



Monthly Bulletin – October 2014

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KCR Highlights

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CSAE-BC Okanagan Inaugural Roundtable

Date: Wednesday, October 15, 2014

Time: 7:30am – Networking breakfast

8:00am – 9:30am – Presentation & Roundtable

Location: Delta Grand Okanagan Resort & Conference Centre, 1310 Water Street Kelowna, BC

Cost: \$26.25 for members / \$36.75 for non-members

Breakfast included (Price includes GST – GST#R106866890)

[Register Now](#)

This is the inaugural Roundtable meeting and presentation for the Okanagan region of the Canadian Society of Association Executives BC chapter (CSAE-BC).

The aim is to bring together those who work in the not-for-profit sector to share knowledge and best practices.

Kicking off with a networking breakfast, this session will feature:

Seeing the opportunity in the obstacle: The not-for-profit's role in our ever-changing society

A presentation by Ellen Boelcke, Executive Director, Kelowna Community Resources

With new issues and barriers continuously arising, we are often faced with the challenge of being forced to make significant changes while ensuring we are true to our core mission. By focusing on the opportunities of change rather than the obstacles, we will be able to more successfully navigate the always changing landscape of the not-for-profit industry.

There will also be an opportunity to share peer best practices and common challenges within the association/not-for-profit industry in the Okanagan and beyond.

Anyone working in the not-for-profit/association sector is encouraged to attend. Both CSAE members and non-CSAE members are welcome.

About the Speaker

Ellen Boelcke, Executive Director, Kelowna Community Resources

Ellen received a Bachelor of Arts focusing on administration and management and a Master's Degree in Education specializing in andragogy and career development from the University of Alberta. She has over 28 years of experience in the social service sector in both Alberta and BC, within both government and community agencies. Presently, she holds the position of Executive Director with Kelowna Community Resources, a multiservice not-for-profit agency in the Central Okanagan.

[Register Now](#)

-Source: Tim Read, Manager, Human Resources Management Association, 22 September 2014

Publication Updates

[Download: KCR's Media Resources Guide \(PDF\)](#)

The Media Resources Guide is a quick reference for local newspapers, magazines and online media in the Central Okanagan. KCR provides this FREE service to support your non-profit organization. Please submit your event ideas for Banner Ads and your volunteer recruitment for the Volunteer Centre column.



[Download Get Involved: Volunteering Central Okanagan Style 2014 \(PDF\)](#)

Looking for more information on volunteering in the Central Okanagan? Check out the latest Get Involved magazine and visit the Okanagan Volunteer Opportunities Fair info pages.



-Source: Dawn Anthony, Community Services, 23 September 2014

Workshop: Overview of Volunteer Management 2014

Dates: October 27-28, November 3-4

Time: 9:00am – 4:00pm

Location: 120 – 1735 Dolphin Ave, Kelowna, BC

Cost: \$199 Includes materials and light refreshments

[Register Now](#)

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

Payment

Up to 4 days prior to the workshop: non-refundable amount = \$50.00 (Effective July 31, 2012)

3 days or less: non-refundable amount = \$100.00 (Effective July 31, 2012)



[Register Now](#)

-Source: Stephanie Moore, Project Manager, KCR, July 2014

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

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Financial

- [2015 ARTS, CULTURE & HERITAGE GRANT WORKSHOPS](#)
- [ARTSVEST KELOWNA 2014/15](#)

2015 Arts, Culture & Heritage Grant Workshops

The City of Kelowna's Cultural Services Branch is hosting information workshops at the Black Box Theatre for non-profit organizations interested in applying for 2015 Arts & Culture Operating, Project and Community Public Art grants. Workshops are free. To register call 250.469.8800.

Wednesday, October 8

5:00 – 7:00pm (barcode 139317)

Thursday, October 9

3:00pm – 5:00pm (barcode 139318)

-Source: City of Kelowna, 12 September 2014

artsVest Kelowna 2014/15

Business for the Arts has returned for a second year of its successful artsVest™ program in Kelowna for 2014-2015. The program is being delivered with funding support from Business for the Arts and the City of Kelowna. In 2013-2014, 74 businesses in the Central Okanagan partnered with 22 arts, culture & heritage organizations generating \$299,240 in business sponsorship. There was \$94,017 in matching funds distributed for a total impact of \$393,257 in the region.

