



**Monthly Bulletin - March 2015**

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# KCR Highlights

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## KCR – UBCO Student Survey

Kelowna Community Resources (KCR) is participating in a UBCO Management project. The students are assisting KCR with the development of a marketing and communications plan for the online database (Community Information Search). The students have asked for some assistance with their marketing research and have designed an online survey to collect the information. The survey is only 10 questions long and should not take more than a couple of minutes to complete. If you have a moment, please complete the survey at: <https://www.surveymonkey.com/s/WDWMMQB> The students ask that all surveys be complete by March 1, 2015. Thank you so much for your assistance with this project.

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

## 2015 Volunteer Tax Clinics

Do you have low-income clients who need their income taxes done?

[Download KCR's 2015 Volunteer Tax Clinic Guide](#)

-Source: Dawn Anthony, Information Development, KCR, 27 February 2015

**2015 VOLUNTEER TAX CLINICS:**  
CENTRAL OKANAGAN



KELOWNA CLINICS			
Location	Eligibility	2015 Dates	Details
First United Church 121 Bernard Ave	For all	March 8 April 16	<ul style="list-style-type: none"> <li>Drop off: March 23 &amp; 30 (at 10am)</li> <li>Drop off: April 6 &amp; 13 (at 10am)</li> <li>Drop off: April 20 &amp; 27 (at 10am)</li> <li>Drop off: May 4 &amp; 11 (at 10am)</li> </ul>
Wellspring 200-762-2011	For all	Thursday March 5 April 24	<ul style="list-style-type: none"> <li>Drop off: March 12 &amp; 19 (at 10am)</li> <li>Drop off: April 5 &amp; 12 (at 10am)</li> <li>Drop off: April 19 &amp; 26 (at 10am)</li> <li>Drop off: May 3 &amp; 10 (at 10am)</li> </ul>
Wellspring 174-476-2227	For all	Thursday March 5 April 24	<ul style="list-style-type: none"> <li>Drop off: March 12 &amp; 19 (at 10am)</li> <li>Drop off: April 5 &amp; 12 (at 10am)</li> <li>Drop off: April 19 &amp; 26 (at 10am)</li> <li>Drop off: May 3 &amp; 10 (at 10am)</li> </ul>
Wellspring 174-476-2227	For all	Thursday March 5 April 24	<ul style="list-style-type: none"> <li>Drop off: March 12 &amp; 19 (at 10am)</li> <li>Drop off: April 5 &amp; 12 (at 10am)</li> <li>Drop off: April 19 &amp; 26 (at 10am)</li> <li>Drop off: May 3 &amp; 10 (at 10am)</li> </ul>
Publication Society Activity Centre 1100 Patterson Ave	For seniors only 65 years or older	March 8 April 24	<ul style="list-style-type: none"> <li>Drop off: March 23 &amp; 30 (at 10am)</li> <li>Drop off: April 6 &amp; 13 (at 10am)</li> <li>Drop off: April 20 &amp; 27 (at 10am)</li> <li>Drop off: May 4 &amp; 11 (at 10am)</li> </ul>
Nelson Outreach Services Society 100-12-0100-Bernard St	For seniors only 65 years or older	March 8 April 24	<ul style="list-style-type: none"> <li>Drop off: March 23 &amp; 30 (at 10am)</li> <li>Drop off: April 6 &amp; 13 (at 10am)</li> <li>Drop off: April 20 &amp; 27 (at 10am)</li> <li>Drop off: May 4 &amp; 11 (at 10am)</li> </ul>
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WEST KELOWNA CLINIC			
West Kelowna Health Network Society 100-12-0100-Bernard St	For seniors only 65 years or older	February 26 April 23	<ul style="list-style-type: none"> <li>Drop off: February 27 &amp; 28 (at 10am)</li> <li>Drop off: March 6 &amp; 7 (at 10am)</li> <li>Drop off: March 13 &amp; 14 (at 10am)</li> <li>Drop off: March 20 &amp; 21 (at 10am)</li> <li>Drop off: March 27 &amp; 28 (at 10am)</li> </ul>

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## Safe Harbour E-newsletter – February 2015

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.

[View their February Newsletter](#)

[Sign up for their monthly newsletter](#)



*-Source: Ravail Sandhu, Safe Harbour Coordinator, KCR, February 2015*

## Workshop: Fund Development Overview

Dates: Tuesdays & Thursdays – May 7, 12, 14, 19 (Starts on a Thursday)

Time: 9:00 am – 4:00 pm

Cost: \$199

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

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

[Register Now](#)

*-Source: Stephanie Moore, Project Manager, KCR, February 2015*

## **Workshop: Overview of Volunteer Management**

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

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

[Register Now](#)

*-Source: Stephanie Moore, Project Manager, KCR, February 2015*

## **Grey Power – Job Options Urban Older Workers Employment Program**

### **Unemployed and Looking for Work?**

KCR is excited to announce that they are holding 3 more training sessions for the Urban Older Worker Program. The next session starts on April 13th, 2015. If you live in the Central Okanagan and are 55 years of age or over, not EI eligible and looking to enter or re-enter the workforce then this may be the program for you. Grey Power will provide up to 12 weeks of job search assistance to eligible Participants that includes 6 weeks of classroom training. In-class training includes: career exploration, basic computer training, resumes, cover letters, interview preparation, networking and certification in short term training such as First Aid, Food Safe, WHMIS. There is no cost to Participants and a training allowance is provided during the classroom training. Supports also include weekly job club and 6 month follow-up.

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

*-Source: Christine Hawkins, Employment Services Manager, KCR, February 2015*

## KCR's Mailing List

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

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

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

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# Employment

- [ADOPTION FAMILIES ASSOCIATION OF BC – ADOPTION SUPPORT COORDINATOR TEMPORARY](#)

## Adoption Families Association of BC – Adoption Support Coordinator Temporary

Location: Interior Region – Based in Kelowna/Vernon/Kamloops area

Division/Department: Regional Support Network

Reports to: Janis Fry

Category/Step: Coordinator 2/3

Type of position: X Part-time, X Regular

Hours: 21 hrs/week, .6 FTE

### Description

This position will coordinate all AFABC family pre- and post-adoption support activities, as well as recruitment and community engagement activities and services, for the Interior Region. Services are focused primarily on MCFD families. Regular activities may include liaising with MCFD staff, coordinating volunteers and overseeing the development and implementation of information, educational, social and support programs both face-to-face and online. Some travel will be required.

