



Kelowna
Community
Resources

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Community Information & Volunteer Centre



Bulletin June 2010

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Awards

2010 DONNER AWARDS FOR EXCELLENCE IN THE NON-PROFIT SECTOR

The Donner Awards is Canada's largest and most prestigious awards program for non-profit organizations. A total of \$60,000 is available to be won, with a total of nine awards granted. Participation in the Donner Awards represents a commitment to accountability and excellence that can go a long way to encourage public and donor confidence in your organization.

Just for applying, non-profit organizations automatically receive a confidential report that ranks performance relative to peers in the sector. There is complete anonymity in this process with absolutely no agency-specific information released to any outside organization. This report allows your organization to identify areas of particular strength in management and delivery of services as well as areas where performance can be improved.

The award recipients are selected based on a ranking of their performance in 10 key areas, including management and governance, the use of staff and volunteers, innovation, program cost, and outcome monitoring.

Finalists and award recipients are profiled in the annual *Non-Profit Performance Report* publication. Organizations that score very highly in each category, but do not advance as finalists, receive certificates of honourable mention.

In 2009, non-profit organizations from across Canada submitted a total of 582 applications to the awards and benefited from the performance ranking process. Eight non-profit social service agencies from across Canada were recognized as the best run in the country and shared \$60,000 in prize money.

Learn more about the unique [Donner Awards evaluation process](#) or obtain a 2010 application package at www.donnerawards.org. **The deadline to apply is Tuesday, June 15, 2010.**

All applicants who [complete the 2010 Donner Awards application form online](#) by the final deadline of June 15, 2010 will be eligible for a \$1,000 cash draw.

For more information contact Melissa Holoday at 1.877.714.4531 or email: melissa.holoday@donnerawards.org.

--SOURCE: Melissa Holoday, Coordinator, Donner Canadian Foundation Awards

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AFP ACCEPTING NOMINATIONS FOR PHILANTHROPY AWARDS

Nomination forms for the Association of Fundraising Professional (AFP)'s Awards for Philanthropy and other honors are now available. **Nominations are due on July 15, 2010.** The only exception is the Campbell & Company Awards for Excellence in Fundraising, nominations for which are due on September 15. A large number of awards are available, including those for outstanding corporation, philanthropist, foundation, and volunteer fundraiser. There are also award categories designed to recognize individual AFP members and chapters.

For more information, including a full list of awards and eligibility requirements, visit: <http://www.afpnet.org/>.

--SOURCE: *CharityVillage, Village Vibes; May 10, 2010*

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ORDER OF BRITISH COLUMBIA CALL FOR NOMINATIONS

The British Columbia Honours and Awards Secretariat is currently accepting nominations for the province's highest honour, the Order of British Columbia.

Established in 1989, the Order of BC recognizes those who have served with the greatest distinction and excelled in any field of endeavour that benefits the people of BC or elsewhere. It represents the highest form of recognition the province can extend to its citizens.



For more information including eligibility criteria and nomination form [click here](#).

--SOURCE: *News from the Central Okanagan Economic Development Commission, May 31, 2010*

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FIREFIGHTER NOMINATED FOR NATIONAL AWARD

Adaptive Adventures is proud to announce that their founder, Troy Becker, has been nominated for national recognition of his commitment and dedication to our community and enhancing the lives of people with disabilities.

Troy is not only a local West Kelowna firefighter, but also has devoted his time and resources to making outdoor activities accessible to people with disabilities.

For additional information on CRIS Adaptive Adventures, visit their website at [Adaptive Adventures](#), and stay tuned to [Me to We for the 2010 winners](#).

--SOURCE: *Castanet*



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KCR Database

BULLETIN: HOSPITAL BEDS AVAILABLE FOR FREE

The Adventist Community Services wishes to advise that they have two hospital beds to give away. If you know of someone who needs a hospital bed, please contact Thelma at 250. 250.860.5096 ext.3.

--SOURCE: *Thelma Davis, Adventist Community Services*

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EMPLOYMENT PROGRAM, IMMIGRANT SERVICES, KELOWNA COMMUNITY RESOURCES

Provides employment services for immigrants and newcomers, resume and cover letter writing services, assistance with the application process for Foreign Credential Recognition, information on Canadian Workplace Culture and Employment Standards, and connections to specialized services in the community.

For more information on this program, please visit this KCR database:



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EMPLOYMENT SERVICES, WESTBANK FIRST NATIONS

Offers employment counselling, career planning and assessment, essential skills training, computer lab access, resume services and job search assistance to both on and off reserve status and non-status First Nation Peoples.

For more information, please visit this KCR database:



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COCAINE ANONYMOUS

Offers a fellowship of men and women who share their experiences, strengths and hope with each other so they may solve their common problem and help others to recover from their addiction through the 12 step Recovery Program

For dates and meeting times, please visit this KCR database:



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IMPORTANT ANNOUNCEMENT REGARDING OK DOG

Due to lack of volunteers the Okanagan Dog Owners' Association executive board is stepping down and letting the organization fold. We will keep the website running as a resource for our community, so please continue to use and update it.

If you are interested in taking on a role (along with three more people) on the OK Dog board, we will be happy to assist you. Please contact Brenda at brenda@doggytopia.com or Sheila at spottedspa@shaw.ca

Please send any site updates to Peter Rudd peter@newmediasyndicate.com. I will be maintaining the site n/c as a service to the dog community.

PLEASE NOTE: The above e-mail addresses are being protected from spam bots, and you will need JavaScript enabled to view them.

--SOURCE: Deneen McArthur, Kelowna Community Resources (Community Information & Volunteer Centre)

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Facts and Trends

AUSTRALIA ESTABLISHES SPECIAL DAY TO DRAW ATTENTION TO YOUTH HOMELESSNESS

The unseen face of [youth homelessness](#) was highlighted during the Youth Homelessness Matters Day (YHMD) 2010 in Sydney, Australia. Created in partnership with [Youth Accommodation Association](#) (YAA) and state and federal governments, April 14 highlighted numerous aspects of youth homelessness. Prime Minister Kevin Rudd has made a commitment to halve Australia's homeless rate by 2020.

--SOURCE: *Housing Again Bulletin; Number 131, May 2010*

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REPORT CARD ON PHYSICAL ACTIVITY FOR CHILDREN AND YOUTH

The Active Healthy Kids Canada report card gives Canada an "F" for physical activity levels, stating that only 12% of children and youth meet the guidelines of 90 minutes of physical activity a day. The report includes the following recommendations for increasing physical activity in the early years:

- Policy-makers should invest in active living for children under five; ensure child care policies mandate daily physical activity and adequately resource staff; target caregivers with incentives and messaging to get kids active and be active with them.
- Public health & healthcare professionals should promote physical activity, active play, and reduced screen time as part of early years support programs for families.
- Parents should keep TVs out of bedrooms, institute screen time limits, and create opportunities for active outdoor play for kids and as a family.
- Early childhood educators & schools should train and resource staff; offer a minimum of 90 minutes of daily active play time, indoors and outdoors, structured and unstructured.

To read the full report or download the report card, please visit: <http://www.activehealthykids.ca>.

--SOURCE: *First Call's Weekly Announcements, May 3, 2010*

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RESEARCH ON ANTIDEPRESSANTS AND PREGNANCY

New research from Denmark shows that the use of antidepressants during pregnancy may delay babies' developmental milestones by up to one month, but not beyond the normal range of development.

The delays included learning how to sit up, looking after sounds, and learning how to walk. The researchers say that women should not necessarily avoid antidepressants while pregnant, because, of course, their wellbeing is also at stake.

To read the article, please visit: Reuters.com.

--SOURCE: *First Call's Weekly Announcements, May 3, 2010*

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FAMILIES BEARING THE BRUNT

Just released last week by the group Citizens for Public Justice: [Bearing the Brunt: How the 2008-2009 Recession Created Poverty for Canadian Families](#). The report details the rise in poverty and economic insecurity caused by the recession:



- BC lost 51,800 jobs between October 2008 and October 2009
- Less than half of unemployed workers in BC qualified for EI during the recession
- BC's food bank use increased 15% in 2009
- 31% of food bank users in BC are children
- The number of children receiving BC Employment and Assistance increased 25.2% during the recession. 20.8% of BCEA recipients are children

--SOURCE: *BC Council for Families HealthyFamilies Newsletter, May 10, 2010*

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SPECT SCANNER TO TREAT ADDICTION AT HANLEY CENTRE

Hanley Center, one of the country's leading nonprofit addiction treatment centers, today announced plans to use SPECT (single photon emission computed tomography) scans to capture brain images of patients with alcohol and drug addictions.



These pictures help identify blood flow to the areas of the brain involved in addictive behaviors, which Hanley Center's medical staff can use to design more effective patient treatment programs.

"We are introducing the next frontier of addiction treatment in scanning the brain, which is the target organ for this disease," said Dr. Barbara Krantz, chief executive officer and medical director of research at Hanley Center. "By capturing precise blood-flow information and using our baseline knowledge of a healthy brain structure, we can recommend more effective treatments, identify other brain-based disorders that affect addiction."

For example, SPECT scans can help identify conditions such as depression or brain trauma, which are both associated with increased incidence of substance abuse, and customize a plan to treat those ailments in conjunction with addiction.

To read the complete article, please visit: <http://www.angelscommunity.com>

--SOURCE: Angels Community Support Network, May 26, 2010 Newsletter

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WOMEN WITH A BREAST CANCER DIAGNOSIS ALSO SUFFER FINANCIALLY

According to a new research report, Canadian women diagnosed with breast cancer experience significant financial burdens during treatment. The data shows that 80% of respondents experienced a financial impact.

On average, the patient's household experienced a 10% drop in annual income, with 44% of respondents depleting their savings and retirement funds and 27% taking on debt to cover treatment costs. Out of the 81% of respondents who were employed in salaried jobs at the time of diagnosis, 16% had their jobs terminated while undergoing treatment and 17% were unable to return to their previous job with the same title and salary. Another 21% reported returning to work before they were fully able due to financial pressure.

--SOURCE: CharityVillage, Village Vibes; May 31, 2010 [Canadian Breast Cancer Network (CBCN)]

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CANADA'S TEEN BIRTH AND ABORTION RATES DROP

A new report indicates that Canada's teen birth and abortion rates decreased by 36.9% between 1996 and 2006. The drop was greatest in Ontario at 51.5% and the Yukon at 51.8%, and lowest in Saskatchewan at 25.5% and Quebec at 10%.

--SOURCE: CharityVillage, Village Vibes; May 31, 2010 (Sex Information and Education Council of Canada)

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PARETO FUNDRAISING RELEASES 2010 BENCHMARKING STUDY

Pareto Fundraising released the results of their 2010 benchmarking study looking at trends in the Canadian charitable sector. Specifically, the latest analysis found that:

- Income from individuals fell in 2009, down 10% to \$158 million.
- Monthly giving continues to provide a tremendous stream of ongoing income for charities.
- Income from planned gifts increased last year by 8% despite the average value of realized bequests falling from \$35,000 to \$32,000.
- The level of income and number of new cash donors from direct mail fell in 2009 by 15% and 22% respectively.
- Online giving continues to grow with an increase in income of 17% from 2008. However, giving online remains a relatively small chunk of the pie, accounting for just 2% of all individual income versus more traditional means like direct mail, which represents closer to 20%.

For more information, visit: www.paretofundraising.com.

--SOURCE: CharityVillage, Village Vibes; May 25, 2010

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FINANCIAL SECURITY A BARRIER FOR WEALTHY DONORS

A new US and UK survey of high net worth individuals found that 50% indicated they give to charity because "they can afford to." The three main motivators for giving that came up in the survey were religious beliefs, a desire to further the legacy of parents, and societal duty. A further 53% believe that charities are inefficient in managing funds, with men and the very wealthy being the most skeptical about charities.

--SOURCE: *CharityVillage, Village Vibes; May 25, 2010 (Barclays Wealth and Ledbury Research)*

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LEADING CAUSE OF DEATH IN CANADA IS CANCER

According to a recent report, 29% of all deaths in Canada in 2005 were attributed to cancer. The same report indicates that although the majority of terminally ill cancer patients would like to die at home, this was possible for only 55%.

Also, the family of a person with cancer assumes most of the costs and other burdens of home care. According to a 2005/06 estimate, a caregiver's financial burden is about \$36 a day, or more than \$1,000 a month, which does not include lost income.

--SOURCE: *CharityVillage, Village Vibes; May 25, 2010 (Canadian Cancer Society)*

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CANADIAN INTERNET USAGE INCREASES

An increasing number of Canadians are spending time online, with 83% of Canadians using the Internet in 2009, up from 73% in 2007. BC and Alberta have the largest online population, with 85% of residents using the Internet, followed by Ontario at 81%. The number of Internet users in Newfoundland and Labrador increased by 15% in 2009, the largest increase seen across the country.

--SOURCE: *CharityVillage, Village Vibes; May 17, 2010 (Statistics Canada)*

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NEW VIDEO SHOWS HOW CANADIAN CHARITIES MUST HARNESS THE INTERNET

Canada Helps has released a YouTube video that is generating some interesting discussion about the future of communications and fundraising for Canadian organizations. The video, modeled after the popular *Did You Know* series, provides interesting Canadian statistics relating to Internet usage, social media, online giving, and what all of this means for nonprofits and charities.

To view the video, visit: www.youtube.com/user/canadahelps.

--SOURCE: *CharityVillage, Village Vibes; May 17, 2010*

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CANADIAN FUNDRAISING SALARIES INCREASE BY 11.2% IN 2009

Salaries for charitable fundraisers in Canada increased in 2009, according to the latest Association of Fundraising Professionals (AFP) *Compensation and Benefits Study*. The average salary for Canadian fundraisers increased from \$71,511 in 2008 to \$79,554, an 11.2% increase.

This growth stands in strong contrast to the 3.9% drop in salaries that was reported in last year's survey. Fundraisers working for health services enjoyed the highest average salary of \$93,386, followed by those individuals employed by community development organizations (\$92,529) and public broadcasting organizations (\$92,500).

