



Monthly Bulletin – June 2014

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KCR Highlights

- [MODIFIED KCR BULLETIN](#)
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Modified KCR Bulletin

KCR will be running a modified Bulletin with reduced categories and topics from June until August.

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

2014 Okanagan Volunteer Opportunities Fair

Registration is Now Open!

Saturday, September 20th, 2014

9:00am – 3:00pm

Parkinson Recreation Centre, 1800 Parkinson Way, Kelowna

This annual event — now in its 17th year — draws 75+ local non-profit organizations who need volunteers to support the programs and services that make our community a better place to live. They are looking forward to meeting and talking with new volunteers face-to-face and providing all the information they need to find their volunteering 'home'.

For volunteers, this event represents a one-of-a-kind opportunity to learn about each organization, and how their personal involvement can make a difference in our community. One stop, with all the answers they need to make their choice (Or choices!) on where they will give of their time. At the Fair, we all come together to help make Kelowna a great place to live!

Cost is \$50 per organization.

This fee includes:

- Attendance at the Lunch and Learn, held on August 28th focused on 'The Golden Circle'
- Display space at the fair
- 1/6th page advertising to promote your organization's volunteer opportunities in the Get Involved magazine

[Register Today!](#)

-Source: KCR, May 2014

Workshop: Overview of Volunteer Management 2014

Date: October 27 & 28, November 3 & 4

Time: 9:00am – 4:00pm

Location: KCR – Training Room, #120 – 1735 Dolphin Avenue

Cost: \$199

[Register Now](#)

This 4-day workshop will help you attract and retain volunteers. Content is based on Canadian research, best practices and the Canadian Code for Volunteer Involvement. [Read more](#) about the 8 modules.

-Source: Dawn Wilkinson, Community Services Manager, KCR, May 2014

Workshop: Fund Development Overview

This is a brand new 4-day course for the Central Okanagan will help you increase revenue to your organization. Content is based on Canadian research and best practices in the field. [Read more about the 8 modules](#)

Dates: September 29th & 30th and October 6th & 7th

Time: 9:00am – 4:00pm

Cost: \$199

Location: KCR – Training Room, #120 – 1735 Dolphin Avenue

[Register Now](#)

-Source: Dawn Wilkinson, Community Services Manager, KCR, June 2014

Workshop: Facilitator Training – Beyond the Basics

Date: August 14, 2014

Time: 1:30pm – 4:30pm

Cost: Free

Location: KCR – Training Room, #120 – 1735 Dolphin Avenue

[Register Now](#)

This 3 hour workshop is aimed at facilitators who have lead training sessions in the past and are looking to build on their experiences. Participants will engage in role-play, as well as giving and receiving constructive feedback.

Learning Outcomes

Participants in this workshop will walk away with the following:

- The ability to categorize their own (and others) learning preferences using the VARK approach by recognizing key learner behaviours and actions
- The knowledge to consciously create a learning environment that is most appropriate to an adult learning audience through role-play and discussion
- A personal assessment of their own current method of planning a training session relative to training best practices

- A personal strategy for dealing with challenging participant situations through role-play and group discussion

Facilitator

Kerry Rempel, MBA, BPE, Professor, Okanagan School of Business, Okanagan College

-Source: Dawn Wilkinson, Community Services Manager, KCR, June 2014

Workshop: PREB Website Training

3 Date Options: [October 8](#); [November 5](#); [December 3](#)

Time: 1:00pm – 3:00 pm (Same for all 3 workshops)

Place: KCR – Training Room, #120 -1735 Dolphin Avenue, Kelowna

Cost: \$20 – Max 20 per workshop

Facilitator: Dawn Wilkinson

Become certified to use the PREB Website. This is Volunteer Canada's volunteer recognition program. Nonprofit organizations must participate in training and then agree to be listed on the PREB website as part of their agreement to gain access to this secured site.

PREB allows your organization to:

- Provide recognition to their volunteers by highlighting their skills and showcasing the tasks accomplished
- Help volunteers in their job searches by describing, in specific professional terms, their volunteer experiences to potential employers
- Draft job descriptions that are clear and well-constructed in order to increase the recruiting, managing and retaining of volunteers

Laptops will be provided to enable participants to set up accounts, navigate the PREB site and begin creating certificates for their volunteer programs.

-Source: Dawn Wilkinson, Community Services Manager, KCR, June 2014

Safe Harbour Program Information

Safe Harbour: Respect for All is a long-standing AMSSA program that puts vision into action: creating opportunities for storefront businesses, institutions, agencies, and municipalities to celebrate our differences, helping to create more welcoming communities that support diversity and reject discrimination. The Safe Harbour: Respect for All designation allows organizations to demonstrate their inclusive values to their employees, customers or clients and their communities.

For further information regarding the Safe Harbour Program, please contact Luc Bergeron – Okanagan Safe Harbour Program Coordinator at 250.763.8008 x122 or luc@kcr.ca.

