% of mothers coming to shelters to escape abuse are accompanied by their children, many facilities offer services that address the needs of child residents. About three-quarters provided recreational facilities for children, while about half offered specialized programming for child witnesses and victims of abuse.

--SOURCE: *CharityVillage, January 18, 2010 (Statistics Canada)*

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FACEBOOK USERS ARE GETTING OLDER. MUCH OLDER.

Analytics company iStrategyLabs has examined the demographics stats from Facebook's Social Ads platform, and they've reached some very interesting conclusions. Facebook's userbase, as a whole, is getting much older very fast.

As you can see in the chart below, the overall number of users between 18 and 24 years of age has grown only 4.8% between the fourth of January and the fourth of July of 2009. In comparison, the number of users aged 25 – 34 has grown 60.8%; the number of users aged 35 to 54 has grown 190.2%, while the number of users older than 55 years has grown a tremendous 513.7%.

For additional information, please visit: <http://afundraisersfriend.olhblogspace.com>

--SOURCE: *Online Fundraising P2P, Issue 22*

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CIBC DONATES \$7.2 MILLION TO UNITED WAY IN 2009

CIBC employees and retirees have once again opened their wallets to support United Way of Canada - Centraide Canada and its work towards improving the social conditions of Canadians. CIBC raised more than \$7.2 million, including a \$2.8 million corporate donation, for United Way in 2009. "In challenging economic times like today, it's more important than ever to help support those who truly need it," said Gerry McCaughey, CIBC's president and chief executive officer.

For more information about the United Way, visit: www2.unitedway.ca.

--SOURCE: CharityVillage, January 25, 2010

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GLOBAL CITIZENS WANT MORE ACTION ON CLIMATE CHANGE

A new poll indicates that only 35% of adults surveyed in 23 countries (representing 75% of the world's GDP) believe their own government and business leaders are taking the right steps and pace to prevent global climate change.

In fact, of the 23 countries surveyed, only three get passing grades from their citizens - namely China with the most support (86%), followed by India (60%), and Turkey (54%). Only 34% of Canadians believe the country's leaders are taking the correct steps, while 66% feel they are not.

--SOURCE: CharityVillage, February 1, 2010 (Ipsos Reid)

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CANADA SEES DRAMATIC INCREASE IN HEART DISEASE RISK FACTORS

According to a new report, Canadian citizens are facing an impending heart disease crisis. Between 1994 and 2005, rates of high blood pressure among Canadians skyrocketed by 77%, diabetes by 45%, and obesity by 18% - affecting both younger and older Canadians.

Moreover, even younger age groups are experiencing increases in risk. Among those 35 to 49 years of age, for example, the prevalence of high blood pressure increased 127%, diabetes by 64%, and obesity by 20% - all major risk factors for heart disease.

--SOURCE: CharityVillage, February 1, 2010 (Heart and Stroke Foundation)

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Funding

5 TRENDS THAT WILL AFFECT ONLINE FUNDRAISING IN 2010

No one can say for sure what 2010 will bring. Will there be an economic recovery? Will direct mail continue to thrive? Will more and more donors continue to turn to the Web as their preferred means of giving?

Last year the Chronicle of Philanthropy shared its "[Trends That Will Affect Fundraising in 2009](#)," penned by Robert F. Sharpe, a planned-giving consultant in Memphis.

In 2010 Network for Good has taken a crack at the five trends we've seen (with an online spin).

1. You may see a greater number of donations with a smaller average gift size.
2. As much as the media talks of a possible economic rebound, prospective supporters will still be wary of donating to new causes.
3. Email outreach will continue its upward trend, meaning more email in subscribers' inboxes.
4. Recurring gifts will be a huge portion of online giving.
5. As in the past, year-end gifts will account for a substantial percentage of total annual contributions.

[For the five trends and how they'll affect your organization this year, please click here.](#)

--SOURCE: *Networking for Good*, www.fundraising123.org

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ENP FUNDING

The *enp* program provides matching grants of up to \$10,000 to an average of 40 to 50 organizations annually. Grants may be used to pay for professional fees for technical assistance and/or staff costs and resources related to the planning or organizational development activity.

An *enp* grant may NOT be used for operations, overhead, or implementation. Nor may an *enp* grant be used retroactively.

The development of revenue-generating enterprises is challenging. Non-profit organizations need to have significant organizational capacity and an understanding of the realities and risks before embarking on an enterprise initiative.

Attendance at an orientation session is *required* of prospective *enp* grant applicants to ensure that staff and board members have a thorough understanding of the issues involved in enterprise development.

Online registration for our spring orientation sessions will open on January 26, 2010.

- INTRODUCTORY WORKSHOPS: Vernon, Wednesday, April 7, 2010
- A STRENGTHENING SOCIAL ENTERPRISE WORKSHOP: Vancouver, Tuesday, April 22, 2010

For more information, please contact Peter Roundhill at Peter@enterprisingnonprofits.ca or 1.604.871.5421.

--SOURCE: www.enterprisingnonprofits.ca/

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RBC FOUNDATION GRANTS FOR ENRICHED CURRICULUM AND AFTER-SCHOOL

The RBC After-School Grants Project announced its call for grant applications for the 2010-2011 school year.

RBC is offering more than \$2.5 million in grants to fund first-time and renewed grant recipients. Organizations who wish to apply should have a mandate to keep students in grades K-12 safe, as well as positively engaged through an enriched curriculum after their classes end each day. Grants of up to \$40,000 are provided by the RBC Foundation to programs in at-risk or underserved communities.

The deadline for funding applications is February 26, 2010; grant recipients to be advised of acceptance by June, 2010.

For more information, please visit: www.rbc.com

--SOURCE: *CharityVillage, February 1, 2010*

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## Local News

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KELOWNA COMMUNITY RESOURCES WELCOMES ITS NEW ED

The Board, staff and volunteers of KCR are pleased to welcome our new Executive Director, Ira Roness!

You can contact Ira at:

120-1735 Dolphin Ave.
Kelowna, BC V1Y 8A6
Phone: 250.763-8008
Fax: 250.763.7608
Email: ira.roness@kcr.ca

--SOURCE: *D. Wilkinson, Kelowna Community Resources*



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UPDATE: CENTRAL OKANAGAN MENTAL HEALTH & ADDICTION SERVICES

Please note the changes below:

The following programs are now located at Mental Health and Addictions - Ellis:

- Alcohol and Drug Services
- Adult Community Support Services (ACSS)
- Adult Short Term Assessment and Treatment Team (ASTAT)
- Developmental Disabilities mental Health (DDMH)
- Rapid Response
 - * Central Intake
 - * Mental health Emergency Services
 - * Intensive Case Management
 - * Community Liaison
 - * Rapid Response Clinic
- Early Psychosis Intervention

1340 Ellis St., 2nd Floor
250.868.7788

The following programs are now located at Mental Health & Addictions - Groves:

- Community Seniors Mental Health
- Eating Disorder Programs
- COK MH&A Psychologist

100-540 Groves Ave.
250.870.5777

--SOURCE Interior Health Authority

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THE ADOPTION CENTRE OF BRITISH COLUMBIA - INFORMATION SESSION

The last information session was well attended and included a panel of adoptive parents who spoke about their experiences in adopting from different countries. We hope to have another panel in attendance for the upcoming information session.

We would strongly recommend that you attend to learn what other countries may be a good fit for you.

Date: March 23, 2010
Time: 7 pm - 9 pm

Please call 250.763.8002 for additional information or to register.

--SOURCE: The Adoption Centre of British Columbia

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COMPUTER DONATIONS WELCOME (HARDWARE AND SOFTWARE)

The Kelowna Women's Resource Centre has a program in place to re-use computers and distribute them to low income women and families who otherwise might not be able to afford them. They would prefer computers that they have at least an XP operating system but will gladly accept older computers to add the parts to newer computers.

Also they will gladly accept software disks and manuals as they can then add programs to the computers as well.

The Battery Doctor will take your computer at 'End of Life' meaning they send it to Vancouver to be dismantled, but they have no program to re-use, refurbish or redistribute them.

For additional information, please call 250.762.2355.

--SOURCE: L. Jack, Kelowna Women's Resource Centre

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THE BIG CHILDREN'S LEADERSHIP PICTURE WITH SMALL ACTIONS...

...that make a difference for child care providers, ECD community practitioners, parents, grandparents, aunts and uncles, and all interested community members.

Lynell Anderson will help connect the dots between children, global stats, and how social policy affects children in the Central Okanagan. She spoke recently on Policies Fit for Children at the Cities Fit for Children Conference in Langley and has been intensely involved with the provincial child care community.

Lynell Anderson is a Certified General Accountant and a Senior Researcher with the Human Early Learning Partnership (HELP) at UBC and partner schools Simon Fraser University, Thompson Rivers University UBC Okanagan, University of Victoria and University of BC.

Date: Monday, February 22, 2010
Time: 6 pm - 9 pm
Location: Coast Capri Hotel
1171 Harvey Ave.