The possession of certification correlated positively with salary. Fundraisers possessing the Certified Fund Raising Executive (CFRE) credential earned, on average, \$28,000 more than respondents with no certification. Those individuals possessing the Advanced Certified Fund Raising Executive (ACFRE) credential earned \$35,000 more.

For more information, visit: www.afpnet.org.

--SOURCE: CharityVillage, Village Vibes; May 10, 2010

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MILLENNIAL DONORS WANT RELATIONSHIPS, RESULTS

According to a recent US survey of donors aged 20 to 40, 60.5% wanted access to an organization's board and executive leadership, and 55% are more likely to donate to a specific project. Additionally, 91% said they are somewhat likely to respond to a face-to-face request from an organization, while 72% said they do not need to volunteer before making a donation.

Millennial donors were also highly likely to give when asked by a friend or family member, and most indicated that email was their preferred form of communication, with Facebook and print falling far behind.

--SOURCE: CharityVillage, Village Vibes; May 10, 2010 (Achieve)

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ONE IN NINE CANADIANS HAVE AT LEAST COME CLOSE TO HOMELESSNESS

The Salvation Army released a new report on homelessness last week. *Poverty shouldn't be a life sentence* highlights results from a 2009 national poll that The Salvation Army conducted with Canadians across the country. One of the key findings indicates that one in nine, or nearly three million Canadians, have either experienced or come close to experiencing homelessness. Also, homelessness is seen as an issue on the rise by most. This matches Salvation Army data which shows a 25% increase in demand for general social services since 2009.

For more information, visit: www.salvationarmy.ca.

--SOURCE: CharityVillage, Village Vibes; May 10, 2010

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MAJORITY OF WORKERS DO NOT RECEIVE USEFUL FEEDBACK

A new survey of US workers found that 75% do not have a strong sense of how their job contributes to their company, and only 18% say they have received useful feedback from their managers. Additionally, the survey found that 54% of workers feel most appreciated by their coworkers, 30% by their supervisors, and only 16% by company executives.

--SOURCE: *CharityVillage, Village Vibes; May 10, 2010 (Kelton Research)*

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NONPROFITS USING SOCIAL MEDIA BUT NOT MEASURING ITS VALUE

A small poll of US nonprofits showed that two-thirds of organizations use social media, but only 17% of those that use sites such as Facebook, Twitter and LinkedIn actually measure its value to the organization. One-third of organizations (33%) are not currently using social media, 12% of organizations have no plans to use social media, and 21%, though they do not use social media now, plan to in the near future.

The largest group of respondents (39%) said that they do use social media, feeling it is important for reaching the greatest number of donors/potential donors.

--SOURCE: *CharityVillage, Village Vibes; May 03, 2010 (AFP)*

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WOMEN MAKING GAINS IN NON-TRADITIONAL JOBS

According to a new Canadian study, from 1996 to 2006, women went from a minority to a majority in a number of fields, including human resources. The number of women holding non-traditional jobs also increased, with women making up 15% of police and firefighters, up from 10% in 1996.

Female physical science professionals rose to 31% from 24%, and female sales, marketing, and advertising managers rose to 34% from 25%. The data also showed that more women than men in the 25 - 44 age group have post-secondary education.

--SOURCE: *CharityVillage, Village Vibes; May 03, 2010 (Statistics Canada)*

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## **Financial**

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FAMILY INDEPENDENCE FUND

The Family Independence Fund is still LIVE! [Apply NOW](#). FIF helps families who have children or adults with developmental disabilities living at home. Grants can go toward home renovations or expenses related to wheelchair-accessible vehicles.



For additional info or to apply, please visit www.givinginaction.ca

--SOURCE: *Families in Touch*, May 14, 2010

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ENDOWMENT 150

Many people with disabilities struggle to save for their future. To help those who want to save, Endowment 150 offers one-time \$150 gifts to Registered Disability Savings Plans (RDSP). Information is available at: <http://www.endowment150.ca/>.

Who can apply to the Endowment 150 program?

- Residents of BC with a disability who have received income assistance any time after January 1, 2008
- Children with a disability who are residents of BC, and whose parent or guardian has received provincial income assistance anytime after January 1, 2008
- Applicants must also be eligible for the Federal Disability Tax Credit (DTC) and have a RDSP

If you would like to order rack cards, posters, a print ad, or if you have ideas about how to let people know about Endowment 150, please e-mail us at info@endowment150.ca

--SOURCE: *Families in Touch*, May 14, 2010

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CANADA POST STRENGTHENS COMMITMENT TO MENTAL HEALTH

Since 2008, Canada Post employees, customers and suppliers have raised more than \$2.5 million for the Canada Post Foundation for Mental Health. In their efforts to continue contributing to mental health, Canada Post has announced that a portion of the proceeds from Priority™ Next AM and Xpresspost™ domestic prepaid envelopes will be donated to the Canada Post Foundation for Mental Health.

A new envelope design was introduced alongside the announcement in order to help spread awareness about Mental Health in addition to providing funding to the Foundation, which supports non-profit organizations that help others cope with mental illnesses. The program will be running **until October 31, 2010**.

To read the full article, visit www.canadapost.ca.

--SOURCE: *CMHA BC Division Mind Matters Newsletter* May 2010

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BURSARY PROGRAM OFFERS FREE PASSES TO SPONSORSHIP CONFERENCE

Canadian Fundraising and Philanthropy, in partnership with The Sponsorship Report, is offering employees of registered Canadian charities an opportunity to attend *Strategic Sponsorship Marketing: The Canadian Summit®*, to be held October 19-20 in Toronto.

The Pay it Forward Bursary Program will award five complimentary admissions to the conference. Judges will evaluate applications based on their perception of need and likelihood of deriving benefit from attendance.

For more information, and to submit an application, visit: www.sponsorship.ca/payitforward.html.

--SOURCE: CharityVillage, Village Vibes; May 31, 2010

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PEPSI REFRESH PROJECT SET TO GIVE AWAY \$1 MILLION IN GRANTS

Do you have an awesome project idea that needs support? Starting June 1st, the Pepsi Refresh Project invites Canadians to submit their ideas on how to move the country forward in a positive way. Pepsi will be giving away more than \$1 million in grants over the next year to fund these ideas. Here's how it works:

- The first 300 online submissions will be accepted from **June 1 - 7, 2010**.
- Ten project ideas will be funded every other month in the amounts of \$5,000, \$10,000, \$25,000, and \$100,000. The top-voted project ideas become funded.
- Does your project benefit the planet, education, arts and culture, food and shelter, neighbourhoods, or health?
- Project ideas need to be based in Canada and benefit communities in Canada. The project must be implemented within 12 months.

For more information, visit: www.refresheverything.ca.

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Local News

SUMMER ARTSBLAST

Summer Arts Blast features a wide selection of fun and creative arts activities including Art, Music, Drama and Dance. Guided by talented and inspiring "top flight" instructors, Arts Blast will give your child the opportunity for individual learning and growth.

Dates: **July 12 - 16 or July 19 - 23**
Ages: 5 - 11 year olds
Location: Rotary Centre for the Arts,
421 Cawston Avenue



Register at Rotary Centre for the Arts, or online at www.RotaryCentrefortheArts.com

--SOURCE: Rotary Centre for the Arts, May 2010 Newsletter

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MURAL WORKSHOP FOR TEENS

Leave your mark! Create a mural with accomplished artists Jordan and David Doody - the 4th mural of its kind at the Rotary Centre for the Arts!

Jordan and David work with the group to design and paint a mural, which will cover one cement wall inside the set shop of the RCA.



Learn how to create and project an image, work with brushes, rollers and paint pens to master this art form, without being chased away by large dogs or a night patrol.

Dates: **July 27th - 30th**
Ages: 12 to 18 years old
Location: Rotary Centre for the Arts
421 Cawston Avenue

Register at the Rotary Centre for the Arts, or online at www.RotaryCentrefortheArts.com

--SOURCE: Rotary Centre for the Arts, May 2010 Newsletter

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6TH ANNUAL SENIORS SAFETY FAIR

A free public event that focuses on the safety, health and overall well-being of seniors. Through booth displays, interactive demonstrations and a guest speaker, seniors will learn about the many programs and services available to them. Door prizes, draws, and refreshments provided. Bring your friends and come join us for this fun, informative event

Date: **Monday, June 14, 2010**
Time: 9 am – 12 noon
Location: Trinity Baptist Church
1905 Springfield Road (corner of Spall and Springfield)
Cost: FREE

--SOURCE: Seniors Outreach and Resource Centre

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NETWORKING EVENT: DIGNITY FOR ALL

A year ago the Dignity For all Campaign was launched. Since then over 60 MPs & Senators have signed on and over 320 organizations and 5000 individuals across the country.



Check out www.dignityforall.ca and www.cwp-csp.ca .

The Dignity for All Campaign calls for vigorous and sustained action by the federal government to combat the structural causes of poverty in Canada. We want:

- A federal plan for poverty elimination that complements provincial and territorial plans.

- A federal anti-poverty Act that ensures enduring federal commitment and accountability for results.
- Sufficient federal investment in social security for all Canadians.

Come to meet Rob Rainer, the national leader of the campaign and Executive Director of Canada Without Poverty, here from Ottawa. Megan Yarema, the Vancouver based coordinator, will also be joining us. Rob, Megan and Shan have been connected over the past winter and want to expand the conversation to include you.

Date: **Monday, 7 June, 2010**
 Time: 7-9 pm
 Location: The Boys and Girls Club
 1434 Graham St
 Cost: FREE; refreshments provided

REGISTRATION IS REQUIRED; please contact Shan to register at shanlavell@gmail.com or 250.863.7545.

--SOURCE: Shan Lavell, Attachment Leadership

Sponsoring organizations: Attachment Leadership and Kelowna Women's Resource Centre

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FITNESS PARTY: INTER-CULTURAL WOMEN'S EDUCATIONAL NETWORK

IWEN Kelowna is hosting the city's biggest outdoor fitness party featuring the funky beat of global music and led by experienced instructors, this event and is a fundraiser to rescue girls in Nepal from bonded labour and support Immigrant Women in Kelowna.

Zumba dance is for all ages and levels of fitness, men and women. It's a lot of fun and great exercise too. So you can do good and feel good at the same time!

Date: **Saturday, June 5th**
 Time: 10 - 11 am
 Location: Kerry Park
 Downtown Kelowna
 Cost: \$10 cover fee



Dress for the weather and bring your own H2O and wear sport shoes. A selection of beautiful Nepalese scarves and jewelry will also be on sale.

For more information contact: victoria0128@shaw.ca or visit www.iwencanada.com

--SOURCE: Karen Leboe, Kelowna Women's Shelter

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THE KELOWNA APPLE TRIATHLON SOCIETY 2010 NATIONAL CHAMPIONSHIPS

The Canadian National Triathlon Championships are coming to Kelowna again this summer on **August 20, 21 & 22**.

Kelowna is the first city to be awarded this event three years in a row. No wonder as we have now broken the attendance record for a National Championship two years in a row. Last year over 1,600 athletes registered for our event.



As attendance grows, so does the economic benefit to our community and so does the need for volunteers to keep this event at the top of its game.

We are looking for three types of volunteers. Positions that involve administration and management skills are currently available on our organizing committee. A team of people with general office skills is being sought to work four hour shifts at the office for the two months before race weekend. On race weekend, approximately 1,000 volunteers are needed to keep runners safe, hand out water and assist with tasks that made the day flow smoothly. All volunteers will be screened, trained and supervised.

If you are interested in joining our organizing committee or office team please call Richard at 250.980.3361 or Mike at 250.861.1465.

Volunteering for race weekend can be done starting June 21st. You can call the office at 250.763.5287 or by email us at volunteer@appletriathlon.com.

Learn more about the Kelowna Apple Triathlon by visiting our website at www.appletriathlon.com.

--SOURCE: The Kelowna Apple Triathlon Society

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LPRC GARAGE SALE

Spring cleaning? Here is a great solution about what to do with those gently used items you no longer need!

Need some items for your home? Join us at the sale for some great deals and support our newest fundraiser to start an HIV+ Women's Support Group!



Date: **Saturday, June 12, 2010**
Time: 9am-3pm
Location: Knowles House
865 Bernard Avenue

For more information, contact Karen Alexander at Living Positive Resource Centre at 250.862.2437 or visit: www.livingpositive.ca

--SOURCE: Karen Alexander, Living Positive Resource Centre

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MEALS MATTER: GIFT CERTIFICATES AVAILABLE

- Meals Matter offers a gift certificate option for those who wish to support their family or friends but are unsure how. This option provides a way to ensure the certificate recipient is receiving a healthy meal while eliminating the extra work necessary to prepare meals for them or the possibility they will buy less nutritious food should you give them cash. Gift certificates can be purchased for a minimum of \$5.00 and up.



- Meals Matter is also a terrific resource for organizations throughout Kelowna that are seeking to support their clients' wellness via nutrition. The meals can be frozen and kept for when clients

are in need whether it be that they are struggling with funds that month, moving, or just came out of the hospital, etc.

Please contact Alex at 250.861.3644 or alex.lipsett@cmha.bc.ca for more information.

--SOURCE: Alex Lipsett, Community Navigator, Canadian Mental Health Association

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HEALTHY EATING SEMINAR SERIES

In October of 2009, Green Table and Kelowna's Gospel Mission met to discuss the possibility of Green Table Member Chefs giving back to their community on a regular basis by volunteering a few hours of their time. A pilot was done in December 2009 to iron out the concept, creating a series of healthy eating seminars. The successful Stone Soup Chef competition took place and the series was put on hold. Until now that is...

Many low-income families feel forced to buy seemingly low cost packaged food. However, what is the true cost, both to wallet and health? The Gospel Mission, along with other charitable organizations provides food assistance on a daily and weekly basis. A lot of this is fresh produce and it's often seasonally abundant and therefore cheaper at the store. But what do you do with it?