See complete Job Description for more details: [www.bcadoption.com](http://www.bcadoption.com)

Start Date: TBD

Date Posted: February 16, 2015

Please submit resume and letter of interest to [jfry@bcadoption.com](mailto:jfry@bcadoption.com) by March 2, 2015

*-Source: Dianna Mortensen, Adoptive Families Association of BC, 19 February 2015*

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# Financial

- [CENTRAL OKANAGAN FOUNDATION – GRANT INFORMATION WORKSHOP](#)
- [RESEARCH GRANT OPPORTUNITIES](#)
- [GRANTS UP TO \\$2,000 AVAILABLE FOR YOUTH-LED PROJECTS](#)
- [CALL FOR APPLICATIONS – LEX REYNOLDS ADOPTION AND PERMANENCY TRUST FUND](#)

## Central Okanagan Foundation – Grant Information Workshop

Date: Thursday, March 19th, 1:30 pm Start  
Location: Rotary Centre for the Arts – 2nd floor  
Boardroom, 421 Cawston Avenue



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

Eligibility criteria and grant application forms are available at [www.centralokanaganfoundation.org](http://www.centralokanaganfoundation.org).

To register for the information session contact Joanne Carey, Grants Coordinator at [joanne@centralokanaganfoundation.org](mailto:joanne@centralokanaganfoundation.org).

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

## Research Grant Opportunities

Mitacs, a national nonprofit that builds partnerships to support industrial and social innovation in Canada, has announced that charities and nonprofits can now receive funding to support research collaborations with universities. Charities and nonprofits were previously excluded from Mitacs programs due to restrictions in federal funding agreements. Now, more organizations will have the opportunity to benefit from cutting-edge talent and research.

Expanded access to Mitacs programs was Imagine Canada's top recommendation during the 2014 pre-budget consultation process. We continue to advocate to expand charities' and nonprofits' access to other federal business development services. All projects in collaboration with an NFP partner must demonstrate an economic or productivity orientation. Examples include creating new jobs, reducing costs of goods or services, or increasing productivity in a process or industry.



**Examples of eligible research projects include:**

Examining the barriers to meaningful employment of blind Canadians  
*Anticipated research outcome: improved employment opportunities for an underemployed population*

Creating themed video games and apps for a theatre festival  
*Anticipated research outcome: festival gains new audience and attendance is increased*

Developing a pilot program that helps stroke victims return to work  
*Anticipated research outcome: implementation of the program to facilitate shorter recovery times and a faster return to the workplace*

[Learn More](#)

*-Source: Avril Paice, Director of Community Investment, United Way Central and South Okanagan Similkameen, 18 February 2015*

**Grants up to \$2,000 Available for Youth-led Projects**

Young people up to age 25 who are improving their communities have a chance to receive project funding of up to \$2,000, thanks to a new partnership between United Way's Gennext Young Professionals Group and the Central Okanagan Foundation For Youth.

Youth working in partnership with community organizations can apply for funding to address important social issues such as poverty, bullying and the environment. Applications are available until the March 6 deadline.

"United Way, as a community-focused organization, is very excited to be in a position to partner with our under 25's to build our region in a variety of ways and impact people's lives, in ways that are important to the younger generation," said Shelley Gilmore, Executive Director of United Way.

"The Central Okanagan Foundation for Youth (COFFY) encourages youth engagement through supporting projects which are youth-led, volunteer based and beneficial to both youth and the whole community," said Cheryl Miller, Adult Advisor for COFFY.

Application packages are available at [unitedwaycso.com](http://unitedwaycso.com) or by calling the United Way office at 250.860.2356 or the Central Okanagan Foundation at 250.861.6160.

For more information, please contact:

Shelley Gilmore, Executive Director, United Way, Central and South Okanagan Similkameen

T: 250.860.2356 E: [shelley@unitedwaycso.com](mailto:shelley@unitedwaycso.com)

*-Source: United Way Central and South Okanagan Similkameen, Newsletter, 13 February 2015*

## Call for Applications – Lex Reynolds Adoption And Permanency Trust Fund

### 2015 Micro Grants

Application Deadline: April 17, 2015 (Noon)

The Victoria Foundation is now accepting applications on behalf of the Lex Reynolds Adoption and Permanency Trust Fund ([www.connectingforlife.ca](http://www.connectingforlife.ca)) for funding of projects in support of adoption and permanency related initiatives in British Columbia. Grants of up to \$2,000 are available for new or existing activities that promote permanency options for BC's children and youth.

These small grants are intended for the following purposes:

1. Promote and encourage new adoptions and permanency arrangements;
2. Assist in the development of, or attendance at, special events, workshops, and conferences;
3. Provide support across British Columbia on issues related to adoption, culture and ancestry;
4. Develop organizational systems and training which can be used by others; and
5. Engage in results oriented research which can be used by other organizations in the support of children and youth in care seeking permanent families.

### Eligibility

The Trust welcomes applications from charities and organizations across the province of British Columbia. Applicants do not have to be registered charities.

To be eligible for a grant, you must be able to respond "yes" to each of the following statements:

- Our organization does not have an overdue report or an ongoing grant from a past application at the Victoria Foundation.
- Our organization is located in the province of British Columbia.
- Funding for our project is not required before June 1, 2015.

NOTE: Applications for direct support to individual families are not accepted.

### Review Process

Grant applications will be reviewed by Victoria Foundation staff and the Trust's Advisory Committee. We may contact you to ask further questions, seek information, seek an interview with your representative or request a site visit.

In reviewing applications, the Advisory Committee will be seeking:

- Evidence of new, unique or innovative approaches;
- Evidence of collaboration or joint partnerships;
- Demonstrated experience in the adoption & permanency field;
- Capacity of the organization to deliver the proposed project or program;
- Geographic representation or benefit across BC.

All applicants will be notified of grant approvals or denials by May 15, 2015.

### Application

The application form and further details are available through the Trust's website (see

the Apply Now tab): [www.connectingforlife.ca](http://www.connectingforlife.ca)  
Application Deadline: April 17, 2015 (Noon)

*-Source: Rory Grewar Director of Special Funds, Victoria Foundation, 18 February 2015*

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# Housing

- [NOW CANADA – HOMELESS PREVENTION PROGRAM \(HPP\) HOUSING OUTREACH WORKER](#)
- [2015 NATIONAL CONFERENCE ON ENDING HOMELESSNESS WEBSITE NOW LIVE](#)
- [DIGNITY FOR ALL: A NATIONAL ANTI-POVERTY PLAN FOR CANADA](#)
- [SUPPORTING HEALTHY AND SUCCESSFUL TRANSITIONS TO ADULTHOOD: A PLAN TO PREVENT AND REDUCE YOUTH HOMELESSNESS](#)
- [SUPPORTING SUCCESSFUL TENANCIES FOR THE HARD TO HOUSE](#)

## Now Canada – Homeless Prevention Program (HPP) Housing Outreach Worker

To Community Partners,  
NOW Canada has been given a contract for a Homeless Prevention Program (HPP) Housing Outreach Worker. I have been hired on to fill this position and this is my first week! This is a brand new position and we are sorting out the details for it, but I am eager to start meeting new clients!