-Source: Luc Bergeron, KCR, June 2014

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AGM's

- [KELOWNA WOMEN'S SHELTER AGM](#)

Kelowna Women's Shelter AGM

Date: Monday, June 23rd, 6:30pm

Location: Okanagan Centre for Learning, 1000 KLO Road

Business to be transacted includes presentation of the 2013 Audited Financial Statements and election of Board Directors.

RSVP if attending to community@coess.ca.

-Source: Kelowna Women's Shelter, 6 June 2014

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Employment

- [OFFICE & COMMUNICATIONS COORDINATOR](#)

Office & Communications Coordinator

Since 1977, the Central Okanagan Foundation (COF) has been providing an ongoing contribution to the quality of life in our community through building endowments, grant making and community leadership. We bring donors and charities together to provide for the needs of our community today, tomorrow and forever.

The COF is looking for a communications and organizational specialist. If you enjoy working with the general public, can see yourself as the first point of contact for our donors, grantees and volunteers and are comfortable liaising with the media, we would like to talk to you. The successful candidate will coordinate and support the COF's communications initiatives including print, video and event productions, be integral in our online presence through social media and our website and provide support within our small team.

If you have:

- Outstanding organizational abilities with an eye for detail
- Excellent communication and presentation skills, both verbal and written
- Superior computer skills with a deep understanding of Microsoft Office and a working knowledge of programs such as Dropbox, YouSendIt, Adobe Acrobat, Photoshop & InDesign
- Innovative problem-solving skills
- Ability to work effectively on their own and within a strong team environment
- A knowledge of the charitable sector and the desire to work with an organization that is making a positive impact in our community
- Post-secondary education in a related field or the equivalent experience

This is a full time position (37.5 hours per week) with competitive salary and benefits. Regular office working hours are Monday through Friday, with some evening work. If this opportunity inspires you and you can see yourself making a positive impact in how the COF serves this community, please send your resume to careers@centralokanaganfoundation.org before the Closing date of June 24, 2014.

We appreciate all expressions of interest however; only candidates selected for an interview will be contacted. For more information about the COF, please visit centralokanaganfoundation.org.

-Source: Central Okanagan Foundation, June 2014

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Financial

- [INFORMATION SESSIONS – NEW HORIZONS FOR SENIORS PROGRAM](#)
- [DISABILITY TAX CREDIT PROMOTERS RESTRICTIONS BILL](#)

Information Sessions – New Horizons For Seniors Program

The [New Horizons for Seniors Program](#) offers grants of up to \$25,000 for projects led or inspired by seniors that make a difference in communities and in the lives of others. Information Session locations and dates can be found below.

To register for an IN PERSON SESSION call 1.866.717.5842 and provide the following information:

Information Session Location & Date:

Your Name:

Your Organization Name:

Your Phone Number:

Your Email:

Requested Number of Seats*:

*Seating may be limited

To register for a TELECONFERENCE SESSION call 1.866.717.5842 and provide the following information

Teleconference Date:

Your Name:

Your Organization Name:

Your Phone Number:

Your Email:

TELECONFERENCE SESSION DETAILS

Date: June 10, 2014

Time: 9:00AM – 10:30AM

Conference Call Number: 1-877-413-4782

Conference Call ID Number: 3888435#

Date: June 12, 2014

Time: 10:30AM – 12:00PM

Conference Call Number: 1-877-413-4782

Conference Call ID Number: 3888435#

Date: June 12, 2014

Time: 1:30PM – 3:00PM

Conference Call Number: 1-877-413-4782

Conference Call ID Number: 3888435#

Date: June 16, 2014

Time: 2:00PM – 3:30PM

Conference Call Number: 1-877-413-4782
Conference Call ID Number: 3888435#

Date: June 25, 2014
Time: 1:00PM – 2:30PM
Conference Call Number: 1-877-413-4782
Conference Call ID Number: 3888435#

IN-PERSON SESSION DETAILS

Castlegar
Date: June 10, 2014
Time: 2:00PM – 3:30PM
Address: Kootenay Career Development, Suite B – 1020 Columbia Ave.

Trail
Date: June 11, 2014
Time: 2:00PM – 3:30PM
Address: Service Canada Centre, 101-1101 Dewdney Ave.

Grand Forks
Date: June 12, 2014
Time: 1:00PM – 2:30PM
Address: Community Futures Development Corporation of Boundary Area, 1647 Central Ave.

Nelson
Date: June 11, 2014
Time: 9:30AM – 10:30AM
Address: Service Canada Centre, Chahko Mika Mall, 1125 Lakeside Dr.

Creston
Date: June 10, 2014
Time: 9:00AM – 10:30AM
Address: Kootenay Employment Services, 117-11th Ave. N.

Williams Lake
Date: June 4, 2014
Time: 2:00PM – 3:30PM
Address: Service Canada Centre, 79 – 4th Ave. S.

Quesnel
Date: June 4, 2014
Time: 9:00AM – 10:30AM
Address: Service Canada Centre, 283 Reid Street East

100 Mile House
Date: June 5, 2014
Time: 10:00AM – 11:30AM
Address: South Caribou Recreation Centre, 175 Airport Rd.

Merritt
Date: June 18, 2014

Time: 11:00AM – 12:30PM

Address: City Hall main floor, Community room, 2185 Voght St.

