



Monthly Bulletin – November 2015

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KCR Highlights

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Sponsor a Family

The Christmas Sponsorship program started in 2006 with the main reason to help brighten the lives of families with financial difficulty during the Christmas season by delivering Christmas hampers provided by Sponsors in the community.

Sponsors

Are you looking for a way to celebrate your holiday season with the spirit of giving? Do you want to make an impact on families in your community? You can [sponsor a family](#) this Christmas! Kelowna Community Resources offers the opportunity to reach out to those who need some extra support through the holiday season. We work with partner organizations and community members to make the holiday season less stressful and more joyful for local families who are experiencing a time of need.

Families

Are you experiencing a time of financial difficulty or unexpected life circumstance? Is it making thoughts of the holidays stressful? If you are a family in need of Christmas sponsorship, you may be eligible to [receive sponsorship](#) through Kelowna Community Resources.

Please contact us if you wish to be involved at familyfriend@kcr.ca.

-Source: Lisa Ford, Family Friend Coordinator, KCR, October 2015

Central Okanagan Flu Shot Location List – 2015

Have you had your Flu shot yet?

[Download our 2015 Flu Clinics Guide](#) to view a list of clinics, dates/hours they're open and eligibility requirements. Includes locations from Kelowna, Lake Country, Lumby, Okanagan Falls, Peachland, Summerland & West Kelowna.

[Click here](#) to consent to receiving electronic messages from KCR for all of

2015 Central Okanagan Flu Shot Location List				
KELOWNA				
Location	Address	Phone	Date(s)	Times/Details
First Baptist	1380 Bernard Ave	250.858.7710	Monday, November 23 rd	10am - 5pm Available Free of charge - open to all Eligibility: 65+
Lakeview Healthcare Centre	2380 Gordon Cr	250.862.3100		Monday, Friday, October 15, 2015 Available Free of charge and eligibility: 65+
Lakeview Pharmacy	3878 Lakeshore Rd	250.794.4410		Monday-Friday, 9am - 5pm Saturday, 10am - 5pm Available Free of charge and eligibility: 65+ and 60+ for seniors eligibility.
Lakelse Pharmacy (Lakelse Plaza Mall) (at Lakelse Blvd)	4555 Gordon Cr	250.841.4535		Monday-Friday, 9am - 5pm Saturday, 10am - 5pm Available Free of charge and eligibility: 65+ and 60+ for seniors eligibility.
Debra's Pharmacy	912 1875 Cooper Road	250.422.2882		Monday-Friday, 9am - 5pm Saturday, 10am - 5pm Available Free of charge and eligibility: 65+
Save on Food Pharmacy	5172 Lakeshore Rd	250.862.4646		Monday to Saturday, 9am - 5pm Sunday, 10am - 5pm Available Free of charge and eligibility: 65+ and 60+ for seniors eligibility. open to

our Publication updates.

-Source: Dawn Anthony, Community Services, KCR, 30 October 2015

KCR Employment Services: Job Readiness for the 21st Century

Unemployed? Looking for Work?

Are you:

- A resident of BC
- 18 years or older
- Unemployed / not on EI (have not had an EI claim within the last 3 years, or a maternity / parental claim in the last 5 years)
- Not a student

Do you:

- have a Disability, or
- are you an Immigrant, or
- are you a 50+ worker?

What is it?

- No cost, 6-week training
- 3 hours/day, Monday-Friday

What you'll get

- Basic computer skills
- Your skills matched to real jobs
- Increased confidence
- Focused resumes and job search skills
- Wage subsidy
- Individual job coaching
- Follow-up support
- Information on Canadian workplace culture
- Certifications, such as First Aid & Food Safe

More information:

Kelowna Community Resources
#375 – 1855 Kirschner Avenue, Kelowna
778.484.5587, employmentservices@kcr.ca



Funding provided through the Canada-British Columbia Labour Market Agreement.

-Source: Ellen Boelcke, Executive Director, KCR, October 2015

KCR Employment Services: Essential Skills for College & Trades Training in the 21st Century

Would you like to get ready for college and improve your Math, Reading or Study strategies?
We will train you at your level and help you to get back to work or continue with school.

Would you like to improve your skills at:

- Using the computer?
- Understanding packaging or instructions?
- Filling out an application form correctly?
- Math or English to get into a Trade?

Are you:

- A resident of BC
- 18 years or older
- Unemployed / not on EI (have not had an EI claim within the last 3 years, or a maternity / parental claim in the last 5 years)
- Not a student

What is it?

- No cost, 6-week training
- 3 hours/day, Monday-Friday

What you'll get

- Educational assessment & individualized training plan
- Career and educational planning (Including trades)
- Improve math & literacy
- Basic computer training
- Workplace communication
- Short term certificate training such as Food Safe & First Aid
- Work search training

More information:

Kelowna Community Resources
#375 – 1855 Kirschner Avenue, Kelowna
778.484.5587, employmentservices@kcr.ca



Funding provided through the Canada-British Columbia Labour Market Agreement.

-Source: Ellen Boelcke, Executive Director, KCR, October 2015

KCR is Hiring – Employment Services Manager

Kelowna Community Resources is looking to hire a full-time Employment Services Manager to deliver our new Job Readiness and Essential Skills Programs.

Employment Program Manager – Primary role is the planning, organizing, supervising and administering all aspects of the Job Readiness Program specialized for Persons with Disabilities, Immigrants and Urban Older Workers and the Essential Skills Program. Prepare and review program evaluations, assess strengths and objectives to achieve successful program outcomes. Build and maintain positive and collaborative contractor, employer and community relationships. Key liaison to Employer Advisory Committee.

View the job description on our [Employment Opportunities](#) page.

Applications accepted until position is filled. Please submit cover letter and resume to the

attention of Ellen Boelcke at ellen@kcr.ca.

-Source: Ellen Boelcke, Executive Director, KCR, October 2015

Workshop: What's in YOUR Position Description? –Regarding Volunteerism

Date: Tuesday, December 8th, 12:15 pm – 12:45 pm

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

Cost: FREE. Fruit & Beverages Provided.

[Register Now](#)

Let's meet and chat about how the HR Council for the Nonprofit Sector describes the position of a manager of volunteer resources. There are 9 areas of responsibility. Lists of sub-tasks and supporting knowledge and abilities are included for each responsibility.

What do you think about the categories and language being used. Does your position include all of these?

Let's brainstorm some future topics to nourish us a group.

Please register to help us plan food.

-Source: Dawn Wilkinson, Manager, Community Services, KCR, November 2015

2015 Holiday Events Guide

The 2015 Holiday Events Guide will be available in the Kelowna Daily Courier on Friday, November 13th.

Available for download from our [Publications page](#) the Monday following the Newspaper's release. Watch for the Large-Text Version being released mid-November.

-Source: Dawn Anthony, Community Services, KCR, October 2015

Getting Started with Volinspire

We are excited to announce the release of Volinspire, a local community platform that helps you better engage, manage and recruit new and existing volunteers.

Whether you need new volunteers or not, Volinspire will help you put your volunteers first, improving communication, engagement and retention.

To learn more about Volinspire and to learn how to get started in 3 easy steps, download their brochure by clicking [HERE](#).

Volinspire is publicly launching in Kelowna on November 16th, 2015. If you want to be part of the initial launch along with other Charities and Non-Profits, sign up today for FREE by going to www.volinspire.com/page/non-profits and clicking "Join us".

*If you require extra support in getting started, [please sign up](#) for one of the 3 training workshops.



**Kelowna
Community
Resources**



Volinspire
Volunteer. Inspire your community.

-Source: Dawn Wilkinson, Manager, Community Services, KCR, November 2015

Adoption – Fall 2015 Newsletter

Here is our exciting Fall Newsletter for you to read and enjoy. Updates on Haiti, South Africa, featured adoptions and more!

[Download](#) the Adoption Fall 2015 Newsletter today.

[Click here](#) to consent to receiving electronic messages from KCR for all of our Adoption Centre updates.

-Source: Vickie Harvey, Adoption Services, KCR, 30 October 2015



The Law & You – Information Sessions

Dates: See Below

Time: 6:30 pm - 8:30 pm

Admission: Free – Complimentary Child Minding also available

Pre-registration Required: dorothee@kcr.ca or 250.860.4911

Kelowna Community Resources (KCR) Immigrant Services is pleased to present “The Law & You: A Free Information Series for Immigrants” in partnership with the Law Foundation of BC and Pushor Mitchell. The fall series focuses on issues of interest to individuals and families who are immigrants and migrants to the region with sessions on Family Law, Debt & Financing, Small Claims and Citizenship. The spring series will feature information more relevant to employers.

