



KCR

Monthly Bulletin May 2013

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

KCR Highlights

- [COMMUNITY INFORMATION AND VOLUNTEER SEARCH PAGES GET A NEW LOOK](#)
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- [SUMMER STUDENT](#)
- [GREY POWER PROGRAM](#)

Community Information and Volunteer Search Pages Get a New Look

KCR's Community Information search page and the Volunteer Opportunities search page have gotten a brand new look. We've taken our 'Quick Lists' and turned them into buttons for ease of access at the top of the page.

On the Community Information side, these include: Food, Thrift Stores, Housing, Recreation, Education, Multi-Cultural, Employment, Financial, Health, Animals, Worship Sites and Arts & Heritage.

We also have quick access on the bottom of the page to some of our publications: The Directory Sample, Youth Services Guide, Monthly Bulletin, Street Survival Guide and Children & Youth with Special Needs.

Check them both out today!

[Community Information Search](#)
[Volunteer Opportunities Search](#)

-Source: Kelsey Chmilar, Community Services, KCR



Workshop – Keeping Competent Staff

This workshop will introduce participants to Competency-based HR Management. It will provide the basic “why’s, what’s and how’s” of competency –based systems with a particular focus on competency-based performance management. The workshop will explore performance assessment through the identification of appropriate competencies and their indicators and will offer template examples of performance assessment tools. The related processes of workforce, succession and back-up planning will be discussed in the session, as will professional development and training needs considerations.



Cost: \$40

Date: May 9, 2013

Time: 8:45am-12:00pm

[Read More...](#)

Sponsored by Central Okanagan Foundation, City of Kelowna, KCR and United Way

-Source: Burkart Associates, Lynn Burkart

2013 Okanagan Volunteer Opportunities Fair

Registrations for the 2013 Okanagan Volunteer Opportunities Fair are now being accepted. Submissions are now open on our website.

\$50 includes a table at the Fair, participation at the Lunch and Learn, and a 1/6 page ad in the magazine

\$125 is for a 1/6 page ad in the magazine ONLY.

Because we wish to create a dynamic and exciting Fair for the public, we charge \$50 for full participation and a much higher amount for the ‘inclusion in the magazine only’ option. Don’t miss out...last year’s Fair was outstanding!

[Click here to register.](#)

-Source: KCR, Community Services, Dawn Anthony, Assistant Coordinator

Workshop: Resilience – What it Takes for Children and Youth to Thrive

An interactive educational workshop for parents, students and service providers
In his engaging, story-filled presentation, Dr. Michael Ungar will show how a child's resilience depends on more than a child's individual capacity to overcome challenges. Resilience is also the ability of young people's parents and other caregivers to successfully help children navigate and negotiate for the supports they need to thrive. Troubling behaviors like violence and bullying, stealing, social withdrawal, avoiding responsibility for one's self and others, internet addictions, drug abuse, truancy and early sexual activity can be addressed by providing young people with nine sources of resilience.

These nine sources include: structure, consequences, parent-child connections, strong relationships with peers and adults, a powerful identity, a sense of control, a sense of belonging, spirituality and life purpose, rights and responsibilities, and the safety and support children need to cope when problems arise. In this presentation Michael will share what he has learned from parents and helping professionals who have found inspiring ways to help children become competent, caring contributors to their families, schools, and communities no matter the challenges they face

About the Presenter:

Michael Ungar, Ph.D. is both a family therapist and a Killam Professor of Social Work at Dalhousie University in Halifax, Nova Scotia, where he co-directs the Resilience Research Centre which coordinates more than five million dollars in funded research in a dozen countries.



Date: Thursday, June 13th

Time: 2:30pm-4:30pm

Location: Kelowna Library, 1380 Ellis Street, Kelowna

Cost: \$20

[Register](#)

Co-sponsored by Braintrust Canada and KCR

-Source: BRAINTRUST Canada Association, Maribeth Friesen, CEO

Summer Camps

We currently have 38 listings of summer camps. Is your organization's information current? Check them out for your children.

Go to www.kcr.ca, [Community Information Search Central Okanagan](#).

-Source: KCR, Community Services, Dawn Anthony, Information Development

Lunch And Lead: Free Volunteer Management Series

Participants bring their own lunch and KCR will provide beverages and sweet treat.

a) Writing Volunteer Descriptions that Actually Work: May 7, 2013: 12:00pm–1:00pm, at KCR Training Room. Facilitators: Cheryl Wiebe and Sandy Stoutenburg.



b) Screening Volunteers: June 4, 2013: 12:00pm–1:00pm, at KCR Training Room, Facilitators: Dawn Wilkinson and an Overview of Volunteer Management facilitator.

c) Award Winning Volunteer Ideas: October 1, 2013: 12:00pm–1:00pm, at KCR Training Room. Facilitators: Mary Anny Murphy, Crystal Wariach and Phil Bond.

d) Dismissal Process for Volunteers: November 5, 2013: 12:00pm–1:00pm, at KCR Training Room. Facilitators: undecided.

e) Volunteer Recognition: January 14, 2014: 12:00pm–1:00pm, at KCR Training Room. Facilitators: Dawn and an Overview of Volunteer Management facilitator.

[Register Here](#)

-Source: KCR, Dawn Wilkinson, Community Services Manager

Summer Student

Are you energetic, social media savvy, interested in working with children and youth and good at planning activities? We are looking for someone to organize a variety of recreational and outdoor experiences for children and youth whose parents have immigrated to Kelowna from other countries. Interest in and sensitivity to other cultures is important for this position.

Contact Katelin at katelin@kcr.ca or 250.763.8008 ext 30.

-Source: KCR, Katelin Mitchell, Immigrant Services Manager

Grey Power Program

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 job search assistance to eligible Participants that includes 6 weeks of classroom training followed by a 6 week subsidized work experience.



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, World Host Certificates. 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.

The next classroom session begins on Monday, June 17th.

If you are interested in attending please contact Christine at 250.763.8008, ext.34 for further information, or email greypower@kcr.ca.

-Source: KCR, Christine Hawkins, Employment Services Manager

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AGMs

- [United Way](#)

United Way

Please join us for the United Way's Annual General Meeting, to be held at the Kelowna Branch of the Okanagan Regional Library at 1380 Ellis Street, Kelowna, on Monday, May 27th at 4:00pm.

-Source: United Way CSO, Avril Paice, Director of Community Investment



United Way
Central & South
Okanagan Similkameen

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Awards

- [NOMINATIONS OPEN FOR THE 2013 AWARDS IN COMMEMORATION OF THE PERSONS CASE](#)
- [2013 DONNER AWARDS ACCEPTING APPLICATIONS](#)
- [PRIME MINISTER'S AWARDS FOR EXCELLENCE IN EARLY CHILDHOOD EDUCATION](#)

Nominations Open for the 2013 Awards in Commemoration of the Persons Case

These awards recognize individuals who have made outstanding contributions to the goal of equality for women and girls in Canada. Recipients come from all parts of the country and from all walks of life.

In 1929, women became “persons” under the law when Canada’s highest court of appeal declared that the word “person” included both women and men.

The Governor General’s Awards in Commemoration of the Persons Case were created to celebrate that historic legal decision and to recognize individuals who have shown the courage and determination to significantly advance equality for women and girls in Canada. Each year five individuals, including two in the youth category, are chosen to receive the awards.

Past candidates and recipients have included:

- Academics and researchers;
- CEOs or board members;
- Volunteers ;
- Mayors and city councilors;
- Facilitators and advocates;
- Artists;
- Community activists; and
- Specialists in issues facing women and girls.

These people may have found innovative solutions to challenges facing women and girls, lobbied for groups or services, raised public awareness or made creative and artistic contributions. [Read More...](#)

-Source: CharityVillage.com, Village Vibes, 2013 April 18

2013 Donner Awards Accepting Applications

The Donner Awards Program is Canada's largest and most prestigious non-profit recognition program. A total of \$60,000 is available to be won, with a total of nine awards granted. We are accepting applications for the 2013 Donner Canadian Foundation Awards for Excellence in the Delivery of Social Services until Friday, May 31, 2013.



In return for completing the application, all participants receive a confidential report that compares their organization's performance relative to peers in the sector. This report allows them to identify areas of particular strength in their organization's management and delivery of services as well as areas where performance can be improved. At a time when non-profits are coming under increased scrutiny over the efficiency and effectiveness of their management and delivery of programs, the performance report is an important tool to distinguish their organization from others.

Non-profit organizations may apply to the Donner Awards online. Applicants who complete their application online by our final deadline will be entered in our \$1000 cash draw.

For more information about the Donner Awards and on how to apply, organizations are encouraged to visit our website at www.donnerawards.org.

I am also providing you with the direct links to our 2012 Non-Profit Performance Report, which highlights details of our unique non-profit evaluation system and features our 2012 finalists and recipients as well as an alumni directory listing all Donner Awards finalists from 1998

If you have any questions please email me at melissa.holoday@donnerawards.org or call toll-free to leave a voicemail at 1.877.714.4531. Thank you for your ongoing support and for helping to promote high standards of excellence and accountability in the non-profit sector through the Donner Awards Program.

-Source: CharityVillage.com, Village Vibes, 2013 April 12

Prime Minister's Awards for Excellence in Early Childhood Education

Nomination deadline extended until April 19, 2013. Do you know an outstanding educator? You now have three more weeks to nominate them for Canada's most prestigious teaching award. Guidelines and nomination forms for the 2013 Prime Minister's Download your nomination form today! Awards are worth up to \$5,000! Winners honoured by the Prime Minister.

For more information visit www.pma.gc.ca or call 613.946.0651

-Source: Kelowna Child Care, Newsletter April 2013 – May 2013

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Employment

- [EXECUTIVE DIRECTOR OF THE MÉTIS COMMUNITY SERVICES SOCIETY OF BC – KELOWNA OFFICE](#)

Executive Director of the Métis Community Services Society of BC – Kelowna Office

Please find attached a job posting for an Executive Director in our 'Métis Community Services Society of BC' Kelowna office. We would greatly appreciate you forwarding our notice to interested individuals and branches of your organizations.