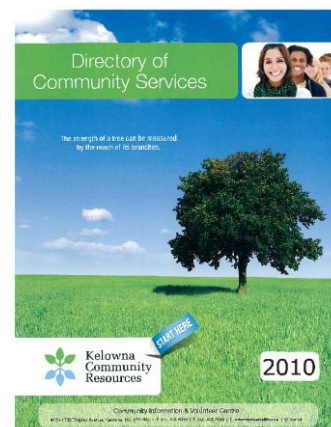
--SOURCE: CATCH Newsletter

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2010 DIRECTORY OF COMMUNITY SERVICES

Changes in the KCR database also mean changes in the Directory of Community Services. Two issues will be produced in 2010.

The January issue is now available. It has a new look and initial content changes reflect compliance with international information & referral standards.



In July, a second edition will be published with sweeping changes to the content and layout which is more user-friendly.

For \$30 you can receive the January 2010 version.

For \$50 you can receive both the January and July Directories.

To order, please contact Deneen at 250-763-8008 Ext. 28.

--SOURCE: D. Wilkinson, Kelowna Community Resources

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LOCAL RESEARCH ON PUBLIC OPINIONS ABOUT CHARITABLE GIVING

Our United Way research student, Kim McIntyre, who is researching charitable giving in our community, would like to conduct a focus group on Saturday, February 6, 2010 at 11 am at Okanagan College on KLO Road.

**Voice YOUR Opinion and Change
the Future of Our Community**

The session would be 90 minutes or less, and refreshments will be provided. Participants have the opportunity to provide their thoughts and opinions about their experience with charitable giving and this will help Kim graduate with honours.

All information is strictly anonymous and confidential to Kim. She is looking for both people who currently donate to charities of any kind, as well as people who may not have donated to a charity in the last 5 years. If you are 19 years of age or older and would like to be a part of the focus group or would like more information on the research, please contact Kimberly McIntyre directly at kimberly.mcintyre@myokanagan.bc.ca.



--SOURCE: Karen Graham, United Way of the Central and South Okanagan

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KELOWNA FAMILY CENTER GROUNDHOG DAY CELEBRATION OPEN HOUSE

Join the staff and find out what they do for the community.

Date: February 10, 2010
Times: 10 am to 12 noon
Location: 204-347 Leon Ave.

For more information, please call 250.860.3181.

--SOURCE: Kelowna Family Centre

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UPCOMING MS EVENTS

THE 17TH ANNUAL OKANAGAN CHAPTER'S SCOTIABANK MS WALK will be held on Sunday, April 25 at Kelowna City Park (check-in at 8:30 am, Walk starts at 10 am).



To volunteer for the Scotiabank MS Walk 2010 steering committee or volunteer for the day of event positions, please visit:

<http://chapters.mssociety.ca/default.aspx?ChapterID=704&PageID=1320&L=2>

THE 1ST OKANAGAN RONA MS BIKE TOUR, THE OKANAGAN GRAPE ESCAPE, will be held in Kelowna, Saturday, September 18 and Sunday, September 19.

To volunteer for the 1st Okanagan Rona MS Bike Tour Okanagan Grape Escape steering committee or to volunteer for the day of the event positions, please visit:

<http://chapters.mssociety.ca/default.aspx?ChapterID=704&PageID=2146&L=2>

For more information on either event, contact Myra at 250.762.5850.

--SOURCE: Myra Majeran, MS Society-Okanagan Chapter

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FUNDING FOR TRACS: HOMELESS AND AT RISK ANIMALS

The Responsible Animal Care Society was granted \$24,000 in funding by the Vancouver Foundation. The funds will go towards TRACS Compassion Fund Project, which offers assistance for homeless and at risk animals, as well as to companion animals of low-income citizens.

As funds permit, TRACS will pay vet bills, cover food and emergency kennel costs in cases of urgent need.

--SOURCE: Kelowna Daily Courier

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## Provincial News

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CAREGIVERS ASSOCIATION OF BC - REMINDER

A reminder from Tim Readman, ED of Caregivers Association of BC, that although they are busy transferring their assets to the Family Caregiver Network Society in Victoria, following their decision to close down due to lack of funds, that their online support group will stay open. There's lots of good information for caregivers and their supporters, professionals and researchers.

The aims of the group are:

- to give caregivers the opportunity to share their experiences of caregiving with other caregivers and people working in the caregiving field
- to help caregivers get resources needed by the person they are caring for
- to provide ongoing support for caregivers
- to provide caregivers with information useful in taking care of themselves and their loved ones.

How it works:

- once you join the group, you will be able to send email messages to the group about any subject related to caregiving
- you will also receive all the messages sent by other members of the group and can reply to any of them if you wish. Although replying is optional, you can still read what others have to say about caregiving
- You can ask questions, share information and make suggestions that may be helpful to others
- you can leave the group at any time
- if you want to send a message to the group moderator, you can do so.

To join this group, please go to <http://ca.groups.yahoo.com/>, and type "Caregivers of BC" in the search field.

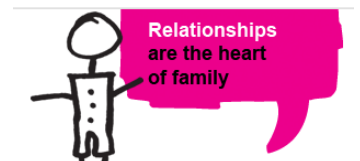
For more information on the Family Caregiver Network Society, please visit www.caregiverbc.ca

--SOURCE: Tim Readman, Caregivers Association of BC

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HOW TO BE "FATHER FRIENDLY" IN 2010

As more fathers take a bigger role in caring for young children, the need for programs and services to support them increases. Traditionally, men have been reluctant to ask for help or support; they may feel it makes them look incompetent, unable to take care of their family, or... But the reality is that all parents need support, and dads need and deserve services that encourage and help them to be the best parent they can be



Some strategies to make your agency more father friendly:

- Promote your parenting program as a workshop, toolbox, or course – versus a support group, which tends to appeal less to fathers
- Get moms on your side – they will often be the one to motivate their partner to attend a program, and their support is essential
- Survey fathers to find out what they would like in a program – information, activities, discussion, etc.
- Go out into the community to recruit dads – put up posters at community centres, hardware stores, or other places where your fathers spend time.

The [Father Involvement Network of BC](#) offers a range of training and support options, from short workshops at conferences to full two-day trainings for agencies and communities. FIN-BC can help you learn more about what fathers need, how to reach them and how to run programs that successfully include fathers.

--SOURCE: BC Council of Families, Building Healthy Families Newsletter

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CROSS-MINISTRY TRANSITION PLANNING PROTOCOL FOR YOUTH WITH SPECIAL NEEDS

From a letter from Mark Sieben, Chief Operating Officer, Ministry of Children and Family Development:

A new Cross-Ministry Transition Planning Protocol for Youth with Special Needs became effective November 1, 2009 and will begin to be implemented in the coming months.

We recognize that the transition to adulthood can be a challenge for youth with special needs and their families. Starting the transition planning process early and coordinating it with other government organizations is part of our commitment to improving cross-ministry collaboration to facilitate youth transitions to adulthood.

First Call is pleased to see that the application of Jordan's Principle is mandated in the protocol under "Dispute Resolution." To read the protocol, please visit: [Transition Planning Protocol \(PDF\)](#).

For additional information from the Ministry of Children and Family Development website, please visit: [MCFD website](#).

--SOURCE: First Call Weekly Announcements

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UP TO DATE II: SUBSTANCE USE TRENDS AND POLICY RESPONSES IN BC

A public symposium co-sponsored by the Centre for Addictions Research of BC (CARBC) and the BC Mental Health and Addictions Research Network, was held on December 11, 2009 at UBC Robson Square in Vancouver.

Video recordings of the speaker presentations and PDF files of the Power Point slides are now available for download www.mhanet.ca.

--SOURCE: CMHA BC Division newsletter, January, 2010



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COMMUNITY ADVOCATE SUPPORT LINE

The Legal Services Society (LSS) and the Community Legal Assistance Society (CLAS) are pleased to announce that, with extended funding from the Law Foundation of BC, the Community Advocate Support Line (CASL) will continue to operate after March 2010.

On April 1, 2010, the location and management of CASL will move from LSS to CLAS, and this important resource for legal advocates who provide assistance to disadvantaged people throughout the province will continue until at least March 31, 2011. Alison Ward, who has been the lawyer on the CASL project since May, 2006, will continue to work on CASL in its new location at CLAS.

LSS and CLAS will make every effort to ensure the transition is as seamless as possible. However, the move will require new telephone numbers for CASL. These new numbers will be posted on PovNet's listservs, and a separate e-mail confirming CASL's new contact numbers will be sent to all community groups on the ELAN subscription list before the end of March.

If you have any questions or comments, please contact Rita Hatina, Assistant Executive Director, CLAS, at 1.604.685.3425 or toll free at 1.888.685.6222 or email rhatina@clasbc.net. Advocates can continue to contact Alison Ward with legal questions on the CASL line at LSS until March 26, 2010.

--SOURCE: ELAN, January 25, 2010

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BC TAKING ACTION TO TACKLE DOMESTIC VIOLENCE

The BC government is taking action to protect victims of domestic violence and ensure offender accountability, Solicitor General Kash Heed announced. Included in the new plan is the development of cross-agency domestic violence policies and a uniform procedure for investigating all cases of domestic violence.

The plan also will change bail standards for accused that are considered high-risk in order to better protect victims. However, women's groups throughout BC were hoping the announcement would include more funding for transition houses and front-line violence protection workers.

Angela Marie MacDougall, executive director of Battered Women's Support Services, explained, "If she doesn't have anywhere to go, and there aren't enough beds or workers to help, more women will stay with violent partners and more will die."

For additional information, please visit: www.gov.bc.ca/pssg.