All seminars run 6-8 pm at the Gospel Mission Kitchen at 259 Leon Ave

Dates, themes, chef/restaurant:

- | | |
|---|--------------------------------|
| • Summer's Here! | • It's Harvest Time. Lets can! |
| June 15
Tasha Howe, Rotten Grape (tentative) | September 19
TBA |
| • Thanksgiving | • Creative Christmas |
| October 3
Roger Sleiman, Old Vines Restaurant | November 28
TBA |

For additional information, please contact:

Ami Catriona
Marketing and Communications Director,
Kelowna's Gospel Mission
P. 250.763.3737 x207
E. ami@kelownagospelmission.ca
W. <http://www.kelownagospelmission.ca>

--SOURCE: Ami Catriona, Kelowna's Gospel Mission

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GOLFING WITH ARTHRITIS

- Learn what arthritis is and some of the difficulties it presents when you are playing golf
- What are the benefits of golf for people with arthritis
- Proper warm up routines
- How to make adaptations to your swing to make golfing safer and more comfortable for you

Date: **June 24, 2010**
Time: 9:30am-12pm
Location: Gallagher's Canyon Golf & Country Club
4320 Gallagher's Drive West
Cost: \$11 per person; includes lunch afterwards

To register please contact Katie at 250.868.8643 or email kcavaghan@bc.arthritis.ca.

--SOURCE: Katie Cavaghan, The Arthritis Society, BC & Yukon Division

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SUPPORTING OUR LOCAL RETAILERS: KELOWNA WELCOMES SHELFSPACE "RE-TALES" EVENT

Retailers from the Central Okanagan are invited to come together for the first "Re-Tales of the Community" story telling and networking event in Kelowna. The event will feature Jim Belshaw, owner of Roy's Shoes, Boots and Repair in Kelowna, who will share his experiences, successes and challenges around what it means to be an entrepreneur.



This opportunity for Kelowna's entrepreneurs to learn how one of their own has made himself known on a national and international stage is orchestrated by Shelfspace - The Association for Retail Entrepreneurs in conjunction with the Central Okanagan Economic Development Commission. This inaugural entrepreneurial celebration brings together retail owners, managers, staff and industry suppliers to meet one another, share stories, hear about new ideas and collaborate on issues that impact their businesses and their industry.

Date: **Tuesday, June 8, 2010**
Time: 6:30-8:30 pm
Location: Manteo Resort
Cost: \$10 person for Shelfspace Members
\$15 for Non-Members

Retailers from across the Central Okanagan are invited to participate. For more information please visit: <http://www.investkelowna.com>.

--SOURCE: News from the Central Okanagan Economic Development Commission, May 25, 2010

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LOCAL SURVEY ON PERFORMING ARTS FOR CHILDREN WITH SPECIAL NEEDS

Volunteer Nigel Nelson has been asked by one of the dance schools in Kelowna to carry out some research as to whether there is a demand/need in town to teach the performing arts (mostly dance) to children with special needs.

The key dance disciplines offered include ballet, jazz, tap, modern, hip-hop, and worship. Drama and musical theatre may be introduced in the future. Once the need for this has been quantified, then the dance school will apply for grant money to fund some of the costs - parents of special needs children will have to pay a proportion of the tuition fees.

There is no profit element in the tuition fees. I would be very grateful if anyone can provide me with information that will help me with my research in quantifying the need for these performing arts in Kelowna.

Please send your feedback to theretiree@telus.net.

--SOURCE: CATCH Newsletter, May 11, 2010

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NEW OKANAGAN PUBLICATION: MAMAZINE

Check out the new monthly publication for busy families in the Okanagan. Mamazine features local information to help families live well, upcoming family events, healthy recipes, fun opinion poll, as well as coupons and advertisements from local businesses and service providers.



The vision for this publication is to give families a free resource with healthful local information in order to create a healthy community for our children. The first edition is available to pick up at Okanagan libraries, family resource programs, and recreation centres.

To contact Mamazine for more information, please email editor@mamazine.ca or phone Amanda at 250.300.5683.

--SOURCE: CATCH Newsletter, May 11, 2010

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ARION THERAPEUTIC FARM: 2010 SUMMER PROGRAMS

CAMP #	DATES	TYPE/TIME	AGES	FEES
1	Jul 5-9	Day Camp 9am-3:30pm	5 -7	\$300.00
2	Jul 12-16	Day Camp 9am-3:30pm	8 -10	\$300.00
3	Jul 19-23	Day Camp 9am-3:30pm	Tweens 11-14	\$300.00
4	Jul 26-30	Parent/Tot Camp 10am-noon	Parent/Tot	\$40.00
5	Aug 3-4	Teen Sleepover Camp	13+	\$85.00
6	Aug 9-13	Day Camp 9am-3:30pm	5-7	\$300.00
7	Aug 16-20	Day Camp 9am-3:30pm	8-10	\$300.00
8	Aug 23-27	Day Camp 9am-3:30pm	Tweens 11-14	\$300.00
9	Aug 30-Sept 3	Parent/Tot Camp 10am-noon	Parent/Tot	\$40.00
10	Aug 30-31	Teen Sleepover Camp	13+	\$85.00

DAILY ACTIVITIES:

- DAY CAMP: Includes horseback riding lessons, horse care, farm duties, farm animal activities, craft activity, daily swimming
 - For children with Special Needs who require 1:1, we can offer a CEA for hire at \$30/hr.
 - WHAT TO BRING: Rubber boots, hat, sunscreen, swim suit, towels, snacks, lunch, water, and a change of clothes. No electronics please.
- PARENT/TOT MORNINGS: Includes pony ride, farm discovery & craft activity
 - WHAT TO BRING: Rubber boots, hat, sunscreen, swim suit, towels, snacks, lunch, and water.

- TEEN SLEEPOVER CAMP: Experience life living on a farm. Sleep in the Clubhouse! Includes BBQ supper, swimming, riding lesson, farm activities, animal feeding and meals.
 - WHAT TO BRING: Rubber boots, hat, sunscreen, swim suit, towels, snacks, lunch, water, and a change of clothes. No electronics please.

For additional information, please contact 778.477.1006 or email arionfarm@shaw.ca. Please visit www.arionfarm.org to download the registration package. **The forms must be completed and mailed with payment by June 25th.**

--SOURCE: Arion Therapeutic Farms

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SAFE HARBOUR: RESPECT FOR ALL: PASS IT ON!

The importance of demonstrating respect for people of diverse backgrounds has never been more apparent in our multicultural communities. Respect for All - Pass It On! aims to continue building awareness and support to create welcoming environments for all forms of diversity.

The provincial Safe Harbour: Respect for All Program is about a vision in action: creating opportunities for storefront businesses, institutions, agencies, and entire municipalities to celebrate our differences, helping to create safer, more welcoming communities that support all forms of diversity.



Become a Friend of Safe Harbour!

Friends of Safe Harbour promote Respect for All in their workplace, community, and daily lives. You are invited to tell five other people or business and agencies in the community about the Safe Harbour: Respect for All Program and Pass On the value of embracing diversity and standing up against all forms of discrimination.

Please be sure to subscribe to our monthly Respect for All E-Newsletter, published on the first Tuesday of every month, Respect for All Day. The E-Newsletter contains stories, photos, dates to watch out for, and definitions related to the wide range of diversity that exists in our province.

Look for community stories, photos and testimonials from supporters on the [Safe Harbour: Respect for All Blog](#), created to empower individuals to join the fight against discrimination.

Join us on [Facebook](#), follow us on [Twitter](#), and [sign up as a Friend of Safe Harbour and E-Newsletter](#).

Respect for All – Pass It On!

For additional information, contact AMSSA at 1.888.355.5560 or nationalsafeharbour@amssa.org, or visit us at <http://www.safeharbour.ca/>.

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--SOURCE: Andrew O'Brien, Kelowna Community Resources (Settlement Services)

OKANAGAN BOYS & GIRLS CLUBS SUMMER CAMPS

2010 Summer Camps

JULY

Sun	Mon	Tue	Wed	Thu	Fri
4	5	6	7	8	9
Gold Rush (Ages 7-12)					
11	12	13	14	15	16
Explorers (Ages 10-15)					
18	19	20	21	22	23
Girls of the West (Ages 7-12)					
25	26	27	28	29	30
New Frontiers (Ages 10-15)					


AUGUST

Sun	Mon	Tue	Wed	Thu	Fri
1	2	3	4	5	6
Cowboys (Ages 7-12)					
8	9	10	11	12	13
Go Green (Ages 10-15)					
15	16	17	18	19	20
Wild Wild West (Ages 7-12)					
22	23	24	25	26	27
Leadership Development (Ages 13-16)					



LOCATION & SITE INFO

Camp ArrowFlight is located along Salmon River Road in Armstrong, BC and is easily accessible year round. The camp is a short distance from Vernon (30 km) and Kelowna (95 km). Situated on 82 acres the camp has camper cabins, a retreat centre, swimming pool, bmx course and rock climbing tower among many other outdoor activities.



TRANSPORTATION

Transportation is available from Pentiction, West Kelowna and Kelowna for \$25 round-trip. If you require transportation from another location, please contact the Camp ArrowFlight office.

HOW TO REGISTER

Registration forms are available at every Okanagan Boys & Girls Club or online at our website at www.boysandgirlsclubs.ca. Completed registration forms, along with full payment, can be returned to any Club location. Upon payment, a camper package with more information will be sent to you.

CONTACT US
 For more information contact:
 (250) 762-3989 ext. 112
 Toll Free: 1-888-772-7751
camps@boysandgirlsclubs.ca



**Okanagan
Boys & Girls Clubs**
 A good place to be

www.boysandgirlsclubs.ca

Campers Wanted




2010 SUMMER CAMPS

FOR CHILDREN & YOUTH AGES 7-17

Reward

**"LEARN THROUGH
ADVENTURE"**



**Okanagan
Boys & Girls Clubs**
 A good place to be

--SOURCE: Okanagan Boys & Girls Clubs

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FOSTER HOMES NEEDED FOR SMALL DOGS!

The Okanagan (Central) Small Dog Rescue Society (OCSDRS) is a registered non-profit society that rescues small dogs in order to re-home them. It is run strictly by volunteers. Any charitable donation over \$20.00 is tax deductible. Memberships are also available - please go to our web page [Okanagan \(Central\) Small Dog Rescue Society](#) for more information. Take a peek at our Events link, our Fundraiser link, and our Dogs for Adoption link!

2010 is shaping up to be one of our busiest years ever. Due to a continuous influx of rescue dogs, we are seeking additional foster homes.

WHY DO WE NEED FOSTER HOMES?

Usually a rescue dog is placed in a foster home prior to adoption. Some just need a place to stay, surrounded by love and security, until they find a new home. The situation of their past home has changed and the dog is healthy and happy. Other dogs have come from different circumstances (e.g., puppy mills) and may require house training, socialization to people and/or dogs, obedience training, and lots of patience and love to adapt to their new surroundings. It is well worth it because you or someone else will end up with a loving, loyal companion!

Right now we have a number of puppy mill dogs that require fostering. They include purebred Yorkies, a toy Poodle, a Bichon-Poodle cross and purebred Shih Tzu's. They are wonderful dogs and are very grateful to have someone care for them. They give back as much love and loyalty as they're given, so the emotional rewards of fostering a rescue dog are enormous.

All our rescue dogs receive veterinary care that includes neutering/spaying, de-worming, vaccinations, and dental checks.

If you are interested, and want to find out more about us and our excellent Foster Program, please e-mail us at ocssrs@yahoo.ca or call Wendy at 250.808.1107, or June at 250.717.3655.

We look forward to hearing from you!

--SOURCE: *Castanet (Jocelyn Winterburn)*

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JOIN THE KELOWNA WOMEN'S CENTRE FOR FIVE FEMINIST MINUTES

This is an evening that provides the opportunity for women to share a talent they have. Guest MCs are Barb Miller, Comedienne, Michelle Mungall, MLA Nelson-Creston, Chair of the NDP Women's Caucuses.

Date: **Friday, June 18, 2010**
Time: 7:30pm
Location: The Habitat
248 Leon Ave.
Cost: \$12 for members
\$15 for non-members

To register, or for more information, please email fivefeministminutes@gmail.com.

--SOURCE: *Rock the Boat, The Newsletter of the Kelowna Women's Resource Centre*

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OYAMA FUN DAY

Oyama Community Club would like to invite you to join us for our annual OYAMA FUN DAY. This fun-packed family day gets underway with a Pancake Breakfast, Silent Auction and Raffle. The Parade starts at 11:00am at the Oyama General Store, finishing at Oyama Traditional School.

The afternoon kicks off with Children's Field Games, Children's Pavilion, Fireman's Burger Burn, ADRIA - Medieval Displays and Games, Bake Shoppe, Farmer's Market, Oyama Legion Open House and many more activities.

Date: **Sunday June 6, 2010**
Times: 8am - 3 pm

For more information or to participate in the parade or afternoon activities contact Deb Butler 250.548.3255 or debutler@shaw.ca.

--SOURCE: Deb Butler, Oyama Community Club

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LITERACY ENLISTS OLYMPIC ORATOR

The slam poet who enraptured a nation at the opening ceremonies of the Vancouver Olympics performs in Kelowna next month.

Shane Koyczan has added the city to his cross-Canada tour to raise money for Project Literacy Kelowna's adult-education program. He's to appear at the Mary Irwin Theatre **on June 25**. Organizers had planned to book Koyczan before the February ceremonies, but figured it was impossible after he won roars of praise before a television audience of three billion viewers.

"I had no idea he was going to be in the Olympics," said Nancy Holmes, a Project Literacy director and Koyczan's former instructor at Okanagan University College. "There he was. I thought, 'Oh brother. We'll never be able to afford him now.' I contacted his agent. He very generously gave us a very low rate for his performance to support us. We're really thrilled."



Koyczan, who delivered a soul-stirring rendition of his poem, *We Are More*, at the ceremonies, grew up in Penticton. He studied creative writing and English under Holmes in the mid-1990s. He first turned heads at a 1996 poetry sweatshop in a Penticton restaurant, where competitors wrote and performed on the spot. He won with a standing ovation. "People were blown away," said Holmes. "He went on from there as a spoken-word artist and moved to Vancouver."

Koyczan was already an international star before many Canadians realized his talent at the Vancouver Olympics. He won the U.S. Slam Poetry Championship and the Canadian Spoken Word Olympics. He published *Visiting Hours*, an acclaimed poetry collection, and *Stickboy*, a novel in verse.