This posting can also be viewed on our website: www.mcsbc.org

** The deadline for applications is Monday, May 6th at 4:00pm **

–Source: Donna Cichelli, Office Assistant, Métis Community Services Society of BC

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Facts & Trends

- [FUNDS RAISED IN 2012 INCREASED AT MORE THAN HALF OF US AND CANADIAN CHARITIES](#)
- [UK NONPROFITS FACING GENERATION GAP IN FUNDRAISING, REPORT FINDS](#)
- [58% OF US, CANADIAN CHARITIES RAISED MORE IN 2012](#)

Funds Raised in 2012 Increased at More Than Half of US and Canadian Charities

Nearly six in 10 charities (58%) participating in a recent survey conducted by the Nonprofit Research Collaborative (NRC) raised more in 2012 than they did in 2011 from contributions, marking the first time since 2006 that significantly more than half showed such positive results. Last year at this time, 53% had raised more. The NRC study annually asks about changes in amounts received from each of a dozen fundraising methods. The source of fundraising most likely to increase continued to be online. Nine in 10 organizations in this study received online contributions, and 57% that use that method saw an increase in 2012. Another section of the study asked about planned giving. Just over one-third (34%) of responding organizations have a formal planned giving program with staff or budget. Charities that had an active planned giving program were more likely to see growth in planned gift receipts in 2012, whether their operating budget was less than \$1 million or \$10 million or above. [Read More...](#)

—Source: *CharityVillage.com, Village Vibes, 2013 April 9*

UK Nonprofits Facing Generation Gap in Fundraising, Report Finds

UK nonprofits are facing a generation gap in fundraising, according to a new report launched today by software and services firm Blackbaud and consultancies Xtraordinary Fundraising and Stratcom. The study found that Mature donors are giving, on average, 27% more each year than Generation X and 38% more than Baby Boomers. The report also revealed that Mature



donors are also more loyal to those causes they support, with almost 30% having donated to their causes for between 10 and 15 years and 16% for more than 20 years. While the Gen Y age group donates the least, they are the age group most likely to volunteer for a cause (29%) and to attend and organize events (16%). They are also the most engaged in participating online and sharing actions with others online, with 27% following a cause on a social network to stay informed and 25% sharing a cause's online content with others. [Read More...](#)

–Source: *CharityVillage.com, Village Vibes, 2013 April 29*

58% Of US, Canadian Charities Raised More in 2012

Nearly six in ten charities surveyed (58%) raised more in 2012 than they did in 2011 from contributions, marking the first time since 2006 that significantly more than half showed such positive results. [Read More...](#)

–Source: *Nonprofit Newswire by Imagine Canada, 2013 April 19*

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Financial

- [ARTSVEST™](#)
- [TWO WAY RADIO COMMUNICATIONS AT NO CHARGE FOR SPECIAL EVENTS](#)
- [CALL FOR YOUTH LEADERS – APPLY FOR 2013'S GET OUTSIDE BC PROJECT!](#)
- [GOOGLE GRANTS](#)
- [FUNDING OPPORTUNITY FOR LOCAL GOVERNMENTS TO DEVELOP HEALTHY COMMUNITIES](#)
- [MUNICIPAL ALCOHOL POLICY – NEW ROUND OF FUNDING ANNOUNCEMENT](#)
- [SAVE MONEY . . . MAKE A DIFFERENCE](#)

artsVest™

Please join us at the Kelowna Art Gallery for a special presentation by Kathleen Speakman, Provincial Program Manager at Business for the Arts. Speakman will provide an overview of artsVest™, the organization's signature matching incentive and sponsorship training program. artsVest™ is designed to spark new business sponsorship of arts and culture and build capacity in Canada's cultural sector. Networking reception to follow.

Information Session & Networking Reception
Tuesday May 7th, 4:30pm-7:00pm
Kelowna Art Gallery

RSVP to Caroline at civey@kelowna.ca.

-Source: City of Kelowna, Caroline Ivey, Cultural Services Coordinator – Recreation & Cultural Services

Two Way Radio Communications at No Charge for Special Events

For many years TAC Mobility (now) TAC Solutions have supported many charities in the Okanagan Valley and are most interested in continuing that tradition. Although our emphasis is with charities that provide care and support to kids in need, we have also supported cancer, cystic fibrosis, heart and stroke charities to name a few.



Once again, we are interested in continuing our ongoing support toward charity events in the Okanagan and would welcome the opportunity of supplying two way radio communications at no charge for these special events.

Contact: Tom Light, TAC Solutions 250.868.9388 or tlight@tacsolutions.ca.

-Source: TAC Solutions, Tom Light, 2013 May 1

Call for Youth Leaders – Apply For 2013's Get Outside BC Project!

Youth, ages 13-18, are invited to apply for the Get Outside BC Project, an exciting leadership program and learning opportunity for youth who have a passion for getting more youth out in nature. To find out more about the program read the Champion piece in this month's newsletter or visit www.getoutsidebc.ca for more details or to download the application form.

Deadline: May 17, 2013.

-Source: BC Healthy Communities, BCHC Newsletter, 2013 April 26

Google Grants

Started by Google in 2003, Google Grants helps nonprofit organizations raise money and promote their missions and initiatives on

Google. I think Google Grants is one of the biggest missed opportunities in nonprofit fundraising today. [But what is Google Grants?](#)



-Source: Nonprofit Newswire by Imagine Canada, 2013 April 15

Funding Opportunity for Local Governments to Develop Healthy Communities

In partnership with the Ministry of Health, BC Healthy Communities Society (BCHC) is currently accepting applications for small grants (up to maximum \$5000 per community) to support local governments to engage in the development of healthy community partnerships and to build their capacity for healthy community leadership and action.

Funding permitting, applications will be accepted and reviewed on a continuous intake basis up until June 30, 2013. Eligible activities must take place before March 31, 2014. To find out more please [visit our local government funding page](#) or read the official news release [here](#).

-Source: BC Healthy Communities, BCHC Newsletter, 2013 April 26

Municipal Alcohol Policy – New Round of Funding Announcement

BC Healthy Communities (BCHC) is pleased to announce the second round of funding for the Municipal Alcohol Policy (MAP) program for local governments in BC. BCHC is



BC Healthy Communities
People. Place. Potential.

accepting expressions of interest from all local governments for seed grants of up to \$7,000 to develop a Municipal Alcohol Policy for their communities.

A Municipal Alcohol Policy helps support healthy communities by providing clear guidelines for alcohol use in municipal settings, reducing liability and contributing to a culture of moderation regarding alcohol use. For more information about the MAP program and the benefits for your community contact Krissi Spinoza at hccordinator@bchealthycommunities.ca or 250.952.9177 or [visit our website here](#).

-Source: BC Healthy Communities, BCHC Newsletter, 2013 April 26

Save Money . . . Make a Difference

Start planning for several daily deals annually!

As a fundraiser, you can participate in as many daily deals in a year as you have merchant partners for. There is no cost for you or your merchant partner to participate, you can raise funds simply as you enhance your profile, while your merchant partner is selling products, gaining greater exposure, and able to claim a tax deduction for the percentage of product sales he donates to your cause.

If you need help to set up a daily deal, visit www.deals4dogooders.com for support materials or [click here to contact us](#).

-Source: deals4doGooders.com

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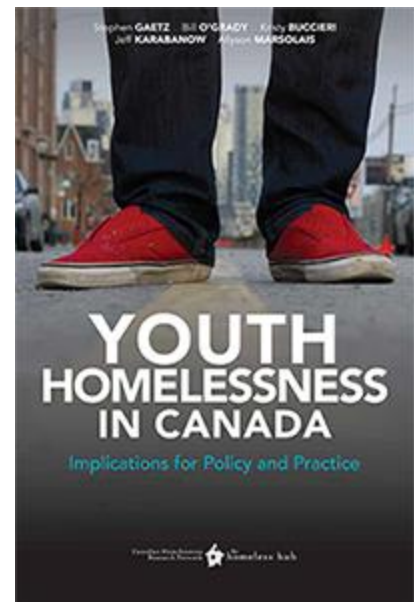
Housing

- [YOUTH HOMELESSNESS IN CANADA – BOOK LAUNCHED](#)
- [RESPONDING TO YOUTH HOMELESSNESS: A SYSTEMS APPROACH LEARNING SERIES – SESSION #1](#)
- [IT'S EVERYBODY'S BUSINESS: ENGAGING THE PRIVATE SECTOR IN SOLUTIONS TO YOUTH HOMELESSNESS](#)
- [HOUSING TRANSFERRED TO ABORIGINAL PROVIDERS](#)
- [NO PLACE TO CALL HOME, A YOUTH HOMELESSNESS FORUM IN WESTBANK](#)

Youth Homelessness in Canada – Book Launched

Youth homelessness is a seemingly intractable problem in Canada. In communities across the country, people are increasingly aware of the sight of young people who are without a home, sleeping in parks, sitting on sidewalks or asking for money. What do we know about these young people, and what should we do?

Youth Homelessness in Canada: Implications for Policy and Practice aims to fill a gap in the information available on this important issue by providing an easily accessible collection of the best Canadian research and policy analysis in the field.



If we are going to solve youth homelessness in a meaningful way, we need solutions that are informed by the best research. This book has been written with this in mind. In this volume, leading Canadian scholars present key findings from their research on youth homelessness. In an effort to make this research accessible as well as relevant to decision-makers and practitioners, contributing authors have been asked to address the 'so whatness' of their research; to make clear the policy and practice implications of their research so as to better inform the efforts of those working to address youth homelessness.

The contributors to this book are committed to supporting the development of more effective solutions to youth homelessness. Not only can we do things differently, we need to. And research on youth homelessness can help make a difference.

[Download the PDF or Buy the Book...](#)

-Source: The Homeless Hub

Responding to Youth Homelessness: A Systems Approach Learning Series – Session #1

Keynote: Mike Lethby, Executive Director, Niagara Resource Service for Youth
In the first session of this Learning Series, Mike Lethby speaks about Niagara region's innovative approach to ending youth homelessness.

[Watch the Keynote](#)

-Source: Mike Lethby, The Homeless Hub

It's Everybody's Business: Engaging the Private Sector in Solutions to Youth Homelessness

As more industrialized countries struggle with rising youth unemployment, young people with no job or prospects are ill-equipped to be contributing members of an inclusive, healthy and sustainable economy.



The business sector can play a critical role in addressing youth homelessness by providing at-risk youth with skills training, employment and apprenticeship opportunities. Yet only a small number of Canada's employers offer these opportunities.

Why? And what can we learn from them? [Read More...](#)

-Source: Amanda Noble, The Homeless Hub

Housing Transferred to Aboriginal Providers

VICTORIA – The government of BC, in partnership with the Aboriginal Housing Management Association (AHMA), has transferred ownership and management of 428 properties in rural communities throughout the BC mainland to three non-profit Aboriginal housing providers.

Three Aboriginal housing providers were selected from a Request for Proposals that awarded:

- 306 units in the northern regions of the province, the South Cariboo and the Sunshine Coast to M'akola Housing Society.
- 97 units in the Kootenays and the Okanagan to Kamloops Native Housing Society.
- 25 units in the Fraser Valley to the Mamele'awt Queensome Housing Society.

This completes the transfer of the Rural Native Housing (RNH) properties in 112 rural communities throughout BC, to Aboriginal non-profit housing providers. The first phase was completed in 2011 when ownership and management of 71 RNH properties on Vancouver Island was awarded to M'akola Housing Society. The total assessed value of the RNH properties is approximately \$88 million. [Read More...](#)

-Source: The Federation of Community Social Services of BC, Federation News Clippings, 2013 April 11

No Place to Call Home, a Youth Homelessness Forum in Westbank

On Tuesday May 7th, there will be a homelessness forum concerning our homeless youth in West Kelowna, Westbank and Peachland held at the Westbank Lions Community Centre at 7:00pm. Representatives from the Boys and Girls Club, the Canadian Mental Health Association, the RCMP, Kelowna Gospel Mission and several other organizations will be on hand at the forum. Anyone interested is invited to attend the forum.

