



Monthly Bulletin - February 2015

KCR Monthly Bulletin - Table of Contents

- [KCR Highlights](#)
- [Housing](#)
- [Local](#)
- [Resources](#)
- [Social Media](#)
- [Training](#)
- [Volunteerism](#)

[*Read the KCR Monthly Bulletin in Web Format Here*](#)

[SUBSCRIBE to the Monthly Bulletin for email updates](#)

KCR Highlights

- [GENEROSITY DAY 2015](#)
- [IMMIGRANT SERVICES FAIR](#)
- [ORCHARD PARK GIFT WRAP REPORT](#)
- [SPONSOR A FAMILY REPORT](#)
- [OVERVIEW OF VOLUNTEER MANAGEMENT](#)
- [WORKSHOP: FULFILL YOUR LIFE \(VS FILL YOUR TIME\)](#)
- [KCR'S NEW LOOK](#)
- [GREY POWER – JOB OPTIONS URBAN OLDER WORKERS EMPLOYMENT PROGRAM](#)
- [KCR'S MAILING LIST](#)

Generosity Day 2015

Are you looking for a new way to spread the love this Valentine's Day? Are you sick of overpriced flowers, generic heart-shaped boxes of chocolate and overcrowded restaurants?

This year, show that you love your community...give to a local organization that makes a difference in the Okanagan. Join the global movement of supporting Generosity Day, here at home, with an act of generosity.

On Generosity Day you have permission to simply be generous; or if the urge strikes you, you can be absurdly kind, foolishly caring, outlandishly giving. And make giving a part of you and your family's everyday life.

Getting involved is easy:

- Commit to one act of kindness on February 14th – or more – you can never have too many!
- Share your generosity through social media with Okanagan Generosity Day on Facebook and Twitter. Use hashtag #okletsgive to join the conversation. Post an “unselfie” photo or video sharing your generous act. Encourage your friends, family, colleagues and even pets to join in and share the love

Whether it is donating to a local charity, buying a cup of coffee for the person behind you in line, volunteering at an event, or simply holding the door for someone, every generous gesture adds up and makes the Okanagan an even better place to be.

“We are all very excited to bring such a positive, selfless day to Kelowna”, says Bruce Davies, Executive Director of the Central Okanagan Foundation. “We believe that when our community sees local non-profits standing together, a powerful message will be conveyed and new levels of generosity potentially unleashed”.

Other founding organizations who have pledged to support Okanagan Generosity Day include the Central Okanagan Foundation, Kelowna General Hospital Foundation, Kelowna Community Resources and Canadian Mental Health Association – Kelowna

Branch. Visit the Kelowna Community Resources website for a [full listing of local non-profits](#).

So let's get generous! On Saturday, February 14th, reclaim Valentine's Day and [share your Okanagan love](#) – #okletsgive.

-Source: Molly Ciardullo, Office & Communications Coordinator, Central Okanagan Foundation, 28 January 2015

Immigrant Services Fair

Date: Saturday, February 21st, 10:00 am – 2:00 pm
Location: Kelowna Community Theatre, 1375 Water Street, Kelowna

Kelowna Community Resources is delighted to host its first annual **Immigrant Services Fair**.

The Immigrant Services Fair creates an opportunity for immigrants to learn about and interact with local organizations that provide services to Newcomers to the Central Okanagan. We recognize that this event will aid in bridging the gap of knowledge surrounding the services available in our community, strengthening partnerships between Service Provider Organizations, and create more efficient referral processes.



Should you have any questions, please do not hesitate to contact Wan Wan or Fatou Gamatié, Immigrant Services Fair Coordinators at 250.763.8008 ext 121 or via email at isf-coordinator@kcr.ca.

-Source: Wan Wan & Fatou Gamatié, Immigrant Services Fair Coordinators, KCR, 29 January 2015

Orchard Park Gift Wrap Report

Total Funds Raised: \$13,734.15 (Compared to total funds raised in 2013: \$8,178.00)
Total Participating Agencies: 11

Canadian Cancer Society, Canadian Mental Health Association, Hands in Service, Okanagan Small Dog Rescue Society, Ozanam House, Postpartum Depression Awareness Ltd., Sunshine Foundation of Canada, Canadian Disaster Animal Response Team, Elizabeth Fry Society, Kelowna's Gospel Mission, Kelowna Community Resources.

Overall the agencies involved were extremely appreciative for this opportunity and sent notes of thanks to Orchard Park for their amazing generosity. Having the location and the supplies donated allowed for 100% of the proceeds to go directly to the needs of each of the nonprofit organizations. Thank you very much to Tanya Cormier for all your help and support!

-Source: Christy Boyd, KCR, January 2015

Sponsor a Family Report

This was the tenth year that Kelowna Community Resources facilitated the Sponsor a Family at Christmas Program! Thank you for being a part of it. Together, we sponsored 97 families! The impact lasts beyond the holiday season, as demonstrations of kindness and caring are the greatest gifts of all.

Your generosity and kindness are so appreciated by Kelowna Community Resources and the families we serve. Here are some reflections from the families you helped this holiday season:

“Thank you so much for bringing us such an amazing Christmas.”

“I just want to say thank you for the amazing gifts you guys gave us. I don’t know you, but inside my heart, I say thank you, thank you! Thank you for letting us have one more happy Christmas and thank you for helping our family.” – 12 year old girl

“Thank you for sponsoring our family this Christmas. It has brought many smiles and warmth to our hearts.”

“Thank you so much for your generosity. We are enjoying all of our gifts and feel so blessed for all we have been given. Happy New Year.”

“We really couldn’t find the appropriate words in expressing our hearts feelings. We are indeed grateful to you for your generosity and kindness towards my family. Thank you so much!”

“Thank you for those amazing words and lovely gifts. Love and respect are more than everything to take as a gift for Christmas. You didn’t make just this holiday a breather, but you make us feel that we have home here and we have very, very good people around us.”