When he appeared at the Olympics and referred to Canadians as "cultures strung together then woven into a tapestry" and "an experiment going right for a change," Koyczan became a household name.

Holmes, who's now head of creative studies at UBC Okanagan, last saw him performing at the university in early February. He never let on he was taking his spoken-word virtuosity to a world stage a few days later.

His fame has inspired adults who are learning to read and write, said Barbara Hagan, executive director of the Kelowna society. "Shane shone a spotlight on literacy. He showed how powerful the written and spoken world can be to help people communicate with each other," she said.

Project Literacy works with 500 adults a year. Volunteer tutors have provided one-on-one instruction in reading, writing and math since 1986. The non-profit society lost part of its funding this year when the province stopped contributing gaming funds.

Tickets are \$35 and available this week through the box office at the Rotary Centre for the Arts; call 250.717.5314.

For additional information, please call Project Literacy at 250.762.2163.

--SOURCE: D. Wilkinson, Kelowna Community Resources [Community Information & Volunteer Centre (Kelowna Daily Courier)]

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KELOWNA CITY CHASE

The Kelowna City Chase is a unique urban adventure that requires participants to exhibit teamwork, resourcefulness, determination and the ability to make decisions on the fly as they search for ChasePoints scattered in unknown locations throughout Kelowna.

Two-person teams will run, walk and use public transit to navigate their way throughout the city, while calling family and friends for help, accessing the Internet, and even employing assistance of total strangers.



Volunteering for this interactive, fast-paced event means selecting one of the following options: Registration and Start/Finish Line Festivities Volunteers or ChasePoint Stations Captains and Support Volunteers.

For more information contact our staff manager by email at silvi@citychase.com or visit www.citychase.ca and click on the "Volunteers" link. To volunteer, visit [Kelowna Community Resources online database](#), select the position you'd like to volunteer for and click on "Yes, I'd like to volunteer!"

Please note that volunteers need to register by June 21st; no police check is required.

Date: **Saturday, June 26, 2010**
Check-In: 7:30 am - 9 am
Rotary Centre for the Arts
421 Cawston Avenue
Race: 10 am - 4 pm

For more information, please contact Michelle at 1.604.879.9800 ext.226 or email michelle@citychase.com.

Visit us at <http://www.mitsubishicitychase.com>, [Twitter.com/KelownaChase](https://twitter.com/KelownaChase), or [Facebook.com/citychasecanada](https://facebook.com/citychasecanada)

--SOURCE: Michelle Lazar, Regional Director, City Chase

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A COMMUNITY-BASED RESPONSE TO INCIDENTS OF RACISM IN THE CENTRAL OKANAGAN

If you experience racism:

- 1 Remember: Racism is not OK, but it is OK to talk about it.
- 2 Tell someone: a friend, witness & the Task Force or RCMP.
- 3 Follow up until the situation is resolved.

If you witness or are told about racism, ACT:

- Ally:** Stand by & support the person or the group.
- Connect:** Link the person with the Task Force or RCMP.
- Touch Base:** Follow up with the person over time.

--SOURCE: Kamilla Bahbahani and Joyce Brinkerhoff Project Coordinators

OKtoSAY

Responding to racism together.

www.OKtoSAY.ca

Email info@oktosay.ca Crisis Line 250-763-9191

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KELOWNA FAMILY Y CAPITAL EXPANSION CAMPAIGN

With 7 weeks and just over \$300,000 left to raise to meet our \$5 million goal in the Kelowna Family Y Capital Expansion Campaign, at this time we are inviting the Rutland business community to host a coin box to accept donations at their cashiers from **June 7th to July 7th**.

Over the next 2 weeks a Kelowna Family Y staff representative, Allie Ramchuk, will begin contacting you to see if you are interested in getting involved. If you or some one you know is interested, please contact Allie Ramchuk at aramchuk@ymca-ywca.com or 250-764-9621 ext 306.

Thank you to everyone who has donated and contributed their time and talents to this campaign already. The awareness and dollars that you are generating are collectively making a significant difference.

For more information, please contact either:

Deborah Guthrie
Executive Director
Uptown Rutland Business Association
P. 250.451.9861
W. www.uptownrutland.com

or

Allyson Graf
General Manager, Community Strategic Initiatives
Capital Campaign Office
P. 250.764.9621 ext.302
W. www.ymca-ywca.com

--SOURCE: Deborah Guthrie, Uptown Rutland Business Association

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YOU ARE INVITED TO A FREE PARENTING PRESENTATION

WE WILL TALK ABOUT:

- the rights of children in Canada
- the rights of parents in Canada
- what to do with your children during the summer
- what is available for pre-school children
- we will play some games with the children
- coffee and snacks will be provided
- This is a free session but you must register to attend.

GUEST SPEAKERS:

- Nola Currie, Representative for Children and Youth
- Michele Hucul, The Bridge, Youth and Family Services

Registration is required. Please contact Doreen at 250.763 8008, ext 29 or email doreen@kcr.ca by **June 4th** to reserve your seat.

Date: **Thursday, June 10, 2010**
Time: 9:30 am – 11:30 am
Location: Kelowna Community Resources
120-1735 Dolphin Avenue



FUNDRAISING EVENT: 2010 WILD WOMAN, WISE WOMAN NIGHT

We have changed the venue from Hanna's to the Kelowna Yacht Club to accommodate more women as we were sold out again last year and had to disappoint too many. Get your tickets early. By becoming a member for \$20, you will receive a discount for the event and ensure your spot at the event.

This year we are fundraising for 3 special Kelowna groups: [NOW Canada Society to help women](#), [Elizabeth Fry Foundation Empowering Changes](#) and [Heroes Kelowna to help children](#)

Date: Thursday June 17, 2010
Time: 6 pm, doors open
Reception: 7 pm, Champagne; Greek food buffet and entertainment to follow
Location: Kelowna Yacht Club
Cost: \$75 per person

Highlights: Live and silent auctions, photo booth, raffles and games; Release the Goddess Within! (this year's theme); prize for most creative goddess!

Tickets for event may be purchased at:

Hanna's Lounge & Grill: CASH, CREDIT CARD OR CHEQUE
1352 Water Street (above Rose's Pub)

Please note, cheques can be made out to Wild Woman, Wise Woman Foundation

Coco Boutique: CASH & CHEQUE ONLY PLEASE
2653 Pandosy Street

Check out the 2008 Wild Woman, Wise Woman evening: <http://www.photoshow.com/watch/AZ6tZ2dz>

Wild Woman Wise Woman Foundation

CELEBRATE! ARTS OPEN HOUSE

ArtzZone Studio is holding their open house on Saturday, June 5th. Drop in and learn what's on for this summer for both kids and adults:

Date: **Saturday, June 5, 2010**
Location: 140-1735 Dolphin Ave.

For additional information, call 778.478.9978 or visit: <http://www.artzzone.ca/>



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CONNECTING THE DOTS - A COMMUNITY GATHERING FOR TRUTH TELLING AND RECONCILIATION

The Ki-Low-Na Friendship Society and The Canadian Mental Health Association invite you to join us for a rare opportunity to attend a cultural safety and awareness workshop with guest speaker, Gerry Oleman, Resolution Support Worker for the Indian Residential School Survivors Society



Date: **Wednesday, June 9th**
Time: 10am—3pm; Lunch will be provided
Location: Ki-Low-Na Friendship Society
442 Leon Ave
Registration: RSVP by June 2nd

For additional information, please contact Sheila Lewis 250.763.4905 or Amanda Swoboda 250.448.0065

--SOURCE: Ki-Low-Na Friendship Society

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KELOWNA FOLK FEST

"Celebrate Canada Day - Kelowna" is an annual, free community festival held in Prospera Place and Waterfront Park for residents and visitors to celebrate our nation's birthday. There are a variety of activities and performances that are multi-generational and family-friendly, that will entertain festival goers all day, Thursday, July 1, 2010.



The local celebration is produced as a community partnership between Festivals Kelowna, Folkfest, the Kelowna Canada Day Concerts Society and the French Cultural Centre, bringing the community a huge number of activities for all ages and abilities to enjoy.

Prospera Place will feature:

- Official Celebrate Canada Day Opening Ceremonies, including a "Happy Birthday Canada" cake
- 37th Annual Kelowna Folkfest Celebrations, presenting Canada's cultural mosaic through culinary experiences and live performances
- 16th Annual "Kelowna POPS Orchestra Canada Day Spectacular" with live orchestral concert (note: the concert will end in time for audience to enjoy the fireworks)

Waterfront Park will feature the 13th annual "Celebrate Canada Day-Kelowna" event including:

- Taste of Canada, a multicultural food fair featuring over 16 different vendors
- Made in Canada Marketplace, an artisan showcase of handmade, Canadian arts and crafts
- Musical performances:
 - Parks Alive! Power Stage* (Island Stage), 2 pm - 9:30 pm
 - TD Music Stage* presented by K96.3 (Tugboat Bay beach), 2 pm -10 pm
 - Tim Horton's Kid's Stage* (Pioneer Gardens), 11 am - 3 pm
- Model Sailboat Regatta, located north of the beach, in the east waterway

- [The KidZone](#), a variety of activities for children of all ages presented by *103.9 The Juice*
- [Evening Fireworks Display](#), Grand finale of the celebration, simulcast on *99.9 Sun FM*

Although admission to the festival is free, donations are requested and will be directed back into helping with celebration costs. Volunteers with donation bins will be located at the entrances to Waterfront Park, Prospera Place and at the entertainment stages. Donations help keep the Canada Day Celebrations free and accessible to all.

For additional information and to download the complete schedule, please visit: [Festivals Kelowna](#)

--SOURCE: *Festivals Kelowna*

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Provincial News

PUBLIC SUPPORT FOR FAMILY - FRIENDLY POLICIES

According to an Angus Reid poll released last week by the YWCA, there is strong public support in BC for a range of family-friendly policies and programs, including increased government spending on early childhood development programs and child care.



Notably, 60% of poll respondents said they would support additional government spending of \$1 billion or more to reduce the number of BC children who are developmentally vulnerable from the current 29% down to 15% of all children by 2015. Those polled also expressed strong support for measures to help children and families:

- 89% were in favour of creating more affordable, quality child care spaces,
- 83% wanted increased financial support for low income families,
- 58% called for extending parental leave to 18 months from one year, with additional months for fathers, and
- 53% wanted to limit the work week for parents with young children to 35 hours a week.

The results of the poll were released last week in Vancouver during the symposium Inspiring Innovation -- Investing in Human Capital: Early Care and Learning Hubs, which was attended by leaders from BC's social services and business sectors, as well as government. Participants came together over two days at the symposium to explore the compelling evidence that links investments in early care and learning hubs with social and economic well-being.

"Strong family policy is not simply a social issue," said Vancity President and CEO Tamara Vrooman, one of the participants. "It is a core economic issue that the business sector needs to talk about in a serious way because investing in our children today is really an investment in our workforce of tomorrow."

--SOURCE: *HealthyFamilies, Failing Grades-Supporting Spending; May 3, 2010*

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RECENT WELFARE CHANGES

Since LSS issued the 21st edition of *Your Welfare Rights* in February 2010, some important changes to welfare legislation came into effect on April 1, 2010. More changes are scheduled for June 1, 2010, including new rules about welfare eligibility for people who have outstanding arrest warrants under immigration legislation or in relation to an indictable offence.

LSS will produce an update insert for *Your Welfare Rights* soon; but meanwhile, here is an overview of the April 1, 2010 changes to the Employment and Assistance Regulation and the Employment and Assistance for Persons with Disabilities Regulation. The next issue of ELAN, due out mid-June, will contain more information about welfare and warrants.

CHILD IN THE HOME OF A RELATIVE BENEFITS BEING PHASED OUT

As of April 1, 2010, relatives who care for a child in their home can no longer apply for Child in the Home of a Relative (CIHR) benefits from the Ministry of Housing and Social Development (MHSD), although relatives who already receive CIHR benefits can continue to receive them. From now on, instead of applying for CIHR benefits, relatives may be eligible for some financial and other support from the Ministry of Children and Family Development (MCFD), through its new [Extended Family Program](#). This program is quite different than CIHR benefits; the BC Association of Social Workers has issued a [press release](#) that expresses their concerns about the Extended Family Program.

Major changes to Coverage for Schedule C Health Supplements

MONTHLY NUTRITIONAL SUPPLEMENT CRITERIA NARROWED

After April 1, 2010, it became more difficult to qualify for the monthly nutritional supplement (MNS). People who qualified for MNS before April 1, 2010 may have their eligibility reviewed using new, more restrictive criteria. Before April 1, 2010, people on Persons with Disabilities (PWD) benefits suffering a chronic, progressive deterioration in health because of a severe medical condition could qualify for MNS if they had at least one specified symptom (e.g., malnutrition or significant weight change). Now, the person must have at least *two* specified symptoms to qualify, and fewer symptoms are considered relevant. MNS will no longer pay \$20 per month for bottled water.

FEWER MEDICAL OR SURGICAL SUPPLIES COVERED

Previously, if a person was eligible for health supplements under Schedule C, MHSD would consider paying for any medical or surgical supplies needed to avoid an imminent and substantial danger to health if the supplies were medically prescribed and used in a medical procedure or treatment, and the person had no other means to pay for them. As of April 1, even if all these other criteria are met, MHSD will only consider paying for medical or surgical supplies if the supplies are for one of six specified purposes: wound care, incontinence, catheterization, limb circulation care, skin parasite care, or ongoing bowel care due to loss of muscle function. Prescription medications are now specifically excluded from coverage as medical/surgical supplies.

LIFE THREATENING HEALTH NEEDS CRITERIA NARROWED

Before April 1, 2010, anyone in BC with a "life-threatening health need" for *any* of the health supplements in Schedule C (whether they received benefits from MHSD or not) could ask MHSD to pay for that item, if they had no other means to pay for it, and they were not eligible for Schedule C items on another basis.