For clients who are currently housed, or working toward being housed, Now Canada can now offer rental supplements as a means of helping clients to maintain or secure housing. The rental supplements are short term and are meant to help the client to move forward. The client is expected to access housing that is sustainable for them, and to acquire skills that would aid in keeping the housing sustainable. Supplements can be given out for terms of 1 month, 3 months, 6 months, and in some case 8-12 months. While clients are receiving supplements it is expected that they will be working on ways to cover expenses on their own. Supplements can be given for a variety of reasons that pertain to maintaining or acquiring housing including: damage deposit, utilities, storage for clients that are in the process of obtaining housing, moving expenses, transportation of a client to a housing opportunity, start up costs and household supplies etc. Supplements cannot be used to go toward rent for clients living in government subsidized housing or receiving provincial rental assistance, but can be used for rent by clients in market housing.

Potential clients must fit in the following criteria:

1. Women leaving the corrections and hospital systems;
2. Women who have experienced violence or are at risk of violence;
3. Female youth, including those leaving the care system; and
4. Women of aboriginal descent

If you have any clients who would benefit from extra assistance, or if you have further questions please email me at [Serena@nowcanada.ca](mailto:Serena@nowcanada.ca) or call me at Now Canada 250.763.3876. And please feel free to forward this information to other service providers that you think may be interested!

Thanks so much! I'm really excited about this position and am looking forward to working together!

*-Source: Serena Charleton, HPP Outreach Worker, Now Canada Society, 25 February 2015*

## 2015 National Conference on Ending Homelessness Website Now Live

We're getting an early start this year to bring you an even bigger and better National Conference on Ending Homelessness! Our conference website is now live with our call for presentations, the Lived Experience Scholarship application, online registration and conference hotel information with a link to the online reservation system. Be sure to check back often as we'll be updating the site regularly with new information on the conference.

The 2015 National Conference on Ending Homelessness will be held at the Hilton Montreal Bonaventure in Montreal, Quebec November 2 to 4, 2015.

[Read More](#)

*-Source: Canadian Alliance to End Homelessness, Newsletter, 3 February 2015*

## Dignity for All: A National Anti-Poverty Plan for Canada

This plan calls for the Federal Government to immediately take action to address both the immediate and long-term needs of the 1 in 7 Canadians who live in poverty.

The plan asserts that poverty must be addressed in Canada through the following six areas:

- Income security
- Housing and homelessness
- Health
- Food security
- Jobs and employment, and
- Early childhood education and care

The policy recommendations in this anti-poverty plan were developed through an extensive process of community engagement by the Dignity for All campaign, bringing together leading academics and experts from social policy organizations, provincial and territorial anti-poverty movements, national associations, faith-based groups, unions, and front-line service agencies.

[Read the Report](#)

*-Source: The Homeless Hub, Newsletter, 5 February 2015*

dignity for all  dignité pour tous  
Association canadienne pour l'élimination de la pauvreté

dignity for all



A National Anti-Poverty Plan for Canada

## Supporting Healthy and Successful Transitions to Adulthood: A Plan to Prevent and Reduce Youth Homelessness

The Government of Alberta, along with its community partners, is working to reduce youth homelessness. Twelve communities across the province will increase efforts to support youth at risk as part of Alberta's new plan.

The strategies in this plan represent a new way to address youth homelessness that builds on the success in addressing homelessness through Alberta's 10-Year Plan. The Youth Plan has been developed to address the unique needs of youth and places a particular emphasis on strengthening families first and ensuring youth experience healthy transitions across the system of care. The prevention of youth homelessness and reunifying families when possible is a top priority. The Youth Plan, guided by the principles of Alberta's Social Policy Framework, emphasizes alignment across government programs and systems.

[Read the Report](#)

*-Source: The Homeless Hub, Newsletter, 12 February 2015*

## Supporting Successful Tenancies for the Hard to House

The following report assembles a preliminary examination of eviction prevention approaches used across Canada (also known as housing retention practices). The particular focus was to better understanding how persons experiencing homelessness and have presence of mental illness transition into permanent housing.

Research included in-depth interviews with nearly 50 key informants, a focus group, and site visits; covering 7 cities and 28 organizations that house people experiencing homelessness.

[Read More](#)

*-Source: The Homeless Hub, Newsletter, 27 February 2015*



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## Local

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- [IGNITE YOUR CHILD'S CREATIVITY AT SPRING BREAK AT ART CAMPS](#)
- [WALK AND TALK DIABETES](#)
- [BE\(CAUSE\) FAIR 2015](#)
- [12TH ANNUAL EASTER PANCAKE BREAKFAST](#)
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- [MISCELLANEOUS PRODUCTIONS SOCIETY'S FREE HAUNTED HOUSE DANCE & ACTING WORKSHOP](#)
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- [GLOBAL GOURMET: DINNER FOR GLOBAL LITERACY](#)
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- [KELOWNA ARTHRITIS CENTRE – 2015 WINTER PROGRAMS](#)
- [THE ALLIANCE FOR ARTS + CULTURE AND ARTSBC PRESENT: A KELOWNA COMMUNITY CULTURAL ROUNDTABLE](#)
- [19TH ANNUAL SKILLS CANADA BC REGIONAL TRADES & TECHNOLOGIES COMPETITION](#)

### Spring Programs

With spring on the way, it is time to start thinking about spring programs with Active Living & Culture. The Spring Activity and Program guide is now [online](#) and [registration](#) starts the first week of March.

Tuesday, March 3 – General Registration at 7:30 am  
Thursday, March 5 – Aquatic Registration at 7:30 am  
Friday, March 6 – League Registration at 7:30 am  
Friday, March 6 – Programs for Persons With a Disability at 9:30 am

*-Source: City of Kelowna, Newsletter, 24 February 2015*



### Ignite Your Child's Creativity at Spring Break at Art Camps

The Kelowna Art Gallery and Bumbershoot Theatre have teamed up to offer parents a creative solution for how to keep their children busy during the upcoming Spring Break. Art Break offers two exciting weeks of camps filled with opportunities for children ages 5 to 10 to create art and explore theatre.