Penticton

Date: June 9, 2014

Time: 9:00AM – 10:30AM

Address: Service Canada Centre, 101-386 Ellis Street

Vernon

Date: June 10, 2014

Time: 10:00AM – 11:30AM

Address: Service Canada Centre, 3202 – 31st Street

Vernon

Date: June 10, 2014

Time: 1:00PM – 2:30PM

Address: Service Canada Centre, 3202 – 31st Street

Salmon Arm

Date: June 19, 2014

Time: 1:00PM – 2:30PM

Address: Service Canada Centre, 191 Shuswap St NW

Revelstoke

Date: June 17, 2014

Time: 9:00AM – 11:30PM

Address: WorkBC – Revelstoke Employment Services, 117 Campbell Ave.

Kamloops

Date: June 11, 2014

Time: 9:00AM – 10:30AM

Address: Service Canada Centre, 520 Seymour Street

Barriere

Date: June 11, 2014

Time: 1:00PM – 2:30PM

Address: WorkBC – 4629 Barriere Town Road

Kelowna

Date: June 10, 2014

Time: 1:30PM – 3:00PM

Address: Service Canada Centre, Room 106 – 471 Queensway Ave

Kelowna

Date: June 19, 2014

Time: 9:30AM – 11:00AM

Address: Service Canada Centre, Room 106 – 471 Queensway Ave

Prince George

Date: June 16, 2014

Time: 9:00AM – 10:30AM

Address: Service Canada Centre, 1363 – 4th Ave

Vanderhoof
Date: June 16, 2014
Time: 2:30PM – 4:00PM
Address: WorkBC – Progressive Employment Services Ltd, 139 – 1st St. E.

Mackenzie
Date: June 17, 2014
Time: 1:00PM – 2:30PM
Address: WorkBC – College of New Caledonia, CNC Boardroom, 540 Mackenzie Blvd.

Valemount
Date: June 18, 2014
Time: 11:00AM – 12:30PM
Address: WorkBC – Valemount Community Classroom, 99 Gorse St.

Prince Rupert
Date: June 10, 2014
Time: 2:00PM – 3:30PM
Address: Service Canada, 100-215 – 3rd St.

Terrace
Date: June 11, 2014
Time: 10:00AM – 11:30AM
Address: Service Canada, 4630 Lazelle Ave.

Kitimat
Date: June 11, 2014
Time: 2:00PM – 3:30PM
Address: WorkBC – Kitimat Community Services Society, 562 Mountainview Sq.

Smithers
Date: June 12, 2014
Time: 10:00AM – 11:30AM
Address: Service Canada, 1020 Murray St.

-Source: Service Canada, 30 May 2014

Disability Tax Credit Promoters Restrictions Bill

On May 29, 2014 [Royal Assent](#) was granted to [Bill C-462](#), which restricts the fees charged by promoters of the disability tax credit. This will be of interest to organizations working with Canadians with disabilities.

-Source: Imagine Canada, Early Alert Newsletter, 2 June 2014

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Housing

- [NEW: CANADIAN HOUSING FIRST TOOLKIT FOR COMMUNITIES](#)
- [SAYING YES](#)
- [AT HOME IN MEDICINE HAT: OUR PLAN TO END HOMELESSNESS](#)
- [SNBC CLIENT PRIVACY SURVEY](#)
- [SUPPORTING HOMELESS PEOPLE TO START, STAY IN, AND THRIVE AT WORK](#)

NEW: Canadian Housing First Toolkit for Communities

The toolkit provides useful “how to” information based on years of experience that can help community groups and individuals to develop and implement Housing First programs.

WHO CAN USE THIS TOOLKIT?

Practitioners, planners, government policy-makers, researchers, and people with lived experience of homelessness and/or mental health working in the housing/ homelessness sector, health/mental health sector, and stakeholders in related sectors.

HOW TO USE THE TOOLKIT

Toolkit team member, Tim MacLeod, [explains how to use the toolkit website](#).



[Visit the Toolkit Website](#)

-Source: Homeless Hub, Newsletter, 3 June 2014

Saying Yes

Effective Practices for Sheltering Abused Women with Mental Health and Addiction Issues
This report shows how policy and practice innovations are opening shelter doors for abused women with mental health and addiction challenges. The study documents research by YWCA Canada into changes adopted by violence against women shelters and transition houses to provide wider access for this population of abused women, and reduce their risk of homelessness.

The study was carried out in two phases. The first involved site visits and extensive interviews with shelter directors, program managers and frontline staff of seven shelters. Phase Two of the engaged an additional eleven shelters from across Canada in a conversation about their own experience and what they would add to the phase one dialogue. This study aims to not only address a gap in services but also disseminate this information widely for the consideration of shelters across Canada.