MHSD has eliminated this coverage for some items or services in Schedule C. People with life-threatening health needs can no longer qualify for emergency dental treatment and dentures or monthly nutritional supplements and other diet allowances. Now, coverage based on life-threatening health needs is only potentially available for medical or surgical supplies, medical transportation, and medical equipment and devices. To qualify, a person must now show that they have a "direct and

imminent life-threatening health need” for the health supplement, they have no other way to pay for it, and they are receiving Medical Services Plan (MSP) premium assistance.

MEDICAL EQUIPMENT/DEVICES — COVERAGE LIMITED

Changes to eligibility criteria for medical equipment/devices limit what is now covered. These changes are extensive and cannot be summarized easily, as the whole framework for how MHSD provides these items has changed, so advocates must be sure to read Section 3 of Schedule C. In general, however, Section 3 is now divided into 11 categories specifying the only items that MHSD can pay for (e.g., bathing and toileting aids, hospital beds, etc., instead of the broader categories such as “positioning devices” that used to exist). New rules have been introduced about replacement and repair of damaged, worn out, or non-functioning equipment/devices. MHSD may not replace a specific item unless a minimum amount of time has gone by (the length of time is different for each type of equipment/device), and MHSD may decide to repair rather than replace, if repairs cost less than replacement. MHSD may now also refuse to replace or repair equipment/devices if it believes they were damaged by misuse.

MEDICAL SERVICES ONLY BENEFITS — ADDED ELIGIBILITY CONDITIONS

New criteria must now be met for people to remain eligible for Medical Services Only (MSO) benefits (i.e., eligible for health supplements under Schedule C, although they no longer receive monthly benefits from MHSD). The criteria to be met vary, depending on the reason why the person stopped receiving Persons with Persistent Multiple Barriers (PPMB) or PWD benefits.

The government reversed earlier plans to end MSO coverage after one year for people who left PPMB or PWD benefits because they turned 65 or started to receive Canada Pension Plan (CPP) (early retirement or disability) benefits. Now, if people leave PPMB or PWD benefits when they are 65 or older, they will be eligible for MSO benefits indefinitely, so long as they live in BC and receive the federal Guaranteed Income Supplement (GIS) or Spouse’s Allowance.

If people leave PWD benefits due to CPP income while they are under 65, they will be eligible for MSO until age 65 if they live in BC and receive CPP income. They will remain eligible for MSO once they are 65 if they continue to live in BC and receive the federal GIS or Spouse’s Allowance.

And if they leave PWD benefits due to employment income, they will be eligible for MSO so long as they live in BC and are eligible for premium assistance from MSP. To keep MSO, once they turn 65, they must live in BC and receive the federal GIS or Spouse’s Allowance. Generally, if people are no longer eligible for MSO, they keep MSO coverage for one final year after they became ineligible for it. MHSD has a useful [chart](#) outlining eligibility criteria for MSO. Even if someone is no longer eligible for MSO benefits, he or she may still be eligible for a tube feed supplement.

OTHER CHANGES

Effective **April 1, 2010**, coverage for dental benefits and funeral costs changed, and two new diet allowances were created (\$40/month for people who need a ketogenic or phenylalanine diet).

On **June 1, 2010**, other changes will take effect, ending the minimum shelter allowance of \$75/month, and introducing new eligibility rules regarding outstanding warrants. The next issue of ELAN will contain more information about these changes.

--SOURCE: *Legal Services Society, Electronic Legal Aid Newsletter for Community Workers; May 21, 2010*

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RECOMMENDATIONS FOR TACKLING OVERWEIGHT AND OBESITY IN BC

A submission to the province by the BC Healthy Living Alliance provides recommendations for obesity and overweight reduction. Data from 2004 shows that close to 60% of BC adults are overweight or obese, 20% of children between 2 and 17 are overweight, and 7% of children are obese.



BC Healthy Living Alliance
working together to promote wellness and prevent chronic disease

The submission notes that overweight individuals face health problems and put increased pressure on the health care system, and that low-income and Aboriginal families in particular can struggle to eat healthy diets and be physically active. BCHLA calls for a whole of society approach to curbing overweight and obesity; recommendations are made for lifestyle changes, making the healthier food choice the easier choice, building skills and knowledge, and collaboration. Specific recommendations include:

- The BC Government should work with the Federal Government and other provinces/territories to restrict the marketing of unhealthy food and beverages to children.
- The BC Government should introduce a substantial tax on all sugar sweetened beverages.
- The BC Government should work with communities to support the development of comprehensive policies and strategies that reduce economic, social, cultural and systemic barriers thereby ensuring greater inclusion and access to physical activity facilities and programming for all British Columbians.
- The BC Government should improve access to healthy foods in remote and rural communities.
- The BC Government should introduce healthy living curriculum into schools which would encompass: physical education; food system knowledge, including differentiating between healthy and unhealthy food and beverages; food preparation skills; screen time reduction; and ensuring that students receive at least 60 minutes of daily physical activity.
- The BC Government should invest in active transportation, ensuring at least 7% of all infrastructure funding allocated for urban transit, road and other transportation construction be set aside for active transportation infrastructure.

Read or download the full submission [here](#).

--SOURCE: First Call's Weekly Announcements, May 21, 2010

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NWT ADOPTS ANTI-POVERTY MOTION

The legislature of the Northwest Territories has passed the following motion for a poverty reduction strategy:

WHEREAS every person has the right to a standard of living adequate to the well-being of their families and themselves;
AND WHEREAS approximately 10 percent of Canadians, or 2.9 million people, lived in poverty in 2007;
AND WHEREAS in some NWT communities, up to 50 percent of households have a total income of less than \$30,000;
AND WHEREAS 40 percent of NWT households with a senior have incomes below \$40,000;
AND WHEREAS health indicators, educational achievement, child apprehension rates and family violence can be directly related to poverty;
AND WHEREAS poverty is human-made and can be overcome;
AND WHEREAS the GNWT currently has no official definition of poverty and no clear and integrated strategy to combat poverty;

AND WHEREAS it should be a priority goal of the GNWT to eradicate poverty in the Northwest Territories;
AND WHEREAS eradicating poverty will significantly contribute to the achievement of all of the Legislative Assembly's goals and priorities;
NOW THEREFORE I MOVE, seconded by the honourable Member for Weledeh, that the government develop an anti-poverty strategy for the Northwest Territories;
AND FURTHER, that the Premier initiate discussions towards this strategy in partnership with business, organizations and those living in poverty;
AND FURTHER, that the government and partners start by developing a definition of poverty;
AND FURTHER, that the anti-poverty strategy identify specific, measurable targets, with clear cross-departmental mechanisms for coordination and integration of actions;
AND FURTHERMORE, that the government provide a comprehensive response to this motion within 120 days.

6 Canadian provinces and 1 territory have now committed to developing poverty reduction strategies. Find out more about a poverty reduction plan for BC at www.bcpovertyreduction.ca.

--SOURCE: First Call's Weekly Announcements, May 21, 2010

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GUIDE FOR CALCULATING THE LIVING WAGE IN BC

The living wage is different for every community, depending on the cost of housing, transportation, food and other expenses, as well as subsidies and taxes. While the Living Wage for Families Campaign has calculated the wage for Metro Vancouver, a calculation guide has now been updated to assist other communities in calculating the wage appropriate for their costs of living. The guide was designed for BC communities, but it can also be applied to other areas in Canada with adjustments to the government transfer and tax information.

Download the calculation guide from the [CCPA website](#), and download the 2010 calculation for Metro Vancouver [here](#).

--SOURCE: First Call's Weekly Announcements, May 21, 2010

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BUILDING INCLUSIVE COMMUNITIES PROJECT SEEKING PARTICIPANTS

Presented by PeerNetBC and Society for Children and Youth, "Building Inclusive Communities" is a 10-month program that brings together youth and other community members to work cooperatively on a community engagement project based on the Society for Children & Youth's "Making Your Community More Child and Youth Friendly Toolkit."

Through workshops, learning circles, and hands-on project coordination, participants strengthen their facilitation and community engagement skills. The foundation for these inter-generational projects is an ongoing two-way mentorship exchange between participants. For the 2010/11 program year, 12 people will be selected to participate in the BIC program.

What will you get out of this experience?

- mentoring & coaching from staff at PeerNetBC and at SCY
- extensive training and practice in facilitation and community engagement skills
- opportunities for intergenerational learning and experience in a mentoring relationship

- experience in community-based project management
- increased understanding of how to make communities more child & youth friendly
- community-based networking opportunities
- deepen existing intergenerational friendships and / or develop new friendships
- a \$25 honorarium for each training day and learning circle attended (total of \$350)

Find out more and download the application form [here](#).

--SOURCE: *First Call's Weekly Announcements, May 21, 2010*

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RECREATION FEES SURVEY DATA AVAILABLE FOR BC COMMUNITIES

From the BC Parks and Recreation Association:

Recreation fees and charges data is now available online at the [CivicInfo BC website](#). Survey results include rental rates and admissions for pools, arenas, fitness centres, community centres and fields. All reports can be customized and are viewable in an HTML or Excel format.

For more information, visit the [BCRPA website](#) or contact Parks and Recreation Coordinator Heather Muter at hmuter@bcrpa.bc.ca or by phone at 1.604.629.0965 ext.229.

--SOURCE: *First Call's Weekly Announcements, May 21, 2010*

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PROVINCIAL SCAN OF AFTER-SCHOOL PROGRAMMING

BC Recreation and Parks Association has completed an environmental scan of after-school programming outside of licensed child care for children aged 6 to 12. The report examines active responses to the need for an after-school strategy in other provinces, current initiatives supporting children in the after-schools hours, promising practices and gaps that need to be addressed.

The report emphasizes the need for an after-school strategy for the health and wellbeing of children, and recommends a provincial framework that allows for a multiplicity of partners to direct and deliver after-school supports, compels support from a multiplicity of funders including the provincial government, and embodies the characteristics of a good after-school program as identified in the report.

To read or download the report, please visit: http://www.bcrpa.bc.ca/recreation_parks/facilities.

--SOURCE: *First Call Weekly Announcements; May 27, 2010*

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National News

AT HOME: HOMELESSNESS AND MENTAL ILLNESS PROJECT UPDATE

The Mental Health Commission of Canada has released an update on its At Home/Chez Soi project, which aims to end homelessness and help people with mental health problems get back into community life. Currently, the project is underway in five cities, including Vancouver, Moncton, Montreal, Toronto, and Winnipeg and will have over 2,200 participants who are homeless and living with a mental illness.

In Vancouver, 300 people will receive housing and supports as part of a mass study, and an element unique to the city will be a focus on people with concurrent mental illness and addictions.

To read the complete newsletter or learn more about the project, please visit www.mentalhealthcommission.ca

--SOURCE: CMHA BC Division, *Mind Matters, BC's Mental Health e news; Volume 84: April 2010*

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NEW STRATEGY BEING DEVELOPED TO AID RETURN TO WORK FOR PEOPLE WITH MENTAL ILLNESS

Canada's federal government is overhauling disability management in the public service and is expected to have a business plan ready this year, which will aim to reduce stigma and get people living with mental illness back to work more quickly. Right now, 45% of all disability claims in the workplace are a result of depression, stress and other mental health problems. Often, people on sick leave from work who are stressed, burned out or depressed find that it is hard to return to work, as there is little effort and encouragement from managers. The most vulnerable are workers in their prime, between the ages of 30 and the early 50s.

To read the full article, see "Government moving on disability crisis" at www.ottawacitizen.com

Check out CMHA BC's [Employment Services Inventory](#) database, listing agencies and services that help people with mental illness search for employment supports in their community.

--SOURCE: CMHA BC Division, *Mind Matters, BC's Mental Health e news; Volume 84: April 2010*

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NEW REPORT LOOKS AT THE MENTAL HEALTH OF CANADA'S IMMIGRANTS AND REFUGEES

The Mental Health Commission of Canada has published a report looking at the mental health of immigrants, refugees, and ethnocultural and racialized populations titled "Improving Mental Health Services for Immigrant, Refugee, Ethnocultural and Racialized Groups: Issues and Options for Service Improvement."

The report sums up a lengthy research process which includes a study of Canada's 2006 census, a literature review, consultations with key stakeholders, focus groups with people with lived experience, and a national consensus meeting held in 2009.

It offers an outline of issues and options that policy makers, health planners and service providers



should keep in mind when creating mental health strategies for these groups. It also states challenges faced by these groups as well as actions to take in order to improve mental health services.

Read the full report at www.mentalhealthcommission.ca

--SOURCE: CMHA BC Division, *Mind Matters, BC's Mental Health e news; Volume 84: April 2010*

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CANADA LEARNING GRANTS HELP LOW INCOME PARENTS

The Canada Learning Grant helps lower income parents save up to \$2,000 in government contributions plus interest in an RESP for their children's post-secondary education. Government will contribute \$500 to open an RESP for a child born after December 31, 2003 whose parents receive the National Child Benefit Supplement as part of their Child Tax Benefit. A further \$25 will be paid to help cover any costs to opening the RESP. For every qualifying year after the RESP is opened, government will contribute a further \$100 per year for the child up to the age of 15 years.

Find out more [here](#).

--SOURCE: *First Call's Weekly Announcements, May 21, 2010*

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KEEPING CHILDREN SAFE, ONE ORGANIZATION AT A TIME

May 20, 2010

For Immediate Release

Canadian Centre for Child Protection announces a new sexual abuse prevention program for child-serving organizations across Canada

WINNIPEG, MB: Today child-serving organizations across the country are safer as result of a new program aimed at preventing child sexual abuse. The first of its kind in Canada, *Commit to Kids* is a program to help organizations create safe environments for children. More than 10,000 child-serving organizations will be receiving a free child sexual abuse prevention program on behalf of the Canadian Centre for Child Protection in partnership with the federal government and the Province of Manitoba.

"Child-serving organizations are committed to providing safe and nurturing environments," says Lianna McDonald, Executive Director of the Canadian Centre for Child Protection. "However, because they work with children, they are vulnerable to attracting employees/volunteers who may want to access and sexually abuse children or who may have inappropriate boundaries and relationships with children. As such, organizations must become more vigilant in establishing guidelines and protocols to protect children in their care."

The Commit to Kids program provides policies, strategies and a step-by-step plan for reducing the risk of child sexual abuse, encouraging organizations to take an active, participatory role in protecting children in their care.