-Source: City of Kelowna, 12 September 2014

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Housing

- [WHY DO PEOPLE BECOME HOMELESS?](#)
- [BLUE RODEO TO HEADLINE VANCOUVER BENEFIT CONCERT IN SUPPORT OF ENDING HOMELESSNESS](#)
- [SENIORS' HOUSING INFORMATION SESSION](#)

Why do People Become Homeless?

People who are homeless are not a distinct and separate population. In fact the line between being homeless and not being homeless is quite fluid. In general, the pathways into and out of homelessness are neither linear nor uniform. Individuals and families who wind up homeless may not share much in common with each other, aside from the fact that they are extremely vulnerable, and lack adequate housing and income and the necessary supports to ensure they stay housed. The causes of homelessness reflect an intricate interplay between structural factors, systems failures and individual circumstances. Homelessness is usually the result of the cumulative impact of a number of factors, rather than a single cause.

Structural factors are economic and societal issues that affect opportunities and social environments for individuals. Key factors can include the lack of adequate income, access to affordable housing and health supports and/or the experience of discrimination. Shifts in the economy both nationally and locally can create challenges for people to earn an adequate income, pay for food and for housing.

[Read More](#)

-Source: The Homeless Hub, Newsletter, 11 September 2014

Blue Rodeo to Headline Vancouver Benefit Concert in Support of Ending Homelessness

The CAEH today announced a benefit concert in support of ending homelessness in Canada. 'Band Together' will take place on November 4, 2014 at the Orpheum Theatre in Vancouver and will feature Canadian Music Hall of Fame inductees Blue Rodeo with special guests High Valley.

CAEH will direct concert proceeds to develop and pilot a national campaign to house and support 20,000 of Canada's most vulnerable homeless people. This is the first of what we expect will become an annual concert series.

Tickets start at \$79 and will go on sale on Thursday, September 18 at 10:00am PST at www.bandtogetherconcert.ca.

Band Together is taking place in connection with the second annual National Conference on Ending Homelessness, November 3-5 at the Sheraton Wall Centre Hotel in Vancouver. Special ticket pre-sale for #CAEH14 conference registrants! Don't miss out!

[Register today](#)

-Source: Canadian Alliance to End Homelessness, Newsletter, 11 September 2014

Seniors' Housing Information Session

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 nurse will also be present to help answer long term care questions. This session is provided monthly. Next upcoming session:

Date: Thursday, October 9th, 10:00am – 11:00am

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

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

-Source: Meghan Derkach, Regional Housing Program, Seniors Outreach & Resource Centre

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Local

- [6TH ANNUAL REASON FOR THE SEASONS](#)
- [UBC OKANAGAN CAREER FAIR](#)
- [SAVE THE DATE – CATCH FALL NETWORK GATHERING](#)
- [8-WEEK ADULT GRIEF GROUP](#)
- [SUICIDE BEREAVEMENT SUPPORT GROUP](#)
- [GREEN THUMB WINNERS ANNOUNCED](#)
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6th Annual Reason for the Seasons

Date: Friday November 7, 6:00pm – Saturday, 12:00am

Location: The Harvest Golf Club, 2725 KLO Rd, Kelowna

You are cordially invited to Elevation Outdoors 6th Annual Reason for the Seasons Gala fundraiser!

The evening promises to be a fun filled night with live entertainment, auctions, good friends, great food and delicious wine all in aid of helping inspire Kelowna Youth, through exciting outdoor programs!!

Please click on the link below to register or RSVP

- [Get more information](#)
- [Register Now!](#)
- [I can't make it](#)

If you have any questions about the event or would like to purchase tickets as a group of 8 or 10 to make up a table, please [contact Christina](#) at Impact Events.

-Source: Tori Hanson, Elevation Outdoors, 3 September 2014

UBC Okanagan Career Fair

Registration is now open for our annual Career Fair in beautiful Kelowna, BC! We have timed our Career Fair event date, as last year, to be adjacent to Okanagan College's Business Expo, so you can consider attending both schools to gain exposure to thousands of students from both campuses.

UBC's Okanagan campus event is Thursday, February 5th – [More Info & Register Online](#) and Okanagan College's is Wednesday, February 4th – [More Info & Register Online](#)

Our UBC campus has grown to over 8000 students representing over 50 diverse majors such as International Relations, Earth and Environmental Sciences, Economics, Engineering, Management, Biology, Psychology, Social Work, Nursing, Teaching, Creative Writing, and many others.

