



Monthly Bulletin –February 2016

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KCR Highlights

- [VOLUNTEER MANAGER WORKSHOP SERIES: THE LOVE LANGUAGES OF VOLUNTEERS – HOW TO SPEAK THEM FLUENTLY](#)
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Volunteer Manager Workshop Series: The Love Languages of Volunteers – How to Speak Them Fluently

Date: Wednesday, February 10th, 2016, 12:00 pm – 1:00 pm

Location: KCR, #120 – 1735 Dolphin Avenue, Kelowna

Cost: Free. Please register to help us plan snacks.

[Register Now](#)

Free Workshop Series: “Nourishing Managers of Volunteers” – Encourage one another & Expand our knowledge during these lunch hour gatherings held the **2nd Wednesday of each month**. Block one hour in our calendar every month during 2016 and then register for one workshop at a time.

This workshop's sub-title is The Love Languages of Volunteers: How to Speak Them Fluently. According to counselor and author Gary Chapman, every single person has a primary love language (a way to express and feel love emotionally) that they need to hear from others in order to feel truly fulfilled. He states that there are 5 primary languages. But how does that apply to our volunteers? Simple. When we speak the love languages of our volunteers, they feel seen and heard and truly appreciated for what they do. If we take the time to figure out how people feel most truly loved and appreciated, then it is relatively simple to show our gratitude for the time and effort that they give our organizations. Use the love language all year. Focus on it during National Volunteer Week coming up April 10 – 16, 2016.

-Source: Dawn Wilkinson, Manager, Community Services, KCR, January 2016

Workshop: Fund Development Overview

Dates: February 16th, 23rd, March 1st & 8th, 2016, 9:00 am – 4:00 pm

Location: Kelowna Community Resources, #120 – 1735 Dolphin Avenue, Kelowna

Cost: \$199

[Register Now](#)

Description: This 4-day course is an overview essential for those working in, or interested in working in, the area of fund development for their non-profit organization. The course content will help you:

- Explore strategies to attract First Time Donors and build relationships to develop Repeat and Consistent Donors
- Learn how to foster Major Gifts, Planned Giving and Corporate Donations
- Investigate opportunities for Earned Income and Government and/or Foundation Grants
- Complete the funding cycle through Stewardship, Renewal and Assessment of your strategic plan
- Content is based on Canadian research and best practices in the field

Course Goal: You will participate in a hands-on learning experience around the process, components, goal setting and best practices associated with non-profit fundraising activities to help you increase revenue to your organization and build relationships for future organizational sustainability.

Course Length: Eight 3-hour modules for a total of 24 hours spread over four days.

Special Features:

- Learn from talented specialists who have worked or are working in the field
- Learn with a network of peers faced with the same challenges
- Learn from valuable reference materials and record your thoughts in a participant handbook

Learning Activities: You will engage in:

- Role play
- Small group discussion
- Large group discussion
- On-line research
- Watching videos
- Case scenarios
- Viewing Power points

-Source: Dawn Wilkinson, Manager, Community Services, KCR, January 2016

The Law & You: A Free Information Series for Employers

Date: Tuesday, February 16th, 2016, 6:30 pm – 8:30 pm (Doors open at 6:00 pm)

Location: Kelowna Community Resources, #120 – 1735 Dolphin Ave, Kelowna

Cost: Free. Complimentary Child Minding available on request.

Pre-register: dorothee@kcr.ca or 250.860.4911

Kelowna Community Resources (KCR) Immigrant Services is pleased to present “The Good, the Bad and the Ugly: Employment Law Lessons for 2016” as part of its ongoing The Law & You Information Series. This session is aimed at employers in the region, especially those working with immigrants.

As any HR practitioner is aware, employment law is constantly evolving. To help navigate this changing environment, KCR is partnering with the Law Foundation of BC and Pushor Mitchell LLP to host a “year in review”, looking at opportunities and challenges being presented in 2016.

Labour and Employment lawyer David Brown hosts this talk. Specific topics include:

- Escalating Damages before Human Rights Tribunals
- Just Cause in Employee Terminations
- Employee Disabilities and Frustration of Contract
- Family Status Discrimination
- Notice Periods and Non-Competition Agreements

Join us for an information evening that is relevant to both employers and employees.

For More information contact:

Dorothee Birker, Project Coordinator, 250.860.4911, dorothee@kcr.ca

Katelin Mitchell, Manager, Immigrant Services, 250.763.8008 ext. 130, katelin@kcr.ca

Presented by KCR Immigrant Services

-Source: Dorothee Birker, Project Coordinator, KCR, January 2016

Workshop: Board Boot Camp 101

Dates: Tuesday, April 5th, 2016, 4:00 pm – 6:00 pm

Cost: Free

[Register Now](#)

You're standing on the sidelines of your daughter's soccer game, completely engaged in the game. A parent approaches you and says, "hey, you've come to every game and practice. You must really enjoy watching her play". You nod in the affirmative, eyes still on your daughter. The parent then says, "we're looking for a few parents to help us out organizing the soccer club. Can you stay after the game to chat for a bit?" Still absorbed in the game, you nod your head and say "sure!" – anything for your daughter. The game ends: your daughter's team played a great game against a worthy opposing team and you're both excitedly breaking down the plays. The same parent beckons you over to where they, the coach, and a few other parents are standing. Uh-oh. What did you agree to?!

Often, this is how many of us start our volunteer "careers": someone asks us to "help", and we agree to become involved, not necessarily knowing or understanding the scope of what we're taking on. What we do know is that we want to help and are likely passionate about the cause, club, or issue that we've been invited to participate in.

Board Boot Camp 101 will give you a complete understanding of the not-for-profit sector. You'll also learn the questions you should ask before becoming involved in a not-for-profit organization; and the types of answers you should expect. Lastly, Board Boot Camp 101 will increase your understanding of a Board member's role and responsibilities and help you determine when, and whether becoming a Board member is right for you.

-Source: Dawn Wilkinson, Manager, Community Services, KCR, December 2015

Workshop: Board Boot Camp 201

Date: Tuesday, April 12th, 2016, 4:00 pm – 6:00 pm

Cost: \$25 / Organization

[Register Now](#)

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

“I nominate [your name] for Board Chair”. What?!

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

Board Boot Camp 201 will give you a quick primer and overview to become the best leader you can be for your not-for-profit organization. Learn effective qualities of leaders and your personal leadership style. Understand the separation between the Board and staff, and between the senior staff and the Chair. Find how to run your meetings timely and effectively – one of the best ways to retain current directors and attract new ones! And, when you think you or your organization might need outside help, explore the circumstances when going outside for expertise is of benefit to your organization.

-Source: Dawn Wilkinson, Manager, Community Services, KCR, December 2015

Save the Dates – Overview of Volunteer Management

Dates: April 18th, 19th, 25th & 26th, 2016, 9:00 am – 4:00 pm

OR

Dates: October 24th, 25th, 31st & November 1st, 2016, 9:00 am – 4:00 pm

Location: Kelowna Community Resources, #120 – 1735 Dolphin Avenue, Kelowna

Cost: \$199, Includes materials and light refreshments

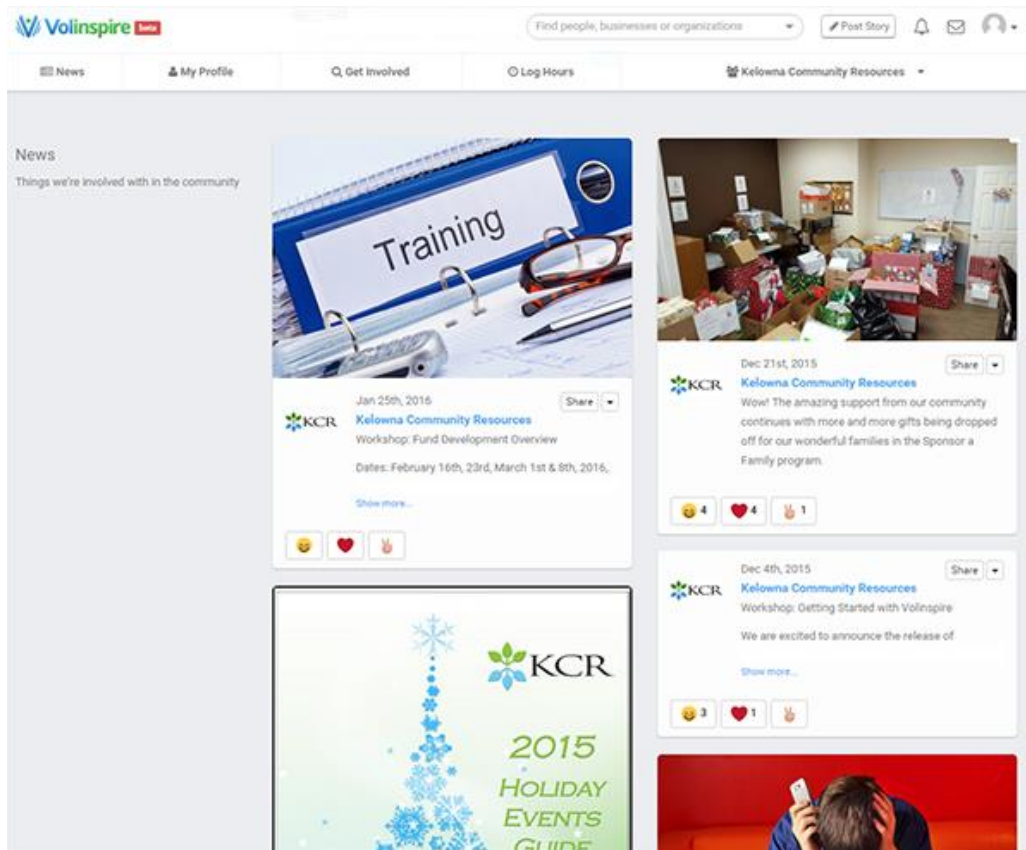
Register: Registration Opening Soon

Description: 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](#)

-Source: Dawn Wilkinson, Manager, Community Services, KCR, December 2015

Volinspire – Post your Stories



Have you posted a story to your Volinspire's Organization Page?

Get inspired by stories and photos and contribute to the storytelling to promote and support causes you care about! [Post your stories](#) today!

-Source: KCR, January 2015

KCR's Mailing Lists

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

[Publications](#): Newest versions sent right to you bi-annually

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

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

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

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- [CANADA: A HISTORY OF REFUGE](#)
- [SAFE HAVOUR CHAMPIONS AWARDS](#)
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- [INFORMATION AND RESOURCES TO SUPPORT REFUGEE MENTAL HEALTH](#)
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Being Canadian...New Path...New Life

Numbers, surveys or polls do not tell the story of our path to Canada. People do. From first nation to me, we all have a story. Every year, newcomers from all parts of the globe make the choice of Canada as their new home. The challenges of inclusion that we face today are not new. Being Canadian is a monthly piece highlighting everyday people in the Okanagan Valley and their families' story of immigration and journeys to Canada. These are our stories.

Our Stories

A monthly profile piece to highlight the personal immigration stories of citizens within our community at large. This month we spotlight: Jessica Samuel

That time Lawrence Hill came to Kelowna by Jessica Samuel

The thing about Kelowna is that it is easy to underestimate. On the surface, it's a community that does its best to live up to its small town appearance. But if you peel back the layers, you will find a town that has so much more to offer.

The years I spent in media in the Okanagan Valley afforded me the opportunity to observe, meet, and even interview people I never thought I would see here. I'm not going to drop names but suffice it to say I have said to myself many times "I can't believe they are in Kelowna!" or if I were to be honest, "Why are they in KELOWNA?"

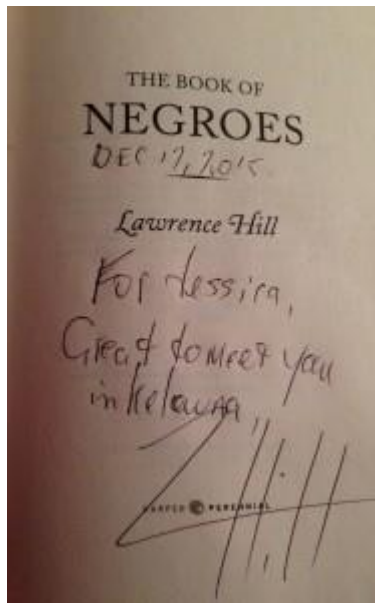


Mission Creek Alliance Church is holding a fundraiser tonight 7pm with Lawrence Hill, author of *The Book of Negroes* and *The Illegal* will be sharing about the experience of refugees.
<http://www.missioncreekalliance.com/.../syrian-refugee-support>

Which brings me to an author who has most significantly impacted me in my adult life. Lawrence Hill.

It was a Facebook post, one I almost missed, that led me to discover that the award-winning author was to speak at a church fundraiser in Kelowna. I couldn't believe my eyes. After several phone calls and a couple of anxiety-ridden hours on a ticket wait-list, I arrived at the event with my friend. SPECIAL NOTE HERE: Shout out to Valerie who spontaneously dropped everything to accompany me on a snowy Wednesday night, with very little notice. Valerie has been a large part of this journey for me and she told me later she knew she could not let me do this alone.

So what's the big deal?



Hill's most acclaimed novel to date is *The Book of Negroes*. It is a work of historical fiction; the main character is fictional – she's more of a culmination of, who knows how many, black slave's and their all too real experiences as they sided with the British and fought for their freedom during the American Revolution – that's the historical fact part. Long, but important and true story short: three thousands of these slaves were evacuated by the British to Nova Scotia with the promise of land of their own and a chance to start over. Many of these newly freed slaves landed in the now historic site of Birchtown, just outside of Shelbourne, Nova Scotia, and this became the largest settlement of black people outside of Africa at the time. The going was not easy. Some stayed and some went back to Africa. My Great-great-great-great-great grandfather was one of the ones who stayed and this group has come to be known as the Black Loyalists of Nova Scotia.