Commit to Kids will help organizations reduce the likelihood that an offender will successfully gain access to and sexually abuse a child," says McDonald. "It will also help organizations to more quickly identify, terminate and intervene if abuse has occurred."

"We must keep the safety of children paramount and the Government of Canada remains committed to protecting our children," says Public Safety Minister, Vic Toews. "Our government will continue to

support programs like Commit to Kids which provides Canadian child-serving organizations with comprehensive strategies and information to protect children in their care from victimization."

As part of the National Strategy for the Protection of Children from Sexual Exploitation on the Internet, Public Safety Canada partners with the Canadian Centre for Child Protection and has contributed \$250,000 towards this new program which will assist child-serving organizations.

Last year the federal government announced a renewed commitment to work with partners through the *National Strategy for the Protection of Children from Sexual Exploitation on the Internet*. The Government of Canada is investing \$71 million over five years to help ensure that the National Strategy remains the success that it is today.

Commit to Kids is easy to use, and can be implemented by organizations of any size. The program helps organizations create a child protection manual, and includes a CD with sample policies, plans, and reproducible forms that can be easily amended and used by organizations.

"Protecting our children must be the primary goal for all of us. By improving recruitment and management practices at child service organizations we are going a long way toward ensuring these are safe environments," says Gord Mackintosh, Manitoba's Minister of Family Services and Consumer Affairs. "It's no longer good enough to do a criminal record check and leave it at that."

The program is unique in that it also helps organizations identify and address inappropriate behaviour. While most organizations have policies to deal with child sexual abuse, many struggle with how to address grey areas such as misconduct and the grooming of children. Commit to Kids will help prevent abuse through this education process.

"The Commit to Kids program demonstrates the importance of child safety education in the community," says Bruce MacDonald, President and CEO of Big Sisters Big Brothers of Canada. "Our national association supports all like-minded organizations that encompass child safety as a key priority in training materials, community education programs, and outreach efforts."

"We take the safety of the children enrolled in our programs seriously," says Diana Rozos, Director of the University of Winnipeg Students' Association daycare. "In keeping with the traditions of prevention, we think Commit to Kids is an invaluable resource for organizations such as ours in helping keep children safe."

For more information, please visit: www.commit2kids.ca

--SOURCE: Canadian Centre for Child Protection

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METCALF FOUNDATION PAPER EXAMINES POVERTY MEASURES

The Metcalf Foundation has released *Cutting Through the Fog*, a paper by Richard Shillington and John Stapleton that explains various measures of poverty used in Canada:

Who is poor in Canada? It depends on the measure used, and that depends on who is measuring. Different researchers use different criteria.

- *If poverty is defined as including only those whose physical existence is endangered, then a very small percentage of Canadians are poor – about 5% according to the Fraser Institute.*
- *If poverty is considered in relation to community norms and standards and being poor means that a person cannot fully participate in society, then the poverty rate is around 12% to 15%. This definition is used by anti-poverty organizations.*

Canada does not have an official poverty line – an income level below which someone is considered poor, depending on family size and where they live – adopted by federal and provincial/territorial governments. The closest thing to an official poverty measure, according to the federal government’s own documents, is one for which data are no longer being collected: the Low-Income Cut-offs or LICOs (before and after taxes).

The paper describes various income and poverty measures used in Canada, definitions of “working poor,” clawbacks/offsets of national child benefits, and how the unemployed are counted.

To read or download the paper, please visit: <http://www.metcalffoundation.com>.

--SOURCE: *First Call Weekly Announcements, May 27, 2010*

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NEW CRA GUIDANCE FOR HUMAN RIGHTS ORGANIZATIONS

The Canada Revenue Agency released a new guidance policy, *Guidance on Upholding Human Rights and Charitable Registration*. The document sets out the guidelines that the Charities Directorate will use to determine if a human rights organization can be registered as a charity. The Charities Directorate will monitor the implementation of the new guidance for a period of one year. Following that period, a review will take place and any necessary changes will be made to improve the clarity of the document. Feedback on the policy is encouraged.

For more information, visit: www.cra-arc.gc.ca.

--SOURCE: *CharityVillage, Village Vibes; May 25, 2010*

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NEW TOOLKIT FOR MUNICIPALITIES CONSIDERING AFFORDABLE HOUSING OPTIONS

Home Ownership Alternatives Non-Profit Corporation announced that it is building a toolkit to provide municipalities with document templates to support the development of affordable ownership housing. The toolkit will be easily available on the Internet and will include template agreements and policies to assist municipalities to adopt programs in support of affordable housing. The toolkit project will be guided by a committee made up of representatives from the City of Toronto, Deltera Construction, and Home Ownership Alternatives.

For more information, visit: hoacorp.zenutech.com. (PDF)

--SOURCE: *CharityVillage, Village Vibes; May 25, 2010*

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Research

OBESE CHILDREN HAVE HIGHER LIKELIHOOD OF DEVELOPING MENTAL ILLNESS

The latest issue of SFU's *Children's Mental Health Research Quarterly* looks at the implications of childhood obesity on children's mental health. It looks at the emotional and social costs of obesity in children and discusses solutions and strategies for preventing obesity.



Obesity contributes to the development of mental health problems such as depression, anxiety, eating disorders, social withdrawal and behavioural problems. Girls also tend to be more vulnerable than boys to the stigma related to obesity when compared to boys. The magazine is prepared for Child and Youth Mental Health Services with British Columbia's Ministry of Children and Family Development and provides updates on current research in children's mental health for families, policy-makers and practitioners.

To read the latest issue, visit www.childhealthpolicy.sfu.ca

--SOURCE: CMHA BC Division, *Mind Matters*, BC's Mental Health e news; Volume 84: April 2010

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INTERNET USE AND DEPRESSION MAY GO HAND IN HAND, STUDY SUGGESTS

A British study published in the journal *Psychopathology* looks at the link between Internet use and depression and has found that people who spend a lot of time surfing the web are more likely to display symptoms of depression.

1,319 people ages 16-51 living in Britain were surveyed and 1.2 percent of those were found to have Internet addiction, compared to only 0.6 percent of the British population with a gambling addiction. These people tended to replace a lot of real-life social interaction with web-based methods such as chat rooms and social networking sites, as well as spending a lot of time in sexually gratifying sites and online gaming sites.

They also had higher rates of moderate to severe depression than other Internet users. Men were more likely to develop an addiction to Internet use than women, and young people more likely than older people. It remains unclear whether increased Internet use can be a cause of depression or whether people with depression use the Internet more than others.

To read the full story, see "Study links excessive Internet use to depression" at www.canada.com

--SOURCE: CMHA BC Division, *Mind Matters*, BC's Mental Health e news; Volume 84: April 2010

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STRONG LINK FOUND BETWEEN DEPRESSION AND OBESITY

A Dutch study published in the Archives of General Psychiatry has found that people who are depressed are at a higher risk of becoming obese, and people who are obese are more likely to get depression.

Researchers at Leiden University Medical Centre in the Netherlands looked at data from 15 unpublished studies examining the link between depression and obesity, collectively involving over 58,000 participants. People who showed no depressive symptoms were 55 percent more likely to get clinical depression if they developed obesity, while people with a healthy weight had a 58% chance of developing obesity if they had depression.

To read the full story, see "Obesity and depression are a two-way street" at www.canada.com

--SOURCE: CMHA BC Division, Mind Matters, BC's Mental Health e news; Volume 84: April 2010

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IRON DEFICIENCY IN PREGNANCY MIGHT INCREASE RISK OF SCHIZOPHRENIA FOR BABY

Women who increase their iron intake during pregnancy may also decrease their baby's chances of developing schizophrenia later in life, a study done in Denmark has found. Published in the journal *Schizophrenia Bulletin*, the study looked at over a million Danish children born between 1978 and 1998.

Nearly 3,000 children developed schizophrenia during the 20 year span of the study, 41 of which had been exposed to anemia in the womb. This led researchers to conclude that there is a 60% increased risk of schizophrenia in offspring of mothers who had anemia during pregnancy. This is most likely because an iron deficiency in pregnancy disrupts pathways that affect how much oxygen and nutrients are delivered to the fetus.

To read the full story, see "Mom's anemia may raise schizophrenia risk in offspring" at www.canada.com

--SOURCE: CMHA BC Division, Mind Matters, BC's Mental Health e news; Volume 84: April 2010

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CANADIAN KIDS GET AN "F" FOR ACTIVITY

Canadian kids earned a failing grade for physical activity this year, according to the sixth annual report card on physical activity for children and youth from [Active Healthy Kids Canada](#).

The annual Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth is a comprehensive assessment of the current state of physical activity among Canadian children and youth. In addition to the overall failing grade for children, in the 2010 report card, families received a "D" for physical activity.

Note the report's authors, "Helping parents understand their role as the regulators of family physical activity levels may be the most effective way of increasing the physical activity levels of entire families. Canadian research has shown that a 4 week family lifestyle intervention can lead to increases in self-reported family physical activity, largely explained by increases in unstructured family activities."

"The message is out there but dramatic changes are not evident. Perhaps telling parents is not enough. Perhaps we need to divert our attention toward educating parents on how to implement changes in their family."



As a start, Healthy Kids Canada recommends that families be encouraged to follow three household routines that can help prevent childhood obesity:

- limit children's exposure to TV and screen time
- eat family meals together at least five times per week
- get adequate sleep

--SOURCE: *HealthyFamilies, Failing Grades--Supporting Spending; May 3, 2010*

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5 THINGS THAT MATTER: THE FUTURE OF THE NON-PROFIT INTERNET

by Geoff Livingston co-founder Zoetica

Pew Internet has released its [annual Future of the Internet](#) report. The survey of 900 leaders forecasts the future direction of online media. In turn non-profit strategists can glean insights into the future, and how to steer their individual programs.

Read the full article at: <http://mashable.com/2010/02/25/non-profit-internet/>

--SOURCE: *P2PFundraising (People to People) P2P Issue 31*



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MHCC SEEKS INPUT THROUGH HOUSING QUESTIONNAIRES

The [Mental Health Commission of Canada](#) has placed a priority on developing a National Housing Strategy and is undertaking a comprehensive national environmental scan to support planning and policy work in housing.

The project *Turning the Key: Assessing Housing and Related Supports for Persons Living with Mental Health Problems and Illnesses*, will inform the Commission on current housing and community support needs for people living with mental health problems.

The research team has issued an invitation to various stakeholders to participate in the project through the dissemination and/or completion of one of five questionnaires:

- [Questionnaire for People Living with Mental Health Problems or Mental Illness](#)
- [Families Questionnaire](#)
- [Community-based Mental Health Service Providers Questionnaire](#)
- [Housing Providers Questionnaire](#), and the
- [Hospitals Questionnaire](#).

--SOURCE: *Housing Again Bulletin; Number 131 May 2010; an initiative of Raising the Roof, sponsored by Direct Energy*

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2010 eNONPROFIT BENCHMARKS STUDY (USA)

by Steve Peretz, M+R Strategic Services

The new [2010 eNonprofit Benchmarks Study](#) from NTEN and M+R was just released. The new report might look slim and slick, but this scrappy guide is thick with valuable insights and key industry

benchmarks for online messaging, fundraising and advocacy, based on a full year's worth of results from 31 of your nonprofit peers.

Here's a hit list of our high-level benchmarks from this year's study:

- Email fundraising response rates were .13%, and email advocacy response rates were 4.00%.
- The average gift size for a one-time online gift was \$81.33.
- Annual email file churn was just under 17%.
- The average study participant sent 4 emails per subscriber per month, but Environmental nonprofits sent their subscribers 5.2 emails per month, while Health nonprofits sent just 2.1 emails per month, on average.
- Online fundraising grew overall by 4.5% between 2008 and 2009, and for half of the nonprofits in our study, online revenue either held steady with 2008 or declined. This decline was driven by a drop in the average gift size.
- Environmental nonprofits in our study raised 96% of their online revenue from one-time gifts. Health nonprofits, on the other hand, raised 50% of their online revenue from "other" gifts (including event giving) and tribute gifts. International groups lead the way through monthly giving, which made up more than 25% of their online revenue.

Get the 2010 eNonprofit Benchmark Study <http://www.nten.org/blog/2010/04/29/get-...>

--SOURCE: P2PFundraising (People to People) P2P Issue 31

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DRINKING AND DRUGS, TEENS AND PARENTS

Experimenting with alcohol is often seen as a normal part of Canadian adolescence. However, a study recently released from BC's McCreary Centre Society cautions that the timing of teens' first alcohol or drug use can affect their current and future health.

The report, *What a difference a year can make: Early alcohol and marijuana use among 16 to 18 year old BC students*, points out that early alcohol and marijuana use is associated with a range of health and social problems, including problem drinking, alcohol-related violence, mental health problems, early sexual activity, and a greater risk of criminal justice involvement.



What are the factors that put youth at risk of early substance use? According to the McCreary report, youth in government care, youth living in poverty, youth who have experienced physical or sexual abuse, or who have family or friends who have attempted or committed suicide, were likely to start drinking or using marijuana earlier than their peers.

The chief protective factor associated with delayed use of alcohol and marijuana? Family connectedness. Report authors noted: "As might be expected, youth who were most highly connected to their families were more likely to delay alcohol or marijuana use." They found that 74% of youth who began using marijuana at age 15 or older had an adult family member they could confide in, compared to 65% of those who began using marijuana at age 12 or younger.

The full study can be accessed at the McCreary Society website: www.mcs.bc.ca

For information on how parents can enhance protective factors in young people's lives, find out more about the [My Tween and Me parenting program](#), developed by the BC Council for Families.

--SOURCE: *Healthy Families, BC Council for Families; May 10, 2010*

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CITIZENS FOR PUBLIC JUSTICE PAPER ON THE IMPACT OF THE RECESSION

Bearing the Brunt: How the 2008-2009 Recession Created Poverty for Canadian Families details the increase in poverty and economic insecurity caused by the recession.