The demographics in the Okanagan are changing with an increasing number of immigrants and migrants working and living in the region. Working with newcomers on a daily basis, KCR Immigrant Services has determined that im(migrants) often require more customized support when using legal services and these “The Law & You” sessions will allow for a more in depth overview of major issues facing im(migrants) and also offer participants an opportunity to ask questions. All sessions are free with complimentary child minding available.

Citizenship

Date: Thursday, November 5th

Location: Kelowna Community Resources, #120 – 1735 Dolphin Avenue



Sandra Hakanson, *Lawyer of Pushor Mitchell LLP*

Small Claims

Date: Wednesday, November 25th

Location: Okanagan Sikh Temple, 1111 Rutland Road N

Parveen Shergill & Joel Wonnacott, *Lawyers of Pushor Mitchell LLP*

For More information contact:

Dorothee Birker, “The Law & You” Project Coordinator, KCR

Phone: 250.860.4911

Email: dorothee@kcr.ca

Katelin Mitchell, Immigrant Services Manager, KCR

Phone: 250.763.8008 ext.130

Email: katelin@kcr.ca

-Source: Dorothee Birker, Immigrant Services, KCR, September 2015

Holiday Hours

KCR will be operating over the holidays on reduced staff (December 27th – 31st). Our hours will be as follows:

- December 24th: 8:30 am – 4:30 pm (Closed 12:00 pm – 1:00 pm)
- December 25th: Closed
- December 28-30th: 8:30 am – 4:30 pm (Closed 12:00 pm – 1:00 pm)
- December 31st: 8:30 am – 12:00 pm
- January 1st: Closed

-Source: Ellen Boelcke, Executive Director, KCR, November 2015

KCR’s Mailing Lists

[Monthly Bulletin](#): Sent electronically each month, plus time sensitive information updated periodically on the website

[Publications](#): Newest versions sent right to you bi-annually

[KCR Workshops](#): Information about upcoming training opportunities

[Adoption Centre of BC](#): Upcoming information sessions, newsletters and general adoption information

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

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AGM's

- [CENTRAL OKANAGAN FOUNDATION – ANNUAL COMMUNITY MEETING](#)
- [ELEVATION OUTDOORS AGM](#)

Central Okanagan Foundation – Annual Community Meeting

Date: Monday, November 30th, 5:00 pm – 7:00 pm
Location: Laurel Packing House, 1304 Ellis Street

Come, bring a friend, and learn more about how the Central Okanagan Foundation is empowering our community.

Please RSVP by November 23rd by calling 250.861.6160 or email molly@centralokanaganfoundation.org

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

Elevation Outdoors AGM

Elevation Outdoors will be having their Annual General Meeting on Monday, November 9th, at the Kelowna Yacht Club, 1370 Water Street. If you are interested in coming out to learn more about the organization and their plans for the next year please RSVP so they can plan for your attendance.

The meeting will run from 7:00 pm – 9:00 pm in the board room. If you have any questions, or you'd like to RSVP, email info@elevationoutdoors.ca.

-Source: Newsletter, Elevation Outdoors, 30 October 2015

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Awards

- [2016 BC COMMUNITY ACHIEVEMENT AWARDS](#)
- [CALL FOR NOMINATIONS: THE GOVERNOR GENERAL'S INNOVATION AWARDS](#)

2016 BC Community Achievement Awards

Deadline for nominations: January 15, 2016

Overview

British Columbia's communities are shaped by the people who live in them, and especially by contributions of extraordinary individuals.

The British Columbia Community Achievement Awards celebrate British Columbians who go above and beyond in their dedication and service to others and who devote time and energy to making their communities more caring, dynamic, beautiful, healthy, and unique. They inspire by their example.

The British Columbia Community Achievement Awards are presented by the British Columbia Achievement Foundation, a foundation established in 2003 by the province of British Columbia to celebrate excellence in community service, enterprise, arts and humanities.

[Learn More](#)

-Source: Newsletter, BC Achievement Foundation, 19 October 2015

Call for Nominations: The Governor General's Innovation Awards

Nominations are sought through a national network of organizations that have been designated as nominating partners by the Office of the Secretary to the Governor General. Each nominating partner must designate an official contact person to submit nominations. Nominations will only be accepted from the nominating partners via their official contact person.

While nominating partners are not limited in the number of nominations they can submit, they are encouraged to be highly selective, and only put forward nominations that meet the objectives of the awards program while satisfying all of the selection criteria.

Nominations will only be accepted between September 15 and November 15 of each year.

To submit a nomination, the officially designated nominating partner contact person must complete the online nomination form.

The following information will be requested in the nomination form:

- The name and address of the nominee (or official representative in the case the nomination is for a team and/or organization), as well as the name and address of the nominating partner contact person, for correspondence purposes.
- Please provide a summary explaining the nature, significance and impact of the nominee's innovation or innovative activities (maximum 1500 characters including spaces).

- Specific evidence of how the nomination addresses each of the four selection criteria (maximum 9000 characters including spaces).

[Learn More](#)

-Source: *Grantseeker Monthly, Imagine Canada, 8 October 2015*

Welcome to our new Central Okanagan Landed Immigration Partnership Coordinator: Rawle James

Rawle James is a poet, teacher and spiritual coach who mentors individuals seeking a connection to their true nature. Rawle spent 20 years in the corporate world as a trained facilitator using tools like the 7 Habits of Highly Effective People, True Colours, Myers Briggs and others methods to assist people in reaching their potential. In conjunction with his spiritual walk, education, life experiences and foundation principles training, Rawle has a deep rooted desire to contribute positive and healing energies to humanity. Rawle lives in Kelowna, BC where he wrote and self published his first book of poetry, "Truth Experienced". He is the founder of the Inspired Word Cafe, a coffeehouse show that invites poets and musicians to share their creative brilliance. He has years of experience working with youth through coaching football and people dealing with mental challenges.

- [HOW MANY? FROM WHERE? THE IMMIGRATION DEBATE WE'RE NOT HAVING](#)
- [CANADA SLIPS OUT OF TOP-FIVE COUNTRIES IN INTEGRATING IMMIGRANTS](#)
- [LIBERALS UNVEIL NEW PLAN FOR IMMIGRATION FOCUSED ON FAMILY REUNIFICATION, MIDDLE CLASS GROWTH](#)
- [KELOWNA – "C" CITIES — ROOM FOR IMPROVEMENT](#)
- [CANADA UNDER CONSERVATIVES WAS THE FREEST AND MOST TOLERANT NATION IN THE WORLD](#)
- [CHANGES TO CANADIAN IMMIGRATION LIKELY AFTER LIBERALS WIN ELECTION](#)

How Many? From Where? The Immigration Debate we're not having

Our leaders aren't facing the tough questions about Canada's immigration policy, argues Robert Sibley, such as how many newcomers can our economy and culture actually absorb?

It's still a good place to live, but that's all Canada is now — just a good place to live. – Historian Donald Creighton Several years ago the National Post staged a contest asking readers to come up with a motto to describe Canada. The winning entry was "Canada — A Home for the World."

The phrase is revealing in its assumptions. There is no suggestion that Canada possesses a national identity that makes it distinct among nations, no allusion to geographic or historical circumstances, or even some intimation of a national ideal beyond, well, the comforts of home. Instead, the motto portrays Canada as a pleasant suburb of the global village, or what novelist Yann Martel pithily described as "the greatest hotel on Earth."

[Read More](#)

-Source: *Ottawa Citizen*, 9 October 2015

Canada Slips out of Top-Five Countries in Integrating Immigrants

Canada has dropped out of the top five nations when it comes to integrating immigrants, due to policy changes by Ottawa that restrict family reunification and citizenship.

According to the latest world ranking by a Brussels-based think tank, Canada has slipped from third to sixth place among 38 developed countries in providing migrants access to equal rights, support and opportunity.

Although Canada is still considered a welcoming country for newcomers, amid a global tide of anti-immigrant and anti-terror actions, the Migrant Integration Policy Index (MIPEX) says Canada's shift to the right raises questions about its traditions of inclusion.

[Read More](#)

-Source: The Star, 27 May 2015

Liberals Unveil New Plan for Immigration Focused on Family Reunification, Middle Class Growth

A Liberal government will bring real change to Canada's immigration system so it is focused on compassion, economic opportunity, and family reunification, said the Leader of the Liberal Party of Canada, Justin Trudeau, today.

"Immigration is critical to job creation and long-term economic growth for the middle class. In so many ways, Canada is what it is today thanks to the entrepreneurial spirit of those who chose to build their lives here," said Mr. Trudeau. "During the Harper decade, our immigration system has been mismanaged, politicized, and re-oriented away from welcoming those who choose to make Canada their new and permanent home. Liberals will reform our immigration system, and make family reunification a core priority of our government."