My Great-great-great-great-great grandfather was one of the ones who stayed and this group has come to be known as the Black Loyalists of Nova Scotia.

It is important to know that the title of Lawrence's book is derived from the real document called the *Book of Negroes*, which is a listing of names and descriptions of all the slaves who were evacuated by the British, by ship to Nova Scotia. The 150-page document exists digitally, but I have seen a copy of it in person, as well as my ancestor's name as it was written "Sambo Cromwell – strong male, 40". Needless to say, the moment I found that name amongst the thousands of others – is one I will never forget.

Fast forward 200 plus years and my Great Uncle and Aunt head up the Black Loyalist Heritage Society in Shelbourne, Nova Scotia and consult with Lawrence Hill to ensure the historical accuracy of his portrayal of the Black Loyalist experience in Nova Scotia in his novel. They have remained friends to this day.

It's because of this book I discovered this almost unbelievable story of how my family not only came to be but also helped to settle and form Canada. It's because of this book I worked on my own documentary about this story – it's pretty rough but it's as completed as I would like it to be and is more about the journey of discovering this important part of history.



I met Lawrence Hill that night. When I introduced myself he mentioned he had just had lunch with my Great Aunt and Uncle not a week before. We talked briefly, much shorter than I would have liked, but the long waiting line of other eager fans pushed forward.

I would like to thank Kelowna as a whole, the Mission Creek Alliance Church and the Central Okanagan Local Immigration Partnership for bringing Lawrence Hill to Kelowna and proving I had once again underestimated this community.

Taken with Jessica's consent permission from her [blog post](#).

-Source: Rawle James, COLIP Coordinator, 26 January 2016

Canada: A History of Refuge

What Does “Refugee” Mean?

It is not as easy to define “refugee” as one might expect. In its simplest meaning, a refugee is a person who flees his or her home country because of fears of persecution or abuse, particularly by their own government. However, the meaning is affected by political change, public perception and history. According to Citizenship and Immigration Canada and the United Nations High Commissioner for Refugees, refugees are people who have been forced to leave their country and who are afraid to return because of war, violence or persecution based on race, religion, nationality, political opinion or membership in a particular social group.

Navigate through the exposition to learn more about refugees in Canada.

[Read More](#)

-Source: Government of Canada, 26 January 2016

Safe Harbour Champions Awards

Date: Thursday, March 10th, 2016, 7:30 am – 9:30 am

Location: Executive Hotel Burnaby, 4201 Lougheed Hwy, Burnaby

Key Note: Alden Habacon, Senior Advisor of Intercultural Understanding for UBC

Cost: \$40 for Buffet-style Breakfast & Keynote Speaker / \$300 per table of 8 people

[Buy Tickets](#)

The Safe Harbour Champions' Award was created by AMSSA to acknowledge the work being done by businesses, institutions, agencies, and municipalities to advance inclusion in workplaces and communities across B.C. and Canada. Please join us on March 10th, 2016, when we congratulate this year's champion.

[Read More](#)

-Source: Affiliation of Multicultural Societies and Service Agencies of BC, January 2016

Express Entry, Foreign Worker Reforms Attract 'Fewer' Skilled Workers: Chamber Report

Canada risks losing its competitive edge because of immigration reforms brought in under the previous Conservative government for political expediency, says a new report by the Canadian Chamber of Commerce.

The report is critical of the Express Entry immigration system launched one year ago and reforms to the Temporary Foreign Worker Program made in June 2014 following a series of stories published by CBC's Go Public team alleging abuse of the program.

[Read More](#)

-Source: CBC News, 14 January 2016

Information and Resources to Support Refugee Mental Health

With the arrival of Syrian refugees into Canada, many of whom are children and youth, the Kelty Mental Health Resource Centre has received some inquiries about available resources and information to support the mental health and emotional needs of these children and youth.

There are many wonderful organizations across Canada that have been working to create and pull together resources to help individuals and other organizations to support refugees as they settle in Canada. I wanted to share a few that might be helpful related to child and youth mental health for the readers of the Kelty Blog.

[Read More](#)

-Source: Newsletter, Kelty Mental Health Resource Centre, 27 January 2016

Upcoming Events

The 2016 Spring Lantern Festival

Date: Saturday, February 6th, 6:00 pm – 9:00 pm

Location: Laurel Packing House, 1304 Ellis St, Kelowna

Chinese New Year dinner; Stage performance; door prizes; Chinese lantern display, and lantern riddles/games. [More Information.](#)

Presented by the Okanagan Chinese Canadian Association

Kelowna Chamber of Commerce Luncheon

Date: Thursday, February 11th, 2016, 11:00 am – 1:30 pm

Location: Coast Capri Hotel, 1171 Harvey Ave, Kelowna

Cost: \$40 Members / \$55 Non-Members

Mayor Colin Basran will deliver the State of the City Address and speak about the accomplishments of the City of Kelowna over the past year and discuss future plans for the City. Seats must be purchased by Friday, February 5th at Noon. [More Information.](#)

-Source: Rawle James, COLIP Coordinator, January 2016

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Aboriginal

- [THE OKANAGANS AND THEIR NEIGHBOURS: AN EXHIBITION OF THE OKANAGAN SYILX PEOPLE](#)
- [BC PROPOSAL AIMS TO HAVE FIRST NATIONS OWN CHUNKS OF MAJOR PROJECTS](#)
- [EAGLE FEATHERS NOW ON HAND FOR OATHS AT OTTAWA COURTHOUSE](#)
- [ASSEMBLY OF FIRST NATIONS WELCOMES HISTORIC DECISION BY HUMAN RIGHTS TRIBUNAL](#)
- [ABORIGINAL STATISTICS AT A GLANCE, 2ND EDITION](#)

The Okanagans and their Neighbours: An exhibition of the Okanagan Syilx People

Date: January 22nd – March 19th, 2016

Location: Lake Country Museum, 11255 Okanagan Centre Road West, Lake Country

Museum Hours: Mondays, Wednesdays, Saturdays, 1:00 pm – 4:00 pm

Cost: Admission by Donation

The Okanagan Syilx People

The indigenous people of the Okanagan Valley are the Syilx people. There are eight member communities within the Okanagan Nation; from North to South, Upper Nicola Band, Okanagan Indian Band, Westbank First Nation, Penticton Indian Band, Upper Similkameen Indian Band, Lower Similkameen Indian Band, Osoyoos Indian Band, and Colville Confederated Tribes.



Presented by the Lake Country Museum & Archives in partnership with the Okanagan Indian Band

More Information: 250.766.0111, www.lakecountrymuseum.com

-Source: Lake Country Museum, January 2016

BC Proposal Aims to have First Nations Own Chunks of Major Projects

A B.C. First Nations-led proposal to unlock billions of dollars in natural resource wealth across the country has received seed funding from the federal government, The Vancouver Sun has learned.

And if the First Nations Major Projects Coalition can persuade Prime Minister Justin Trudeau to go a step further and accept their biggest request — loan guarantees to allow aboriginal communities to buy equity stakes in major projects — that could lead to a historic breakthrough, say its backers.

The loan guarantee idea has been endorsed by the B.C. Business Council and the Macdonald-Laurier Institute, an Ottawa-based think-tank.

[Read More](#)

-Source: Vancouver Sun, 20 January 2016

Eagle Feathers now on Hand for Oaths at Ottawa Courthouse

People testifying at the Ottawa courthouse will now have the option of swearing an oath with their hand on an eagle feather to affirm they're telling the truth.

Indigenous elders and justice workers presented court staff with two eagle feathers for use in legal proceedings during a special ceremony today at the Odawa Native Friendship Centre.

Greg Meekis, Odawa's aboriginal community justice coordinator, first reached out to court staff last summer when he heard of an indigenous client who requested to swear on a feather instead of a bible before testifying, only to be told there was none.

[Read More](#)

-Source: CBC News, 18 January 2016

Assembly of First Nations Welcomes Historic Decision by Human Rights Tribunal

Assembly of First Nations (AFN) National Chief Perry Bellegarde welcomes today's decision by the Canadian Human Rights Tribunal (CHRT) for the federal government to jointly develop a new system of child welfare for First Nations on reserve and is calling for immediate action by the federal government to work with First Nations to ensure safety, fairness and equity for First Nations children and families.

In a highly anticipated decision released this morning, the CHRT states the Government of Canada has discriminated against First Nations children and families on reserve since the beginning of residential schools and requires the federal government to work with parties to the case to identify a process for remedy, which includes returning to the CHRT in coming weeks for an order on remedies.

[Read More](#)

-Source: The Assembly of First Nation, 26 January 2016

Aboriginal Statistics at a Glance, 2nd Edition

[Aboriginal Statistics at a Glance](#) is a compilation of data on First Nations, Métis, and Inuit populations covering a variety of topics. Each subject is illustrated with a chart presenting key indicators and links to related data tables and published articles. There are two editions of Aboriginal Statistics at a Glance. The first edition was released on June 21, 2010. The second edition, released December 24, 2015, includes updated data on the key indicators.

Among the findings:

- The median age was much lower for the Aboriginal population than for the non-Aboriginal population at 28 years versus 41 years.
- The largest proportion of Aboriginal children (50%) and the largest proportion of non-Aboriginal children (76%) were living in a family with both their parents, either biological or adoptive. Aboriginal children were more likely than non-Aboriginal children to live in a lone-parent family, or to be stepchildren, grandchildren living with grandparents with no parent present, foster children or children living with other relatives.

[Read More](#)

-Source: Newsletter, First Call, BC Child and Youth Advocacy Coalition, 7 January 2016

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Awards

- [THE CITY OF KELOWNA'S 41ST ANNUAL CIVIC AND COMMUNITY AWARDS](#)
- [CALL FOR NOMINATIONS: POWER OF YOUTH LEADERSHIP AWARDS](#)
- [2016 YOUNG ENTREPRENEUR PROGRAM SPONSORSHIP OPPORTUNITY](#)

The City of Kelowna's 41st Annual Civic and Community Awards

Please help us recognize the amazing people and organizations, who help make Kelowna a great place to live!

We have 15 different award categories open for nomination!

- Community Volunteers
- Athletes
- Artists
- Businesses
- Not-for-profit organizations
- Environmental Leaders

We all know someone that should be celebrated for their contributions and achievements in 2015!

Nomination forms for the 41st Annual Civic & Community awards are available at www.kelowna.ca/residents, or <http://www.kelowna.ca/CM/Page122.aspx>.

Three ways to nominate:

1. Online submissions – [here is the quick link](#) to the online form.
2. Email – you can access the fill-able “pdf” nomination form from our webpage, and email it to me along with your support letters when they are ready. Email –abgilbert@kelowna.ca
3. Drop-off nomination packages in person to the Parkinson Recreation Centre, Attention : Amber Gilbert
*There are hard copy nomination forms available at City Hall, The Parkinson Recreation Centre, and city Library locations

Nomination Deadline: Friday, February 12th, 2016

The 41st Annual award finalists will be celebrated on Wednesday April 27th, 2016, at the Kelowna Community Theatre.

[View the coverage on Facebook](#)

-Source: Amber Gilbert, Recreation Technician, City of Kelowna, 7 December 2015

Call for Nominations: Power of Youth Leadership Awards

These awards recognize and celebrate young progressive leaders in BC who are driving change towards a more socially, economically and environmentally just society. There are two categories: social movement building and research, analysis and solutions. Anyone can nominate a young person (under 32) for these awards by submitting a [Nomination Form](#) (two nominations required for each candidate). Details at policyalternatives.ca/powerofyouth.



Deadline: Monday, February 15th, 2016.

-Source: Newsletter, Canadian Centre for Policy Alternatives, 22 January 2016

2016 Young Entrepreneur Program Sponsorship Opportunity

Okanagan College, School District No. 23 and the Central Okanagan Economic Development Commission partner to organize the annual Young Entrepreneur Program (YEP)—Dragon's Den Edition.

The [Young Entrepreneur Program](#) (created in 1994) provides an opportunity for middle school and secondary school students to develop their business and entrepreneurial skills. Teams of middle and secondary school students compete with each other in formulating a product or service that they would develop and present as a business plan and are able to use to create a real summer job. The plan includes three main tasks- creating a product or service, developing a financial plan and a marketing plan. Students work from February to May and are judged throughout the competition by business professionals from many areas of the community. Student teams are mentored throughout the competition by Enactus Okanagan which is comprised of 3rd and 4th year business students from Okanagan College. The competition is open to students in grades 7 – 12.

Over the years students have emerged from the competition to be successful entrepreneurs and operated their own businesses. Yard crews, web design, graphic design, sign making, pine beetle wood pens, and clothing design have been just a few of the successful ideas that have emerged from previous competitions.

Volunteers are needed to assist with the competition. If you would like to help out in one of the following areas please contact Sandra Ballan-Brown by email at info@investkelowna.com or by telephone at 250.469.6280.

-Source: Newsletter, Central Okanagan Economic Development Commission, January 2016

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Employment

- [CALL FOR APPLICATIONS: ROSENBLUTH INTERNSHIP IN POLICY RESEARCH](#)
- [INN FROM THE COLD – CONTACT POSITION](#)
- [2016 CANADIAN CENSUS](#)
- [CANADA SUMMER JOBS](#)

Call for applications: Rosenbluth Internship in Policy Research

We're currently accepting applications for the annual Rosenbluth Internship in Policy Research. The intern will assist in a variety of research projects related to poverty and inequality in BC, under the supervision of Iglia Ivanova and Seth Klein. This is a great opportunity for a graduate student looking for experience in public policy research in a progressive setting. This paid internship runs from May to December of this year. Get the details at policyalternatives.ca/rosenbluth.

Deadline: Sunday, February 21st, 2016.