By examining key economic indicators, the paper charts the rise in poverty caused by the recession. Unemployment rose, but Employment Insurance was inadequate in meeting the needs of the unemployed. Social assistance caseloads rose across the country as a result. The rate of precarious work increased, as the most economically vulnerable employees were also the most likely to lose their jobs as a result of the recession. Low income Canadians had to stretch their incomes farther as the cost of living increased more than inflation. The result was rising debt loads, an increase in bankruptcies and skyrocketing food bank use.

The provincial factsheet for BC shows that food bank use increased by 15% in 2009 and that 31% of food bank users are children. BC had the third highest increase in unemployment, and less than half of unemployed workers qualified for EI during the recession. Food prices increased by 4.3% between 2008 and 2009, compared to the core inflation of 0%, and the rent for two-bedroom apartments increase by 2.8%.

The full report and provincial factsheets are available [here](#).

--SOURCE: *First Call's Weekly Announcements, May 13, 2010*

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SALVATION ARMY REPORT ON HOMELESSNESS

The Salvation Army has released a new report on the perceptions of poverty and homelessness in Canada, based on public opinion polling data gathered in late 2009. The findings include that one in nine Canadian adults have either worried about or personally experienced homelessness, including 16% of British Columbians (one in six). The Salvation Army notes a marked increase in demands for their services – a 26% increase between 2008 and 2009. Nearly two-thirds of survey respondents ranked poverty issues as the most important social problems in Canada.

Download the report [here](#).

--SOURCE: *First Call's Weekly Announcements, May 13, 2010*

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TODDLERS AND TV: TOO MUCH, TOO SOON

Want kids who are smarter and thinner? Keep them away from the television set as toddlers.

That's the message from researchers at the Université de Montréal, the Sainte-Justine University Hospital Research Center and the University of Michigan, who found in a recent study that television exposure at age two forecasts negative consequences for kids, ranging from poor school adjustment to unhealthy habits. A total of 1,314 kids took part in the investigation, part of the Quebec Longitudinal Study of Child Development, which was published this month in the [Archives of Pediatric and Adolescent Medicine](#).



"We found every additional hour of TV exposure among toddlers corresponded to a future decrease in classroom engagement and success at math, increased victimization by classmates, having a more sedentary lifestyle, higher consumption of junk food and, ultimately, higher body mass index," says lead author Dr. Linda S. Pagani. "Between the ages of two and four, even incremental exposure to television delayed development."

For tips on how parents can promote good TV watching habits in their families, check out the Canadian Paediatric Society's [Growing and Learning](#) tip sheet. Among their recommendations:

- Limit daily TV watching to less than 1 to 2 hours a day. Remember less is best when it comes to screen time. Use your free time for other family activities—reading, visiting museums, walking, biking, or whatever you enjoy.
- Turn off the TV during meals, when visitors arrive and during study time. Don't use the TV as background noise.
- Children learn from what they see. The morals and values found in a TV show or on a commercial might be different from what you believe. Set a good example with your own viewing habits. You'll help your children learn your values and ideas.

--SOURCE: *Healthy Families, BC Council for Families; May 10, 2010*

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KIDS R RLY IN2 CEL FONEZ

According to a recent study conducted by the International Center for Media & the Public Agenda, when university students were asked to abstain from using all electronic media for 24 hours, many described the experience using language similar to that of someone suffering withdrawal from a substance addiction:

- "Although I started the day feeling good, I noticed my mood started to change around noon. I started to feel isolated and lonely."
- "I noticed physically, that I began to fidget, as if I was addicted to my iPod and other media devices, and maybe I am."

Similar levels of dependence on electronic technology may be spreading to younger teens and adolescents. Canada's [Media Awareness Network](#) found in a 2005 study that:



- Twenty-eight per cent of Grade 4 students use instant messaging on an average school day, a number that jumps to 43 per cent in Grade 5; by Grade 11 that number is 86 per cent.
- 6% of Grade 4 children said they owned a cellular phone; by Grade 11, the proportion reached 46%.

The Media Awareness Network advises that parents concerned about levels of internet and electronic media use by their children and teens should check out the [WebAware](#) website for tips on maintaining a healthy balance between entertainment media and other activities in their children's lives.

--SOURCE: *Healthy Families, BC Council for Families; May 10, 2010*

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SOCIAL DETERMINANTS OF HEALTH: THE CANADIAN FACTS

Social Determinants of Health: The Canadian Facts considers 14 topics, including income, stress and social exclusion as factors in Canadian Health. The report also outlines how Canada is addressing them and suggesting improvements.



The report reveals some serious statistics: "Over 40% of Canadians with disabilities are not in the labour force, forcing many of them to rely upon social assistance benefits; Canada ranks 27th of 29 in public spending on disability-related issues."

The report can be found for free online at www.thecanadianfacts.org

--SOURCE: CMHA BC Division, *Mind Matters, BC's Mental Health e news; May 2010*

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Resources

SERVICE DOGS

Pacific Assistance Dogs Society (PADS) Service Dog Breeze the Golden Retriever, and Tammy van der Kamp, Family & Individual Support Worker at the Cerebral Palsy Association of BC (CPABC) would like to let everyone know that the wait list to apply for a PADS Service Dog has been significantly reduced.

PADS trains service, hearing, and facility therapy dogs to become a source of support and independence for many individuals living with a variety of disabilities throughout Western Canada.

For more information please see www.pads.ca.

--SOURCE: *Pacific Assistance Dogs Society*

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EPILEPSY EXPLAINED FOR KIDS - MEDIKIDZ COMICS AND VIDEOS

The Medikidz are five young cartoon superheroes who explain medical conditions through comic books and animated videos. This series includes the comic book and video, *What's up with Wendy? Medikidz Explain Epilepsy*.

This series was developed by a team of physicians for children 10 to 15 years old. The comic books and videos provide clear and factual information that is easy to understand and engaging.

The series is meant to provide children with knowledge, self management skills, and empower them to take ownership of their epilepsy by reducing fear of the unknown.

Copies of the comic book are available to order from the [Medikidz website](#) or for loan from the [BC Epilepsy Society Resource Library](#).

To watch the Medikidz video, visit: <http://www.epilepsyandmychild.org/medikidz.html>

--SOURCE: *BC Epilepsy Society Email Newsletter; May 19, 2010*

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GAUGE YOUR SOCIAL MARKETING MATURITY

It's time to move beyond trial-and-error in social media and get serious about creating an effective social marketing strategy.

Download this 16-page excerpt from our new Social Marketing ROAD Map Handbook to start your strategic planning process. You'll find three data charts and three questions to help determine your organization's level of social marketing maturity. Plus, there's a definition of the Sherpa ROAD methodology.

To read the full 16 page excerpt, please visit: <http://www.marketingsherpa.com/heap/Soci...>

--SOURCE: P2PFundraising (People to People); P2P Issue 32

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JUSTICE EDUCATION SOCIETY RESOURCES

The Justice Education Society of BC produces a wide variety of public legal education programs and resources. Here's a look at some of the newest resources produced in the last year.

These include:

- new [website for immigrants](#) at ImmigrantLegal.ca
- [videos on Vancouver's Downtown Community Court](#) at www.justiceduacation.ca
- AdminLaw at <http://www.adminlawbc.ca/> is now multilingual
- a new website to help BC [kids deal with divorce or separation](#) at KidsBC.ca
- [Court Information Program for Immigrants website](#) at CourtInformation.ca, and
- [Explore the Youth Criminal Justice Act](#) was re-branded and launched as a distinct website at YCJA.ca.

For additional information, visit: <http://www.lss.bc.ca/elan>

--SOURCE: Legal Services Society, Electronic Legal Aid Newsletter for Community Workers; May 21, 2010

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THE SCIENCE OF EARLY CHILD DEVELOPMENT

The science of early child development encompasses the fields of neurobiology, genetics and the social sciences, including psychology, social work and medicine. Research conducted over the past few decades gives us a much better understanding of human brain development and the impact of experience from conception onwards. The first phase of life is one in which there are both great opportunities and great risks that can set trajectories across a lifetime. Early experiences affect how genes are expressed and how brain connections are built. Thus early life has a long reach forward.

A new brief from the Council for Early Child Development provides an overview of early brain development, including the sensitive periods of brain development and how early development impacts health, learning and behaviour.

To read the brief, please visit: <http://www.councilecd.ca>.

--SOURCE: First Call's Weekly Announcements, May 21, 2010

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BEST CHANCE NOW ONLINE

Just announced last week by BC's Ministry of Healthy Living and Sport, the launch of a comprehensive new website full of information for both new and expectant parents. The Best Chance website features information on healthy pregnancy, early child care and self care for parents.

The site was designed as an interactive, online alternative to the popular *Baby's Best Chance* books, which offer practical and easy-to-understand information on nutrition, safety, child development, and parenting. In addition the Ministry has announced that "a newly-revised version of *Baby's Best Chance: Parent's Handbook of Pregnancy and Baby Care*, funded by a one-time grant provided by Child Health BC, will be available through local health authorities to accompany information found on the Best Chance website."

For more information, visit the Best Chance website at www.bestchance.gov.bc.ca.

--SOURCE: *Healthy Families, BC Council for Families; May 10, 2010*

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CANADIAN CHILD CARE FEDERATION VIDEO FOR QUALITY CHILD CARE

The Canadian Child Care Federation is a federation of 20 provincial and territorial affiliate organizations. They have a new three minute video emphasizing the important role played by child care workers in our society, including the promotion of safety, early education, and policy advocacy.

To watch the video, visit: <http://www.youtube.com/watch?v=StNsg6Fr3LE>.

--SOURCE: *First Call's Weekly Announcements, May 13, 2010*

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ADHD MEDIASITE PRESENTATIONS

To bring about a greater understanding of Attention-Deficit Hyperactivity Disorder, the following presentations on ADHD Workshops are available at:

<http://phsa.mediasite.com/mediasite>

- ADHD - A Child Psychiatrist's Perspective
- ADHD and the Role of Primary Care
- ADHD from a Pediatrician's Perspective
- ADHD in the Classroom
- BC Interior Report - The Developing Vision of a Virtual Team
- Health Technology Assessment of ADHD Medications
- MCFD Community Mental Health Services for Children and Families with ADHD
- Meeting a Standard of Care - Summary of Day
- Morning Questions continued
- Tri - Cities Child and Youth Mental Health Services - Social Development Centre
- Vancouver Coastal Health - Welcome to the ADHD Parent Program
- Welcome & Introductions

Please note that a Live Mediasite presentation is fed through a US server and presentations captured for On Demand viewing are stored on a US server and is subject to US law, including Homeland Security provisions.

--SOURCE: Families in Touch Network, May 11, 2010

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Too Hot For Tots

This educational resource designed to increase caregiver awareness about the high risk of burn and scald injuries to children under the age of 5. It was developed by Frances MacDougall, an RN who has worked for many years as a clinical nurse on the Burn Unit at BC Children's Hospital.

After hearing many caregivers say they were not aware of the burn hazards in the home or how quickly their child could be injured, Frances developed an evidence-based resource for front line educators. This resource was developed with the guidance and support of Dr Cynthia Verchere, pediatric plastic surgeon and Director for BC Children's Hospital Burn Unit, the BC Professional Fire Fighters' Burn Fund, Safe Start, the injury prevention program of BC Children's Hospital and Safe Kids Canada.



A provincial launch of this program is planned for November 2010. Safe Start is contacting stakeholders to see if your agency has an interest in this resource.

A link (below) has been provided to the media site where you can view the video, *Too Hot for Tots* and the additional resources that have been developed. At this point in time, please be selective with whom you share this resource. An evaluation of Too Hot for Tots is being conducted by The BC Injury Research and Prevention Unit to see if this program has a significant impact on the knowledge, attitudes and practices of caregivers with regards to burn hazards.

[Click here, then enter the following password and user name to log on:](#)

USER NAME: BurnEducator

PASSWORD: noburnVideo

This educational resource includes the following:

(1) DVD - TOO HOT FOR TOTS This 16 minute DVD opens with Dr Verchere, explaining common burn injuries, where in the home they often occur and why children under the age of five are most susceptible. Simple, yet effective prevention strategies are provided as well as first aid treatment to reduce the severity of a burn.

EDUCATOR RESOURCE *The Educator Resource* is a self guided 15 minute power point presentation which was developed to provide public health nurses and educators with evidenced based information on pediatric thermal injuries.

(1) SAMPLE BROCHURE (PDF) This brochure mirrors the information in the DVD and provides viewers with take a home message. Each agency will be responsible for printing their own brochures. Printing specifications will be provided on the Safe Start and BC Professional Fire Fighters' Burn Fund web sites by September.

HOT WATER TEMPERATURE TESTING CARDS Safe Start will provide a supply of temperature testing cards for distribution to caregivers so they can test the temperature of their home hot water. The card can be used up to 100 times and has a five year expiry date. Please consider some sort of re-use program so that the cards can be used by many families.

SAMPLE POSTERS A set of four posters which high-light the *Too Hot for Tots* key messages (cost to be determined).

FREE DISPLAY PANEL LOAN Safe Start's free display loan is available for your community-based burn awareness campaigns. This display uses larger framed versions of the posters that can be used either as a table-top or floor display.

--SOURCE: Alyson McKendrick, Coordinator, Safe Start

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CAPC/CPNP RESOURCE ON REDUCING TEEN PREGNANCIES

On the Move was a two year project funded by the Public Health Agency of Canada and developed by the Community Action Programs for Children and Canada Prenatal Nutrition Programs. The resource guide includes strategies for mobilizing community, engaging youth, and youth engaging youth to reduce rates of teen pregnancy in Canada.

While designed for CAPC/CPNP project representatives, the resource contains useful strategies and research for many community workers and educators.

To read or download the guide, please visit: <http://www.phac-aspc.gc.ca>.

--SOURCE: First Call Weekly Announcements: May 27, 2010

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READ THE FOUNDATION CENTER'S 2009 PHILANTHROPY ANNUAL REVIEW

The Foundation Center released their *Philanthropy Annual Review 2009*, a report that features interviews with sector leaders, foundation giving statistics and trends, a roundup of relevant resources, and top news stories. The report also gives important statistics that provide a picture of the state of US foundation giving.

