



Monthly Bulletin – May 2014

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KCR Highlights

- [BOARD BOOT CAMP 101](#)
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Board Boot Camp 101

When: June 5th, 4:00pm – 6:00pm

Where: Okanagan Regional Library, Meeting Room, 1380 Ellis Street, Kelowna

Cost: Free

[Register Now](#)

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

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

Board Boot Camp 201

When: June 3rd, 4:00pm – 6:00pm

Where: Okanagan Regional Library, Meeting Room, 1380 Ellis Street, Kelowna

Cost: Free

[Register Now](#)

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

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

Insurance Basics for Not for Profit Organizations

When: May 14, 2014, 9:00 am – 12:00 noon

Where: KCR Training Room, 120-1735 Dolphin Avenue, Kelowna

Cost: Free

[Register Now](#)

The purpose of this workshop is to familiarize participants with the exposures and risk management options, including insurance products that are relevant to non-profit organizations. We will discuss the following main topics:

- Property Insurance for facilities and equipment
- Crime Coverage
- Abuse
- Directors and Officers Liability
- Employment Practices Liability
- Commercial General Liability
- Malpractice Liability
- Cyber Risk

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

Overview of Volunteer Management 2014

When: October 27 & 28, November 3 & 4: 9:00am – 4:00pm

Where: KCR Training Room, 120-1735 Dolphin Avenue, Kelowna

Cost: \$199

[Register Now](#)

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

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

New Phone Systems: New Extension Numbers

KCR has a new telephone system and all of our extension numbers have changed. Please add the number one to the extension number you currently have for a particular staff member.

For example, extension #24 is now #124.

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

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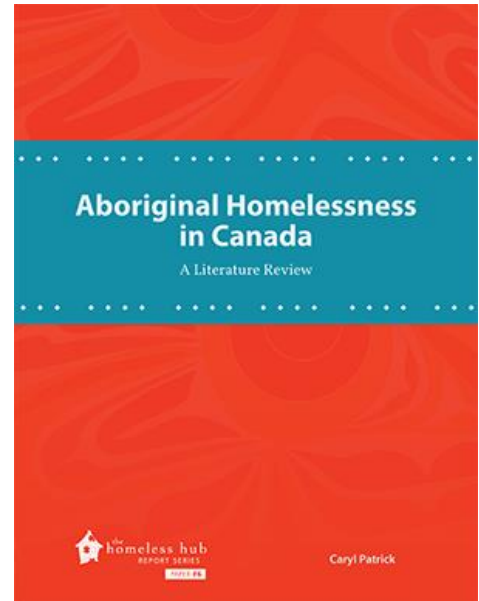
Aboriginal

- [BOOK PRE-ORDER: ABORIGINAL HOMELESSNESS IN CANADA](#)
- [CIC WORKSHOP: ABORIGINAL COMMUNITIES' PERSPECTIVES ON DISABILITY](#)

Book Pre-order: Aboriginal Homelessness in Canada

We are releasing a paperback version of the Aboriginal Homelessness in Canada: A Literature Review. The book presents a comprehensive review of scholarly literature on the topic of Aboriginal Homelessness in Canada. It answers the following four broad inquiry areas through a review and analysis of current (1988-2012), and primarily academic, literature:

- Inquiry Area #1 – Key Concepts: How are the concepts of 'homelessness' and 'home' defined, particularly for the Aboriginal population? Is there a unique meaning of homelessness for Aboriginal Peoples?
- Inquiry Area #2 – Causes: Why are Aboriginal populations (particularly youth, gender minorities, and urban groups) at a disproportionate risk of becoming homeless or over- represented in the Canadian homeless population?
- Inquiry Area #3 – Experiences: How do Aboriginal Peoples experience homelessness? What is the range of diversity in their lived experiences?
- Inquiry Area #4 – Action: What has been proposed in the areas of homelessness prevention and solutions for Aboriginal Peoples? What is working? What are some new ways authors are conceptualizing these issues?



This literature review also endeavours to highlight gaps and weaknesses that currently exist in the academic literature and suggests future research avenues on this topic.

[Pre-order your book now!](#)

-Source: Homeless Hub Newsletter, 9 April 2014

CIC Workshop: Aboriginal Communities' Perspectives on Disability

“Aboriginal Communities’ Perspectives on Disability” is the third and last event in the 2014 Ideas Workshop Series, “Diversity Includes”. The Ideas Workshop Series has been created by the Centre for Inclusion and Citizenship to examine issues that matter to the community living movement and all British Columbians. This year’s series focuses around the central theme of identifying challenges that race, culture and sexual diversity pose to the community living movement and developing strategies to improve inclusion.

Friday, May 30, 2014, 10:00am – 3:00pm
sənsiysustən House of Learning, 1920 Quail Lane, Westbank, BC.

Registration Fee: \$50 for community members and professionals, \$25 for self advocates, family members and students.
Lunch will be provided.

[Register Now](#)

-Source: Centre for Inclusion and Citizenship, Newsletter, 7 May 2014

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AGM's

- [UNITED WAY](#)

United Way

Date: Tuesday, May 27, 2014, 4:00pm

Location: Okanagan Regional Library, 1380 Ellis St., Kelowna

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

-Source: United Way Newsletter, May 2014

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Awards

- [NOMINATIONS OPEN FOR 12TH ANNUAL FACES OF MENTAL ILLNESS CAMPAIGN](#)
- [HEALTH NEXUS ANNOUNCES 2014 CALL FOR NOMINATIONS FOR 3M HEALTH LEADERSHIP AWARD](#)
- [CANADA NOT-FOR-PROFIT CORPORATIONS ACT: DEADLINE APPROACHING!](#)
- [2014 DONNER AWARDS NOW OPEN](#)
- [BEST OF KELOWNA IS COMING!](#)
- [JANICE LEE BLUE WAVE BURSARY](#)

Nominations Open for 12th Annual Faces of Mental Illness Campaign

Today, the Canadian Alliance on Mental Illness and Mental Health (CAMIMH) officially launched the [12th annual Faces of Mental Illness campaign](#) and seeks



nominations from the public. The campaign selects five individuals and provides avenues for them to share their experiences of living with mental illnesses, and finding recovery. These stories are shared through the dissemination of hundreds of thousands of pieces of promotional materials, in profile videos and through media and political engagement. To nominate yourself or someone else for the campaign, please visit camimh.ca. Nominations will be accepted until May 29th, 2014 and the 2014 Faces will be announced in late June.

-Source: CharityVillage, 30 April 2014

Health Nexus Announces 2014 Call for Nominations for 3M Health Leadership Award

Health Nexus and 3M Canada have announced the 2014 call for nominations for the [3M Health Leadership Award](#). The annual award honours leaders in Canada who have made a significant impact on the health and well-being of their community.



Launched in 2011, the 3M Health Leadership Award highlights the innovative leadership that drives healthy and resilient communities across Canada. The 3M Health Leadership Award provides a platform to celebrate community leaders, to share stories about community change, and to nurture leadership. Leaders who are eligible for the award:

- Make a difference in a Canadian community
- Work to build a healthy community where people live, work, learn and play
- Understand that health means more than access to health care

- Demonstrate leadership that goes beyond a job
- Inspire others to work together for change

The deadline for nominations is Friday June 20, 2014.

-Source: CharityVillage, 1 April 2014

Canada Not-for-Profit Corporations Act: Deadline Approaching!

Less than seven months remain for registered charities and registered Canadian amateur athletic associations incorporated under Part II of the Canada Corporations Act to apply for a certificate of continuance to transition to the Not-for-profit Corporations Act. Registered charities and registered Canadian amateur athletic associations that do not transition risk losing their registered status. For more information, go to [Transition to the Canada Not-for-profit Corporations Act \(NFP Act\)](#).

-Source: Imagine Canada, Imagine Matters, 15 April 2014

2014 Donner Awards Now Open

The [Donner Canadian Foundation Awards](#) for Excellence in the Delivery of Social Services is Canada's largest and most prestigious non-profit recognition program.

-Source: Nonprofit Newswire by Imagine Canada, 14 April 2014

Best of Kelowna is Coming!

Best of Kelowna 2014 is back and bigger than ever with more great media coverage, categories, and your chance to help choose the Best of Kelowna.

Here are the important dates that you need to know!

Voting Open: May 5th – May 18th

Winners Announced: June 10th

Visit KelownaNow.com/best_of_kelowna_2014 for more information

-Source: KelownaNow.com, 1 April 2014



Janice Lee Blue Wave Bursary

This year we will be awarding [two bursaries](#) of up \$700 each, to young people aged under 19 who have experienced a mental health or substance use problem and are going on to higher education.

The deadline for applications is May 15, 2014.

-Source: CMHA BC Division, Mind Matters, May 2014

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Employment

- [VOLUNTEER RESOURCES ADVISOR – WESTERN CANADA](#)

Volunteer Resources Advisor – Western Canada

The Canadian Red Cross Society, a non-profit, humanitarian organization dedicated to helping Canadians, as well as the most vulnerable throughout the world, is seeking a Volunteer Resources Advisor for Western Canada. Reporting to the Associate Director of Volunteer Resources, and working closely with the Volunteer Resources provincial staff and Western Canada program teams, the Volunteer Resource Advisor will have a key focus on volunteer capacity and capability development in Western Canada.

Key Responsibilities

- Volunteer Orientation, Training and Development – Ensures training and development of volunteers meets national standards, in a timely and efficient manner taking into consideration budgets, resources, prerequisites.
- Communication and Collaboration – Works across functions and geographies in a leadership role to achieve volunteer management practices that comply with policy or are best practices in the Canadian Red Cross Volunteer Resource Management Cycle
- Volunteer Record Management – Ensures consistent records management practices are in place in Western Canada which align to National policies and program requirements.
- Strategic and Specialty Recruitment – Utilizing data from workforce plans, DM capacity & hazard assessment and operational targets, provides leadership & guidance in the recruitment & tracking of specialized volunteer groups.
- Deployment Coordination – Leads the coordination of disaster response deployments between Western provinces, with other Zones or with National Office.
- Integrates volunteer resources within the scope of responsibilities.

Working Conditions

Maintains a 35-hour work week, Monday to Friday. The majority of the work is performed in an office environment. Hours may vary, can involve evening or weekend work and may involve being on-call as required. Must be willing and able to travel within Canada. The incumbent may report to a supervisor located at a distance.

This position requires a successful Canadian criminal record check. The Canadian Red Cross Society is an equal opportunity employer.