Liberals will significantly improve the current immigration system to, among other things, ensure that families can stay together and successfully integrate into their new communities. We will immediately double the number of applications allowed for parents and grandparents to 10,000 each year. To help make that happen, and to restore processing times to levels that existed before the Harper decade, we will nearly double the budget for processing family class applications. In addition, we will provide greater access to applicants who have Canadian siblings, and we will restore the maximum age for dependents to 22 from 19, to allow more Canadians to bring their children to Canada. A Liberal government will also change the rules so that spouses immigrating to Canada receive immediate permanent residency, getting rid of the current two-year waiting period.

[Read More](#)

-Source: Liberal Party of Canada, 25 September 2015

Kelowna – “C” Cities — Room for Improvement

Waterloo, Calgary, Ottawa, Richmond Hill, Vancouver, and St. John's continue to appeal to newcomers, according to The Conference Board of Canada's report assessing the

attractiveness of Canadian cities.

“Attracting skilled workers is crucial to Canada’s competitiveness. Cities that fail to attract new people will struggle to stay prosperous and vibrant,” said Alan Arcand, Centre for Municipal Studies.

Highlights:

- Waterloo, Calgary, Ottawa, Richmond Hill, Vancouver, and St. John’s remain the most attractive cities to live for newcomers since our last report in 2010
- Attracting skilled workers is crucial to the competitiveness of Canada and its cities. Communities that fail to attract new people will struggle to stay prosperous and vibrant
- Cities offering centres of innovation are valued the most when choosing where to live

[Read More](#)

-Source: *The Conference Board of Canada, 27 September 2015*

Canada under Conservatives was the Freest and Most Tolerant Nation in the World

It comes a little late for Stephen Harper’s Conservatives, but Canada has been named both the freest and most tolerant country in the world. It’s also one of the most prosperous and best-run, and trails only Australia in education.

Good thing we changed governments eh?

The latest accolade for Canada comes from a London-based think tank, The Legatum Institute, which publishes an annual “prosperity index.” Canada scores well overall – in sixth place out of 142 countries – but excels in the categories of personal freedoms and openness. Though always near the top of the order in the seven years the index has been compiled, the last year of the Conservatives’ mandate coincided with its rise to first place as “the freest country in the world.”

[Read More](#)

-Source: *National Post, 2 November 2015*

Changes to Canadian Immigration Likely After Liberals Win Election

In a stunning victory, the Liberal Party of Canada has toppled the Conservatives in the Canadian federal election, held on October 19. The Liberals, led by Justin Trudeau, son of former Prime Minister Pierre Elliott Trudeau, won with a promise of change. Over the course of the election campaign, it was made clear that much of that change will be focused on the immigration file.

Canada will have a new government, a new Prime Minister, and a new Minister of

Citizenship and Immigration.

[Read More](#)

-Source: CIC News, October 2015

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Employment

- [UNITED WAY OF THE CENTRAL & SOUTH OKANAGAN SIMILKAMEEN – MANAGER OF COMMUNITY INVESTMENT](#)

United Way of the Central & South Okanagan/Similkameen – Manager of Community Investment

Building a stronger and healthier community takes a group of dedicated and compassionate people, collaboration and team work. United Way of the Central & South Okanagan/Similkameen is looking to add a member to our amazing team to help us serve our region here in the Okanagan/Similkameen.

If you have a strong knowledge of the region, of the Not For Profits serving the communities, have post-secondary education in either business, social work or a related field and a minimum of 3-5 years experience in the NPO sector and truly believe that relationships are the key to building our community, we would like you to apply to our Manager of Community Investment position. The successful candidate will work closely with the Executive Director to identify investment opportunities in the communities we serve and close the gaps in our social fabric. Building stronger communities is what we do. Together we are possibility.

Apply to shelley@unitedwaycso.com by November 13th with your resume and your cover letter. No phone calls please.

-Source: Facebook, UBC School of Social Work, Okanagan Campus, 3 November 2015

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Financial

- [MILLION DOLLAR BURSARY](#)
- [MORE THAN JUST MONEY! FINANCING AND SUPPORT RESOURCES FOR OKANAGAN BUSINESSES](#)
- [MSP PREMIUM ASSISTANCE AND FAIR PHARMACARE](#)
- [HOME DEPOT CANADA FOUNDATION NOW ACCEPTING APPLICATIONS FOR ORANGE DOOR PROJECT GRANTS](#)

Million Dollar Bursary

We are Giving Away One Thousand \$1,000 Bursaries!

This month we're awarding over half a million dollars in bursaries to members attending post-secondary this fall and we're now accepting applications for next year! If you're an active Interior Savings member and plan to attend post-secondary in fall 2016/winter 2017, we encourage you to [apply for a \\$1000 bursary](#). We have \$1 million in bursary awards up for grabs!

Eligibility Criteria

Applicants must fulfill the following criteria to qualify for a \$1,000 bursary in 2016:

- Must be between 17-24 years of age as of September 1, 2016.
- Plan to attend full-time studies in a degree, diploma, or trade certification program at a designated post-secondary institution, with your program starting between September 2016 and August 2017.
- Become an active member of Interior Savings Credit Union by February 1, 2016.
- Submit a completed online bursary application form by May 1, 2016.

The [Million Dollar Bursary](#) is simply our way of giving back to you, so take advantage while bursaries are available! It's quick and easy; just fill out our simple application form.

Your application must be submitted before May 1st, 2016 but why wait? Apply for your portion of the [Million Dollar Bursary](#) today!

-Source: Interior Savings, October 2015

More than Just Money! Financing and Support Resources for Okanagan Businesses

Date: Wednesday, November 25th, 8:00 am – 12:00 pm

Location: Kelowna Yacht Club, 1370 Water Street

Cost: \$15 (Refreshments incl.)

[Register Now](#)

The Okanagan is fortunate to have a wealth of organizations that provide local businesses with a variety of resources and support that go well beyond simple financing.

This session will introduce you to some of the key organizations that exist to support your business, whether you are an established company looking to grow, or are an entrepreneur with an idea for The Next Big Thing.

Join us on November 25th to learn about the expertise here to help your business. Invited to present are:

- Community Futures
- Women's Enterprise Centre
- Business Development Bank of Canada
- National Research Council – Industrial Research Assistance Program
- Southern Interior Development Initiative Trust
- Futurpreneur
- Mitacs
- Accelerate Okanagan
- Futurpreneur
- Central Okanagan Economic Development Commission

Space is limited, so register early!

-Source: Newsletter, Central Okanagan Economic Development Commission, 27 October 2015

MSP Premium Assistance and Fair PharmaCare

These programs help seniors with lower incomes, and those experiencing unexpected financial hardship, with the costs of Medical Services Plan (MSP) premiums, as well as eligible prescriptions, medical supplies, and pharmacy services. You must apply or register for each of these programs.

Regular Premium Assistance offers subsidies ranging from 20 to 100% of MSP premiums, based on an individual's net income (or a couple's combined net income) for the preceding tax year. For information on who is eligible and how to apply, visit www.gov.bc.ca/premiumassistance.

Temporary Premium Assistance offers a short-term period of MSP premium waiver to individuals and families experiencing unexpected financial hardship. For information on who is eligible and how to apply, visit www.gov.bc.ca/temporarypremiumassistance.

[Read More](#)

-Source: Newsletter, SeniorsBC.ca, 15 October 2015

Home Depot Canada Foundation now Accepting Applications for Orange Door Project Grants

The Home Depot Canada Foundation is now accepting preliminary applications for [The Orange Door Project grant program](#). This program provides grants of up to \$50,000 to Canadian registered charities that support homeless youth. Projects must include repairs, refurbishments and/or modifications to an existing housing accommodation that benefits homeless youth and/or a facility in which supportive and/or life skills development programs are delivered to homeless youth. The deadline for preliminary applications is November 9, 2015. Canadian registered charities that are looking to complete small-scale affordable housing and community based improvement projects that benefit Canadians in need and encourage hands-on service through volunteer engagement may also apply for funding through The Home Depot Canada

Foundation's [Community Grants program](#). Applications are accepted year-round for this program that provides grants of up to \$5,000. Priority is given to initiatives that prevent and end youth homelessness. This includes funding for renovation and repair projects and programs that provide access to safe, stable shelter and support services.

-Source: Newsletter, SeniorsBC.ca, 15 October 2015

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Housing

- [A WAY HOME – WORKING TOGETHER TO END YOUTH HOMELESSNESS IN CANADA](#)
- [COMMUNITY WORKSPACE ON HOMELESSNESS](#)
- [HOMELESSNESS IS ONLY ONE PIECE OF MY PUZZLE](#)
- [THE UPSTREAM PROJECT – PREVENTING YOUTH HOMELESSNESS BY WORKING IN SCHOOLS](#)
- [SENIORS' HOUSING INFORMATION SESSION](#)

A Way Home – Working Together to End Youth Homelessness in Canada

WHO WE ARE

A Way Home is a national coalition dedicated to preventing, reducing and ending youth homelessness in Canada.

