



Kelowna
Community
Resources



Community Information & Volunteer Centre



Bulletin October 2009

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## Awards

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NOMINATIONS NEEDED - ABORIGINAL CHILD CARE RECOGNITION AWARDS

Each fall, the BC Aboriginal Child Care Society honours exceptional early childhood educators and caregivers with the Aboriginal Child Care Recognition Award at their Annual Conference. If you would like to recommend someone for providing excellent service to Aboriginal children ages 0-6 in early childhood programs, centres, and through community work, submit an application online **before October 21st, 2009**. --SOURCE: *The Connector, A Volunteer BC Newsletter; September, 2009*

For more information, please call: 1.604.913.9128.

For online nomination, please visit: <http://www.acc-society.bc.ca/>

KCR Database

ELEVATION OUTDOOR EXPERIENTIAL PROGRAMS ASSOCIATION

Elevation's mission is to aid in the development of various outdoor pursuits, skills and passions while promoting healthy lifestyle choices and life skills, instilling respect for environment, and helping support disadvantaged young people in the community.

All programs are offered to eligible young people free of charge. Elevation believes that no young person should be denied the potential to discover an outdoor pursuit that can keep them motivated, healthy, and stoked on life for the rest of their days!

For additional information, please visit KCR's database by clicking the KCR logo:



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ARION THERAPEUTIC FARM

Therapeutic riding & the therapeutic farm (TR) has been recognized for many decades as a wonderful healing recreational activity for people with special needs. The movement of a horse's walking gait mimics that of humans. It can actually stimulate postural and muscular reactions in the rider.

In addition to being loads of fun it also offers many physical benefits such as improved balance, flexibility, motor skills, increased circulation and decreased spasticity. TR offers countless emotional benefits as well. Students learn how to overcome fear. It teaches essential skills such as concentration, trust, independence, friendship & socialization.

TR is now a recognized "sport" activity and actually improves posture, muscle tone, mobility, body awareness & core strength.

For additional information, please visit KCR's database by clicking the KCR logo:



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OKANAGAN BOYS AND GIRLS CLUBS - YOUTH OPTIONS

The Youth Options Project is a community-based initiative that provides at-risk youth between the ages of 13 and 18 with structured, interactive group life-skills and recreational opportunities during evenings and weekend hours. The project is delivered within the Central Okanagan, with locations in

Kelowna and on the Westside. The program runs in 12 week cycles and is designed to improve the health, safety and overall well being of identified at-risk youth by improving youth knowledge of and access to community services that assist in reducing drug use among at-risk youth.

For more information, please visit KCR's database by clicking the KCR logo:



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## Facts and Trends

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TOP CANADIAN CHARITIES HAVE ASSETS WELL OVER \$2 BILLION

Imagine Canada published a list of the top 20 charities in Canada by total assets, as of 2007. The top five, all with assets over \$2 billion, were:

- Governing Council of the University of Toronto
- University of British Columbia
- The University of Alberta
- Royal Institution for the Advancement of Learning, McGill University
- Calgary Health Region

The compilation was created based on Canada Revenue Agency records.

For more information, including the full list of charities, please visit: nonprofitscan.imaginecanada.ca

--SOURCE: CharityVillage, September 21, 2009

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YOUNG CANADIANS WORRIED ABOUT LOSING LEADERSHIP OPPORTUNITIES

A new survey of 18-to-25-year-old Canadians shows that 70% are concerned about losing leadership opportunities as their older colleagues delay retirement. When asked to identify the ideal leadership age, 93% of respondents provided an age range under 50, with 64% saying their ideal leader is under 40. Overall, 54% believe age is important when it comes to leading a company, with men (57%) believing it is more important than women (51%). Across Canada, 40% of young adults believe vision is the most important quality of business leadership. Another 33% value experience most, while 21% want charisma from their leaders. -- SOURCE: CharityVillage, September 21, 2009 (RSM Richter)

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HALF OF ORGANIZATIONS GLOBALLY REPORTED DROP IN INCOME LAST YEAR

A recent survey revealed that 50% of not-for-profit organizations globally reported a decline in income over the past year. At the same time, 33% experienced an increase in income. The report reveals that income to not-for-profit organizations who responded to the survey fell by 3%. Of the 50% of organizations that saw a drop in income over the past year, almost 20% saw their income fall by over 10%. In contrast, of the 33% of not-for-profit organizations that saw an increase in income, 14% reported income growth of 10% or more. Not-for-profit organizations in Asia suffered the most in the past year, with an average income drop of 13%, with those in Europe reporting a more modest drop of 1%. --SOURCE: *CharityVillage, September 21, 2009 (Management Centre)*

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CANADIAN CHARITIES CONTINUE TO KEEP FUNDRAISING COSTS LOW

New research into the fundraising costs of Canadian charities provides some assurances, while raising questions about the accuracy of accountability measures according to the Muttart Foundation, which recently released *Perspectives on Fundraising*, a research report it commissioned from Imagine Canada. In examining fundraising costs, study authors Steven Ayer, Michael Hall, and Lindsey Vodarek reported that almost 86% of charities reported fundraising costs of less than 20% of the total revenues raised. Another 5% of charities reported fundraising costs between 20% and 35%.

These ratios were calculated for 61,141 charities - about 75% of the total number of returns. In the remaining cases, Imagine Canada was unable to calculate ratios because charities had not broken out their expenditures in the required way that specifically identifies fundraising costs. This problem was but one of several identified by the researchers that raise questions about the accuracy of information provided by charities in their annual returns. --SOURCE: *CharityVillage, September 14, 2009*

For more information or to view the full report, please visit: <http://www.muttart.org/> (PDF)

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NONPROFIT WORKERS ONLY SLIGHTLY TEMPTED BY HIGHER SALARIES

A recent UK survey discovered that most nonprofit workers would like more pay in their next position, with 31% looking for a bit more, and 31% looking for a lot more. However, a further 25% of nonprofit workers thinking of changing their jobs said they would not move simply for more money, and 13% indicated that they would have no trouble moving to another job paying the same as their current one. Other industries had lower percentages of employees stating that money alone would not tempt them into taking a new job, with 22% in education, 18% in the public sector, and 17% in retail. -- SOURCE: *CharityVillage: September 14, 2009 (McGraw Stone)*

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ONTARIO CHILDREN EATING LESS VEGETABLES, MORE JUNK FOOD

An Ontario report shows that surprisingly few of the province's children are eating a healthy diet. In a survey of parents of children ages 6 to 12, only 13% of children were eating the recommended servings of fruits and vegetables per day, while 49% were eating the recommended amount of whole grains. Almost one quarter, 24%, ate some type of junk food at least three times per week. The survey also indicated that these results may actually overestimate the number of children eating healthy diets, since parents tend to view their children's eating habits through rose-coloured glasses.

--SOURCE: *CharityVillage, September 14, 2009 (Heart and Stroke Foundation)*

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NONPROFIT EMPLOYEES CAN EXPECT SALARY BOOST IN 2010

Canadian employers are planning to hand out more raises next year than they did this year or in 2008, according to a report by business research group Watson Wyatt Data Services. The report states that 92.2% of Canadian employers have budgeted to increase base salaries next year. That's up from 79.5% that had planned to give raises this year, and 91.4% who provided salary increases in 2008. The report also shows that the nonprofit sector may fare particularly well, with the average salary hike expected to be 3.8% compared to 2.9% in the for-profit sector. --SOURCE: *CharityVillage, September 8, 2009*

For more information, please visit: www.dailycommercialnews.com

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NPO WORKERS REPORT HIGH LEVEL OF TRUST IN SENIOR MANAGEMENT

New research by the UK's Institute of Leadership & Management (ILM) and Management reveals that employees in the nonprofit sector have among the highest levels of trust in their senior management teams. Charity sector CEOs are among the most trusted, achieving an Index score of 63 [against an average CEO Index score of 59 and the overall scale of 0-100], when assessed by the general population of employees. That number rises to 72 when assessed by managers within the sector. Line managers in nonprofit organizations are also considered highly trustworthy, with an index score of 72. The research reveals that the two most important factors for CEOs are ability and integrity. -- SOURCE: *Charity Village, September 8, 2009 (Institute of Leadership & Management (ILM) and Management)*