-Source: Newsletter, Canadian Centre for Policy Alternatives, 22 January 2016

Inn From the Cold – Contact Position

Contract Position for Signature Event: Push to End Homelessness

Contract runs for approximately 3 months, commencing in mid-February, ending on May 31st, 2016

Under the direction of the Executive Director, this contract position is responsible for coordinating and implementing the 2016 Inn from the Cold – Kelowna Signature Event: Push to End Homeless.

Job Responsibilities

The contract will be a minimum of 100 hours with payment dependent on experience and on the targets reached by the event planner. Tasks will include full event management including: creative event planning, development of sponsors and donors, recruitment of teams to participate, volunteer management and implementation of the event to be held on Saturday, May 28, 2016. This is a home based position with the expectation that there will be regular reporting and collaboration for this event with the Executive Director.

Qualifications

- Experience in event management from concept to execution including meeting goals, managing budgets, meeting fundraising and participant goals
- Specific experience within the non-profit sector is preferred
- In-depth knowledge of Kelowna business community and the resources and contacts to ensure that this event is successful

Experience/Skills Required

- Strategic thinker, detail oriented and strong administrative and organizational skills
- Flexible and open to changing priorities

- Delivers high levels of customer service to all clients
- Flexible and willing to go the extra mile
- Excellent written and verbal communication skills
- Professional demeanour, especially under pressure

Please send your application to:

Jan Schulz, Executive Director, Inn From the Cold
jan@innfromthecoldkelowna.org

-Source: Jan Schulz, Executive Director, Inn From the Cold, 26 January 2016

2016 Canadian Census

The 2016 Census is staffing 35,000 jobs across Canada. Join the census team and make a lasting contribution to Canada and its people. Job locations, rates of pay, qualifications, and start dates vary. Please consult the details for each job type before submitting an application.

Period of employment: Early March to end of July 2016 (start date varies by assignment)

Rate of pay: \$16.31 to \$19.91 per hour plus authorized expenses

Hours of work: Flexible, but must commit to at least 20 hours per week

Requirements: Must be 18 years of age or older and eligible to work in Canada

[Apply Now](#)

-Source: Jacky Roddy, Inform Canada, 27 January 2016

Canada Summer Jobs

Canada Summer Jobs is a Government of Canada initiative. It provides funding for not-for-profit organizations, public sector employers and small businesses with 50 or fewer full-time employees to create summer jobs for students between the ages of 15 and 30.

The application period is from January 4 to February 26th, 2016.

The application form as well as the applicant guide are currently available on the [Service Canada website](#). You can submit your application online, by mail or in person at any Service Canada Centre.

We encourage you to submit your 2016 application online. By doing so, you will benefit from a fast, easy-to-use, and secure way of applying as you will:

- Have access to the Canada Summer Jobs application 24/7, from any location, allowing you to complete it at your convenience
- Ensure your application is received immediately by Service Canada
- Receive an instant acknowledgement confirming that your application has been received
- Avoid postal delays

Organizations who have completed the Grants and Contributions Online Services (GCOS) account registration process by January 3, 2016 are encouraged to apply for

the Canada Summer Jobs program through this online platform. The Canada Summer Jobs online application form as per previous years is also available.

For more information:

Click: www.servicecanada.gc.ca/CSJ

Call: 1.800.935.5555 (ATS: 1.800.926.9105)

Visit: A Service Canada Centre

-Source: Shirley K Kimery, Director, Service Canada / Government of Canada, 15 January 2016

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Financial

- [2016 COMMUNITY GRANTS INFORMATION SESSION](#)
- [CENTRAL OKANAGAN FOUNDATION – GRANT INFORMATION WORKSHOP](#)
- [YOUTH INITIATIVE GRANTS ARE BACK!](#)
- [MEDICAL SERVICES PLAN \(MSP\) PREMIUM ASSISTANCE](#)
- [DIVERSITY SCHOLARSHIP FROM UFCW 1518 & OVERWAITEA FOOD GROUP](#)

2016 Community Grants Information Session



In 2016, the Central Okanagan Foundation will administer \$102,000.00 in Community Social Development Grants on behalf of the City of Kelowna.

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

[Download the Application Form](#)

Applications Due: Friday, February 26th, 2016 at 3:30 pm

Applications should be dropped off at the Central Okanagan Foundation office located at 225-1889 Springfield Road.

For more information:

Cheryl Miller, Central Okanagan Foundation
cheryl@centralokanaganfoundation.org, 250.861.6160

-Source: Cheryl Miller, Director of Grants & Community Initiatives, Central Okanagan Foundation, 14 December 2015

Central Okanagan Foundation – Grant Information Workshop

Date: Thursday, March 17th, 1:30 pm

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

To assist organizations in applying for grants to the Central Okanagan Foundation they are offering a Grant Information workshop.

Eligibility criteria and grant application forms are available at

www.centralokanaganfoundation.org.

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

-Source: Cheryl Miller, Director of Grants & Community Initiatives, Central Okanagan Foundation, 18 January 2016

Youth Initiative Grants Are Back!

United Way CSO, Gennext Kelowna and COFFY (Central Okanagan Foundation for Youth) are once again partnering to offer Youth Initiative Grants of up to \$2000 in 2016! These grants are available to young people up to age 25 who are partnering with an organization to create positive change in their local community. Youth must reside in either the Central or South Okanagan Similkameen in order to apply. The application deadline is March 4, 2016.

Have any questions or need the application form?
Contact Molly Ciardullo at 250.861.6160 or molly@centralokanaganfoundation.org
United Way CSO Office at 250.860.2356 or info@unitedwaycso.com

[Download: Youth Initiative Grants](#)

-Source: United Way CSO, 12 January 2016

Medical Services Plan (MSP) Premium Assistance

Seniors who have not already done so should check if they are eligible for financial assistance with their monthly Medical Services Plan (MSP) premiums. These premiums increased January 1, 2016, by approximately four per cent over 2015 costs for people making above \$30,000.

The Regular Premium Assistance program has five levels of subsidy for individuals and families earning less than \$30,000. This is based on an individual's net income (or a couple's combined net income) for the preceding tax year, less deductions for age, family size, disability and any reported Universal Child Care Benefit and Registered Disability Savings Plan Income. Regular Premium Assistance may be provided retroactively up to six years from the date of application.

To learn more about, and apply for, Regular and Temporary Premium Assistance, visit <http://www2.gov.bc.ca> or call 1.800.663.7100.

B.C. Seniors may also be eligible for the following subsidies:

- Fair PharmaCare subsidizes costs for eligible drugs. 1.800.663.7100
- Shelter Aid for Elderly Renters (SAFER) provides monthly payments to subsidize rents for low and moderate income seniors. 1.800.257.7756
- Home Adaptations for Independence (HAFI) provides grants to low-income seniors to modify their homes. 1.800.257.7756
- Property Tax Deferral Program allows seniors to defer paying property taxes. 1.888.355.2700

-Source: Newsletter, BC's Seniors Advocate, 20 January 2016

Diversity Scholarship from UFCW 1518 & Overwaitea Food Group

The Overwaitea Food Group has partnered with UFCW Local 1518 to offer up to ten scholarships valued at \$1000 each to individuals who have played a significant role in diversity initiatives in their school and/or community.

The UFCW & OFG Joint Diversity Scholarship is open to BC residents who are pursuing a part-time or full-time post-secondary program within the province of BC. This scholarship will be open to applicants in all stages of their post-secondary education. Please note that OFG team members, UFCW Local 1518 members and their dependents are not eligible for this scholarship.

Applicants are asked to provide a letter that outlines their career goals and objectives and describes their involvement with diversity initiatives in their school and/or community.

We have attached a promotional poster for you to print and post. For more information or to apply, candidates can visit www.owfg.com/diversity. Please note that applications must be received by May 1, 2016.

If you have any questions please contact us at scholarships@owfg.com.

-Source: Scholarship Selection Committee, Overwaitea Food Group, 14 January 2016

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Fund Development

- [WORKSHOP: FUND DEVELOPMENT OVERVIEW](#)
- [WEBINAR: FILLING THE GAP – RAISING OPERATING FUNDS](#)
- [WEBINAR: WHAT GRANTMAKERS WANT – HOW TO GET A GRANT IN 2016](#)
- [WEBINAR: THE COMMON HABITS OF HIGHLY EFFECTIVE GRANTSEEKERS](#)
- [STARTING YOUR NONPROFIT GRANT APPLICATION STORY THE RIGHT WAY](#)
- [REVEAL YOUR NONPROFIT POWER: 3 WAYS TO BUILD DONOR CONFIDENCE](#)

Workshop: Fund Development Overview

Dates: February 16th, 23rd, March 1st & 8th, 2016, 9:00 am – 4:00 pm

Location: Kelowna Community Resources, #120 – 1735 Dolphin Avenue, Kelowna

Cost: \$199

[Register Now](#)

Description: This 4-day course is an overview essential for those working in, or interested in working in, the area of fund development for their non-profit organization. The course content will help you:

- Explore strategies to attract First Time Donors and build relationships to develop Repeat and Consistent Donors
- Learn how to foster Major Gifts, Planned Giving and Corporate Donations
- Investigate opportunities for Earned Income and Government and/or Foundation Grants
- Complete the funding cycle through Stewardship, Renewal and Assessment of your strategic plan
- Content is based on Canadian research and best practices in the field

Course Goal: You will participate in a hands-on learning experience around the process, components, goal setting and best practices associated with non-profit fundraising activities to help you increase revenue to your organization and build relationships for future organizational sustainability.

Course Length: Eight 3-hour modules for a total of 24 hours spread over four days.

Special Features:

- Learn from talented specialists who have worked or are working in the field
- Learn with a network of peers faced with the same challenges
- Learn from valuable reference materials and record your thoughts in a participant handbook

Learning Activities: You will engage in:

- Role play
- Small group discussion
- Large group discussion
- On-line research
- Watching videos
- Case scenarios
- Viewing Power points

-Source: Dawn Wilkinson, Manager, Community Services, KCR, January 2016

Webinar: Filling the Gap – Raising Operating Funds

Date: February 25th, 2016, 10:00 am PST

Cost: Member \$0 / Non-Member \$40

[Register Now](#)

Join us to hear from two expert fundraising professionals about their experience raising operating funds for shared space centers in the US and Canada. Mena Gainpaulsingh of [International Fundraising Consultancy](#) and Kim McNamer of [Deschutes Children's Foundation](#) will be sharing their best practices with us.

-Source: Newsletter, Nonprofit Centers Network, 28 January 2016

Webinar: What Grantmakers Want – How to Get a Grant in 2016

Date: Thursday, March 10th, 10:00 am

[Register Now](#)

Join us to learn about grantmaking trends in 2016. We'll explore what's changed and how to shape your grantwriting strategy in the years ahead. Drawing on perspectives from both funders and fundraisers, this webinar will ensure you're on the right path in an ever changing landscape.

-Source: Newsletter, Grantseeker Monthly, 14 January 2016

Webinar: The Common Habits of Highly Effective Grantseekers

Date: Thursday, March 24th, 10:00 am

[Register Now](#)

Discover why successful grantseekers rely on Grant Connect as an essential tool in their fundraising portfolio. This webinar will demonstrate what's new with Grant Connect and share how others use it effectively at their organizations. It's ideal for a wide variety of fundraisers such as major gift officers, prospect researchers, Executive Directors, and development assistants.

-Source: Newsletter, Grantseeker Monthly, 14 January 2016

Starting Your Nonprofit Grant Application Story the Right Way

The start of the grant process is similar to writing this article.

At first, you have a few ideas of where you want to start, but the emptiness in front of you and the blinking cursor can be overwhelming.

There are so many options on where to begin. Should I start with an inspiring anecdote? (Tina, the development director, found the perfect grant in the most unlikely of places...) A bold

proclamation? (Grants are out there just waiting for you.) Or perhaps a nice little simile. Let's do that.

[Read More](#)

-Source: Newsletter, The Hub, Nonprofit Hub, 18 January 2016

Reveal Your Nonprofit Power: 3 Ways to Build Donor Confidence

Social impact organizations exist to make the world a better place, but to succeed, they need buy-in from donors or grant makers. While the public views nonprofit organizations as warmer than for-profit organizations, they also see them as less competent. Furthermore, many of the problems social impact organizations face are thought of as constant and even unsolvable. Nonprofits must work against these notions to convince donors that their work makes a difference and they are uniquely qualified to solve social problems.

[Read More](#)

-Source: Newsletter, Nonprofit Newswire, Imagine Canada, 7 January 2016

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Housing

- [THE EXPERIENCE OF HOMELESSNESS IN RED DEER: AN ETHNOGRAPHIC PERSPECTIVE](#)
- [HOMELESS CHILDREN HAVE HIGHER RATES OF MENTAL HEALTH ISSUES](#)
- [THE EXTENT AND NATURE OF VETERAN HOMELESSNESS IN CANADA](#)

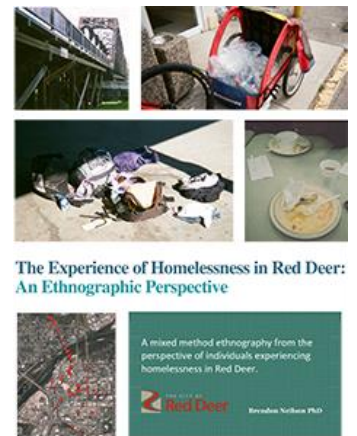
The Experience of Homelessness in Red Deer: An Ethnographic Perspective

The Experience of Homelessness: An Ethnographic Perspective is a study that was undertaken in the summer of 2015 as a way of better understanding homelessness in Red Deer. The project used an ethnographic approach, meaning the researcher met with people experiencing homelessness to observe and tell their stories of everyday life from their point of view.

Many people are being housed successfully in Red Deer, but there is still work to be done. This research can help make improvements to the housing and supports system, particularly for those people who have been experiencing homelessness for long periods of time.