We inspire and enable communities and all levels of government to organize, plan and implement strategies to address youth homelessness in a co-ordinated, measurable and impactful way. By strengthening families and building the assets and resilience of youth, we can help young people avoid homelessness and make a healthy transition to adulthood.

The work of A Way Home is achieved by building on the existing strengths of our partners, community engagement and innovation, and a strong commitment to ending youth homelessness that is emerging across the country. We hope that by aligning the strategies and resources of leading players seeking to address homelessness in Canada we will end youth homelessness in Canada.

AN OVERVIEW

Approximately 20% of homeless people in Canada are between the ages of 13-25. On any given night in Canada, there are over 6,000 young people who experience homelessness and either sleep out of doors or access emergency shelters. An even greater number are part of the hidden homeless population and 'couch surf' by temporarily staying with family or friends.

[Learn More](#)

-Source: Newsletter, The Homeless Hub, 29 October 2015

Community Workspace on Homelessness

Today, the COH officially launches its Community Workspace on Homelessness. The Workspace is a free, online platform for community representatives, service providers and others working in the homelessness sector to collaborate, share information and exchange resources.

Collectively, we have made notable progress in our understanding of homelessness in Canada. It is through research, ongoing collaboration and the commitment of many that we now know what it takes to end homelessness.

The Community Workspace on Homelessness is designed to further that collaboration. The online platform allows community members to meet and learn from one another. Overtime, the

Workspace will become a hub of knowledge and the primary destination to exchange ideas.

It is free and easy to register and open to everyone!

[Join Now](#)

-Source: Newsletter, The Homeless Hub, 27 October 2015

Homelessness is Only One Piece of My Puzzle

Have you ever experienced homelessness? Would you like to create change by sharing some of your story? Would you like to tell people who make decisions, people who provide services to you and others who have experienced homelessness about what is and is not working?

These questions were posed to people with lived experiences of homelessness. Their responses are showcased in this book and provide a small window into what it means to be homeless. The authors' stories reveal rigid and demeaning stereotypes about those who experience homelessness, of Aboriginal Peoples, of women, of those with disabilities and of racialized peoples. Not only do these harmful preconceptions inform policy and practice responses, they can also become internalized. But the stories told in this volume also reveal that other labels and categories—of 'mother' or 'father,' for example—can be affirming, and possess potentially powerful healing properties.

Unsurprisingly, there is no 'one size fits all' solution to homelessness. However, personal stories offer key elements of a framework in which individualized pathways out of homelessness can be crafted. The contributors to this book have outlined frameworks for five areas of policy and practical intervention. These frameworks can help us support those who are homeless and work towards preventing and ultimately ending homelessness.

-Source: Newsletter, The Homeless Hub, 22 October 2015

Household Food Insecurity in Canada, 2013

Household food insecurity, inadequate or insecure access to food because of financial constraints, is a significant social and health problem in Canada. Not all provinces and territories chose to measure food insecurity in 2013 but among those that did, the problem appears to have remained persistently high. When the results for the participating jurisdictions – Alberta, Saskatchewan, Ontario, Quebec, New Brunswick, Nova Scotia, Prince Edward Island, the Northwest Territories, and Nunavut – are considered together, 12.5% of households experienced some level of food insecurity during the previous 12 months in 2013. This represents 1.4 million households, including 2.4 million adults and nearly 1 million children under the age of 18. This means that 17.4% of children under 18, or more than 1 in 6 lived in households that experienced food insecurity in 2013.

[Read More](#)

-Source: Newsletter, The Homeless Hub, 8 October 2015

The Upstream Project – Preventing Youth Homelessness By Working In Schools

The best way to address youth homelessness is to work upstream and prevent its occurrence in the first place. Countries such as Australia have achieved great success in addressing youth homelessness by developing integrated community responses that operate within the school system. Why schools? Because virtually every young person who becomes homeless was in school at one point, and very likely was in contact with an adult (teacher, guidance counselor, coach) who knew something was wrong.

In Canada, our approach to youth homelessness needs to shift from a focus on helping young people after they become homeless, to doing everything we can to prevent it altogether. The Upstream Project will support communities in the implementation of effective school-based strategies, in order to reduce the number of young people who become homeless. The good news is we already know how to do this.

[Read More](#)

-Source: Newsletter, Raising the Roof, 6 October 2015

Seniors' Housing Information Session

Date: Thursday, November 12th, 10:00 am – 11:00 am

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

This free information session will cover the various housing options available to seniors, including Subsidized Housing, Supportive Living, Assisted Living, and Residential Care. An Interior Health representative will also be present to help answer long term care questions. This session is provided monthly.

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

-Source: Judy Dow, Regional Coordinator, Seniors Outreach & Resource Centre, 20 October 2015

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Central Okanagan Food Bank Toy Drive

Date: Saturday, November 7th & Sunday, November 8th, 2015, 10:00 am – 4:00 pm

Location: Walmart, 1555 Banks Rd, Kelowna

Did you ever squeal with delight when opening presents on Christmas morning? We help families in need create the same memories for their families. Please donate to our Toy Drive. Toys for all ages gratefully accepted.

-Source: Facebook, Central Okanagan Food Bank, 3 November 2015

TEDx Kelowna

Date: Friday, November 13th, 2015, 4:00 pm – 7:30 pm

Location: Rotary Centre for the Arts, 421 Cawston Ave, Kelowna

Cost: \$48

[Buy Tickets](#)

In the spirit of ideas worth spreading, TEDx is a program of local, self-organized events that bring people together to share a TED-like experience. At a TEDx event, TEDTalks video and live speakers combine to spark deep discussion and connection in a small group. These local, self-organized events are branded TEDx, where x = independently organized TED event. The TED Conference provides general guidance for the TEDx program, but individual TEDx events are self-organized. (Subject to certain rules and regulations.)

[More Information](#)

-Source: Newsletter, Okanagan Young Professionals (OYP) Collective, 17 October 2015

Discover Africa's Culture and Cuisine

Date: Saturday, November 14th, 2015, 5:00 pm – 11:00 pm

Location: Okanagan College Atrium, 1000 KLO Road, Kelowna

Cost: \$75

[Buy Tickets](#)

Please join the Kelowna Grandmothers For Africa and The Kelowna Sunrise Rotary Club for an evening of entertainment and raising funds for families of Africa affected by the aids pandemic. Experience African inspired dishes prepared by the Okanagan College Culinary Arts Department.

This is our very own version of Master Chef competition, you are in for a culinary adventure! You get to pick the Best dish of the night!

- Enjoy live entertainment with drumming troupe Nankama West African Drum & Dance. A very interactive drum and dance troupe, fun for all!
- Watch renowned artist Rod Charlesworth paint a canvas to be auctioned off at the end of the evening. From a blank canvas to framed canvas, see it through to the end result!
- Bid on your favorite sculpture piece created by an African artist. See to believe these amazing carvings, win by silent and live auction
- Purchase one of a kind African hand made items to be awarded via silent auction. We even have some Christmas items!
- Indulge in a sumptuous array of desserts prepared by Chef Capadouca. Where else can you go for this once in a lifetime treat!
- Win a trip voucher for two from Air Canada (must be on site to win). Take the vacation of your dreams!



PROCEEDS RAISED WILL GO DIRECTLY TO THE KELOWNA GRANDMOTHERS FOR AFRICA (AND) ROTARY INTERNATIONAL PROGRAMS AND LOCAL NON-PROFIT CHARITIES

-Source: Laurel D'Andrea, Uptown Rutland, 31 October 2015

Cool Arts Society – Poinsettia Fundraiser

This Winter Cool Arts Society is selling beautiful, locally grown Poinsettias, Wreaths and Table Top Plants to help raise money for their programs. By purchasing a beautiful Poinsettia this Winter, not only will you be spreading holiday cheer, you will also be supporting an amazing cause!

- 6.5" Poinsettia – Red \$12.00
- 6.5" Poinsettia – Pink \$12.00
- 6.5" Poinsettia – White \$12.00
- 22" Premium Wreath (Berries & Bows) \$30.00
- 4" Table Top Holiday Pack (3 items) \$22.00



Order Deadline: Wednesday, November 11th, 2015

Customer Pickup Date: Saturday, November 21st, 2015

[Order Today](#)

Dedicated to providing fine arts opportunities to adults with developmental disabilities.