--SOURCE: CharityVillage, January 25, 2010

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RESIDENTIAL CARE CLIENT RATE STRUCTURE - EFFECTIVE JANUARY 2010

In British Columbia, the cost of residential care services is shared between the Province and clients. Since residential care policy was established in the late 1970s, clients have been assessed a co-payment fee based on their income for room and board, such as meals and routine laundry.

Health authorities cover the full cost of health care, such as nursing. In addition, residents receive full coverage for most prescription medication, routine medical supplies and equipment, as well as some over the counter drugs. This applies to all publicly-funded residential care services, regardless of ownership.

Beginning January 2010, a more equitable rate structure will be introduced for all residential care clients to reduce the burden on low-income seniors and support ongoing improvements to the residential care system. Changes to the current rate structure will ensure that clients with the lowest income are not unreasonably charged.

Effective January 2010, residential care clients will pay up to 80 per cent of their after-tax income toward their room and board costs (up to a maximum of \$2,932 per month). The new minimum monthly client rate of \$894.40 per month will provide most clients with a minimum of \$275 a month to cover personal expenses.

No one who needs residential care services will be turned away - a hardship review is available through health authorities on a case-by-case basis.

Further information about the rate structure can be found in [Questions and Answers on the New Residential Care Rate Structure](#).

[Home and Community Care Information Guide for the New Residential Care Rate Structure](#) provides more detailed information on the calculation of individual client rates.

If you have further questions about the new residential care rates and how they may affect you or someone you know, please contact your local [health authority](#).

--SOURCE: Interior Health Authority

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## National News

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REVIEW OF BC SOCIETIES ACT

The BC Ministry of Finance has initiated a review of the BC Society Act, is seeking input on any problems, gaps, inconsistencies or ambiguities in the Society Act and any reforms societies would like considered.

The stated purpose of the review from the Ministry's webpage is to identify and address any legislative obstacles that may prevent societies from functioning fully and efficiently, and ensure that the public interest is being protected.

For information on the review and how to submit your comments to the Ministry, please visit: http://www.fin.gov.bc.ca/society_act_review.htm.

The deadline for comments for this first phase of the review is April 1, 2010.

--SOURCE: BC Society Act Review by BC Ministry of Finance

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BREAST CANCER FOUNDATION CREATES IPHONE APPLICATION

The Canadian Breast Cancer Foundation announced the launch of the first bilingual iPhone™ application in the Canadian charity landscape. The application offers users the ability to catch up on the latest foundation news and events in both official languages, provides direct and fast access to online communities, allows the ability to register for the Run for the Cure, offers an easy way to make donations, and sends the latest downloads from the foundation sent to your phone.



For more information, and to take the survey, visit: www.cbcf.org.

--SOURCE: *CharityVillage, January 11, 2010*

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TORONTO REPORT ON STREET INVOLVED YOUTH

This report from Toronto's Yonge Street Mission summarizes interviews with hundreds of street involved youth and youth serving agencies. The in-depth research project examines demographics and trends among street involved youth.



Among the findings are:

HOMELESSNESS IS IMPOSED ON YOUTH

Youth have, for the most part, become homeless for reasons beyond their control. Whether they were kicked out of their homes, fleeing abuse or released from foster care, just under half of the youth interviewed simply had no other options available. Conversely, less than 1/3 of the youth interviewed identified being actively involved in activities, such as drug use criminal activity or a decision to leave home, as the causes of their homelessness. Youth are predominately driven to the street, not drawn there.

THERE ARE DISTINCT WINDOWS OF OPPORTUNITY FOR TRANSITIONING FROM HOMELESSNESS

Caught in what is generally an involuntary circumstance, many youth move quickly to leave the street. The data shows that almost one in five youth have been on the street less than 3 months and that a significant number of youth leave the street in that time frame, making this a critical period for rehousing and a key opportunity to intervene to support youth. Conversely, if they have stayed on the street for two years, youth leave the street much more slowly, making the first two years almost a race against the clock for supporting the transition from homelessness. The data also indicates that youth who have been on the street for eight years tend to leave infrequently. Homeless youth in focus groups corroborate this finding, noting that after eight years, the street is likely "all you know".

To read or download this report, please visit: [Younge Street Mission Report on Street Involved Youth](#).

--SOURCE: *First Call Weekly Announcements*

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LIVING WAGE FOR FAMILIES CAMPAIGN

The Living Wage for Families Campaign has compiled 4 fact sheets (please see links below) packed with information, statistics and references to help anybody who is considering developing a living wage campaign within their workplace or community. Facts such as:

- The Chief Public Health Officer has reported recently that of 27 factors identified as having an impact on child development, up to 80% were seen to improve as family income increases.

- Census figures show that median wages in the Vancouver metropolitan area fell between 2000 and 2005 for both men and women working full-time full-year and both men and women working less than that.
- It's fair to say that at least 25 percent of the couples with children in greater Vancouver live below the Living Wage level and more than 50 percent of the single parents with children live below the Living Wage level. Of the single parent families, 83 percent below the Living Wage were headed by women.
- BC continues to have the highest proportion of children living in poverty with at least one member of their family having a full-time full-year job
- A recent Goldman Sachs report confirms that increasing the income of those on lower wages has a proportionately larger stimulating effect on the economy than increasing the income of those on high incomes. Low-earners tend to spend more of their increased income than those on much higher incomes, because those on low-incomes have more essential spending needs to be met by any income increases. Higher income populations deliver only 3-5 cents increased spending per additional dollar of wealth.
- Through a detailed survey of 20 U.S. cities, Andrew Elmore (2003) found that the economic impact of living wage policies was grossly overestimated by city administrators. He found that in most municipalities "contract costs increased by less than 0.1 percent of the overall local budget in the years after a Living Wage law was adopted."

Please feel free to use the information provided in these fact sheets about the living wage in your workplaces and your communities.

Living Wage Fact sheets (PDF format):

- [Studies on effects and impacts of living wage by-laws in other jurisdictions;](#)
- [The living wage and social determinants of health;](#)
- [Low wages in Metro Vancouver;](#)
- [Business support of the living wage.](#)

--SOURCE: First Call Weekly Announcements

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A STATUS REPORT ON CANADIAN PUBLIC POLICY AND CHILD AND YOUTH HEALTH

The Canadian Paediatric Society has added a new indicator to the list of health measures it uses to examine the state of Canada's public policy on child and youth health: poverty.

In its biennial status report on Canadian public policy on child and youth health, the Paediatric Society examines how effectively Canada's provinces, territories and the federal government are using their legislative powers to promote the health and safety of children and youth. The 2009 edition of the report, "[Are We Doing Enough?](#)", examines the effects of poverty, and poor housing in particular, on the health and well-being of children of new immigrants and Aboriginal children.



The report calls attention to the fact that in 2007, approximately one in ten non-Aboriginal and one in four Aboriginal children in Canada were living in low income families, and that these figures do not yet reflect the impact of the 2008-09 recession. The full impact of job losses will continue to be felt in families into the future.

The Canadian Paediatric Society has rated BC's performance on the issue of child poverty as "poor", pointing out its lack of either legislation or a strategy to reduce child poverty. BC has the highest child poverty rate in the country. However, as the report points out, "legislation and public policy have the power to save young lives, and provide the support to allow children to develop to their full potential," and the authors encourage Canada's governments to start meeting their responsibilities to our children and youth.

For more information, and to download the report, visit: www.cps.ca.

--SOURCE: BC Council of Families, Healthy Families Newsletter

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CANADIAN REPORT ON PEOPLE WITH DISABILITIES

Advancing the Inclusion of People with Disabilities is a new report from Human Resources and Skills Development Canada. The report covers a number of topics including supports and services, education and training, employment, income, and health and well-being.

The report touches on a number of issues related to children and youth with disabilities:

- Younger Canadians are more likely to have unmet needs. Over half of children with disabilities aged 5 to 14 who require aids and devices do not have their needs fully met.
- Eight out of ten children with disabilities attend mainstream public or private schools. About 4,000 Canadian children with disabilities do not attend school or receive tutoring for reasons including lack of special education schools and insufficient care supports.
- 19.7% of youth with disabilities have experienced long school interruptions because of their disability, and 11.3% of youth have to leave their communities in order to attend school because of their disability.

For more info, visit: http://www.hrsdc.gc.ca/eng/disability_issues/reports/fdr/2009/page00.shtml

--SOURCE: First Call Weekly Announcements

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SENATE REPORT: A CALL TO ACTION ON POVERTY, HOUSING AND HOMELESSNESS

A major Senate report is declaring that Canada's system for lifting people out of poverty is substantially broken and must be overhauled. The recommendations in the report are the summation of a two-year cross-country study that collected testimonies from more than 170 witnesses, including people living in poverty, several of them homeless, as well as universities, think tanks, provincial and local governments and community organizations.

Based on the findings of this extensive study, the Committee's first and fundamental recommendation is that Canada and all provinces and territories adopt the goal of lifting people out of poverty. Steps towards realizing this core goal are the coordination of a nationwide federal-provincial initiative on early childhood education, the development of a national housing and homelessness strategy, and the creation of a basic income floor for all Canadians who are severely disabled.

For additional information about the Committee, please visit: www.senate-senat.ca.