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AMERICAN CORPORATIONS REPORT LESS GIVING IN 2009

About half of the companies responding to a recent survey are decreasing their giving this year. Of the 100 corporations polled, 52% of companies and 47% of corporate foundations say they are reducing

their giving in 2009. At the same time, 72% say they are experiencing an increase in requests for funding. Most companies (84%) say they are doing more to promote volunteering by workers, with almost 45% reporting that more employees are participating in volunteer programs. A smaller percentage of companies are providing more product donations, with 12% saying they are contributing more clothing, pharmaceuticals, and other items. --SOURCE: *CharityVillage, September 8, 2009 (LBG Research Institute)*

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## Funding

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GRANT SUPPORT PROGRAM EXTENDED

Fundraising Opportunity: Grant Support Program Extended The Northern Development Initiative Trust will be broadening its Grant Writing Support program to include all municipalities, Regional Districts, and First Nations Bands in the Northern Development region. "The Grant Writing Support program ensures that communities and First Nations will be able to hire a grant writer to access programs and dollars from any funding source to provide needed investments in community infrastructure and services. This program has the highest return on investment of any program offered by Northern Development," said Northern Development Chair Bruce Sutherland. --SOURCE: *The Connector, A Volunteer BC Newsletter, September 2009*

For the application letter and guide, please visit: <http://northerndevelopment.bc.ca/community-funding/grant-writing-support>

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INVESTING IN PEOPLE GRANTS NOW AVAILABLE

Devon Canada Corporation is providing capacity building opportunities to non-profit/voluntary organizations by offering a grant called "Investing In People." The grant (maximum. \$5,000) focuses on programs for either the organization's employees or volunteers. The **application is due October 16, 2009**, and decisions are made early December 2009. -- SOURCE: *The Connector, A Volunteer BC Newsletter; Sepembert 2009*

For details on program, parameters and the application process please visit: <http://www.devonenergy.com/CommunityRelations/Pages/CorporateGiving.aspx>

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AVIVA CANADA GIVING AWAY \$500,000 TO CANADIAN NONPROFITS

Aviva Canada Inc. created the Aviva Community Fund as a way to help Canadians create positive change in their communities. They're holding a competition to find innovative ideas that can change Canada for the better, and offering \$500,000 to make sure the best ideas receive the financial and practical help they need to get off the ground. The competition is scheduled to begin on October 13th, 2009, at which time you can enter your idea about how you would make a positive change in your community. Winning organizations will share in the \$500,000 of funding. --SOURCE: *CharityVillage, September 21, 2009*

For more information, visit: www.avivacommunityfund.org

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APPLY NOW FOR ENVIRONMENT CANADA'S COMMUNITY FUNDING PROGRAM

Funding is now available through the EcoAction Community Funding Program for projects that address Environment Canada's priority issues of clean air and climate change, clean water, and nature. At this time, funding priority may be given to eligible projects that address clean air and climate change issues. Projects may vary depending on specific regional priorities, geography, urban/rural population distribution, and the energy source used for electricity. The deadline for applications is November 1, 2009. --SOURCE: *Charity Village: September 14, 2009*

For more information, please visit: <http://www.ec.gc.ca/>

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## **Local News**

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SHARE YOUR INFORMATION IN THIS BULLETIN

Share Your Organization's Information Through this Bulletin

With our "new look", we are actively seeking YOUR INPUT into each month's Bulletin. Help us make this a major source of information useful to the not-for-profit sector in our community!

Deadline is the 20th of each month.

TOPIC AREAS INCLUDE:

AWARDS: information about the award, criteria, application process, deadline, source for more information

KCR DATABASE: new and changes to programs, services and agencies on the Community Information side of the database as well as Volunteer Opportunities offered by organizations listed in the database

FACTS & TRENDS: innovations, report summaries, statistics, issues, concerns, trends

FUNDING: "how to" advice, partnerships, sponsorships, sources of funding, trends, ethics, security, fraud

LOCAL: community events, fundraisers, employment opportunities, rental space

PROVINCIAL: conferences, concerns & issues in your field, economic trends as they affect not-for-profits; reports --- This is NOT meant to be a large "P" political section and will not cover lobbying efforts. It is factual and informational.

NATIONAL: conferences, concerns & issues in your field, economic trends as they affect not-for-profits; reports --- This is NOT meant to be a large "P" political section and will not cover lobbying efforts. It is factual and informational.

RESEARCH: data collection, surveys, research results

RESOURCES: websites, on-line tools, free materials, new publications – include a brief review

TRAINING: workshops, on-line courses, teleconferences, and other learning opportunities

Please send your information (in a Word or PDF format) with a logo if available (JPEG or GIFF) to:

Dawn Wilkinson
Coordinator
Community Information & Volunteer Centre
Kelowna Community Resources (KCR)
E: informkelowna@kcr.ca
P. 250.763.8008 Ext 24
F. 250.763.7608
Website: www.kcr.ca

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DOWNTOWN KELOWNA CHRISTMAS LIGHT UP

Begin your holiday celebrations early. Participate in the family friendly craft and activity stations at the Rotary Centre for the Arts. Cookie decorating and visits with Santa are back by demand! At the Kelowna Art Gallery, you can Paint a Plate for \$5.00 each. Sign up is required. There is free family skating at Memorial Arena between 3:00-5:00 pm. At 6:00 pm there will be the Community Christmas tree light up at Kerry Park. --SOURCE: DKA September Newsletter

Date: Saturday, November 28, 2009

ACTIVITIES:

Paint a Plate: 1 - 4 pm
Kelowna Art Gallery

Free Family Skate: 3 - 5 pm

Memorial Arena

Christmas Tree Light Up: 6 pm
Kerry Park

For more information, please contact Downtown Kelowna:

Phone: 250.862.3515
Email: email.info@downtownkelowna.com.
Web: www.downtownkelowna.com.

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NOVEMBER IS ADOPTION AWARENESS MONTH

INTERESTED IN LEARNING MORE ABOUT ADOPTION OPTIONS?

The Adoption Centre of British Columbia (a program of Kelowna Community Resources) would like to invite you to attend a coffee and information session featuring information on adopting from: China, Haiti, Ethiopia, US, Bulgaria and locally.

This information session will be helpful to people who are at the beginning stages of considering adoption as well as for those, who are ready to begin the process. --SOURCE: Jennifer Wall, *The Adoption Centre of BC*

Date: November 3, 2009
Time: 7 - 9 pm
Location: Kelowna (TBA at the time of RSVP)
Cost: FREE
RSVP: The Adoption Centre of BC
Ph: 250-763-8002
TF: 1-800-935-4237 or
Email: adoptioninfo@kcr.ca

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CONNECT DAY: POVERTY AND HOMELESSNESS ACTION WEEK

The Poverty and Homelessness Action Week is quickly approaching. I am looking for organizations and / or agencies that are interested in setting up a booth during the Poverty and Homelessness Connect Day. This event took place last year and was very successfully and we are hoping to have another successful year. The Connect Day will be taking place on the Thanksgiving Monday, October 12th from 1-5 pm. I understand that many of you will be spending time with family and friends; however, I'd like to remind everyone that this event takes place to reach out to those who do not have family to spend time with. If you are able to come for a couple hours that would be great! This event will be taking place once again at the Habitat in conjunction with the Kelowna Gospel Missions Thanksgiving Dinner.

Other events taking place that week are a Women's Pampering day, date and location TBA as well as a Movie night, date and location TBA. If you are able to assist with the planning and facilitation of any of

these 3 events please contact me by phone as soon as possible! I am hoping to have dates and locations finalized this week.

Thank you!
Shari Wilson, BSW
Phone: 250.862.6121
Email: shari.wilson@thebridgeservices.ca

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150 YOUTH NEED VOLUNTEER JOBS FOR OCTOBER 24

BC STUDENT LEADERSHIP CONFERENCE - COMMUNITY SERVICE VOLUNTEER SESSION

The BC Student Leadership Conference will be held in Kelowna October 22-25, 2009. A total of 500 top student leaders from our province will take part in activities that they can learn from, and take back to their schools. There is a wide range of sessions for the kids from seminars to guest speakers.