-Source: Sara McDonald, Cool Arts Society, 28 October 2015

Dining Out to End Homelessness

Date: November 19th, 2015, 6:00 pm – 9:00 pm

Location: Rose's Waterfront Pub, 1352 Water St, Kelowna

Cost: \$15 (Incl. meal, tax & gratuity)

[Buy Tickets](#)

Hungry for Change? Us too! Join at Rose's Waterfront Pub for our second Dining Out to End Homelessness event of the season! Come enjoy a delicious meal with great company to support our Emergency Winter Shelter.

Dinner options: Beef, chicken, or veggie burger. Served with fries and your choice of a pint of beer, glass of house wine, or highball.

There will also be a 50/50 draw.

Tickets can be purchased at Inn From the Cold's office at 1829 Chandler Street or [online](#).

-Source: Facebook, Inn From the Cold, 25 September 2015

National Child Day Luncheon 2015

Date: November 20th, 2015, 7:00 pm – 9:00 pm

Location: Laurel Packinghouse, 1304 Ellis Street, Kelowna

Cost: Free. Registration Required.

[Register Now](#)

Is it good for children?

Influencing policy to benefit families with young children.

Join CATCH for a celebration of National Child's Day with lunch and a panel of guest speakers to present on how we can influence policy to benefit families with young children.

Join in a community dialogue of this topic after listening to our guest panelists.

Promote your National Child Day event with CATCH! Let us know what you are doing to celebrate National Child Day and we will help spread the word. Email us your event details.

-Source: Twitter Feed, CATCH, 20 October 2015

Cabinet of Curiosities

Date: Friday, November 20th, 2015, 7:00 pm – 10:00 pm

Cost: \$15 (includes a complimentary beer/wine)

[Buy Tickets](#)

Join us for a night of art, music, performance, and celebration inspired by the weird and wonderful history of cabinets of curiosities — Think strange collections of objects and natural history, specimens preserved and floating in jars, and oddities from the pages of Ripley's Believe it or Not!

- Embassy DJ
- Performances & Curiosities
- Absinthe Bar
- Art Exhibitions
- Prizes
- Art Activities
- Silent Auction
- Cash Bar and more!

Three exhibitions will be open for guests to explore:

- Preserves
- Elizabeth D'Agostino: Makeshift
- Landon Mackenzie: Parallel Journey

Tickets may also be purchased at the Gallery or by calling 250.762.2226. Note: Tickets will NOT be available at the door. This event is for ages 19+.

-Source: Newsletter, Kelowna Art Gallery, 1 November 2015

Okanagan Boys and Girls Clubs 3rd Annual Online Auction

Auction Runs November 23rd – 27th, 2015

[View the Auction](#)

The Okanagan Boys and Girls Clubs is running their 3rd Annual Auction with proceeds once again going to the Jaycees Downtown Youth Centre.

The Youth Centre provides youth who are homeless or at risk of homelessness a safe place to meet their basic needs. The Youth Centre is a necessary first step in the transition from homelessness to a full independent life. The programs allow young people to focus on their abilities, develop new friendships, build self-confidence and self-esteem. They help them develop a more positive outlook and give them the tools to accomplish anything they set their mind and effort to.

-Source: Okanagan Boys and Girls Clubs, 30 October 2015

2nd Annual MADD Victims' Candlelight Vigil for Victims/Survivors of Impaired Driving

The Candlelight Vigil will be held on Sunday, November 29th, 2015, at the Laurel Packinghouse, 1304 Ellis Street, Kelowna, from 1:00 pm – 3:00 pm.

This candlelight vigil is open to all victims and survivors of impaired driving crashes to remember and honour their loved ones at this special time of year. Attendees may bring a framed photo of their loved ones, or themselves if injured, for display and may also prepare a

tribute to read. Refreshments will follow the ceremony.

For more information, call 250.317.9877, email moc.liamg@naganakoddamofni, or visit www.maddokanagan.ca.

-Source: Carol Fazekas, Past President, MADD Okanagan, 18 October 2015

Small Steps for Big Changes

Are you between the ages of 30-65, engage in 2 or less bouts of physical activity per week and wish to become a lifelong exerciser? If so, the Health and Exercise Psychology Laboratory at UBC has the program for you!

Small Steps for Big Changes is a lifestyle change program designed specifically to assist inactive individuals who wish to become regular exercisers. We are very excited to be able to offer such a program to the Okanagan community free of charge. Small Steps for Big Changes offers evidence-based, individualized fitness testing, one-on-one personal training, and most importantly, teaches important self-regulatory skills that enable life-long involvement in physical activity.

If you would like to be involved in the study or would like more information, please contact us at hepl.study@ubc.ca or alternatively you can call us at 250.807.8419.

-Source: Jessica Bourne, JEB Research Services, 21 October 2015

Community Food Calendar

Community Highlight of the Month: The Salted Brick's Bag Lunch Program

November 2015						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Metro@CC 9 am Sikh Temple 11-12 Gospel Mission 7am, 12pm, 5pm	Cedars 11:30 am	First United 10-11:30 am Hope Centre 10-12 Metro 12 pm	Metro 9-9 pm	First United 10-11:30 am Hope Centre 10-12 Metro 12 pm	Gospel Mission 7am, 12 pm, 5 pm	Ki-Low-Ria 8:30-10 am Gospel Mission 7am, 12pm, 5pm
Metro@CC 9 am Sikh Temple 11-12 Gospel Mission 7am, 12pm, 5pm	Cedars 11:30 am	First United 10-11:30 am Hope Centre 10-12 Metro 12 pm	Metro 9-9 pm	First United 10-11:30 am Hope Centre 10-12 Metro 12 pm	Gospel Mission 7am, 12 pm, 5 pm	Ki-Low-Ria 8:30-10 am Gospel Mission 7am, 12pm, 5pm
Metro@CC 9 am Sikh Temple 11-12 Gospel Mission 7am, 12pm, 5pm	Cedars 11:30 am	First United 10-11:30 am Hope Centre 10-12 Metro 12 pm Ladies Pizza Night*	Metro 9-9 pm	First United 10-11:30 am Hope Centre 10-12 Metro 12 pm	Gospel Mission 7am, 12 pm, 5 pm	Ki-Low-Ria 8:30-10 am Gospel Mission 7am, 12pm, 5pm
Metro@CC 9 am Sikh Temple 11-12 Gospel Mission 7am, 12pm, 5pm	Cedars 11:30 am	First United 10-11:30 am Hope Centre 10-12 Metro 12 pm	Metro 9-9 pm	First United 10-11:30 am Hope Centre 10-12 Metro 12 pm	Gospel Mission 7am, 12 pm, 5 pm	Ki-Low-Ria 8:30-10 am Gospel Mission 7am, 12pm, 5pm
Metro@CC 9 am Sikh Temple 11-12 Gospel Mission 7am, 12pm, 5pm	Cedars 11:30 am	First United 10-11:30 am Hope Centre 10-12 Metro 12 pm	Metro 9-9 pm	First United 10-11:30 am Hope Centre 10-12 Metro 12 pm	Gospel Mission 7am, 12 pm, 5 pm	Ki-Low-Ria 8:30-10 am Gospel Mission 7am, 12pm, 5pm

EVERYONE WELCOME!

****Every day****

- Free meals at Gospel Mission
- *New hours* 7am, 12pm, 5pm

Sunday

- Breakfast hosted by Metro at Cultural Centre (CC) 700 Bernard St - 9am
- Lunch at Sikh Temple - 11am-12pm

Monday

- Lunch at Cedars Restaurant - 12:00pm

Tuesday & Thursday

- Coffee and muffins from 10-11, and hot lunch at 11:30 at Hope Centre (Willow Park Church)
- Coffee and sandwiches at First United Church - 10-11:30am
- Lunch at Metro Central - 12pm

Wednesday

- Hotdogs at Metro Central - 5-6pm
- Breakfast at Ki-Low-Ria (Friendship Centre) - 8:30-9:30am

CERTAIN GUESTS ONLY!

Tues, Wed, & Thurs Lunch at CMHA 12 pm
members only
For info contact CMHA: 250-866-7644

Tues & Wed Lunch at Ladies Haven Coffee House 12pm *women only*

Over a year ago, Salted Brick on Kelowna's Bernard Avenue started a small goodwill outreach program – distributing bagged lunches on Mondays to the homeless in the downtown core. The bagged lunches are made and packed at Salted Brick and consist of a sandwich, a juice box, fruit, and a baked good.

Although this small effort to feed the homeless is very successful, Chef Leizert and the team at Salted Brick are now working to grow the program with the assistance of their supportive community. They decided to launch a GoFundMe initiative to raise \$15,000 towards a food bike or food cart and the needed supplies to further build and expand the bag lunch program.