The camps will run from 9:00 am – 3:00 pm daily during the weeks of March 16 – 20 and March 23 – 27. Participating children will divide their time between the Kelowna Art Gallery and Bumbershoot Theatre each day, and will also be inspired by short field trips to different places in the Cultural District. At the gallery, children will take part in fun and inspiring activities, such as painting, sculpture, drawing, mixed media and printmaking, while being inspired by the current exhibitions on view. At Bumbershoot Theatre, they will explore theatre through a variety of games and play. Every day will offer something new, so registering for multiple days is encouraged.

“Our focus is encouraging their creativity and showing children how rewarding actively participating in the arts can be,” says Renée Burgess, Head of Public Programming at the Kelowna Art Gallery. “In addition to creative exploration for participants, Art Break can offer parents peace of mind that their children will be spending Spring Break with their peers in a nurturing and safe environment.”

Class sizes for all of the camps are limited, allowing for more one-on-one instruction to enrich the experience. All programs highlight skill-building and self-expression, as well as the introduction of new ideas and artistic techniques.

The cost per day for camps is \$50.00 for members of the Kelowna Art Gallery, and \$65.00 for the general public. Registrants who sign up for any four classes will receive a fifth class free.

For more information, or to register your child, please contact the Gallery at 250.762.2226 or online at [www.kelownaartgallery.com](http://www.kelownaartgallery.com).

*-Source: Joshua Desnoyers, Marketing and Events Coordinator, Kelowna Art Gallery, 20 February 2015*

## **Walk and Talk Diabetes**

*Get active and explore walking together in your community*

Join us for a free 10 week (1 hr/wk) activity-based program focused on diabetes self-management and prevention.

Each session includes:

- Short educational talk by a healthcare professional or knowledgeable community member
- 45 minute low-impact walk around the neighbourhood

Benefits include:

- Increase your confidence in physical activity in a supportive and non-competitive environment
- Come out to meet people in your community or support a loved one with their physical activity goals!



Let's get active together! Register today!  
When: Every Thursday, March 12th – May 14th  
Time: 10:30 am – 11:30 am

### **Registration information**

Phone: 250.762.9447

Email: [glenna.armstrong@diabetes.ca](mailto:glenna.armstrong@diabetes.ca)

*-Source: Glenna Armstrong, Regional Branch Coordinator, Canadian Diabetes Association, 19 February 2015*

## **Be(Cause) Fair 2015**

This event is intended to create a forum for you to help individuals to become aware of opportunities that are available in your area(s) of influence. We'll be hosting between 30 and 40 causes, and your organization will be exposed to approximately 1800 people over the weekend.

Saturday, March 14: 5:00 pm – 7:00 pm (open at 2:00 pm for set-up with a reception at 4:00 pm)

Sunday, March 15: 8:00 am – 1:00 pm

Location: Trinity Baptist Church, 1905 Springfield Road, Kelowna

*-Source: Jennifer Woods, Trinity Baptist Church, 5 February 2015*

## **12th Annual Easter Pancake Breakfast**

'Community' conveys a sense of belonging, caring and providing for one another. Through free events we are feeding, clothing and loving people and building community. On Good Friday, April 3rd from 10:00 am – 1:00 pm at the Parkinson Recreation Center, we will be hosting our 12th Annual 'Easter Pancake Breakfast'.

- There Will Be A FREE Pancake Breakfast
- FREE New & Used Clothing
- FREE Easter Egg Hunts With 15,000 Candy Filled Eggs
- PRIZES
- FREE Children's Activities
- FUN For The Whole Family!

We anticipate approximately 2800 guests. There is absolutely NO CHARGE for this event!

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

- Volunteer in Easter Egg Hunt, Children's Activities, Clothing, Food, Security, Host, Parking, or Other
- Supply a Door Prize
- Provide Good Clean New or Used Clothing (men's and children's needed specially)
- Donate Cash or Online Gifts \$6 x 1 guest = Pancakes, 15,000 Candy Filled Easter Eggs, Clothing & Prizes!
- Provide Non Perishable Food Items for Local Food Banks

You can contact us by email [ulf@shaw.ca](mailto:ulf@shaw.ca), phone 250-862-3044. To view a clip of our previous event, please check our website at '[VLF Special Events](#)'.

THANK YOU FOR PARTNERING WITH US. TOGETHER WE MAKE A DIFFERENCE!

*-Source: Diana Tripke, Event Coordinator, Victory Life Fellowship, 4 February 2015*

## Monthly Food Calendar

This month's Monthly Food Calendar, produced by Outreach Urban Health, will focus on the nonprofit organization PIERS (Partners in Resources). Partners In Resources Inc. (Piers) offers:

- Individual (one-on-one) and group life skills
- Employment coaching
- Housing placement
- Employment and volunteer opportunities
- Community outreach
- Client advocacy
- Specialized assistance for people with complex physical, and/or developmental disabilities, mental health concerns, and addictions, and people experiencing relationship difficulties

[Download the Calendar](#)

*-Source: Julia Gayler, Social Worker, Outreach Urban Health, 26 February 2015*



**Agencies That Offer Food or Hot Meals**

Canadian Mental Health Assoc.	504 Sutherland Ave.	250-861-3644
First United Church	721 Bernard Ave.	250-762-3311
Inn from the Cold	1187 Sutherland Ave.	250-448-6403
Kelowna Community Food Bank	1265 Ellis St.	250-763-7161
Kelowna's Gospel Mission	251 Leon Ave.	250-763-3737
Ki-Low-Na (Friendship Centre)	442 Leon Ave.	250-763-4905
Metro Community	1470 Water St.	778-478-9727
St. Vincent de Paul (Association of Churches)	839 Sutherland Ave.	250-861-7801
St. Michael & All Angels Church	608 Sutherland Rd.	250-762-3321
Cedars Restaurant	130 Rutland Rd. S.	250-765-5522
Kelowna Christian Centre	905 Badke Rd.	250-762-9559
Ladies Haven Coffee House	1305 Hwy 33 W.	250-868-2238
Living Positive	168 Asher Rd.	778-753-5830
The Salvation Army	200 Rutland Rd. S.	250-765-3450
Sikh Temple	1111 Rutland Rd. N.	250-765-7477
Willow Park Church - Hope Centre	439 Hwy 33	250-765-6622
St. Vincent de Paul (Our Lady of Lourdes)	2547 Hebert Rd.	250-801-5905
Westside Community Food Bank	2545 Churchill Rd.	250-768-1509

## Miscellaneous Productions Society's Free Haunted House Dance & Acting Workshop

Date: Thursday March 26th, 6:00 pm – 8:30 pm

Location: Kelowna Art Gallery, 1315 Water Street, Kelowna

Who: Youth aged 14 – 24

Register: Email [zoe.miscellaneous@gmail.com](mailto:zoe.miscellaneous@gmail.com) or call 778.861.1749

This FREE workshop is a powerful, casual, fun, and valuable event.