To read or download the report, please visit: [In From the Margins: A Call to Action on Poverty, Housing and Homelessness](#)

--SOURCE: CMHA BC Division Newsletter, January, 2010

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CHILDREN'S MENTAL HEALTH AS AREA FOR CONCERN

Children's mental health is one of six areas of concern for children's health and well-being, according to the recently released Chief Public Health Officer of Canada's report. The report was focused on identifying early-life factors that have lifelong impacts on health.

The report said international data suggests more than 15% of children may be experiencing symptoms of a mental disorder, yet more than one in three parents would be embarrassed to admit their child has a mental illness. According the report, children's mental health can be promoted through education and awareness, community support, and a broad mental health strategy. The report endorses the broad mental health strategy being developed by the Mental Health Commission of Canada.

To read the report, see "The Chief Public Health Officer's Report on the State of Public Health in Canada 2009: Growing up well - priorities for a healthy future" at <http://www.cmha.bc.ca/node/436#C1>.

--SOURCE: CMHA BC Division Newsletter, November 2009

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## **Research**

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STRETCHED TO THE LIMIT: AN ECONOMIC IMPACT SURVEY

The Calgary Chamber of Voluntary Organizations (CCVO) is a member-based, federally registered charitable organization working to strengthen Calgary's voluntary sector and provide leadership on cross-cutting policy issues affecting the sector as a whole.

CCVO has been monitoring the economic impact on the voluntary sector through a series of surveys since November, 2008. The surveys asked nonprofits and charities about their revenues, operating costs, demand for services and programs, as well as changes in operations that were a result of the economic downturn. Results of the survey indicate Alberta's nonprofit organizations and charities have been adapting to the recession, but they are stretched to the limit with little capacity to adjust to increased demand or reduced funding.

Key findings:

- The real force of the economic recession will hit the voluntary sector in 2010. Charities and nonprofits will be grappling with deepening challenges at the same time as other parts of the economy are recovering
- Alberta's voluntary sector is experiencing continued erosion from all revenue streams
- More than 60 per cent of organizations reported increased service demand and operating costs
- Nonprofits and charities are resilient and resourceful, but further funding reductions will result in reduced programs and services for families and communities

To view a copy of the complete report, *Stretched to the Limit*, visit the Calgary Chamber of Voluntary Organizations website at <http://www.calgarycvo.org/>.

--SOURCE: *The Connector, Volunteer BC Newsletter, December, 2009*

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TIMING OF PARENT AND CHILD COMMUNICATION ABOUT SEXUALITY

A study recently released by nonprofit, global policy think tank [RAND Corporation](#) confirms that family communication plays a strong role in preventing teen pregnancy and sexually transmitted diseases in young people. And the study has also found that the timing and repetition of sex related discussions is as critical as the content that is conveyed.

The study, "Timing of Parent and Child Communication About Sexuality", published in the journal *Pediatrics*, is the first to examine how timing of parent-child discussions about sexual topics affects childrens' sexual behavior. The study found that a large proportion of adolescents were not communicating with their parents about key sexual health and relationship topics before they became sexually active. According to parents and teens surveyed in the study, 40% of girls had not spoken with parents about choosing a method of birth control or about what to do if a partner refused to use a condom, before they initiated intercourse.

According to Megan K. Beckett, the lead researcher in the study, the most critical time for parents to talk with kids about sex is before they become sexually active. Family service workers can provide parents with helpful information on the timing and content of discussions with their child depending on their stage of sexual activity. The study, published in [Pediatrics' January issue](#), offers suggestions for specific topics that parents can cover and how to broach them.

--SOURCE: *BC Council of Families, Healthy Families Newsletter*

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UK STATE OF THE SECTOR SURVEY RESULTS

More than 700 charity professionals responded to our biennial State of the Sector survey. Their opinions on money, politics and relationships are analyzed in the first of two features by Tristan Donovan.

SURVEY QUESTION: Who do you want to form the next government?

RESULTS: [An outright Labour victory would be the sector's preferred outcome from the general election.](#)

SURVEY QUESTION: How well does your organisation work with others?

RESULTS: [Relationships with trustees fared badly.](#)

SURVEY QUESTION: Has the recession affected your charity?

RESULTS: [Charities report falling income, job losses and cuts to services.](#)

SURVEY QUESTION: What impact has state help had?

RESULTS: [Charities have lost confidence in the Compact, the results suggest.](#)

SURVEY QUESTION: What policy changes are on your wish list?

RESULTS: [More lottery or government funding is top of the list for small charities.](#)

For more articles about State of the Sector survey, please visit: [The Third Sector.](#)

--SOURCE: [nfpSynergy.org](#)

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REMOVING BARRIERS TO WORK: BUILDING ECONOMIC SECURITY FOR PEOPLE WITH PSYCHIATRIC DISABILITIES

A recent policy paper by SFU researchers calls for continued investment in programs that provide social and economic supports to people with mental health issues. The paper is based on two BC studies that provide support for the success of these programs.

Successful features of these programs include focus on social integration, work accommodations and balancing of income supports with employment earnings. The authors call on the government to strengthen both supported employment programs that operate with a recovery philosophy, suggesting that they continue to fund these programs as well as make changes to income support policies that make it easy to access this type of employment.

For more information, and to download the paper, please visit: www.csp.sagepub.com.

--SOURCE: [CMHA BC Division Newsletter, January, 2010](#)

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DEPRESSION - ADULTS AND YOUTH - CHRONIC DEPRESSION REQUIRES PROLONGED TREATMENT

Chronic depression requires more intensive treatment than a single episode of depression, in part because it lasts longer and tends to be more severe, according to the [Harvard Mental Health Letter](#). In addition, some type of maintenance therapy may be needed to prevent relapse. Clinical trials showed that between 45% and 55% of study participants responded to antidepressant treatment, but only 25% to 35% of patients with chronic depression were able to achieve remission from the drug they took, at least in the short term.

This study implies that patients with chronic depression may need to take an antidepressant for an extended period before experiencing any benefit. And because long-term maintenance treatment with antidepressants reduces the risk of relapse, some clinicians recommend continuing drug treatment for 6 to 12 months to increase chances of achieving full recovery. Long-term antidepressant use is best when coupled with Cognitive Behavioral Analysis System of Psychotherapy, which challenges the depressed person's negative perceptions and ineffective behavior.

For additional information, please visit: [Harvard Medical School Health Publications](#)

--SOURCE: [CMHA BC Division Newsletter, January, 2010](#)

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LONGER TREATMENT LEADS TO BETTER RECOVERY RATES FOR DEPRESSED TEENS

Longer-term treatment for depressed adolescents leads to a higher likelihood of recovery, according to a US research trial. In the study, moderately to severely depressed teens treated for a total of nine months showed greater recovery from depression than those treated for three months.

The study also found that a combined treatment of cognitive behavioural therapy and medication had the greatest benefits in reducing depression in moderately to severely depressed teens when compared to medication or talk therapy alone. Adolescents on the combined treatment regimen experienced significant improvements sooner and had greater likelihood that their depression would be in remission at the end of nine months.

To read or download the report, please visit: [American Journal of Psychiatry](#).

--SOURCE: CMHA BC Division Newsletter, January, 2010

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US ESTABLISHES NEW GUIDELINES FOR DEPRESSION SCREENING

Adults and adolescents over eleven should be screened for depression in primary health care settings only when there is staff available to provide support, case management or other mental health treatment, according to revised guidelines from the US Preventive Services Task Force.

The guidelines are based on a review of the evidence on the benefits and harms of screening primary care patients for depression. In response to the guidelines, the American College of Preventive Medicine has called for all primary care practices to establish systems to ensure accurate diagnosis and appropriate treatment either at their site or through referral to mental health professionals.

See "Screening for Depression in Adults: Recommendation Statement" at www.ahrq.gov and "Screening Adults for Depression in Primary Care: A Position Statement of the American College of Preventive Medicine" at www.jfponline.com for details.

--SOURCE: CMHA BC Division Newsletter, January, 2010

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HOW SIBLINGS SHAPE CHARACTER

While parents play a huge part in shaping the personalities and behaviours of their children, the influence of siblings cannot be underestimated. A study from the University of Illinois examines how siblings act as "agents of socialization" and sheds more light on why kids choose certain behaviours.



Kids learn about social niceties from their parents -- how to act in public, how not to embarrass oneself at the dinner table, for example. But from siblings come lessons in more informal behaviors -- how to

act at school or on the street and around friends. ["What we learn from our sisters and brothers: For better or for worse"](#) clarifies how sibling relationships can have either good or bad influences.

Younger siblings often mimic behaviours of older siblings, but there are also many exceptions where they decide to make a definite break from the elder's example. Research indicates that whether their decisions have positive consequences depends on the nature of the siblings' relationship. If parents can foster a supportive relationship, negative influences and patterns can be avoided. Early positive bonding tends to last.

As for only children, their socialization functions differently. They may not necessarily be less socialized than other kids when given abundant opportunities to develop their skills through friends. The study shows how understanding how much children learn through each other adds depth to our understanding of child development.

--SOURCE: BC Council of Families, Healthy Families Newsletter

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## Resources

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BUILDING COMMUNITY VITALITY LEADERSHIP TOOLKIT

Community Foundations of Canada Presents the Building Community Vitality Leadership Toolkit - This online Toolkit is a useful resource on decision-making for communities and NGOs in transition and includes assistance with strategic planning, partnership development, grant programs, measuring progress, as well as success stories, and finding other resources.