[Read More](#)

-Source: Newsletter, *The Homeless Hub*, 14 January 2016



Homeless Children Have Higher Rates of Mental Health Issues

With the numbers of children who are homeless increasing, policymakers must learn about these children's needs so they can respond appropriately. A recent systematic review updated the evidence base regarding the prevalence and nature of mental health issues among homeless children.

Published in the February 2015 issue of the *Journal of the American Academy of Child and Adolescent Psychiatry*, the article was entitled "The prevalence of mental illness in homeless children: a systematic review and meta-analysis." (Bassuk, Richard, Tsertsvadze). The manuscript, which can be [accessed here](#), has been downloaded more than 690 times in the last year.

Among the findings, 10% to 26% of homeless preschoolers had mental health problems requiring clinical evaluation. This proportion increased to 24% to 40% among homeless school-age children—2 to 4 times higher than low-income children aged 6 to 11 years.

The authors call for evidence based mental health interventions for children experiencing homelessness, including universal screening, treatment planning, and interventions that focus on children's self-regulation and positive parenting.

-Source: Newsletter, *The Bassuk Center*, 19 January 2016

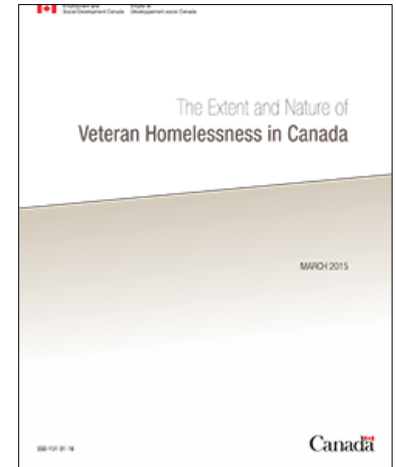
The Extent and Nature of Veteran Homelessness in Canada

Quick Summary

- First study to look at Veteran homelessness nationally
- Uses Homeless Individuals and Families Information System (HIFIS) data collected at 60 emergency shelters across Canada between January 1, 2014 and December 31, 2014
- It is estimated that 2,250 Veterans use homeless shelters each year in Canada.
- About 2.7% of annual shelter users were identified as Veterans
- There is a higher rate of episodic homelessness for Veterans compared to non-Veterans
- Homeless Veterans are older, on average, than homeless non-Veterans

[Read More](#)

-Source: Newsletter, Homeless Hub, 28 January 2016



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Local

- [THE OKANAGANS AND THEIR NEIGHBOURS: AN EXHIBITION OF THE OKANAGAN SYILX PEOPLE](#)
- [OKANAGAN COLLEGE BUSINESS EXPO & EMPLOYMENT FAIR](#)
- [BOUNDLESS FEATURING BALLET KELOWNA](#)
- [UBCO SERVICE LEARNING STUDENTS – READING WEEK DAYS OF CARING PROJECT REQUESTS](#)
- [CELEBRATE FAMILY DAY WITH TWO GREAT FREE EVENTS!](#)
- [WINTER BIKE TO WORK](#)
- [A MAGICAL NIGHT OF LAUGHTER](#)
- [THE FACE OF KELOWNA](#)
- [ORDER YOUR PINK SHIRT DAY 2016 T-SHIRTS!](#)
- [YOU ARE INVITED TO PLAN OKANAGAN'S TRIVIA NIGHT](#)
- [OKANAGAN BOYS & GIRLS CLUBS – CAMP ARROWFLIGHT FOR SALE](#)
- [KI-LOW-NA FRIENDSHIP SOCIETY – UPCOMING EVENTS](#)
- [BARK, WOOF: HAVE YOUR SAY ON FUTURE DOG PARKS](#)
- [BURN CLEANER, REDUCE SMOKE AND SAVE MONEY](#)
- [STRIDES TO END HOMELESSNESS](#)
- [13TH ANNUAL EASTER PANCAKE BREAKFAST](#)

The Okanagans and their Neighbours: An exhibition of the Okanagan Syilx People

Date: January 22nd – March 19th, 2016

Location: Lake Country Museum, 11255 Okanagan Centre Road West, Lake Country

Museum Hours: Mondays, Wednesdays, Saturdays, 1:00 pm – 4:00 pm

Cost: Admission by Donation



The Okanagan Syilx People

The indigenous people of the Okanagan Valley are the Syilx people. There are eight member communities within the Okanagan Nation; from North to South, Upper Nicola Band, Okanagan Indian Band, Westbank First Nation, Penticton Indian Band, Upper Similkameen Indian Band, Lower Similkameen Indian Band, Osoyoos Indian Band, and Colville Confederated Tribes.

Presented by the Lake Country Museum & Archives in partnership with the Okanagan Indian Band

More Information: 250.766.0111, www.lakecountrymuseum.com

-Source: Lake Country Museum, January 2016

Okanagan College Business Expo & Employment Fair

Date: Wednesday, February 3, 2016, 10:00 am – 3:00 pm

Location: Centre for Learning, Okanagan College, 1000 KLO Road, Kelowna

Connecting You to Your Future Employees. The Okanagan School of Business is proud to be hosting our 8th Annual Business Expo and Employment Fair. The purpose of this event is to connect our skilled students, both graduating this year and those continuing with their studies, with the business community in hopes of assisting in filling some of the job vacancies locally and nationally. This is more than a job fair in that our students are looking for employment and career opportunities and will use this event as an opportunity to make decisions on the future focus of their education.

[More Information](#)

-Source: Newsletter, Central Okanagan Economic Development Commission, 26 January 2016

Boundless Featuring Ballet Kelowna

Date(s): February 5th & 6th, 7:30 pm

Location: Kelowna Community Theatre, 1375 Water St, Kelowna

[Buy Tickets](#)

Boundless is an exciting mixed repertory programme bursting with the themes of youth and love. Former National Ballet of Canada dancer and internationally renowned choreographer, Matjash Mrozewski, will partner with lauded Canadian composer Owen Belton to create a vital and potent new work that will tackle an issue relevant to today's youth, igniting important dialogue. This piece is created in partnership with the Okanagan Boys and Girls Club and UBC Okanagan. Glas, by multiple award-winning choreographer Gabrielle Lamb, is an expertly crafted work inspired by the relentless river flow. This work showcases the fluidity and physical interplay of the dancers in an abundance of intricate combinations. In Studies of Cash, the company pays tribute to country legend Johnny Cash. Featuring a heartrending mix of Cash recordings, Orlando's soulful, stylistic work explores the notion of confinement through a feast of styles: classical lyricism, folk-dance and rhythm n' blues. Kelowna's own Joshua Beamish will transport audiences to Renaissance Verona with his fresh, classical interpretation of the breathtaking balcony pas-de-deux between Shakespeare's two star-crossed lovers, Romeo and Juliet.



-Source: Newsletter, Ballet Kelowna, 26 January 2016

UBCO Service Learning Students – Reading Week Days of Caring Project Requests

It's Reading Week again at UBC Okanagan and the students are ready, willing and able to help out at Days of Caring projects again.

- **Dates:** February 8th – 12th, 2016 (Note: February 8th is Family Day but they want to work on this day)
- **Times:** 9:00 am – 12:00 pm and 1:00 pm – 4:00 pm, Daily
- Preferred projects are indoor and can be all day or multiple day projects (just may be a second set of students)

- Attendance will vary per day as students will be signing up for projects (date, time, etc.) once we have the list of projects established

Questions or to apply, contact Marianne Dahl at marianne@unitedwaycso.com or 250.860.2356.

-Source: Marianne Dahl, Marketing and Events Coordinator, United Way Central and South Okanagan/Similkameen, 12 January 2016

Celebrate Family Day with Two Great Free Events!

On Monday, February 8th, from 11:00 am – 2:00 pm, there will be swimming, gym activities and access to the Fitness Centre at the Parkinson Recreation Centre, 1800 Parkinson Way.

The Capital News Centre, 4105 Gordon Dr, will have ice skating, winter sport demos, a mini Park and Play and so much more from 1:00 pm – 4:00 pm.

-Source: Newsletter, City of Kelowna, 26 January 2016

Winter Bike to Work

Get out your gloves, hats and helmet! International Winter Bike-to-Work Day is Friday, February 12th, 2016.

OGO will be joining commuters across Kelowna to celebrate winter cycling and build community. Commit to ride by registering online at www.winterbiketoworkday.org. Perks include a morning breakfast snack station for riders who stop by with complimentary coffee from Bean Scene and breakfast snacks from Salted Brick. ChainLine Cycle Chronicles will be offering bike checkups, smartTRIPS has free swag, and OGO will even have driving credits for participants! Enjoy the fresh winter air, and hope to see you there.

-Source: Newsletter, OGO Car Share Co-op, 25 January 2016

A Magical Night of Laughter

Date: Saturday, February 13th, 6:00 pm – 9:00 pm

Location: Rotary Centre for the Arts, 421 Cawston Avenue, Kelowna

Tickets: \$20, Includes a \$10 Gift Card to Mavazi Apparel

[Buy Tickets](#)

Door Prizes, Silent Auction, Roaming Magician, Music, Cash Bar & more with the stage show starting at 7:15! Each \$20 ticket purchased will receive a \$10 GC to Mavazi Apparel.

HANDS IN SERVICE
— LOVE. GIVES. BACK —

Featuring 2 award winning performers: Comedian Ivan Decker, as seen on Just for Laughs & CBC and the magical talents of Leif David. Your MC's for the evening will be Susan Knight & John Stone from Q103 Kelowna's Big Breakfast!

Tickets also available at Mavazi Apparel, #12 – 565 Bernard Avenue & at Hands in Service, #206 – 1889 Springfield Road.

Proceeds will support our Living Salads – the Portable Community Garden project. Help us supply 250 “At Risk” adults and children who are not receiving enough nutritious food the indoor/outdoor planters containing all they need to grow their own salads from May to October!

For more info about Hands in Service visit www.handsinservice.ca or call 250.861.5465.

-Source: Joyce E. Hahn, Office Administrator, Hands in Service, 20 January 2016

The Face of Kelowna

Artist Jessica Hedrick will paint one portrait per day for 365 days, capturing the important role that each individual plays in making Kelowna an exceptional place to live. Proceeds from this project will fund wellness initiatives for Kelowna citizens through the Canadian Mental Health Association, Kelowna and District Branch.



Canadian Mental
Health Association
Kelowna
Mental health for all

The project will culminate in an art show where all 365 portraits will be displayed and available portraits will be available for anyone to purchase through silent auction.

Submit a photo, share your story, grow your community – #GetLoud for mental health.

To submit your photo to the Face of Kelowna Project, please send the following to faceofkelowna@gmail.com:

- First Name
- Last Name
- Email Address
- +Attach your completed consent form, photo, and (optional) story document. Entries without a completed consent form cannot be accepted

[Learn More](#)

-Source: CMHA, January 2016

Order your Pink Shirt Day 2016 T-Shirts!

Pink Shirt Day is February 24th, 2016 and our new T-shirts are available [NOW for purchase online](#). Quantities are limited, so please order as soon as possible to avoid disappointment.

Net proceeds from all merchandise sold benefit anti-bullying programs in your community, teaching children empathy, compassion, and kindness.

Pink Shirt Day is organized by the [CKNW Orphans' Fund](#), a non-profit organization dedicated to enhancing the lives of children living with physical, mental, social, and behavioural challenges in BC communities.

Thank you for your support, and don't forget to [visit our website](#) to stay up to date on Pink Shirt Day 2016.

-Source: Richelle Leckey, Community Engagement Coordinator, Okanagan Boys and Girls Clubs, 2 November 2015

You are Invited to PLAN Okanagan's Trivia Night

Date: Saturday, February 27th, 6:45 pm
Location: Westbank Lion's Hall Community Centre
Cost: \$20 / Table of 8 for \$120

PLAN Okanagan is excited to bring back it's Trivia Night Fundraiser! Bring your friends, family, costumes and your trivia knowledge in this battle of wits for the pride of being the top Trivia team! This year's theme is The Great Outdoors, so make sure to dress your team up in your best outdoors themed costume! Prizes will be awarded to the top 3 scoring teams, best dressed team and most enthusiastic team. There will also be a cash bar, silent auction, live auction and a few other exciting games that you will just have to see when you come!

This event is 19+. We are also looking for volunteers to help with various parts of the event. To purchase tickets, or to volunteer, please contact Aimee Jensen at aimeejensen@hotmail.com or 250.718.8292.

-Source: Aimee Jensen, PLAN Okanagan, 5 January 2016

Okanagan Boys & Girls Clubs – Camp Arrowflight for Sale

We are sorry to announce that Okanagan Boys and Girls Clubs will no longer be operating Camp Arrowflight. We are selling the property, as we simply cannot afford to subsidize the camp and property costs any longer. Camp is very important to us, and particularly the campers and staff who have attended camp over the past 5 years. This is not a decision that we made lightly. It has been very difficult to come to terms with saying goodbye, but it is the right decision for the organization. We are hopeful that we can find a buyer who will be able to enjoy the property as much as we have.

It is so very important for you to know that we are not leaving camping or the outdoors. We believe wholeheartedly that a camp experience is one of the best ways for kids to grow up. We have great opportunities to introduce kids to the outdoors, and help them to explore and grow in a natural environment. We have a number of options that we are actively exploring, and we will be running outdoor programs for kids next summer. Additionally, we will have a full slate of active and fun summer day-camps and recreation programs in the 13 communities that we serve. Please watch our website and your email for new and exciting opportunities for the summer of 2016.

-Source: Okanagan Boys & Girls Clubs, 12 January 2016

Ki-Low-Na Friendship Society – Upcoming Events

NEW Womens' Healing Circle Meets Fridays from 1:00 pm — 3:00 pm in the 3rd Floor Meeting Room at the Friendship Centre. This is open to all women—just drop-in, no registration required. Please contact Gloria at the Friendship Centre for more information at 250.763.4905 ext. 214.