Please see link above or below in the Save the Date to link directly to our website: you'll find information about sponsorship opportunities and event details on the left-hand navigation bar, and a link to the online registration form.

In addition, on the left-hand navigation bar you will see our UBC Okanagan campus' fall event, Career Days, coming up in November. If you are interested in recruiting on campus in the fall, please [check the event out](#)

Presented by the Faculty of Management but open to all our students.

-Source: Robin Whittall, Career Advisor, The University of British Columbia, 2 September 2014

Save the Date – CATCH Fall Network Gathering

Date: October 7th, 11:30 – 2:00

Location: Laurel Packinghouse

This Fall we will:

- Update on our Learning About Families Connections to Services research project. Come hear about what we have learned from families
- Plenary dialogue on our research presentation
- Opportunity for brief highlights from our partner agencies

-Source: Community Action Toward Children's Health, Newsletter, 21 August 2014

8-Week Adult Grief Group

Kelowna 8-Week Adult Grief Group

Offered by the Central Okanagan Hospice Association (COHA)

Date: 6:00pm – 8:00pm, Mondays, September 22nd – November 17th (No class October 13th)

Location: 104-1456 St Paul Street

The 8-Week Adult Grief Group is open to anyone who has lost a loved one, even if the loss occurred outside of Hospice House. The group is facilitated by trained COHA volunteers and counsellors.

This group provides an opportunity for adults to explore their feelings of loss in order to promote healthy living. Each week a new theme is discussed, so attendance at as many

sessions as possible is preferred. There is no cost to participate; the only requirement is to protect the confidentiality of the group outside of meetings.

Registration is required as space is limited.

For more information, contact our office at 250.763.5511 or email bereavement@hospicecoha.org

West Kelowna 8-Week Adult Grief Group

offered by Central Okanagan Hospice Association (COHA)

Date: 10:00am – 12:00pm, Tuesdays, September 30 – November 25 (No class November 11th)

Location: Westwood Retirement Resort, 2505 Ingram Rd

Attending a group is an opportunity to connect with others who are also experiencing grief due to the loss of a loved one. There is no right way to grieve and the group allows you to take your own journey, while travelling with and listening to others, in a safe and supportive environment. Every week a different topic is covered. Each session builds upon the previous week's discussions, so attending as many sessions as possible is preferred. West Kelowna is facilitated by a trained COHA volunteer and a professional counsellor. There is no cost to participate; the only requirement is protecting the confidentiality of the group outside meetings.

Space is limited and pre-registration is required.

To register contact Pauline Weninger, COHA Bereavement Services at 250-763-5511 x 106, or email bereavement@hospicecoha.org.

Thank you to Westwood Retirement Resort for the use of its space.

-Source: Pauline Weninger, Bereavement and Complementary Care Coordinator, Central Okanagan Hospice Association, 2 September 2014

Suicide Bereavement Support Group

Date: Thursdays, 6:30pm – 8:30pm, October 9th – November 27th

Okanagan Suicide Awareness Society is hosting an eight-week suicide support group for those who have lost a loved one to suicide.

SOLOS: Surviving Our Loved Ones Suicide www.facebook.com/groups.solosokanagan

This is an opportunity to connect and share in a safe and supportive environment with others who understand your pain.

There is no cost to participate. Registration is required as space is limited. Exact location will be given at time of registration.

To register or for more information, contact Jenn 250.300.7900 or jpaquette@suicideawareness.ca.

-Source: Jenn Paquette, Network Coordinator for Suicide Survivors, Okanagan Suicide Awareness Society, 22 September 2014

Green Thumb Winners Announced

The Communities in Bloom Committee has announced the winners for this year's Green Thumb Awards.