-Source: Myrna Kalmakoff, Community Coordinator, CATCH

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Local

- [2ND COMMUNITY OPEN HOUSE EVENT IN ACKNOWLEDGEMENT OF NATIONAL MENTAL HEALTH WEEK 2013](#)
- [CYSN, MENTAL HEALTH WEEK, CATCH NETWORK GATHERING AND PARTNERS RESOURCE EXHIBIT, MAY 8TH 2013](#)
- [GROWING HOPE WITH LIVING SALADS](#)
- [PEOPLE IN MOTION'S OUT & ABOUT PROGRAM](#)
- [PERINATAL MOOD DISORDER SUPPORT & EDUCATION GROUP](#)
- [MAY 6-12 IS CMHA'S 62ND ANNUAL MENTAL HEALTH WEEK](#)
- [ASIAN HISTORY EVENTS](#)
- [ARE YOUR TRINKETS TRASH...OR TREASURE?](#)
- [UBCO: COMMUNITY SERVICE LEARNING PROGRAM](#)
- [CONGRATULATIONS TO OUR 2012 CIVIC & COMMUNITY AWARD RECIPIENTS](#)
- [ART ADVENTURES: SUMMER CLASSES FOR KIDS](#)
- [FAMILY SUNDAYS](#)
- [STUDENT MUSIC RECITAL](#)
- [VALLEY FIRST PLANE PULL CHALLENGE](#)
- [ENVIRONMENTAL UPDATES](#)
- [CHILD CARE PROVIDER APPRECIATION EVENING](#)
- [AUTISM SPECTRUM DISORDER GROUPS](#)
- [YLW FIRST CANADIAN AIRPORT TO HOST ADVANCE VOTING](#)
- [SUCCULENT SAUCY LOBSTER DINNER](#)
- [2012 COMMUNITY SPIRIT AWARDS: UNITED WAY](#)
- [SYILX LANGUAGE & TRADITIONAL PRACTICES](#)
- [BOYD AUTOBODY AND GLASS REPAIRING CHIPS FOR CHARITY](#)
- [CAPITAL ONE RACE FOR KIDS DEMO DAY MAY 1, 2013](#)
- [OKANAGAN'S FIRST RESTORE](#)
- [FAT CAT CHILDREN'S FESTIVAL](#)
- [OKANAGAN NON-PROFIT LEADERS ASSOCIATION](#)

2nd Community Open House Event in acknowledgement of National Mental Health Week 2013

This year we have a unique opportunity to link with another community event occurring concurrently on the same site {adjacent space} so, we're very excited people will not only have an opportunity to explore local mental health and related resources but, if they so choose, will also gain information from the *Early Childhood Development Table* supported by *CATCH* (Community Action Towards Children's Health) as well as *Children & Youth with Special*

**YOU ARE INVITED
TO PARTICIPATE IN THE**
Community Services Networking Event
during
MENTAL HEALTH WEEK
A focused time for you as a Central Okanagan Service Provider to educate the community and other service providers about how you benefit our community.
Wednesday May 8, 2013 @ Trinity Church
1905 Springfield Road, Kelowna, BC V1Y 7V7

The details:
RSVP by May 1, 2013
Event date: May 8, 2013
Event set up time: 1 pm
Event time: 1:30 - 4 pm

To confirm your booth
RSVP to: Christene Walsh
Tel: 250-869-6291
Christene.Walsh@cord.bc.ca



Needs resources. The intent is for this multi-resource networking event to offer increased exposure & information exchange for those able to participate as well as for our interested community at-large.

The date is Wednesday, May 8th at Trinity Baptist Church, with set-up from 1:00pm (event commences at 1:30pm and concludes at 4:00pm). We hope you and your organization is able to attend as it's our community that make this type of event successful.

-Source: Christene Walsh, Regional District of the Central Okanagan

CYSN, Mental Health Week, CATCH Network Gathering and Partners Resource Exhibit, May 8th 2013

We are pleased to announce our Spring Network Gathering. This event includes a new collaboration with community partners for the resource exhibit. These partners include:

- Mental Health Week Community Open House
- Children and Youth with Special Needs
- Community Action Toward Children's Health – Early Childhood Development Table

CATCH's Network Gathering theme for this event and speaker panel is Engaging Hard to Reach and Vulnerable Families.

When: 08 May 2013, 11:30am-4:00pm

Location: Trinity Baptist Church, 1905 Springfield

[Register Here](#)

-Source: Community Action Toward Children's Health, CATCH Network Newsletter April 11, 2013

Growing Hope with Living Salads

Hands in Service presents the Living Salads program – Bringing the outdoors “in” to clients whose health and mobility prevents them from getting “out”.



Plans are underway to provide 75 -100 clients with planters chock-full of tomato, parsley, chives, leaf lettuce and swiss chard that will replenish throughout the season.

This year we want to improve on our pilot project by adding volunteers to the Living Salads. We are looking for up to 100 volunteers with experience gardening who would like to join us over the growing season to assist clients, one – on – one, in their efforts to build capacity, sustainability and community. [Read More...](#)

-Source: Patricia, Hands in Service

People in Motion’s Out & About Program

People In Motion is thrilled with the success that our new program has had in the past 2 years. This program provides group transportation to a variety of sights and attractions, which gives individuals a chance to enjoy the company of others while having the freedom and opportunity to get “Out & About”. We have put together an exciting schedule of wonderful day trip destinations that are accessible, fun filled, affordable and educational.

View of Calendar of Activities and our Out & About Program brochure. [Read More...](#)

-Source: The Kelowna & District Society for People In Motion, Louise Abbott, Executive Director

Perinatal Mood Disorder Support & Education Group

This program is a partnership between PPDA & CMHA

Fridays 1:00pm–3:00pm At [Canadian Mental Health Association](#) Kelowna, 504

Sutherland Avenue. This drop-in support group is open to anyone interested in seeking help/prevention for: Depression & other mood disorders in pregnancy & postpartum. This can include: Pregnant Women; Women in the postpartum period (anytime within the first five years of giving birth to your child); Women with older babies, toddlers & preschoolers; Dads; Adoptive Parents.

****Support people, family members, friends welcome****

Weekly format:

1:00pm–1:30pm – Meet & Greet and Light Refreshments

1:30 – 2:00pm – Grounding & Check-in

2:00 – 3:00pm – Activity or Guest Speaker

(Guest Speakers can include: Leading Psychologists and Psychiatrists in the field of Perinatal Mental Health; A wide variety of Art, Dance & Music therapists; A wide variety of Holistic Practitioners; Specialists in pre & post natal health and wellness)

No cost

Register: Call 778.215.7418 or Email info@ppda.ca Or visit this link: [Register Here](#)

-Source: Community Action Toward Children's Health, CATCH Network Newsletter April 22, 2013

May 6-12 is CMHA's 62nd Annual Mental Health Week

Calendar of Events:

May 4: Margaret Trudeau at Kelowna Community Theatre

May 6: Poster campaign at RSS & Mt. Boucherie High

Schools - Mosaic Art by Cara Centre @ Kelowna Heritage Museum (display will be up all week)

May 7: "Mood Food" Knowledge is Power 5:30pm @ The Laurel Building

"No Place to Call Home" – Youth Homelessness Forum, Westbank Community Centre, 7:00pm-9:00pm.

May 8: CATCH Network Gathering and Community Partners Resource Swap -

Community Services Connection Event 1:30pm @ Trinity Baptist Church



Canadian Mental
Health Association
Mental health for all

May 10: Mental Health Walk hosted by Cara Centre 11:30am @ The Dolphins downtown

May 11: An Artful Soiree for Hillary's Ride at heART School @ 7:30pm

[Read More...](#)

-Source: CMHA Kelowna, Newsletter 2013 April 30

Asian History Events

May is Asian Heritage Month. This acknowledges the long and rich history of Asian Canadians and their contributions to Canada. It also provides an opportunity for Canadians across the country to reflect on and celebrate the contributions of Canadians of Asian heritage to the growth and prosperity of Canada.

Activities are planned throughout the month. View the activity schedule at www.asianheritage.ca.

-Source: Elna von Dach

Are Your Trinkets Trash...or Treasure?

The Kelowna Art Gallery welcomes Anthony Westbridge, of Westbridge Fine Arts in Vancouver, and local art and antiques appraiser, Peter Blundell, for Antiques in the Attic on Friday, May 10 and Saturday, May 11, 2013, from 10:00am-5:00pm.

- Art
- Antiques
- Collectibles

The cost per 15-minute session is \$40 for members, and \$50 for non-members. Each session allows for viewing of up to three items, subject to the time constraint.

Please [click here](#) for complete details and a list of restrictions.

To make an appointment, call the Kelowna Art Gallery at 250.762.2226.

-Source: Kelowna Art Gallery, Email Invitation, 2013 April 22

UBCO: Community Service Learning Program

UBC Okanagan's Community Service Learning Program (previously the Learning Exchange) develops programs and projects that combine classroom learning with volunteer work that achieves community goals, while providing students with an enhanced learning experience. The program has been active for over 5 years and continues to grow thanks to the support of many community partners .



OKANAGAN

This fall there are two programs being offered that might be of interest to non-profits:

- If your website needs updating students enrolled in a 'Human Computer Interaction' course will be working with 8 non-profits to assess and update their websites. Several community organizations have already taken advantage of this opportunity and successfully launched improved websites as a result of this course based project.
- Are you looking for new fundraising ideas? First year engineering students will work in groups to develop new ideas for your organization. Recognizing that non-profits have been hit hard by current economic times, this project addresses this issue while providing students with a hands on experience working with real organizations and presenting their ideas.

These courses will start in September and finish in December 2013. The deadline to sign up to be included in either of these free projects is June 30, 2013. Please contact Lori Field at lori.field@ubc.ca or phone 250.807.8665. For more information please [visit their website](#).

-Source: UBCO: Community Service Learning, Lori Field, 2013 April 19

Congratulations to our 2012 Civic & Community Award Recipients

The City of Kelowna is extending its sincere congratulations to all nominees and recipients of this year's 38th Annual Civic & Community Awards. The successful finalists were honoured this evening at the Kelowna Community Theatre.



The full list of award recipients is provided below:

- Teen Honour in the Arts Quinn Bates
- Honour in the Arts Anna Jacyszyn
- Young Female of the Year Kelsi Taron
- Young Male of the Year Eli McAlpine
- The Central Okanagan Foundation, Volunteer Organization of the Year Karis Support Society
- Woman of the Year – Sarah Donald – Treadgold Memorial Award Shaun Bos
- Man of the Year – Fred Macklin Memorial Award Ken Thompson
- Corporate Community of the Year – Small to Medium Business Loyal Hair Therapy
- Corporate Community of the Year – Large Business Interior Savings Credit Union
- Champion for the Environment – Individual Michael Ross
- Champion for the Environment – Business Best Western Plus, Kelowna Hotel and Suites
- Bob Giordano Memorial Award Hal Hennenfent
- Bryan Couling Memorial, Athletic Team of the Year Award OKM Senior Boy's Soccer Team
- Augie Ciancone Memorial Award – Female Olivia Johnson
- Augie Ciancone Memorial Award – Male Ryan Lintell
- Female Athlete of the Year Jen Woods
- Male Athlete of the Year Rostam Turner
- Anita Tozer Memorial Tim Schroeder

Special thanks to the sponsors of this year's event for their generous support: Astral Media, Beyond 50 Magazine, Castanet, Central Okanagan Foundation, FortisBC, Grant Thornton, Kelowna Capital News, Kelowna Community Resources, Mark of Distinction, Prospera Credit Union and YMCA of Okanagan.

For more on the Civic & Community Awards, visit kelowna.ca/residents.