It also includes an organizational performance self-assessment for NGO Board members which looks at governance, leadership, management, fund development, visibility, and grant/programs/projects.

For more information please visit: <http://cfc-fcc.ca/building-community-vitality/>

--SOURCE: The Connector, A Volunteer BC, Newsletter

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CANADIAN POST-SECONDARY ACCESS PARTNERSHIP

The Canadian Post-Secondary Access Partnership (CPSAP) is an emerging, membership-based national network of community access service providers, post-secondary institutions, schools, not-for-profit organizations, employers and others that are uniting to address the barriers faced by young people and adult learners in accessing and succeeding in post-secondary education.

For additional information on CPSAP and if interested in joining the Partnership, please visit:

The conference presentations from our inaugural conference, *Prepared Minds, Prepared Places*, held in Toronto October 25-27, 2009, may now be found on the conference web site at www.preparedminds-preparedplaces.com.

For additional information on the Partnership or to join, please contact Adela Colhon, Manager, Canadian Post-Secondary Access Partnership, YMCA of Greater Toronto, at 1.416.928.3362, ext. 4140, email accesspartnership@ymcagta.org, or visit <http://www.accesspartnership.ca/>.

--SOURCE: accesspartnership@bm-ms.org

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FIVE INTERNAL CONTROLS FOR THE VERY SMALL NONPROFIT

Segregation of duties, checks & balances...difficult to implement in the organization that has perhaps three or fewer staff, or only a few active board members in an all-volunteer organization. We asked CPA *Carl Ho*, who works with dozens of small nonprofits, what would be the five most important, most do-able controls for small groups:

1. The first and most important consideration is to set the control environment, that is, to let everyone know, from the top down, that there are policies in place and everyone has to follow the policies. In so many organizations the top person makes exceptions for himself or herself about policies, which sets a sloppy or even unethical tone. Then other people don't think they have to follow procedures, either, and they start cutting corners. The top person can't ask for reimbursement for anything for which they don't have a receipt. The management team members must all use time sheets themselves, get approval for travel expenses, have their credit cards scrutinized.

Emphasize the importance of ethics and controls at staff meetings, and demonstrate that everyone follows the rules, all the time.

To read the full article, please visit: [Five Internal Controls for the Very Small Nonprofit](#).

This is reprinted from Blue Avocado, a free bite-sized magazine by and for nonprofit people. Subscribe free and see archives at <http://www.blueavocado.org>

--SOURCE: [blueavocado.org](http://www.blueavocado.org)

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REDF - SOCIAL ENTERPRISE RESOURCES

REDF has a large number of social enterprise tools, articles, and other resources available. Tools include business plan templates, audit tools, thrift store management information, diagnostic tools, and many more. A number of publications from REDF's community are also posted online.

For additional information, please visit: <http://www.redf.org/learn-from-redf>

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BOOK: EARLY YEARS COMMUNITY DEVELOPMENT



Raising the Village is a practical resource for people and organizations that are looking for ways to collaborate and strengthen communities and keep child development a priority. With a foreword by Dr. Clyde Hertzman, *Raising the Village* by Tracy Smyth and Tammy Dewar is written with a solid backdrop of child development research and community development theory.

Find out more at www.raisingthevillage.ca.

--SOURCE: First Call Weekly Announcements

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FILM: FOUR FEET UP- FILM ON CHILD POVERTY

Four Feet Up is a film examining child poverty in Canada. Twenty years after the promise of the House of Commons "to eliminate poverty among Canadian children," 8-year-old Isaiah contemplates what "less fortunate" means as he finds his voice through his own magical drawings and photographs. Astute about the fact that his parents don't make a lot of money, Isaiah is unaware of their constant worry about putting food on the table, affording any after-school opportunities, and keeping stereotypes at a distance.

Isaiah knows he's been categorized as "less fortunate," and his short life has seen more than his share of social workers, food banks and police interventions. His parents struggle to overcome a legacy of stereotypes, abuse and dysfunction and desire more than anything for Isaiah and his siblings to have access to the opportunities they never had.

Four Feet Up invites us into the lives of this determined family, revealing an intimate and touching experience of child poverty in one of the world's richest nations.

Find out more about the film at <http://films.nfb.ca/four-feet-up/>.

--SOURCE: First Call Weekly Announcements

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NONPROFIT ECONOMIC VITALITY CENTER

In tough economic times, people turn to their local nonprofits for help in meeting basic human needs. But the increased demands for help hit nonprofits at the same time that their own revenues decline because of the economy.



The National Council of Nonprofits developed this ever-evolving resource to help nonprofits and our allies better understand the situation and have ready access to strategies to help you navigate the economy so nonprofits can serve their communities more efficiently.

The National Council of Nonprofits has created a site to monitor the effects of economic downturns on nonprofits, and collects economic and sector data that it compiles into three sections: basic facts and analysis, impact on the nonprofit sector, and action steps for nonprofits.

For additional information, please visit: <http://www.councilofnonprofits.org/economy>.

If you have a resource that would help others, please contact NEVC through their website so it can be shared.

--SOURCE: *CharityVillage*, January 18, 2010

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THE ONLINE FUNDRAISER'S CHECKLIST

Take advantage of Network for Good's handy new eGuide, *The Online Fundraiser's Checklist*, to ensure you don't miss a thing in planning for 2010 success:



They have six checklists that cover the essential basics of online fundraising:

- Website home page
- Donation form
- Writing style
- Email lists
- Email campaigns
- Thank-you programs

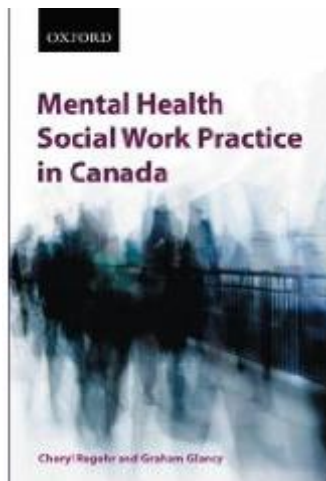
Check the boxes on these six worksheets and if you don't score well, use the helpful FREE resources listed on the bottom of each page to improve your online fundraising practices.

To download the checklist, please visit: <http://web.networkforgood.org/201001ebook>

--SOURCE: *Network for Good*

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BOOK: MENTAL HEALTH SOCIAL WORK PRACTICE IN CANADA GUIDE



Authored by Cheryl Regehr and Graham D. Glancy, this book is intended to provide a guide that will allow social workers and students to understand the nature of mental health issues, become aware of the Canadian legal and policy framework for mental health treatment, and learn about evidence-based social work practices that will best assist individuals and families struggling with mental health challenges.

The book costs \$49.95 and can be ordered from the Oxford University Press. www.oupcanada.com or from www.amazon.ca.

--SOURCE: CMHA BC Division Newsletter, January 2010

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GUIDE ON IMPROVING OUTCOMES FOR PEOPLE WITH MENTAL ILLNESS UNDER CORRECTION SUPERVISION

A recent publication by the Council of State Governments Justice Centre in New York provides a review of literature and research on individuals with mental illness who are under probation and community corrections supervision.

The purpose of the guide is to inform community-based service providers, lawyers, judges, jail and prison administrators about promising practices in community corrections supervision for individuals living with mental illness.

To read the publication, please visit: www.consensusproject.org.

--SOURCE: CMHA BC Division Newsletter, January 2010

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TIDES CANADA LAUNCHES A NEW GIVE GREEN INITIATIVE

Fighting climate change, habitat loss, pollution, and ecosystem degradation takes ongoing resources. Yet, less than two cents of every dollar donated in Canada goes to environmental groups.



Give Green Canada is a new resource launched by Tides Canada that promotes gift planning as a solution to long-term environmental funding concerns. The site offers specialized assistance and resources to donors, professional advisors, and environmental and conservation groups. The initiative includes an online education course that helps environmental groups learn how to start a planned giving program and attract donors. The course is provided at no cost.

For more information, please visit: www.givegreencanada.ca.

--SOURCE: CharityVillage, January 25, 2010

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FILM: YOUTH HOMELESSNESS - AN ANIMATED SHORT

Darcy Harvey acted as youth coordinator for Jeff Karabanow's film project with street-involved youth. Their newest animated short explores health issues on the street and was recently released on YouTube. The film, entitled [Walking Through Wonderland](#), captures a glimpse of youth homelessness in a surreal and edgy manner. Framed around two characters building a friendship on the street, this artistic work highlights the dualistic nature of youth homeless culture - on one hand there is a sense of community and safety; on the other hand, many of these young people have experienced traumatic family pasts and exploitative street encounters.

The film was funded by The Social Sciences and Humanities Research Council and is loosely based on health focused research carried out by Drs. Jeff Karabanow and Jean Hughes of Dalhousie University in Nova Scotia, Canada. Bryan Hofbauer and Derek Jessome developed the film in collaboration with a group of youth who have experienced homelessness.

--SOURCE: Housing Again Bulletin No. 128, February 1, 2010

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NEW TOOL FOR CANADA'S CHARITIES MAKES CRA REPORTING LESS "TAXING"

On January 26th Imagine Canada, along with supporters and sponsors, unveiled and celebrated the launch of the fully bilingual Charity Tax Tools website.