The concept is simple – Salted Brick will serve sandwiches from the food bike or food cart throughout the week, and guests can purchase a sandwich for themselves and a token towards a meal for the homeless. The tokens can be distributed to the homeless directly to be exchanged for a bag lunch, or you can have Salted Brick distribute the token. It allows you to easily contribute to their efforts of feeding the homeless with their Lunch Bag Program.

To find out more or to donate to the initiative, visit www.gofundme.com/lunchbagprogram

-Source: Donna & Betty, Outreach Urban Health, 3 November 2015

Lake Country Art Gallery Hires Wanda Lock as its New Curator

The Lake Country Art Gallery is pleased to announce that Wanda Lock will serve as the Gallery's new Curator. This position was vacated by Katie Brennan, who, after three years of developing exhibitions at Lake Country Art Gallery, has moved to other opportunities within the local arts community.

"We are extremely grateful for the high quality work Katie did for the Lake Country Art Gallery", stated Sharon McCoubrey, President of the Lake Country Art Gallery Society. "And now we look forward to the future exhibitions that Wanda will produce, anticipating that she will bring creative and intriguing art shows to the gallery."

Wanda is a Lake Country resident, a practicing artist, serves on the Public Art Commission, and is active in the arts community within the Valley. After graduating from Emily Carr University of Art & Design, Wanda returned to the Okanagan in 1992, where she served as manager of Opus Framing & Art Supplies, taught art classes at the Kelowna Art Gallery, and developed her own art practice, participating in many art projects and special events over the years.

"I am looking forward to working with artists throughout the Okanagan," said Wanda, "and I plan to build on the already impressive reputation that the Lake Country Art Gallery has."

Petrina McNeil, Manager of the Art Gallery confirmed that, "Wanda has clearly demonstrated her understanding of the leadership role of a Curator. The ideas Wanda brings with her have the potential to immediately interest and excite the wider community yet each idea also contains deeper levels of curiosity and inquiry that will engage and challenge visitors to consider new and different ways of seeing."

Petrina anticipates an exciting line-up of future exhibitions for the Gallery with, "Wanda adding her own flair, and easily slipping into stories of film, music and other shared cultural experiences as a segway into contemporary visual art."

Wanda begins her role as Curator immediately, with her first exhibition being the upcoming, highly popular Under 100 Show, which opens on November 21st. You can be part of the special premier event starting at 3:00 pm on the 21st, be among the first to see and buy from the display of over 600 small, original artworks. More information soon on www.lakecountryartgallery.ca.

You can meet the new Curator in the Art Gallery on Sunday, November 8th, 11:00 pm – 3:00 pm. Drop by any time for an informal chat. You will also be able to have one more look at the current exhibition, "WildMen".

Events At a Glance:

- November 1st – Wanda Lock appointed as new Curator at Lake Country Art Gallery

- November 8th, 2015, 11:00 am – 3:00 pm – Informal drop-in, meet the Curator Wanda Lock and see the current exhibition 'Wild Men' during the last week of exhibition.
- November 11th, 2015, 7:00 pm – Cook Street Bailleurs (from Victoria) play music live in the gallery
- November 21st, 2015, 3:00 pm – 6:00 pm – Special Event 1st-pick buy from the 2015 Under 100 Exhibition. Get your name on the VIP list, call 250.766.1299
- November 22nd, 2015 – Under 100 opens to the Public 11:00 am – 3:00 pm

For more information contact:

Petrina McNeil, Manager, at 250.766.1299, petrina.mcneill@gmail.com

Sharon McCoubrey, President, 250.766.4406, Sharon.mccoubrey@ubc.ca

Wanda Lock, Curator, wandalock@shaw.ca

-Source: Newsletter, Lake Country Art Gallery, 2 November 2015

Order your Pink Shirt Day 2016 T-Shirts

Pink Shirt Day is February 24th, 2016 and our new T-shirts are available [NOW for purchase online](#). Quantities are limited, so please order as soon as possible to avoid disappointment.

Net proceeds from all merchandise sold benefit anti-bullying programs in your community, teaching children empathy, compassion, and kindness.

Pink Shirt Day is organized by the [CKNW Orphans' Fund](#), a non-profit organization dedicated to enhancing the lives of children living with physical, mental, social, and behavioural challenges in BC communities.

Thank you for your support, and don't forget to [visit our website](#) to stay up to date on Pink Shirt Day 2016.

-Source: Richelle Leckey, Community Engagement Coordinator, Okanagan Boys and Girls Clubs, 2 November 2015

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Letter to Prime Minister-Designate on Long-Form Census

Imagine Canada has [sent a letter](#) to Justin Trudeau expressing our support for an urgent decision to implement his party's commitment to reinstate the long-form census.

Many charities and nonprofits use census data and census-derived data to develop and assess their approaches to ensure that the services they provide and the engagement opportunities they offer respond to the unique needs of their communities. If a decision is made soon, we understand that Statistics Canada could reinstate the long-form census in time for 2016, providing more comprehensive and accurate data on social and economic conditions and trends.

We will keep you updated on the development of this policy issue.

-Source: Early Alert Newsletter, Imagine Canada, 2 November 2015

Trudeau Stands by Refugees Promise in Exclusive Interview

Justin Trudeau says he will deliver on his promise to bring 25,000 Syrian refugees to Canada by the end of 2015, in an exclusive television interview airing this Saturday on W5.

Trudeau spoke to CTV News Chief Anchor and Senior Editor Lisa LaFlamme.

When asked about the refugees commitment, Trudeau said "that's something we're getting cracking on right away," adding that he has already met with the Clerk of the Privy Council and the Governor General about implementing his platform.

[Read More](#)

-Source: Early Alert Newsletter, Imagine Canada, 26 October 2015

Nonprofits and the Surprising Canadian Election

Yesterday, Canadians went to the polls to elect a new government, which appears to have vaulted the Liberal Party to a governing majority, making Justin Trudeau the Prime Minister-designate. Going into the election, the Conservatives held the majority in the House of Commons, making Stephen Harper the Prime Minister. For the past couple of years, Canadian nonprofits have bumped up against the Harper government's "stepped up" audits of the political advocacy activities of nonprofits. What initially started as

heightened scrutiny of environmental nonprofits has broadened to include nonprofits engaged in anti-poverty and humanitarian work.

[Read More](#)

-Source: Nonprofit Newswire, Imagine Canada, 20 October 2015

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The Sandwich Generation: Struggling to Care for Family Members

Six years ago Jack and Frances MacDougall felt stressed out and sandwiched between the responsibilities of caring for an elderly parent and raising two children.

Jack's father Dick had Alzheimer's. Given his dementia and medical needs, they felt having Dick live with them was the best option, but they found it very stressful in the beginning. Jack was working full-time, Frances was going through a career change and they had one child still in elementary school. They struggled for months trying to find the best way to support Dick.

[Read More](#) -Source: Newsletter, BC Council for Families, 26 October 2015

Top Essentials for a Winning #GivingTuesday

Nine essentials to help you plan and launch your 2015 campaign

#GivingTuesday is now the kickoff for year-end fundraising. To make the most of this giving day and carry the momentum through the rest of 2015, your campaign needs to rally supporters to share your message with others and inspire connection to your cause.

Our free guide will show you the key components of a successful campaign and help you:

- Identify a team and a passionate leader to run your campaign
- Craft shareable content and activate your community to spread your message further
- Stay on track with our #GivingTuesday checklist

[Read More](#)

-Source: Twitter, Network for Good, 4 November 2015

How to Create a Media Kit for your Nonprofit

The value of a media kit is often overlooked – and sometimes it can feel like you're putting in a lot of work for something that may just end up in a waste basket at the end of the day. But the stories nonprofits have to tell are important, and making the facts easy to access for journalists will help ensure their stories have accurate facts and can save you (and the media) valuable time.

[Read More](#)

-Source: Nonprofit Newswire, Imagine Canada, 29 October 2015

Healthy Eating for Seniors Handbook

The Healthy Eating for Seniors handbook is available online and in print in English, French, Chinese and Punjabi, and as an audio book at all public libraries in B.C. It includes a variety of tasty recipes with nutritional information, smaller portion sizes, and cultural adaptations where appropriate.

To order a free copy, call HealthLink BC at 8-1-1, or download a PDF copy from www.gov.bc.ca/seniorshealthyeating.

-Source: Newsletter, SeniorsBC.ca, 15 October 2015

Dementia-Friendly Workplaces

As part of its Dementia-Friendly Communities initiative, the Alzheimer Society of B.C. has produced resources to promote dementia-friendly workplaces in the legal, financial, and housing sectors. For more information, or to access the resources online, visit <http://alzbc.org/dementia-friendly-communities> or email dementiafriendlybc@alzheimerbc.org.

-Source: Newsletter, SeniorsBC.ca, 15 October 2015

When is the Best Time to Ask for a Monthly Gift?