Interested parties may submit their resumes, quoting Competition Number 14-0401-A no later than May 15, 2014 to:

The Canadian Red Cross Society
Jane Hunt, Associate Director of Volunteer Resources
1111 Portage Avenue Winnipeg, MB , R3G 0S8
Jane.hunt@redcross.ca

-Source: Volunteer and Customer Support BC/Yukon, Brenda Sharhon, Coordinator, 5 May 2014

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Facts & Trends

- [LESS THAN FIVE MINUTES SPENT ON A SINGLE RESUME, SURVEY SAYS](#)
- [ONE IN FIVE CANADIANS WITH A WRITTEN WILL PLAN TO LEAVE SOME OF THEIR ESTATE TO CHARITY](#)
- [IMAGINE CANADA RELEASES EIGHTH SECTOR MONITOR REPORT](#)
- [ONLINE GIVING, NONPROFIT EMAIL LISTS CONTINUED TO GROW IN 2013, ACCORDING TO REPORT](#)
- [GIVING IN CANADA UP ACCORDING TO NEW BLACKBAUD INDEX](#)
- [CORPORATE SOCIAL RESPONSIBILITY: SHOULD IT BE A LAW?](#)
- [CANADIAN FUNDRAISING TICKING SLOWLY UPWARD](#)
- [STATISTICS CANADA RELEASES NEW DATA ON CHARITABLE GIVING IN CANADA](#)
- [400 MILLION THANK YOUS!](#)

Less than five Minutes Spent on a Single Resume, Survey says

Less than five minutes — that is how much time a resume is reviewed before it is decided whether a job candidate proceeds to the next step in the hiring process, according to a new Society for Human Resource Management (SHRM) Resumes, Cover Letters and Interviews Survey released today. Additionally, almost all respondents (93%) said inaccuracies in resumes either sometimes (73%) or always (20%) negatively impacted their decision to extend a job interview. When those surveyed were asked what gave candidates a positive edge over the competition, top answers included chronologically organized resumes (66%), resumes in bulleted format (43%) and resumes tailored to a specific industry (43%).

[Read More](#)

–Source: *CharityVillage*, 29 April 2014

One in five Canadians with a Written Will Plan to Leave some of their Estate to Charity

One in five Canadians with a written will (22%) plan to leave some of their estate to charity, with the primary reason to give back to society (60%), according to Scotiabank's annual Investment Poll. Canadians opting not to leave any of their estate to charity (78%) say they would prefer to leave their money to their beneficiaries (64%). The top three reasons to leave some of their estate to charity (among those with a written will) are to give back to society (60%), followed by not having dependents and wanting money to go to a good cause (20%), and for the tax benefits (12%). For Canadians with a will who do not plan to leave any of their estate to charity, the top reasons include preferring to leave money to their beneficiaries (64%), affordability (22%), and giving to philanthropic causes during their lifetime (20%).

[Read More](#)

–Source: *CharityVillage*, 23 April 2014

Imagine Canada Releases Eighth Sector Monitor Report

The eighth and most recent edition of Imagine Canada's Sector Monitor reports was conducted between October 31, 2013 and November 29, 2013, with the results now released. Responses to this edition of the Sector Monitor indicate that charity leaders are optimistic about the future. Slightly fewer charities reported that they experienced difficulties and the percentage of organizations that predicted they'd be better able to deliver on their mission in one year increased. However, organizational stress levels are holding steady with one in seven charities (14%) under high stress and one in three (34%) under some stress (these levels have held steady since 2011). Just over half of charity leaders (53%) say their organization has experienced increased demand over the previous year, up from 50% in mid-2011. Half of charity leaders predict stronger demand for their charity's products and services, up from 44% a year ago and 42% two years ago.

[Read More](#)

—Source: *CharityVillage*, 16 April 2014

Online Giving, Nonprofit Email Lists Continued to Grow in 2013, According to Report

M+R and NTEN's 2014 Nonprofit Benchmarks Study marks the eighth year of the study, with the numbers from 53 nonprofit organizations defining this year's industry standards for online fundraising, advocacy, and list building. What did the findings reveal? Nonprofits received an estimated 1.7 cents for every fundraising message delivered, and 60 cents for every website visit. Even though response rates for nonprofit emails continued to slide in 2013, online giving was up as email and social media audiences and web traffic kept climbing. Additional findings include:

- The average one-time online donation amount to a nonprofit was \$68 in 2013.
- Nonprofit organization email lists grew significantly – up 14% in 2013.
- Online donations were higher than ever before. Online giving was up 14% in 2013, with monthly giving revenue up 25% compared to 2012. Monthly giving accounted for 16% of all online revenue.
- Nonprofits received \$17 for every 1,000 email messages delivered. Overall, email accounted for about one-third of nonprofits' online fundraising revenue.

[Read More](#)

—Source: *CharityVillage*, 15 April 2014

Giving in Canada up According to New Blackbaud Index

According to The Blackbaud Index Canada, overall giving grew 2.7% while online giving grew 7.2% in the three months ending February 2014 as compared to the same period in 2013. The Index draws its data from 276 organizations that raise a total of \$600 million to

\$700 million a year, accounting for approximately seven percent of the Canadian market. Key findings from the report include:

- Overall giving in Canada grew 2.7% while online giving grew 7.2% for the three months ending February 2014.
- Overall giving for the three months ending in January and February grew 0.1% and 2.7% while online giving grew 6.8% and 7.2%, compared to the same periods in 2013.
- Overall fundraising revenue among 276 Canadian nonprofits grew 5.6 percent, 2.8% and 5.6% in each of the three-month periods ending in October, November and December 2013 as compared to the same three-month periods in 2012.
- Online fundraising revenue for 219 Canadian nonprofits grew 8.9%, 13.6%, and 10.1% in each of the three-month periods ending in October, November and December 2013 as compared to the same three-month periods in 2012.
- Canada's charitable and nonprofit sector is the second largest in the world and consists of roughly 170,000 organizations, split almost evenly between registered charities and nonprofits, according to Imagine Canada.

[Read More](#)

–Source: *CharityVillage*, 14 April 2014

Corporate Social Responsibility: Should It Be A Law?

India is the first country to have corporate social responsibility (CSR) legislation, mandating that companies give 2% of their net profits to charitable causes.

[Read More](#)

–Source: *Nonprofit Newswire by Imagine Canada*, 22 April 2014

Canadian Fundraising Ticking Slowly Upward

Overall giving in Canada grew 2.7 percent during the three-month period ending Feb. 28, 2014, compared to the same period one year earlier and online giving grew 7.2 percent.

[Read More](#)

–Source: *Nonprofit Newswire by Imagine Canada*, 11 April 2014

Statistics Canada Releases New Data on Charitable Giving in Canada

On March 27, 2014 Statistics Canada released new data on charitable giving in Canada. Both the amount donated to charities by taxfilers and the number of people reporting charitable donations fell from 2011 to 2012. Donations reported by taxfilers declined 1.9% to \$8.3 billion in 2012, while the number of people reporting charitable donations on their 2012 income tax return decreased by 1.4% to 5.6 million. Nationally, the median donation was

\$270 in 2012, meaning that half of those claiming a donation gave more than \$270 and half less. This was up slightly from 2011, when the median donation was \$260.

[Read More](#)

–Source: *Imagine Canada, Early Alert, 31 March 2014*

400 Million Thank Yous!

Today, CanadaHelps reached an incredible milestone: \$400 million in donations processed through our site! Those donations, your donations, have gone to the tens of thousands of charities right across the country.

[Read More](#)

–Source: *CanadaHelps News, 22 April 2014*

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Financial

- [GRANTS AVAILABLE FOR CANADIAN ORGANIZATIONS ADDRESSING FOOD SECURITY ISSUES](#)
- [FUTURE SHOP ACCEPTING APPLICATIONS FROM SECONDARY SCHOOLS FOR TECH FUNDING](#)
- [DISCOUNTED AD SPACE AVAILABLE AT MEDIA SALE FUNDRAISER](#)
- [CODE FOR CHANGE](#)
- [INSPIRIT FOUNDATION NOW ACCEPTING APPLICATIONS FOR PLURALISM GRANT PROGRAM](#)
- [KRAFT CANADA AND TSN LAUNCH FUNDING INITIATIVE TO BUILD BETTER PLACES TO PLAY ACROSS CANADA](#)

Grants Available for Canadian Organizations Addressing Food Security Issues

The [Epicure Foundation™ Community Initiative National Grant Program](#) is currently accepting applications from registered charitable organizations whose missions are related to food security in Canada. Successful applications could receive up to \$5,000 in funding grants and may also qualify to receive Epicure Selections products including kitchen tools and spice blends as well as other resources such as recipes and nutritional information. All charitable organizations within Canada that seek to improve food security are invited to apply. The deadline for grant applications is Noon PST on June 13, 2014.



-Source: *CharityVillage, 29 April 2014*

Future Shop Accepting Applications from Secondary Schools for Tech Funding

Future Shop today announced the return of its [Future Generation Tech Lab](#) grants program. A total of \$150,000 in funding is now available for secondary schools looking to improve their technology offerings for classes or programs primarily for students in grades 9-12, with \$20,000 being the maximum grant amount that will be awarded per school. The Future Generation Tech Lab program exists to help reduce the economic and digital divide for youth by providing them with modern technology essential to inspire and achieve their highest potential as they move into post-secondary education and the workforce.

Applications are now being accepted in English or French. The closing date is Friday, May 23, 2014 and winners will be announced in June.

-Source: *CharityVillage, 28 April 2014*

Discounted Ad Space Available at Media Sale Fundraiser

ABC Life Literacy Canada has a fundraising initiative, the [ABC Media Sale](#), that will be of interest to anyone in Canada who places ads – and is on a tight budget. This online sale saves advertisers precious budget dollars and supports literacy in Canada, so it is a win-win for everyone. Advertising space is donated by leading Canadian media and ads are sold at a 65% discount. Funds raised are used by ABC to create educational resources and programming for adult learners and their families. The sale launches on April 28, so don't wait to register.

-Source: CharityVillage, 23 April 2014

Code for Change

Up to \$10,000 of In-Kind Support for Charities

We are pleased to announce the first call for applications for the Code for Change 2014.

This is the fifth year of the program and we are excited to make an impact again.

Code for Change is a unique in-kind donation program to support select charitable organizations. Every year, we set aside 10% of our profits to put towards the Code for Change program. As part of the program, we will match your organization dollar-for-dollar, up to a maximum of \$10,000 of in-kind support to help increase your reach through web, social and print media.

We can help your organization build:

- Content Management Systems so you can easily manage your own website
- Social/community networking websites for you and your clients to communicate and connect with one another
- Client Relationship Management Systems to record and manage case notes, communications, and case histories
- eLearning platforms for clients to access training opportunities where traditional classroom courses are not available
- Intranets for staff and Boards to communicate, share ideas, vote and collaborate on organizational documents

Deadline: Applications are accepted and reviewed on an ongoing basis until we have utilized all of the funds we have earmarked for the year (January 1- December 31).

Forms and Resources:

[Code for Change Guidelines](#)

[Code for Change FAQ](#)

[Code for Change Online Application \(Time to complete: 10 minutes\)](#)

-Source: Pixel Sweatshop, 14 April 2014

Inspirit Foundation now Accepting Applications for Pluralism Grant Program

The Inspirit Foundation is now accepting applications from registered charitable organizations and First Nations bands from across Canada for its [Pluralism Grants – Community Impact](#) program. This granting program supports initiatives that provide opportunities for young people (aged 18 to 30) of different spiritual, religious and secular backgrounds to take action together to achieve a positive outcome for their community. Eligible initiatives reflect the distinct realities of each community and range from a) arts, culture and media projects to b) community development and civic engagement programs and c) local environmental initiatives. The deadline to submit an application is June 26, 2014, at 5:00pm EDT.

-Source: CharityVillage, 30 April 2014

Kraft Canada and TSN Launch Funding Initiative to Build Better Places to Play Across Canada

Beginning today, Canadians can nominate a recreational project for the chance to win \$25,000 towards building a better place to play in their community courtesy of the [Kraft Celebration Tour](#) hosted by Kraft Canada and TSN. In their nominations, Canadians are asked to explain how \$100,000 can help build a better place to play in their community. Nominations should highlight a community's spirit, passion for sport, and healthy active lifestyle. On July 1, TSN and RDS will announce 10 winners, as selected by a panel of judges, that each earn a \$25,000 community award. New this year, one community project will win a \$100,000 grand prize – as decided by Canadians through two days of voting (July 21 & 22). All winners will also host a live broadcast of Canada's most-watched sports news program, TSN's SPORTSCENTRE, as part of this summer's cross-country tour from August 15 – 24. The deadline for nominations is June 6, 2014.