For more information, and to download the report, visit: foundationcenter.org. (PDF)

--SOURCE: CharityVillage, Village Vibes; May 25, 2010

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## **Training**

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HEALTH OF THE HOMELESS SUMMIT IN VANCOUVER

Health of the Homeless is a two day summit presented by the City of Vancouver, Vancouver Coastal Health, SFU and other organizations which will present the growing evidence of health challenges for people living in substandard housing.

Highlights are:

- Pan handling for change - personal experience and research in the community
- Mental health of the homeless - the BC Homelessness Survey
- Needs for care - mental ill in substandard housing, experiences in /Vancouver
- Harmful use of psychotropic substances among homeless in BC
- First experiences with the MHC demonstration project in Vancouver - interventions, recruitment, design
- Civic responses to homelessness and health
- Health care for vulnerable urban populations from a Canadian perspective
- Homelessness and health - primary and emergency care for vulnerable populations
- Addiction and mental health in the city
- Housing first, not housing only solutions and lessons learned
- Panel discussion - Solutions for Vancouver, addressing health and homelessness

Date: **June 21 and 22**
 Location: SFU's Morris J. Wosk Centre for Dialogue
 580 West Hastings
 Cost: \$150 for two day summit

To download the registration flyer, please visit: <http://www.fhs.sfu.ca/docs/news-and-events-items/>.

--SOURCE: First Call's Weekly Announcements, May 21, 2010

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CHINESE DIABETES HEALTH FORUM

The interCultural Online Health Network (iCON) presents is presenting a free public Chinese Diabetes Health Forum in *Mandarin* and *Cantonese*. The causes, prevention, treatment and management of Type 1 and Type 2 diabetes, healthy eating, exercise advice and much more will be explored.

This iCON event will use videoconferencing to connect health professionals and community members from *Vancouver, Victoria, Kelowna, and Prince George* in an interactive learning environment.

Please note that due to limited seating, pre-registration by phone or email is required.

Date: **Saturday, June 5, 2010**
 Time: 2 pm – 4:30 pm
 Location: University of British Columbia
 Clinical Academic Campus
 2312 Pandosy Street, Room: 237

To learn more or register, contact Rebecca Jagdis at rebecca.j@ubc.ca or 1.604.875.4111 ext. 69144.

--SOURCE: Dr. Kendall Ho, M.D., F.R.C.P. Director, eHealth Strategy Office, Faculty of Medicine, UBC and Associate Professor Faculty of Medicine, UBC

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LANGARA SEMINAR ON ENVIRONMENTAL AND SOCIAL SUSTAINABILITY

Vancouver's Langara College presents a weekend seminar called *Talking and Walking Sustainability*, which will emphasize the need to keep environmental and social justice on equal footing. The seminar will feature Adrienne Montani of First Call, Marc Lee of the Canadian Centre for Policy Alternatives, the

David Suzuki Foundation's Ian Bruce, and George Heyman of the Sierra Club and others. It takes place on **Friday, June 11** (evening only) and **Saturday, June 12**.

For additional information, please contact lkemp@langara.bc.ca or phone 1.604.323.5981.

--SOURCE: First Call's Weekly Announcements, May 21, 2010

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DISCOVER THE IMPORTANCE OF YOUR OWN SELF CARE AS A CARE GIVER

A practical working guide to help families and friends navigate the important details of everyday life while caring for a loved one at home during a chronic or debilitating illness.



This event being hosted by the MS Society of Canada- Okanagan Chapter features:

- Understanding the importance of self care and nurturing your soul
- Building a support system to suit your needs
- Help organizing important papers through the guidance of the Six Pillar process
 - Wills
 - Power of Attorney
 - Health Directive
 - Funeral Arrangements
 - Financial
 - Contacts
- Understanding the importance of who's who in home and community care making the caregiver's life easier
- Plus a practical guide on how to find resources and ideas that work

ABOUT THE AUTHOR: Lynn Longmuir was born and raised in the Scottish Borders. She and her husband Niall immigrated to Canada six days after they were married. Lynn is an educator, owner of a vocational school Healing Scents Holistic Clinic teaching aromatherapy. She runs a private practice of aromatherapy massage and reflexology, is a Registered Aromatherapist RA®, Essential Oil Therapist EOT® and Certified Reflexologist.

Lynn took care of her husband Niall at home who has had Multiple Sclerosis for twelve years. Niall passed on peacefully with love at home January 13th 2009.

Lynn's goal is to help people to be an advocate for themselves as well as for their loved ones, and to take charge of their lives during difficult times: to be assertive and unafraid.

Following the steps in this manual made her life easier and simpler as the days went by. She wants to be a coach and a consultant and to help others work through this manual. She wants to share her first-hand knowledge with others in similar circumstances.

Date: **June 26, 2010**
Time: 1pm - 3pm
Location: St. Aidan's Anglican Church
380 Leathead Road
Cost: FREE!

Seating is limited, so please register early by contacting Shannon at shannon.thomas@mssociety.ca or 250.762.5850.

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PLAN OKANAGAN: RDSP WORKSHOP

PLAN Okanagan will hit the road to showcase 'RDSP for the Future' - a new outreach initiative, designed to offer financial support to families who live with disabilities - we will be presenting in Kelowna, Penticton and Salmon Arm. The Registered Disability Savings Plan or RDSP is a unique savings program that allows savings to grow in a tax-deferred environment and provides matching federal contributions of up to 300% annually. Passed in December of 2008 and first-of-its-kind worldwide, the RDSP is - with the help of PLAN (Planned Lifetime Advocacy Networks) - in full swing, and has already helped 14,000 of families across Canada.

Jack Styan, Executive Director of PLAN, describes the Registered Disability Savings Plan, as 'changing lives, one family at a time.' He went on to explain that the number of families the RDSP has touched, have more than doubled in the last year alone. "The biggest challenge we face at PLAN, , is getting the word out about the RDSP" Styan explains; "the 'RDSP for the Future' outreach initiative was designed to help inform the families that could benefit the most from the Registered Disability Savings Plan. There are still so many families in need, who have no idea that something like this even exists." With over 500,000 Canadians (1 in 6) having a disability, the RDSP is being heralded as the 'most powerful tool for someone with a disability in securing financial stability for the future.'

Date: **June 7, 2010**
Time: Doors open at 6:45 pm
Location: The Ramada Hotel Kelowna
2170 Harvey Avenue (across from Orchard Park);

To register for this session, or for any other inquiries, please contact PLAN at 1.604.439.9566 or visit their website at www.forthefuture.ca.

--SOURCE: Mary Bickert, PLAN Okanagan

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WORKPLACE MENTAL HEALTH PROMOTION HOW-TO WEBINAR

The Health Communication Unit and the Canadian Mental Health Association of Ontario invite you to register for a half-hour webinar on workplace mental health promotion. The online event will provide a brief introduction to the "Workplace Mental Health Promotion: A How-To Guide" website, an online resource that provides workplace intermediaries with well-researched information on improving the health of individuals and organizations.

Date: **Tuesday, June 22, 2010**
Time: 9:30 am - 10 am

To register for the event, visit www.thcu.ca/workplace.

The complete how-to guide is available at wmhp.cmhaontario.ca.

For more information on workplace mental health, visit the Mental Health Works website at www.mentalhealthworks.ca.

--SOURCE: CMHA BC Division, Mind Matters, BC's Mental Health e news; Volume 84: May 2010

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ABORIGINAL MENTAL HEALTH CONFERENCE

The goal Networks for Aboriginal Mental Health Research is to enhance research capacity to address the mental health concerns of Aboriginal communities and organizations across Canada. To that end, they aim to build strong partnerships between communities and academic researchers.



NAMHR is looking for people interested in presenting their current research or project at their Annual Conference, and are accepting expressions of interest from Aboriginal mental health researchers, students and Aboriginal communities and/or organizations people looking to present papers, presentations, or posters.

Potential themes include: cultural safety, mental health promotion projects, narrative as a mental health tool, and they would like to highlight West Coast people and projects.

Date: **June 22 and 23, 2010**
Location: UBC First Nations Longhouse
1985 West Mall
Vancouver, BC
Cost: FREE
Registration: **Before June 11th.**

To learn more about the conference, contact Colette Isaac at 1.514.340.8222 ext.5244 or email Colette.isaac@mail.mcgill.ca. You can also check out their website at www.namhr.ca for more details.

Want to learn more about Aboriginal mental health? Read the issue of Visions on Aboriginal People at www.heretohelp.bc.ca.

--SOURCE: CMHA BC Division, *Mind Matters, BC's Mental Health e news; Volume 84: May 2010*

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BRAIN DEVELOPMENT AND LEARNING CONFERENCE

In July, Vancouver will host the Brain Development and Learning Conference: Making Sense of the Science. The conference is dedicated to improving the lives of children by presenting and sharing research on a broad spectrum of topics, including child psychology and adolescent mental health, with those who work with children on a daily basis.



Details have yet to be announced about the registration fees and dates, but be sure to visit the conference [website](#) or [blog](#) for more details as they arrive.

--SOURCE: CMHA BC Division, *Mind Matters, BC's Mental Health e news; Volume 84: May 2010*

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PUBLIC LEGAL EDUCATION COURSE IN VICTORIA

West Coast LEAF is holding a practical public legal education course designed for all activists, advocates, and community service providers who would like to learn about human rights law, equality rights, and how to develop legal strategies to address the impact of systemic discrimination.

Date: **June 16 and 17**

Location: BCGEU Victoria Office
2994 Douglas St
Cost: \$100, fee and subsidies are available

For additional information, contact Deanna Ogle at 1.866.737.7716 or education@westcoastleaf.org.

--SOURCE: First Call's Weekly Announcements, May 27, 2010

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Volunteerism

VOLUNTEER FAIR

Exciting changes are in store for the 13th Annual Okanagan Volunteer Opportunities Fair to be held **Saturday, September 18**, from 10 am to 3 pm at the Parkinson Recreation Centre.



Volunteerism will be featured across our sector to present an entirely new level of exposure for our community.

- ✓ A Volunteer: Speed Matching event, along the lines of Speed Dating, will challenge individuals and agencies to learn as much as they can about each other in three minute segments.
- ✓ Beyond 50 Magazine is partnering with the Fair to produce a special issue of Volunteering Okanagan Style that will be distributed to 10,000 locations, including every business registered with Canada Post. This special issue will promote your organization's mission and volunteer opportunities as well as include articles about business-employee volunteer programs.
- ✓ An additional 3,000 copies will be used year round for distribution through Welcome Wagon and other key organizations.
- ✓ A Lunch and Learn will also provide training and support to participating agencies in designing your one minute elevator pitch prior to the Fair.
- ✓ All of this for \$50.

Contact Dawn Anthony at Kelowna Community Resources for your registration package at 250.763.8008 ext.25 or email dawn@kcr.ca

--SOURCE: D. Wilkinson, Kelowna Community Resources (Community Information & Volunteer Centre)

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ADVANCED VOLUNTEER MANAGEMENT INSTITUTE BACK FOR 4TH YEAR

For the fourth consecutive year, the [Advanced Volunteer Management Institute](#) (AVMI) will be held in conjunction with the [National Conference on Volunteering and Service](#). This learning opportunity for experienced volunteer resource managers will be held this year on June 26 and 27 in New York City. Join facilitators Martin J Cowling, Susan Ellis, Rick Lynch, Steve McCurley and Betty Stallings in this high-level, engaging, and enlightening exploration of advanced topics in volunteer program management for nonprofit, government and community organizations. Participants will:

- Explore cutting-edge approaches for effective volunteer engagement

- Focus on the challenges facing volunteer programs in our rapidly changing world
- Engage in individualized conversations with other advanced volunteer program managers

For details on the AVMI agenda, go to: <http://www.volunteeringandservice.org/plan/advanced-volunteer-management-institute.cfm>.

Attendance for the two-day event costs \$200 (\$150 for HandsOn Network members). Although you register through the National Conference form, you may attend the AVMI without paying for the full conference, which runs from **June 28 to 30**.

To register, go to: <http://www.volunteeringandservice.org/register.cfm>.

--SOURCE: *Energize Volunteer Management Update, May 2010*

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SUSAN'S TIP OF THE MONTH: GET GOVERNANCE VOLUNTEERS TO INTERACT

It's the time of year when organizations run conferences, special events, and volunteer recognition functions. Such gatherings are great opportunities to educate board volunteers about what other volunteers/members are doing, connect the board directly with a range of people who have opinions about the organization, and make the board visible to other stakeholders.

The main goal is for the board to simply mingle, talk and listen. Accomplishing this, however, takes planning. Here are some suggestions:

- Don't keep the board together as a group at any event. Instead, scatter them to seats at different banquet tables, have each attend different concurrent workshops, and even sit randomly throughout the hall at a plenary session. Then, encourage informal conversation, but with a purpose: Agree on one to three questions that every board member will ask participants during the course of the event, so that afterwards you can share frequent responses.
- Make sure board volunteers are identifiable by special nametags, color codes, or ribbons. Give the average member a fighting chance to recognize and talk with them.
- Limit private meetings to conduct board business during events as which other attendees may perceive such absence from the room as conveniently avoiding interaction with members. Even if this is a false assumption in terms of motive, board members who are kept in private meetings simply cannot be talking to members at the same time. Hold board meetings before or after, but allow board members the freedom to actually participate in the event itself.
- Depending on the personalities of board volunteers and the culture of your organization, add some fun into the proceedings. Rotate officers at the podium for introductions or moderating panels, but have them introduce themselves with a short anecdote about their most memorable organization moment, why they ran for the board, or what mistakes they made in the past. Or have them hand out gag gifts as special recognition to selected members. Or dress them in costumes. Whatever works in your situation.

It's the board chair who establishes board culture and therefore has the responsibility of assuring that the sort of staying-connected activities described here become a natural expectation of the role of any board member. The chair models behavior, of course. Does the chair stand on ceremony, keeping staff and volunteers distant and rarely mingling informally? Most leaders do not intentionally act regal. At a minimum, you can suggest more effective ways to interact at an event focused on volunteers for the purpose of celebrating the contribution of time and expertise. Maybe your executive can then keep the momentum going!

--SOURCE: *Energize Volunteer Management Update, May 2010*

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