-Source: City of Kelowna, News Releases, 2013 May 2

Art Adventures: Summer Classes for Kids

- Cartooning
- Mixed Media
- Drawing
- Sculpture
- Painting
- Printmaking

Half-day and full-day art camps for children ages 5 to 12.

JULY & AUGUST 2013

View a complete listing of classes and times here.

[Register Now!](#)

-Source: Kelowna Art Gallery, 2013 May Newsletter

Family Sundays

May Schedule in support of Asian Heritage
Okanagan:

- May 5: Paper Koi no Bori
- May 12: Chinese Painting
- May 19: Asian-themed Book Covers
- May 26: Kandil (Diwali Lantern)



Cost is \$4/participant and includes Gallery admission. Registration is not required, drop-ins welcome! Time is 1:00pm-4:00pm.

-Source: Kelowna Art Gallery, 2013 May Newsletter

Student Music Recital

Kelowna Community Music School

Saturday, May 25, 2013, 1:00pm-4:00pm

Kelowna Art Gallery, Saturday Student Recital Series at the Gallery

Free and open to the public.

-Source: Kelowna Art Gallery, 2013 May Newsletter

Valley First Plane Pull Challenge

REMINDER: The 4th Annual Valley First Plane Pull for the United Way is happening on Friday MAY 10th, 2013 10:00am-2:00 pm at Kelowna Flightcraft.



If you haven't yet signed your team up, there are still a few limited spaces left. Contact our office or register your team online or make a donation at the [Plane Pull website](#). This event is a great team-builder AND awesome fundraiser for the United Way Community Investment Programs. If you can't get a team in, come on out and cheer on the teams as a spectator!

-Source: United Way Update, 2013 May 1

Environmental Updates

The City of Kelowna plays an active role in sustainability initiatives by prioritizing sustainability and leading by example.

Most recently, the City has developed a [Sustainability Directory](#) that summarizes the City's sustainability policies, programs and services in each of the four sustainability pillars: cultural, economic, environmental and social.

-Source: City of Kelowna, Environmental Updates, 2013 May 1

Child Care Provider Appreciation Evening

Tuesday, May 28th, 2013

6:00pm-9:00pm

Mission Creek Park Gazebo & EECO Centre

Child Care Providers are invited as honoured guests to our Appreciation Evening. Come celebrate May as Child Care Month with a picnic dinner, speakers, nature training, games and prizes.

City of Kelowa Councillor, Mohini Singh, will acknowledge the exceptional work of child care providers in the community and celebrate with us.

Two hour training certificate will be provided

RSVP to the Kelowna Child Care Society at 250.762.3536.

-Source: Success by 6, Amanda Turner, Success by 6 Coordinator, 2013 May 1

Autism Spectrum Disorder Groups

Bridging the Gap – Part 2 of the sibling series for your child and their sibling affected by Autism Spectrum disorder & other Developmental Disabilities.

Sibling Social Night – This group is an opportunity for your child who has a sibling affected by Autism Spectrum Disorder & other Developmental Disabilities to have fun with their peers who have similar experiences.

If you have any questions regarding the parent group, Bridging the Gap (Part 2) or Sibling Social Night please contact Erin Rodier at 250.763.7414 or erin.steppingstones@gmail.com.

Lights, Camera, Action – This is a 6 Week Interactive Media group for children. The group will explore and practice communication and friendship skills. For more information please contact Kerry Casperson 250.309.6850 or kerry.steppingstones@gmail.com.

-Source: Stepping Stones, Kyla LaFleur, 2013 April 30

YLW First Canadian Airport To Host Advance Voting

Kelowna International Airport (YLW) has been listed as an Advance Voting location by Elections BC for all BC residents, including those who are in and around the airport.



Voters may park in the short term lot for up to two hours free of charge. Simply bring in the parking voucher when voting and the voucher will be validated at the polling station.

All BC voters can vote at YLW or any advance voting place in the province on Wednesday, May 8 through Saturday May 11, between 8:00am and 8:00pm (local time). All BC voters can vote at any general voting place in the province on Tuesday, May 14, between 8:00am and 8:00pm (Pacific Time).

All voters must provide proof of identity and their residential address to receive a ballot or to register when voting. A list of acceptable types of identification is available from Elections BC at elections.bc.ca or 1.800.661.8683.

-Source: City of Kelowna, News Releases, 2013 May 2

Succulent Saucy Lobster Dinner

Saturday, June 1st, 2013

- Silent Auction Preview & Happy Hour: 5:30pm-6:30pm
- Dinner: 6:30pm-9:00pm
- Entertainment: 9:00pm-12:00am

Parkinson Recreation Centre – 1800 Parkinson Way

Tickets: \$75; Net proceeds are used in support of Rotary Charitable Projects Entertainment by THE ROWDYMEN; Celtic and Maritime frolic by Kelowna's most sociable band. For tickets contact Rotary Club of Kelowna Ogopogo, Olivia Johnson at olivia6010@yahoo.ca.

-Source: Kelowna Ogopogo Rotary Club, Olivia Johnson, Director YEP

2012 Community Spirit Awards: United Way

Congratulations to BrainTrust Canada Association for winning the [Community Partner Award](#).

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



Syilx Language & Traditional Practices

Saturday, May 11 2013, 9:00am-2:00pm
Fishing-Gallagher's Canyon- Mic Werstuik

Monday, May 13 2013, 5:00pm-7:30pm
Flint Knapping- Arrowheads- Meghan Fisher

Saturday, May 25 2013, 9:00am-4:30pm
Teepee Raising-Eric Mitchel

Each session will include a meal, language instruction and traditional practice activities. Pre-registration is required. Please contact Pamela or Grouse at 250.768.7051 or pbarnes@shaw.ca.

-Source: *Pamela Barnes, 2013 April 30*

Boyd Autobody and Glass Repairing Chips for Charity

[Boyd Autobody and Glass](#) is offering mobile chip repair in the valley and instead of doing it for profit they are raising money to support Okanagan Boys and Girls Clubs. Boyd will be offering on site chips, \$20 for the first one and \$10 for every chip after that. All proceeds go back to the Boys and Girls Clubs.

Starting in May 1st until June 30th Boyd will be in a variety of locations during the week from 10-2pm.

- Tuesdays at Western Financial in Rutland

- Wednesdays at the Chevron by Costco
- Thursdays at the Canadian Tire in Westbank, and
- Fridays at the Cherry Lane Shopping Mall in Penticton.

Come out, get your windshield repaired and help support the Okanagan Boys and Girls Clubs.

Thank you [Boyd](#)

-Source: Okanagan Boys and Girls Clubs, newsletter, 2013 April 29

Capital One Race for Kids Demo Day May 1, 2013

Join the Okanagan Boys and Girls Clubs May 1st for a sneak peak of our newest fun-filled, wild and wacky fundraiser, “Capital One Race for Kids”. This demonstration event will feature Okanagan Ballooning with their Inflatable Obstacle Course.



Experience firsthand what it is like to hop, run, crawl and make your way through the maze of activities. Enjoy a hotdog and beverage on us and learn more about how you can become a part of this “Amazing Race meets Minute to Win It” type of scavenger hunt, adventure race that will help change kids’ lives in our community.

When Adults Play....Kids Win!!!

WHAT: The Capital One Race for Kids Demonstration event will showcase the fun-filled adventure race being held in Kelowna Saturday, June 1, 2013! You’ll get just a sample of the great time you will have when you join this event and learn how the funds raised through the Capital One Race for Kids will change the lives of kids in our community.

WHO: Everyone is welcome

WHY: To showcase the newest fundraiser Capital One Race for Kids and to build awareness about Okanagan Boys and Girls Clubs and Camp Arrowlight

HOW: Come down to Stuart Park

WHEN: 12:00pm-1:00pm, Wednesday, May 1, 2013

WHERE: Stuart Park

It is not too late to register your team for the June 1st, Capital One Race for Kids Event. Visit www.raceforkids.ca

-Source: Okanagan Boys and Girls Clubs, newsletter, 2013 April 29

Okanagan's First ReStore

You'll find us at 1793 Ross Road. West Kelowna, BC in the Crockford Centre Mall. We're near Hwy 97 and Bartley, kitty corner from Byland's Nursery. From Kelowna, turn left on Bartley, then right on Ross Road, past the PetroCan and Riley's Pub.

Store hours: Tuesday to Saturday, 9:00am-6:00pm.

-Source: Habitat for Humanity Kelowna, Newsletter, 2013 April 16

Fat Cat Children's Festival

The Fat Cat Children's Festival has been bringing smiles to children's faces for the past 22 years and now the Festival is stronger and better than ever.

We are busy planning a fantastic year that celebrates diversity and individualism with our theme "Curious Fat Cat Wants to Know: What Kind of Cat are YOU?". The Festival will be held on June 7th & 8th, 2013 in Waterfront Park and the parade will lead the way at 10 am on Saturday, June 8th starting from Interior Savings on Bernard Avenue



Check out our website for full details on the Volunteer Job Descriptions and Application Forms. You can also find out about how to get involved with an Activity Station, as a Sponsor or in the Parade. www.fatcatfestival.ca

June 7 – 8, 2013: our core components:

- School Day Friday 8:30am-2:00pm: schools and kids from throughout the region will come take part in hands-on programming and workshops.

- Fat Cat Festival Parade 10:00am–11:30am: Everyone really does love a parade and this will be a great opportunity for kids of all ages to come to downtown Kelowna to enjoy the sights, sounds and excitement of a full-fledged parade.
- Community Day, Saturday 11:00am–5:00pm: The Fat Cat everyone knows and loves with more stage performances, more street performers and more hands-on activities. A great day for the family – including all of its generations – to enjoy together.

-Source: The Children's Festival Society of Kelowna , Kim Butt, Volunteer Director

Okanagan Non-profit Leaders Association

The Okanagan Non-profit Leaders Association (ONLA) is a peer-to-peer support group comprised of current and retired executives and board members from across the non-profit sector – arts and culture, education, social services, philanthropy, etc. – as well as affiliated professionals from the business community (e.g. accounting, legal services, non-profit consultants, etc.).

ONLA's purpose is to 1. Provide non-profit leaders with interesting programs that enhance professional and board development, and 2. Provide opportunities to share and receive knowledge, experience and best practices within a supportive network of professional colleagues.

ONLA will host its first informal gathering on Friday, June 14, from 4:30pm-6:00pm at the Kelowna Art Gallery, 1315 Water Street, Kelowna. The ONLA reception is being held in conjunction with the City of Kelowna's regional Arts and Culture Summit, being held June 12-14 at the Rotary Centre for the Arts.

ONLA is privileged to feature, as our first speaker, Ms. Jo-Anne Ryan, who is Vice President, Philanthropic Advisory Services, TD Waterhouse Canada Inc. and Executive Director of the Private Giving Foundation. Ms. Ryan will speak about the changing face of Canadian private philanthropy, and the rise of impact-focused donors.

We are extremely grateful to our host, the Kelowna Art Gallery, and our event sponsor, TD Waterhouse Canada Inc. We also want to warmly thank the City of Kelowna Cultural Services Branch for their support and coordination. Finally, we are deeply indebted to Ms. Ryan, who will be taking time from a very busy schedule to join us. Refreshments will be provided.