Elders & Family Healing Gathering

Join us on February 10th from 5:00 pm — 8:00 pm, February 11th from 8:30 am — 6:00 pm, and February 12th from 9:30 am — 4:00 pm. This interactive gathering will feature interactive energy healing, traditional teachings, healing circle, grief and loss workshop, and keynote speaker Bill Mussell. Of course, food will also be part of the activities! Space is limited, and registration is required. To register, please contact Reception at the Friendship Centre 250.763.4905.

Chronic Pain Self Management Program

The Friendship Centre will be hosting this workshop, which is presented by Self-Management BC, on March 14—17 from 9:00 am — 4:00 pm. It is open to all Aboriginal residents of the Kelowna community. Learn to: understand and manage symptoms, deal with stress and difficult emotions, learn to safely maintain physical activity and improve flexibility, and communicate effectively with your health care team. This training and all associated materials are provided free of cost, and lunch will also be provided. Registration is required. For more information or to register, please call toll-free 1.866.902.3767, or register on-line at www.selfmanagementbc.ca. Please do not contact the Friendship Centre to inquire about or register for this program.

Family Night

Join us for our upcoming Family Night activities! Our next Family Night will be on Wednesday, February 10th at 5:00 pm, and the theme will be a Traditional Gathering. In March, Family Night will be on the 9th at 5:00 pm, and we will be welcoming Spring! Contact Reception at the Friendship Centre at 250.763.4905 for more information. Everyone is welcome!

Elders' Luncheons

Our next Elders' Luncheons are on February 18th and March 17th at 12:00 pm. Contact Reception at the Friendship Centre for more information 250.763.4905.

-Source: Newsletter, Jeremy Bowers, Ki-Low-Na Friendship Society, 27 January 2016

Bark, Woof: Have your Say on Future Dog Parks

The City of Kelowna is announcing the start of the dog park public engagement process. Beginning today, an online feedback form is available for residents to help inform appropriate and community accepted dog park criteria, identify benefits and drawbacks of dog parks, and provide suggestions.

“The online feedback form along with the statistically valid telephone survey will help inform a long-term dog park management plan,” said Barbara Davidson, Park and Landscape Planner. “We’re seeking feedback from both dog owners and non-dog owners as this helps to address the overall community’s needs and concerns.”

The online feedback form can be found at kelowna.ca/parks under “dog parks” and will be available until end of day Monday, February 15th.

Residents are also advised that NRG Research Group will begin conducting the statistically valid telephone survey this week. The survey will determine residents' level of support for off-leash dog parks, tolerance level for off-leash dog parks in their neighbourhood and identify potential priority locations. Questions in the statistically valid survey differ from the ones asked in online feedback form. Results will be available online.

Once potential sites for off-leash dog parks and dog beaches have been assessed and prioritized, each park will have to: be scoped, have cost estimates prepared, and be subject to the same budget approval process as other City projects.

For more information on dog parks in Kelowna and the public engagement process, visit kelowna.ca/parks under "dog parks."

-Source: Newsletter, City of Kelowna, 27 January 2016

Burn cleaner, Reduce Smoke and Save Money

A \$250 rebate is a great incentive for anyone planning to replace their old wood burning appliance with a new cleaner burning unit.

The Regional District of Central Okanagan Air Quality Wood Stove Exchange program is once again offering rebates thanks to a grant from the B.C. government in partnership with the BC Lung Association. The \$250 rebate is available while funds last for those people purchasing a new, cleaner burning EPA/CSA certified appliance (wood, pellet, electric or gas burning hearth product) and recycling their old, polluting wood burning appliance. Participating Central Okanagan retailers will take care of recycling your old stove and provide all the necessary paperwork for the rebates.



Air Quality Coordinator Nancy Mora Castro says, "Through the program over the last five years, we've exchanged 244 old, inefficient, smoke-belching wood stoves in the Central Okanagan. That's resulted in 61 fewer tons of particulate matter (PM) and more than 88 tons of carbon monoxide (CO) from polluting our air each year." She adds, "Smoke from residential wood burning produces particulate matter that affects the health of our residents and contributes to poor local air quality. Those particulates are small enough to get into our lungs leading to respiratory diseases such as asthma, bronchitis and emphysema and to various forms of heart disease. Many valley homes are still equipped with inefficient conventional wood stoves or heat their homes with open hearth fireplaces. Replacing those with a natural gas unit will be ideal, but if they have to burn wood then a newer, cleaner-burning certified technology is the right choice," she says "homeowners could burn a third less wood while cutting smoke emissions by up to 90%. That'll help us all breathe a little easier."

In addition to the \$250 rebate, during March and April participating retailers may offer an additional rebates of \$150 or more off the suggested retail price of new wood burning appliances. Some retailers may extend the additional rebates for the entire year, so be sure to check with your local retailer for more information. To take part in the program, visit one of the participating retailers in the Regional District of Central Okanagan, or contact the Regional Air Quality Program for more information. A list of participating retailers can be found at regionaldistrict.com/airquality.

-Source: Newsletter, City of Kelowna, 19 January 2016

Strides to End Homelessness

Date: Saturday, March 5th, 2016, 4:00 pm – 6:00 pm

Location: Kelowna's Gospel Mission, 259 Leon Ave, Kelowna

[Register Now](#)

Strides to End Homelessness is Kelowna's Gospel Mission's annual fun, family friendly 5K Walk or 10K Run! Join us as we walk with those we serve and, together, we will take Strides to End Homelessness. A delicious meal of hot chili and special treats will be served in our expanded dining/classroom space. The goal of the walk or run is to raise \$35,000 to help continue our Men's Program and Women's Programs. Registration from 4:00 pm – 4:45 pm. Free Parking in the Parkade on Lawrence Ave between Pandosy Street and Water Street.

-Source: Kelowna's Gospel Mission, January 2016

13th Annual Easter Pancake Breakfast

Date: Friday, March 25th, 10:00 am – 1:00 pm

Location: Parkinson Recreation Centre, 1800 Parkinson Way, Kelowna

Building Community is Important!

'Community' conveys a sense of belonging, caring & providing for one another. Through free events Victory Life is feeding, clothing, loving people and building community.

There will be:

- FREE Pancake Breakfast
- FREE New & Used Clothing
- FREE Easter Egg Hunts with 15,000 Candy Filled Eggs
- FREE Children's Activities
- Art Walk Featuring 'Art work from Local Students'
- Prizes & Entertainment

Fun for the Whole Family! We anticipate approximately 3,400 guests. There is absolutely NO CHARGE for this event!



Would you partner with us? Together we can build community!

1. Volunteer in Easter Egg Hunt, Children's Activities, Clothing, Food, Security, Host, Parking, or other capacity
2. Provide Good Clean New or Used Clothing (men's & children's specially needed)
3. Would you take this opportunity to provide a cash or online donation?
\$4 x 1 guest = Pancakes, 15,000 Candy Filled Easter Eggs, Clothing, Prizes & Bibles.
Budget: \$13,600
4. Provide Prizes for the Draws
5. Provide Non Perishable Food Items for the Local Food Bank

You can contact us by e-mail at vlf@shaw.ca, phone 250.862.3044, or visit our website at www.victorylife.ca

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- [FINLAND'S FAMOUS BABY BOXES ARE COMING TO ALBERTA](#)
- [CAMPAIGN 2000 LETTER TO FINANCE MINISTERS RE: WELFARE CLAWBACKS](#)
- [NEW STUDY REVEALS THE MOST & LEAST EXPENSIVE CANADIAN CITIES FOR CHILD CARE](#)

Finland's Famous Baby Boxes are Coming to Alberta

The province hopes to reinforce child and family well-being by providing basic supplies up front, as well as long term mentoring.

Since 1938, new mothers in Finland have received a 'baby box' that includes diapers, clothes, books, blankets, and a tiny mattress that transforms the cardboard box into a bassinet where the baby can sleep. This 'starter kit' for parents is well known and admired throughout the world, but has not caught on in other countries – until now.

Canada has decided to start offering baby boxes in Alberta, as part of a \$500-million grant from the provincial government. In a province where approximately 55,000 babies are born each year, more than a quarter of those children are not reaching important developmental milestones by the time they start school, which has led researchers at the University of Calgary to wonder if the parental support network isn't strong enough.

[Read More](#)

-Source: Newsletter, First Call, BC Child and Youth Advocacy Coalition, 11 December 2015

Campaign 2000 Letter to Finance Ministers re: Welfare Clawbacks

The issue of child poverty was among the agenda items for the meeting of Canada's federal, provincial and territorial finance ministers on December 20-21, 2015. The agenda included "Lifting hundreds of thousands of children out of poverty through the introduction of the new Canada Child Benefit, and providing more support for 9 out of 10 Canadian families."

Ahead of the meeting, Campaign 2000 Steering Committee members and coalition partners, including First Call, sent a letter reminding them:

"The consistent position of Campaign 2000 and its partners is that all children and families in poverty must see a direct benefit in their incomes from any improvements in child benefits. All children should be treated equally regardless of the source of their parents' income. Therefore, we urge the federal government to take the lead on entering into agreements with the provinces and territories to ensure that no clawbacks or deductions are permitted on any portion of the Canada Child Benefit from social assistance/income support benefits. Of course, this could be accomplished by adding this as a condition for receiving the Canada Social Transfer."

The letter was also copied to other appropriate BC ministers and will be forwarded to all of BC's Members of Parliament to put this issue on their radar, too.

[See full letter](#)

[Read more on the meeting from the federal Department of Finance](#)

-Source: Newsletter, First Call, BC Child and Youth Advocacy Coalition, 7 January 2016

New Study Reveals the Most & Least Expensive Canadian Cities for Child Care

A new study released today by the Canadian Centre for Policy Alternatives (CCPA) reveals the most and least expensive cities for child care in Canada.

The study examines median unsubsidized child care fees in Canada's biggest 27 cities for infants, toddlers, and preschoolers, as well as the different subsidization regimes that reduce costs for low-income families. It finds Canada's child care systems can vary dramatically from province to province and city to city, but two things hold true in nearly all places: child care is expensive and regulated spaces are hard to find.

"There is a huge variation in the cost of child care between Canadian cities, which verges on the absurd when you compare the \$987 per month Ottawa parents pay for a preschool space that costs just \$174 per month across the river in Gatineau," says CCPA Senior Economist David Macdonald. "While child care is a provincial responsibility, there is clearly room for federal leadership and funding to close the large differences in fees and availability across Canada."

[Read More](#)

-Source: Newsletter, First Call, BC Child and Youth Advocacy Coalition, 7 January 2016

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- [BC SIGNALS CHANGE TO MSP PREMIUMS FOR SINGLE-PARENT FAMILIES](#)

BC Signals Change to MSP Premiums for Single-Parent Families

CBC News has learned the B.C. government plans to reduce monthly health premiums for single-parent families in its next budget.

The province has repeatedly come under fire for how its medical services plan fees are structured.

Currently, families of three or more who earn over \$30,000 a year all pay \$150 a month in fees. Those who earn less than \$30,000 can apply for premium assistance to pay less.

[Read More](#)

-Source: CBC News, 26 January 2016

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Watch the 2015 Rosenbluth Lecture online: Stephanie Luce on the Living Wage

In recent decades, labour and community activists have been engaging in living wage campaigns and efforts to establish or raise minimum wages in the US, Canada, the UK, and increasingly, other parts of the world. In this talk, Stephanie Luce will provide the background of the higher wages movement in the US, situating it in the context of the global economy and wage campaigns in other countries.

Stephanie Luce is Professor of Labor Studies at the Joseph S. Murphy Institute for Worker Education at The City University of New York. Best known for her research on living wage campaigns and movements, her current research focuses on globalization and labour standards, labour-community coalitions, and regional labour markets. She is the author of "Fighting for a Living Wage," and most recently, "Labor Movements: Global Perspectives."

[Watch the Video](#)

-Source: Newsletter, Canadian Centre for Policy Alternatives, 22 January 2016

Sparks Fly on E Street: Radical Change in the Future of CSR

"I saw my rock 'n' roll past flash before my eyes. And I saw something else: I saw rock and roll future, and its name is Bruce Springsteen. And on a night when I needed to feel young, he made me feel like I was hearing music for the very first time."

That's music critic, manager, and record producer Jon Landau's description of seeing Bruce Springsteen at the Harvard Square Theater on May 9, 1974. Over the last year, I had my own epiphany and thought a lot about Landau's transformational experience with the Boss. My awakening wasn't as sudden, but it came at a time when I was hungry for a renewed sense of purpose in an area in which I've been immersed for the past 15 years: the intersection of business and social change.

[Read More](#)

-Source: Newsletter, Media Monitoring, Volunteer Canada, 21 January 2016

70% of Children Have Sleep Issues

My sister, however, was a totally different story. She was ever negotiating a few extra minutes of up time and sneaking her lights back on to play just a little more. Every child is different, but according to a new Canadian study, 70 per cent of children are having trouble falling asleep.

[The study](#), which was presented at the Canadian Paediatric Society's conference in June, examined 350 children who were brought into a paediatric emergency department for reasons other than sleep deprivation. Of the children with underlying medical conditions 80 per cent had trouble sleeping and 70 per cent of otherwise healthy children reported sleeping problems. The study also found that about 30 per cent of parents who struggle to get their children to sleep give them sleeping aids like Melatonin. Experts aren't sure what the long term effects of over the counter sleeping-aids are.

[Read More](#)

-Source: Newsletter, BC Council for Families, 18 January 2016

The Founders Generation: Who They Are and How Nonprofits Can Engage Them

Move over, Millennials. There's a new generation in town and they are eager to innovate in our communities. Generation Z was recently named the Founders generation by MTV. No matter whether you refer to them as Gen Z, iGen, Post-Millennials or Founders, they're moving into the workplace and will be a valuable asset to nonprofits.