“We are so very thankful for all the gifts that we received. Words are not enough to express our feelings right now. Wishing you a Merry Christmas and that you receive a blessing because you really have a good heart for helping people.”

“Thank you so much for your kind gifts and thoughtfulness. I truly appreciate how special you’ve made this Christmas for me and my daughter.”

On behalf of the Board of Directors, staff and volunteers of KCR, we thank you! We appreciate your heart in this program, your dedication to your community, and your incredible generosity. We look forward to partnering with you again. Wishing you a wonderful 2015!

-Source: Lisa Ford and Lisa Pillott, KCR, January 2015

Overview of Volunteer Management

Date: April 20, 21, 27, 28, 9:00 am – 4:00 pm
Location: KCR, #120 – 1735 Dolphin Avenue
Cost: \$199, Includes materials and light refreshments

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

[Read more about the 8 modules.](#)

Registration will be opening soon

-Source: Stephanie Moore, Project Manager, KCR, January 2015

Workshop: Fulfill Your Life (vs Fill Your Time)

Ideas and Resources to Prepare for Life Transitions of Retirement and Loss

Cost: Free

Description: This 2 hour workshop is designed for individuals 55+ who have experienced a major life transition (specifically retirement or loss) and are ready to take charge of their life and seek new opportunities. Participants will explore their own interests, skills and abilities and learn how to utilize these to create a fulfilling life in their later years.

Date: February 13th, 2015, 10:00 am – 12:00 pm

Location: District of Lake Country Municipal Hall, 10150 Bottom Wood Lake Road, Lake Country

(Peachland, West Kelowna and Lake Country workshop information will be available soon)

Call Stephanie at 250.763.8008 ext. 141 or by email ac.rck@einahpets to register for the workshop.

Opportunities are also available for employers to book a workshop for their employees in preparation for retirement.

This project has been funded in part by the Government of Canada's New Horizons for Seniors Program

-Source: Stephanie Moore, Project Manager, KCR, January 2015

KCR's New Look

Stay tuned! KCR's website, Community Information Database and Volunteer Opportunities Database will be receiving a new look by the end of February. We are currently in the works to simplify and make the website easier to access. Thank you for your patience.

-Source: Stephanie Moore, Project Manager, KCR, December 2014

Grey Power – Job Options Urban Older Workers Employment Program

Unemployed and Looking for Work?

KCR is excited to announce that they are holding 3 more training sessions for the Urban Older Worker Program. The next session starts on February 23rd, 2015. If you live in the Central Okanagan and are 55 years of age or over, not EI eligible and looking to enter or re-enter the workforce then this may be the program for you. Grey Power will provide up to 12 weeks of job search assistance to eligible Participants that includes 6 weeks of classroom training. In-class training includes: career exploration, basic computer training, resumes, cover letters, interview preparation, networking and certification in short term training such as First Aid, Food Safe, WHMIS. There is no cost to Participants and a training allowance is provided during the classroom training.

Supports also include weekly job club and 6 month follow-up.

If you are interested in attending please contact Christine at 250.763.8008 ext 134 for further information, or email christine@kcr.ca or joan@kcr.ca.

-Source: Christine Hawkins, Employment Services Manager, KCR, December 2014

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[Click here](#) to consent to receiving electronic messages from KCR for our Publication Updates

[Click here](#) to consent to receiving electronic messages from KCR for our Upcoming Workshops

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

[To Top](#)

Housing

- [KELOWNA NEAR TOP OF UNAFFORDABLE HOUSING MARKET LIST](#)
- [LET'S MAKE THE DIFFERENCE: A MANIFESTO TO END HOMELESSNESS](#)
- [SENIORS' HOUSING INFORMATION SESSION](#)
- [HOW CAN I HELP PEOPLE EXPERIENCING HOMELESSNESS DURING WINTER?](#)

Kelowna near Top of Unaffordable Housing Market List

We've heard it time and time again, Kelowna is one of the worst markets for affordable housing, and a new report can attest to that.

The annual Demographia International Housing Affordability Survey has ranked the Okanagan city as the fourth least affordable community in Canada. In fact, four out of the five least affordable metropolitan markets were in British Columbia with Vancouver ranked as the most unaffordable, Victoria coming in second, Kelowna was ranked fourth and the Fraser Valley came in fifth. Toronto was ranked the third least affordable out of all markets in Canada.

The most affordable market region is in Moncton followed by Saint John and Fredericton. Other affordable communities include Windsor and Charlottetown. Besides being the least affordable housing market in Canada, Vancouver cracked the top 10 list of the most unaffordable housing markets in the world. In fact, the study ranked Vancouver as second right behind Hong Kong for 2015.

Vancouver's ranking was the worst it has ever been in the 11-year history of the survey. This was the fifth year in a row that Hong Kong was named the least affordable market in the world.

-Source: KelownaNow, Newsletter, 24 January 2015

Let's make the Difference: A Manifesto to End Homelessness

Throughout the summer of 2014, Homeless Link asked people who have experienced homelessness and the services that support them to tell them what the next government should do to make the biggest difference to homelessness. Their views are at the heart of Let's make the difference, the new manifesto to end homelessness.

The manifesto calls on the next government to take action on five key areas: rough sleeping, employment, housing, support for people with the most complex needs, and long-term strategy. It



also sets out practical steps that will enable homelessness services to innovate and support people who become homeless to thrive.

[Read More](#)

-Source: The Homeless Hub, Newsletter, 15 January 2015

Seniors' Housing Information Session

Date: Thursday, February 12th, 10:00 am – 11:00 am

Location: Seniors Outreach & Resource Centre, #102 – 2055 Benvoulin Court, Kelowna

Register: Call 250.861.6180 or email seniorshousing@telus.net

This free information session will cover the various housing options available to seniors, including Subsidized Housing, Supportive Living, Assisted Living, and Residential Care. An Interior Health nurse will also be present to help answer long term care questions. This session is provided monthly.

-Source: Meghan Derkach, Registered Social Worker, Seniors Outreach & Resource Centre, 12 January 2015

How Can I Help People Experiencing Homelessness During Winter?