The winners were honoured during an award reception on Wednesday, Sept. 17. The awards recognize local individuals, businesses and communities that help beautify our City through their gardening and stewardship efforts. Congratulations to all of the winners:

Best large residential garden

Marion and Wyn Lewis, Okanagan Villa

Best Medium Sized Garden

Judy Lang and Brian Chamberlain

Best Small Garden

Vera and Brent Cumiskey

Best Guerilla Garden

King's Garden – Alma Ingbritson and Coleen McClain

Best Design for Heritage House Landscaping

Lindon House – Linda Scott McDonald and Don McDonald

Best School Garden

Casorso Elementary School

Best Large Business Landscaping

Recreation Inn and Patio Chaos

Best Golf Course Landscaping

Harvest Golf Club

Best Doctor's Office Landscaping – Small Business Category –

Dr. Stan and Margaret Szombathy

Best Multi-unit Residential Landscaping

Bristol Gardens

Best Rental Apartment Flower Garden

Palisades Apartments on Walnut St – Victor Good for Witmar Development

Best Institutional Landscaping

Central Okanagan Hospice House Garden

Best Gated Community Landscaping
Sandhaven

Best Seniors Residence Landscaping
Lakeshore Place

Best Church Landscaping
St. Andrews Church

Best Community Garden
Willow Park Rutland

Best Blocks
South Pandosy – Lakeshore from Raymer to Landfranco

Gardener of the Year
Master Gardener Darlene Cross

For more information, visit kelowna.ca/parks.

-Source: City of Kelowna News Releases, 18 September 2014

Masters of Eastern Europe – Opera Kelowna Gala Concert And Dinner

Opera Kelowna will open their second season with Opera Gala 2014. This highly anticipated evening will take place on **Saturday, October 11th**, with a premier concert production Masters of Eastern Europe featuring Kelowna's beloved Pianist Arnold Draper, Lyric Soprano Alexandra Kosachukova Babel, Baritone Andrew Greenwood, Cellist Martin Krátky, Violinist Karen Krout and Toronto based ballet dancers Cristina Graziano and Gabriel Ritzmann Sarmiento from Canada's Ballet Jörgen.

A black-tie and full-gown affair designed by Opera Kelowna's Creative Director Andrea Bates and Event Designer Dore Blais, Opera Gala 2014 will begin at six o'clock at the Kelowna Art Gallery where you will be escorted by the beautifully costumed members of the Dolyna Ukrainian Cultural Society into Czar-like opulence. After an elegant caviar and vodka cocktail reception guests will adjourn to the dinner table of a resplendent imperial palace for a lavish banquet presented by celebrated caterers Details Catering.

A special live auction of four themed packages including "The Rachmaninoff Painting" by artist Charla Maarschalk will be held as guests prepare to make their way to the concert. Opera Kelowna has commissioned artist Charla Maarschalk to create all the original artwork for our second season which includes our mainstage production of The Marriage of Figaro in August 2015. "Charla has captured the essence of this company with her talent" says, Babel. This year's concert will feature the filmography talent of James Blonde and Trance Blackman of Revolution Events who will bring the Rachmaninoff painting to life during the first movement of the Rachmaninoff Cello Concerto. "This is our vision to continue to fuse the fine arts into the performing arts" adds Babel. All the original paintings from last season will be auctioned off over the upcoming season, so get your bid in early!

At eight o'clock, the curtain will rise in the Mary Irwin Theatre for Masters of Eastern Europe. The program will celebrate some of the world's greatest Eastern European composers including Rachmaninoff, Tchaikovsky, Arensky, Scriabin and Chopin through songs, arias, ballet, piano and strings. Following the dramatic choral conclusion of this gala performance, patrons, special VIP guests and performers will return to the beautiful Kelowna Art Gallery for an after-party of wine, snacks and dancing.

[Purchase tickets here](#) or by calling Opera Kelowna at 250.575.1434 or by email at operakelowna@gmail.com.

-Source: Andrea Bates, Opera Kelowna, 16 September 2014

Introducing Okanaganbids.com

New Valley Wide Weekly Auction Deals Site

Bid on many different items and other auctions, plus services from local businesses! A new auction runs each week from Wednesday at Noon til Tuesday at 7:00pm.

[Visit the Site](#)

-Source: Okanagan Valley Newspaper Group, 11 September 2014

Upcoming Metro UP Programs

With summer coming to a close, we wanted to remind you about some upcoming Metro UP programs. Please spread the word to individuals that you think would make great candidates for any these upcoming programs! Any questions? Please [email us](#) and we will get back to you!

DOLLARS & SENSE

This free financial literacy course is offered over 9 weeks beginning Tuesday, October 14th, 2014 at Okanagan College-Kelowna Campus! This course includes financial training materials and training on topics such as budgeting, credit, saving and spending. Each week also includes a free meal prepared and served by the Okanagan Culinary Arts Students! Dinner is served at 6:00pm with the financial literacy training starting after dinner until 8:30pm each week!