Monthly donors are critical to helping your organization plan efficiently, invest wisely and raise more money. Our free white paper will teach you important guiding principles to building a solid Monthly Giving program, and getting more of your dedicated supporters to say, "YES" to monthly giving. You'll also learn how to increase monthly donor retention and giving amounts.

Equip yourself and your team with the important knowledge you need to cultivate and inspire donors at any stage in the donor cycle.

Learn about:

- Determining who your monthly giving prospects are
- Building your monthly giving plan
- Converting, retaining and upgrading your monthly donors
- When to ask and how to ask
- And much more

[Read More](#)

-Source: Newsletter, CanadaHelps, 15 October 2015

A Lasting Impression: Why you need to Send a Follow-up Letter After your Job Interview

Much has been said about making a first impression but for job seekers, making a last impression is just as important. If you think that your part in the job selection process is over once you've been interviewed, think again! While your resume and interview performance will determine whether you make it to the next step in the hiring process, to get noticed amid an unknown number of applicants, you should consider sending your interviewer a short follow-up letter.

A follow-up letter serves a multitude of purposes that can benefit both you and the hiring manager. Most importantly, a follow-up letter can convey your gratitude to the hiring manager for taking the time to meet you to discuss your resume, qualifications, compatibility and interest in the job position. Furthermore, most hiring companies interview several applicants for a position and a follow-up letter may prompt the hiring manager to take a second look at the applicant's resume.

[Read More](#)

-Source: Newsletter, Village Vibes, Charity Village, 13 October 2015

Standing Out from the Crowd: Six Ways to Help your Organization get Noticed

I am a volunteer, and I am a donor. I donate to Christopher and Dana Reeve's charity for spinal cord injury and research. Why? Because my father has a spinal cord injury.

See the connection? It's personal for me, which makes it fairly easy for me to choose where my time and money is spent. But there are several other charities doing similar work, why not those? Well, because along with my dad, Superman was my hero growing up.

But it isn't personal for everyone and not everyone's childhood heroes suffer traumatic injury like mine did. A majority of people donate for other reasons, such as seeing a charity that makes a big impact or one that gives back directly to their community.

[Read More](#)

-Source: Newsletter, Village Vibes, Charity Village, 13 October 2015

Does Your Nonprofit Have A Wellness Strategy for Staff?

This photo is from an open space session during last week's Funders Learning Lab: Investing In Network Leadership. I proposed a session with a title, "Going from Self Care to We Care" to talk about how do we scale a culture of self-care in networks. The networks, nonprofits

organizations, and movements are filled with people who are passionate about social change work, but often work hard and long with few resources and many just keep going without giving a thought to self-care.

I posed the question, “How can we go from “self-care to we-care?” In other words, not just having an individual realize the importance of self-care and changing their behavior, but making it part of the culture of the way we work in our sector.

[Read More](#)

-Source: Newsletter, Beth's Blog, 14 October 2015

How to Craft a Successful Elevator Pitch

Elevator pitch, elevator speech or an elevator statement—whatever you choose to call it, this tiny snippet of information can make a big difference in your networking success.

The idea is that a short summary about your organization should be limited to the length of an elevator ride and should compel your audience to continue the conversation after the ride is over. However, if not done effectively, your pitch can cause more harm than good to your organization.

Here are a few tips for optimizing your elevator pitch and rocking it the next time you choose to deliver it.

Be Specific

Treat your elevator pitch much like your mission statement. Your mission statement describes the reason your organization exists, and your elevator speech should do the same with some extra information about the who, what, where and why:

- Who: What is your name and what is your relation to the organization?
- What: What is your mission statement and how can you adapt it?
- Where: Where are you located and where is your impact focused on?
- Why: Why should the person speaking to care about your organization?

[Read More](#)

-Source: The Hubcap Newsletter, Nonprofit Hub, 12 October 2015

Not your Mother's Sector: How young Changemakers are Shaking up the Nonprofit World

Over the last few years, a number of people in the nonprofit sector have started to question how the sector has always operated, wondering if things could be done differently. Some are even trying entirely new approaches to typical nonprofit work. We spoke with a few of these emerging leaders to get a sense of what they think is going well, what's wrong, what's changing, and what they're personally doing to create this change.

What we found was in some ways surprising. Although vibrant changemakers with dynamic ideas and insight, the people we interviewed were quicker to value face-to-face

meetings or honest dialogue than they were to rely on technology or the latest trends. Like everyone who has chosen to work in the nonprofit sector, they want to make a difference in their communities, and also to help the sector itself make the biggest possible difference to the challenges facing our world.

[Read More](#)

-Source: Village Vibes, Charity Village, 5 October 2015

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Social Media & Tech

- [HOW TO LAUNCH YOUR NONPROFIT WEBSITE](#)
- [EMAIL MARKETING KNOW-HOW: GET MORE OPENS, AVOID THE TRASH](#)
- [CANADA'S CHARITIES ARE MISSING THE OPPORTUNITY OF MOBILE](#)
- [HOW MULTI-CHAPTER NONPROFITS CAN CREATE A CONSISTENT BRAND ON SOCIAL MEDIA](#)

How to Launch Your Nonprofit Website

Before you welcome the world to do business with your nonprofit, you need to make sure your front door is ready to welcome all visitors.

Doing so doesn't mean going out and purchasing a wreath, a fancy door mat or a fancy brass knocker. While those are nice amenities, the front door you should be more concerned about is your nonprofit's website.

The options out there are endless, but no matter what provider you choose, here are things you should consider when you are setting up your first website.

[Read More](#)

-Source: Newsletter, The Hubcap, 12 October 2015

Email Marketing Know-How: Get More Opens, Avoid the Trash

Sending out emails can be frustrating, especially when you look at open rates.

You put your sweat and blood (stupid keyboard) into writing the perfect email. And some people have THE NERVE to not even open it??

How dare they. You can't force your audience to open your emails, but you can increase the likelihood that they'll click your perfectly-crafted subject line and stay engaged in your killer copy.

[Read More](#)

-Source: Newsletter, The Hubcap, 19 October 2015

Canada's Charities are Missing the Opportunity of Mobile

Only one third have mobile-friendly websites

Although fifty-seven percent of Internet users between the ages 18-34 now typically access the Internet through a mobile device, only one-third of non-profit organizations studied are leveraging responsive websites designed for viewing on smartphones and tablets. The .CA Factbook: digital capacity in Canada's non-profit sector was funded by the .CA Community Investment Program and uses data from Framework's web audits of more than 400 Canadian charities and non-profits. The report points to some critical opportunities for non-profits and

charities looking to attract the next generation of donors, volunteers and employees.

Key findings from the report

Opportunities in mobile

A greater number of Canadians are using mobile devices, such as smartphones or tablets, to access the Internet. In order to capture this audience, the non-profit and charity sector needs to do more to ensure their websites and donation platforms are accessible through mobile.

[Read More](#)

-Source: Nonprofit Newswire, Imagine Canada, 30 October 2015

How Multi-Chapter Nonprofits Can Create a Consistent Brand on Social Media

All medium and large nonprofits with multiple chapters eventually experience a unique, but common problem in their mobile and social media campaigns. Quite often their chapters created Facebook Pages or Twitter accounts before the state, national, or international office was ready to move forward with mobile and social media, or also common, the head office gave the green light to their chapters to create their own presence on mobile and social media, but now regret the decision because the nonprofit's online brand is inconsistent, and in some cases, being poorly represented.

[Read More](#)

-Source: Nonprofit Newswire, Imagine Canada, 29 October 2015

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Training

- [CHALLENGING BEHAVIOURS IN YOUTH – STRATEGIES FOR INTERVENTION](#)
- [PINWHEEL EDUCATION SERIES: PROMOTING MENTAL WELLNESS IN THE SCHOOL SETTING](#)
- [CESBCY EVALUATION CONFERENCE](#)
- [WORKSHOP: PREVENT IT!](#)
- [WORKSHOP: CHANGES TO THE BC SOCIETIES ACT](#)
- [FREE WEBINAR: MENTAL HEALTH IN THE WORKPLACE](#)
- [DEALING WITH DIFFICULT PEOPLE](#)
- [HEALTHY MOTHERS, HEALTHY BABIES BREASTFEEDING](#)

Challenging Behaviours in Youth – Strategies for Intervention

Kamloops: November 9th, 2015

Vancouver: November 12th, 2015

Victoria: November 13th, 2015

Cost: Early Rate \$198 / Regular Rate \$220

This workshop will review challenging behaviours related to aggression, non-compliance and attention-seeking, and will provide a framework for intervening. Participants will analyze the effectiveness of their current approach and be provided with a coaching model to bring out the best in youth who exhibit challenging behaviours.