My portfolio within this group is to organize the **community service portion** of the conference. We have blocked off from **10:30-1:30 on October 24 (Saturday)** for all 500 kids to participate in community service. Currently we have nearly 350 kids placed in activities such as Gospel Mission, Retirement homes, Graffiti eradication, Interface fire clean up, and a warm winter wear clothing drive. [We need to find placements for another 150 students within our community on this Saturday.](#)

Any ideas you may have would help immensely!!!!!! Please feel free to contact me, Chris Carter, at work 250.712.7040 or email me at ccarter@sd23.bc.ca.

Thanks again for your interest in providing meaningful volunteer opportunities to our future leaders.
CHRIS CARTER, MBSS PE DEPARTMENT HEAD

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A COMMUNITY FORUM: WOMEN – VOICES FOR CHANGE!

The City of Kelowna's *Advisory Committee on Community and Women's Issues* invites all to attend this community forum. Most especially, we need to hear from women about issues impacting them. This is your opportunity to provide input in order to institute change locally. Come out and make your voice heard today!

Date: Friday, October 16, 2009
Time: 9 am - 4 pm
Location: Royal Anne Hotel
348 Bernard St.
Cost: FREE, but registration is required



Registration: **Deadline to reserve a seat is Friday, October 9**

Phone: 250.762.2355 or

E-mail: coordinator@kwrc.net

LUNCH AND CHILDCARE WILL BE PROVIDED.

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THE Y KNOT ABILITIES SWIM PROGRAM IS BEING OFFERED AGAIN

This YMCA-YWCA swim program is for children with Physical disabilities and their able-bodied siblings. Participants will learn how to focus on their abilities while developing strength, independence, and confidence. The Y Knot Abilities Swim program can be adjusted to all levels. At the heart of this program is having fun, meeting new friends and growing aquatic skills - from blowing bubbles in the water to learning basic strokes to playing a variety of water sports.

To find out more contact Coreen Hemingway, Y Knot Community Liaison, at 250.765.5916 ext.220

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BANNOCK, BEADING AND BANTER - LAKE COUNTRY

This new gathering opportunity provides Lake Country Aboriginal families and non-Aboriginal families who care for Aboriginal children a series of evenings to share in social and cultural activities for all ages - babies to elders. Sessions focus on connecting Aboriginal children to their culture and community, healing and strengthening families, and promoting pride in Aboriginal Heritage.

For more information on how to get involved, call Catherine Disbery, CATCH Aboriginal ECD Coordinator at 250.868.2413.

This opportunity has been made possible through a partnership between Lake Country Native Association, Lake Country Boys & Girls Club, CATCH, and Success By 6.

Success By 6 Central Okanagan initiatives focus on programs and services surrounding literacy, nutrition, child play, and parent and family support. Success By 6 is working with each ECD serving organization, because every child deserves to be a Success By 6.



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FREE OFFICE FURNITURE AVAILABLE

We have 15 workstations we would like to give away by donation. If you can use them in your organization's office, please contact Stephanie at:

Phone: 250-767-6464
Toll Free: 1.888.843.4441

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PARENTING WITH PIZZAZZ PLANNING COMMITTEE INVITATION

Are you or your agency looking for a way to help promote parenting education in our community?

The 7th Annual Parenting with Pizzazz Conference is being held on February 6, 2010 in Kelowna. The planning committee invites you to join us in honouring and reaching out to parents and care providers. This is an exciting opportunity to share you agency's resources and philosophies with parents, care providers, and other community agencies.

Come and share our vision - "To create, through collective action, community events where learning about raising children is valued, respected, encouraged and practiced."

For additional information or to support the conference, please contact Myrna Kalmakoff:

Phone: 250.769.3893
Email: myrna@catchcoalition.ca

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COMMUNITY PUBLIC ART COMPETITION

Community public art is a collaborative, collective creative process between a professional practicing artist and a community. It is as much about process as it is about the artistic product or outcome. It is a way for the community to creatively address and express its needs and aspirations. (Inspired by the Ontario Arts Council *Community Arts Workbook*, 1998, p.7

This is an initiative of the City of Kelowna Public Art Program. It is a competition. A total of \$10,000 per year from the City of Kelowna Public Art Reserve Fund is available. One or more projects and applications for up to a maximum of \$10,000 will be considered. Since 2007, five Community Public Art Projects have been completed.

For additional information and to download an application package, please visit:
<http://www.artsinkelowna.com/>

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Provincial News

MAKING AN INVESTMENT IN KIDS AND FAMILIES

A new report just released from UBC's Human Early Learning Partnership, commissioned by the BC Business Council, is already creating a stir in the media -- by linking the province's future economic performance to its early child development policies.



The report, *15 X 15: A Comprehensive Policy Framework for Early Human Capital Investment in BC*, makes the case that with currently 29% of BC's children entering kindergarten unable to meet all developmental benchmarks, not only are the children left at risk, but BC is left economically vulnerable. The BC government has established the target of reducing early childhood vulnerability to 15% by 2015.

To achieve this target, HELP's report recommends six policy changes to address families' main needs - time, resources, and services:

- Extend maternity and parental leave to 18 months
- Redefine full time to accommodate shorter working hours for parents
- Reduce poverty among families with children, through income supports
- Increase pregnancy, health and parenting supports to ensure monthly developmental monitoring opportunities for children 0-18 months
- Build on early education and care services
- Build on ECD coalitions in community planning to enhance program coordination between local services that support families

While the annual costs to the province of implementing these recommendations could reach 3 billion, over the next sixty years the benefits to society will outweigh the costs by more than six to one.

To download or read the full report, please visit: [15 X 15: A Comprehensive Policy Framework for Early Human Capital Investment in BC](#).

--SOURCE: BC Council for Families Newsletter September 2009

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BC HEALTHY COMMUNITIES

We are sorry to announce that BC Healthy Communities (BCHC) has been notified by the Ministry of Healthy Living and Sport that there are no funds available to continue supporting the BCHC initiative. As a result of the loss of our core funds from the Ministry, we have developed a plan to preserve our existing funds as long as possible while we develop a funding and diversification strategy. Our team is committed to moving through this 'speed bump' as effectively as possible and has ideas in motion for the future of BCHC and how we can continue to support community efforts in building healthier communities for all.

As of August 31, 2009, the following changes have taken place:

- We no longer have regional facilitators located in each health authority region to support your capacity building efforts
- We are not able to offer continuation of the Seed Grant Program (an additional email will be sent to recipients of the Seed Grant)
- We no longer have a toll free number. For Central Office call 250.356.0903
- BCHC Staff capacity includes 1 part-time central office staff (Director, Jodi Mucha), 1 part-time Provincial Facilitator (Kerri Klein), 1 part-time Facilitator supporting development of Funding and Diversification (Deirdre Goudriaan)

As we are navigating through these difficult times we will continue to provide communities with:

- Weekly regional e-bulletins (partnership with BCHLA Capacity Building Strategy and Canadian Cancer Society)
- Monthly provincial newsletter and other communications (partnership with BCHLA Capacity Building Strategy and Canadian Cancer Society)
- Website and resources
- Provincial and Regional Networks
- Regional Facilitators in the North Region until December 2009 (through partnership with Northern Health)
- Learning Events (fee-for-service)
- Capacity building workshops (fee-for-service)
- Expertise in capacity building for healthy communities (fee-for-service special projects)

We will also continue to pursue partnership opportunities for moving forward and for providing much needed capacity building services to communities across the province. If you have an interest in working with us please contact me.

When communities heard that BCHC's funding could be cut there was an overwhelming response. We would like to thank all of you who submitted letters of support to Minister Ida Chong, we very much appreciate your call to action to support our initiative so that we, in turn, could continue to support you. As we move forward with or planning I will continue to keep you updated.

If you have any questions please do not hesitate to contact me.
Thanks again for your support.

Jodi Mucha, Director
BC Healthy Communities
Phone: 250.356.0930
Email: jodi@bchealthycommunities.ca

-- SOURCE: Status of BC Healthy Communities Newsletter

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BOUNCEBACK - RECLAIM YOUR HEALTH

The Canadian Mental Health Association BC Division has developed a guided self-help program (including telephone support from a community coach) called *BounceBack: Reclaim your Health* designed to help people experiencing symptoms of depression and anxiety that may arise from stress or other life circumstances. Originally intended for those individuals living with a chronic physical health condition and their unpaid caregivers, this program is now open to all residents in British

Columbia (with a referral from their primary health care provider) and is funded by the BC Ministry of Health.