- Learn professionally choreographed hip-hop dance routines
- Chat about the power of art
- Eat gourmet pizza and watch an engaging documentary
- Participate in professional theatre games

*-Source: Zoe Green, Artistic Producer, MISCELLANEOUS Productions Society, 24 February 2015*

## **Free Tax Service at Metro Central**

Free tax appointments are available at Metro Central on Tuesday & Friday Mornings from Tuesday, March 3rd – Tuesday, April 28th. If any of your clients would like to book an appointment, these are available between 9:00 am – 10:00 am on Tuesdays & Fridays. The second hour from 10:00 am – 11:00 am is available for walk ins only. To book an appointment, they can call Metro Central at 778.478.9727 or [book online](#).

*-Source: Sandy, Metro Central, 24 February 2015*

## **United Way of the Central & South Okanagan Similkameen – 2014 Campaign Results**

The United Way of the Central and South Okanagan Similkameen (CSO) announced the results of the 2014 campaign. The final tally at close of business today was \$1,300,000 representing an achievement at 86% of the 2014 goal of \$1.5M.

Earlier in the month, United Way announced an extension to the January 31st deadline extending it to February 12. Thanks to the generous support of Global Okanagan, other local media and especially donors, just under \$10,000 was received in the last two weeks.

“Thanks so much to the last minute donors and to everyone who contributed this year. We’re very pleased with the results of the campaign”, says Shelley Gilmore, Executive Director. “We’ve exceeded last year’s results and this will go a long way to supporting the growing needs of the community. The funds that are raised here are put to work in our region.”

Now the United Way community investment committee, made up of community stakeholders and volunteers, will start the in-depth process of assessing funding applications from community agencies. United Way invests the funds raised in the campaign to address the root causes of priority community needs.

For more information or to donate, visit [www.unitedwaycso.com](http://www.unitedwaycso.com) or call 250.860.2356. The United Way CSO office is located at #202 – 1456 St. Paul St. Kelowna.

*-Source: Sandy, Metro Central, 24 February 2015*

## Strides to End Homelessness

Kelowna's Gospel Mission's annual fun, family friendly 5K walk!

Date: Saturday March 7th, 4:00 pm Registration, 5:00 pm Start

Location: 251 & 259 Leon Avenue

[Register Now](#)

Join us on Saturday, March 7th at Kelowna's Gospel Mission as we walk with those we serve and, together, we will take Strides to End Homelessness. A delicious meal of hot chili and special treats will be served in our expanded dining/classroom space.

The goal of the walk is to raise \$25,000 to help start our new Men's Program. The program will enable us to provide classes on job training, basic financial literacy, art therapy and recovery preparation.

*-Source: Sonja Menyes, Development Officer, Kelowna Gospel Mission, 18 February 2015*



## Lake Country Art Gallery Members' Exhibition

The Lake Country Art Gallery's annual Members Show will open on Saturday, February 28th, from 1:00 pm – 3:00 pm. This event is free and open to the public.

The Lake Country Art Gallery's annual Members Show will run from March 4th – April 4th, 2015.

Please visit the gallery's website – [lakecountryartgallery.ca](http://lakecountryartgallery.ca) – for more details on the show or how submit your work.

*-Source: Katie Brennan, Curator, Lake Country Art Gallery, 18 February 2015*



## Global Gourmet: Dinner for Global Literacy

Date: Wednesday, March 11th, 7:00 pm

Location: Everest Indian Restaurant, #1 – 2430 Main Street, West Kelowna

Cost: \$30/person (\$10 from each ticket will go towards [Room to Read](#) programs in India and Nepal)

Room to Read Okanagan Chapter is celebrating Room to Read's 15th Anniversary with a multi-course meal of Indian and Nepalese cuisine. We hope you will consider attending.

It will be a fabulous meal and for a great cause!

### About [Room to Read](#)

[Room to Read](#) is working in 10 countries with the highest illiteracy rates in the world: Bangladesh, Cambodia, India, Laos, Nepal, South Africa, Sri Lanka, Tanzania, Vietnam and Zambia. In its 15 years Room to Read has accomplished great things:

- 17,366 Libraries established
- 1,825 Schools built
- 1,041 Children's titles published (in 20+ languages/dialects)
- 30,210 Girl scholars
- 14.6 million books distributed
- Training teachers re: how to teach and promote literacy

*-Source: Pat Nelson, Room to Read, 29 January 2015*

## **Building Healthy Families – Anger Management Course**

The Anger Management Program objective is to provide adults with a supportive, nonjudgmental group setting to assist them in addressing anger and its effect on their lives.

Program Length: 10 Weeks

Date: Thursdays, 1:00 pm – 3:30 pm

Location: Building Healthy Families, 1390 KLO Road, Kelowna

Cost: FREE

Referrals: Refer yourself, other community agencies or professionals

Some of the topics that will be covered:

- Anger and the brain
- Anger awareness
- Dysfunctional thinking
- Assertive communication
- Stress and anxiety management
- Calming techniques

The Anger Management Program offers:

- Recognize your body's signals that you are becoming angry
- Gain awareness of negative self-talk and how to restructure your thinking patterns
- Communicate your feelings, wants and needs respectfully in order to improve your relationships

For more information, [view their website](#) or call 250.861.4933

*-Source: Building Healthy Families, Pamphlet, February 2015*

## **Victorian Order of Nurses – Kelowna Chapter**

The Victorian Order of Nurses is now operating in Kelowna.

As part of their service deliver, they will be offering foot care clinics at three locations.

- Rexall Pharmacy 171 Hollywood Rd S, Kelowna: every 4th Thursday of the month (Please schedule your appointment through the pharmacy, 250.717.3354)
- Shoppers 597 Bernard Ave, Kelowna: every 3rd Thursday of the month (Please schedule appointment through Victorian Order of Nurses, 250.212.5093)
- CBI Health Centre, 1772 Baron Rd, Kelowna (Next clinic: March 31st ((Please note: additional clinics are to be determined. Please call 250.212.5093 for more information about this site and upcoming foot care clinics.))

For additional information on the Kelowna Victorian Order of Nurses services, please visit their BC site at [www.vonvancouver.ca](http://www.vonvancouver.ca), email [courtney.mcneil@von.ca](mailto:courtney.mcneil@von.ca), or call 250.212.5093.