[View the Report](#)

-Source: Homeless Hub, Newsletter, 22 May 2014

At Home in Medicine Hat: Our Plan to End Homelessness

In 2010 Medicine Hat launched their 5 Year Plan to End Homelessness and became one of the first Canadian cities to commit to ending homelessness using the Housing First approach. The Plan laid out their vision, key principles, and core strategies to realize this vision. There has been a considerable progress made since then as indicated by reductions in shelter use, the number of homeless housed and maintaining housing, as well as a number of measures introduced to restructure the Homeless-Serving System in Medicine Hat.

This report details the encouraging results of the Medicine Hat community and lays out the strategies that can help them meet their goals in 2015.

[View the Report](#)

-Source: Homeless Hub, Newsletter, 15 May 2014



SNBC Client Privacy Survey

[SNBC's Client Privacy survey](#) has been created to help SNBC identify sector training needs pertaining to client privacy. SNBC's Client Privacy survey consists of 12 questions and can be completed quickly. The results of this survey will be posted on SNBC's website mid-June.

Many thanks for your support of SNBC!

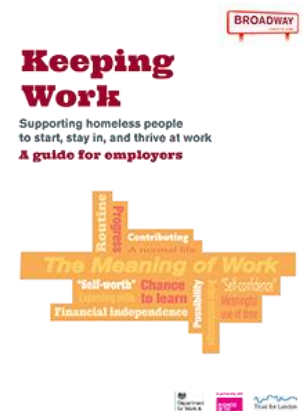
-Source: Elaine Allan, Executive Director, ShelterNetBC, 22 May 2014

Supporting Homeless People to Start, Stay in, and Thrive at Work

For many homeless people, work is a central part of their journey away from homelessness. It can build self-esteem, enable financial independence and bring a sense of meaning and possibility to people's lives. Almost all homeless people want to work, but very few do. And those who do work can find it hard to sustain their jobs over the longer term. Employers and managers can play a vital role in helping people make work part of their journey out of homelessness. This report highlights ways in which your organisation can help homeless people thrive at work.

[Read the Report](#)

-Source: Elaine Allan, Executive Director, ShelterNetBC, 22 May 2014



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Local

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- [FREE PRESENTATION – EXERCISE AND THE BRAIN](#)
- [DROP IN ADULT GRIEF SUPPORT GROUP](#)
- [ELEVATION OUTDOORS: LEARN TO SAIL AND LIVE TO RIDE](#)
- [PUSHOR MITCHELL OKANAGAN CONFERENCE ON BRAIN INJURY](#)
- [SNBC & SOLES4SOULS CANADA](#)
- [GAUDI IN THE GARDEN – COMMUNITY GARDEN PUBLIC ART PROJECT](#)
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- [KELOWNA CELEBRATES 10TH ANNIVERSARY OF THE SENIORS SAFETY FAIR](#)
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Ultimate Auction for Braintrust Canada

BrainTrust Canada has an exciting new fundraiser this Saturday June 7th at Auction World (Sexsmith road, Kelowna). It is called the ULTIMATE AUCTION.

There will be an amazing array of LIVE auction items with something for everyone including:

- Over 12 vehicles from dealerships around the Okanagan
- A TRIP TO Puerto Vallarta Mexico courtesy of WestJet
- HOT TUB courtesy of Atlantis Spa
- Double Magnum of WINE from Burrowing Owl
- Signed NHL JERSEY from Detroit Red Wings Henrik Zetterberg (and other NHLers)
- Signed ROCK LEGEND GUITAR
- 2 Ultimate DATE NIGHTS: Date night #1 includes Sarah McLachlin concert tickets/Waterfront Wines/overnight at the Delta Grand; Date Night #2 includes a limo ride, bouquet of roses, dinner at Ric's Grill and evening at the Okanagan Symphony
- Jewelry from Sandberg Jewelry
- Wheelbarrow of Tree Beer
- Golfing at The Quail Golf Course
- and more...[check here](#) for all the auction items

We are indebted to Abe and Gail Kroeker, owners of Auction World, for their generous commitment to our cause and their willingness to step up and help us create this unique new fundraiser in 2014. Gabe has personally obtained many of the items himself. As you know, brain injury remains one of the most prevalent and complex health and social issues facing society, however funding continues to fall significantly short of the need. At BrainTrust Canada we are committed to the provision of excellent services in both prevention and personal support, and we cannot do it alone. Please consider coming out to the event for some fun action – and help to spread the word!

-Source: Maribeth Friesen, CEO, BrainTrust Canada, 4 June 2014

FREE Presentation – EXERCISE AND THE BRAIN

Sponsored by the ACTIVE CHOICES PROGRAM

Presenting the latest research

Benefits of regular physical activity:

- Memory Maintenance
- Manage Glucose levels
- Maintain Balance
- Manage stress
- Maintain independence
- Manage Pain
- Maintain executive function
- Manage medication

Date: Thursday, June 12th, 7:00pm – 9:00pm

Location: Bunches Bistro, 111 – 1889 Springfield Road (Springfield & Spall)

Door Prizes!

Call Angela, 1.877.522.1492 or 604.522.1492 or angela.activechoices@shaw.ca for more information. Early registration is recommended.