-Source: CharityVillage, 29 April 2014

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Housing

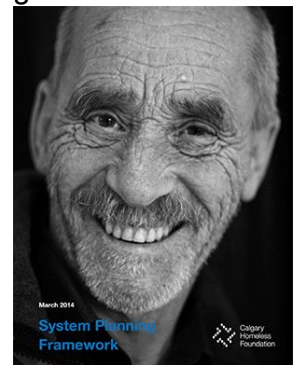
- [CALGARY HOMELESS SYSTEM OF CARE: SYSTEM PLANNING FRAMEWORK](#)
- [NATIONAL AT HOME/CHEZ SOI FINAL REPORT](#)
- [EXCELLENCE AND EXPERIENCE: HOUSING FIRST ONLINE](#)
- [HOMELESSNESS & HEALTH IN CANADA](#)
- [MOBILIZING LOCAL CAPACITY TO END YOUTH HOMELESSNESS PROJECT SEEKS ANOTHER COMMUNITY](#)
- [UBC STUDENT EXAMINES LACK OF SUITABLE HOUSING FOR LOCAL SINGLE PARENTS](#)

Calgary Homeless System of Care: System Planning Framework

This document presents the framework of Calgary's System of Care, including the organization and mechanisms to operate the delivery of housing and support programs and promising practices of program models for specific subpopulations within the homeless community. It also includes a discussion of measures to evaluate effectiveness and key performance indicators to track and measure progress along with details of the framework, including the eight models comprising Calgary's System of Care as well as a description of Calgary's journey towards system integration.

[Read More](#)

-Source: Homeless Hub Newsletter, 27 April 2014

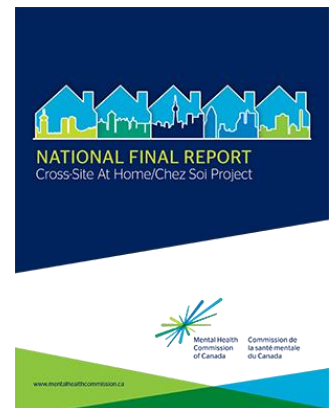


National At Home/Chez Soi Final Report

This report documents the final results of the At Home/Chez Soi research demonstration project, which examined Housing First as a means of ending homelessness for people living with mental illness in Canada. The project followed more than 2,000 participants for two years, and was the world's largest trial of Housing First, with demonstration sites in Vancouver, Winnipeg, Toronto, Montréal, and Moncton.

[Read the Report](#)

-Source: Homeless Hub Newsletter, 6 March 2014



Excellence and Experience: Housing First Online

Our Housing First online course is so popular that we're offering it again!

Who: Our team (Sam Tsemberis, Juliana Walker, and Ken Kraybill) and yours. This course is for practitioners, policymakers, developers, administrators, and anyone else looking to learn more about Housing First implementation.

What: An interactive online course that will ground participants in the core principles of Housing First and discuss how to operationalize them. Participants will join live discussions, complete practical learning activities, and connect with peers.

Where: Wherever you would like! The beauty of an online course is that you can join the conversation from wherever there is a steady internet connection and phone line.

Why: To help end homelessness. The Pathways Housing First model has been remarkably successful in addressing chronic homelessness. Since its founding, Pathways has housed more than 600 people in New York alone, and the program maintains an 85% retention rate even amongst those individuals not considered “housing ready” by other programs.

When: The course begins May 15th and runs once a week for five weeks.

The course begins May 15th. [Register today!](#)
Questions? Contact Katie or Rachel at moc.3tkniht@ofni or 617.467.6014.

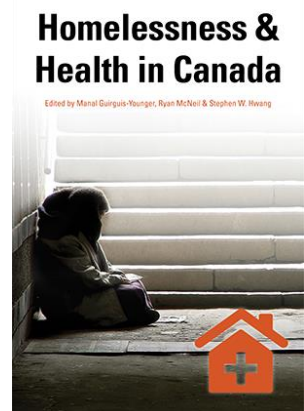
-Source: t3 (think. teach. transform) Newsletter, 16 April 2014

Homelessness & Health in Canada

Homelessness & Health in Canada explores, for the first time, the social, structural, and environmental factors that shape the health of homeless persons in Canada. Covering a wide range of topics from youth homelessness to end-of-life care, the authors strive to outline policy and practice recommendations to respond to the ongoing public health crisis. This book is divided into three distinct but complimentary sections. In the first section, contributors explore how homelessness affects the health of particular homeless populations, focusing on the experiences of homeless youth, immigrants, refugees and people of Aboriginal ancestry. In the second section, contributors investigate how housing and public health policy as well as programmatic responses can address various health challenges, including severe mental illness and HIV/AIDS. In the final section, contributors highlight innovative Canadian interventions that have shown great promise in the field. Together, they form a comprehensive survey of an all too important topic and serve as a blueprint for action.

[Order the Book](#)

-Source: Homeless Hub Newsletter, 14 April 2014



Mobilizing Local Capacity to End Youth Homelessness Project Seeks another Community

With five projects on the go, the Mobilizing Local Capacity to End Youth Homelessness (MLC) Program is looking to add another community to its national movement. The Program has issued a [Call for Applications](#) from communities who have identified youth homelessness as a priority and are willing to embark on an intensive strategic planning process with assistance from the MLC. There is financial support available for some elements however MLC funding cannot be used to support core staffing or administrative costs. The deadline is May 12. Please note that priority will be given to regions that are not served by the MLC program.

For full details, [click here](#). One of several partner organizations, CHRA is handling the selection process on behalf of the MLC, so please contact Jody Ciufu for additional information, jciufu@chra-achru.ca.

-Source: Jody Ciufu, MBA, Executive Director, Canadian Housing and Renewal Association, 24 April 2014

UBC Student Examines Lack of Suitable Housing for Local Single Parents

Master's thesis establishes the problem is not being addressed in Kelowna
Student Amanda Jones knows all too well the struggles single mothers endure while finding safe, affordable, and suitable housing in Kelowna.

Jones, raised by a single parent, recently finished her research thesis, under the supervision of UBC Assoc. Prof. Carlos Teixeira, on the lack of affordable housing for single mothers in Kelowna.

“The first step in solving any problem is having the research information to say there is a problem,” says Jones, working towards her master's degree in Interdisciplinary Studies with a focus on human geography at the Irving K. Barber School of Arts and Sciences at UBC's Okanagan campus. “My thesis demonstrates that affordable housing for single mothers is a concern in Kelowna and I'm hoping the city will be able to address the issues that put single mothers in the position where they can't afford housing.”

Jones polled more than 30 single mothers in Kelowna and 11 key informants—people who work with single mothers or have particular expertise on the housing markets of the area—to get a feel for the housing market in Kelowna. She also explored the barriers that single mothers face while looking for housing, including low-income jobs, education levels, daycare costs, rental rates, discrimination from landlords, and finding homes suitable for families.

She says far too many generations of children live in poor conditions. Kelowna is seen as a destination location and prime retirement community. The result is that the city's rental market is not geared to single, low-income families.

“High demand for housing in the city of Kelowna, coupled with a high concentration of low-paying service jobs, contributes to a situation where the wages of many residents are inadequate to afford the cost of housing,” says Jones. “In addition, rental housing starts are not meeting the needs of Kelowna's growing population, particularly those with lower incomes.”

Jones's study has several recommendations that may ease the problem, including more subsidized housing, a central organization that helps connect single family renters, and ideas such as a housing registry, and co-op homes where single mothers share a housing complex.

"A housing registry is something that is fairly easy for the city of Kelowna to take on," says Jones. "Instead of us saying, 'we need more money', we're saying here are some solutions and the registry may be the first step to help remove some of the barriers single mothers face."

Jones will present her research Thursday, May 8, at the Central Okanagan Women's Resource and Education Foundation. Sharing Ideas/Creating Action runs from 8:30 a.m. to 12:30 p.m. at the Okanagan Regional Library, 1380 Ellis St., Kelowna. She hopes to address Kelowna City Council with her research findings as well.

"Our society needs to address the social and financial barriers that make people struggle in the first place," she says.

-Source: UBC, Media Releases, 7 May 2014

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Five Women Wearing the Same Dress

May 14-16, 7:30pm

The Black Box Theatre, Kelowna

It is a little Tony and Tina's Wedding and a lot like Bridesmaids. New Vintage's upcoming show is a no-subjects off limit look at the world of five very different bridesmaids who talk about sex, drugs and their peach high heels and more in this vintage 1993 Alan Ball classic. While pondering why they were all asked to be in the bridal party of a woman they can't stand, the five women reveal their deepest inner most secrets in this comedy that is so much more. Ball is known best as the screenwriter behind The Oscar winning film, American Beauty, and the hit series True Blood and Six Feet Under.

Audiences are invited to dust off that old bridesmaid dress or tux and New Vintage Theatre for pre-show zaniness, door prizes, cake and the raunchiest bridesmaids (+ 1 usher) you have ever met.

Tickets at www.selectyourtickets.com (\$20) and at the door (\$25, cash only) / Phone 250.762.5050

Doors Open @ 6:45pm. Show at 7:30pm

This is a 19+, Adults only event. Language/Subject Matter Warning



For more information about New Vintage Theatre, a not for profit, professional theatre company in Kelowna, check out our website at www.newvintage.ca.

-Source: New Vintage Theatre, Wendy Sanderson, Theatre Publicity

CATCH Spring Community Resource Exhibit

Date: May 13th, 2014, 3:00pm – 7:00pm

Location: Trinity Baptist Church, 1905 Springfield Rd

Sponsors: CATCH, Trinity Church, Success by 6, Children and Youth with Special Needs
Exhibitors will include organisations, programs and services specific to families with children. Come see exhibitors and learn about their referral process for:

- Child Development
- Health
- Mental Health and Well being
- Education
- Aboriginal
- Faith Organisations
- Supported Child Care
- Parenting Education
- Child Care

For more information contact Myrna Kalmakoff at myrna@catchcoalition.ca.

-Source: CATCH, May 2014

Job Options

Information session dates: Thursday May 8; Tuesday May 13; *Thursday May 15 (if needed)

Where: YMCA of Okanagan, JobOptionsBC, 103-565 Bernard Ave. Kelowna
Info sessions all start at 9:00am and are approx. 1hr long. Those interested can call and sign up for an information session at 250.861.5627.

The program is 4 weeks long, Monday – Thursday approx. 9:00am – 4:00pm. Workshops include resume and cover letter writing, interview skills, networking skills, informational interviewing, and others as well as certifications: Foodsafe, WorldHost, First Aid, WHIMS, Serving it Right.

Eligibility requirements: not on or eligible for EI, not in school, not working, legal to work in Canada.

-Source: YMCA of Okanagan, JobOptionsBC, Jennifer Pont, Lead Facilitator

6th Annual Investors Group Run For Friends

When: May 25, 2014: 9:00am start

Registration: \$45

Once again PLAN Okanagan is holding our Annual Investors Group Run For Friends on May 25th, start time 9 a.m. at the Mission Creek Greenway – Eco Centre Entrance.