Some of the topics covered:

- A Coaching Model for Challenging Behaviours
- Working with Aggressive Behaviours
- Working with Noncompliance Behaviours
- Working with Attention Seeking Behaviours
- The Role of Empathy When Working with Challenging Behaviours

Unable to attend? This workshop is being offered as a live webinar on November 16th, 11:00 am – 12:00 pm (PST)

Need this training sooner? Purchase the pre-recorded webinar or resource manual.

-Source: Newsletter, Crisis & Trauma Resource Institute Inc., 2 September 2015

Pinwheel Education Series: Promoting Mental Wellness in the School Setting

Date: Thursday, November 19th, 2015 12:00 pm – 1:00 pm

Cost: Free. Online or in person at BC Children's Hospital, Vancouver

[Register Now](#)

Schools are an important setting for mental health promotion, early intervention and connection to resources and services. There are many ways that school communities – including teachers, counsellors, principals, parents and students – can support child and youth mental wellness. Support can range from fostering resilience and connectedness, to improving student and staff mental health literacy, to connecting with specialized treatments and services.

In this Pinwheel, we will hear from different school communities in BC about how they are supporting student mental wellness.

Speakers:

- Nancy Kartsonas, School Counsellor, Eric Hamber Secondary School
- Harriette Chang, School Counsellor, Maple Creek Middle School, and students
- Dan Nixon – Student, Summerland Secondary

-Source: Newsletter, Kelty Centre, 5 November 2015

CESBCY Evaluation Conference

The [CESBCY Evaluation Conference](#) is being held in Vancouver, BC on Friday, November 20th, 2015. This year's focus is on evaluations of non-profit initiatives across BC and Yukon.

The conference's theme "Collaboration, Contribution and Collective Impact" is a tribute to the contributions of evaluation to support system-wide improvement. The conference brings together individuals who play a breadth of roles within the non-profit evaluation world. Conference participants will be engaged as active learners throughout the day, building a community of practice to support ongoing evaluation of non-profit initiatives.

The conference is brought to you by the Lower Mainland members of the BC/Yukon chapter of the Canadian Evaluation Society. CESBCY is a chapter of the Canadian Evaluation Society (CES), the professional organization for evaluation professionals, students, academics and users of evaluation (such as managers, program staff and planners). CESBCY is a member funded voluntary organization. We work to provide the evaluation community in British Columbia and Yukon with learning opportunities, networking and resources. We are happy to take advice and organize events that the community suggests.

For more information or to register, please visit the conference website at:
<http://www.cesbcyconference.ca/>

Call for Volunteers

Our conference will rely heavily on volunteers to help get things done! Thanks to everyone who's signed up already! We're still looking for help with a few tasks, especially volunteers to help administer the on-site evaluation survey, hosts to facilitate our conference sessions, and someone to assist with assembling our registration packages.

-Source: Avril Paice, Director of Community Investment, United Way Central and South Okanagan/Similkameen, 1 October 2015

Workshop: Prevent It!

Date: Saturday, November 21st, 10:00 am – 1:00 pm

Cost: By Donation

[Register Now](#)

Developed by researchers at the University of Alberta, the Prevent It! Workshop empowers adults to take action by equipping participants with knowledge and skills required to help prevent and respond to child sexual abuse. [Read all about](#) the informative and empowering

workshop.

Watch the [two-minute trailer](#) for a sneak peak of what the Prevent It! Workshop is all about.

Who should take this workshop?

ALL parents, professionals and volunteers that work or interact with children. All participants receive a workbook and certificate of attendance.

About Little Warriors

[Little Warriors](#) is a national, charitable organization committed to the awareness, prevention, and treatment of child sexual abuse. In September 2014, Little Warriors opened the Be Brave Ranch — the first facility of its kind to offer a family-oriented treatment program for children have been sexually abused.

Did you know?

Experts estimate that:

- One in three girls and one in six boys will experience sexual abuse
- 95% of those children know their perpetrator
- 95% of cases go unreported

-Source: Shannon Phelan, Little Warriors, 10 September 2015

Workshop: Changes to the BC Societies Act

Date: Tuesday, November 24th, 12:00 pm – 1:30 pm

Location: BDO Canada LLP, #400 – 1631 Dickson Avenue, Kelowna (Landmark 6)

Cost: \$20 (includes lunch)

[RSVP online](#)

Space is limited, so please register early!

The focus of this lunch and learn session will be:

- What new Act? When and what?
- What are the implications and opportunities?
- Internal governance assessment – what needs to happen to make changes in organizations?
- Where to from here?

Who Should Attend?

- Executive Directors
- Supervisors
- Board of Directors

Workshop Leader: Pamela Nelson, MBA

Pamela brings extensive business management, administration and strategic planning to both for profit and non-profit. Pamela's focus in Executive Management includes start-up firm success factors, governance and board composition, as well as market and growth strategies. Prior to her management career Pamela worked as a corporate/commercial paralegal in BC and AB, attending to corporate and society incorporations, corporate restructuring, mergers and acquisitions. Pamela loves legislation and regulations, and is excited about the possibilities for BC societies with the pending implementation of the BC Societies Act.

-Source: Avril Paice, Director of Community Investment, United Way Central and South Okanagan/Similkameen, 2 October 2015

FREE WEBINAR: Mental Health in the Workplace

Date: Thursday, November 26th, 2015, 10:00 am PST

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

[Register Now](#)

This webinar, presented by the Canadian Mental Health Association of BC, will help organizational leaders, managers and HR professionals navigate the legal and reputational risks associated with mental health in the workplace, and help organizations get on the path to improved psychological health and safety. It will present both free and low-cost resources that are available to assist organizations looking to make change in their workplace by promoting strong mental health for their staff.

Great for HR professionals, executive directors, managers, supervisors and volunteer coordinators, as well as nonprofit staff who are interested in resources for workplace mental health. This session will be tailored specifically for the nonprofit sector.

Individuals who attend this session will learn:

- Learn about their legal duties related to mental health in the workplace
- Develop a deeper understanding of what is meant by psychological health and safety in the workplace
- Identify potential reputational risks to not making this a priority
- Hear about low cost or free resources available to help organizations in their journey

-Source: Twitter, Charity Village, 3 November 2015

Dealing with Difficult People

Date: December 11th, 2015, 9:00 am – 4:00 pm

Location: Holiday Inn Express, 2429 Highway 97 North, Kelowna

Cost: \$ 198.00 Early Rate / \$220.00 Regular Rate

*Early rate expires November 20th, 2015

Trainer: David Stark

[Register Now](#)

We all encounter people we find difficult. Typically conversations with them leave us feeling frustrated, stressed, angry and tired. This workshop will analyze what is happening in those exchanges and demonstrate how people can adapt their strategies to bring about more productive conversations with those they find difficult. Individual styles will be explored with an emphasis on understanding and adapting one's style to create different results. Participants will learn how to create the right conditions for a conversation with a person they find difficult. They will also learn how to positively engage the other in a discussion about the pattern of difficult behaviour. This workshop gives participants a straightforward approach that creates dramatic change in the outcome of conversations with people they find difficult.

Workshop Outline

- Who is a Difficult Person?
- My Case Study

- What is Reasonable Behaviour?
- Where You Have Influence and Control
- Intervention Styles and Difficult People
- Your Personal Intervention Style Assessment
- What is Bullying?
- Dealing with the Bullying Person
- Dealing with the Chronically Angry Person
- Understanding the Anger Cycle
- The Anger Defusing Process
- Dealing with the Resistant Person
- Dealing with the Passive Aggressive Person

Method of Delivery

Lecture, personal reflection, skill building, video and small group discussions

-Source: Newsletter, Achieve Training Centre, September 2015

Healthy Mothers, Healthy Babies Breastfeeding

The Best Start Resource Centre is pleased to announce the Healthy Mothers Healthy Babies Breastfeeding Web Course. Participants can now print their own certificate if they scored 80% or more on the Test Your Knowledge questions at the end of each lesson. The course provides basic breastfeeding education and supports good communication skills. It continues to be user-friendly and takes one to one and a half hours to complete. References are listed following lesson seven.

[Learn More](#)

-Source: Newsletter, Community Action Toward Children's Health, 13 October 2015

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Volunteerism

- [DECEMBER 5TH – INTERNATIONAL VOLUNTEER DAY](#)

December 5th – International Volunteer Day

In 1985 the United Nations passed a resolution inaugurating an annual International Volunteer Day (IVD), celebrated on the 5th of December. Many countries that do not have a designated national volunteer week or similar event use IVD as their opportunity to celebrate the work of volunteers. Unfortunately, no information has yet been posted about IVD2015, but you can learn about past years' activities and keep checking for news announcements at Volunteer Action Counts.

[Read More](#)

-Source: *Volunteer Management Update, Energize Inc., 5 October 2015*

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