The key is for nonprofits to identify the Founders' unique traits and engage them in ways that tap into their individual work ethics.

[Read More](#)

-Source: Newsletter, The Hub, Nonprofit Hub, 18 January 2016

A Shifting Sector: Emerging Trends for Canada's Nonprofits in 2016

This article discusses key milestones for Canada's non-profit sector in 2015, specifically highlighting landmark policy discussions, research projects, and sector-wide initiatives that have paved the path for 2016. It then identifies five emerging trends for nonprofit organizations in 2016: (1) the emergence of new leadership development and capacity-building opportunities for Canada's sector leaders; (2) increased emphasis on "decent work" and best practices in human resources; (3) the social finance and social innovation tipping point; (4) increased reliance on shared platforms and administrative outsourcing to weather a challenging economy; and (5) new frontiers for technology and data management that can help organizations maximize their

impact and increase efficiency.

[Read More](#)

-Source: Newsletter, Nonprofit Newswire, Imagine Canada, 7 January 2016

Research Shows that Volunteering Improves the Well-Being of your Office

As it turns out, volunteering is much more than just an altruistic pastime. Beyond doing something good, helping out charitable organizations has been touted to improve mental and physical health, as well as a person's general well-being. In light of these benefits, lots of businesses are jumping on the philanthropy bandwagon.

According to the CEO of Crest Financial, volunteering has enhanced company visibility, and improved employee effectiveness.

"Volunteering makes employers happier, and that goes a long way," said Bob Millerberg. The Utah-based financing company Crest Financial started their volunteer program when they opened their doors 10 years ago, which includes an annual food drive.

[Read More](#)

-Source: Newsletter, Media Monitoring, Volunteer Canada, 7 January 2016

First Relationship Fundraising Research Conducted in 25 Years Sheds Light on Philanthropic Best Practices

Led by renowned fundraising expert Dr. Adrian Sargeant and Rogare director Ian MacQuillin along with Jen Shang, the review identifies how current theories of relationship building and maintenance from social psychology could be transferred to donor relationships. The four-volume report is sponsored by U.S. companies Pursuant and Bloomerang.

"Rogare's research gives us a fresh playbook. It unpacks qualities important to both 'relationship' and 'fundraising,' with actionable insights vital to development success today. As a proud sponsor of this study, may this work help you enrich your donor relationships and find greater meaning in the important work you do," said Pursuant CEO Trent Ricker.

[Read More](#)

-Source: Newsletter, LinkedIn Groups, Imagine Canada, 28 January 2016

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Five Fundamental Shifts for a Shifting Sector

Earlier this week our friend and fellow social innovator Joanne Cave published an article over at The Philanthropist outlining emerging trends for nonprofits in 2016. If you haven't had a chance to read it yet, we encourage you to click your way on over there and take a few minutes to do so before continuing on.

All caught up? Great.

We've taken some time – and some space on our whiteboard – to explore each of these trends with the goal of identifying one fundamental shift – whether it be an action, a policy change, or simply a bold declaration that we think could be catalytic and audacious enough to spark a change for each.

Why? Because that's what CKX is all about: sparking fundamental shifts in how individuals, institutions and communities build and share knowledge in the pursuit of social change.

Ready? Let's go.

[Read More](#)

-Source: Imagine Canada, 7 January 2016

10 Classic Movies that Could Have Been About Nonprofit Work

Despite the awesomeness and complexity of our work, and the fact that we employ 10% of the work force, and the fact that independent studies that I have commissioned found that we have the most attractive professionals among all the sectors, nonprofit is still neglected by the media and society at large. I've written about the need for more TV shows about our sector. And now, we need to push for more movies. Imagine how much more awesome some of our classic movies would have been, if they had been about nonprofit. Here are some of my ideas, along with potential quotes. #nonprofitmovielines. Go make that trend on Twitter, like you did with #nonprofitpickuplines.

A Few Good Donors: An up-and-coming Development Director tries to convince her ED to change their org's fundraising strategies, in the process encountering resistance and a complex conspiracy involving budgets, CRMs, the board, and strategic planning. "You want answers? You want the truth?! An effective donor cultivation strategy takes time and resources!"

[Read More](#)

-Source: Newsletter, *Nonprofit With Balls*, 25 January 2016

Negotiating No-Nos

A few months ago, I presented a commentary on negotiating and ways to be a more effective negotiator. I also deliver a workshop on negotiation, which I have done for quite a few groups in the past several months. One of the questions that arises quite often is, "Do you have any quick tips on things to avoid in a negotiation?"

So I developed "Five No-Nos When Negotiating."

1. Going in unprepared. You need to know your options, opportunities, and have prepared how to deal with different offers, tactics, or situations that may occur during the negotiation, such as hearing that their budget has been cut or their objectives have changed.
2. Not believing in your product. If you don't have confidence that your proposal or product will assist the prospect, or if you don't believe in the real market valuation of those assets, it is really hard to negotiate.
3. Having no relationship. As I have always said, relationships are critical to success. If you go into a negotiation without knowing the person or needs of the other negotiator, you are walking into a minefield. I never go into a negotiation until I have learned and understood the needs of the prospect and also tried to learn all I can about their personalities. Are they bullies? Are they quiet and thoughtful? Is there an emotional link here, or is it all dollars and cents?
4. Believing there are sacred cows or things that are non-negotiable. This can be a fatal misconception. Don't ever think that the person you are negotiating with won't agree to something you thought they would never agree to. Put it on the table. Let them say no. Until you ask for it, you will never know. As Wayne Grezky used to say, "You miss 100% of the shots you don't take." I was once in a negotiation with a very shrewd businessman who sat at the table with six of his staff. We were discussing what assets they would be willing to put up for sale within his organization. It was a media outfit. The program director spoke about how no sponsor could ever title or be directly associated with their top talent. The news director said no one can influence our department. The promotions director spoke about how their promotions were theirs and not sponsors. I looked at that company owner and said, "Looks like there really aren't any assets for sale here." He quickly replied, "Everything is for sale for a price except my wife and children." And that's why he was so successful. For a price, everything is probably for sale or at least worth asking. (So you know, his three top employees at the table nearly fell off their seats!)
5. Not knowing when to shut up! You need to listen and truly hear what they are saying-both directly and indirectly. There is nothing worse than a salesperson who talks themselves and the prospect out of a deal. Discuss the issue at hand and volley the response to an offer. Participate in the discussion, but know when to stop. Often, when the discussion comes to an impasse, an uncomfortable silence occurs. Traditionally, the first person to speak is the one who gives in. That should not be you. Remember, it's better to have no deal than to break your BATNA.

-Source: Newsletter, *Tuesday Morning Commentary*, Brent Barootes, 26 January 2016

Report: Single Parents, Welfare and Work

SPARC BC, First Call, Simon Fraser University and Single Mothers' Alliance have released a new report, *Walking the Line to Put Their Families First: Lone Mothers Navigating Welfare and Work in British Columbia*, that shares the stories and experiences of single-parent families and the struggles they face in meeting their everyday needs.

Income assistance rates in British Columbia have not increased since 2007, which means that single parents and their children who rely on this form of assistance continue to fall further behind as the cost of housing and other basic essentials continue to increase. The report highlights the need for the government to re-visit many of the policy changes that were introduced in early 2001 and that robbed families and children of the chance to realize their full potential.

[Read the Press Release](#)

[Download the full report](#)

-Source: Newsletter, CATCH, 26 January 2016

Fairy Tale Apps for Children

[Pony Apps](#), a BC-based animation studio, produces interactive fairy tale apps for children from 2 to 8. We'd like to offer our apps for free to children's charities and medical organizations.

In the past three years, [PonyApps](#) has produced eight fairy tales – all with original illustrations and animation. Included in the [PonyApps](#) library are: Bremen Town Musicians, Golden Hair, Humpty Dumpty, Puss in Boots, Sleeping Beauty, Snow Queen, Three Billy Goats Gruff, and Three Little Pigs. These apps are available in all major app stores: iTunes, Google Play and Amazon.

There is no shortage of fairy tale apps on the market, but PonyApps fairy tales have certain advantages:

- Fairy Tale Kingdoms navigational tool: It is often difficult for parents to navigate the choices to select the best story for the best time. That is where Fairy Tale Kingdoms comes in. PonyApps has devised this tool to help decide which fairy tale is most appropriate for their child at that moment in time.
- Pony Apps offers flexible settings for a variety of uses: Readers have the option of selecting autoplay, which reads the tale aloud, or to turn it off when parents wish to read with their children. Other features included in all PonyApps products are: "no-games mode", for parents who want their children to read the story without being distracted by games and "night mode", which eliminates the "blue light" with one click and helps to avoid overstimulating children during bedtime.
- Quantity and quality of illustrations: PonyApps fairy tales contain significantly more illustrations than those developed by the most renowned publishers. Every app has more than 30 original illustrated pages with full animation and games. Moreover, we are the first among developers of interactive applications to use a combination of 2D and full motion animation, as opposed to the more common use of limited animation. This makes the visual side of the tale far more appealing to readers.

In order to help children in need, PonyApps will issue up to 100 promo codes for free monthly installments, which is the limit set by the App stores. We hope that, with support of your organization, we'll be able to reach out and help more kids in their time of need.

-Source: Nazim Ragimov, Director, Pony Apps, January 2016

Eating Disorders Awareness Week

The Provincial Eating Disorders Awareness (PEDAW) campaign is a BC Province wide effort to raise awareness around prevention and early intervention of eating disorders as well as media literacy, resiliency, building healthy body image and self-esteem. The initiative is led by Jessie's Legacy Eating Disorders Prevention Program at Family Services of the North Shore in collaboration with Kelty Mental Health Resource Centre, Looking Glass Foundation, St. Paul's Specialized Adult Eating Disorder Program, BC Children's Hospital Eating Disorders Program, Healthy Minds, Healthy Campuses and Project True. PEDAW is launched annually in February with activities and events taking place throughout the year.

[Learn More](#)

-Source: Newsletter, Kelty Mental Health Resource Centre, 27 January 2016

10 Ways to Jump-Start Your New Year P2P Fundraising Efforts

Peer-to-peer (P2P) fundraising has become an important element of nonprofit development, with more and more organizations recognizing the potential to increase their donations. The beginning of the year is a great time to strengthen and grow your organization's strategy. Here are 10 ways to build on your peer-to-peer efforts as you head into the New Year.

1. Do a Deep Dive

Take time during the first week back in the New Year to do a deep dive into your program analytics. Use data to inform your goals and strategies for the year ahead. Plan a meeting for the first week of January, when everyone is back in the office and full of New Year energy. Set this meeting now so that everyone knows what to expect. Even if you are a team of one, still set a date, time, and agenda. It's important that this feels like a dedicated time to reflect, analyze, and brainstorm.

[Read More](#)

-Source: Newsletter, Nonprofit Newswire, Imagine Canada, 11 January 2016

Why you Need Digital Literacy

The nonprofit sector has a problem. Another one. Some might call it a leadership blind spot.

Digital literacy is an essential skill for all leaders in all sectors, including ours. It is now 2016. This is already the future. We live in an age where you can order food to your door with two taps on your smartphone. Where you can see in real time where your cab is, and when it's going to arrive at your door. We can track flights so that we know the precise second our loved one lands at the airport. Retail stores can send you personalised messages in real time when you enter their stores based on your web browsing history on their site. We are connected 24/7 via

something so small that it fits in our pockets. But many of us in the nonprofit sector are still apologising because our donation forms aren't mobile optimized. That means they won't work on a smart phone.

[Read More](#)

-Source: Newsletter, Nonprofit Newswire, Imagine Canada, 7 January 2016

Safely & Securely Assign Others to Help Manage your CanadaHelps Charity Account

Managing your charity's online fundraising activities is a team effort. That's why we've introduced a new feature that gives your charity more flexibility in account management. You can now grant permission to other staff at your organization to help manage your [CanadaHelps](#) charity account, safely and securely.

Linking another administrator to your account will allow them to manage your online donation pages, CanadaHelps charity profile, donation reports, fundraising campaigns, and more. And, they log in to CanadaHelps securely using their own username and password so rest assured, your personal account information remains safe with you. It's easy!

1. Sign into your CanadaHelps charity account
2. Click the "Account Info" tab
3. Click "Other Charity Administrators"
4. Enter the first name, last name and email address of the new administrator you wish to add. We will send them an email with next steps.

-Source: Newsletter, CanadaHelps, 20 January 2016

Youth-in-Care Transition Kits

Young people transitioning out of care can apply to get some things they need to help them live independently.

Throughout the year Federation of BC Youth in Care Networks offers transition kits to young people between the ages of 14 and 24 who are about to go live on their own. This province-wide program provides youth in and from care with a \$150 transition kit. These items support young people who are transitioning or have transitioned to living independently.

The "in care" definition includes: foster homes, group homes, residential mental health and addiction facilities, custody centres, youth agreements, independent living, extended family placements, whether through the Ministry of Children and Family Development or a Delegated Aboriginal Agency.

Be sure to check out the [application and eligibility](#).

If you have any questions about this opportunity, please contact Steve Smith at steve.smith@fbcyicn.ca, 604.527.7762 ext 109 or toll Free: 1.800.565.8055

-Source: Newsletter, First Call, BC Child and Youth Advocacy Coalition, 7 January 2016

Impact/React: A Debate about Philanthrocapitalism

When Mark Zuckerberg and his wife, Dr. Priscilla Chan, announced last December that they plan to commit 99% of their Facebook stocks, roughly \$45 billion, to launching a charitable initiative, the world was astounded by the unprecedented scale of the gesture. Later, as the details of the arrangement became clear, that the money wasn't a donation, but a limited liability company devoted to charitable causes, for many, their opinion began to shift.