[Learn More & Apply Online](#)

MATCHED SAVINGS

This one-year program (meeting monthly) provides qualifying participants the ability to learn better financial management tools while committing to save \$25-\$50 each month. At the end of the year, graduates are awarded a Matched Savings Grant from Metro UP for \$3 on every \$1 saved to be used towards the purchase of an approved asset that will help them build a sustainable livelihood! Application Deadline is Friday, October 10th with the program set to start in late October/early November.

[Learn More & Apply Online](#)

-Source: Michael Wendland, Metro UP, 22 September 2014

Edward Burtynsky – The Landscape of Human Systems

Date: Wednesday, October 22nd, 7:00pm

Location: Kelowna Community Theatre, 1375 Water St

[Register Now](#)

Seats are free for this event, but online registration is required

In *The Landscape of Human Systems*, Edward Burtynsky discusses the intersection of his image-making process as an artist while exploring modern civilization's troubling relationship with nature.

Using large-scale photographs and film, Burtynsky will speak in Kelowna on October 22 as part of UBC's Distinguished Speaker Series.

Presented by the Irving K. Barber School of Arts and Sciences, in collaboration with the Faculty of Creative and Critical Studies.

[Learn More](#)

-Source: UBC Okanagan Community Engagement Office, Newsletter, 22 September 2014

Vote by Mail Option

If you won't be in town for Election Day, Saturday, November 15, or during any of the advance voting days, November 5, 12, 13 and 14, you may still be able to vote. Complete an application to request a mail ballot package by Friday, October 24 online at kelowna.ca/election or pick up an application at the Office of the City Clerk at City Hall, 2nd floor, 1435 Water Street. Those with disabilities and illness or injury that affects their ability to visit a voting location may also apply for a mail-in ballot.

Completed mail-in ballots must be returned to the Chief Election Officer at City Hall by 8 p.m. on Election Day, Saturday, Nov.15.

You are eligible to vote if you have been a resident of Kelowna for 30 days or longer, are 18 years of age or older, have lived in BC for at least six months and are a Canadian citizen. For more information about the election, resident/non-resident (property) elector eligibility, or other voting opportunities, visit kelowna.ca/election.

-Source: City of Kelowna, Newsletter, 24 September 2014

Workshop: Coping with the Aging Ear

'Coping with the Aging Ear' begins soon, which is a precursor to 'Let's Talk and Let's Talk Some More' speech reading classes. This class helps those gain some understanding and better manage their progressive hearing loss. It is a 6 week course for 1.5 hrs a week and only costs \$25 per person. These workshops are a great benefit for aging seniors.

Topics include:

- Coping Strategies
 - Speechreading
 - Warm-ups & Everyday Expressions
- Modifying Your Environment
 - Background Noise
 - Lighting
 - Distance / Vision
 - The Speaker
- Modifying Communication Strategies
 - Problem Situations
 - Helping Others to Help You
 - Television Help
 - The Telephone
 - Public Places

-Source: Leslee Scott, Hearing Care Consultant & LACE E-Coach, 24 September 2014

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Social Media

- [HOW TO TRAIN YOUR ATTENTION AND BE EFFECTIVE WHEN WORKING ONLINE](#)
- [NEW 'DIP TO DONATE' TECHNOLOGY](#)
- [MOBILE FOR GOOD: A FREE HOW-TO FUNDRAISING WEBINAR FOR NONPROFITS](#)
- [9 MUST-KNOW BEST PRACTICES FOR DISTRIBUTING YOUR NONPROFIT'S CONTENT ON SOCIAL NETWORKS](#)
- [TIPS FOR CREATING LOW-TO-NO COST VIDEOS FOR NONPROFITS](#)

How to Train Your Attention and Be Effective When Working Online

Take a guess. Be honest. How long can you pay attention when working online before your mind wanders? According to the Statistic Brain site list of attention span stats, in 2000 we had a 12 second attention span compared with an 8 second attention in 2013. To put this context, a gold fish has an attention span of 9 seconds! Attention span is the amount of concentrated time on a task without becoming distracted. Most educators and psychologists agree that the ability to focus attention on a task is crucial for the achievement of one's goals. It's no surprise attention spans have been decreasing over the past decade with the increase in external stimulation – social media, mobile phones, and the flood of online information.