Space may be limited and pre-registration is therefore strongly advised. We are offering this opportunity initially to those that participated in the online survey. If you would like to attend, simply RSVP via email to jgrimes@missionplus.net.

-Source: Okanagan Non-profit Leaders Association (ONLA), John Grimes

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National

- [FIRST-TIME DONOR'S SUPER CREDIT](#)
- [STATEMENT OF PRINCIPLES, IMPROVEMENTS TO NOT-FOR-PROFIT STANDARDS](#)
- [EMPLOYMENT CHANGES ACROSS INDUSTRIES DURING THE DOWNTURN AND RECOVERY](#)

First-Time Donor's Super Credit

The [First-Time Donor's Super Credit](#) announced in the federal budget last month is a significant development for outreach to new and lapsed donors. It will be key for charities to understand the ins and outs of the Credit and how they might best take incorporate it into their donor outreach efforts. We are meeting with government and having discussions with a number of key partners to put together a resource kit for charities, which will be available to you next month.

In the meantime, feel free to contact [Bill Schaper](#) or [Michelle Gauthier](#) if you have any questions about the Super Credit.

-Source: Imagine Canada, Imagine Matters, 2013 April 30

Statement of Principles, Improvements to Not-for-Profit Standards

The Accounting Standards Board and Public Sector Accounting Board have jointly issued a [Statement of Principles \(PDF\)](#) that proposes improvements to the standards being followed by not-for-profit organizations (NFPOs) in both the private and public sectors. The proposed accounting principles will change how NFPOs account for and report, amongst other items, their: revenues from contributions and pledges, capital assets, and expenses. The proposals are directed at enhancing the comparability and understandability of the financial statements prepared by NFPOs. Now is the time to get involved. What are your views on the proposed accounting principles, and why? The Boards want to hear from the not-for-profit community. Comments are requested by September 15, 2013.



For additional information, visit the [Financial Reporting & Assurance Standards Canada website](#).

-Source: Imagine Canada, Imagine Matters, 2013 April 30

Employment Changes Across Industries During the Downturn and Recovery

Release date: April 4, 2013

This study examines employment variations across industries during the recent labour market downturn and subsequent recovery, and examines the sectors that have been drivers of job growth since employment came back to pre-downturn levels.

[Read More...](#)

-Source: Statistics Canada Product Notifications for 2013-04-04

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Provincial

- [HOW BIG IS BC'S PUBLIC SECTOR?](#)
- [ELECTION 2013: IS IT GOOD FOR CHILDREN?](#)
- [ELECTION TOOLKITS](#)
- [PROVINCIAL HEALTH OFFICER'S SPECIAL REPORT: HEALTH, CRIME, AND DOING TIME](#)
- [PUBLIC OPINION POLL ON ATTITUDES ABOUT COMMUNITY SOCIAL SERVICES IN BC TAKEN APRIL 9–11, 2013](#)
- [FIRST CALL ELECTION TOOLKIT](#)
- [CMHA BC SEEKING BOARD NOMINEES](#)
- [ELECTION 2013 – VOTE MENTAL HEALTH 4 ALL](#)
- [BC'S PUBLIC SECTOR THE SMALLEST IN CANADA; PUBLIC SERVICES SHORT-STAFFED](#)
- [APATHY IS BORING'S BC ELECTION CAMPAIGN](#)

How Big is BC's Public Sector?

Our report today on BC's public sector challenges the idea that public sector jobs can be cut without any noticeable impact on programs or services. Author Iglia Ivanova examines numbers from Statistics Canada and finds that not only does BC have the smallest public sector in Canada (as a share of population), but also, while other provinces have been reinvesting in public services since the early 2000s, BC has continued to cut.

These cuts have had serious consequences, including:

- Reduced monitoring and protection of forests and water, allowing for more illegal logging and pollution;
- Larger class sizes in both K-12 and post-secondary institutions, reducing the quality of education;
- Less homecare and other services for seniors; leading to hardship for seniors and overcrowding in hospitals; and
- Less protection for vulnerable children in care, increasing the likelihood of abuse and neglect, as documented by the Representative for Children and Youth.

Read the full report: [Reality Check on the Size of BC's Public Sector](#).

-Source: CCPA, Canadian Centre for Policy Alternatives BC Office, BC Update

Election 2013: Is it Good for Children?

CATCH has adapted three questions for all candidates in the 2013 Election. We will be sending these to all candidates after April 16th. When responses are submitted we will post them on our website, Facebook and Twitter. To have a sneak peak at the questions and background information visit: www.catchcoalition.ca/election2013



-Source: Community Action Toward Children's Health, CATCH Network Newsletter April 11, 2013

Election Toolkits

Check out other election toolkits such as the [PHABC Election Toolkit](#), the [BC Poverty Reduction Coalition](#) and the [BC Healthy Living Alliance](#).

-Source: First Call: BC Child and Youth Advocacy Coalition, The Child and Youth Advocate Newsletter, 2013 April 26

Provincial Health Officer's Special Report: Health, Crime, and Doing Time

This special report by BC's Provincial Health Officer was developed in response to the introduction of the federal Safe Streets and Communities Act (Bill 10) and its potential to negatively impact the health and well-being of Aboriginal people in BC. The Report includes historical context as well as specifics about children and youth.

Some highlights include:

Incarceration Levels of Aboriginal Youth: The report explores the reasons for the current overrepresentation of Aboriginal youth in custody in BC and argues more action is



needed to counter this trend. The report also states that changes introduced in the Safe Streets and Communities Act will likely create additional challenges for Aboriginal youth, additional increases in the levels of pre-trial detention of Aboriginal youth, and ongoing high levels of custody for Aboriginal youth offenders.

Determinants of Health and Crime among Children and Youth: Children in care have substantially higher rates of criminal justice system involvement (35.5 per cent compared to 4.4 per cent of other children). Aboriginal children and youth are among the most vulnerable and susceptible for future involvement in the criminal justice system, considering the compounding nature of risk factors, and many of the children and youth who are most vulnerable and at a higher risk of becoming involved in the criminal justice system are Aboriginal and in government care.

The report concludes with concrete recommendations.

You can [read the full report here](#) and a [news article about the report here](#).

-Source: First Call: BC Child and Youth Advocacy Coalition, The Child and Youth Advocate Newsletter, 2013 April 8

Public Opinion Poll on Attitudes About Community Social Services in BC Taken April 9–11, 2013

A majority of British Columbians not only wants improved community social services, but is prepared to pay higher taxes to provide them.

That's one intriguing finding from a poll conducted by Strategic Communications (Stratcom) for the Roundtable of Provincial Social Services Organizations of BC.

The same poll found there is a broad public perception that access to needed services has declined significantly, despite growing demand. [Read More...](#)

-Source: On behalf of The Roundtable of Provincial Organizations of BC, Doug Hayman, MSW Director of Strategic Development, The Federation of Community Social Services of BC

First Call Election Toolkit

First Call's election toolkit is meant to support individuals and community groups in their advocacy for legislation, policy and practice that benefit children and youth and their families in the lead up to the May 2013 provincial election.

The toolkit is structured around the 4 Keys to Success. Each section highlights some of the current issues facing children, youth and families in BC and suggests solutions government can act on, in the form of questions to candidates. We have also included information on how to vote, information about the parties running in the election, and information about where to find the money for children and youth.

You can download a [PDF version of the toolkit here](#).

-Source: First Call: BC Child and Youth Advocacy Coalition, The Child and Youth Advocate Newsletter, 2013 April 19



CMHA BC Seeking Board Nominees

The Canadian Mental Health Association, BC Division (CMHA BC) is currently seeking candidates for three positions on our Board of Directors, the group of volunteers that govern our charity. We are looking for individuals from a diverse range of backgrounds and experiences who are interested in helping us fulfill our visions of improving the mental health of all British Columbians.

If you are interested in applying, please see the [job description](#) and [nomination package](#). Completed nomination packages must be received at the CMHA BC Division office by 4:00pm PDT on May 31, 2013.

-Source: CMHA BC Division, Mind Matters, 2013 April 30

Election 2013 – VoteMentalHealth4All

British Columbia leads as one of the healthiest provinces in Canada, but the reality is that not all British Columbians are thriving in relation to their mental health and well-being. BC has taken some important action with a ten-year-plan for mental health and addictions, however many people are still having a hard time accessing the services and basic essentials they need and deserve. It is time to do more so that all British Columbians can thrive with better mental health. We propose four steps for the government to make change now:



1. Ensure that everyone can expect the same level of care from the healthcare system no matter if you are seeking treatment for depression, cancer, schizophrenia or diabetes
2. Make it easier for everyone to receive high quality treatment and support for addiction
3. Ensure that all British Columbians receiving the Persons With Disability Benefit, as a sole source of income, can afford the rising cost of living
4. Make sure that all British Columbians including those living with mental illness and addiction have access to safe and secure housing

Come Election Day everyone can take action and votementalhealth4all! Help us ask the government to commit to these 4 steps within 100 days of taking office to be delivered within 2 years of the start of their term. Visit us at www.votementalhealth4all.ca and follow us on twitter [@VoteMH4All](https://twitter.com/VoteMH4All).

-Source: CMHA BC Division, Mind Matters, 2013 April 30

BC's Public Sector the Smallest in Canada; Public Services Short-Staffed

(Vancouver) A report released today finds that spending cuts and staff reductions have seriously weakened BC's public sector, which is the smallest in Canada when measured as a share of the population.

“The message to the public has been that public sector employment can be cut – usually in the name of reducing the deficit – without any noticeable impact on programs

or services,” says Igluka Ivanova, economist and author of Reality Check on the Size of BC’s Public Sector, released today by the Canadian Centre for Policy Alternatives.

“But in fact, the latest Statistics Canada numbers on public sector employment in BC tell a very different story.” These statistics show:

BC has the smallest public sector in Canada. In 2011, there were 90 public sector employees per 1,000 people in BC, compared to 92 in Alberta and 100 in Ontario (which have the 2nd and 3rd smallest public sectors).

While other provinces have reinvested in public services since the early 2000s, BC made cuts in 2001–2004 and again after the 2008 recession. As a result, services aren’t able to meet the needs of a growing population.

The report also finds no evidence of an “overspending problem” in BC. [Read More...](#)

-Source: The Federation of Community Social Services of BC, Federation News Clippings, 2013 April 11

Apathy is Boring’s BC Election Campaign

We are spreading the word about the election campaign Apathy is Boring launched on Monday to promote the BC Election on May 14. We thought you might be interested and willing to help us generate some buzz in BC. It’s a social media campaign called “The Superficial Voting Club” that uses cheeky and accessible messaging to encourage young people to vote. We want young people to not let feeling uniformed stop them from voting and to help them make their voices heard by letting them know that their opinions are valid, and all they need to vote are reasons that matter to them.

For more detail check out our [press release](#).

You can check out the content that we’ve started posting on [Facebook](#) and [Twitter](#).

-Source: Apathy is Boring, Sylvia Tombs, Communications Coordinator

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Research

- [PARTICIPATE NOW IN A SURVEY ON FUNDING MODELS FOR HEALTH, ENVIRONMENTAL ORGANIZATIONS](#)

Participate Now in a Survey on Funding Models for Health, Environmental Organizations

Stuart Clark, an MBA student at Royal Roads University, is conducting a research project to determine the most appropriate funding model for a small Canadian charity that focuses on environment and health and is seeking participants for a 20-minute online survey. The questions focus on best practices in acquiring and managing funding for charitable organizations and the survey is intended to be completed by senior managers of charitable organizations, such as CEO's, executive directors, or the manager responsible for funding and/or financial planning.