As we get deeper into winter, you might be wondering what you can do to help people experiencing homelessness in your community. Here are five things that everyone can do.

Know shelters aren't the only solution

Though temporary winter shelters open in most Canadian cities this season, most shelters are overwhelmed when the temperature drops—as was the case in Calgary's shelters and Waterloo's shelters in early November.

A lack of space isn't the only deterrent from staying in shelters, though. They simply don't work for some people. Judy Graves, an advocate for the homeless, told CBC that "issues like claustrophobia, agoraphobia and mental illnesses can make people wary of being inside."

In the same article, Graves says people wanting to help those who are shelter-averse can offer them cardboard (to insulate the space between their bodies and cold sidewalks), warm beverages, blankets, or clothing. She also asks people to confirm if the people experiencing homeless are capable of determining if they are warm enough to stay outside. If they're not, it's best to call 911.

[Read More](#)

-Source: Canada Helps, Newsletter, 19 January 2015

[To Top](#)

Local

- [2015 COMMUNITY GRANTS INFORMATION SESSION](#)
- [CALL FOR CIVIC AND COMMUNITY AWARD NOMINATIONS](#)
- [LAKE COUNTRY INTERAGENCY MEETING](#)
- [MONTHLY FOOD CALENDAR](#)
- [LOCAL DANCING STARS ANNOUNCED FOR KELOWNA'S VERSION OF "DANCING WITH THE STARS"](#)
- [KELOWNA ARTHRITIS CENTRE – 2014/15 WINTER PROGRAMS](#)
- [KELOWNA FAMILY CENTRE – A VARIETY SHOW](#)
- [EXERCISE AND NUTRITION STUDY FOR TYPE 2 DIABETES](#)
- [DAIRY DISCUSSION GROUP](#)
- [BREASTFEEDING ART EXPO](#)
- [METRO UP – DOLLARS & SENSE](#)
- [CATCH WINTER NETWORK GATHERING 2015](#)
- [URBA UPTOWN AFTER HOURS](#)
- [STUDIO9 ART AUCTION](#)
- [INTERNSPIT 2015 – CALL FOR DYNAMIC OKANAGAN-BASED EMPLOYERS](#)
- [CALLING ALL YOUNG HEALTH PROFESSIONALS](#)
- [PURPLE FOR #PEDAW](#)
- [OPERA KELOWNA – BELLE NUIT D'AMOUR](#)

2015 Community Grants Information Session



In 2015, the Central Okanagan Foundation will administer \$80,000 in Community Social Development Grants and \$22,000 in Grants to Address the Sexual Exploitation of Youth on behalf of the City of Kelowna.

The Central Okanagan Foundation encourages registered charities, non-profit organizations interested in applying for either a Community Social Development grant or a Grant to Address the Sexual Exploitation of Youth to attend an information session on Thursday, January 22nd, 1:30pm in the Pacific Safety Products Boardroom at the Rotary Centre for the Arts, 421 Cawston Ave.

The session will cover eligibility requirements and the application process. Program updates that could impact the application process and evaluation will be reviewed. To register, please contact Cheryl Miller, Grants Manager, Central Okanagan Foundation at cheryl@centralokanaganfoundation.org or 250.861.6160.

Community Social Development Grants fund innovative, prevention-oriented programs designed to improve the quality of life for residents in Kelowna.

Grants to Address the Sexual Exploitation of Youth funds programs that directly address sexual exploitation issues for those under 19 years of age within the City of Kelowna. To download the application form, visit kelowna.ca/grants.

Completed applications are due at 3:30pm Friday, February 27th and should be dropped off at the Central Okanagan Foundation office located at #225 – 1889 Springfield Rd.

For more information, contact:
Cheryl Miller
Central Okanagan Foundation
cheryl@centralokanaganfoundation.org | 250.861.6160

-Source: Cheryl Miller, Central Okanagan Foundation, 1 December 2014

Call for Civic and Community Award nominations

Nominations are due Friday, February 13, 2015
The City of Kelowna's 40th annual Civic and Community Awards nomination period opened today. The awards recognize outstanding individuals, groups and organizations whose contributions and achievements benefited the city in 2014.

"This is a milestone year as the awards have been recognizing exceptional residents for 40 years. Their contributions as volunteers, artists and leaders have truly made the community a better place," said Louise Roberts, Community and Neighbourhood Programming Manager. "The annual awards gala always makes for an inspirational evening."



Nominations are due Friday, February 13, 2015 and can be submitted online, by email or hard copy. Online nomination forms can be found on the Civic and Community Awards webpage under Residents. Hard copy forms are available at City Hall and the Parkinson Recreation Centre.

Nomination categories include:

- Bob Giordano Memorial Award – Volunteer Coach or Sport Administrator of the Year
- Bryan Couling Memorial – Athletic Team of the Year
- Champion for the Environment (individual and business)
- Corporate Community of the Year (small/medium and large)
- Fred Macklin Memorial – Man of the Year
- Honour in the Arts
- Male & Female Athlete of the Year
- Sarah Donaldda Treadgold Memorial – Woman of the Year

- Teen Honour in the Arts
- Volunteer Organization of the Year
- Young Male & Female Volunteer of the Year

Be inspired and celebrate with the finalists and recipients at the awards gala on April 30, 2015 at the Kelowna Community Theatre. Tickets will go on sale starting March 16. As part of the 40th celebrations, past recipients of the awards are invited to contact Amber Gilbert at 250-469-8800 to be a part of the ceremony.

For more information on the awards, visit kelowna.ca/residents.

-Source: City of Kelowna, Newsletter, 1 December 2014

Lake Country Interagency Meeting

The next Lake Country Interagency Meeting will be held Tuesday, March 3rd from 9:30 am – 11:30 am at the Municipal Hall (across from George Elliott Secondary School). The address is 10150 Bottom Wood Lake Road.

If you'd like to join the email list to hear about upcoming events, please contact Avril at 250.860.2356 ext 106 or avril@unitedwaycso.com.