What's making our human brains like those of gold fish? There is also so much information online that it is now measured in exabytes, which is equal to a quintillion bytes. The creation and sharing of content on social media and social networks is accelerating the problem. This infographic summarizes how much information is generated online by users in a minute. For example, Facebook users share 684,478 pieces of content in a minute. When we work online, especially social, we have to fight this jungle of unstructured user generated information, content, and data and build up our focusing skills.

We can't simply blame the problem on information overload, it is mindless consumption of information. We all need to go on an Information Diet as Clay Johnson described it in his book with the same title. That means we must practice mindful consumption and sharing of information. And, we have to understand and apply a little brain science.

[Read More](#)

-Source: Charity Village, Village Vibes, 18 September 2014

New 'Dip to Donate' Technology

A new piece of 'giving' technology could change the way that people make donations to charities, with tin-rattling coin collectors a possible thing of the past.

With the cashless society taking hold, a New York-based start-up company has created the world's first electronic tip jar.

DipJar is the creation of friends Ryder Kessler and Jordan Bar Am who have completed a pilot testing round and raised more than \$400,000 to see their unique idea be launched into its second round of production.

Kessler came up with the idea for the DipJar after he realised that the baristas at his local coffee shop were no longer receiving many tips because most of their customers were paying with cards.

He decided to create something that would allow people to give quick tips using their credit cards.

Speaking from New York, Bar Am told Pro Bono Australia News that the DipJar also had a charitable counterpart, the GiveJar that would enable Not for Profit organisations to take advantage of the changing way people are paying for things.

[Read More](#)

-Source: Charity Village, Village Vibes, 18 September 2014

Mobile for Good: A Free How-To Fundraising Webinar for Nonprofits

Date: Thursday, October 23, 1:00pm – 2:30pm EDT

Cost: Free!

[Register Now](#)

Based on more than 20 years of experience and 25,000+ hours spent utilizing mobile and social media, [Mobile for Good: A How-To Fundraising Guide for Nonprofits](#) is a comprehensive 256-page book packed with more than 500 best practices. This free webinar will feature [one best practice from each of the book's sixteen chapters](#) and will provide the basis for writing and implementing a comprehensive fundraising and content strategy.

Topics will include:

- How to launch a mobile-compatible website.
- The importance of mobile-optimizing your email communications.
- The effective implementation of crowdfunding campaigns.
- Fundraising via mobile wallets.
- Utilizing text messaging and text-to-give.
- Telling your nonprofit's story through blogging.
- Creating visual content, such as branded images and infographics.
- Using social networks effectively for fundraising.
- The importance of reporting live from events and communicating online in real-time.

[Register Now](#)

-Source: Nonprofit Tech for Good, 20 September 2014

9 Must-Know Best Practices for Distributing Your Nonprofit's Content on Social Networks

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

The Internet is at a tipping point. It's estimated that by late 2014 or early 2015 the majority of adults will get their information from social networks rather than search engines and that social networks will become the primary source of referral traffic to your website and blog. Any doubts that social networks aren't powerful or don't need to be prioritized in your online communications and fundraising campaigns can now be put to rest. The sooner your nonprofit can master content distribution on social networks, the more likely (and faster) your fundraising and content strategies will result in success. Nonprofits have been experimenting with mobile and social networks for years. Sadly many of them do not fully understand how social networks are different from traditional online communications and fundraising, and consequently nonprofits are making many mistakes that are hampering their success.

The effective use of social networks is a skill not to be underestimated. Each mobile and social network has its own unique tool set and etiquette, and only the most observant new media managers have learned what makes each social network unique and then adapted that knowledge to their content strategy. There are universal best practices that can be applied to all social networks. To avoid being repetitive by listing these best practices in each of the chapters dedicated to social networks, those universal best practices are:

1. Prioritize storytelling over marketing
The five content approaches of success, urgency, statistics, quotes, and humor should be interwoven throughout your social network strategy. Increasingly, donors and supporters follow causes on social networks. If you make storytelling a higher priority than marketing, then over time your nonprofit's brand becomes synonymous with the cause(s) you advocate.. In practice, for every five status updates, posts, or tweets, four should be related to storytelling (through blogs, website articles, video, photos, stats, and quotes), while only one should be a direct ask such as a marketing or fundraising pitch. The only exception is in crisis situations where urgent calls to action require mobilizing your social networking communities to donate, volunteer, or participate in advocacy campaigns.