Research suggests that the brains can repair themselves if we keep the body moving (Dr. John Ratey)

The price of physical inactivity is very high, and is estimated to cost BC \$573 million every year (Colman and Walker).

-Source: Angela Sealy, Coordinator, Active Choices, University of Victoria, 29 May 2014

Drop In Adult Grief Support Group

Day Time Drop In Group

May 29th thru Summer – check regarding fall dates

Date: Thursdays, 1:00pm – 3:00pm

Location: 104- 1456 St Paul Street

The weekly Drop In Adult Grief Support Group is open to anyone who has lost a loved one, even if the loss occurred outside of Hospice House. The group is a safe space in which you can share your journey and receive support from others. It is about listening and being heard, rather than fixing. Groups are facilitated by COHA volunteers.

There is no cost to participate and no need to pre-register; the only requirement is to protect the confidentiality of the group outside of meetings.

For more information, contact our office 250.763.5511 or email bereavement@hospicecoha.org

-Source: Pauline Weninger, Bereavement and Complimentary Care Coordinator, Central Okanagan Hospice Association, 23 May 2014

Elevation Outdoors: Learn to Sail and Live to Ride

This June we will embark on our first official Elevation Outdoors Learn to Sail program! Youth will participate in the sailing program twice a week through the Kelowna Yacht Club. Personal and Social Development Curriculum for this course will include working on Teamwork, Communication, Keeping Calm, Confidence, Problem Solving and Independence. We are excited for this new program to take to the waters and to watch these youth develop their sailing and personal skills in the process!

We will, once again, be offering Live To Ride mountain biking this July and August. Up to 12 fortunate youth will take part in a variety of mountain biking excursions around the Okanagan Valley, from cross country trails in Rose Valley, to downhill mountain biking at Silverstar, we will test many terrain options as well as explore the young people's character in Commitment, Direction, Safe Risk Taking, and Self Esteem. It should be another great year on the bikes!

-Source: Elevation Outdoors, Newsletter, 22 May 2014

Pushor Mitchell Okanagan Conference on Brain Injury

June 12 & 13th, UBCO

An opportunity for professionals, family members, caregivers and persons with brain injury to acquire world class information on the subject of brain injury and wellness.

Hello again – we are three weeks away from the Pushor Mitchell Okanagan Conference on Brain Injury!

In the spirit of making this conference more financially accessible, we have recently reduced our rates. We will refund the difference to anyone who has already registered in order to be fair.

We would also like to remind you of our special invitation to join us for Dr. Jane Topolovec-Vranic, as she presents on "The inter-relationship between homelessness and traumatic brain injury" on Thursday, June 12th at 3:15. The cost for this 'mini-event' within the conference is \$20 and includes the Tapas Reception and Comedy & Dessert Night immediately following her presentation.

-Source: Maribeth Friesen, CEO, BrainTrust, 22 May 2014

SNBC & Soles4Souls Canada

The Soles4Souls program is a non-profit organization, based in Kelowna, that donates new and slightly used shoes to service providers that work with clients in need.

Last year, the Soles4Souls program was able to distribute over 1,500 pairs of shoes, boots and sandals to 18 SNBC member agencies.

If you would like to connect with the Soles4Souls program, and order some shoes for your clients, please contact Jim Belsaw directly at info@soles4soulsCanada.com.

-Source: Elaine Allan, Executive Director, ShelterNetBC, 22 May 2014

Gaudi in the Garden – Community Garden Public Art Project

Gaudi in the Garden is a project in partnership with local artist Wanda Lock, Roxana Adams of SOL Art in the Garden and Central Okanagan Community Gardens. Cool Arts Society will be inviting all community volunteers to join us in beautifying the St. Paul Community Gardens located at the corner of Cawston and St. Paul.

This public art project; generously funded by the City of Kelowna, was inspired by the tile mosaics of architect Antonin Gaudi. We invite you to save and donate any coloured tile and broken or chipped porcelain for this project. We also invite you to join us for the installation of the mosaics under the direction of Wanda Lock. Imagine immortalizing a broken piece of Grandma's china plate! Anyone can donate. Anyone can participate.

Cool Arts participants can register for workshops by emailing info@coolarts.ca. To donate coloured tile and/or patterned porcelain and china plates, email info@coolarts.ca or call Rena at 250.899.6381.

-Source: Cool Arts Society, Newsletter, 20 May 2014

Shaved-head Fundraiser for Cool Arts Society

Local Kelowna residents Rita Romei and her son Mark are pledging to shave their heads in support of Cool Arts Society, an organization dedicated to providing fine arts opportunities to adults with developmental disabilities living in the Central Okanagan.

"My son, Mark (age 11) and I, wanted to do something to benefit people with special needs," says Rita, "My niece, Shameera has special needs and attends school at Rutland Senior Secondary. She's currently too young to participate in Cool Arts, but she's a very talented artist and I'm really excited that she'll have the opportunity to continue to develop as an artist when she's an adult.