*-Source: Victorian Order of Nurses, February 2015*

## **Kelowna Arthritis Centre – 2015 Winter Programs**

### **Arthritis 101**

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

Date: Monday, March 9th, 2:00pm – 4:00pm

Location: Johnson Bentley, 3737 Old Okanagan Hwy, West Kelowna

Register: Call 250.768.4442

### **Tips, Tricks & Tools for Living Well with Arthritis**

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

Date: Monday, March 9th, 1:00 pm – 3:00pm

Location: Rutland Activity Centre 765 Dodd Road

Register: Call 250.469.8811

### **Fibromyalgia (FM) Management Program**

This 8 session program is highly recommended for those with fibromyalgia who want to learn about this syndrome and develop skills to improve their quality of life.

A doctor's referral is required. Fax referral to 250.868.0779.



Date: Wednesdays, March 25th – May 13th, 1:00 pm – 3:00 pm  
Location: Kelowna Arthritis Centre, 150A -1855 Kirschner Road, Kelowna  
Cost: \$40 (includes individual program introduction and all course materials)  
Register: Call 250.868.8643

### **Inflammatory Arthritis Education Program**

This 4 session program is highly recommended for those living with rheumatoid or other types of autoimmune arthritis. Learn about the disease, treatment principles, pain management, hand and other exercises, protecting joints, managing energy, fatigue & sleep.

A doctor's referral is required. Fax referral to 250.868.0779.

Date: March 3/5/10/12, 1:00 pm – 2:30 pm

Location: Kelowna Arthritis Centre, 150A -1855 Kirschner Road, Kelowna

Cost: \$25 (includes individual program introduction and all course materials)

Register: Call 250.868.8643

### **Pain Management through Mindful Movement**

Gentle exercise (in a chair or standing).

Dates: March 4 – April 15, 11:00 am – 12:00 pm

Location: Kelowna Arthritis Centre, 150A -1855 Kirschner Road, Kelowna

Cost: \$52.50

Register: Call 250.868.8643

### **YAWA – Young Adults with Arthritis**

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

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

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

## **The Alliance for Arts + Culture and ArtsBC Present: A Kelowna Community Cultural Roundtable**

Date: Wednesday, March 11th, 1:30 pm – 4:30 pm

Location: Kelowna Art Gallery, 1315 Water St, Kelowna

[Register Now](#)

Hosted by The Arts Council of Central Okanagan and The Kelowna Art Gallery

This is your invitation to join your arts, culture, and heritage community colleagues in a provincial conversation about the development of a cultural policy framework for British Columbia.

The BC Alliance for Arts + Culture and ArtsBC are holding a province-wide series of Community Cultural Roundtables. These Roundtables are part of the BC Creative

Convergence project launched in 2013. This is your opportunity to bring your personal, local, and regional perspectives to this important provincial initiative.

For further information on the BC Creative Convergence initiative and the Community Cultural Roundtables, visit [www.bccreativeconvergence.ca](http://www.bccreativeconvergence.ca). If you are unable to attend a Roundtable in your community but would like to contribute to the discussion through an online survey, visit the website and click on the “Survey” tab at the top of the home page.

RSVP now to ensure your place at table and join the conversation.

*-Source: City of Kelowna, Arts & Culture e-update, 26 February 2015*

## **19th Annual Skills Canada BC Regional Trades & Technologies Competition**

Okanagan College is hosting the 19th Annual Skills Canada BC Regional Trades & Technologies Competitions on March 6th from 11:30 am – 2:30 pm with 11 different areas to compete in. The Centre for Arts and Technologies will host the 3D Animation Competition on Mar. 6 and Mt. Bourcherie Senior Secondary will host the Fashion Technology Competition on March 5th.

High School students from all over the Central Okanagan from Revelstoke to Oliver, will be here competing in eleven different trades and technology skills contests. This is one of 12 regional competitions happening around BC, with gold medal recipients winning the right to represent their region at the upcoming Skills Canada BC provincial competition in Abbotsford, April 15th.

In addition, students in Grade 6-10 will be competing in the Jr. Skills Gravity Vehicle, Jr. Skills Spaghetti Bridge and Jr. Skills Wind Turbine Challenge that encourage teachers to form teams with their students to build turbines that they can test against other teachers teams.

The public is also invited to watch the competitions and demonstrations, take a tour, and try their hands at our Discover a Trade and Technology activity stations.

[Learn More](#)

*-Source: Dianne Holm, Central Okanagan Coordinator, 26 February 2015*

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# Resources

- [RADON TESTING AND BEYOND](#)

## Radon Testing And Beyond

Attend the 3rd Annual BC Radon Workshop  
Date: Friday, March 6th, 8:00 am – 4:00 pm  
Location: Four Points by Sheraton, Kelowna Airport, 5505 Airport Way, Kelowna  
Cost: Regular – \$50.00; Student – \$30.00

Learning Objectives:

To raise awareness of radon and its health impacts

To bring together stakeholders in BC and develop a network of people involved in radon testing and mitigation

To engage local industry (construction, real estate, property inspection), municipal and health professionals in reducing radon exposure

Radon is a naturally-occurring radioactive gas formed from the decay of uranium. Long-term exposure to radon is the second leading cause of lung cancer after smoking, and the leading cause of lung cancer for non-smokers. Radon can enter homes through building foundations. Indoor radon can accumulate to high levels, posing health concerns to occupants. The Canadian Guideline for radon is 200 Bq/m<sup>3</sup>. Reducing radon exposures in BC homes and workplaces should be a public health priority. To achieve this goal, radon must be addressed at individual, community, provincial and national levels.

Target audience: public health professionals, building inspectors, realtors, home & property inspectors, school educators, daycare operators, strata managers

Please forward inquiries to [airquality@bc.lung.ca](mailto:airquality@bc.lung.ca).

-Source: Greg Baytalan, Specialist Environmental Health Officer, Interior Health, 16 February 2015



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# Training

- [FREE WEBINAR: FINDING EASE IN TIMES OF ‘CRAZY BUSY’](#)
- [NEUFELD INTENSIVE I: MAKING SENSE OF KIDS](#)
- [THE ART OF CREATING OPPORTUNITY: TOOLS FOR ACHIEVING EMPLOYMENT OUTCOMES](#)
- [ESSENTIAL SKILLS SERIES](#)
- [FREE WEBINAR: BUILDING BRANDS THAT CONNECT WITH DONORS AND STAKEHOLDERS](#)

## **FREE WEBINAR: Finding Ease in Times of ‘Crazy Busy’**

Everyone wants to bring their best to their work and life. And doesn't it feel great when we're on top of our game – feeling sharp, resourceful and creative? But with unprecedented levels of demands (at work and in life) and limited resources, it's easy to get swept into the limiting chaos of feeling 'too busy and overwhelmed'.