[Read More](#)

-Source: Newsletter, Imagine Matters, Imagine Canada, 26 January 2016

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- [WHAT ARE THE BENEFITS AND DRAWBACKS OF CLOUD COMPUTING?](#)
- [NEW E-BOOK: MEASUREMENT 101 FOR NONPROFITS BY KD PAINE](#)

What Are the Benefits and Drawbacks of Cloud Computing?

What is 'the cloud', and is a move to the cloud right for your nonprofit or library? To help you decide, this article discusses what organizations should know before taking the plunge.

As more and more charities and libraries move to cloud services, this technology is no longer novel; it's becoming the dominant paradigm in IT.

When TechSoup Global surveyed NGOs, nonprofits, and charities around the world in 2012, we found that lack of knowledge was the biggest barrier to adopting cloud services. We suspect that it is still a barrier. This article will help you understand what the cloud is all about and support you in investigating whether cloud solutions are right for your organization. In this article, we'll introduce some basic cloud computing terminology and outline some of the advantages and disadvantages to cloud computing.

[Read More](#)

-Source: Newsletter, TechSoup Canada, 21 January 2016

New E-Book: Measurement 101 for Nonprofits by KD Paine

I learned about measurement from Katie Delahaye Paine, who is the leading expert in measuring communications strategies. Why else would everyone call her The Queen of Metrics! I was honored enough to co-author a book with Katie, "Measuring the Networked Nonprofit," a book about measuring social media and networks. So, I know first-hand how incredibly brilliant she is!

The good news is that Katie has just released a new e-book, Measurement 101 for Nonprofits that helps nonprofits measure all aspects of their work – from program outcomes to communications strategy. The book makes measure easy to understand and offers lots of tips and checklists.

[Read More](#)

-Source: Newsletter, Beth's Blog, 22 January 2016

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- [WEBINAR: HOW TO TRACK ACHIEVEMENTS FOR CAREER SUCCESS](#)
- [WEBINAR: PLANNING A NONPROFIT BLOG YOU CAN MANAGE](#)
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- [WORLD RENOWN MINDFULNESS RESEARCHER COMING TO KELOWNA](#)
- [ADULT LEARNING FOR SOCIAL JUSTICE](#)
- [CONFLICT RESOLUTION SKILLS](#)
- [BEYOND THE WAVES CONFERENCE REGISTRATION IS NOW OPEN](#)

Webinar: Social Movements for Good

Date: Wednesday, February 3rd, 10:00 pm

[Register Now](#)

Join author and researcher Derrick Feldmann as he discusses his newly released book, Social Movements for Good: How Companies and Causes Create Viral Change. Social Movements for Good is a guidebook for driving change, by taking advantage of the social “currency” that makes movements go viral. Derrick Feldmann has spent a career showing organizations how to best reach donors, activists, and employees, and engage a new generation of supporters. In this book, he shares his secrets alongside the stories of today’s most successful social good movements by companies and nonprofits.

Key takeaways:

- Understand the modern social movements are created
- Learn how to truly activate a new generation of activists and supporters
- Formulate an approach that makes the public respond to your issue

-Source: Newsletter, Network for Good, 14 January 2016

FREE Information Night: How to Become a Child Care Provider

Date: Wednesday, February 10th, 2016, 6:00 pm – 7:00 pm

Location: Winfield Room, Lake Country Municipal Building, 10150 Bottom Wood Lake Road, Lake Country

Cost: FREE

Pre-registration Required: resource@kelownachildcare.com, 250.762.3536



Come to our information night to learn more about the benefits of becoming a Registered License not Required (RLNR). Some of the benefits and services are listed below.

CCRR Services:

- Onsite email/telephone consultation
- Start-up support
- Training in:
 - Child development
 - Behaviour strategies
 - Health, safety and nutrition
 - Working with families

Benefits of becoming a RLNR:

- Increased Child Care Subsidy Rates
- Free Child Care Referrals to your program
- Low cost training
- CCRR support
- Child Care Operations Templates
- Quality & Safe Child Care in your own home

Funded by the Province of British Columbia

View CCRR Services at [youtube.com/watch?v=wo01NVUqA78](https://www.youtube.com/watch?v=wo01NVUqA78)

-Source: Alicia Larson, CCRR Program Coordinator, Kelowna Child Care Society, 11 January 2016

Webinar: Summer Staffing – Make Cross Provincial Recruiting Work For You

Date: Wednesday, February 10th, 2016, 10:00 am

[Register Now](#)

Gearing up for a busy summer? Finding local labour can be a struggle, and doing cross-provincial or international recruiting has its own challenges. Join Mobilize for a FREE webinar that will help you find the staff you need.



The webinar covers 4 key recruitment factors:

1. LOCATION
Where should I recruit (what are the best source provinces)? What options still exist for getting international staff (and what are the pros and cons of hiring them)?
2. RESOURCES
Who can help me find the best people? Who are the best recruitment partners and how to get in touch with them (e.g. government sources, industry partners, etc.)? How can Mobilize help?
3. CREATING A CANADIAN RECRUITMENT STRATEGY
How do I recruit young Canadians to meet my seasonal needs? What are millennials looking for?
4. TIMELINES
When should I start staffing for the busy summer season? What's the best bang for my buck?

Need help NOW with recruiting summer staff? Mobilize Jobs has eager-to-work young Canadians ready to help with your summer season. But our workers get booked FAST – get in touch now to secure your staffing needs.

-Source: Newsletter, Central Okanagan Economic Development Commission, 26 January 2016

Webinar: How to Track Achievements for Career Success

Date: Thursday, February 11th, 2016, 10:00 am

Cost: Free

[Register Now](#)

Are you struggling with what to include on your resume? Or maybe you have a hard time talking about your accomplishments in performance reviews or when your boss asks you why you should get a raise this year? Our free career management webinar can help!

This webinar, presented by Dana Zaruba of YWCA Metro Vancouver and Work BC, outlines why accomplishment tracking is critical for career planning. Learn simple, valuable techniques to incorporate into your daily life to use as a powerful tool for performance reviews, promotions, raises and new professional opportunities.

-Source: Newsletter, Village Vibes, Charity Village, 5 January 2016

Webinar: Planning a Nonprofit Blog You Can Manage

Date: Tuesday, February 16th, 2016, 9:00 am

[Register Now](#)

Planning a Nonprofit Blog You Can ManageIn this webinar, you will learn:

- How to create content ideas and determine your blogging frequency
- How to keep your nonprofit's blog running smoothly
- About editorial guidelines and how to work with multiple contributors
- Essential planning to streamline the role of the blog's managing editor

Who should attend?

Staff & volunteers at nonprofits, charities and social enterprises. This webinar will be of particular interest to those new to blogging – or to blogging consistently.

-Source: Newsletter, TechSoup Canada, 17 December 2015

This Changes Everything: Capitalism vs. the Climate

Date: Thursday, February 18th, 2016, 7:00 pm

Location: Kelowna Community Theatre, 1375 Water St, Kelowna

Cost: Free

[Register Now](#)

Forget everything you think you know about global warming. The really inconvenient truth is that it's not about carbon — it's about capitalism. The convenient truth is that we can seize this existential crisis to transform our failed system and build something radically better.

In her most provocative talk yet, Naomi Klein tackles the most profound threat humanity has ever faced: the war our economic model is waging against life on earth. We have been told the market will save us, when in fact the addiction to profit and growth is digging us in deeper every day. We have been told it's impossible to get off fossil fuels when in fact we know exactly how to

do it — it just requires breaking every rule in the “free-market” playbook.

We have also been told that humanity is too greedy and selfish to rise to this challenge. In fact, all around the world, the fight back is already succeeding in ways both surprising and inspiring. Climate change, Klein argues, is a civilizational wake-up call, a powerful message delivered in the language of fires, floods, storms, and droughts.

Confronting it is no longer about changing the light bulbs. It's about changing the world—before the world changes so drastically that no one is safe. Either we leap—or we sink.

Presented by the Irving K. Barber School of Arts and Sciences

-Source: Newsletter, UBC Okanagan Community Engagement Office, 20 January 2016

Webinar: State of the Sector 2016

Date: Tuesday, February 23rd, 2016, 2:00 pm

Cost: Free

[Register Now](#)

Imagine Canada is unveiling a new, annual forum. Join us as we talk about key issues facing the sector and let you know about our plans for 2016. We are hoping to forge an even more collaborative relationship with sector organizations and this is another way to ensure we are supporting each other's efforts.

-Source: Newsletter, Imagine Matters, Imagine Canada, 26 January 2016

World Renown Mindfulness Researcher coming to Kelowna

I wanted to share with you the news that Autism Okanagan and Enso are bringing Dr. Clifford Saron, to Kelowna Feb for a weekend of public talks and events. Dr. Saron is an Associate Research Scientist at the University of California Davis Center for Mind and Brain, and Principal Investigator of Shamatha Project, the most comprehensive study to date investigating the effects of long-term intensive meditation practice on physiological and psychological processes central to well-being, attention, emotion regulation and health.

Dr. Saron's other research area focuses on uni- and multisensory processing in children with autism. In his latest work, in collaboration with colleagues at UCSF, Dr. Saron is combining his research strands and exploring how mindfulness-based interventions can ease the chronic stress of mothers of children living with autism.

If you or any of your clients are interested in attending, you can view details and [purchase tickets on eventbrite](#).

Public Lecture – Training the Mind, Opening the Heart: Findings & Lessons from the Scientific Study of Meditation

Date: Friday, February 5th, 7:00 pm

Community Meditation

Date: Saturday, February 6th, 12:30 pm

Talk & Community Discussion – Compassion & Suffering

Date: Saturday, February 6th, 2:00 pm

Talk & Reception – Making the World Whole: Sensory Processing in Children with Autism

Date: Saturday, February 6th, 6:00 pm

Workshop – Mothers working with Dr.Clifford Saron: A Morning for Mothers of Children living with Autism

Date: Sunday, February 7th, 9:00 am

[Register Now for these workshops](#)

-Source: Shelly McLaughlin, Board of Enso Society, 21 January 2016

Adult Learning for Social Justice

This four-course graduate program is geared to employees, volunteers and/or activists engaged in not-for-profit, community-based organizations or social movements, or in graduates of education programs with a strong social justice orientation. It aims to foster and extend knowledge and skill that can be applied in pursuit of a wide range of social concerns. There are four courses in the program, which will begin in September 2016 and end in June 2017. The entire program will be completed online. The program will balance theoretical/conceptual and applied scholarship and assignments.

Curriculum will draw on Canadian and international scholarship, including various strands of critical, feminist, anti-racist, and Indigenous scholarship. If you have completed undergraduate studies in social work, women's/gender studies, nursing, health studies, international studies, environmental studies, education or other allied fields, you might appreciate how this certificate can contribute to your education and professional development. As a participant in this program, you will be introduced to current theoretical and applied scholarship on social movement learning, learning through volunteer work, and leading social justice-oriented adult education.

In completing this program, you will:

- Explore concepts, theories, research, and case studies in this area
- Encounter scholars and scholarship grounded within and beyond Canada
- Engage with people who are active – whether as employees, volunteers or activists – in a broad range of organizations and movements
- Extend the understanding of adult education and learning beyond the classroom, to various informal teaching and learning settings and contexts
- Employ critical reflection, reading, writing, and thinking in generating and responding to readings, in-class discussions, and other course activities
- Apply scholarly readings, discussions, and assignments to your volunteer or activist work, or in your work with volunteers and activists

Applications are being accepted through March 15th, 2016.

[Learn More](#)

-Source: Kaela Jubas, Associate Professor, University of Calgary, 13 January 2016

Conflict Resolution Skills

Date: Tuesday, April 12th, 2016, 9:00 am – 4:00 pm

Location: Holiday Inn Express, 2429 Hwy 97 N, Kelowna

Cost: \$198 Early Rate / \$220 Regular Rate

Early Rate Expires March 22nd, 2016

[Register Now](#)

Conflict holds great potential for harm and for good. The results of unhealthy conflict impact us individually and contribute to negative group performance. Those people who master essential conflict resolution skills reduce the occurrence of negative conflict in their lives, leading to healthier, happier relationships and work environments. Conflict has many sources, including miscommunication, disagreements, stress and personality differences. Many conflicts would not spiral out of control if people used conflict resolution techniques that are easy to learn and utilize. This workshop will teach participants to understand the dynamics of conflict and equip them with the skills needed to respond confidently and effectively.

Workshop Outline:

- Understanding Conflict
- The Roots of Conflict
- How Conflict Escalates
- Dealing with Misunderstandings
- The Intention Check Tool
- Dealing with Disagreements
- Tool for Resolving Disagreements – Positions to Interests
- Dealing with Conflict Style Differences
- How to Assess Conflict
- Trigger Phrases and Gestures to Avoid
- Key Skills for Conflict Resolution
- Practical Strategies for Conflict Resolution
- The Four-Part Conflict Resolution Process
- When Resolution is Not Reached
- Skill Development

Method of Delivery: Lecture, personal reflection, skill building, video and small group discussions

-Source: Newsletter, ACHIEVE Training Centre, 25 January 2016

Beyond the Waves Conference Registration is Now Open

We're so excited to announce that registration is now open for our upcoming conference – Beyond the Waves presented by VMPNS & VMPC!

The conference will be held in Halifax, NS at the Delta Halifax May 25-28, 2016.

We hope you can join us as we explore topics such as welcoming newcomer volunteers, youth volunteers, online training and so much more!

Please visit www.vmpns.com for more details and information. To register as a member of VMPNS/VMPC (to receive the discounted rate) please use the following code:

QNWA8MD

And for anyone travelling, please note we do have access to a [WestJet discount code](#) for travel associated with the conference.

-Source: Newsletter, Volunteer Management Professionals of Canada, 25 January 2016

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Volunteer Manager Workshop Series: The Love Languages of Volunteers – How to Speak Them Fluently

Date: Wednesday, February 10th, 2016, 12:00 pm – 1:00 pm

Location: KCR, #120 – 1735 Dolphin Avenue, Kelowna

Cost: Free. Please register to help us plan snacks.