Bounce Back is being delivered through CMHA branches across BC, serving the following communities and surrounding areas:

- Cariboo/Chilcotin (Williams Lake)
- Cowichan Valley (Duncan)
- Kamloops
- Kelowna
- Kootenays(Cranbrook)
- Mid-Island (Nanaimo)
- North & West Vancouver
- Port Alberni
- Prince George
- Richmond
- Shuswap/Revelstoke (Salmon Arm)
- Simon Fraser (New Westminster)
- South Cariboo (100 Mile House)
- South Fraser (White Rock/South Surrey)
- Vancouver / Burnaby
- Vernon
- Victoria

The first step of Bounce Back, the DVD, can be made available anywhere in BC, no matter how small the community. To find out if your community is served by the telephone coaching component of the program, call 1.866.639.0522.

For more information about the program or to watch a preview of the program DVD, please visit: www.bouncebackbc.ca

Sue Macdonald, Team Leader
Community Education and Training
Canadian Mental Health Association
Vancouver - Burnaby Branch
Phone: 1.604.872.4902 ext.227
Email: sue.macdonald.vb@cmha.bc.ca
Fax: 1.604.872.5934
Web: <http://vancouver-burnaby.cmha.bc.ca/>

-- SOURCE: Tim Readman, Events for Caregivers

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PRIVATE FACILITY - WOMEN INTO HEALING ADDICTIONS RECOVERY CENTRE

We are pleased to announce a new, well-needed private treatment & counselling centre for WOMEN ONLY situated in Maple Ridge BC. Women Into Healing Addictions Recovery Centre features a full-service facility including: A complete team of counsellors and service providers led by Executive Director - Norma Jean Neufeld; Private and Semi Private Rooms; 42 days plus additional custom times to meet each client needs; Methadone Program; Independent Women & Family Counselling Programs; Interventions; Aftercare Program that includes 4 prepaid counselling sessions with either the referring counsellor or a new counsellor of choice. A pricing policy with a sliding scale to fit most referral needs.

For additional information, please visit: www.womenintohealing.com

-- SOURCE: David Paur

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I ♥ MY FAMILY PHOTO CONTEST

This fall, to celebrate National Family Week October 5 - 11, we're inviting families to show their ♥, and we'll be giving away great prizes to the families that have the most fun together. Send us your photos of your family having fun and 100 words describing why you ♥ your family. You'll show British Columbia families at their funnest.

5 winners will be chosen by the BC Council for Families as great examples of why we ♥ BC Families, along with 1 fan fav winner. Awesome prizes go to the winners and families will be famous in our contest gallery!



More details on how to enter the I ♥ my Family Photo Contest are at: <http://bccf.ca/all/activities/i-heart-my-family-photo-contest>. Contest is open until October 16 2009, so get snapping!

Celebrate families in BC with us and all the love and support they bring to our lives!

--SOURCE: BC Council for Families HealthyFamilies Weekly E-Newsletter, September 14, 2009

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CARING FOR YOUNG PARENT FAMILIES: OCTOBER CONFERENCE

This October 23 - 24 the annual conference for BC's young parent workers will take place in Vancouver. Caring, Courage, Commitment offers professionals who work with young parents and their children a chance to refresh, connect and enhance their skills! Don't miss out on your chance to participate in the variety of workshops and panels. Register now and take advantage of these conference highlights:



- Keynote Speaker: Anita Roberts, Safeteen Program
- Working with Aboriginal Young Parents (panel presentation)
- Conversation Café: Exchanging Ideas, Sharing Stories
- Closing Address: Vince Gowmon, Remembering to Play

And more!

Although the numbers of teenagers having babies are declining, researchers and service providers say young parents are more at risk today than ever before. A recent overview of BC's programs and services for young parents, conducted by provincial government researchers, explores the realities for young parents and best practices in service provision. Programs and Services for Young Parents: A Scoping Review, outlines the following best practices:

- Youth-centered approaches that include the voices and experiences of teens.
- Engaging young fathers in preparation for fatherhood.

- Child care provision with multicultural awareness.
- Empowering young parents through their skills and interests.

How can these best practices be implemented? What are the other best practices to guide service providers? And what are the challenges of the future? If you're interested in exploring these and other compelling topics, we'll see you at *Caring, Courage, Commitment* in Vancouver this fall!

For additional information, please visit: <http://www.bccf.bc.ca/professionals/networks/bc-alliance-young-parents>

--SOURCE: BC Council for Families Health Families Weekly E-Newsletter, September, 14 2009

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LEGAL AID APPLICATION PROCESS: ASSIST YOUR CLIENTS

You can help your clients prepare for the legal aid application process before they visit an office or phone the Call Centre. Check out Legal Aid's [Client services page](#) under "Community workers" on the [LSS website](#) to find out about our coverage and financial guidelines.

At the first appointment, your clients need to provide all paperwork relevant to their cases, such as court orders, Crown particulars, or a refugee certificate, as well as written proof of their financial situation. Clients can apply in person at a legal aid office or by phone through our Call Centre (remind them to call early in the day to avoid our busiest times). A telephone interpreter service is available through the Call Centre during interviews.

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NOVEMBER 14: BEREAVEMENT DAY

There are many ways to honour, respect and remember a loved one, and November 14th will see many agencies, groups and individuals throughout BC participating in a variety of events to esteem the lives of loved ones who have passed away.



Many past events have centered around a Memorial or Remembrance service with a procession and candlelight accompaniment, and continue to be as popular today.

As our awareness of the need to find ways to honour loved ones increases so too does our desire to find new ways to express that respect.

We invite you to offer your own distinctive way to commemorate Bereavement Day in BC to acknowledge the families you have served and the bereaved in your community.

The following themes and formats have been used in the past and may help you to decide.

- "PLANT A TREE" celebration – In memory and to honour your own regrowth and development as the years pass by.
- "CELEBRATE A LIFE" Utilizing pictures (or name tags) of the deceased, pinned to paper angels and hung on a "Memory Tree".
- CHOIR/ORCHESTRA Utilizing a concert format with a "powerpoint" presentation introducing a deceased loved one (with brief history) followed by the orchestra/choir playing a favourite musical piece or song.
- "STITCH UP A BROKEN HEART" Names, sketches or pictures (transfers) on cloth are sewn into a memorial quilt, in memory of loved ones.
- FELLOWSHIP BREAKFAST "NEW DAYS" format to remember, socialize and share memories while forging new relationships with a common bond.
- "ILLUMINATED BALLOON" walk and subsequent release from a suitable venue, at night.
- An evening of reflective reading and poems embracing the theme of "Hope", shared amongst the bereaved in honour of their deceased.
- "WHITE DOVE" Release, following a collective eulogistic format embracing all loved ones, while a dove is held by each bereaved attendee and released in their loved one's name during a roll call.
- "CHASING THE BLUES AWAY" Dinner and entertainment to help the assembled bereaved move on with their lives.
- "MEMORY BOOK/SCRAPBOOK" workshop with the participants bringing photos of their loved ones to build a book of memories with favourite verses attached.
- "WHO WE ARE AND HOW WE GRIEVE" AN interdenominational event with guest speakers from various faiths sharing "*How To Grieve Well*" in our multicultural communities.

Additional ideas may be found on the Internet websites specializing in grief where observances similar to our Bereavement Day events are recorded.

The "Black Ribbon Pin" is the symbol of Bereavement Day. Organizers can support the bereaved by offering this token of acknowledgement to the participants. To order pins, please call:

Phone: 1.604.738.9950 or
Toll Free: 1.877.779.2223

Please let us know about the Bereavement Day Event you organize so that we can post on our website and tell our callers.

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BC GOVERNMENT REVERSES DECISION ON COMMUNITY FUNDING CUTS

As reported by *cbc.ca* last week, the BC government reversed a decision to cut millions of dollars in funding from community and arts groups. The announcement came just one day after the cuts were announced in the government's budget update. Finance Minister Colin Hansen assured the more than 500 organizations with three-year written funding commitments that they will get the money promised to them. He said the extra \$20 million in promised grants would come from a government contingency fund. Originally, the proposed cuts were to be part of a three-year plan to reduce discretionary spending by \$1.5 billion.