-Source: Avril Paice, Director of Community Investment, United Way Central and South Okanagan Similkameen, 23 January 2015

Monthly Food Calendar

The February Monthly Food Calendar produced by Outreach Urban Health is now available.

It features a community highlight on the Elizabeth Fry Society.

-Source: Betty Baker RN, TB Nurse, Outreach Urban Health, 22 January 2015



Local Dancing Stars Announced for Kelowna's Version of "Dancing with the Stars"

They say variety is the spice of life and there is no shortage of that at this year's 7th Annual Swinging with the Stars. Jive, tango, modern-country, disco, contemporary and bollywood local 'stars' have been in full rehearsal at Kelowna dance studios since November. Swinging with the Stars, presented this year by Bayshore Home Health,

Coldwell Banker Horizon Realty Jane Hoffman Group & Global Okanagan is slated for Saturday, March 7, 2014 at the Delta Grand Okanagan Resort.

The event, based on the popular television show “Dancing with the Stars,” pairs professional dance instructors with local ‘stars’ to support the Central Okanagan Hospice Association (COHA). Tickets are on sale now.

Local dancing stars who will ‘strut their stuff’ include Val Cocar, Certified Dental Assistant, Lakeshore Dental Center; Bill Mulgrew, Orthodontist, Okanagan Orthodontists; Gillianne Richards, Freelance Media Artist & Quinn Best, Owner, The Habitat Live Music Venue; Melissa Schmidt, Owner Cream Hair & Makeup Lounges & Lonni Van Diest, Executive GM Moxies Grill & Bar; Carey Small, Owner, Smalls Tile and Flooring. The Bollywood ensemble includes Anita Clegg, Realtor, Re-Max/Westside; Brenda Valnicek, Artist; Laurie Koss, Artist & Yoga instructor, Tandava Studio; Louise Koch, CIBC Financial Advisor; Rose Sexsmith, Owner, Rose’s Pub and Hanna’s Grill and Jan Woolsey, Swinging with the Stars coordinator.

The dancers showcase their choreographed routine at the event and the audience in attendance vote for their favorite dancer that night. Following the same premise as the TV show, there will be three judges on hand to present their comments on the performance. Two of three judges have been announced. The technical judge will be Kelowna Ballet’s CEO and Artistic Director, Simone Orlando and our second judge will be Jillian Harris, from the TV show Love It or List It and former Bachelor and Bachelorette contestant on ABC television’s hit TV show. Three trophies will be presented – Most Pledges Raised, Audience Choice and Judges Choice.

Another facet of the competition is an opportunity for the public to get involved by pledging for their favorite celebrity on the [COHA website](#).

Tickets are \$200 and available at the COHA office #104 – 1456 St. Paul Street, or by calling 250.763.5511.

The Central Okanagan Hospice Association (COHA) is a community-based non-profit organization that provides services and supports, through trained volunteers, to individuals living with our dying from advanced illnesses and their loved ones.

-Source: Susan Steen, Executive Director, Central Okanagan Hospice Association, 12 January 2015

Kelowna Arthritis Centre – 2014/15 Winter Programs

Chronic Pain Management Workshop

This FREE 2 hour workshop shows you self help techniques to reduce pain. Various pain relief tools are covered along with helpful exercise tips.

Date: Monday, February 16th, 2:00 pm – 4:00pm
Location: 3737 Old Okanagan Hwy, West Kelowna
Register: Call 250.768.4442

Or

Date: Monday, February 23rd, 1:00 pm – 3:00pm
Location: Rutland Activity Centre, 765 Dodd Rd.
Register: Call 250.469.8811



Arthritis 101

In this FREE workshop, we will discuss the various types of arthritis, answer your questions and look at a variety of options to help you better manage.

Date: Monday, February 2nd, 2:00 pm – 4:00pm
Location: Rutland Activity Centre, 765 Dodd Road
Register: Call 250.469.8811

Or

Date: Monday, March 9th, 2:00pm – 4:00pm
Location: Johnson Bentley, 3737 Old Okanagan Hwy, West Kelowna
Register: Call 250.768.4442

Tips, Tricks & Tools for Living Well with Arthritis

Another FREE 2 hour workshop in which you can learn ways to reduce pain, stiffness and improve daily activities by using tools and strategies that protect your joints.

Date: Monday, March 9th, 1:00 pm – 3:00pm
Location: Rutland Activity Centre 765 Dodd Road
Register: Call 250.469.8811

Osteoarthritis Education Program

This 4 session program is designed for people affected by osteoarthritis. Topics include understanding osteoarthritis and pain, changing pain and improving function, protecting your joints, managing fatigue, exercise techniques and specific joint exercises.

Date: Tuesday/Thursday, February 3/5/10/12, 1:00pm – 3:00pm
Location: Kelowna Arthritis Centre 150A-1855 Kirschner Road
Cost: \$25 (includes course materials)
Register: Call 250.868.8643

YAWA – Young Adults with Arthritis

YAWA is accepting new members. YAWA is a Kelowna-based support/social group for those between the ages of 20 and 40 who are living with some form of arthritis.

For more information, contact Trudy Battaglio at the Kelowna Arthritis Centre, 250.868.8643.

-Source: Alvera Pucilowski, Support Assistant, Education & Services Interior/Okanagan, The Arthritis Society, 19 January 2015

Kelowna Family Centre – A Variety Show

Date: Monday, February 9th, 7:00 pm – 9:00 pm

Location: Unitarian Centre, 1310 Bertram St

Cost: \$20

Theme: Business Supports Mental Wellness

Performances by local business people, silent auction.

If you are interested in taking part in the Variety Show contact 250.764.1915 or visit our website kfscs.com.

-Source: Lynda Fillion, Office Manager, Kelowna Family Centre, 7 January 2015

Exercise and Nutrition Study for Type 2 Diabetes

Do you want to start exercising regularly? We are looking for individuals with type 2 diabetes to participate in a 12-week exercise training study at the University of British Columbia Okanagan (UBCO) Campus!