The information provided in the survey will be summarized, in anonymous format, in the body of the final report. If you participate in this survey, you will be given the option of receiving a summary of the results by email.

[Take the Survey](#)

-Source: CharityVillage.com, Village Vibes, 2013 April 30

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- [CANADIAN HUMAN RIGHTS COMMISSION LAUNCHES ONLINE COMPLAINT TOOL](#)
- [FIVE COMMON \(AND AVOIDABLE\) GRANTWRITING MISTAKES](#)
- [SIX SIGNS YOU'RE BAD WITH TIME MANAGEMENT](#)
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- [ABORIGINAL WOMEN IN CANADA: GENDER, SOCIO-ECONOMIC DETERMINANTS OF HEALTH, AND INITIATIVES TO CLOSE THE WELLNESS GAP](#)
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- [EARLY DEVELOPMENT DETECTION BOOKLETS](#)
- [BC BEREAVEMENT DAY: MAY 19, 2013](#)
- [PARENTS, TEENS, & TECHNOLOGY](#)
- ['STRENGTHEN RESILIENCE' WEBINAR RECORDING NOW AVAILABLE ONLINE](#)
- [INDUSTRY CANADA UPDATED CANADA NOT-FOR-PROFIT CORPORATIONS ACT FORMS FOR WEB ACCESSIBILITY](#)
- ["REPORT, PROMOTE, PROTECT, PREVENT: OUR HEALTH BEGINS HERE". BC'S GUIDING FRAMEWORK FOR PUBLIC HEALTH \(THE GUIDING FRAMEWORK\)](#)
- [AFTERMATH OF MURDER: SURVIVOR STORIES AS VIDEOS](#)

Canadian Human Rights Commission Launches Online Complaint Tool

Starting today, people who believe they have suffered discrimination will have easy online access to a tool to determine if they have grounds for a complaint under the Canadian Human Rights Act. The Canadian Human Rights Commission has launched an online complaint assessment tool, an interactive, self-service questionnaire that helps people determine if a discrimination complaint is valid and should be formally filed. The complaint assessment tool is just one of the new features of the Commission's redesigned website, launched today. With its complaint assessment tool, new e-learning projects and tools for employers, and the Human Rights Maturity Model, which provides employers the opportunity to self-evaluate workplace human rights performance online, the Commission is tailoring the delivery of its services to the needs of the public. [Read More...](#)

-Source: *CharityVillage.com, Village Vibes, 2013 April 8*

Five Common (and Avoidable) Grantwriting Mistakes

So you had a fantastic idea to transform your community and you put together a solid funding proposal. After mailing out 100 copies, you eagerly awaited the funds to start rolling in. Instead, all that came back in the mail was a handful of rejection letters and this week's McDonalds coupons. What went wrong?



In this blog post, we're highlighting five of the most common grantwriting errors that can easily be avoided. For more fundraising tips, be sure to sign up for future issues of our e-newsletter: [Grantseeker Monthly](#).

[Click here to read the full article](#)

-Source: *Imagine Canada, Imagine Matters, 2013 April 16*

Six Signs You're Bad With Time Management

How well are you managing your valuable, irreplaceable time? Do you consistently manage time, or do you let time consistently manage you? If it's the latter situation, you just might be time management "challenged," and that definitely has a negative impact on both your professional brand and your future career prospects. [Read More...](#)

Managing Risk With Confidence: Free Professional Development Training

Did you know that as a member of Imagine Canada you have access to more than 50 professional development videos on topics such as governance,



financial management, staff management and volunteer involvement? You can access the videos in the Training Centre of the new [Members' Area](#).

-Source: Imagine Canada, Imagine Matters, 2013 April 16

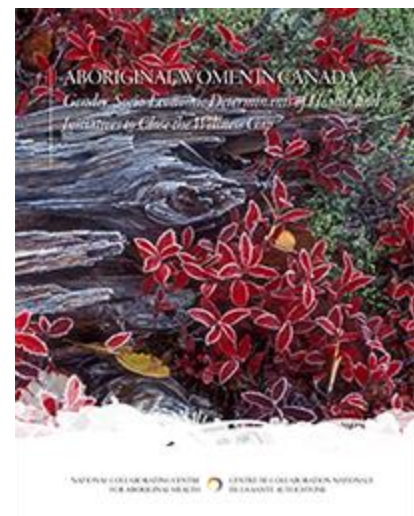
Eating Disorders Meal Support Video: Now Available in 5 Languages!

At the Kelty Mental Health Resource Centre, we have been building our translated resources for linguistically diverse families. Often, we hear that translated eating disorders resources in particular are needed. I am excited to announce that we have translated Eating Disorders Meal Support: Helpful Approaches for Families into 4 languages! In addition to English, the Meal Support video is now available in: Traditional Chinese, Simplified Chinese, Punjabi and Korean. [Read More...](#)

-Source: Kelty Mental Health Newsletter 2013 April 30

Aboriginal Women in Canada: Gender, Socio-Economic Determinants of Health, and Initiatives to Close the Wellness Gap

The paper explores the historical and socio-economic context of Aboriginal women's lives that have so profoundly impacted their health and wellbeing. It provides an overview of some of the health disparities between First Nations, Inuit, and Métis women compared with non-Aboriginal women today, and of the barriers that must be overcome to address these disparities. The paper concludes by highlighting some promising examples of legal, policy and program initiatives that have been implemented to address some of these pressing health issues. [Check out the publication.](#)



-Source: BC Centre of Excellence (WHC), 2013 April 15

Updated List Of Resource Links On Newcomers And ECE

ELSA Net has published an updated list of Newcomer & Diversity ECE Resources.

[You can see the resource list here](#)

-Source: First Call: BC Child and Youth Advocacy Coalition, The Child and Youth Advocate Newsletter, 2013 April 19

New Report on Youth Mental Health Released by Rep's Office

Still Waiting First-hand Experiences with Youth Mental Health Services in B.C. is a report on youth mental health released last week by Representative Mary Ellen Turpel-Lafond.

The report shows that youth with mental health problems in British Columbia are not consistently receiving the treatment and support they desperately need. The report calls on the provincial government to address urgent needs for direct mental health services in B.C. The report speaks to a fragmented and under-resourced system of services for youth ages 16 to their 19th birthday. Weighing input from more than 850 youth, parents, caregivers, and professionals who work in the field, it concludes that having one clear point of accountability for a system of services that spans government ministries and health authorities is key to supporting these youth.



[You can read the full report here](#)

-Source: First Call: BC Child and Youth Advocacy Coalition, The Child and Youth Advocate Newsletter, 2013 April 19

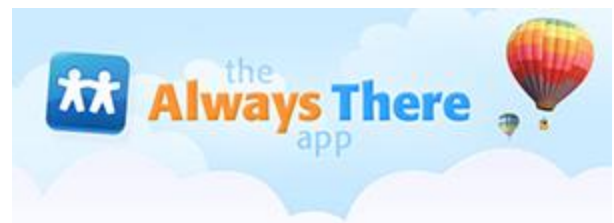
Ten of the Most Controversial Productivity Tips That Actually Work

We've all heard what makes us more productive. To be more productive, get: Better sleep, better food, better work environment, etc. And I think these tips are amazing and a great focus to have. Let's dig and find out some of the most controversial things you could do today to boost your creativity, happiness and productivity. [Read More...](#)

-Source: CharityVillage.com, Village Vibes, 2013 April 29

New Kids Help Phone App

In December, Kids Help Phone launched "Always There", Canada's first mobile app connecting youth to live professional help and support.



The app, designed with youth input, provides a password protected space for youth to log their feelings, flip through a ton of youth-submitted tips, inspirational quotes, and jokes aimed at helping youth cope with stress.

"Always There" also features offline tipsheets on a variety of emotional health topics and the app can connect you directly with a Kids Help Phone counselor over the phone, or through Live Chat.

The app is available for iPhone, Android, and Blackberry. [Check it out here.](#)
Thanks to the Center for Youth and Society for bringing this to our attention

-Source: First Call: BC Child and Youth Advocacy Coalition, The Child and Youth Advocate Newsletter, 2013 April 19

CRA Releases Updated Guide on GST-HST Information for Charities

Last month the CRA released an updated Guide which explains how the goods and services tax/harmonized sales tax (GST/HST) applies to registered charities or registered Canadian amateur athletic associations. [Read More...](#)

-Source: Blumbergs' Canadian Charity Law List, April 2013

Visions Magazine – Housing

The new issue of HeretoHelp's Visions magazine explores housing and homelessness in relation to mental health. Housing is fundamental to health and well-being. People without housing often die earlier than people who have adequate housing. Mental health or substance use problems can be pathways to poor housing or homelessness, and poor housing and homelessness often contribute to mental health or substance use problems. In this issue, you'll see that there is no 'one size fits all' solution to housing or homelessness. Different people have different needs and preferences.



Innovative programs and approaches here in BC are changing the way we think about housing and housing supports. And in every article, you'll see the value in housing—as a safe place, a place for recovery, and a place for growth. Visions is produced by CMHA BC on behalf of HeretoHelp.

To read the Housing issue of Visions magazine online or to subscribe to get the magazine in print visit www.heretohelp.bc.ca.

-Source: CMHA BC Division, Mind Matters, 2013 April 30

The Happiest People Pursue the Most Difficult Problems

Lurking behind the question of jobs — whether there are enough of them, how hard we should work at them, and what kind the future will bring — is a major problem of job engagement. Too many people are tuned out, turned off, or ready to leave. But there's one striking exception.

The happiest people I know are dedicated to dealing with the most difficult problems. Turning around inner city schools. Finding solutions to homelessness or unsafe drinking water. Supporting children with terminal illnesses. They face the seemingly worst of the

world with a conviction that they can do something about it and serve others. [Read More...](#)

-Source: The Federation of Community Social Services of BC, Federation News Clippings, 2013 April 17

The Relationship Series

From trust and intimacy to planning and goal setting together — the [Relationship pamphlet series](#) provides couples with ideas and exercises for exploring a range of emotional and physical aspects that are associated with healthy relationships.



Need assistance with your order? We're happy to help. Call us Monday to Friday: 604.678.8884 or email us at orders@bccf.ca.

-Source: BC Council for Families, 2013 April

Early Development Detection Booklets

A guide to recognizing developmental milestones and What Should Your Child Be Doing at...3 month—6 months—12 months—18 months—24 months—30 months—3 years—4 years—5 years.

This booklet is for sale at the [Kelowna Child Care Society](#) – #4—1890 Ambrosi Road. Pick up orders: \$3.00 per copy or \$2.55 per copy for orders over 25 copies

For shipping prices and information please contact 250.762.3536.

-Source: Kelowna Child Care, Newsletter April 2013 – May 2013

BC Bereavement Day: May 19, 2013

The reactions to a loss can be collectively described as grief. To grieve or mourn, is to experience a process which unfolds over a length of time.



Upon learning of the death of a loved one, each of us embarks on a journey of healing. Although at first it is characterized by painful feelings, once the realization of the death comes, the therapeutic process of bereavement begins. Shock and denial will overwhelm the bereaved individual before he or she begins what is usually called the “grief work”.