Charity Tax Tools is a free comprehensive information website with easy to-understand content developed by Imagine Canada that will provide Canadian charities with timely information and tools to ensure they have the resources to meet Canada Revenue Agency (CRA) requirements.

The website is most advantageous for small and medium-sized charities, as well as the many legal and accounting advisers/practitioners who do not specialize in the sector, but nevertheless support charities. The overall goal of the Charity Tax Tools website is to provide support to Canadian charities in the areas of receipting fundraising activities, maintaining books and records and reporting to the CRA.

Charities and individuals who wish to learn more about Charity Tax Tools can visit the website at <http://charitytax.imaginecanada.ca>.

--SOURCE: Imagine Canada

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## Training

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EDUCATIONAL SERIES

SUSTAINABILITY PLANNING: INCREASING THE LONG-TERM VIABILITY OF YOUR PROGRAMS

An innovative program was successful but had to stop because major or seed funding was discontinued. We've all heard the stories; however, new research in the area of sustainability has shown there are concrete steps you can take to increase the longevity of your programs.

In this interactive and hands-on workshop, learn what factors can increase your sustainability odds and how to develop a formal sustainability plan.

You will learn:

- what is program sustainability and why it is critically important
- the characteristics of programs that are sustained versus those that become inactive
- the 34 factors that can increase the sustainability odds of your program
- how to develop a sustainability plan to increase the longevity of your program
- how to address funder's concerns regarding sustainability in grant applications

About the Presenter:

Kylie Hutchinson is a trainer and consultant to not-for-profits specializing in the areas of program planning and evaluation. She has delivered this workshop to dozens of organizations across BC, including Volunteer Vancouver, Vancouver Coastal Health, Public Health Agency of Canada, United Way, Positive Living North, Bear Aware, and many, many others.

Date: March 4, 2010
Time: 9:30 am - 3:00 pm
Place: Okanagan Regional Library
1380 Ellis Street
Cost: \$40 per person or
\$35 additional person(s) in same agency

To register for this workshop, please call Dawn at 250.763.8008 ext.25 or email dawn@kcr.ca.

The Educational Series is a joint venture by:



Kelowna
Community
Resources



—CENTRAL OKANAGAN—
FOUNDATION
empowering generations to give.

--SOURCE: D. Wilkinson, Kelowna Community Resources

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BASIC COMPUTER / INTERNET LEARNING AND ONLINE SAFETY WORKSHOPS

BASIC COMPUTER / INTERNET LEARNING: The Kelowna Women's Resource Centre offers computer learning opportunities for women. These basic one-on-one classes for women are for women who have never used a computer or never been on the internet.

The KWRC can help to show women how to navigate around the computer, the internet and learn basic access to programs such as Word and Excel. The classes are very informal and paced to the student's ability.

ONLINE SAFETY: Also offered is online safety, to show women how to be safe online either on a one-on-one basis or in a workshop format.

Women wanting to learn the basics can visit <http://www.onlinesafetytoolkit.com/> or call Lynn Jack at 250.762.2355, Tuesdays and Thursdays, 10 am - 3 pm to make arrangements for classes.

--SOURCE: L. Jack, Kelowna Women's Resource Centre

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AUTISM EDUCATION AVAILABLE IN KELOWNA

Okanagan College

Continuing Studies, Kelowna Campus

Phone: 250.862.5480 or 1.888.638.0058

www.okanagan.bc.ca/csreg

AUTISM SPECTRUM CERTIFICATE PROGRAM (PENDING BOARD APPROVAL)

When: Monday and Wednesday evenings starting spring 2010. Contact Continuing Studies to add your name to the "interest" list.

The 81-hour certificate program is for persons who work, interact and live with persons with autism. This program will provide multiple strategies, tips and resources. The knowledge gained in this course will greatly enhance the quality of interactions one has with persons with autism in the home, educational and health environment, daycare and care giving settings.

AUTISM: AN UNDERSTANDING OF THE SPECTRUM

When: Tuesdays and Thursdays starting February 23, 2010, and running for 5 sessions.

The course provides 10 hours of knowledge and insight into life with Autism. The course is designed for parents, caregivers and professionals. The topics include anatomy and function of the brain, understanding processing, learning and communicating, interventions, therapies and transition planning.

Arion Therapeutic Farm

2457 Saucier Road

Phone: 250.864.7756 (Heather)

www.arionfarm.org

PARENT EDUCATION EVENING: AUTISM: SUPPORT FOR THE NEWLY-DIAGNOSED FAMILY.

When: Third Thursday of every month from 6:30 pm – 8:30 pm

Gain a detailed understanding of the Autism Spectrum (Autism, Rett's, Aspergers, and PDD NOS) and the latest research about therapies and treatments. Presented by a Nurse Educator and Behavioural Interventionist. Find answers to your questions and connect with other families in similar situations.

\$10.00/ family. Child care \$10/family

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THE BRIDGE: PARENTING EDUCATION WORKSHOPS-WINTER 2010

1,2,3,4 Parents!

Parents & Caregivers of young children can attend this 3-session workshop and learn why child acts the way they do, how to keep your child safe, how to bond with your child, why taking care of yourself is important, and how you can discipline your 1-4 year old.

Facilitator: Christa Russett



Positive Discipline

This is a 4, 3 – hour session approach to parenting. It is a way of thinking built on 4 principles of effective parenting – focusing on identifying long-term goals, providing warmth and structure, understanding how children think and feel, and problem solving.

Facilitator: Michele Hucul

* A 2-hour follow-up session for this course will be held 3 weeks after the last workshop date. Your instructor will provide this date and time to you.

Strengthening Your Step Family!

Building a stepfamily can be an adventure! Make yours a great one with this 6 week video and discussion program- your map for a rewarding stepfamily journey. Topics include understanding the pitfalls and potentials of step-family living, strengthening the couple relationship, and the stepchild's dilemmas.

Facilitator: Sue Foisy

S.T.E.P. / Teen!

A 7 session course based on *Systematic Training for Effective Parenting (S.T.E.P.)* The course offers a down-to earth and practical way to meet the challenges of raising teenagers today. It's a group discussion program that paves the way to improved parent-teen relationships; more responsible teenage behaviour in home, school and community; and teenage self-esteem and self-reliance.

Facilitator: Lani Soar

To register contact The Bridge Youth & Family Services Society at 250-763-0456 or email info@thebridgeservices.ca.

Please note:

- * All courses will be held at our Parent Place, 630 Cadder Avenue
- * Healthy snacks provided. Childcare is available when requested at registration, though space is limited.
- * Subsidies are available upon request!

--SOURCE: *The Bridge Youth & Family Services*

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FREE PUBLIC LEGAL EDUCATION WORKSHOPS

Free Educational Workshop on Child Protection legislation, funded by the Notary Foundation of BC.



Registration is required as seating is limited, so please register early.

Date: Wednesday, February 17, 2009
Time: 9 am to 12 noon
Location: Okanagan Regional Library
1380 Ellis Street
Cost: FREE. Refreshments will be served.

To register, please email The Kelowna Women's Resource Centre at volcoordinator@kwrc.net or call 250.762.2355.

--SOURCE: Micki Smith, Kelowna Women's Resource Centre

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FROM THEORY TO PRACTICE

The John Howard Society presents a hands-on, strategy based community training event for working with individuals living with Fetal Alcohol Spectrum Disorder.

This one-day (8.5 hours) certificate workshop will focus on practical, hands-on strategies for working with clients living with FASD. The material is designed for front-line workers, housing providers, mentors or any social service agent working with late adolescent and adult clients, with an emphasis on criminal justice involvement.

Our presenter will be Liz Lawryk of the Organic Brain Dysfunction (OBD) Triage Institute from Alberta and has worked on the topic of FASD for twenty years. She has guest lectured at the University of Calgary, and is qualified as an expert witness for provincial family court, and is currently in private practice working with families. For further information, please visit www.obdtriage.com

Participants must complete the full day in order to receive the certificate. Space for this session is limited, please register early.

Date: Thursday, February 25th, 2010-
Time: 8 am - 4:30 pm
Location: The Royal Anne Hotel
Ball Room
348 Bernard Ave.

Please mail registration fee and completed form to:

The John Howard Society of the Central and South Okanagan
2-1441 St. Paul Street

Kelowna, BC V1Y 2E4

For additional information, please phone 250.763.1331 or visit www.jhscso.bc.ca.

--SOURCE: *The John Howard Society of the Central and South Okanagan*

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FOSTER PARENTS WORKSHOPS

CALMING THE STORM

Children take on the activities of each day with different experiences shaping their mindset. For some children, these experiences can set them up for difficulty in navigating their daily routine and environment. Since behavior is the primary mode of communication for young children, this difficulty typically translates to behavioral challenges. This workshop will detail key triggers for behaviorally challenging young children, including: stressful experiences, major changes in the home dynamic (birth of a sibling, divorce, move, etc.), sensory issues, and feeling overly anxious or experiencing symptoms of childhood depression. We will discuss the impact of these triggers on a child's ability to cope with their daily routines and environments, and will spend time exploring key strategies and nurturing approaches that can be used to help calm the storm.