The 6th Annual Investors Group Run For Friends is an inclusive run for both athletes and nonathletes alike featuring 1km, 5km, 10km, and 21.1km distances. This event is open to individuals, families, teams, and self advocates who are interested in running, walking or wheeling their way to their goal. It's always a fun event on the scenic Mission Park Greenway.



For more information, call David 250.768.4815 or click planok.ca

-Source: PLAN Okanagan, Mary Bickert, Coordinator/Community Connector

Kelowna Relay for Life

The Canadian Cancer Society Relay For Life is an inspiring event that brings together more than 160,000 people throughout Canada to celebrate the lives of those who have battled cancer, remember loved ones lost, and empower individuals and communities to fight back against cancer.

Relay brings people in your community together who have a common goal of fighting cancer. Join us in this inspirational, non-competitive, 12-hour or 24-hour event. Until you take part you won't feel the passion, the inspiration, and the hope that participants share at Relay For Life.



Join the fight! Register a team online today at www.relaybc.ca.

Relay For Life is about a community fighting back against cancer. To learn more, contact Sarb Tatla-Low, Relay For Life Coordinator, at 250.542.0770 x204 or email statlalow@bc.cancer.ca.

-Source: Canadian Cancer Society, BC and Yukon Division, Trevor Bott, Volunteer, Community Giving

The Wizard of Oz

The actors have been rehearsing and the stage crew have been building, recording and painting as we put together the Wizard of Oz show for May 28-30 at the Mary Irwin Theatre at the Kelowna Rotary Centre for the Arts. Over 700 square feet of sets are painted and the many lines and songs learned as the students get ready. Over 100 tickets have already been [sold Online](#) with 3 evening shows and two matinees. It is the 75th anniversary of the movie's debut and we are hoping for a sell out.



The regular ticket price is only \$9 in keeping with our school name. For school or daycare groups, as well as seniors groups, booking the matinee seats, we have a Twoonie deal for you.

-Source: Studio9, Michael Guzzi, 4 April 2014

Variety Boat for Hope in Kelowna

On behalf of Variety – The Children's Charity and the Okanagan Boys and Girls Clubs, I would like to request your involvement in the Variety Boat for Hope in Kelowna on June 21, 2014 at Kerry Park. This event is a fun filled opportunity for the children and their families to experience a Pirate themed day.

What is Boat for Hope?

The Variety Boat for Hope in Kelowna provides children who have special needs with a fun boating experience, and helps to raise funds for continued support of these children through Variety – The Children's Charity and the Okanagan Boys and Girls Clubs. To see the true magic of this event, [visit our YouTube site](#).

The 7th annual event will give up to 250 special children a day to remember as they depart from the Kelowna Downtown Marina for an adventure on the 'high seas'. The kids get to hunt for treasure, fill their loot bags, and experience life as it is meant to be...fun and exciting! The day is capped-off with a land party for the kids featuring games, entertainment and food.

How can YOU help us make a difference?

We invite you to participate in the Variety Boat for Hope in Kelowna by becoming Activity Booth at the Land Event. By doing so, you will help us maximize the fun and help the families learn about you and your services. Your support will increase our ability to inspire hope, enrich lives and build a better future for children living in your area. This high-profile event is a terrific marketing platform and we are offering to promote your company before, during and after the event.

Please feel free to contact me with any questions. I can be reached at 250-762-3914 or by email at lmichaylow@boysandgirlsclubs.ca. I will be in touch with you shortly to answer any questions you may have. Thank you for your time and consideration and we look forward to working with you to help improve the lives of children.

-Source: Okanagan Boys and Girls Clubs, Lianna Michaylow

WAM! Wine, Art & Music

You're invited! This year's WAM! promotes all of the arts disciplines including culinary arts, and features the finest food and libations. The vibrant atmosphere supports creativity and celebrates our region's award-winning wineries, restaurants, artists, and dynamic musicians, all within the unique setting of the Rotary Centre for the Arts.



Here are some of our Arts and Music highlights for WAM!, followed in June by a setting of the food and beverage culinary stage...KINSHIRA PERFORMANCE TROUPE, THE PINK LOUNGE, THE TRIPS, and TRIPLE THREAT' HALFTIME SHOW.

YOUR TICKET INCLUDES: all inclusive access, a souvenir glass, entertainment, and food and beverage tastings. Gather your top 10 group of friends for ticket savings!
[Tickets Available NOW](#) for \$89/each (all incl), Groups of 10: \$80/each

-Source: Rotary Centre for the Arts, May News

TEDx Kelowna Seeking Student Speakers

Are you a Canadian student who can inspire others with something to say about the changing world we live in?

Do you want the chance to share the stage with a community of global thought leaders?
If your answers are YES! then enter either the TEDxKelowna National or Local Speaker Competition.



[Read More](#)

-Source: Central Okanagan Economic Development Commission, Economic News for the Central Okanagan, 15 April 2014

Making Memories

TICKET REQUEST – Deadline: May 15, 2014
Providing performing arts experiences for youth in our community

The Music Man – Kelowna Actors Studio

The Music Man follows fast-talking travelling salesman Harold Hill as he cons the people of River City into buying instruments and uniforms for a boys' band he vows to organize – this

despite the fact he doesn't know a trombone from a treble clef.
Target audience 6 years old and up: 1:30pm – 3:30pm

Bizarre Bazaar – Bumbershoot Children's Theatre

An interactive and comedic play with string marionettes, hand puppets and other props. A 50 minute show followed by puppet making which children get to keep.

Target audience 3-8 year olds: 1:30pm – 3:15pm

Urban Dance – Okanagan Boys and Girls Club

A workshop where children learn various styles of urban dance – Popping, Locking, Breaking, HipHop and House.

Target audience 5-8 year olds: 1:30pm – 2:15pm; 9-12 year olds: 2:45pm – 3:15pm

For more information contact: Families in Touch familiesintouch@shaw.ca or Donna Long 250.878.8789.

-Source: Families in Touch, 1 May 2014

Share the Love with Mother's Day Flowers

Just \$40. buy a bouquet for all the moms in your life, and support other moms in need. This May, the Kelowna Women's Shelter is having a Mother's Day Flower sale in order to create awareness about the shelter and to generate funds for our great programs. We are having a live flower sale on Saturday, May 10th at Orchard Plaza from 9 am – 3 pm. There will be lots of activities including a BBQ, contests, and radio crew.

-Source: Kelowna Women's Shelter, 16 April 2014

Capital One Race for Kids – May 31, 2014...Teams Wanted!

We are excited to have 20 teams registered for the Capital One Race for Kids so far. Our goal is to get 50 teams involved this year. We'd love your help in encouraging your colleagues, friends, family....anyone you know who likes to have fun, to come out and enjoy this wild and wacky fundraiser.



Are you are planning a teambuilding event for your company? Consider this..... "My team had a blast and want to attend again next year. I think the Race is a great team building event for corporations. My group worked together to fundraiser prior to the event and then the Race itself was a great way for us to work together to solve problems, have fun and get to know each other better on a personal level. We regularly do team building exercises and I do not think there has ever been one that is as much fun and also so effective in actually strengthening our team as the Race was. We will be promoting it more here at the Vernon Office next year and will try to get more teams involved." Quote from Kevin McCarty, Corporate Social Responsibility Coordinator from Kal Tire.

Join us for the most fun-filled event of 2014! Visit www.raceforkids.ca to register your team.

-Source: Okanagan Boys and Girls Clubs, 15 April 2014

Women & Wellness 2014

On May 21st, 2014, from 6 – 9 pm, the Canadian Mental Health Association Kelowna Branch is hosting its second [Women & Wellness](#) event for 220 professional women at Bottega in Kelowna.

[Women & Wellness](#) is a unique event where participants listen to heartfelt stories, share community, raise a glass and lift a spirit while raising money for the Canadian Mental Health Association Kelowna Branch.

With 1 in 5 Canadians experiencing a mental illness every year, it is critical that we raise awareness and money to reach the individuals themselves or the people who love them with information and tools that promote mental health and recovery.



A little preview of the evenings event:

Arrive to tapas and a glass of Okanagan wine from Intrigue Winery
Silent Auction – Incredible selection of items you won't want to miss
Candy Bar
Guest Speakers – Finn Pihl & Clara Hughes
Exclusive take home gift bag

-Source: CMHA Kelowna & Vernon Branches, Shelagh Turner, Executive Director

Women's Support Group

The Kelowna Family Centre is offering a 6 week drop-in Women's Support Group starting in May. This group will focus on relationship issues and strategies for healthier living.

Dates: Thursdays, May 8th 15th, 22nd, 29th, June 5th and 12th

Time: 11:30 am – 1:00 pm, snacks provided, bring a bagged lunch if you wish

Place: Kelowna Family Centre, 204 – 347 Leon Avenue, Kelowna

For more information: Mona at 250.860.3181 x15

-Source: Kelowna Family Centre, Lynda Fillion, Office Manager

Connected By 25

Connected by 25 (CB 25) is a collaborative project between The Bridge and CMHA Kelowna, focused on meeting the needs of 16 – 24 year olds who are vulnerable in their transition to adulthood.

Connected by 25 is being awarded with Eva's National Award for Excellence for the project. The award recognizes outstanding initiatives that work to address homelessness in youth from across the country.

Congratulations!

-Source: The Bridge Youth & Family Services Newsletter, 9 April 2014

Ride Don't Hide 2014

June 22nd, 2014

We ask you to come out in force to support this incredible growing event. This year the national ride has set a goal to bring over 4,500 riders across Canada including Kelowna to raise a total of \$800,000 for mental health programs, while ensuring that funds raised in our community stay in our community.



The [Kelowna Ride](#) will be starting and finishing at the Rotary Centre for the Arts at 421 Cawston Avenue. We will have two cycling routes available. A 7km family ride along the downtown corridor and a 40km ride through picturesque Mission Kelowna. What can you expect?

- A sports wicking fabric rider shirt
- Bike inspection services (pre and post-ride)
- Healthy breakfast and other food services
- Fun activities for friends, families and riders during and after the ride
- Onsite community resources and tables to visit
- The chance to win one of many exciting prizes!

What time?

Registration: 8:00am

40km Route: 8:30am

7km Family ride: 9:00am

-Source: CMHA Kelowna, 9 April 2014

Monarch Butterfly Sale

To recognize Hospice Palliative Care Week in Canada, The Central Okanagan Hospice Association (COHA) will create a Wall for Memories in Orchard Park Mall from May 5 to May 10.



Poems, photos, quotes, and more may be left on the wall to remember loved ones and share meaningful moments.

On May 10, the day before Mother's Day, COHA will be pre-selling butterflies at the mall, for the July 20th release at Falcon Ridge Farms. Monarch butterflies are \$25 each and Painted Lady butterflies are 5 for \$75.

A special gift card will be given to each purchaser so the butterflies may be offered as a gift in time for Mother's Day or other special occasions prior to the July release.

COHA is committed to community outreach and to meeting the needs of the terminally ill and their families by providing compassionate care and supportive assistance through resources, trained volunteers and professional counselling.

For further information about the Wall of Memories, the butterfly sales and release, please contact us at 250-763-5511 or check out our website at: www.hospicecoha.org.

-Source: Central Okanagan Hospice Association, Susan Steen, Executive Director

UBC Okanagan's Community Service Learning

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.

This fall there are two free projects 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. Please contact Aimee Jensen at aimee.jensen@ubc.ca or phone 250.212.8437 before May 31, 2014 if this is a project your organization would be interested in participating in.
- 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.