For more information about the BC budget, visit: www.news.gov.bc.ca

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National News



BLOG AT IMAGINE CANADA

Monday, September 21, 2009

WHAT YOU CAN EXPECT AT BLOG @ IMAGINE CANADA

All of us at Imagine Canada are excited to be joining the [blogosphere](#). [Blog @ Imagine Canada](#) is intended as a place to share information on the latest Imagine Canada community activities as well as be a place for conversations on current topics of interest and importance to the sector. To begin our blogging journey, Blog @ Imagine Canada will focus on our new Engagement & Convening Strategy.

GETTING THE CONVERSATION STARTED

We've already been busy adding posts to Blog @ Imagine Canada and all we need now is for you to start adding to the conversations by providing your comments about our posts. Currently you will find [Imagine Canada Hitting the Road](#) by [Marcel Lauzière](#), our President & CEO, with his welcoming words about our engagement initiative. Brenda Cameron Couch, our Director of Community Outreach, shares what was discussed at the inaugural round of our community conversations in [Edmonton Community Conversations \(August 2009\)](#). Your conversations and feedback will help us immensely as we go forth with our convening and engagement strategy.

SUBSCRIBE: STAY CURRENT WITH COMMUNITY CONVERSATIONS

In order to make it easier for you to stay in touch with the community conversations taking place, you can [subscribe](#) to *Blog @ Imagine Canada* and have new posts sent directly to your email inbox.

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ARTICLE-LIABILITY FOR NON-PROFIT DIRECTORS



Canada



Industry Canada

Corporate and Insolvency Law Policy

CHAPTER 3: LIABILITY OF DIRECTORS

PRIMER FOR DIRECTORS OF NOT-FOR-PROFIT CORPORATIONS (RIGHTS, DUTIES AND PRACTICES)

BY JANE BURKE-ROBERTSON,
Barrister and Solicitor

INTRODUCTION

As a general rule, directors are not personally liable for the contracts of, or the actions or omissions of, the corporation that they serve because a corporation is considered to be a separate legal person at law.¹ The liability protection afforded to directors as a result of incorporation is often referred to as the "corporate veil".

However, there are exceptions to this general rule and there are many instances of directors' liability at common law, under federal and provincial statutes, and under the *Civil Code of Québec*. Directors of non-for-profit corporations should be aware of these exceptions. This chapter explains the liability exposure of directors.

THE CHAPTER IS ORGANIZED UNDER THE FOLLOWING HEADINGS:

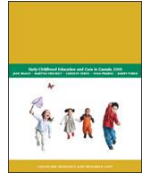
- Liability and contracts (This relates to situations where directors enter into a contract without proper authorization or on behalf of a non-existent corporation.)
- Liability in tort (This relates to situations where directors' own actions are tortious.)
- Liability for breach of fiduciary duty (This is discussed in detail in Chapter 2).
- Liability for breach of trustee duties (This relates to situations where the corporation is a charity or directors deal with assets that are impressed with a trust).
- Common law liabilities (This relates to directors acting without proper corporate authority).
- Statutory liabilities (This relates to the numerous obligations imposed on directors under federal and provincial legislation).

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CANADIAN CHILD CARE REPORT RELEASED

Childcare Resource and Research Unit (CRRU) is pleased to release Early childhood education and care in Canada 2008. This comprehensive report, the 8th edition since 1992, provides key data on child care and kindergarten across Canada. It tracks spaces, finances, quality issues and public policy developments at the provincial/territorial and federal levels, includes demographic information such as mothers, labour force participation, and identifies trends over time.

For more information on this book or its companion "30 Quick Facts about Canadian ECED" document, please visit: <http://www.childcarecanada.org/ECEC2008/>



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Research

COMPLETE THE FAMILY CAREGIVING SURVEY

To assist our research the BC Law Institute is interested in hearing from the family caregivers of BC. We are interested in learning about your particular caregiving circumstances, your experience of accessing BC laws to improve your lives, and what kinds of supports you have received or been denied in your ongoing struggle to balance work and caregiving. We are also interested in your perspective on how laws, policies and practices should be reformed and how you think our society should value family caregiving.

PROJECT OVERVIEW

Funded by the Law Foundation of B.C., the Family Caregiving Research Project will review the current legal framework governing leave, accommodation and other entitlements available to employees who are providing care for family members, elderly parents and grandparents and disabled adult children, addressing the care needs of adults living with mental health issues, physical and developmental disabilities and long terms illnesses, as well as the corresponding challenge of their caregivers to balance work and domestic responsibilities. The project will involve an inter-jurisdictional analysis of family care leave provisions including human rights law, labour law, employment law, constitutional law, taxation law and pensions and benefits entitlements, and the work will culminate in a published B.C. Law Institute study paper containing directions for law reform.

WHO ARE BC'S CAREGIVERS?

Although BCLI has gathered little social data on this issue, our preliminary investigations suggest that while the laws in this area may be gender and culture neutral, the family care landscape likely is not; rather, gender, language, culture, ability, age and other social group memberships may impact on

both access to services and the need or responsibility of an individual to assume care responsibilities. For example, a significant portion of the caregiving labour performed in Canada is provided by women. An advisory committee of professionals with expertise in employment law, human rights and caregiving will be informing the work of this project.

WE WANT TO HEAR FROM YOU

We are interested in your views on this topic, especially if you are currently providing care to a family member or receiving care from a loved one. We will be holding community consultation events next year. Keep your eyes on this webpage for updates on how you can get involved in this project. In the meantime, please send any comments to us at familycare@bcli.org.

To complete the survey please go to: <http://www.bcli.org/ccel/projects/family-caregiving>

-- SOURCE: Tim Readman

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PARTICIPATION NEEDED - ENTERPRISE RISK MANAGEMENT SURVEY

BLACK SWANS, RISK GOVERNANCE, AND ERM PERFORMANCE METRICS

The Conference Board of Canada would like to invite your organization to participate in a comprehensive online survey regarding Enterprise Risk Management (ERM) in your organization. The primary objectives of this survey are to:

- collect data for benchmarking that will assist organizations in implementing ERM within their organizations and in sustaining the integrity and effectiveness of all ERM efforts with the support of management, the board and key stakeholder groups; and,
- publish principles, leading practices and performance metrics in black swan assessment, risk governance, ERM value and corporate reputation management.

The survey results will produce three exclusive reports targeted for completion in May/June 2010. A complimentary copy of each report is available to all organizations that participate in the survey.

If you are a risk executive currently practicing ERM please contact Karen Thiessen at thiessen@conferenceboard.ca for further information on how you can participate in this study.

--SOURCE: Get onboard September 2009. See what's happening this month at The Conference Board

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NEW REPORT EXAMINES HR ISSUES FACING CANADIAN NONPROFITS

The economic downturn has had profound effects on all aspects of organizational life including funding, service delivery, and the workforce. In order to understand the changes the sector is undergoing in this area, this summer Calgary Chamber of Voluntary Organizations launched the *Calgary HR Initiative Workforce Needs Survey*. The survey discovered that employee recruitment and vacancy rates improved significantly over 2008 for the majority of organizations, though employee retention rates did not improve to the same extent. It also discovered that most organizations do not anticipate

reductions in staffing levels this year. Almost half of the respondents indicated that they expect levels to remain constant and 40% are planning to increase the number of employees.

For more information, and to view the full report, visit: www.calgarycvo.org (PDF)

--SOURCE: *CharityVillage*, September 21, 2009

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ARTICLE-IF WE START BY ACTUALLY PUTTING THE HOMELESS IN HOUSING, WILL THAT HELP?

BY CHERYL CHAN,
THE PROVINCE
SEPTEMBER 11, 2009

As lead investigator for the Vancouver site of a \$110-million, five-city national research project on housing interventions for the mentally ill and homeless, Simon Fraser University professor Julian Somers has lofty goals.

Somers, a drug addictions specialist and the son of a homeless man who lived and died in the Downtown Eastside, said the study aims to find solutions on how to better integrate this oft-ignored and vulnerable population into mainstream society.

"The question is what kind of community-based support will allow them to be successful members of communities and not just be segregated in particular areas like the Downtown Eastside," said Somers.