This research study involves testing a timeefficient, energising exercise program on markers of health that are important for people with type 2 diabetes. We are also exploring whether combining a protein-based nutritional drink with exercise can add to the potential benefits of increased physical activity.

You will receive information on how increased activity impacts your blood sugar control, body fat and muscle, and blood vessel health.

Participation involves exercising with a personal trainer 3x per week at UBCO campus while receiving a nutritional drink before and after training. We will measure your fitness, body composition changes, blood sugar control, and blood vessel function before and after 12 weeks of this program.

If you are interested please contact:

Monique Francois at monique.francois@alumni.ubc.ca or 250.807.9122

-Source: Jessica Bourne, JEB Research Services, 6 January 2015

Dairy Discussion Group

Are you a parent with a child between 4 and 10 years of age? Earn \$20!

Join a relaxed discussion about motives and barriers to purchasing and consuming milk and milk products. (UBC research study: “Parenting Milk Messages”)

This research is being conducted by:
Dr. Mary Jung, UBC at Okanagan (mary.jung@ubc.ca)

WHO? Parent of a child between 4 and 10 years of age

WHAT? 1.5 hour discussion group (refreshments provided)

HOW? Phone us at 250.575.5794 email hepl.study@ubc.ca for more information.

-Source: Jessica Bourne, JEB Research Services, 6 January 2015

Breastfeeding Art Expo

CALL FOR ARTISTS

The Breastfeeding Art Expo is a three-year arts and health project that will celebrate and support breastfeeding. The project will involve artists and community members from across the Interior Health region (Thompson-Cariboo Shuswap, the Kootenays and the Okanagan).

Artists will work with a team to explore the topic of breastfeeding, through a variety of art forms (e.g., art panel, a sculpture, a 3-D photographic display, or even filmed dance or theatre). We want to hire approximately ten professional artists.

If you are an artist interested in being part of this project and you live in the Interior Health region, please go to our website www.breastfeedingartexpo.ca to read details about the project. If you are interested in applying go to the “CALLS” section of the website and download the application form. The deadline is February 27th, 2015 at noon.

CALL FOR VIDEOGRAPHER

We also want to hire a videographer (or videographer team) to create a series of vignettes to capture the Breastfeeding Art Expo Story. To apply, see the “CALLS” section of the [website](http://www.breastfeedingartexpo.ca) and select “Call for Videographer”.

FOR MORE INFORMATION

Go to www.breastfeedingartexpo.ca or contact the Project Coordinator: karen.graham@interiorhealth.ca or call 250.868.7846

-Source: Eve Layman, Community Support Coordinator, Community Action Toward Children's Health, 15 January 2015

Metro UP – Dollars & Sense

With the year ahead of us, we wanted to send out a quick reminder to refer/register your clients for our upcoming Dollars & Sense program beginning Tuesday, February 3rd.

This free program is great for those in the community who are interested in learning more about personal financial management in a safe, and engaging setting!

Start Date: Tuesday, February 3rd – 6:00 pm

Program Length: 8 consecutive weeks (every Tuesday night)

Where: Okanagan College – Kelowna Campus

Program Topics: Participants are provided a binder outlining topics and information covered in the course, such as Budgeting, Spending, Banking, Credit, and Assets.

Who Can Register: Anyone interested in learning more about their finances!

What Does It Cost: It's FREE!

What It Includes: Free dinner is served at 6:00 pm. Participants are provided with a course binder to keep containing the topics covered.

Space is filling up fast, so those interested are encouraged to [register soon online](#).

-Source: Metro UP, Newsletter, 21 January 2015

CATCH Winter Network Gathering 2015

Date: Wednesday, February 25, 11:30 am – 1:30 pm

Location: Coast Capri Hotel ballroom, 1171 Harvey Avenue, Kelowna



This event is free and a light lunch is provided

[Registration is now open](#) for CATCH's Winter Network Gathering!

CATCH Winter Network Gathering features Marcia Dawson, Consultant and Former Provincial Director of Success By 6. Also included will be the release of the Learning About Families Connections to Services Phase 2 Report with Menno Salverda, CATCH researcher.

-Source: Community Action Toward Children's Health, Newsletter, 20 January 2015

URBA Uptown after Hours

Date: Wednesday, February 4th, 5:00 pm – 7:00 pm

Location: Forsythe Chiropractic & Laser Therapy, 205-125 Hwy 33 E (Upstairs in the Rutland Plaza above the 7-11)

Cost: \$8 per person – everyone is welcome!

Join our hosts: Dale & Melody from Forsythe Chiropractic & Laser Therapy

-Source: URBA, Newsletter, 28 January 2015



Studio9 Art Auction

Date: Friday, February 27th, 6:30 pm

Location: Wine & Art Bistro, 315 Lawrence Avenue

- Emerging Studio9 Student Artists
- Local Artists
- Donated Works
- Special Appies & beverages

Come out and support the arts in school!

-Source: Studio9, Newsletter, 22 January 2015



InternsPIT 2015 – Call for dynamic Okanagan-based employers

Date: Thursday, March 5th, Opening Social: 5:00 pm – 6:00 pm / Competition: 6:00 pm – 7:15 pm / Closing Social: 7:15 pm – 8:00 pm

Location: Laurel Packinghouse, 1304 Ellis Street

Cost: Students & Alumni \$10 / General Attendance \$30 / Participating Employers \$150 (includes 3 tickets for judges)
(includes food and drinks)

This new event combines a traditional networking social with an innovative Dragon's Den-like recruitment competition. UBC is co-hosting—along with Okanagan College, The Centre for Arts and Technology, and Okanagan Young Professionals, and is planning for one of the most exciting recruitment events of the year!

InternsPIT is looking for innovative local businesses to (1) take part in the competition by putting forward a student job posting and/or (2) attend the event, networking with other professionals and students.

Organizations participating in the competition have the opportunity to promote their organization while assessing the best student candidates from the Okanagan's top post-secondary institutions (PSIs).