To learn more about coping with grief, symptoms of grief and how to ease grief, go to www.bcbereavementhelpline.com/grief/

-Source: BC Bereavement Helpline, 2013 April 12

Parents, Teens, & Technology

The teen years are, for many young people, a tough time full of transitions, and growth. A great deal of the difficulties teenagers face are due to having to navigate the rough waters of adolescent social interaction. Anyone who has ever been a teen can attest to the fact that learning how to appropriately relate to and interact with your peers was difficult enough without adding technology to the mix.

Teens are now utilizing all sorts of social media outlets including Facebook, Twitter, and Instagram, and that’s just scratching the surface. The internet, social media, smart phones, and their associated apps, can all complicate teen’s lives in ways that most parents have never experienced themselves. According to a [new survey](#), parents understand this, and they’re worried.

-Source: BC Council for Families, HealthyFamilies, 2013 April 22

'Strengthen Resilience' Webinar Recording Now Available Online

In March local governments and community members were invited to join the webinar 'Strengthen Resilience' to explore the key characteristics of resilient communities and



BC Healthy Communities
People. Place. Potential.

opportunities and strategies to strengthen resilience at the local level. Two webinar sessions were hosted as part of the 'Building Resilient Neighbourhoods Project' in collaboration with the Canadian Centre for Community Renewal, Community Social Planning Council of Greater Victoria, Transition Victoria and Smart Planning for Communities, Fraser Basin Council.

The webinar resources and recording are now [available online here](#). To learn more about the Resilient Neighbourhoods project please visit the [website here](#) or contact Stacy Barter at stacy@bchealthycommunities.ca.

-Source: BC Healthy Communities, BCHC Newsletter, 2013 April 26

Industry Canada Updated Canada Not-For-Profit Corporations Act Forms for Web Accessibility

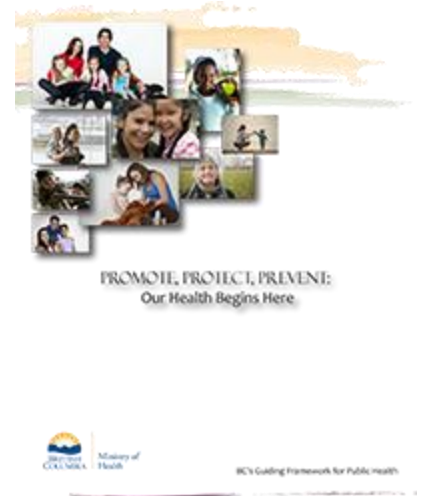
Industry Canada announced today that, "The forms under the Canada Not-for-profit Corporations Act have been modified to ensure a high level of Web accessibility to which the Government of Canada is committed. Only the format and look have been modified. The content of the forms remains unchanged. Corporations Canada will continue to accept applications that use the old versions of the forms. Please refer to our website to find specific forms. [Read More...](#)

-Source: Blumbergs' Canadian Charity Law List, April 2013

“Report, Promote, Protect, Prevent: Our Health Begins Here”. BC’s Guiding Framework for Public Health (the Guiding Framework)

The Ministry of Health recently published this new guiding document for the public health system. The Guiding Framework unifies resources and strategies that are in place to support public health and address key public health challenges. It defines a collaborative process to identify and set new priorities, make strategic investments and increase focus in areas that contribute to a strong, effective public health system. Furthermore, the Guiding Framework reinforces the importance of effective partnerships and strategic connections within the health system (particularly with the primary and community care sectors) and with external partners to support the broader population health approach.

Implementation of the Guiding Framework will be done in collaboration with key partners, reinforcing continuous quality improvement and ensuring effective and efficient resource use to support the overall health and well-being of British Columbians and a sustainable public health system well into the future.



[To download the guide click here](#)

-Source: BC Healthy Communities, BCHC Newsletter, 2013 April 26

Aftermath of Murder: Survivor Stories as Videos

A new 7-part video series produced by [BC Victims of Homicide](#), an initiative of the BC Bereavement Helpline. Produced in support of the National Victims of Crime Awareness Week. April 21-27.

Aftermath of Murder: Survivor Stories features exclusive interviews with ordinary people who have experienced an extraordinary event, the devastating loss of a loved-one through murder.

This series goes “behind the headlines” as survivors share their stories about the loss, grief, trauma and hope for healing in the aftermath of murder.

-Source: *BC Bereavement Helpline, Newsletter, 2013 April 27*

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Social Media

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- [THE SURPRISING WAY TO MAKE ALMOST ANYTHING GO VIRAL](#)
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5 Tactics to Grow Your Email List

Back in January, many email marketers said increasing their lists was their top goal for 2013. Well, spring is here. Is your mailing list growing as fast as your flowers and lawn? If not, it's time to execute a new plan.



If you seek quantity over quality in list growth, you're practically inviting the ISPs either to block your entire opt-in mailing list or route everything to your recipients' bulk folders, where they'll languish in obscurity until the ISPs dump them automatically.

So, what should be in your email list growth plan? Below are five tried-and-true methods to ignite your email list growth, in a safe, permission-based way. [Read More...](#)

-Source: Mashable.com

Five Types of Tweets Nonprofits Should Never Post on Twitter

If your nonprofit is not getting retweeted on Twitter, then you haven't yet found your Twitter voice. Retweets ensure increased exposure of your nonprofit's avatar which ultimately results in more followers and click-through rates. Twitter itself has concurred that influence on Twitter is not in how many followers you have, but rather in how often you get retweeted. You have to give your followers retweetable tweets!

That said, as a follow-up to Five Types of Nonprofit Tweets Guaranteed to Get Retweeted, there are five types of tweets that rarely, if ever, get retweeted. [Read More...](#)

-Source: Heather @ DIOSA Communications & Nonprofit Tech 2.0, 2013 March 20

Four Recent Facebook Upgrades That Nonprofits Need to Know About

Hopefully your nonprofit has grown accustomed to the fact that Facebook is a constant work in progress. That said, some recent upgrades to Facebook Pages have a big impact upon your nonprofit's presence on Facebook and with the site-wide launch of the new News Feed and Social Graph Search coming soon, many more changes are likely to come. Before you fall behind, make sure that your nonprofit is current with these four recent Facebook upgrades. [Read More...](#)



-Source: Heather @ DIOSA Communications & Nonprofit Tech 2.0, 2013 April 3

Three Nonprofit e-Newsletters to Subscribe to and Learn From

Most e-newsletters today seem to be stuck in the design best practices of 2006 and take little account for the rapid rise of social media and the fact that the number one activity on smartphones today is reading email. On average 43% of all emails are opened on mobile devices, thus non-profits need to be sending out e-newsletters that make it easy to take action and donate on mobile devices i.e, integration of social media, mobile-optimized donate pages, text-to-give donate pages, and the ability to donate via mobile wallets. The problem of lower donor response rates via email could be attributed to that fact that most non-profits and email service providers are not evolving quickly enough or taking into account that most email will likely be read on smartphones and tablets by the end of the year.

There's a lot more I could say about e-newsletter design best practices for 2013, but I wanted to hone in on three examples of successful integration of social media, "Donate Now" technology, and mobile communications into e-newsletters *because shockingly* most nonprofits do not integrate social media, a "Donate Now" button, or their mobile campaigns into every issue of their e-newsletter – at least that's the case with the 100+ nonprofit e-newsletters that I am subscribed to. [Read More...](#)

-Source: Heather @ DIOSA Communications & Nonprofit Tech 2.0, 2013 April 14

Seeking Feedback: Should “Non-profit Organizations” Go Through a Rebranding?

The “Nonprofit Organizations” brand was launched in February 2005 on Myspace. At the core of the brand is the Nonprofit Organizations avatar which has been used consistently since then to build a visual brand across many social networks (Facebook, Twitter, Pinterest, etc). The avatar was selected in an instant and at the time I never would have thought that it would grow to have more than 800,000 followers.



That said, most of my followers today do not know me as Heather Mansfield or Nonprofit Tech 2.0 or Diosa Communications, but rather as the profile/person/two hands cradling earth account that promotes nonprofits and provides nonprofit tech advice. I worry that if I change my avatar and all the graphic design associated with it, I would be hurting my brand recognition on the Social Web. It's also difficult to conceptualize a new avatar that says “Nonprofit Organizations” without actually using the words “Non-profit Organizations” in the avatar since the text would be too small to read in an avatar. [Read More...](#)

-Source: Heather @ DIOSA Communications & Nonprofit Tech 2.0, 2013 April 22

Google Search Results Now Prominently Feature Nonprofit Google+ Pages

And yet another reason why your nonprofit can not ignore Google+... the Google Knowledge Graph which now prominently features information about nonprofit organizations on the right-hand side of Google Search results. Data is pulled from multiple sources including Wikipedia, GuideStar and of course Google+ Pages. As a result, nonprofits must ensure that their Wikipedia Page and GuideStar Profile are current and understand that simply being active on Google+ makes it more likely that your nonprofit will gain new Google+ followers and increased exposure in Google Search. Finally, for those nonprofits that are using Google+ Local, your reviews and location details are now prominently featured in Google Search results as well. [Read More...](#)



-Source: Heather @ DIOSA Communications & Nonprofit Tech 2.0, 2013 April 29

The Surprising Way to Make Almost Anything go Viral

There's a science behind word of mouth and why things go viral. Six key principles. Here is the second one.

Last week I wrote a post about the secret science behind viral that went, well...pretty viral. Many emailed to ask about Social Currency, but also wanted to know about the other five principles (i.e., Triggers, Emotion, Public, Practical Value, and Stories, or STEPPS). Here is more information about the second principle, [Triggers](#).

-Source: LinkedIn, Top Content, Tailored for You, 2013 April 18

12 Types of Social Media Personalities

Everyone reading this has a relationship with social media—whether it’s healthy, obsessive, or estranged. These relationships inform a particular social media personality. According to a survey by U.K.-based online bank First Direct, there are 12 social media personalities, ranging from “ultras” to “virgins.” The “ultras”, for instance, are deeply infatuated with sites like Twitter and Facebook. [Read More...](#)

-Source: *CharityVillage.com, Village Vibes, 2013 April 29*



5 Simple Tips for Mobile-Friendly Emails

Smartphone usage is sky-rocketing, and with it, so is the number of people that are reading email on a mobile device.

According to Litmus, 43% of email is now opened on a mobile device. That number is up 138% from 2010, and I think it’s a pretty safe bet that it’s going to continue to grow.

This means that you need to be creating emails that are mobile friendly. A mobile-friendly email is an email that displays optimally between a desktop/laptop and a mobile device. [Read More...](#)

-Source: *Constant Contact Hints & Tips, 2013 April 10*

9 Ways to Rock Social Media: Free Checklist

Is your organization taking full advantage of social media? Nonprofits can use the social Web to engage supporters and amplify their messages? Need some tips? Our free checklist will help you improve your nonprofit social media strategy.

[Fine tune your social strategy with our checklist](#)

-Source: Network for Good, 2013 April 11



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- [CHILD PASSENGER SAFETY COURSE](#)
- [2013 TRAINING AND PROFESSIONAL DEVELOPMENT CALENDAR](#)

MAVA-CAVR 2013 National Conference

Join us for this year's CAVR National Conference held here in Winnipeg June 9th – 11th, 2013!