[Read More](#)

-Source: Nonprofit Tech for Good, 14 September 2014

Tips For Creating Low-To-No Cost Videos For Nonprofits

A lot of non-profits are a bit intimidated by the idea of venturing into the video world, primarily due to fears about the cost. You don't have to hire a production studio, and you don't have to rent or buy expensive equipment. You can actually do it for no money at all! Here's how.

Low-Cost Production:

1. Hire an intern or recruit a volunteer with video making experience. Some schools have an

option for communications, media or journalism students to complete a non-remunerated internship for credit. Take advantage of this! Also, your volunteer pool probably contains many talented people. Send a call out for media help and you'll be surprised what you'll find. These people often have access to equipment and editing labs as well, so there will be little to no cost for rental.

[Read More](#)

-Source: TechSoup Canada, Admin's Blog, September 2014

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- [LIFE IN RESIDENTIAL CARE](#)

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About the Speaker

Ellen Boelcke, Executive Director, Kelowna Community Resources

Ellen received a Bachelor of Arts focusing on administration and management and a Master's Degree in Education specializing in andragogy and career development from the University of Alberta. She has over 28 years of experience in the social service sector in both Alberta and BC, within both government and community agencies. Presently, she

holds the position of Executive Director with Kelowna Community Resources, a multiservice not-for-profit agency in the Central Okanagan.

[Register Now](#)

-Source: Tim Read, Manager, Human Resources Management Association, 22 September 2014

Workshops for Helping Professionals

Caring on Empty

A one-day workshop for helping professionals wanting to :

- Explore compassion fatigue (CF) in a rich multidisciplinary setting
- Understand the differences – CF, burnout & vicarious trauma
- Discover your CF risk & identify early warning signs
- Learn positive strategies for reducing CF risk and increasing resilience
- Create a personal wellness plan for CF resilience

Jan Spilman, MEd, is a CF Specialist who helps people-who-help-people to live well with the stress of their personal and professional care-giving. She has worked as a critical care nurse, trauma & loss therapist & mental health educator.

Date: Saturday, November 8th, 2014

Time: 9:00am – 4:00pm (Registration at 8:30am)

Cost: \$189 (Includes GST)

Location: Park Room, Christ Church Cathedral, Vancouver

Register: Call 604.297.0609 or email caregiverwellness@shaw.ca

(Registration closes October 31st)

A Beginners Enneagram Workshop for Adults

This beginners workshop will introduce you to the Enneagram, a dynamic system of nine distinct personality types rooted in modern personality research and ancient wisdom traditions. The Enneagram can help you to enhance self-compassion, improve relationships, understand areas of reactivity (the things that push your buttons) and maximize your strengths. During the workshop, you will:

- Learn about ethical use of the Enneagram
- Hear nine detailed type descriptions and watch film clips for each type
- Begin the process of discovering & verifying your own personality type
- Have the opportunity to both laugh out loud in self-recognition & reflect seriously on your type's opportunities for growth

Date: Friday, November 27th, 2014

Time: 9:00am – 4:00pm (Registration at 8:30am)

Cost: \$189 (Includes GST, lunch, handouts & book)

Location: Park Room, Christ Church Cathedral, Vancouver

Register: Call 604.297.0609 or email caregiverwellness@shaw.ca

-Source: Jan Spilman, Caregiver Wellness, 8 September 2014

Kelowna Arthritis Centre – 2014 Fall/Winter Programs

Fibromyalgia (FM) Management Program

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

Date: Wednesday, October 22nd – December 10th

Time: 1:00pm – 3:00pm

Location: Kelowna Arthritis Centre, 150A – 1855 Kirschner Rd, Kelowna

Fee: \$40 (includes individual program introduction and all course materials)

Register: Call 250.868.8643

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

Chronic Pain Management Workshop

This FREE 2-hour workshop shows you self-help techniques to reduce pain. Various pain relief tools are covered, along with helpful exercise tips.

Date: Wednesday, November 26th

Time: 6:00pm – 8:00pm

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

Register: Call 250.768.4442

Date: Monday, October 20th

Time: 1:00pm – 3:00pm

Location: Rutland Activity Centre, 765 Dodd Rd, Kelowna

Register: 1.866.414.7766

Arthritis & Your Feet

Another FREE 2 hour workshop dealing with Arthritis and your feet.