Note: Participating Employers are not required to hire a student, but simply offer the winning student(s) an interview

[More Information](#)

[Register Now](#)

Discovery Career Conference 2015 – Seeking Panelists

Date: Tuesday, March 17th, 5:30 pm – 8:15 pm

Location: UBC Okanagan, EME Building, 3333 University Way

The annual Discovery Career Conference (DCC), hosted by UBC's Faculty of Management, is a mix of networking and panel discussions organized to empower students and alumni across all disciplines to learn more about various careers by connecting them with local professionals.

UBC's Discovery Career Conference is looking for an event sponsor and engaging panelists who are interested in providing industry insight; sharing career paths stories and feedback; and answering questions from eager UBC students and alumni.

If you'd be interested in participating as a panelist in one of the panel topics (see "Panel Topics" below), or if you like to be the DCC Event Sponsor, please contact:
Jamie Snow, Community Engagement and Student Experiential Learning Coordinator:
250.807.9206 jamie.snow@ubc.ca

Rhys Mahannah, Experiential Learning Administrator, at 250.807.9623 or
rhys.mahannah@ubc.ca

Free parking, snacks, and light refreshments will be provided

Panel Topics:

(A) Entrepreneurism 101: What does it mean to be an entrepreneur? This panel explores the different types of entrepreneurship, its essential qualities, and where entrepreneurship can be found (hint: in a lot of places).

(B) Why Arts and Culture?: Where do careers in arts and culture fit when science, engineering, and business seem to take centre stage? In this panel, learn about some of the opportunities in the fine arts, humanities, and social sciences, and why these fields are as important as ever.

(C) "So, I have this idea . . .": Did you know there are organizations designed to help students and young professionals develop their careers and ideas in the Okanagan? This panel focuses on some of the local start-up supports, incubator spaces, and mentorship programs available, and how they can make a difference.

(D) Community and Non-Profits: What's the role of non-profit organizations in the community? This panel looks at how and why these panelists made their way into NPOs, and why such initiatives are significant to society.

UBC's Discovery Career Conference (DCC) is looking for engaging panelists who can provide insight into their specific industry; share a little about their personal career paths; and answer questions from eager UBC students and alumni.

-Source: Jamie Snow, Community Engagement/Student Experiential Learning Coordinator, The University of British Columbia Okanagan, 9 January 2015

Calling all Young Health Professionals

We are so excited to be starting a new Young Health Professionals group. We are hoping to create a group of engaged young health professionals who are interested in meeting like-minded people, meeting up with peers, sharing opinions and being involved in the community. For the purposes of this group, we are hoping to include many different disciplines who have an interest in health (ex: therapists, doctors, personal trainers, wellness coaches, nurses, chiropractors, dieticians, naturopaths, etc).

We want to gauge your level of interest. So, we basically have 3 options:

1. **Key Member:** We will meet for coffee in the next week or so to discuss planning our first get together. You are someone who is interested in helping to plan, brainstorm how to get people involved, and help us out with starting the group and getting momentum going. This is not a big time commitment, but a little more than the other 2 levels.
2. **Point Person:** You will get the word out about the group and what we are doing. You will help by leveraging your contacts, posting on social media, etc to help get people involved.
3. **Email List:** You will just be on the email list so that you are in the loop of what is happening. Maybe you will tell your friends as well??

If interested, please reply to DeAnna at deanna@stridephysio.ca or 778.215.7780.

-Source: Okanagan Young Professionals, Newsletter, 27 January 2015

Purple for #PEDAW

The National Eating Disorder Awareness Week (EDAW) takes place February 1-7, 2015 and the Provincial Eating Disorders Awareness (PEDAW) campaign has a number of activities for you to take part, no matter where you live.

Join us on February 6th and wear purple to show your support for Eating Disorders Awareness! Tweet us or share photos wearing purple on our [Facebook event page](#).
Structures turning #Purple4PEDAW:

Vancouver: BC Place, the dome at Science World at TELUS World of Science, the Olympic Cauldron at the Vancouver Convention Centre

Coquitlam: Fountain at Lafarge Lake, Town Centre / Park at 1205 Pinetree Way

Nanaimo: Bastion (95 Front Street)

Penticton: SOEC (South Okanagan Events Centre) 853 Eckhardt Avenue West

Kelowna: The Sails

[Read More](#)

-Source: Kelty Mental Health Resource Centre, Newsletter, 28 January 2015

OPERA KELOWNA – Belle Nuit D’Amour

This February, Opera Kelowna will hold its exclusive annual Valentines’ Day fundraising event, BELLE NUIT D’AMOUR (‘Beautiful Night of Love’) at the Hotel Eldorado. Come and enjoy a romantically elegant glitz and glam gold themed evening with Cirque De Soleil talent, fire jugglers and world-class Opera Singing right out of ‘The Tales of Hoffmann’! An occasion for the discerning palette and all the senses and a night you will be talking about for years to come!



As one of our two annual fundraisers, this ‘beautiful night of love’ will showcase some of Opera Kelowna’s guest artists and selected singers from our Young Artists Program including Candescia. Delight in beautiful Art Songs and Operatic performances as well as ballet throughout the venue while indulging in custom cocktails, hors d’oeuvres, a table filled with designer sweets complements of the chef’s at the Hotel Eldorado. Mingling with our fabulous guests at the after party with music by Zenon Shandro and enjoy the many surprises we have in store for you!

This year our guests will have a chance to win a fabulous diamond, donated by J.K. Schmidt Jewellers at our Diamond Bar! With the purchase of a glass of champagne guests will receive a “diamond” which will be immediately appraised by our jeweler. Only 50 glasses will be sold!

As part of the fundraising celebration we will also be providing a VIP Gift Suite, a silent auction and gift bags for our guests. The event will be held at the beautiful Hotel Eldorado with a special designated gift suite for VIP tickets.

Although this is a semi-formal affair, guests are encouraged to wear their favourite gold and glitter for this glam themed evening!