In the new paradigm of 'busier-than-ever' work (and life), we need to embrace new strategies to keep ourselves hearty, productive, resourceful and inspired. What should nonprofit professionals be on the lookout for? And how can they support others who may be experiencing overwhelm? CharityVillage invites you to a free webinar with presenter Eileen Chadnick where you'll learn practical tools to help answer these difficult questions.

Topic: Finding Ease in Times of "Crazy Busy"

Date: Thursday, March 5 at 10:00 am PST / 1:00 pm EST

Skill Level: Introductory – This session is ideal for busy nonprofit professionals at any stage in their career who feel overwhelmed with their day-to-day workload. It may be of particular interest to executive directors of small organizations.

Cost: Free – Space is limited so register early to avoid disappointment

[Register Now](#)

*-Source: Charity Village, Village Vibes, 23 February 2015*

## **NEUFELD INTENSIVE I: Making Sense of Kids**

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

Location: Schubert Centre, Vernon BC

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

Register: Call the Family Resource Centre at 250.545.3390

This course consistently receives outstanding accolades from registrants.

For course description visit [www.macnamara.ca](http://www.macnamara.ca).

Optional: \$50 Neufeld Institute Virtual Campus access

[More details about campus access](#)

### Dr. Deborah MacNamara, PhD

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

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

## The Art of Creating Opportunity: Tools for Achieving Employment Outcomes

March 30 & 31, 9:00 am – 4:00 pm

Register: Due by March 15th, Download the form

Location: Ramada Hotel & Conference Centre – Kelowna

Cost: \$100 / participant

(Includes continental breakfast 8:30 am – March 30th & 2 coffee breaks daily – lunch on your own)

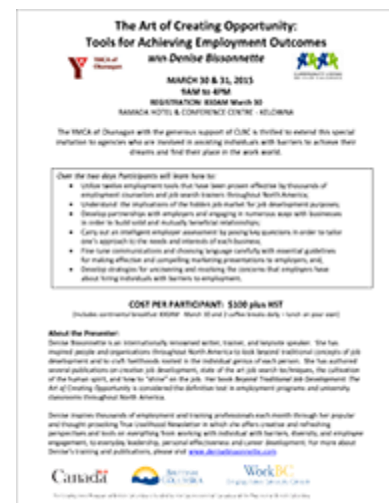
If you have any questions, please contact Michou Szabo  
250.770.5627 ext. 103 or [mszabo@ymcaokanagan.ca](mailto:mszabo@ymcaokanagan.ca)

Over the two days Participants will learn how to:

- Utilize twelve employment tools that have been proven effective by thousands of employment counselors and job search trainers throughout North America;
- Understand the implications of the hidden job market for job development purposes;
- Develop partnerships with employers and engaging in numerous ways with businesses in order to build solid and mutually beneficial relationships;
- Carry out an intelligent employer assessment by posing key questions in order to tailor one's approach to the needs and interests of each business;
- Fine-tune communications and choosing language carefully with essential guidelines for making effective and compelling marketing presentations to employers; and,
- Develop strategies for uncovering and resolving the concerns that employers have about hiring individuals with barriers to employment.

### About the Presenter:

Denise Bissonnette is an internationally renowned writer, trainer, and keynote speaker. She has inspired people and organizations throughout North America to look beyond traditional concepts of job development and to craft livelihoods rooted in the individual



genius of each person. She has authored several publications on creative job development, state of the art job search techniques, the cultivation of the human spirit, and how to “shine” on the job. Her book *Beyond Traditional Job Development: The Art of Creating Opportunity* is considered the definitive text in employment programs and university classrooms throughout North America.

Denise inspires thousands of employment and training professionals each month through her popular and thought-provoking *True Livelihood Newsletter* in which she offers creative and refreshing perspectives and tools on everything from working with individual with barriers, diversity, and employee engagement, to everyday leadership, personal effectiveness and career development. For more about Denise’s training and publications, please visit [www.denisebissonnette.com](http://www.denisebissonnette.com).

*-Source: Avril Paice, Director of Community Investment, United Way CSO, 2 February 2015*

## Essential Skills Series

Location: Royal Roads University, Victoria BC

Date: April 28th, 9:00 am PDT

[Register Now](#)

The Essential Skills Series is a 4 day workshop that equips participants to enter and participate in the evaluation field and to develop as evaluation professionals. Graduates will be able to describe in basic terms 28 core evaluation concepts – from the uses and benefits of evaluation through common data collection methods to evaluation ethics and standards – and will gain elementary experience in six core practices – from creating logic models to writing findings statements.

The ESS was completely re-designed in 2014 by the Canadian Evaluation Society incorporating state-of-the-art thinking and modern adult learning principles. Prior knowledge of evaluation, or of social science research methods, is not required, and this course is geared towards individuals who are new to evaluation.

The ESS workshop is offered as an integrated 4 day course, offered in four consecutive days (Victoria location) or two 2-day workshop sessions (generally two weeks apart). The courses and handout material will be in English only.

Here’s an overview of the topics discussed in this course:

- Foundations of evaluation
- Evaluation objectives and roles
- Program profiling
- Evaluation questions
- Evaluation indicators
- Common research methods
- Evaluation design
- Data collection
- Data management and analysis

- Synthesizing evidence
- Communicating evaluation findings

The ESS Workshop will be offered in Fall of 2015 in Vancouver and April/May, 2015 in Victoria. Please check the [CESBCY chapter website](#) for specific dates of ESS offerings and registration information.

*-Source: Avril Paice, Director of Community Investment, United Way CSO, 5 February 2015*

## **FREE Webinar: Building Brands that Connect with Donors and Stakeholders**

Date: Wednesday, March 11th, 2:00 pm – 3:00 pm EST

[Register Now](#)

Lori and Sean from The Connected Brand will share their expertise on how strong brands are built, why this matters to charitable organizations of all sizes, and the common misconceptions about what brands are. They will also be sharing a donor journey tool that attendees can take away and put into action.