Armed with a budget of \$23.5-million, the Vancouver team will start recruiting 500 mentally ill and currently homeless participants in October for the four-year trial, which is based on the Housing First approach pioneered in U.S. cities and already in use in Calgary and Edmonton.

Out of the 500, 300 will be given a roof over their heads -- mostly in privately owned units -- and provided support for at least 2-1/2 years, while 200, serving as the control group, will receive conventional care.

Out of the first group, 100 will receive "assertive community treatment," an intensive therapy provided by a multi-disciplinary team that's available around the clock; another 100 will be assigned "intensive case management," which involves a case worker helping them navigate the system; while the final third will live together in an apartment-style setting with on-site support.

The project, funded by the Mental Health Commission of Canada and Health Canada, also involves University of B.C. researchers, health authorities, St. Paul's Hospital, and the non-profit MPA Society, which will be responsible for the housing component.

The goal of the study -- to be replicated in Winnipeg, Toronto, Montreal and Moncton -- is to find out which type of care works best for this hard-to-treat, tough-to-house population, which has long fallen through the cracks of the health-care system.

But that's only the beginning.

"The focus of the study is to find out what kind of response is necessary in order to promote recovery," said Somers. "But at the same time, it's also asking what we as a society can be doing to prevent that decline in the first place."

The answer might have helped Somers' father, a former bus driver and alcoholic who lost his family, his friends, his job and, eventually, his life to his addiction.

Twice, as a high-school teen, Somers raced from his Point Grey home to a run-down single-room-occupancy hotel after getting a call from his dad, who had tried to kill himself.

The experience left Somers with an impression that community -- whether it's friendships, outreach workers, job support -- might have been able to stop his father's steady decline, which is mirrored today in the lives of other homeless people facing a similar trajectory.

It's a task that calls upon society to be more accountable, more watchful, and to be their brother's keeper, said Somers.

"At the end of the day, we are talking about transforming how we as a society respond to homelessness." © Copyright (c) The Province

-- SOURCE: Shari Wilson

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Resources



CANADIAN SUBSIDY DIRECTORY 2009

The new Canadian Subsidy Directory 2009 is now available, newly revised it is the most complete and affordable reference for anyone looking for financing. It is the perfect tool for new and existing businesses, individuals, foundations and associations.

This Publication contains more than 3200 direct and indirect financial subsidies, grants and loans offered by government departments and agencies, foundations, associations and organizations. In this edition all programs are well described.

All Canada, with Federal, Provincial, & Foundations (CD-Rom PDF file)	\$ 69.95
Printed (430 pages + free CD-Rom)	\$149.95

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SK	\$ 69.95

For your copy, please call Toll Free: 1.866.322.3376

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THE TEN THINGS YOU MUST DO TO REMAIN COMPLIANT WITH CRA: WORKBOOK SERIES

This Series includes eleven hands-on manuals designed to meet the needs of non professional Boards and the requirements of Revenue Canada. From the responsibilities inherent in Board membership,

though Meetings, Officer’s roles, and Fund raising... this series of easy to read, easy to use workbooks includes charts, checklists, and plenty of places to insert your own notes, ideas, requirements, and recommendations... an excellent way to customize the workbooks for the next Board members to fill your shoes.



This easy to use, hands-on Series includes these eleven titles:

- Board Responsibilities
- Boards & Fund Raising
- Evaluation Responsibilities of Boards
- Financial Responsibilities of Boards
- Orientation for Boards
- Meetings
- Policy Development
- Risk Management for Boards
- The Role of the Executive Director
- The Role of the President
- Selection & Recruitment of Board Members

11 Workbook Series (Regular \$219) JTC-BT-01 \$159 CAD

Individual Titles (20 to 46 pages each) \$19.95 CAD ea

-- Source: Not for Profits Canada

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VIDEOS FOR CAREGIVERS

A list of videos that is available on YouTube that deals with subjects of interest to caregivers and their supporters.

CARE FOR THE CAREGIVER

<http://www.youtube.com/watch?v=6YtjAQNIGUU&feature=related>

Tips on how to look after yourself when you are a caregiver.

BURNOUT AMONG CAREGIVERS

<http://www.youtube.com/watch?v=NO7by5IYnXs&feature=related>

A dramatization of the interaction between 2 sisters, regarding caregiving of their mother, followed by analysis.

CAREGIVERS

<http://www.youtube.com/watch?v=OD-8Mk0ANpw&feature=related>

Caregivers speak about their own experiences, including guilt, trying to be perfect, burn out, grieving etc. Caregiving is not a role people usually choose. It seems to choose us, emerging from events and circumstances beyond our control. Caregivers may work in isolation from others in similar circumstances but they share much in common.

CAREGIVING-HEALTHY ACTION MINUTE

<http://www.youtube.com/watch?v=uE88prSxPQ8&feature=related>

A quick-fire piece of helpful advice for all caregivers.

THE SANDWICH GENERATION

http://www.youtube.com/watch?v=nHzxbfKr_Wc&feature=related

Susan Colley-Monk, a caregiver, describes how she takes care of her kids and her parents at the same time. To see a higher resolution video, please visit <http://videos.sacbee.com>

THE SANDWICH GENERATION-MOVIE

<http://www.youtube.com/watch?v=YhXrHD7qWDk&NR=1>

The Sandwich Generation, those caught between their aging parents and young children, includes some 20 million Americans.

In this emotionally charged account of family caregiving, filmmaker Julie Winokur and her husband, photojournalist Ed Kashi, expose their personal lives with unflinching candor. Winokur and Kashi uprooted their two children and their business in order to move 3,000 miles cross-country to care for Winokur's father, Herbie.

At 83, Herbie suffers from dementia and can no longer live alone. Winokur and Kashi are faced with difficult choices and overwhelming responsibility as they charge head on through their Sandwich years. It is a story of love, family dynamics and the immeasurable sacrifice of those who are caught in the middle.

This is a very good trailer for the full length movie. For more information please see <http://mediastorm.org/0009.htm>

-- SOURCE: Tim Readman

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BOOK REVIEW - BUILDING COMMUNITIES INSIDE OUT: A PATH TOWARDS MOBILIZING A COMMUNITY'S ASSETS

Building Communities Inside Out: A Path Towards Mobilizing a Community's Assets, By John P. Kretzmann & John L. McKnight Building Communities from the Inside Out guides readers to a new, asset-based approach to community building that proves everyone has a gift to share. The book offers practical advice, helpful tools, and powerful stories that help us see communities in new ways. Kretzmann and McKnight's front-line experience working with communities across America has created a vital tool for transforming city blocks into neighbourhoods and isolated residents into change agents. McKnight also recently spoke as a keynote at a conference held by the Ontario Volunteer Centre Network. This is an excellent book which can be enormously beneficial to volunteer centres interested in mapping out community assets and the role volunteer centres can play in community development. For anyone who longs to make a difference, this book is a MUST! Published By: ACTA Publications, 1993

-- SOURCE: The Connector: A Volunteer BC Newsletter, September 2009

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LEGAL RESOURCES

CHANGES TO LSS FAMILY LAW COVERAGE

In recent months, there have been several changes to family law legal aid coverage. Here is a brief explanation of how coverage has changed (and/or will still change) for our family law clients. [read more>>](#)

WHAT'S NEW IN CRIMINAL LAW PUBLICATIONS FROM LSS

LSS has been developing a number of criminal law publications over this past year. To help you provide information to your clients facing criminal charges, here's a list of what's recently released, already out there, and still to come. [read more>>](#)

RESOURCES FOR CLIENTS WITH EMPLOYMENT LAW ISSUES

For your clients with employment law questions, here are a few invaluable resources you can refer them to or use yourself to find more information. [read more>>](#)

NEW AND IMPROVED LSS PUBLICATION DISTRIBUTION SERVICES

Our new publication distribution service through Crown Publications is live and ready to use! As of today, you can place orders for your free LSS publications online and receive them within five business days. You can also order by e-mail, mail, fax, or phone. [read more>>](#)

HOT OFF THE PRESS FROM LSS

Read about the latest new and revised publications available from the Legal Services Society, including more criminal law materials and an online-only simplified Chinese version of *Benefits and Services for Seniors*. [read more>>](#)

-- SOURCE: Email - September 25, 2009 ELAN

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Training

OVERVIEW OF VOLUNTEER MANAGEMENT

The Fall session of Overview of Volunteer Management is fast approaching, and now could not be a better time to register!