The event will take place at The Hotel Eldorado 500 Cook Road, Kelowna, BC V1W 3G9 on Saturday, February 14th at 7:30 pm – VIP Cocktail Reception and Gift Lounge Opens and 8:00pm – General Admission Cocktail Reception and Silent Auction. The concert starts at approximately 8:45 pm followed by the after party.

Tickets are available online at www.operakelowna.com, by phone Opera Kelowna at 250.575.1434 or in person at Bliss Bridal Boutique, 618 Bernard Avenue (cash or cheque only).

Event Tickets: \$100

VIP Ticket & Gift Suite: \$250 (Only 50 available)

Golden Couples Package: 2 Vip Tickets + Gift Suite + Hotel Room — \$575 (Only 5 are still available)

Tax receipts available upon request

Media passes to the event are available upon request

For more information, contact Alexandra Babbel (Opera Kelowna) at 250.575.1434 or by email at operakelowna@gmail.com

-Source: Andrea Bates, Marketing Director, Opera Kelowna, 26 January 2015

[To Top](#)

RESOURCES

- [GROWING TOGETHER TOOLKIT](#)
- [WEBSITE LAUNCH – KNOW FAMILIES](#)

Growing Together Toolkit

This resource is for community service providers who support mothers and their young children and families. The Toolkit presents strategies to build healthy relationships with babies and toddlers and focuses on mothers who are dealing with depression, anxiety, substance use, trauma or other challenging life circumstances.

Growing Together is a workbook style resource. It includes information on infant mental health promotion, education, screening, intervention, and advocacy. It also includes parenting strategy handouts organized around everyday activities for families designed to be used with parents, parenting groups or community education presentations.

Attend the Familiarization Webinar

Sign-up for a one-hour webinar on [February 25th at 3:00 pm](#) or [26th at 10:00 am](#). This webinar will introduce you to the Growing Together Toolkit, and provide you with practical ways to implement the strategies and activities.

[Read More](#)

-Source: BC Council for Families, 26 January 2015

Website Launch – Know Families

The BC Council for Families is excited to announce the launch of our new professional website, and the launch of this newsletter – Know Families.

Featuring a brand new look and a new logo, the website is a space for professionals and families to connect, network and engage with each other. [You can create](#) a free premium level organizational or professional membership for six months, which will allow you to schedule and manage events, sell resources, promote your work to families and much more! The clock is ticking... the six month free premium affiliation ends July 30th, 2015.

We will be offering a monthly newsletter, Know Families, which will feature Council and program updates, as well as the latest news from the family service sector. We are also



developing a monthly newsletter for families, Your Family, for you to share with families you work with.

-Source: BC Council for Families, 22 January 2015

Social Media

- [5 NONPROFIT TECH TRENDS FOR 2015](#)

5 Nonprofit Tech Trends For 2015

What trends and tech best practices should your nonprofit embrace in 2015? Joyce Hsu (Communications Lead at TechSoup Canada) highlighted five tech and five design trends that nonprofits should follow, how they affect the nonprofit sector and how to get your nonprofit prepared.

This post recaps the five tech trends for 2015. If you missed this session, you can view the slides on SlideShare.

1. Coding Becoming Common Knowledge

Coding for a very long time was the domain of developers and programmers. Reading and writing basic markup languages has now increasingly become a skill that is useful to have as a regular staff member.

[Read More](#)

-Source: TechSoup Canada, Newsletter, 22 January 2015

[To Top](#)

Training

- [NEUFELD INTENSIVE I: MAKING SENSE OF KIDS](#)
- [CENTRAL OKANAGAN FOUNDATION – GRANT INFORMATION WORKSHOP](#)
- [DAXGYET – WORKING WITH INDIGENOUS PEOPLE TO FOSTER AND STRENGTHEN CULTURAL DIVERSITY WITH MARCIA DAWSON](#)
- [DEVELOPING YOUR IDENTITY, SKILLS, AND CONFIDENCE AS A SUPERVISOR](#)
- [SUPPORTING INDIVIDUALS UTILIZING THE EEC/CPS APPROACH](#)

NEUFELD INTENSIVE I: Making Sense of Kids

Dates: April 13th, 14th & May 11th, 12th, 9:00 am – 4:00 pm

Location: Schubert Centre, Vernon BC

Cost: \$550 Regular Registration / Early Bird Registration \$500 (deadline Friday, March 6th), Lunch is provided

Register: Call the Family Resource Centre at 250.545.3390

This course consistently receives outstanding accolades from registrants. For course description visit www.macnamara.ca.

Optional: \$50 Neufeld Institute Virtual Campus access

[More details about campus access](#)

Dr. Deborah MacNamara, PhD

Dr. Deborah MacNamara is a Faculty member at the Neufeld Institute and in private practice offers counselling and educational services. She works individually with parents and professionals to make sense of learning, behavioural and developmental issues with children and adolescents. Deborah is an experienced teacher and counsellor with over 17 years experience working with children, youth and adults. She has also worked at leading educational institutions such as the University of British Columbia and Kwantlen Polytechnic as a researcher, counsellor, and teacher.

-Source: Family Resource Centre, Newsletter, 22 January 2015

Central Okanagan Foundation – Grant Information Workshop

Date: Thursday, March 19th, 1:30 pm Start

Location: Rotary Centre for the Arts – 2nd floor Boardroom, 421 Cawston Avenue

Important changes at the Central Okanagan Foundation!

To assist organizations in applying for grants to the Central Okanagan Foundation they are offering a Grant Information workshop. Join us to hear and learn about our new Multi – Year funding program and how to complete the new Central Okanagan Foundation grant proposal.

Eligibility criteria and grant application forms are available at www.centralokanaganfoundation.org.

To register for the information session contact Joanne Carey, Grants Coordinator at joanne@centralokanaganfoundation.org.