Rita participated in her first shaved-head fundraiser 5 years ago, for Balding for Dollars. The money raised went to BC Children's Hospital and the hair went to Wigs For Kids. This year, she saw the opportunity to benefit two causes with her head-shave.

"'Sham', is definitely the inspiration for this event!" notes Rita.

"I am planning to send the hair to Wigs for Kids again. Hopefully, this event will create more public awareness for people with special needs and the programming Cool Arts has to offer."

As a not-for-profit society and registered Canadian Charity, Cool Arts relies on donations, sponsorships and grants to continue to run our programming.

"We are always looking for fun and creative ways to raise both money and awareness for Cool Arts," says Shauna Oddleifson, Cool Arts President. "We are thrilled to have Rita and Mark pick us as the charity for the pledges for shaving their heads."

Money raised from this event will go to support Cool Arts' upcoming Digital Media Program. Event will take place at 555 Fuller Avenue, Saturday, June 28th at 2:00pm. Rebecca Reynolds of Cream Salons is donating her time to the event.

If you are interested in pledging Rita or Mark, please contact us at info@coolarts.ca. For more information about Cool Arts, visit our web site at www.coolarts.ca.

-Source: Cool Arts Society, 12 May 2014

Kelowna Celebrates 10th Anniversary of the Seniors Safety Fair

Kelowna's Seniors Outreach & Resource Centre announces the 10th Anniversary of the Seniors Safety Fair.

This year's event takes place on Wednesday, June 11th, 2014, from 9:30am until 1:00pm at Trinity Baptist Church, 1905 Springfield Road (at Spall).

Admission is FREE to the Public and includes access to two important information sessions: One dealing with Estate Planning – Wills, Representation Agreements and Powers of Attorney and a second presentation that will highlight the latest information from Service Canada related to Pensions and Related Benefits.

The Senior Safety Fair will feature over 50 Community Service organization and businesses that offer services focusing on the needs of Kelowna's Seniors.

Already confirmed is participation from: Seniors Outreach & Resource Centre, the Kelowna Community Response Network, the Office of the BC Public Guardian and Trustee, BC Securities Commission; RCMP Victims Services, Shoppers Home Health, First Kelowna Transit, Carp, Society for Learning in Retirement, Wells Gray Tours, the Friendly Bus, Connect Hearing, Arthritis Society, UVic Self Management Programs, Kelowna Family Centre, Arion Therapeutic Farm, Osteoporosis Canada, Nexgen Hearing, Okanagan Naturopathic Healthcare, Lifeline Program (IHA), Parkinson Seniors Society, The Dorchester, Highlands Retirement Residence, Baptist Housing, Missionwood Retirement Residences, Senior Gay Men in Kelowna, Men's Sheds. Kelowna Community Food Bank, and many others.

FREE Admission! FREE Door Prizes! FREE Refreshments!

The Seniors Safety Fair will be a both informative and entertaining event for ALL!
(Refreshments provided by Connect Hearing: venue provided by Trinity Baptist Church)

For more information contact:

Vi Sorenson, Executive Director, Seniors Outreach and Resource Centre,
seniorvi@telus.net, 250.861.6180

-Source: Raymond Koehler, Volunteer, Seniors Outreach and Resource Centre, 9 May 2014

Mayor's Breakfast with Studio9

The Studio9 Independent School of the Arts Society Board is preparing for our annual "Breakfast with the Mayor" June 19th at the Best Western Conference Centre. Tickets for the event are \$30.00 and available from Board member Dave Manuel at 250.864.0777. This event has been well received over the years as it both pays tribute to the position of Mayor in this thriving community and pays tribute to the support of the arts in this community by our civic leaders.

This will be Mayor Walter Gray's final event with us, as he is going into political retirement. During his time as a community leader and as a local businessman, Gray has been an avid arts supporter. This year's sponsor is Canada Loyal Financial.

The breakfast opens at 7:00am and you should be ready to go by 8:30am to get to work on time.

-Source: Studio9 Newsletter, 1 June 2014

Community Leader Awards

Do you know someone who makes a positive contribution to our community? Tell us about them!

The submission you provide should be approximately 250 words and include information such as: length of time nominee has spent in the community; specific examples of the work and/or contribution he/she has made; community associations and memberships. Please provide references of other individuals who may be able to provide further support on the nominee's behalf.

Nomination Categories:

Coach

Makes a positive contribution to their sport. Is exemplary in developing skills and confidence in participants. A role model who inspires and encourages high athletic achievement.

Mentor

Makes a positive contribution by being a true leader. An influential counselor, teacher or educator that provides support or sponsorship. Demonstrates a high level of ethics and professional standards, is an inspirational motivator, excellent communicator, good listener and a reliable resource to the community.

Courage

This person has risen above adversity or formidable challenges to become a success. As a result, they have had a positive effect on the people around them.