Date: Monday, February 15, 2010
Time: 9 am - 2:30 pm
Location: Vernon Alliance Church,
2601-43 Ave.
Vernon

ATTACHMENT: A RELATIONSHIP FOR LIFE

The focus of this workshop will be on understanding the concept of attachment, the various factors that influence the attachment relationship, and the long-term implications of this relationship for child development. Workshop participants will learn the "language of attachment," what attachment "looks" like in infants, toddlers, and young children, how to support parents in promoting healthy attachment relationships with their children, some ideas for talking to parents about attachment, tips for recognizing when families need additional support with attachment issues, and what to do for families with young children who are struggling with attachment.

Date: Tuesday, February 16, 2010
Time: 9 am - 2:30 pm
Location: Best Western Hotel Conference Center
Kelowna

THE ABC'S OF MENTAL HEALTH FOR CHILDREN IN FOSTER CARE

This workshop is designed to assist caregivers in identifying when a child may benefit from extra support in the area of mental health. Content will focus on children in the 0-12 year age range and differentiating mental health concerns from behavioural concerns. Topics addressed will include: an understanding of the origin of mental health versus behavioural issues in children; an understanding of how mental health issues "look" different from behavioural concerns in children; an overview of specific types of mental health challenges more typically experienced by children; information on common approaches to treatment of mental health challenges in children; and some resources/recommendations for behavioural strategies in working with children. The specific needs and potential vulnerabilities of children in foster care will be addressed throughout.

Date: Wednesday, February 17, 2010
Time: 9 am - 2:30 pm
Location: Penticton Alliance Church
197 Brandon Ave.
Penticton

For information on workshop costs and to register, please contact The Okanagan Foster Parents Association at 250.868.9285 or email COKsupport@okfosterparents.ca

--SOURCE: Okanagan Foster Parents Association

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2010 SOCIAL ENTERPRISE SUMMIT AND THIRD WORLD FORUM

A New Approach for a New Economy: Realizing the Potential of Social Enterprise will be held in San Francisco from April 28-30, 2010.



A new sector is emerging with the primary purpose of addressing the social, environmental and economic challenges of our time.

The growth of social enterprise has the potential to be a defining innovation of this century. Don't miss this international forum advocating for increased social impact through social enterprise. Join over 600 social entrepreneurs in San Francisco to learn, grow, be inspired, make new connections from around the globe and become part of this expanding movement.

Help advocate for wider use of social enterprise approaches, meet your model for building a sustainable mission-based enterprise, get inspired by touring successful social enterprises in San Francisco, and make new connections to grow your impact.

For additional information or to register, please visit: [New Approaches New Economy Summit](#)

Date: April 28 - 30, 2010
Location: San Francisco, CA

--SOURCE: *The Connector*, January 2010

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ARION THERAPEUTIC FARM - NOW HAS TWO PARENT EDUCATION EVENTS

UNDERSTANDING LIFE ON THE AUTISM SPECTRUM

Understanding Life on the Autism Spectrum gives a detailed understanding of the Autism Spectrum (Autism, Rett's, Aspergers, and PDD NOS), and an understanding of the interventions available. It is presented by a Nurse Educator and Behavioural Interventionist. This program will present the same content every month.

Dates: Third Thursday of every month
Time: 6:30 pm - 8:30 pm

DVD, DISCUSSION AND DESSERT: EDUCATIONAL EVENING

This fun and informative Parent Educational Evening, presented by a Nurse Educator and Behavioural Interventionist, will offer a number excellent educational DVD's, followed by an educational presentation and discussion. Bring your questions, offer your solutions and enjoy a positive and informative evening.

Dates: Fourth Thursday of every month

Time: 6:30 pm - 8:30 pm

2010 TOPICS

- March 25 UNDERSTANDING MOTIVATION AND REWARD IN CHILDHOOD.
Video: Motivational Breakthrough: Secrets to turning on the tuned-out child, by Richard Lavoie.
- April 22 UNDERSTANDING THE EMOTIONAL AND MENTAL HEALTH NEEDS AND ISSUES OF INDIVIDUALS WITH SPECIAL NEEDS.
Video: Feelings and motivation by Mel Levine.
- May 27 EDUCATIONAL OPTIONS AVAILABLE IN THE OKANAGAN.
Video: Student output: producing, performing and communication by Mel Levine.
- June 24 SOCIAL SKILLS AND FRIENDSHIPS.
Video: It's so much work to be your friend. Richard Lavoie.

For additional information, please call 250.864.7756 or visit <http://www.arionfarm.org/>.

--SOURCE: Arion Therapeutic Farm

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APPLY FOR EMPLOYEE TRAINING FUNDING IN BRITISH COLUMBIA

The British Columbia Ministry of Advanced Education and Labour Market Development established a new initiative, the Workplace Training for Innovation Program. The program provides eligible employers with funding for employee training in order to improve productivity, support the introduction of new technology, machinery, equipment, or work processes, enhance international competitiveness, and introduce innovative training and workplace strategies to increase the long-term competitiveness of the organization and its workforce.

Both businesses and not-for-profit employers may be eligible to receive funding. Eligible employers must be small organizations (less than 50 employees), in good standing with the BC Corporate Registry, and in existence for one year or more. In addition, organizations must certify that they would not undertake the training without financial assistance from the province.

For more information, and to submit an application, visit: www.aved.gov.bc.ca.

--SOURCE: CharityVillage, January 25, 2010

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SAFETALK - SUICIDE ALERTNESS FOR EVERYONE

Learn four basic steps to recognize persons with thoughts of suicide and connect them with suicide helping resources.



WHY COME TO SAFETALK?

Most people with thoughts of suicide invite help, and often the opportunities are missed, dismissed or avoided, leaving people more alone and at greater risk. safeTALK training prepares you to help by using TALK (Tell, Ask, Listen and KeepSafe) to identify and engage people with thoughts of suicide and to connect them with further help and care.

WHO SHOULD ATTEND SAFETALK?

safeTALK is for everyone who wants to help prevent suicide, from front line workers, clergy, volunteers, parents, youth (18 and up), teachers, law enforcement, and anyone who wants to help prevent suicide. This four-hour training can help you make a difference.

For additional info, please email Fiona at info@suicideawareness.ca or visit www.suicideawareness.ca/.

--SOURCE: Fiona Linquist, Okanagan Suicide Awareness Society

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ROTARY CENTRE FOR THE ARTS - SAGE-ING WITH CREATIVE SPIRIT

Sage-ing With Creative Spirit, sponsored by The Government of Canada's New Horizons for Seniors, is a new program being presented at the Rotary Centre for the Arts on Tuesdays for the upcoming year.

Seniors can use this unique opportunity to explore their creative urges. First time attendance for 4 continuous weeks of participation in a program is FREE. Participants must volunteer within the community half the number of hours of training they receive from the program. Space is still available for:

CREATING YOUR PERSONAL STORY

Dates: February 23 - March 16

Times: 11:30 am - 1:30 pm

Location: Upstairs at the RCA, tables on the left.

Facilitator: Dona Sturmanis, professional writer, editor and teacher. Workshops are designed to foster trust and self-confidence in personal and public communication.

SINGING INTO SPIRIT - COMING IN MARCH

Dates: To Be Announced

Facilitator: Sandra Babbel

Bring lunch or buy it at the RCA.

To register contact, please contact keclose@yahoo.com or visit www.sage-ing.com for more info.

--SOURCE: Rotary Centre for the Arts, Newsletter #59

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BRAIN DEVELOPMENT & LEARNING: MAKING SENSE OF THE SCIENCE

Hear cutting-edge research in neuroscience, developmental science, and mental health presented in ways that educators, clinicians, and parents can understand, see the immediate relevance of, and use.



This is a conference for all those those trying to do their best in working with children and youth, wishing they had more guidance, wishing they knew more about what the research says are best practices.

TOPICS INCLUDE:

- A Revolution in Pediatric Care: Social Pediatrics (Gilles Julien)
- Factors Regulating the Bond between Parents and Infants (Ruth Feldman)
- How We Learn vs. How We Think We Learn (Robert Bjork)
- Experience Corps: Seniors helping Schoolchildren (George Rebok)
- How Early Experience affects Gene Expression (Michael Meaney)
- Fetal Programming: What happens in utero can have lifelong effects (David Barker, Chris Coe)
- Interactions between the Brain and Immune System: Implications for Autism and Schizophrenia (Paul Patterson)
- How Early Exposure to Language Alters the Brain (Patricia Kuhl)
- Helping Children with Autism through Theatre (Blythe Corbett)
- Cultural Diversity - Three presentations from three different perspectives (Mahzarin Banaji, Jack Dovidio, Ara Ara Norenzayan)
- EVERY child Can Learn Math (John Mighton, Lynn Lawrence)
- Skin-to-Skin Contact produces Better Outcomes than Incubators: Results from Randomized Control Trials (Nils Bergman:)
- Mindfulness-based Stress and Pain Reduction (Jon Kabat-Zinn)

For additional information please visit: <http://www.interprofessional.ubc.ca/bdl.html>.

To register, please visit: http://www.interprofessional.ubc.ca/BDL_subpages/registration_2010.html

--SOURCE: A. Diamond, PhD, FRSC

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DOWN SYNDROME FAMILY CONNECTION

DSFC is a local group of parents of children with Down Syndrome, primarily under the age of 6, that has self-organized with the support of the Central Okanagan Child Development Association. Their aim is to provide support advocacy, resources, education and recreation and community awareness and is working towards having a website presence this year to provide an additional local resource.