Kelowna
Community
Resources

As you know, this is an invaluable training opportunity for anyone who will be working with / is working with volunteers. The workshop has been split up to accommodate your increasingly busy schedules and allow you to improve your organization's ability to attract and retain volunteers that will contribute to, build and sustain your organization through this period of economic hardship.

Extensive research has been undertaken on current concerns and issues and a complete review has been made of each module. Highly relevant material has been added about youth volunteerism, and fresh material about adult learning styles has been introduced. Recruiting information is now anchored in the Canadian national volunteer statistics released in June 2009. In addition, a new module has been added to recognize the centrality and vitality of communication when managing volunteers.

There is more competition than ever for those volunteers who can make a significant contribution to the success and sustainability of today's non-profit organizations--as we saw demonstrated at the 2009 Okanagan Volunteer Opportunities Fair. Don't let this opportunity to take the lead pass you by--register today.

Dates: Day 1: Monday, October 26
Day 2: Tuesday, October 27
Day 3: Monday, November 2
Day 4: Tuesday, November 3
Time: 9 am - 4 pm daily
Location: Kelowna Community Resources
120-1735 Dolphin Ave.
Cost: \$199

To register, please call Dawn at 250.763.8008 ext.25 or email dawn@kcr.ca

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"LEADING THE BOARD FROM BEHIND" A WORKSHOP FOR EXECUTIVE DIRECTORS, BOARD CHAIRS, VICE CHAIRS

DO YOU WANT TO BETTER ENGAGE YOUR BOARD IN LEADING YOUR ORGANIZATION?

Do you ever wonder why your Board of Directors rubber stamps decisions and remain silent until next month's meeting? Do you sometimes think your Board micromanages? Working with a Board of

Directors can be one of the most fulfilling – and frustrating – aspects of an Executive Director’s job. This workshop will examine the Executive Director’s role in both supporting and leading the Board from behind. Learn how to better engage your board in achieving your organization’s mission, and develop strategies to clarify your role and your Board’s role. The workshop includes a seven-step process that will assist you in leading your board to lead your organization. This workshop is open to Executive Directors, Board Chairs and Board Vice-chairs.

The facilitator is Colleen Kelly, Executive Director of Volunteer Vancouver. Colleen served as a member of the Sector Steering Committee of the Voluntary Sector Initiative and the Co-chair of the National Volunteerism Initiative Table, and worked to develop the Canada Volunteerism Initiative the Prime Minister announced as a legacy to the International Year of Volunteers in 2001. She has also been part of the Committee that has tackled Society Act Reform in BC. Outside of Canada, she has spoken to audiences in Cape Town, Amsterdam, New York, Barcelona and Sao Paulo, Brazil on such topics as board governance, employer-supported volunteerism, engaging skilled volunteers and building a people-first organization.

As a volunteer, Colleen has served as a Director on the boards of Volunteer BC, Leadership Vancouver, the Centre for Child Development, and the Centre for Sustainability. She has also been a member of the Health and Social Development Allocations Committee at the Vancouver Foundation, a member of the planning and chair of the volunteer committee for the CIVIVUS World Assembly in Vancouver, a member of the committee to evaluate the Vancouver Foundation granting process, and an organizational leadership volunteer with Canadian Red Cross.

Date: November 5, 2009
Time: 9:15 am – 12:15 pm
Register: Kelowna Community Resources, 250.763.8008 ext.25 or dawn@kcr.ca
Cost: \$40 for one person, \$74 for two, and \$108 for 3 people from same not-for-profit

A joint venture between Kelowna Community Resources, Central Okanagan Foundation, the City of Kelowna, and the United Way.



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ENGAGING YOUNGER VOLUNTEERS - FOR TODAY AND FOR TOMORROW

Understanding the interests, motivations and characteristics of this new generation will help us involve them effectively in our organizations. Who are they? What are they looking for in a volunteer experience? What do they see as barriers to volunteering? What do they tell us are the benefits of volunteering? How young is “too young”? Is there a link between early life experiences and volunteering later in life?

Join us for a fun and informative workshop where you will meet new friends and be challenged to move to a new level in your volunteer program. Presented by AVRBC (Association of Volunteer Resources BC).

Date: October 19, 2009
Time: 10 am to 3 pm

Location: Kelowna Community Resources
120 - 1735 Dolphin Ave.
Cost: AVRBC Members \$30.00
Non Members \$45.00

PRESENTER: LILLIAN WHITMORE, CAVR, LIGHTHOUSE CONSULTANTS

As the principle of Lighthouse Consultants, Lillian Whitmore's professional experience includes over 25 years in the non-profit sector in a variety of capacities. A member of AVRBC and certified by CAVR, Lillian conducts workshops in areas such as Volunteer Management, Board Governance, Effective Meetings, Screening Volunteers, and Risk Management. She also offers strategic planning facilitation as well as consulting services for boards and volunteer programs.

To Register or for more information, please contact Glenna Armstrong:

Phone: 250.762.9447 or
Email: glenna.armstrong@diabetes.ca

To join AVRBC please visit: www.avrbc.org

--SOURCE: Glenna Armstrong

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PENTICTON PARENTING CONFERENCE

Communities for Kids is pleased to present our 5th annual one-day workshop for parents, grandparents, caregivers, ECE workers and child care providers with keynote speaker, workshops, door prizes and lunch.

Date: Saturday, October 24, 2009
Time: 8:30 am - 4 pm
Location: Parkway Elementary School
225 Kinney Ave. Penticton
Cost: \$20 per person
\$30 per couple

For additional information, please contact Lynn Cook at 250.469.5511 (collect calls are accepted), or visit: <http://www.communitiesforkids.ca/>

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INCOME ASSISTANCE AND DISABILITY FORMS - FREE WORKSHOP

The Kelowna Women's Resource Centre is presenting a free workshop that will cover issues relating to Income Assistance. The FREE Public Legal Education Workshops Series is designed to ensure time for questions and answer sessions. Funded by the Notary Foundation.

Registration is required and seating is limited, so please call now to reserve your spot. Refreshments served.

Date: October 14, 2009
Time: 9 am - 12 pm
Location: Inn From the Cold
1157 Sutherland Ave. (Upstairs)
Cost: FREE

For additional information and to register, please call 250.762.2355 or email volcoordinator@kwrc.net

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THE RESIDENTIAL TENANCY ACT - FREE WORKSHOP

The Kelowna Women's Resource Centre is presenting a free workshop that will cover all aspects of landlord/tenant rights and obligations and dispute resolution. The FREE Public Legal Education Workshops Series is designed to ensure time for questions and answer sessions. Funded by the Notary Foundation.

Date: October 21, 2009
Time: 9 am - 12 pm
Location: Kelowna Community Resources
120-1735 Dolphin Ave.
Cost: FREE

For additional information and to register, please call 250.762.2355 or email volcoordinator@kwrc.net

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WHEN THE BODY SAYS NO - STRESS AND ITS ROLE IN ILLNESS

When The Body Says No explores the intimate connection between emotion, stress, and disease. This talk will point out the underlying reason people develop many debilitating illnesses. Learn to recognize stress at its most dangerous and how to prevent it.

Presenter: Dr. Gabor Maté
Dates: NOVEMBER 6, 2009, 7 - 9:30 pm
\$25.00
NOVEMBER 7, 2009, 10 am - 3 pm
\$45.00 (lunch supplied)
Location: Church of the Nazarene
1305 W Highway 33

To register, please contact:

Joyce Hesketh
Phone: 250.762.3312
Fax: 250.762.3050
Email: joyce@alzheimerkelowna.com

Web: <http://www.alzheimerkelowna.com/>

ABOUT DR. GABOR MATÉ:

Born in Budapest, Hungary in 1944, Gabor Maté emigrated to Canada with his family in 1957. After graduating with a B.A. from the University of British Columbia in Vancouver, and a few years as a high school English and literature teacher, he returned to school to pursue his childhood dream of being a doctor.