Please contact Lori Field at lori.field@ubc.ca or phone 250.807.8665 before June 30, 2014 if this is a project your organization would be interested in participating in.

For more information please visit their website at ubc.ca/okanagan/students/cslprogram

-Source: Aimee Jensen, 22 April 2014

Yard Sale: Okanagan Small Dog Rescue Society

We are holding our annual Yard Sale on Saturday, May 10, 2014, from 9:00am to 2:00pm at Knights of Columbus Hall, Corner of Rutland Road & McCurdy.

The [Okanagan Small Dog Rescue Society](http://www.okanagan-small-dog-rescue-society.com) is run 100% by volunteers who love small dogs.

- We are an enthusiastic bunch of volunteers with a passion for animals.



- We are a “No Kill Shelter”
- Our combined experience covers the care of many different breeds of small dogs.
- We do not turn away a dog in need!
- All our dogs are local dogs.

-Source: Okanagan Small Dog Rescue Society, Tobi McNeil, Director

ROCOCO Lakeside Fashion Fundraiser Barefoot Cocktail Chic™

On Saturday May 31st Opera Kelowna will hold its' annual fashion fundraising event this year entitled “ROCOCO SUN + SNOW.” This fashion fundraiser is to benefit our International Student Summer Opera Program.



As our guests arrive either by limo, car, boat, or float plane, 50th Parallel Estate Winery will be pouring in the main house and Okanagan Spirits will provide their unique version of our season’s signature drink, “The Elixir of Love.” The evening will begin with a short concert featuring some of Opera Kelowna’s Resident Artists, special musical guests like cellist Nicholas Denton and singers from our Resident and Young Artists Programs including Candescia and Cantato, followed by a fashion show produced by James Blonde of Revolution Events, fire and circus performers on the beach courtesy of Cosmic Co-Motion, and a DJ After-Party by the boat house.

The event will take place at a Luxury Lakeside Estate in Carr’s Landing on Saturday, May 31st at 7:00 pm. (The address will be released to ticket purchasers only.) Tickets are available: ONLINE | at operakelowna.com and eventbrite.com. Event Tickets — \$100; Event Tickets With Limo Service — \$150

-Source: Opera Kelowna, 29 April 2014

Worldwide Yogathon to Benefit Room to Read

On June 1, Room to Read Okanagan will join yoga studios from Sydney to San Francisco to support “Namaste World!” – the third annual worldwide yoga fundraiser to benefit Room to Read, an international nonprofit organization focused on literacy and gender equality in education. Namaste World Kelowna will take place on Sunday, June 1st at 10 a.m. at Stuart Park Kelowna.



Yoga enthusiasts are invited to bring their yoga mats and a donation for Room to Read.

“Namaste World!” is organized by Room to Read’s network of volunteers, totaling over 14,000 in over 52 cities, to support the organization’s work across 10 countries. The Room

to Read Okanagan chapter is just one of nearly 30 chapters worldwide participating in this movement and throughout the month.

Room to Read is currently working in: Bangladesh, Cambodia, India, Laos Nepal, Sri Lanka, South Africa, Tanzania, Vietnam and Zambia.

Room to Read Results to Date: 16,060 Libraries established; 1,752 Schools built; 885 Children's titles; published; 25,703 Girl scholars

Learn more at roomtoread.org/okanagan.

-Source: Room to Read Okanagan, Pat Nelson, Co-Leader

Life & Legacy Spring Garden Party

In appreciation of kind partner-friends of Okanagan Valley Pregnancy Care Centre
Wednesday May 28th, 6:00pm to 8:00pm

Lindon House Heritage Mansion, 1449 Ethel Street, Kelowna

A wonderful chance to celebrate together our shared love for life, to gain valuable insight on Legacy and Estate Planning for your family and Directed Charitable Giving for causes closest to your heart.

Sparkling entertainment

Light refreshments

Happy mingling

Plus take-home gifts of appreciation from Pregnancy Care Centre moms

Call The Centre at 250.763.2112 or email ovpcc@telus.net to RSVP.

-Source: Okanagan Valley Pregnancy Care Centre, Theresa White, Executive Director

Shelley's Farewell – Festive Gathering of Friends

It's been more than 10 long years since it all began.
I moved back to K-town to work on my West Coast tan.

From a back office at KCR John Howard Society grew.
It was in those very early days that I met many of you.

First came Four Pillars Coalition, a mightier group the community had not seen.
A win for social justice, and eventually we got our Christene.

Soon came PHI and the social landscape forever altered for the best.
It was a time of significant tension. I thought I needed a Kevlar vest.

More buildings would come, and more agencies too.
Saying hello to new champions and good-bye to a few.

So many memories, but alas it is time I say adieu.
But before I wave my last good-bye, come share a glass or two.

In celebration of all our good work over a decade of time.
Come laugh, have fun, let's take a break, and perhaps have a drink with lime.

Bitter sweet is my good-bye, it could not be better said.
Cheers to all of you my friends. Ding dong the witch is dead!

Location: Hanna's Lounge & Grill
Date/Time: Friday, June 13th, 2014, 4:00pm – until they make us leave!
Pop anytime for a drink or stay for the evening. It will be fun!!!

-Source: Shelley Cook, 6 May 2014

OGO's Fleet is Growing

As of January 2014, [OGO's](#) fleet now has a pickup truck that has already helped our members move furniture, bring garden waste to the dump and help meet our members general transportation needs. The truck is parked at the City Hall parking lot downtown across from the Kelowna Community Theatre. We anticipate increased use of the truck over the next months as people do their garden work, so we just want to remind you to book the truck in advance, particularly over the weekend.

352 vehicles: that's how many carsharing vehicles are on the road in southern British Columbia. Not bad, huh? Of course, we envision that number becoming much bigger in the coming years, but considering that Vancouver's [Modo](#) started with two vehicles 17 years ago and has now over 300 vehicles, it is encouraging for the carshare movement in Canada.



Not only does this map represent the growth of carsharing in British Columbia, but the potential our members and other carsharing members have in the province. Through Roaming Agreements from the Kootenays to Victoria, there are thousands of British Columbians making a commitment to carsharing. So give yourself a pat on the back and continue to spread carsharing awareness to your friends, family, and neighbours!

-Source: Okanagan Car Share Co-op

It's a Diva Night

An invitation to our up coming Fund Raiser. Tickets available at the Food Bank or at Esteem Lingerie.

Date: Thursday, June 12th, 7:00pm – 10:00pm

Location: The Cove Lakeside Resort

Cost: Divas – \$40, Mini-Divas – \$20
More Information: 250.826.8320

-Source: Shari Lowther, Director, Friendly People's Single Family & Seniors Food Bank Society, 6 May 2014

Upcoming Okanagan Pride Events

White Party 2014

This is one of our biggest events of the year! Come out and celebrate the long weekend with one of Kelowna's best DJ's and two shows by 2muffs1collar.

Saturday, May 17, 2014 – Doors open at 9:00 pm

Cover \$15 Members – \$20 Guests. Memberships will be available at the door for the special price of \$15 (save \$10)! This is a 19+ event

Gateway 21, Lake City Casino, 1300 Water Street, Kelowna

Okanagan Pride Community Cafe

Come out and chat, connect and create with the Okanagan LGBT and friends community.

We're meeting at the large centre table at Urban Fare Cafe – 3155 Lakeshore Rd, Kelowna from 2:00pm – 3:00pm. The cafe has a large selection of yummy food, hot beverages, beer and wine.

Pride Planning Meeting

Date: May 13, 2014

Time: 7:00pm – 9:00pm

Place: Gateway 21, Lake City Casino, 1300 Water Street, Kelowna

-Source: Okanagan Pride Society, Newsletter, 10 April 2014

Monthly Food Calendar

Download the monthly food calendar for local resources and food for those in need.

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



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National

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- [INTERNATIONAL FAMILY POLICY COMPARISONS: WHY CANADA LAGS BEHIND](#)
- [FEDERAL GOVERNMENT ANNOUNCES PROPOSAL TO ALLOW CHARITIES TO SELL LOTTERY TICKETS ONLINE](#)
- [STATUS OF WOMEN CANADA IS LAUNCHING A CALL FOR PROPOSALS](#)
- [THE BEST AND WORST PLACE TO BE A WOMAN IN CANADA](#)

CRA Releases Videos Exploring the Issue of Charities Participating in Political Activity

The Canada Revenue Agency has released a new series of videos exploring the issue of charities and political activity. The first video provides an overview of political activities for registered charities, while the second provides a definition of political activities for registered charities. The third video details the legal requirement for registered charities to engage only in non-partisan political activities. These short, 3-minute videos are also available with transcripts and in a variety of formats.

[Read More](#)

-Source: CharityVillage, 28 April 2014

International Family Policy Comparisons: Why Canada Lags Behind

The Keeping in Touch newsletter gives this excellent [summary of Lynell Anderson's keynote address](#) (watch it here) at the UBC's Human Early Learning Partnership (HELP) Fall 2013 Research Exposition. The senior researcher for the Generation Squeeze campaign at HELP, Lynell found that Canada lags behind most other industrial countries on international family policy rankings, including public investments.

Here are some statistics that Keeping in Touch highlighted:

The introduction of universal health care and old age pensions a generation ago, together with a rising economy, was central in enabling us to reduce poverty amongst seniors from 29% in 1976 to 5% today. By comparison, child poverty rates nationally have remained high. In BC, child vulnerability today is at a similar rate to seniors' vulnerability a generation ago. Increasingly we understand that our ability to provide effective health care and education services is directly linked to our ability to support healthy child development in the early years and other determinants of health ... Her central point is that childcare, or early childhood learning is key to the time, income and service squeeze on families with young children.

Public expenditure on Early Care & Education under 6 years (Canada includes child care and kindergarten/pre-K) expressed as a percentage of GDP, reported on by OECD, showed that Canada ranked last out of 14 countries. Canada's investment was actually shown to be about 0.25% of GDP. HELP has made a more inclusively generous assessment at about

0.34% of GDP, but even these figures are influenced by Quebec. BC offers below the national average, at about 0.23%.

[Read More](#)

-Source: First Call: BC Child and Youth Advocacy Coalition, The Child and Youth Advocate Newsletter, 15 April 2014

Federal Government Announces Proposal to Allow Charities to Sell Lottery Tickets Online

Minister of State (Finance) Kevin Sorenson and National Revenue Minister Kerry-Lynne D. Findlay announced that in order to reduce administrative costs associated with charitable lotteries and to allow charities to modernize their lottery systems, and in furtherance of the 2014 Budget the federal government will amend the Criminal Code to allow charities to sell their lottery tickets online.

[Read More](#)

-Source: Blumbergs' Canadian Charity Law List, April 2014

Status of Women Canada is launching a Call for Proposals

Status of Women Canada is launching a Call for Proposals to invite organizations to submit a proposal for projects that will advance economic opportunities for women. Projects under this Call for Proposals fall into three thematic areas:

- Increasing or Strengthening Economic Opportunities for Entrepreneurial and Professional Women
- Advancing Women in Various Sectors through Mentorship/Sponsorship
- Collaborating to Advance the Financial Preparedness of Women

The deadline for applications under this [Call for Proposals](#) is 11:59 p.m. Pacific Daylight Time, June 13, 2014.

Please visit our website for more information at women.gc.ca.