Inaugural

2014

CLa

Community Leader Awards 2014

COMMUNITY LEADER NOMINEE ENTRY FORM

Name of Nominee: _____

Address: _____

Phone Number: _____

E-mail: _____

Nomination Form: _____

ATTACH THIS FORM TO YOUR PREPARED SUBMISSION and send to: Attention: CLa Nominee, 2400 (Cornerway Way, Kelowna, BC V1Y 1A1) or email to: communityleader@kelownanews.com

or enter ONLINE at kelownanews.com/claw

Submissions must be in by August 6, 2014

news

Do you know someone who makes a positive contribution to our community? Tell us about them!

The submission you provide should be approximately 250 words and include information such as: length of time nominee has spent in the community; specific examples of the work and/or contribution he/she has made; community associations and memberships. Please provide references of other individuals who may be able to provide further support on the nominee's behalf.

Nomination Categories:

- Coach**
Makes a positive contribution to their sport. Is exemplary in developing skills and confidence in participants. A role model who inspires and encourages high athletic achievement.
- Mentor**
Makes a positive contribution by being a true leader. An influential counselor, teacher or educator that provides support or sponsorship. Demonstrates a high level of ethics and professional standards, is an inspirational motivator, excellent communicator, good listener and a reliable resource to the community.
- Courage**
This person has risen above adversity or formidable challenges to become a success. As a result, they have had a positive effect on the people around them.

Above and Beyond

This person makes a positive contribution to their community through their work. Someone who goes beyond the requirements of their job to support the community and make it a better place.

Emergency Service

Makes a positive contribution to the community by going the extra mile – over and above the call of duty. Is exemplary in the area of emergency services and unselfishly shoulders enormous responsibility while accepting the potential risks and challenges of the job.

Service Organization Volunteer

This individual makes a positive contribution to the community by volunteering their time to one community service organization. This person is well thought of and is significantly relied upon by others in the organization.

Volunteer

This individual makes a positive contribution to the community by volunteering their time to a variety of causes. They are dedicated to making a difference in several initiatives.

Youth Volunteer

Makes a positive contribution to youth in the community. Someone who is depended upon and committed to provide direction, programs and/or support to ensure our youth have positive experiences.

Environmental Leader

Makes a positive contribution to the community by championing environmentally friendly initiatives. Someone who inspires others to be “green” by being a leader in ecologically sound practices.

Community Builder

Someone who has taken the initiative to engage a variety of local residents in an innovative or new community project or event. The initiative may assist different groups to work together, address a gap in community participation, or result in a more inclusive, engaged community.

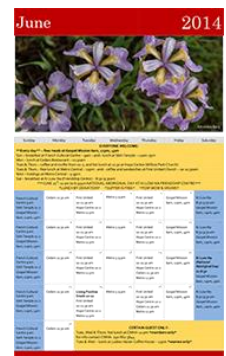
Email submissions to contests@kelownacapnews.com or enter ONLINE at kelownacapnews.com. Submissions must be in by August 8, 2014

-Source: Ellen Boelcke, KCR, June 2014

Monthly Food Calendar

[Download](#) the monthly food calendar for local resources and food for those in need.

-Source: Donna and Betty, Outreach Urban Health, June 2014



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Volunteerism

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Insurance Protection for the Voluntary Sector

Each year in Canada, 19 million volunteers generously donate enough time and labour to equal one million full-time jobs. To protect these hard workers and the organizations they support, Co-operators designed Community Guard with affordable coverage for liability, property damage, Group Benefits and more.

This product and its associated training and support are the only one of its kind in Canada, and demonstrate their ongoing commitment to supporting communities.

They tailor a plan that has everything your volunteer/non-profit group needs, with rates that will not stretch your budget. [Community Guard](#) combines all the protection you need in one complete package, including:

- Essential liability coverage for financial protection against lawsuits
- Specialty liability coverage to protect you from claims
- Property crime coverage to cover any buildings or other property your group owns

[Click here](#) for full details on Co-operators Community Guard Insurance or contact: Kawkab Jamal, Financial Advisor – Co-operators at 604.325.2277 or email kawkab_jamal@cooperators.ca

-Source: Volunteer BC, Newsletter, 2 June 2014

New VMPC Website

We are excited to launch our newly redesigned website www.vmpc.ca, filled with information and features that we hope you will find valuable.

The new name Volunteer Management Professionals of Canada has an updated visual identity that will guide us through the years to come, demonstrating how we are the champion within the field of Volunteer Management in Canada. We will continue to be dedicated to advocacy, capacity building and networking, as we have always been.

Volunteer Management Professionals of Canada, is an association that connects and empowers a network of professionals and passionately elevates the quality of volunteerism in Canada. We value your continued involvement as a VMPC member.

VMPC events, job postings, member forum, and other content are available on the website.