*-Source: CanadaHelps, Newsletter, 27 February 2015*

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# Volunteerism

- [5 SURPRISINGLY EASY WAYS TO LOSE VOLUNTEERS](#)
- [DATA PRIORITIES FOR THE NOT-FOR-PROFIT SECTOR](#)
- [LINKEDIN'S VOLUNTEER MARKETPLACE – WHAT CHARITIES NEED TO KNOW](#)
- [5 WAYS TO MOTIVATE YOUR NONPROFIT'S VOLUNTEERS](#)
- [5 SELFISH REASONS TO VOLUNTEER](#)
- [VOLUNTEER OPPORTUNITIES FOR THE REGIONAL DISTRICT OF THE CENTRAL OKANAGAN](#)

## 5 Surprisingly Easy Ways to Lose Volunteers

Recruiting volunteers is one thing – making sure that they continue to be interested in what you're doing is another. That's when many nonprofits struggle and start to lose their volunteers.

Here are 5 examples of how to quickly lose the support of even your most dedicated volunteers. It's a cautionary tale...

### 1. Lack of clear organization

Imagine you're a volunteer: you're giving up your time for a higher cause, only to discover that the staff of the organization lacks clear structure. Team members are late, tools are missing or incomplete, and people around you are uncertain about their actions and strategies.

For some people, a level of disorganization is acceptable. But you can be sure that your high-capacity volunteers will get quickly discouraged from participating in your activities, feeling that their time could be spent more productively somewhere else.

[Read More](#)

*-Source: Imagine Canada, Nonprofit Newswire, 24 February 2015*

## Data priorities for the not-for-profit sector

The timing is right for the not-for-profit (NFP) sector to plan for its data needs. As governments become more interested in creating effective open data policies, and the not-for-profit (NFP) sector increasingly focuses on outcomes, accountability and impact, NFP data needs will grow substantially. To make NFP goals a reality, governments must engage the NFP sector as a key partner and the sector must be ready to respond with its own priorities and strategies for building its data capacity.

The latest Mowat NFP Sector Signal examines the open data opportunity for the NFP sector and outlines the conditions that must be considered and developed in order to effectively meet the sector's data needs.

[Read More](#)

*-Source: Imagine Canada, Nonprofit Newswire, 21 February 2015*

## **LinkedIn's Volunteer Marketplace – What Charities Need to Know**

What is LinkedIn's volunteer marketplace?

A new set of tools on the LinkedIn website to help charities find and connect with skilled professionals who want to donate not just their time, but their expertise to a good cause. Why has it been set up?

Lots of UK workers are interested in using their professional skills to make a difference and thousands of charities are in need of skilled volunteers to sit on their boards and help them develop. With 17 million professional members in the UK alone, LinkedIn realised that it could help match skilled professionals to the charities that need them. How many professionals are interested in volunteering their skills?

Almost a quarter of a million professionals have already signalled an interest in volunteering on their LinkedIn profiles, and recent Office for National Statistics data shows that nearly a fifth of people in the UK have volunteered their time over the last 12 months.

[Read More](#)

*-Source: Volunteer Canada, Media Monitoring, 20 February 2015*

## **5 Ways to Motivate Your Nonprofit's Volunteers**

Volunteering has become a popular solution for people who not only have got some time on their hands, but also want to build a better community or help those who need assistance.

As a nonprofit leader, you're probably aware that volunteers are the heart and soul of your organization – it's their smiles and hard work that enable you to push your cause forward. That's why it's essential that you constantly motivate them and make them feel a part of a close community. Here are five smart ways to start motivating your nonprofit's volunteers right now:

1. Know their reasons for volunteering.

In order to keep your volunteers engaged and motivated, you need to first understand the reasons behind their decision to volunteer. Whether they do it to feel good about themselves, acquire new skills or just to make a difference, you're the one that needs to gather this information and apply it, creating a volunteer program that fosters long-term commitment.

[Read More](#)

*-Source: Volunteer Canada, Media Monitoring, 20 February 2015*

## 5 Selfish Reasons to Volunteer

Volunteering tends to be viewed as the ultimate selfless act – after all, you’re giving up your own time and resources to help others without receiving anything tangible in return. But a growing body of research suggests there are actually numerous social, physical and psychological benefits to be gained from charitable pastimes.

Of course, most people don’t set out to volunteer with personal gain in mind, but if you ask any volunteer about the motivation behind their selfless acts, they’ll tell you that they’ve gotten so much more back than they ever gave.

So what exactly is it about volunteering that makes it so satisfying? Here are five selfish reasons to give up your time without any expectation of monetary reward.

### **It can keep you physically fit.**

A study led by the Rotman Research Institute showed that volunteering can lead to a number of positive physical outcomes such as greater happiness, better overall health, and fewer functional limitations.

Research from the University of Wales also found that people who volunteer on a regular basis tend to live longer than those who don’t – likely because they tend to be more physically active, but also because they often live a healthier lifestyle.

For instance, the report showed that smokers who volunteered in stop-smoking services later gave up smoking themselves, and students who volunteered drank less than those who didn’t.

[Read More](#)

*-Source: Volunteer Canada, Media Monitoring, 30 January 2015*



## Volunteer Opportunities for the Regional District of the Central Okanagan

### **Environmental Advisory Commission**

The Community Services Department – Planning Section is seeking volunteers within the Regional District to serve on its Environmental Advisory Commission (EAC). The EAC advises the Regional Board on the environmental aspects of land use and planning applications and their impact on the community. Meetings are held approximately once a month. For more information, please

visit [www.regionaldistrict.com](http://www.regionaldistrict.com) or contact the Regional District at [planning@cord.bc.ca](mailto:planning@cord.bc.ca) or 250.469.6227.



### **Advisory Planning Commission Central Okanagan West**

The Community Services Department – Planning Section is seeking volunteers who reside in the North Westside or the Trepanier/Brent Road areas to serve on its Central Okanagan West Advisory Planning Commission (APC COW). The APC COW advises the Regional Board on policy changes relating to planning issues and their possible impact on the community. Meetings are held approximately once a month. For more information, please visit [www.regionaldistrict.com](http://www.regionaldistrict.com) or contact the Regional District at [planning@cord.bc.ca](mailto:planning@cord.bc.ca) or 250.469.6227.

### **Advisory Planning Commission Central Okanagan East**

The Community Services Department – Planning Section is seeking volunteers who reside in the Ellison or Joe Rich areas to serve on its Central Okanagan East Advisory Planning Commission (APC COE). The APC COE advises the Regional Board on policy changes relating to planning issues and their possible impact on the community. Meetings are held approximately once a month. For more information, please visit [www.regionaldistrict.com](http://www.regionaldistrict.com) or contact the Regional District at [planning@cord.bc.ca](mailto:planning@cord.bc.ca) or 250.469.6227.

*-Source: Janelle Taylor, Planning Section, Regional District of Central Okanagan, 18 February 2015*

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