[Register Now](#)

Free Workshop Series: “Nourishing Managers of Volunteers” – Encourage one another & Expand our knowledge during these lunch hour gatherings held the **2nd Wednesday of each month**. Block one hour in our calendar every month during 2016 and then register for one workshop at a time.

This workshop's sub-title is The Love Languages of Volunteers: How to Speak Them Fluently. According to counselor and author Gary Chapman, every single person has a primary love language (a way to express and feel love emotionally) that they need to hear from others in order to feel truly fulfilled. He states that there are 5 primary languages. But how does that apply to our volunteers? Simple. When we speak the love languages of our volunteers, they feel seen and heard and truly appreciated for what they do. If we take the time to figure out how people feel most truly loved and appreciated, then it is relatively simple to show our gratitude for the time and effort that they give our organizations. Use the love language all year. Focus on it during National Volunteer Week coming up April 10 – 16, 2016.

-Source: Dawn Wilkinson, Manager, Community Services, KCR, January 2016

Workshop: Board Boot Camp 101

Dates: Tuesday, April 5th, 2016, 4:00 pm – 6:00 pm

Cost: Free

[Register Now](#)

You're standing on the sidelines of your daughter's soccer game, completely engaged in the game. A parent approaches you and says, "hey, you've come to every game and practice. You must really enjoy watching her play". You nod in the affirmative, eyes still on your daughter. The parent then says, "we're looking for a few parents to help us out organizing the soccer club. Can you stay after the game to chat for a bit?" Still absorbed in the game, you nod your head and say "sure!" – anything for your daughter. The game ends: your daughter's team played a great game against a worthy opposing team and you're both excitedly breaking down the plays. The same parent beckons you over to where they, the coach, and a few other parents are standing. Uh-oh. What did you agree to?!

Often, this is how many of us start our volunteer "careers": someone asks us to "help", and we agree to become involved, not necessarily knowing or understanding the scope of what we're taking on. What we do know is that we want to help and are likely passionate about the cause, club, or issue that we've been invited to participate in.

Board Boot Camp 101 will give you a complete understanding of the not-for-profit sector. You'll also learn the questions you should ask before becoming involved in a not-for-profit organization; and the types of answers you should expect. Lastly, Board Boot Camp 101 will increase your understanding of a Board member's role and responsibilities and help you determine when, and whether becoming a Board member is right for you.

-Source: Dawn Wilkinson, Manager, Community Services, KCR, January 2016

Workshop: Board Boot Camp 201

Date: Tuesday, April 12th, 2016, 4:00 pm – 6:00 pm

Cost: \$25 / Organization

[Register Now](#)

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

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

Board Boot Camp 201 will give you a quick primer and overview to become the best leader you can be for your not-for-profit organization. Learn effective qualities of leaders and your personal leadership style. Understand the separation between the Board and staff, and between the senior staff and the Chair. Find how to run your meetings timely and effectively – one of the best ways to retain current directors and attract new ones! And, when you think you or your

organization might need outside help, explore the circumstances when going outside for expertise is of benefit to your organization.

-Source: Dawn Wilkinson, Manager, Community Services, KCR, January 2016

National Volunteer Week April 10-16



April 10 to April 16, 2016 is [National Volunteer Week \(NVW\)](#), a time to celebrate and thank Canada's 12.7 million volunteers. This year marks the 13th consecutive year that Volunteer Canada and Investors Group have partnered to deliver the NVW campaign.

Volunteers are the roots of strong communities. Just like roots are essential for trees to bloom, volunteers are essential for communities to boom. Thanks to volunteers, our communities grow strong and resilient. Even the tiniest volunteer effort leaves a profound and lasting trace in a community, much like tree rings that appear over time.

Get a jump start by:

- [Create your personal volunteer profile](#) in our database
- Add your agency's [volunteer opportunities](#)
- [Searching for volunteering opportunities](#) in the Central Okanagan
- View Volunteer Canada's [Campaign Kit: Tips & Tools](#)

-Source: Newsletter, Volunteer Canada, 26 January 2016

Bridging the Gap: Enriching the Volunteer Experience to Build a Better Future for Our Communities

Volunteer Canada listens to the experiences of volunteers and organizations. We stay on top of trends. And we research emerging topics. In 2010, we began hearing about a new issue. It was an issue seen by both volunteers and organizations. People we spoke with saw a growing gap between what volunteers look for and the opportunities organizations offer.

We needed to verify this observation, so we researched the topic. We wanted to develop new strategies for better volunteer engagement and improve the volunteer experience.

[Read More](#)

-Source: Newsletter, Volunteer Canada, 26 January 2016



Volunteer Canada's Top 12 Volunteer Engagement Tips for 2016

Volunteers are an important part of communities nationwide. Many non-profits depend on them to deliver services and make a difference. Here are our top 12 volunteer engagement tips for 2016:

1. Ensure that [your organization's values and goals](#) align with the experience your volunteers are looking for.
2. Informal [volunteer recognition](#) is often more effective than formal methods.
3. Volunteers should receive [training](#) specific to their volunteer role and their individual needs.
4. Discover [what motivates](#) your volunteers.

[Read More](#)

-Source: Newsletter, Volunteer Canada, 26 January 2016

Happy Nonprofit, Happy Volunteers: How One Outside-The-Box Thinker gets it Done

Meet Joe Landmichl (not the fellow to the left — see below). He's the volunteer manager for the Grand Rapids Public Museum, and one of the most impressive people that I met at the National Conference on Volunteering and Service.

What makes Joe a standout? It's his talent for engaging volunteers of all ages within the museum. Joe places volunteers everywhere: as educators, as graphic designers. Joe even has volunteers working in the museum's accounting department.

[Read More](#)

-Source: Newsletter, Media Monitoring, Volunteer Canada, 7 January 2016

Get your Staff Excited about Volunteer Involvement

You know how the volunteer management cycle goes: you have a need for volunteers, you put out the call, then you recruit, screen and select some amazing volunteers. Then comes the ongoing challenge of supporting those volunteers in their new duties, not to mention recognition and retention. But you're just one person; there's no way you can manage, supervise and support all of the volunteers your organization needs to thrive! That's where other staff plays an important role. Your organization's program staff can serve as managers, coordinators, schedulers, supervisors and more for your volunteers — you just have to get them on board.

If your staff are managing volunteers in any way, it's important that you have staff buy-in for getting involved with volunteer management. They also need the proper training and knowledge to make sure your volunteers are engaged, motivated and fulfilling their duties effectively. Here's how you can give them the motivation and the tools to effectively manage and support volunteers.

[Read More](#)

-Source: Village Vibes, Charity Village, 25 January 2016

Volunteers take Better Care of Themselves than Non-Volunteers

Volunteers are not only good at taking care of others, but they are also good at taking care of their own health, according to a new study out of Harvard University.

The survey of more than 7,000 people aged 50 and over suggests volunteers are more likely to engage in preventive health care measures than non-volunteers.

[Read More](#)

-Source: Newsletter, Media Monitoring, Volunteer Canada, 21 January 2016

3 Easy Ways to Build Relationships with Your Volunteers

The year-end may be over, but the craze doesn't stop there. Anyone involved with the nonprofit sector is already thinking of ways to reconnect with donors and preparing for the next big giving season.

In the midst of all the planning craze, it's easy to forget the volunteers that provide vital services and bring passion to your organization.

[Read More](#)

-Source: Newsletter, Media Monitoring, Volunteer Canada, 21 January 2016

Want the Ultimate Endorsement of your Volunteer Program? Find Yourself a Place at the Table

A question: when it comes to running your volunteer program, how would it feel if the Board of Directors had your back?

That's what the volunteer director and her coordinators experience at Northern Virginia Family Service, where volunteer engagement is included in the strategic plan. This organization sends a great message about volunteers and how they are valued for their capacity-building potential.

[Read More](#)

-Source: Newsletter, Media Monitoring, Volunteer Canada, 21 January 2016

Is it time for Doctors to Prescribe Volunteering?

Struggling to stick to New Year health resolutions? The secret to feeling better about your lifestyle might not be the gym, but instead, volunteering. New research by the Harvard School of Public Health suggests that people who volunteer spend 38% less time in hospital.

The research, which was carried out with more than 7,000 Americans over the age of 50, also found that volunteers took more preventative health screenings. It backs up previous studies such as this one from 2013 which claims that mortality rates, again for Americans, are 24%-47% lower for volunteers than their peers.



[Read More](#)

-Source: Newsletter, Media Monitoring, Volunteer Canada, 21 January 2016

The Benefits of Serving on a Board of Directors

Think again, because the role of a board member is anything but boring!

Serving on a board is not one of the first volunteer roles that comes to mind when you think about wanting to give back to your community, but it could be one of the most impactful roles you accept as a volunteer.

Collectively, a board of directors is responsible for shaping a non-profit organization to ensure it is successful today and for years to come.

The opportunity to give back to the community by serving on the board of a nonprofit that you are passionate about and help shape the efforts of a moving cause can be rewarding and life changing.

[Read More](#)

-Source: Newsletter, Media Monitoring, Volunteer Canada, 14 January 2016

5 Tips for Finding a Meaningful Volunteer Position

Wanting to volunteer this year?

The head of a B.C. volunteer organization says there is no shortage of possibilities available, and they're easier than ever to find.

"It's such a gift, it's such an opportunity to express the things that you love most in the world," said Stacy Ashton, the executive director of Community Volunteer Connections, a volunteer centre serving the Coquitlam and New Westminster area.

[Read More](#)

-Source: Newsletter, Media Monitoring, Volunteer Canada, 14 January 2016

Emergent Trends in Corporate Volunteering

In addition to these trends and challenges that are still going strong, 2015 brought with it a wave of new ideas. We're not going to say they're all good ones, but without a doubt, corporate volunteering is on a trajectory of positive growth and change. Check out these three trends that emerged in 2015 and what we expect to see in 2016 – let us know if you agree. Here's to a peaceful and productive new year!

1. Smarter Programs

If you remember corporate volunteering programs about 10 years ago, you may agree that it was all sort of ... cute. About 20% of one staff member's time was allocated to organizing an event or two per year with some companies going so far as to help interested employees find organizations to volunteer with. Beyond that, there was not a lot of motivation to put additional resources behind an employee benefit that may or may not produce business results.

[Read More](#)

-Source: Newsletter, Media Monitoring, Volunteer Canada, 14 January 2016

The Domino Effect of Setting Goals for Volunteer Involvement

Welcome to 2016. Just as individuals make new year's resolutions, organizations tend to assess their priorities when a new year begins. So this may be an excellent time to open discussion on strategic planning for volunteer involvement.

During workshops and consultations, I commonly ask a deceptively simple question: What are your goals for volunteer engagement this year? All too often organizations answer with how many they want. In other words, their goal is to have volunteers (and to have more volunteers than last year). But metrics such as head counts, total hours served, demographic diversity, and so on are relatively meaningless without context.

So I try a simpler, clearer question: What are your goals for what volunteers will accomplish this year? In other words, what value will they add to your organization and its services? It's scary how few organizations have articulated a solid response. Or even realize they have neglected to consider purpose and outcomes.

[Read More](#)

-Source: Newsletter, Media Monitoring, Volunteer Canada, 7 January 2016

Four Reasons Why Volunteering Will Help your Career at any Stage

We've all volunteered at some point in our lives, from spending our earliest days scanning books at our grade school library, to today, spending the holidays at a local food bank. In both instances – with innocent intentions or out of kindness – there's something fulfilling about taking the time to volunteer in the community, without expecting a penny in return.

[Read More](#)

-Source: Newsletter, Media Monitoring, Volunteer Canada, 7 January 2016

Optimizing International Corporate Volunteer Programs

When Ashanka, a Microsoft employee of four years, asked her manager for two weeks off to go and volunteer her skills in Africa through the Microsoft MySkills4Afrika program, he raised a skeptical eyebrow. His education sales team had serious commitments to meet by the end of the fiscal year, and losing a critical team member for two weeks would be hard to justify.

His reaction wasn't unusual—or out of line. But Ashanka was persistent, and used program data and anecdotal evidence to build her case. For roughly the same time and cost associated with going to a conference, she told her manager, she could grow as a leader, capture business insights, and contribute to citizenship initiatives. And ultimately, her manager said, "Yes."

[Read More](#)

-Source: Newsletter, Media Monitoring, Volunteer Canada, 7 January 2016

Volinspire – Post your Stories

The screenshot shows the Volinspire website interface. At the top, there is a search bar and navigation links for 'News', 'My Profile', 'Get Involved', 'Log Hours', and 'Kelowna Community Resources'. The main content area is titled 'News' and contains three posts:

- Post 1:** A photo of a blue binder with a 'Training' sign, a pen, and glasses. Text: 'Jan 25th, 2016', 'KCR Kelowna Community Resources', 'Workshop: Fund Development Overview', 'Dates: February 16th, 23rd, March 1st & 8th, 2016.' It has 4 likes and 1 share.
- Post 2:** A photo of a room filled with wrapped gifts. Text: 'Dec 21st, 2015', 'KCR Kelowna Community Resources', 'Wow! The amazing support from our community continues with more and more gifts being dropped off for our wonderful families in the Sponsor a Family program.' It has 4 likes and 1 share.
- Post 3:** A green graphic with a snowflake tree and the text '2015 HOLIDAY EVENTS GUIDE'. Text: 'Dec 4th, 2015', 'KCR Kelowna Community Resources', 'Workshop: Getting Started with Volinspire', 'We are excited to announce the release of'. It has 3 likes and 1 share.

At the bottom of the screenshot, there is a partial view of a photo showing a person holding a phone to their ear.

Have you posted a story to your Volinspire's Organization Page?

Get inspired by stories and photos and contribute to the storytelling to promote and support causes you care about! [Post your stories](#) today!

-Source: KCR, January 2015

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