-Source: H  l  ne Bourgaize, President, Volunteer Management Professional of Canada, 30 May 2014

FREE Training to be a Volunteer Active Choices Coach

Benefits of regular physical activity

- Weight Management
- Manage Glucose levels
- Manage hypertension
- Manage stress
- Increased Energy
- Better, deeper sleep
- Better Digestion
- Manage medication

You will receive: facilitation skills, exercise and the body, problem solving, coaching skills and the opportunity to be part of a larger Active Choices Coaching Community (skills for lifelong learning)

Date: Saturday, June 14th, 10:30am – 4:00pm

Location: Trinity Church, 1905 Springfield Road, Kelowna

Cost: FREE

Call today to register at 1.877.522.1492 or ac.wahs@seciohcevitca.alegna

(Early registration is recommended because seats fill up quickly)

The price of physical inactivity is very high, and is estimated to cost BC \$573 million every year (Colman and Walker, 2004).

Couch potatoes are now being grouped with cigarette smokers as taking their lives into their own hands (Rowe and Kahn, 1998).

Feedback:

Sarah, a Coach found out that inspiration and support can work both ways on the physical activity journey. She said, “when I decided to become an Active Choices Coach, I thought I’d be spending my time motivating someone else to get more active. I didn’t realize that being a Coach would motivate me to reach my activity/fitness goals too.

Please bring lunch, all other material will be supplied

-Source: Angela Sealy, Coordinator, Active Choices, University of Victoria, 29 May 2014

Managing the Non-Volunteer Volunteer

How do you manage volunteers who don't choose to be there, who volunteer because they have to after often being "bullied" into service? In other words, how do you manage the non-volunteer volunteer?

I recently received the following letter, where the author presents some tough questions when it comes to managing non-volunteer volunteers. I laughed when I read the letter because I think all of us have been in her shoes. But for the volunteer manager, it is no laughing matter.

[Read More](#)

-Source: Energize Inc., Newsletter, 3 June 2014

How Much Should I ask for in a Grant Application?

Deciding how much to ask for in a grant application can be a perilous job. Do you swing for the fences and ask for \$100,000 at the risk of making your nonprofit seem unreasonable to the application reviewer? Or do you simply try to get on base and ask for \$5,000? Like so much in fundraising, the right answer does depend on the context. That being said, here are some helpful tips to keep in mind.

[Read More](#)

-Source: Imagine Canada, Imagine Matters Newsletter, 3 June 2014

Storming the CASL: Are you ready for Canada's Anti-Spam Legislation?

Is your organization ready to move into the Canadian Anti-Spam Legislation (CASL) age? As most nonprofits are likely aware, one of the strictest anti-spam legislative environments in the world is set to come into force on July 1 of this year. The new laws will fundamentally change the way businesses and organizations across both the for-profit and nonprofit sectors can do outreach, marketing and fundraising with both current and prospective clients via all manner of what the government terms Commercial Electronic Messaging (CEMs).

What's a CEM? It's construed to be any form of digital contact from your organization to an individual for the purpose of solicitation of almost any kind. We're talking email, Facebook messages, tweets, BBMs and whatever other form one uses to reach out and conduct business over the Internet. The CASL is both deep and wide, so to speak.

[Read More](#)

-Source: Charity Village, Village Vibes, 2 June 2014

Stop Measuring Activities and Start Measuring Outcomes

In my 20-plus years working in the nonprofit world, one of the most common mistakes I've seen nonprofits make is measuring activities instead of outcomes. I understand why: Measuring activities is easier, and nonprofits have limited time to dedicate to measurement. But measuring activities isn't going to help nonprofits demonstrate their value and secure more funds.

[Read More](#)

-Source: Imagine Canada, Nonprofit Newswire, 30 May 2014

How Healthy do you want your Nonprofit Board to be?

Last spring, I had a tough conversation with my doctor. I'm diabetic and have to be very careful about my health — exercise, eat well, monitor my blood sugar, take insulin several times a day...the list goes on and on. For the most part, I do relatively well with all of this maintenance. But there are definitely places where I could do better.

As my doctor made suggestions about how I could improve my health, I squirmed in my seat a bit and made pathetic excuses about why I just couldn't do more. "I travel a lot and can't always choose what I eat," I said. "I work long days and don't always have time to exercise." Whatever she suggested, I had a reason why it just wouldn't work.

And then she looked at me and said, "Well, I guess it's just a question of how healthy you want to be."

[Read More](#)

-Source: Imagine Canada, Nonprofit Newswire, 4 June 2014

Digital Storytelling for Social Impact

A new study shows what nonprofits need to harness the power of narrative and networks to enhance their reach, resources, and impact.

Successful leaders in business, nonprofits, and philanthropy understand the power of storytelling to educate and inspire people. And with digital cameras, social networks, and other technology making it easier for anyone to surface and share stories, digital storytelling is a potentially powerful tool for social impact.

But with all the new tools comes a lot of noise. The ubiquity of digital technology and the explosion of content on the Internet have made it increasingly difficult to break through, capture people's attention, and engage them in meaningful ways. Organizations of all kinds must learn how best to harness the power of narrative and networks to create social impact. To explore the challenges and opportunities in this intersection of story and technology, the Rockefeller Foundation teamed up with Hattaway Communications to consider the role that

digital technology can play in elevating the practice of storytelling to improve the well-being of the poor and vulnerable around the world.

[Read More](#)

-Source: Imagine Canada, Nonprofit Newswire, 4 June 2014

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