MAVA-CAVR
NATIONAL CONFERENCE 2013

The CAVR National Conference 2013 is an opportunity for those managing volunteer resources from across the country to engage, to be educated and to ultimately feel empowered to continue to make a difference in their own communities.

To Register: Visit our website at www.cavrconference2013.ca/register.html.

-Source: Canadian Administrators of Volunteer Resources (CAVR)E-COMMUNIQUÉ

Working With the CNCA – Tough Issues

Tuesday May 7th, 2013

1:00pm – 2:00pm EDT

Presented by Theresa L.M. Man, Partner, Carters Professional Corporation

The new rules for the Canada Not-for-Profit Corporations Act (CNCA) do not apply automatically to CCA corporations. Existing CCA corporations will be required to continue under the CNCA within three years of proclamation (i.e., until the October 17, 2014 deadline).

This overview will cover the following:

- Status of CNCA;
- Overview of the continuance process;
- Preparing articles, notice and by-law;
- Considerations on membership structure and voting rights;
- Considerations on board structure, election and appointment;
- Issues around holding members' meetings; and
- Addressing members' rights and remedies

[Register today!](#)

-Source: Imagine Canada, Imagine Matters, 2013 April 16

Little Warriors: FREE Prevention Workshops

Little Warriors is proud to team up with Intact Insurance to offer FREE Prevention workshops in your community in May.

Little Warriors is a national, charitable organization, based in Canada, focusing on the education and prevention of child sexual abuse. We offer a 3 hour prevention workshop that educates adults how to help prevent, recognize

and react to child sexual abuse. Intact Insurance is Canada's largest auto & home insurance company and they want to make a difference! Any adult who attends a workshop in your community in the month of May will be sponsored by Intact Insurance.



Register for a public workshop offered in Kelowna:

Saturday, May 11th, 10:00am-1:00pm

or

Thursday, May 23rd, 9:00am-12:00pm

The workshops FREE but you must register at www.littlewarriors.ca or call 1.888.440.1343.

-Source: Little Warriors, Shannon Phelan, Community Relations

From Surviving to Thriving – 2 Workshops

The Cost Of Caring

This workshop is designed to be transformational for people who come from a wide range of caring relationships and helping professions. It is intended to empower participants with the skills, knowledge, and self-awareness necessary to either prevent or transform the effects of Compassion Fatigue and Vicarious Trauma. [More Information...](#)

Happiness Bootcamp

Life getting you down? Fatigued from seemingly relentless demands of life? Looking for a way to get away from the daily grind and a negative mindset? Want to become more fulfilled, positive and enlightened?

Creating positive momentum and learning the skills to develop ourselves is the path to personal fulfillment and experiencing greater joy. Come spend a day at Happiness Bootcamp where you will learn the science of happiness and how to apply it to your everyday life. [More Information...](#)

Date:

Friday, May 24 and Saturday, May 25, 2013

Location:

Okanagan College – KLO Campus, 1000 KLO Rd. Kelowna, B.C.
Health Building, Room H 115

Price:

One Day \$85

Both Days \$145

-Source: Okanagan College, 2013 April 10

2013 Arts & Culture Summit

From Volume to Value – Building Engagement, Capacity & Resilience This year's summit looks at the trends and priorities that currently drive funding strategies and how organizations proactively adapt to changing audiences and expectations.

Wednesday, June 12 to Thursday, June 13

Programs and presenters will be posted soon on kelowna.ca/culture.



-Source: City of Kelowna, Arts & Cultural Update, 2013 April 26

Seniors' Housing Information Sessions

This free information session will cover the various housing options available to seniors, including Subsidized Housing, Supportive Living, Assisted Living, and Residential Care. Interior Health worker will also be present to answer questions.

Sessions are held the second Thursday of every month.

The next sessions will be:

Dates: May 9, June 13, July 11, 10:00am-11:30am

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

To register for this free event please call 250.861.6180 or email senior@telus.net.

-Source: Seniors Outreach & Resource Centre, Kathryn McLean, Housing Outreach Social Worker & Volunteer Coordinator

Building SustainABLE Communities Conference

The Fresh Outlook Foundation is hosting its 6th Building SustainAble Communities conference November 25th to 28th in Kelowna. Last year's highly acclaimed and hugely popular event drew 600 delegates from 80 communities!



Visit the [FOF website](#) to view the Preliminary Agenda.

-Source: Fresh Outlook Foundation, Joanne de Vries, Founder & CEO

Food Safety Course

[FREE online food safety course!](#) If you work through the modules you can print out your certificate at the end (there's a short test).

-Source: Kelowna Child Care, Newsletter April 2013 – May 2013

Child Passenger Safety Course

The BCAA Road Safety Foundation/ICBC Child Passenger Safety (CPS) Program is now offering the Child Passenger Safety Basic course online at www.childseatinfo.ca.



The Child Passenger Safety Basic online course is the first online child passenger safety course to be offered in B.C., and aligns with the CPS program mandate to increase education about proper child car and booster seat use, and B.C.'s laws and regulations.

This online course is a valuable tool for people who transport children as part of their work, such as child care workers who want a solid understanding of child passenger safety basics, but do not wish to become a certified CPS educator. The course is also beneficial for parents, grandparents and other caregivers who transport children.

In BC all drivers are responsible for transporting all children in age and weight appropriate child car or booster seats until their ninth birthday or they reach 145 centimeters (4'9") in height.

For more information or to register for the BCAA RSF/ICBC Child Passenger Safety Basic online course visit www.childseatinfo.ca or call 1.877.247.5551.

-Source: Kelowna Child Care, Newsletter April 2013 – May 2013

2013 Training and Professional Development Calendar

You're working to make a difference for families. Let us help you work better.

Discover the many professional education opportunities from the BC Council for Families this fall and winter. You'll enhance your knowledge and develop your skills in strengthening families, children and communities. Our training sessions and workshops blend research and theory in child development and adult education with current best practices and standards.

Make a difference for families. Register today. [Download training schedule for full details](#)

-Source: BC Council for Families, 2013 April 17

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Volunteerism

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- [CULTURAL SENSITIVITY](#)
- [RECORDKEEPING & REPORTING](#)
- [STRATEGIC VOLUNTEER MANAGEMENT: EXPANDING YOUR ORGANIZATION'S BRAIN](#)
- [THE POWER OF INSTRUCTION SHEETS](#)

Volunteer Canada Releases New Research Report on Volunteering and Older Adults

Volunteer Canada has released a new research report on volunteering and older adults. The Volunteering and Older Adults Final Report provides a comprehensive review of research on the nature and scope of baby boomer and senior citizen volunteering. Highlights include:

- Baby boomers and senior adults contributed more than 1 billion volunteer hours in 2010. Older adults have a lower volunteer rate than younger age-groups; however, they contribute, on average, more hours per year.
- Among those 45 to 64 years of age and those age 65 to 75 years of age, females tend to volunteer more and to contribute more average hours per year than males. However, over the age of 75, males were more likely to volunteer than females and males also volunteered more average hours per year.
- Adults age 45 and over tend to volunteer within sports and recreation, social services, education and research and religious nonprofit organizations.

[Read the report](#)

-Source: *CharityVillage.com, Village Vibes, 2013 April 10*



Cultural Sensitivity

We do a lot of this with our volunteers who travel overseas with us. The best place to start is here – <http://www.international.gc.ca/cfsi-icse/cil-cai/index-eng.asp>

It's the centre for intercultural learning and they have developed in depth training around just this topic. Also contact organizations that work with new Canadians as they'll have some materials there as well.

-Source: CAVR Weekly Digest, 2013 April 21

Recordkeeping & Reporting

Visit this area of our Resource Library for a list of articles, Web sites, book excerpts and other references to help you decide what information/data you should collect and how to do so. Some sample references are listed below:



- [Tracking Volunteer Time to Boost Your Bottom Line: A Complete Accounting Guide](#), by Dennis Walsh for Blue Avocado (2011).
- [The Volunteer Application Form](#), from the book Proof Positive
- [Measuring Up](#) from Measuring Up: Assessment Tools for Volunteer Programs

Visit [Recordkeeping and Reporting](#) for even more resources.

-Source: Energize, Inc., 2013 May

Strategic Volunteer Management: Expanding Your Organization's Brain

Does your organization have a volunteer involvement strategy? What does one look like? Why is it worth becoming a priority for senior managers?

[Read this Month's Hot Topic](#) or [listen to the audio version](#)

-Source: Energize, Inc., 2013 May

The Power of Instruction Sheets

Training does not always occur in classrooms and formal workshops. A powerful and effective tool for skill building is the humble instruction sheet. Yet the funny thing is that we often don't bother to write them or create an archive of them.



Instruction sheets are great because they let volunteers (and paid staff, of course) be independent by self-teaching. Any time you or someone else who knows what or how something should be done cannot be on the spot to explain it, an instruction sheet can be your substitute.

Everyday, Ordinary Instructions

Think about all the things that almost all volunteers will encounter in their work and write down essential information. For example:

- How a piece of equipment works (like your phone system!)
- Where supplies for that task are stored and how to put them away, reorder them, etc.
- Codes, passwords, and other information that can stop someone dead in their tracks if not known
- Who should be contacted with questions or if something goes wrong (along with a phone number or extension)

This may sound so basic that it's not necessary. It is necessary! And think how much time you'll save by not having to repeat all of this out loud endlessly.

For some common things (like the phone system), you can even post or glue down the instructions right next to the item (of course not with secret passwords visible!).

Otherwise, keep a paper file or notebook – with a table of contents – in your office AND create an electronic file for online access from anywhere.

Specific and Special Uses

Instruction sheets really shine during special events or activities in which groups of people (often new to your work) volunteer together. In these cases, you start every sheet with a welcoming, ""Thanks so much for your help today! We're providing these instructions to guide you in being successful."" Or some message like that (and you can repeat the thank-you at the end, too).

Make the sheets consistent so that volunteers can easily compare instructions and also

step into one another's roles if necessary. In other words, make a template and then you can even fill in some details by hand later. For example:

1. Title of the volunteer role – be specific so that it is clear this is not one-size-fits-all and the instructions are specific to this role.
2. To whom the volunteer reports and how to contact/find them (also useful to say if this is an individual role or if other volunteers are doing the same thing and where they might be found).
3. In sequence, list out the tasks to be done and, for each, include information such as where, what, how.
4. What to do at the end of the shift, such as how to transition to the next volunteer, where to turn materials in, etc.

You will also need a method for distributing the instruction sheets to the right people (and make sure to give any team leader all of them!).

It's Simple but Not Easy

I'm sure you can all figure out what types of information you need to give in any instruction sheet, but I caution you not to whip these out at the last minute. If you are very familiar with the task being described, ask someone who is not to read your instructions and try to follow them. That's how you will discover what you missed! Finally, given the ease of making short videos these days, visually record any physical task as a volunteer does it properly. Post the video on line and give the link at the top of the instruction sheet! Someone with a smart phone can even watch it on site while doing the task for the first time.

At the end, be sure to ask every volunteer to let you know if something needs to be updated or further explained on his or her instruction sheet, to help the next volunteer.

This Quick Tip comes from Susan J. Ellis, President of Energize, Inc.

-Source: Energize, Inc., 2013 May

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