-Source: Citizenship and Immigration Canada, Dawit Bulcha, Settlement Officer, Western Region

The Best and Worst Place to be a Woman in Canada

According to our new study the best place to be a woman in Canada is Quebec City, and the worst place is Edmonton. This study looks at where the best and worst place to be a woman in Canada is by ranking the top 20 largest metropolitan areas based on a comparison of how men and women are faring



in five areas: economic security, leadership, health, personal security, and education.

Find out where your city ranks in the [full report](#).

-Source: Canadian Centre for Policy Alternatives, 1 May 2014

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Provincial

- [AUDIO AND PHOTOS: THE FUTURE OF HOME SUPPORT IN BC](#)
- [OP-ED: HOW DOCTORS ARE PAID IN BC](#)
- [CMHA BC APPLAUDS BC PRIVACY COMMISSIONER'S REPORT ON POLICE INFORMATION CHECKS](#)
- [SENIORS ADVOCATE ANNOUNCED](#)

Audio and photos: The Future of Home Support in BC

If you missed our round table discussion on home support, led by the CCPA-BC Seniors Project, don't worry! We've posted the photos and audio from the event on our website. If you want to learn more about current challenges and new strategies for improving the delivery of home support services, all you have to do is [click here](#).

-Source: Canadian Centre for Policy Alternatives BC Office, 3 April 2014

Op-ed: How Doctors are Paid in BC

Family physician and CCPA Research Associate Vanessa Brcic presents "a manifesto for more primary care innovation" in this recent Vancouver Sun op-ed. She offers four important ideas for better ways to pay doctors and deliver primary care. [Check it out here](#).

-Source: Canadian Centre for Policy Alternatives BC Office, 3 April 2014

CMHA BC Applauds BC Privacy Commissioner's Report on Police Information Checks

The [BC Privacy Commissioner](#) recently issued a report on employment-related police information checks. The report recommends that police apprehensions under the Mental Health Act never be included in a police information check. [Read more](#) about CMHA's response to the report.

-Source: CMHA BC Division, Mind Matters, May 2014

Seniors Advocate Announced

The Government of B.C. has appointed Isobel Mackenzie as Canada's first seniors advocate. After an executive search led by the Public Service Agency, Ms. Mackenzie was appointed on March 31, 2014.

[Read More](#)



e-Newsletter

SeniorsBC.ca

-Source: seniorsbc@gov.bc.ca, SeniorsBC Volume 5 Issue 4, 15 April 2014

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Resources

- [SELF-ADVOCACY IS AN IMPORTANT SKILL TO LEARN](#)
- [WHAT GETS MEASURED GETS DONE](#)
- [DOING MORE WITH MORE: PUTTING SHARED LEADERSHIP INTO PRACTICE](#)
- [BLUMBERGS' CHARITY LEGAL CHECKLIST](#)
- [THE CHILDREN'S MENTAL HEALTH RESEARCH QUARTERLY](#)
- [VIDEO: GENERATION SQUEEZE](#)

Self-Advocacy is an Important Skill to Learn

I am pleased to share with you the latest issue of Family Connections, the BC Council for Families' quarterly magazine for practitioners across the province working in family support and education.



In this issue of [Family Connections](#), we are all about advocacy! What is self-advocacy and why is it important? Self-advocacy means working towards making your voice heard and getting the issues affecting you and your family acknowledged by government and policy-makers. Self-advocacy is a tactic that individuals can tap into when they require an improvement in their communities and the quality of life of the people who live in them. An integral part of the self-advocacy process is to learn how to do it well and in a manner that will provide the results that you desire.

This issue is chock full of great information on advocacy. From a primer on self-advocacy written by Mary-Ellen Turpel-Lafond, Representative for Children and Youth, to a compilation of advocacy resources, and a discussion on advocacy for the millennial generation, this issue has it all!

-Source: BC Council for Families, HealthyFamilies, 22 April 2014

What Gets Measured Gets Done

Results definition and management are hot topics these days, given additional attention by the recent decision of the Hewlett Foundation to cease funding “groups that provide research on philanthropic strategies that produce measurable results.” ([Hewlett Ends Effort to Get Donors to Make Dispassionate Choices on Giving](#)) Amidst the wide and understandable debate about the Hewlett decision, some of the fundamentals at stake are at risk of drifting into a distant mist.

[Read More](#)

-Source: Imagine Canada, Imagine Matters, 29 April 2014

Doing More with More: Putting Shared Leadership into Practice

Even before the “Great Recession,” nonprofit leaders were told that they needed to learn how to do more with less. The field encouraged nonprofits to tighten their belts and look outside their organizations for solutions. Convinced that these approaches were not the only way, the authors, as part of a “Leadership Learning Community” (LLC) team organized by the TCC Group, worked with leaders of twenty-seven civic participation organizations from 2008 to 2010 to explore an alternative: building shared leadership within an organization. After two years of experimentation with shared leadership, TCC Group conducted an evaluation, and found that 78 percent of participants had increased their awareness, knowledge, and ability to develop staff as leaders at all levels of the organization. The evaluation, which included event feedback surveys, a post-initiative survey of all participants, and two participant focus groups, also revealed significant increases in both staff involvement in decision making and clear and effective accountability structures throughout the cohort. Many of the organizations discovered that they were able to do more effective work with less or the same amount of funds, and reported that shared leadership eased the stresses on executive directors. Essentially, the organizations found that they could do more with less (funds) by doing more with more (leadership).

[Read More](#)

-Source: Nonprofit Newswire by Imagine Canada, 28 April 2014

Blumbergs’ Charity Legal Checklist

Here is an updated version of the Blumbergs Charity Legal Checklist. We hope that you find it a useful tool to help your registered charity deal with compliance issues.

[Read More](#)

-Source: Blumbergs’ Canadian Charity Law List, April 2014

The Children’s Mental Health Research Quarterly

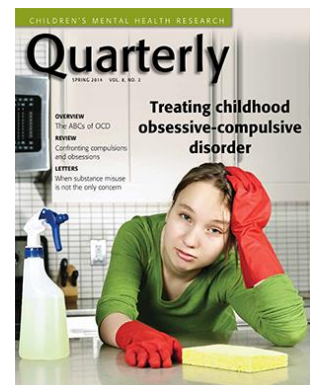
Our theme for this issue is: Treating childhood obsessive-compulsive disorder.

Articles include:

- The ABCs of OCD
- Confronting compulsions and obsessions
- When substance misuse is not the only concern

[Open the Quarterly](#)

-Source: The Children’s Health Policy Centre, 23 April 2014



Video: Generation Squeeze

Here is a [short, thought-provoking video](#) created by [Generation Squeeze](#) that may interest some folks.

-Source: Central Okanagan Foundation, Shannon Born, Community Entity Coordinator

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Social Media

- [HOW TO: REPORT LIVE FROM NONPROFIT EVENTS AND CONFERENCES](#)
- [4 MUST-KNOW FEATURES OF THE NEW TWITTER PROFILE DESIGN FOR NONPROFITS](#)
- [MUST-READ FUNDRAISING, SOCIAL MEDIA, AND MOBILE TECHNOLOGY REPORTS FOR NONPROFITS](#)
- [TOP 5 INSTAGRAM BEST PRACTICES FOR NONPROFITS](#)
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- [IT SECURITY AND PRIVACY ONLINE: IT'S NOT BEING PARANOID IF THEY'RE REALLY OUT TO GET YOU!](#)

HOW TO: Report Live from Nonprofit Events and Conferences

The following is an excerpt from Mobile for Good: A How-To Fundraising Guide for Nonprofits.

Another form of real-time communications is using mobile and social media to report live from your events and conferences. To do so effectively, you'll need a staff person whose sole purpose is tweet, post, share, blog, photograph, record, and interview during the event. This person can't simultaneously serve as the event planner or volunteer coordinator. Reporting live requires undivided attention to do it well, and if it's not done well, then it's not worth doing. A barrage of marketing tweets and updates announcing conference sessions or superfluous observations and platitudes is not a compelling way to report live. To effectively document the event and engage those who are and are not in attendance in real-time, much preparation needs to be done.

[Read More](#)

-Source: Nonprofit Tech 4 Good, 4 May 2014

4 Must-Know Features of the New Twitter Profile Design for Nonprofits

This week Twitter began its roll out of a new Twitter Profile design and at any moment your nonprofit's Twitter Profile could have a completely different look and functionality. The new design is obviously more visual, but it also places more emphasis on the content that your followers have engaged with. If you aren't getting engagement on Twitter (retweeted, replied to, mentioned, favorited, and listed), then your nonprofit must dramatically change its Twitter strategy. That said, before your nonprofit is given the new profile design, it's highly recommended that you spend some time browsing the nonprofit profiles listed below and get your digital assets ready for relaunch.

[Read More](#)

-Source: Nonprofit Tech 4 Good, 3 May 2014

Must-Read Fundraising, Social Media, and Mobile Technology Reports for Nonprofits

The reports listed below are just a small sampling of the research available to nonprofits about online communications and fundraising, social media, and mobile technology. If you would like to suggest a report be added to the list, please post the name and a link to the report in a comment below. Most of the reports listed are based on U.S. nonprofit research, but I would also like to add similar reports from other countries.

[Read More](#)

-Source: Nonprofit Tech 4 Good, 17 April 2014

Top 5 Instagram Best Practices for Nonprofits

The following is an excerpt from *Mobile for Good: A How-To Fundraising Guide for Nonprofits*.

Owned by Facebook, Instagram is the largest mobile social network in the United States. With more than half its users outside the United States, Instagram is well-positioned to become more broadly used worldwide. The predominant age group of users is 18–29. At the time this book went to press, the Instagram tool set was limited primarily to sharing photos or 15-second videos, adding text-based captions, and liking photos. The simplicity of the app is part of its appeal, but in terms of fundraising, nonprofits have few options for converting Instagram followers into donors. If in the future Instagram enables nonprofits to insert links into captions or attach them to photos and videos, then the app could become a powerhouse for mobile and online fundraising. Imagine being able to send your Instagram followers to mobile-optimized donate, text-to-give, or mobile wallet pages. That simple upgrade could instantly increase Instagram's relevance in your mobile and social fundraising plan. Until then, in terms of fundraising, nonprofits are limited to sharing images embedded with keywords and short codes. For cause awareness, Instagram is a highly engaged community. Your nonprofit will likely receive more Instagram likes than Facebook likes and Twitter retweets combined, and it's a community that is very responsive to nonprofits and images and videos that foster social good.

[Read More](#)

-Source: Nonprofit Tech 4 Good, 14 April 2014

4 Ideas about Social Media for Nonprofits

I spent the day yesterday learning all about online fundraising campaigns at ArtezInterAction 2013. In addition to the workshop I hosted, Data, data and more data... what to do with it all? (slides are posted here), I had the pleasure of hearing from many great speakers. Here are four of the ideas and insights that stuck most with me:

1) Think Of Online Interaction Like A House Party

Amy Sample Ward started her lunch keynote with a great analogy for online interaction. I've

heard the analogy of social media as a party before, and I think it's a good one, but Amy took it to the next level. Here's my attempt to summarize:

- The kitchen is your space during a party, where you have control and can organize things how you want. This is like your website – your online space where you can control how you frame your message.
- If you invite many different types of people to your party, they might congregate in different spaces and interact in different ways, so you need to engage them in different ways. Amy's nerd friends may be tempted to sit around with their smartphones, so "adult drinks" are helpful to loosen them up. However, her husband's theatre friends are lively and don't need that kind of help – but maybe some snacks to keep them occupied for a minute. Similarly, there are different groups of people in different platforms and conversations online, that need to be engaged in different ways.
- Lastly, like the signs or balloons that lead people to the party, make sure that your social properties point back to your website.