Dr. Maté ran a private family practice in East Vancouver for over twenty years. He was also the Medical Co-ordinator of the Palliative Care Unit at Vancouver Hospital for seven years.

Currently he is the staff physician at the Portland Hotel, a residence and resource centre for the people of Vancouver's Downtown Eastside. Many of his patients suffer from mental illness, drug addiction and HIV, or all three.

Dr. Maté has had regular medical columns in The Vancouver Sun and the national Globe and Mail. Widely recognized for his unique perspective on Attention Deficit Disorder, and his firmly held belief in the connection between mind and body health, he is a sought-after speaker and seminar leader on these topics.

He is the author of four books -- *When the Body Says No: The Cost of Hidden Stress*, and *Scattered Minds: A New Look at the Origins and Healing of Attention Deficit Disorder*. The third book, *Hold on to Your Kids: Why Parents Need to Matter More Than Peers*, he co-authored with developmental psychologist Gordon Neufeld. Most recently published is *In The Realm of Hungry Ghosts: Close Encounters With Addiction*.

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CRA WORKSHOP - BE PREPARED TO FILE YOUR REVENUE CANADA REPORT

Be better prepared to meet your reporting obligations through best practices for agenda planning (Agenda Gems), managing key organizational records (The Shoe Box), financial management (Treasurer's Chest) and fundraising (Fundraiser's Receipt Book).

Tell us what best practices you want to focus on, and register soon - there is limited seating.

Date: Tuesday, November 17, 2009
Times: 1:00 pm - 4:00 pm
Location: Kelowna Community Resources
120 - 1735 Dolphin Avenue
Cost: FREE

Deadline for registering is **November 13, 2009**

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UBC-O DEANS' LECTURE SERIES

Schedule of Speakers for the Fall 2009:

- October 9 Dr. Annamma Joy, Professor in Faculty of Management
The New Cultural Revolution: Luxury Brand Fever in the People's Republic of China
- October 23 Dr. Marvin Krank, Dean of Graduate Studies
Adolescence and Substance Abuse - Why Prevention Fails
- November 6 Dr. Cynthia Mathieson, Acting Dean of Irving K. Barber School of Arts and sciences
Telling Stories: Narratives Are Us!
- November 20 Dr. Robert Belton, Dean of Creative and Critical Studies
He Said, She Said: Why do People See Different Things in Creative Arts?

For more info, please visit: <http://web.ubc.ca/okanagan/welcome.html>

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PARENTING EDUCATION WORKSHOPS - FALL 2009

The Bridge and Youth Family Services Fall line-up:

1,2,3,4, PARENTS!

If parenting your young child is tougher than you thought it would be, attend this 3-session workshop and learn why your child acts like she does and how to keep her safe, bond with her, discipline her *and* take care of yourself.

Cost: \$30 per person / \$45 per couple
Facilitator: Christa Russett

PARENTING CHILDREN AGES 5-12 YEARS

This is a 7-session course based on Systematic Training for Effective Parenting (S.T.E.P.) and topics include understanding you and your child, beliefs and feelings, encouraging your child and yourself, listening and talking to your child, helping children learn to cooperate, discipline that makes sense and choosing your approach.

Cost: \$70 per person / \$125 per couple
Facilitator: Lani Soar

POSITIVE DISCIPLINE

This 3-4 hour session presents a positive way of parenting that is a way of thinking built on 4 principles of effective parenting - focusing on identifying long term goals, providing warmth and structure, understanding how children think and feel, and problem solving.

Cost: \$70 per person / \$125 per couple
Facilitator: Michele Hucul

STRENGTHENING YOUR STEP / BLENDED FAMILY

Make yours a great one with this 6 week video and discussion program your map for a rewarding stepfamily journey. Topics include understanding the pitfalls and potentials, strengthening the couple relationship and the stepchild's dilemmas.

Cost: \$60 per person / \$105 per couple
Facilitator: Sue Foisy

For additional info or to register for one of these workshops, please contact:

The Bridge Youth and Family Services
Phone: 250.763.0456
Email: info@thebridgeservices.ca

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## Volunteerism

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VOLUNTEER CANADA - STANDARDS PROGRAM IN THE MAKING

Standards Program in the Making - Volunteer Canada, along with Imagine Canada and the HR Council for the Voluntary and Non-Profit Sector, are working together to develop a Standards Program for Canada's charities and nonprofit organizations, and to provide access to tools and resources through the Promising Practices Initiative. As part of the Standards Steering Committee, Volunteer Canada is overseeing the implementation of a Standards Program with a focus on governance, human resources (paid and volunteer), accountability, transparency, and financial management. The Committee is also working on developing the Promising Practices Initiative.

To receive updates on this project's development, please visit: <http://volunteer.ca/>

-- SOURCE: *The Connector, A Volunteer BC Newsletter, September 2009*

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GRANTS AVAILABLE TO BUILD YOUR EMPLOYEE AND VOLUNTEER PROGRAMS

Devon Canada is now accepting applications for their Investing in People grant program. These grants offer up to \$5,000 annually for organizational capacity building, specifically funding volunteer and employee recruitment and retention programs. Organizations are encouraged to be creative and, where possible, collaborate with other organizations. Applications must be received by October 16.

For more information, please visit: www.industrymailout.com

--SOURCE: *CharityVillage, September 14, 2009*

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AMERICANS CUT BACK ON VOLUNTEERING, FIND OTHER WAYS TO GIVE

Nearly two thirds (72%) of Americans surveyed said they cut back on time spent volunteering, participating in groups, and doing other civic activities in the past year, according to a study by the National Conference on Citizenship. However, 50% of those surveyed said they gave food or money to someone in need who is not a relative, while 43% gave food or money to someone in need who is a relative. As well, 17% of respondents allowed a relative to live in their home or on their property, and 11% did the same for a non-relative. The study also shows that although people of lower incomes are less likely to volunteer than affluent Americans (29% vs. 50%), they are more likely to give food, money or shelter (24% vs. 21%) -- *Source: Charity Village: September 8, 2009 National Conference on Citizenship*

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EXECUTIVE DIRECTOR: HONOUR YOUR MANAGER OF VOLUNTEERS

Why not send me a 25-50 word description about the person who manages volunteers for your organization? I'll take what you send me and feature your manager of volunteers in the Volunteer Vibe column that runs on Fridays in the Capital News. I would really enjoy using the month of November to focus the content of this column to honour individuals who lead volunteers.

Send me an email that brags about your volunteer manger. Sin his or her praises. Relay a heart warming story about how they make a difference.

Dawn Wilkinson, Coordinator
Community Information & Volunteer Centre, (KCR)
E: informkelowna@kcr.ca
P. 250.763.8008 Ext 24

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VOLUNTEER OPPORTUNITY - BOARD MEMBERS

PLAN Okanagan is seeking volunteer Board members for a term of 2 years. The Board of Directors is the legal authority for PLAN Okanagan (Okanagan Lifetime Networks Association). As a member of the Board, a Director acts in a position of trust for the community and is responsible for the effective governance of the organization.

Requirements are regular attendance at board meetings and AGM, serving on at least one committee and a time commitment of approximately 3-5 hours per month. The board meetings are approx 2 hours on the second Monday of each month.

Board members will have an opportunity to learn about and contribute to a civic-minded organization that is building healthier communities. In addition, you can increase your knowledge around future

planning (tax estate), of OLNA, understanding of the importance of relationships in peoples lives, and be involved with like minded people that will be a source of support.

For additional information on Board positions, please contact:

Mary Bickert

OR

David Paynter

Phone: 250.860.2080
Email: mary@planok.ca

Phone: 250.768.4815
Email: lepaynter@shaw.ca

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Do you have news related to volunteer management, volunteerism, or the voluntary sector that you wish to share with your colleagues? Send Community Information and Volunteer Centre your information at [informkelowna@kcr.ca](mailto:informkelowna@kcr.ca) by the 20th of the month.

This Bulletin is a publication of Community Information and Volunteer Centre. To subscribe or unsubscribe, please send an email to [informkelowna@kcr.ca](mailto:informkelowna@kcr.ca).

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Community Information and Volunteer Centre is a program of Kelowna Community Resources. Go to www.kcr.ca for more information about Kelowna Community Resources and Community Information and Volunteer Centre. Be sure to add or update your volunteer and / or organization information.