This group is also open to meeting with parents with a prenatal diagnosis. The group currently meets twice monthly and will. The long term plan is to create a DS Society here in Kelowna, so the larger DS community can be involved.

For additional information, please contact Amie at 250.863.4101 or email DSFC@shaw.ca.

--SOURCE: Amie Hough, DSFC Community Liason

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FACING THE FUTURE TOGETHER: WHERE DO WE GO FROM HERE?

In the 30+ years since FASD was first identified, children with FASD have become adults, and many are now in their 30s and even 40s. As time has passed, their changing and emerging needs have become obvious, but the areas of research, experience and front-line practice have frequently functioned as separate and parallel systems, rather than intersecting ones.

Focused and targeted approaches across multiple areas, services, and systems have recently begun to emerge to address the urgent need for an integrated approach to addressing FASD in adolescence and adulthood. This conference will bring together a diverse group of professionals and families to share research, experience and practice in order to sustain and enhance the lives of adolescents and adults with FASD, their families, service providers, and communities.

PARTICIPANTS CAN EXPECT TO:

- Continue to expand their understanding of FASD as it presents in adolescence and adulthood and its potential implications and applications
- Learn about current findings about adults and adolescents with FASD from scientific, clinical, and community researchers
- Learn about innovative programs, projects, and practices that are making a difference
- Hear from individuals most directly affected
- Network, interact and engage in discussion with others in the field.

WHO SHOULD ATTEND?

This conference will be essential for those living or working with adolescents and adults with FASD. It will also be of critical interest for those supporting adolescents with FASD and planning for their futures. In addition, it will be of particular interest to the following professionals/individuals:

Date: April 14-17, 2010
Location: The Hyatt Regency
655 Burrard Street
Vancouver, BC V6C 2R7

For additional information and to register, please contact Jo Nam at:

Phone: 1.604.822.2801
Fax: 1.604.822.4835
Email: ipinfo@interchange.ubc.ca
Web: www.interprofessional.ubc.ca

To read or download the Program Brochures, please visit: [Fourth National Biennial Conference](#)

To register online, please visit: [FASD Conference Registration](#)

--SOURCE: Patricia Richardson



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WEBINAR ON NEW REPORT ON YOUTH AND HARM REDUCTION

On February 17 at 1:00 pm EST, join Lorraine Barnaby from Shout Clinic in Toronto, along with the project's Peer Researchers, for a free webinar (online seminar) to hear about her report [Drugs, Homelessness & Health: Homeless Youth Speak Out About Harm Reduction](#), which presents the voices of high-risk, substance-using street-involved youth who are engaging in some of the most risky types of drug use and practices.



This webinar will focus on the following highlights of the report:

- Street-involved youths' drug practices and related harms and risks
- Emergent health and social issues and the links between the social determinants of health and homelessness
- Barriers faced in the access to and implementation of harm reduction, addiction, health and community services and supports
- Recommendations for the provision of accessible and appropriate services geared to this extremely marginalized and vulnerable group

For additional information, please visit: http://www.wellesleyinstitute.com/events/?event_id=17.

--SOURCE: *Housing Again Bulletin No. 128, February 1, 2010*

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1ST ANNUAL DIGITAL LEAP CONFERENCE FOR NON-PROFIT MARKETERS AND FUNDRAISERS

As the recent events surrounding Haiti have shown, the digital world is changing right before your eyes. But change doesn't have to be scary.



Our speakers will excite and inspire you with what's going on in the digital space right now and give you a glimpse of what the future might hold.

There are incredible opportunities for those not-for-profit organizations willing to take the digital leap into 2010 and beyond.

Inspired by the innovative and pioneering Digital Leap UK conference of 2009, Digital Leap Canada will arm you with new ideas, best practices, and up-to-the-minute techniques you can put into practice as soon as you get back to your office.

Date: April 23, 2010
Location: Royal Conservatory of Music
273 Bloor Street West
Toronto, ON M5S 1W2
1.416. 408.2825

For additional information and to register, please visit: <http://2010canada.eventbrite.com/>

Those registering before February 28, 2010 are eligible for the Early Bird rate.

--SOURCE: *Toronto Charities*

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Volunteerism

VOLUNTEER CANADA SURVEY: VOLUNTEERING AND HEALTHY AGING

If you are a Baby Boomer (born between 1946 and 1964) or an organization involved with volunteers, Volunteer Canada requests 15 minutes of your time to complete the following survey about the "Volunteering & Healthy Aging" Project.

Please click on the survey link: <http://www.surveymonkey.com/s/DY6GLZ8>. The survey will be open until February 10, 2010.

Please Note, many of the survey questions have to do with your thoughts on the Project website. Please visit www.volunteer50plus.ca before answering the survey questions.

--SOURCE: Don Lapierre, Volunteer Canada

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WOMEN'S LEGAL EDUCATION AND ACTION FUND - CALL FOR BOARD AND COMMITTEE VOLUNTEERS

The Women's Legal Education and Action Fund (LEAF) invites community activists, lawyers, academics, and anyone else who cares about women's equality in Canada to share your talents with us. We have Board and Committee vacancies to be filled in June, 2010.

LEAF is at a particularly dynamic moment in its history. It is rapidly expanding the many ways it works to enhance women's equality in Canada. We have a number of exciting education, litigation, and communication plans underway and we need your help.

Who volunteers for LEAF? We are looking for energetic women who share a conviction in equality as a defining feature of Canadian society. Do you have experience/knowledge in any of the following areas?

- Communications
- Human rights and equality litigation
- Fund development
- Law reform
- Non-profit governance
- Public education

Add your voice to ours – we need your ideas and your energy. LEAF offers a stimulating environment populated by others who share your passion for women's equality. Please consider taking a place on the Board of Directors or on a committee:

- Education Program Committee
- Fund Development Committee
- Governance Committee
- Legal Program Committee
- Nominating Committee

Interested applicants please complete and email the attached volunteer application form with a cover letter and resume stating your board and/or committee(s) preference and relevant qualifications to

nominate@leaf.ca. **Deadline for applications is Monday February 8, 2010.** Committee and Board appointments will begin June 2010.

LEAF encourages applications from Aboriginal women, racialized women, lesbians, women with disabilities and women from other marginalized groups.

LEAF is a national charitable, non-profit organization founded in 1985 to advance the equality of women and girls in Canada through litigation, law reform and public education using the Charter of Rights and Freedoms.

For additional information, please contact:

Women's Legal Education and Action Fund (LEAF) Inc.
60 St. Clair Avenue East, Suite 703
Toronto, ON M4T 1N5
Phone: 416-595-7170
Toll Free: 1-888-824-5323
Email: nominate@leaf.ca
Web: www.leaf.ca

--SOURCE: LEAF Volunteer Recruitment

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ARTICLE: VOLUNTEERS WANT MORE THANKS

by Sydney Morning Herald; December 23, 2009
AAP

Many of the nation's volunteers say they are not thanked enough for their time and service.

The sector's annual survey found more than one third of respondents hadn't received any recognition of their work, in the last month, and almost half were reconsidering their decision to give up valuable time because of out-of-pocket expenses, the Volunteering Australia survey found. About 2300 volunteers from 1400 groups took part in the survey and a further 11,000 left comments about their work experiences.

Volunteering Australia spokesman, Peter Cocks, says most of the nation's 5.5 million volunteers give their time for little more than the thanks they receive. "It's about feeling good; it's about knowing that you're doing a good job," he told AAP. "The sector really needs to work harder to make sure that they've got the right processes in place to say thank you."

The Salvation Army, which depends on its many volunteers, says it's concerning to hear volunteers aren't being recognised. "Volunteers are very important to us," spokesman, Brad Halse, told AAP. "We recognise that it's absolutely essential to support them and to acknowledge their service, and we hope we do that well." Around half of the volunteers surveyed gave time to more than one organisation.

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--Source: OzVPM Newsgroup, Digest Number 1428

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THE GOVERNMENT OF CANADA ENCOURAGES NEW CANADIANS TO VOLUNTEER

The Government of Canada has brought out a new study guide for immigrants entitled Discover Canada. This initiative has been the subject of press coverage and commentary - mostly focused on the fact that Discover Canada is far more detailed than earlier documents.

The document mentions volunteering very prominently by stating "Helping others in the community – Millions of volunteers freely donate their time to help others without pay – helping people in need, assisting at your child's school, volunteering at a food bank or other charity, or encouraging newcomers to integrate. Volunteering is an excellent way to gain useful skills and develop friends and contacts."

To download the full document, please visit: <http://www.cic.gc.ca/ENGLISH/pdf/pub/discover.pdf>

--Source: *The Connector, A Volunteer BC Newsletter*

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Do you have news related to the non-profit / voluntary sector that you wish to share with your colleagues? Send Community Information and Volunteer Centre your information at [informkelowna@kcr.ca](mailto:informkelowna@kcr.ca) by the 20th of the month.

This Bulletin is a publication of Community Information and Volunteer Centre. To subscribe or unsubscribe, please send an email to [informkelowna@kcr.ca](mailto:informkelowna@kcr.ca).

Community Information and Volunteer Centre is a program of Kelowna Community Resources. Go to [www.kcr.ca](http://www.kcr.ca) for more information about Kelowna Community Resources and Community Information & Volunteer Centre. Be sure to add or update your volunteer and / or organization information.

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