[Read More](#)

-Source: TechSoup Canada, Tierneysmith's Blog

3 Social Media Fundraising Challenges (+How To Fix Them)

A lot of nonprofits use social media to boost their fundraising efforts, but more often than not it doesn't work. What gives?

The problem lies in nonprofits treating social media like any other traditional fundraising channel, such as direct mail, telemarketing and door-to-door fundraising. Nonprofits need to understand that social media fundraising poses its own unique challenges.

HootSuite's [case study](#) on the [Leukemia & Lymphoma Society of Canada \(LLSC\)](#) covers common challenges nonprofits face when it comes to social media fundraising and how to fix them.

Here are three key considerations that can help your nonprofit successfully integrate social media with your fundraising campaigns:

Challenge #1: Too Many Social Media Channels

Solution: Use a dashboard tool to organize your accounts

As LLSC is very active on Facebook and Twitter, they use HootSuite, a social media dashboard tool, to organize and oversee their communications channels. HootSuite allows LLSC to manage their Facebook and Twitter accounts and contribute content to each of their social media profiles without leaving the dashboard.

For more social media dashboard options, here's a [list of 10 dashboard tools](#) by DashBurst.

[Read More](#)

-Source: TechSoup Canada, Joycehsu's Blog

5 Common Budgeting Mistakes – Nonprofit Edition

Jeffrey Miller, partner at [Ginsberg Gluzman Fage & Levitz \(GGFL\)](#) LLP Chartered Accountants, have seen his fair share of nonprofit budgets. And, while not to dismiss the complexities and intricacies of preparing a budget, Jeff has seen quite a few budgeting mistakes that nonprofits really shouldn't be making.

In his original article, "[The Pitfalls of Budgeting for NPOs](#)", Jeff takes us through five common budgeting mistakes made by nonprofits, so your nonprofit can avoid budgeting disaster.

[Read More](#)

-Source: TechSoup Canada, Joycehsu's Blog

IT Security and Privacy Online: It's Not Being Paranoid if They're Really Out to Get You!

Your nonprofit is connected to the Internet in one way or another. Whether it's through your nonprofit's website, email address, social media presence, or even a listing on CanadaHelps, your information can be found online. Hackers, armed with a bit of your information and some decent computer skills (although not always necessary), can hijack your accounts and compromise your security. This is why it's crucial for nonprofits to understand computer security threats and learn how to protect themselves.

Julian Egelstaff (FreeForm Solutions) joined us for April 8th's Toronto Net Tuesday to discuss best practices for IT security and privacy online. This blog post summarizes the key discussion points from this event. You can also watch the [event recording](#) on TechSoup Canada's YouTube channel and see [Julian's presentation on Prezi](#).

[Read More](#)

-Source: TechSoup Canada, Joycehsu's Blog

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Training

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- [EMPLOYMENT LAW FOR EMPLOYERS SEMINAR SERIES](#)
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- [CARING ON EMPTY COMPASSION FATIGUE RESILIENCE WORKSHOP FOR HELPING PROFESSIONALS](#)
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- [GET CONNECTED WITH GRANT CONNECT](#)
- [MENTAL HEALTH FIRST AID – YOUTH](#)
- [SUMMER INSTITUTE 2014](#)
- [THREE TOOLS TO SUPPORT YOU IN YOUR WORK WITH CLIENTS OR STUDENTS](#)

Trauma in the Homeless Sector

When: June 6th, 2014, 9:00am – 4:00pm

Where: Vernon

[Register Now](#)



Individuals that access emergency shelter services have often been traumatized by the experiences that led them into homelessness. Providing services to traumatized individuals presents unique challenges to homeless service providers. Frontline staff can experience vicarious trauma as a result of being exposed to the experiences and feelings of their traumatized clients. This one-day workshop will teach participants how to recognize trauma in homeless clients and how to respond appropriately when providing services to this population. Participants will also learn how to recognize vicarious trauma in their peers and how to promote wellness in the workplace through: facilitated learning, group exercises, and the use of audio/visual materials and tools. Shelter Net BC Society (SNBC) is a provincial, non-profit, member-driven organization that provides training, networking, research assistance, and capacity building to the homeless sector.

-Source: Shelter Net BC, Jim Mandelin, SNBC Office Assistant

Employment Law for Employers Seminar Series

Employment law is complex, multi-faceted, and ever changing. As part of our ongoing commitment to public education and to assist local businesses, Doak Shirreff is pleased to again offer our Employment Law for Employers Series during the spring and summer of 2014. In this series of free presentations, employment lawyer David M. Brown will lead conversations on a variety of topics of interest to business owners – from the duty to accommodate, to



occupational health and safety, to international recruitment.

Designed to be informal, conversational and educational, these presentations will expose some of the hidden costs eating away at businesses' bottom line, while helping managers implement strategies to meet HR related challenges.

Not So Scary: Meeting Labour Shortages with International Recruitment June 5, 2014 (9:30am-11:00am)

We have all read the headlines about Canada's "skilled labour crisis" and about how BC will need to fill 1,000,000 jobs by 2020. While the headlines may exaggerate the shortage of labour, finding qualified people to fill key positions is a challenge that is only getting harder. International recruitment may provide solutions. Through the provincial or federal governments, there are many programs available to employers to hire foreign workers on a temporary or permanent basis. With a little education, planning and time, employers can use these programs to satisfy many of their labour needs.

"Did He Just Quit?": The Rules on Resignations June 26, 2014 (9:30am-11:00am)

Usually, an employee's resignation is clear. It can be as simple as "I'm staying home to take care of my family," or "my spouse has been transferred to Calgary," or simply "this job isn't working for me." In situations such as these, intentions are evident and the resignation will be accepted.

However, sometimes a resignation is not nearly so clear, like when an employee who in the heat of a debate cries "I can't work under these conditions!" before stamping out of the office and driving home. Or the employee who is called into his manager's office and is informed that he is going to be fired, but that if he wishes to save face, the company will accept his resignation. In circumstances such as these, it is best to review the rules on resignations.

Employer's Responsibilities under Occupational Health and Safety July 17, 2014 (9:30am-11:00am)

There is a significant need for effective health and safety management in the workplace. Unfortunately, many managers don't know where to start. In this presentation, David will provide an overview of BC's Occupational Health and Safety regime, discussing important topics such as the overarching responsibility of employers to ensure the "health and safety of workers," the enforcement regime, and sanctions for noncompliance. In this casual discussion, managers are encouraged to bring forward the questions they always wanted to ask on OH&S.

Doak Shirreff LLP, 200-537 Leon Avenue, Kelowna; www.doakshirreff.com
David Brown 250.979.2521 (Direct) or dbrown@doakshirreff.com

-Source: DOAK SHIRREFF LLP LAWYERS, David Brown, Lawyer

SMCC Western Sponsorship Congress

Whether you're seeking or spending sponsorship dollars, the SMCC Western Sponsorship Congress is where you need to be on Oct 21 & 22, 2014!



WSC
western sponsorship congress

Register today! Early bird rates* available until July 31, 2014!

*Two or more and SMCC Rates are available. [CLICK HERE](#) for more information.

-Source: *Western Sponsorship Congress, 2 April 2014*

Caring on Empty Compassion Fatigue Resilience Workshop for Helping Professionals

Caring On Empty: Creative Tools for CF Resilience (For helping professionals and volunteers): June 16th and Nov 7th, 2014

Caring On Empty: Creative Tools for CF Resilience (For family caregivers): October 3rd, 2014

Email Jan Spilman (MEd) for a brochure and registration form at email: caregiverwellness@shaw.ca or phone: 604.297.0609

In spite of a number of years teaching compassion fatigue workshops, I'm always surprised to discover how many people believe that compassion fatigue is "a form of burnout" to be "cured" with relaxing bubble baths and hikes in the woods. So, in today's post, I'd like to spend a little time going back to the ABCD's, the basics, of compassion fatigue:

A definition: Beware of these warning signs: Create coping skills: Do something about CF resilience: For details, go to caregiverwellness.blogspot.ca/

-Source: *Caregiver Wellness Workshops, Jan Spilman, MEd, RCC, Compassion Fatigue Specialist*

Vitalize 2014

Thursday, June 5 to Saturday, June 7, 2014 at TELUS Convention Centre, Calgary.

Register today at VitalizeConference.ca.

- Opening Keynote Speaker [Ron Tite](#), named one of the "Top 10 Creative Canadians" by Marketing magazine, will speak on a variety of topics surrounding creativity, innovation, personal branding, social media and corporate strategy.
- Closing Keynote Speaker [Drew Dudley](#) will address leadership in a practical way by sharing "lollipop moments" – when something you've done has made someone else's life fundamentally better.
- Friday Gala Performers the [Mocking Shadows](#) have been entertaining crowds across Canada for over 13 years with their own brand of soul, reggae, blues and R&B. The band has performed and shared the stage with some of Canada's musical elite including – The Tragically Hip, ZZ Top, Jann Arden, Reba McEntire, Colin James, Trooper and many others.



-Source: *Culture Vitalize, 7 April 2014*

Dealing with Difficult People

Kelowna: May 22, 2014 (early rate deadline May 1)

This workshop will analyze what is happening in exchanges with difficult people and demonstrate how people can adapt their strategies to bring about more productive conversations with those they find difficult. Participants will also learn how to change their interactions with difficult people in order to influence their behaviour, resulting in more positive outcomes.

[Early rate \\$170; Regular rate \\$190](#)

-Source: ACHIEVE Training Centre, Heather Cobb, Public Workshop Coordinator, April 2014

Return-to-Work, Stay-at-Work Webinar Series

Our free online education series provide research-based information both for people living with chronic pain and those who support them, as well as workers, employers and others who work with disability issues in the workplace. [Become a member of CIRPD](#) and gain access to four Member-Only webinars in 2014!



TOPIC: Brief Action Planning: Helping People Take Active Roles in Their Health and Wellness

Connie Davis MN, ARNP, RN – Program Director of the non-profit Centre for Collaboration, Motivation, and Innovation (CCMI).

Connie Davis will use her expansive knowledge of patient and healthcare providers to illuminate the importance of Brief Action Planning and the role it plays in supporting people's activity in their own health and wellness.

DATE: May 15, 2014 – 11:00am PST / 2:00pm EST

TOPIC: My Older Parent Hurts: Pain in Older Adults and How You can Help

Romayne Gallagher PhD- Palliative Care Physician

Dr. Gallagher will draw on her 13 years of experience in palliative care to share with us how pain affects older adults with and without cognitive impairments with tips for assisting them in managing their pain.

DATE: June 3, 2014 – 11:00am PST / 2:00pm EST

TOPIC: Return to Functioning in Children and Teens with Chronic Pain: The Role of Parents

Drs. Sue Bennett and Erin Moon – Psychologists at BC Children's Hospital

Drs. Bennett and Moon will provide guidelines for parents for helping their child or teen return to living a healthy life. These guidelines stem from research and the experiences of families living with chronic pain.