-Source: Cheryl Miller, Director of Grants & Community Initiatives, Central Okanagan Foundation, 16 January 2015

Daxgyet – Working With Indigenous People to Foster and Strengthen Cultural Diversity with Marcia Dawson

Date: February 26th, 9:00 am – 3:30 pm

Location: Siya Room, Westbank First Nation Community Services, 1900 Quail Lane, Westbank

Cost: Free

[Register Now](#)

Lunch is included

Members of all agencies and organizations who work with Aboriginal people are invited to this workshop.

Participants will:

1. Gain awareness and understanding of critical issues for Indigenous populations
2. Identify ways to incorporate Indigenous ways of knowing and doing in programs and services
3. Learn how to sustain Indigenous ways through the systems and structures of their organization

Marcia Dawson is from the Gitksan and Dzawada'enuxw nations. She has worked for over 17 years with First Nations communities at the community, provincial and national levels in the areas of health, education, social development, community development, child welfare and early childhood development. Marcia played an integral role with Success By 6 in developing its Aboriginal Engagement Strategy while serving as its provincial manager. In 2012, Marcia was invited by the BC Government to create a Provincial Aboriginal Strategy for Domestic Violence. Marcia currently works with the University of Victoria and also owns her consulting business.

-Source: Community Action Toward Children's Health, Newsletter, 27 January 2015

Developing Your Identity, Skills, and Confidence as a Supervisor

Date(s): 5 Sessions, Begins March 12th, 2015

Cost: Early Bird \$185 / Regular \$215

Providing high-quality supervision is critical to fostering personal and professional development, enhancing technical skills, raising accountability, implementing best practices, and improving client outcomes.

Join us for a five-week course that focuses on development of supervisory skills. We will emphasize supervision as a relationship and focus on supervision's core functions: administrative, evaluative, educative, and supportive. Concepts from Motivational Interviewing and trauma-informed care will inform our conversation.

[Register Now](#)

-Source: t3, Newsletter, 18 December 2014

Supporting Individuals Utilizing The EEC/CPS Approach

Date(s): Wednesday, February 25th, 2015, 9:00am – 4:00pm

Location: Ramada, 19267 Lougheed Highway, Pitt Meadows

Cost: Early Bird \$175 / Regular \$190 / Groups of 3+ \$160

[Register Now](#)

This is an Introductory Level One Training for Support of Individuals with Intellectual Developmental Disabilities (IDD) Utilizing the EEC/CPS Approach.

Our role as a caregiver/family member/educator or other significant person is to understand how individuals with IDD process information and perceive their world, why things go awry, and what gets in their way of meeting expectations and goals. As we do so, we may also develop a better understanding of how we perceive their world, and our own, and how to provide an increased quality of life.

[Register Now](#)

-Source: WJS Canada Training Division, Newsletter, 17 December 2014

[To Top](#)

Volunteerism

- [WHAT'S HAPPENING AT VC](#)
- [GLOBAL CITIZEN KELOWNA – VOLUNTEER ANNOUNCEMENT](#)
- [IT'S OK TO BE A CHOOSY VOLUNTEER](#)

What's happening at VC

We're excited to launch the [video for National Volunteer Week 2015!](#) A volunteer action is like a stone thrown in a lake: its effect has a direct impact. At the same time, like ripples, volunteer efforts reach out far and wide to improve communities. Undeniably, volunteers rock.

National Volunteer Week is a time to recognize, celebrate and thank Canada's volunteers. NVW 2015 takes place April 12-18. It marks the 12th consecutive year we've delivered the NVW campaign in partnership with Investors Group, Canada's corporate leader in volunteer recognition.

-Source: Volunteer Canada, Newsletter, 27 January 2015

Global Citizen Kelowna – Volunteer Announcement

Global Citizen Kelowna 2015 is here!

Just by the sheer enormity of the events (over 2000 students at the Global Schoolhouse alone!) and the number of volunteers required, we would like to give you this opportunity to explore where you might be able to be directly involved and/or promote the events to your spheres of influence. Details on all of the events can be found at www.globalcitizenkelowna.org or at www.facebook.com/GlobalCitizenKelowna but here are some specifics that we need help with:

Construction and tear-down of the simulated communities and country booths supporting the Global School House. We are looking for constructing helpers. [Sign up online!](#)

Taste of Home – Saturday, February 7th, 5:30 pm – 8:30 pm

We need volunteers for ticket sales, maintenance, set-up, etc.. We need assistance in getting the word out. Please COME and bring friends! [Sign up online!](#)

Global Schoolhouse – Wednesday, February 11th – 19th (during school days)

This will be an experience like no other as we lead 2000 Grade 6 students through the Global School House. We are short on tour guides (leaders of groups) and could use help from “actors” for the interactive school rooms we create. This is all scripted, and we

are ready to help you take the stage to influence 11/12 year olds on the MDG's. [Sign up online](#) – Choose the day and time that works for you.

Global Music Fest – February 10th, 6:30 pm

This year the concert will feature Canadian Artists “Broken Walls”. Join us! Help us promote and floaters. We have the goal of packing the house! Please spread the word and come with friends and family. If you would like to volunteer at that event, sign up online.

Artist Eye on the World – February 1st – March 8th

There will be different venues and more details about the exhibitions. This year's theme is the International Women's Day.

Thank you for volunteering, attending or supporting Global Citizen Kelowna. Everyone's help count to make change happen.

-Source: Global Citizen Kelowna, Newsletter, 22 January 2015

It's OK to be a Choosy Volunteer

With all kinds of menial, unpleasant tasks an organization could potentially assign to you, volunteering can end up being a chore. But does it have to be? With my limited experience as a volunteer, I believe I've come up with a quick test to identify whether the volunteer opportunity you may be considering is the right fit for you. It's as simple as asking yourself a couple of questions.

I spent a few months interning with Realized Worth in the summer of 2013. During my time there I developed a better understanding of the corporate social responsibility (CSR) field and some of the keys to successful employee volunteer programs (EVPs). In a blog I wrote during my internship I outlined some organizational benefits of effective EVPs.

[Read More](#)

-Source: Realized Worth, Newsletter, 20 January 2015

[To Top](#)