DATE: July 9, 2014 – 11:00am PST / 2:00pm EST

TOPIC: Recognizing and Treating Early Chronic Pain Disorder in the Injured Worker

Dr. Howard Hamer – Medical Director of the Functional Pain Program, Altum Health

Dr. Hamer will show the importance of recognizing and treating chronic pain in its early

stages as well as providing information about early interventions for and support in the workplace.

DATE: May 13, 2014 – 11:00am PST / 2:00pm EST

[Register Now](#)

-Source: Canadian Institute for the Relief of Pain and Disability, 9 April 2014

Addictions and Mental Illness – Working With Co-occurring Disorders

Kelowna: May 29, 2014 (early rate deadline May 8)

Many people struggling with a mental illness are also struggling with an addiction. Caregivers may often be at a loss for where to start – did the addictions cause the mental illness, did the mental illness cause the addictions or is there something else leading to both? This workshop provides a framework for working systemically with both issues at the same time.

[Early Rate – \\$170; Regular Rate – \\$190](#)

-Source: Crisis & Trauma Resource Institute Inc., 23 April 2014

Living Life to the Full courses

Eight enjoyable 90-minute sessions that help people make a difference in their lives.

Participants learn skills that help them tackle life's problems. Registration is required. [Sign up](#) for an upcoming course or learn more.

Kelowna: May 20-June 24, 4:30pm to 6:00pm



-Source: CMHA BC Division, Mind Matters, May 2014

Public Health Summer School

Date: June 23 – 26

Time: 9:00am – 4:30pm

Main locations: UBC, UVic, UNBC, UBC-Oka

Subsites: Kamloops, Smithers, Fort St. John, Castlegar

The Public Health Summer School welcomes participants from a variety of fields and backgrounds who are working directly or indirectly with public health across the province. The four-day summer school event is divided into two sessions, each over two-days. You can register for one session, but will have the most rewarding experience by attending the full four days.

June 23 and 24 – Supporting and Protecting Health: Promoting Mental Wellness and Addressing Psychoactive Substances

Goal: To build awareness, understanding and skills for promoting and protecting positive well-being by addressing health challenges and using evidence-informed health promoting mechanisms and implementation strategies related to mental health and substance use.

June 25 and 26 – Strengthening Healthy and Sustainable Communities through Local Government Planning and Public Health Collaboration

Goal: To increase understanding of the key features of healthy and sustainable communities; to increase understanding of the mutually supportive and collaborative roles and activities of local government (municipalities and regional districts) and public health professionals in supporting them and to provide inspiration and ideas for further collaborative action in BC.

[Register now](#), as space is limited!

-Source: BCHC Newsletter, April 2014

Get Connected with Grant Connect

Get Connected with Grant Connect at the downtown Kelowna Branch of the Okanagan Regional Library

Pick one of these two dates:

Saturday, May 24th at 10:00 am or Thursday, May 29th at 4:30 pm

Are you fund raising for your charity, group or non-profit organization? Available in all ORL branches, Grant Connect is a database with detailed information on thousands of Canadian grant-making foundations, corporate donor programs, and government funding opportunities. Register for one of these free programs to learn how to search effectively for potential new donors or funders.

Please register for this free program by email at info@orl.bc.ca or by telephone at 250.762.2800. For more information about the library please visit www.orl.bc.ca. The downtown Kelowna Branch of the ORL is located at 1380 Ellis Street.

-Source: Okanagan Regional Library, Michele Rule, Communications Manager



Mental Health First Aid – Youth

For adults who work with youth ages 15 – 25 years.

Date: May 13 & 14, 2014: 8:30am – 4:30pm

Cost: \$115

To register contact us at 250.763.0456 or email info@thebridgeservices.ca.

-Source: The Bridge Youth & Family Services, Corinne Dolman, Executive Director

Summer Institute 2014

Date: Thursday August 21, 2014 to Friday August 22, 2014

Time: 8:00am – 4:00pm

Location: University of British Columbia, Neville Scarfe Building, 2125 Main Mall, Vancouver



kelty mental health
resource centre

The 5th Annual Summer Institute is a two-day event that will bring together school professionals, parents, students and school community partners, from across BC, to exchange knowledge and ideas about improving student mental health and well-being.

Participants will share knowledge and practical strategies on how to foster school connectedness in classrooms and school communities, as well as improving awareness and understanding of mental health and substance use issues.

We are encouraging school teams to register as a group, so [start putting your team together today!](#)

-Source: Kelty Centre, Kelty Newsletter, April 2014

Three Tools to Support you in your Work with Clients or Students

Since its launch earlier in the new year, the [BC Job Search Guide](#) has enjoyed great success and a number of employment agencies are using it to augment workshops, build self-managing job clubs and to support Case Managers with one-on-one job search support.

A cornerstone of the [BC Job Search Guide](#) is the expectation that job search isn't just about resumes, cover letters and good interviewing. In fact, the book takes 28 days to address specific areas of job search support that include effective job search, building relationships, personal growth and developing great habits. Each of these days has its own worksheets and videos.

As we all know, job seekers can be resistant to the idea that job search takes time or that it involves anything more than attaching a resume to an email. To help broaden this perspective, I've developed the following tools:

1. [Job Search Skills Evaluation](#)
2. [Evaluation Score Sheet](#)
3. [Evaluation Interpretation](#)

They act as an exploration of an individual's job search readiness and provide specific guidance on the areas where they need more support in finding work. In fact, the evaluation can be completed today and then again in a month to measure how much better the person is doing at finding employment.

Feel free to click on the links and complete the evaluation yourself. I just ask that you not use these to actively support clients or augment your work.

If you would like to get copyright copies of all three tools, I can prepare PDF copies that specify your organization's permission to use these tools. The cost of unlimited use of this three tool set is \$125, with a 15% discount for BC Labour Market Report subscribers. If you would like to explore ways to incorporate the [BC Job Search Guide](#) into your curriculum or the employment supports you offer, I would welcome an opportunity to discuss it. I can also conduct a training session for your staff that examines the [BC Job Search Guide](#) in detail and presents training tools for utilizing it with clients or students. I hope you find this valuable.

-Source: Christian Saint Cyr, BC Job Search Guide, 23 April 2014

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Volunteerism

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- [CANADIAN CODE FOR VOLUNTEER INVOLVEMENT](#)
- [VOLUNTEER FUTURES CONFERENCE](#)
- [SHORT TERM VOLUNTEER OPPORTUNITY AT THE KELOWNA FOOD BANK – “RECIPE FOR SUCCESS!”](#)

When it's no Longer Working: How an Organization can Gracefully Exit from a Volunteer Relationship

A little over a year ago, the executive committee of the provincial sports organization that I work for decided it was time to shift gears in a very significant manner: plans were put in place to change the organization's board from an operational-based model to one that would be governance-focused, and as a result, the ten-person board would shed two positions when current terms expired.

On the surface, this change wouldn't deeply impact the organization's typical volunteer. Coaches would keep on coaching. Managers would keep on managing. For the bulk of the sport's volunteers, the earth would continue to spin unchanged around the proverbial sun. However, this change would be felt the strongest by the organization's most dedicated volunteers. This particular organization had employed an operational board model for well over fifty years, and many of its longest-serving board members – some of whom had held their positions for more than a decade – were deeply involved in the developing the organization's programming.

I knew it would be no easy task to let these volunteers know that after many years of dedicating their time (and being used to calling many of the operational shots), their services would no longer be needed in their present capacities.

[Read More](#)

-Source: Village Vibes, 5 April 2014

Getting Ready for the Skilled Volunteer

A new kind of volunteer is emerging. More today than ever before, people with high-level skills are offering their services to respected nonprofits. The “skilled volunteer” is someone who has specialized professional skills to offer, skills that do not fall within the scope of typical day-to-day volunteer tasks. These people may accept the day-to-day work that is necessary for volunteer-run programs to function or they may not, but regardless, they definitely have a specific expertise they wish to contribute.



Working with these volunteers is a significant opportunity for nonprofits. When offering their services, skilled volunteers take on work a contractor might undertake, except they do not charge for their services. I have met volunteers with experience developing communications plans, high-level VPs of large corporations, and people who have run extensive Information Technology departments. They are often retired or semi-retired. Any organization can make use of professional help, whether it comes in the form of an auditor, grant writer, painter or plumber. There are two huge benefits to capitalizing on these opportunities: the charity can 1) complete projects they normally could not afford and therefore might never undertake, and 2) develop a relationship with a powerful new volunteer. Here is how you can get ready to make the most of skilled volunteers.

[Read More](#)

-Source: Village Vibes, 5 April 2014

Working Together to Recognize Volunteers... and More

We all need to thank volunteers, so why are we doing it in isolation from each other? One colleague's proposal to her network sparks new recognition and collaboration ideas.

[Read More](#)

-Source: Energize, Inc., Energize Volunteer Management Update, April 2014

Discussions about Virtual Volunteering

In conjunction with the release of The LAST Virtual Volunteering Guidebook, Susan Ellis and I have started a LinkedIn discussion group to discuss virtual volunteering in all its forms: pro bono consulting online, micro volunteering, online mentoring, crowdsourcing, etc. Discussions so far:

- Whether or not nonprofit insurance covers online volunteers
- Online volunteer orientations
- Citizen science volunteering
- How the global job-crisis is or isn't affecting online volunteer numbers
- Various real-world examples and testimonials about virtual volunteering



Come join us and let's discuss!

Virtual volunteering is work done by volunteers online, via computer, smartphone or other hand-held devices, often from a distance.

[Read More](#)

-Source: VolunteerMatch, LinkedIn Groups, 2 April 2014

Canadian Code for Volunteer Involvement

[The Canadian Code for Volunteer Involvement](#) serves as a framework for organizations for involving volunteers. The Code Audit helps you assess and analyze the way your organization involves volunteers, and helps identify areas for further development. Completing the Code Audit will generate reflection and action to increase the positive impact of your volunteer program on the mission of your organization and on your volunteers.

If you have already adopted the Code, the Code Audit can be used to assess your progress in meeting the Code Standards. If you have not adopted the Code, it can be used as part of a process to formally adopt it.



Volunteer Canada is pleased to offer this online tool exclusively to members. Click [here](#) to learn more about membership with Volunteer Canada.

-Source: News from Volunteer Canada, 24 April 2014

Volunteer Futures Conference

September 25 & 26, 2014
Executive Airport Plaza Hotel, Richmond, BC
www.volunteerfutures.org

-Source: Volunteer BC, 22 April 2014

Short Term Volunteer Opportunity at the Kelowna Food Bank – “Recipe for Success!”

The Kelowna Community Food Bank is running a 4 week trial prototype program called “Recipe for Success”.

We need 10 volunteer participants for four Wednesday evenings– June 4th, 11th, 18th, and 25th. from 5:00pm to 7:00pm.

Volunteers do not need to be current clients of the Food Bank, nor do they need to attend a Food Bank Volunteer Orientation Session.

Partners in this initiative include: The Kelowna Community Food Bank(s); the Okanagan Chef’s Association, http://www.okanaganchefs.com/Okanagan_Chefs_Assocation/Welcome.html; Food banks Canada, Campbell’s, other local community agencies, and, knowledgeable expertise on Nutritional Guidelines and Food Safe Procedure.

Program support materials will include recipes and handouts on related topics.

[Learn More](#)

To confirm your interest in taking part in this unique Project contact:

David Purdon, Associate Executive Director

[Kelowna Community Food Bank](#)

250.763.7161

-Source: Raymond Koehler, Volunteer Senior Outreach Coordinator, Kelowna Community Food Bank, 30 April 2014

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