Date: Tuesday, October 7th

Time: 6:30pm – 8:30pm

Location: TBA

Register: 1.866.414.7766

Arthritis & Your Neck

This FREE 2 hour workshop will deal with the different types of arthritis and how they affect your neck. What are your treatment options – what can help. You will learn what the self help approaches are for reducing stiffness and pain.

Date: Wednesday, October 15th

Time: 6:30pm – 8:30pm

Location: Okanagan College, 1000 KLO Rd

Register: 1.866.414.7766

Dreaming of a Good Night's Sleep?

In this FREE 2 hour workshop you will learn about sleep, arthritis related sleep problems, and what you can do to get a better night's sleep.

Date: Tuesday, November 25th

Time: 6:30pm – 8:30pm

Location: Okanagan College, 1000 KLO Rd

Register: 1.866.414.7766

Osteoarthritis Education Program

This 4 session program is designed for people affected by osteoarthritis. Topics include understanding osteoarthritis and pain, changing pain and improving function, protecting your joints, managing fatigue, exercise techniques and specific joint exercises.

Date: Tuesdays & Thursdays (October 7, 9, 14 & 16 OR December 2, 4, 9 & 11)
Time: 1:00pm – 3:00pm
Location: Kelowna Arthritis Centre, 150A-1855 Kirschner Rd
Fee: \$25 (includes course materials)
Register: 250.868.8643

Arthritis Self Management Program

ASMP is designed to give you the tools and knowledge you need to take control of your arthritis. Offering training and practical advice, this research based program enhances your understanding of arthritis and empowers you to take a more active role in managing it.

Date: 6 consecutive Monday afternoons, October 27th – December 1st

Time: 1:00pm – 3:00pm

Location: Rutland Senior Centre, 765 Dodd Rd

Fee: \$25 (includes all 6 sessions and the Arthritis Helpbook – family or friend (Without the Helpbook, fee is \$10))

Register: 250.868.8643

-Source: Alvera Pucilowski, Support Assistant, The Arthritis Society, 17 September 2014

Family Caregiver Series

Dates: October 10th, 17th, 24th, 1:00pm – 4:00pm

Location: Village at Mill Creek, 1450 Sutherland Ave, Kelowna

Cost: By Donation

Call to register: 250.860.0305

E-mail: cgronlund@alzheimerbc.org

Pre-registration is required. Programs with insufficient registrants will be cancelled.

A three-session series for family members who are caring for a person with dementia. Learn about dementia, practical coping strategies, and early planning.

The Family Caregiver Series covers the following topics:

- Understanding Dementia
- Understanding Communication
- Understanding Behaviour
- Planning for the Future
- Self-Care for Caregivers

-Source: Carly Gronlund, Support & Education Coordinator, Alzheimer Society of BC, 23 September 2014

Life in Residential Care

Dates: October 21st, 1:00pm – 3:00pm

Location: Alzheimer Resource Centre, 307 – 1664 Richter St, Kelowna

Cost: By Donation

Call to register: 250.860.0305

E-mail: cgronlund@alzheimerbc.org

Pre-registration is required. Programs with insufficient registrants will be cancelled.

This session focuses on the process of adjustment after a person with dementia has moved into a residential care facility. Learn about the changes to your role as a caregiver that this transition can bring, and how to enhance your visits. The session will also review strategies for working effectively with a care team and offers tips for acting as an advocate within a residential care setting.

-Source: Carly Gronlund, Support & Education Coordinator, Alzheimer Society of BC, 23 September 2014

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Volunteerism

- [EVALUATION CAPACITY BUILDING IN PUBLIC AND NON-PROFIT SECTORS: THOUGHTS ON STRATEGIES!](#)
- [CENTRAL OKANAGAN ELIZABETH FRY SOCIETY IS LOOKING FOR BOARD MEMBERS](#)
- [UPDATE: RCMP TAKES ALL TIMELINES OFF MANDATORY FINGERPRINTING PLANS](#)
- [VOLUNTEERS NEEDED FOR BMO OKANAGAN MARATHON](#)

Evaluation Capacity Building in Public and Non-profit Sectors: Thoughts on Strategies!

Date: Thursday, October 2, 2014, 3:15pm – 4:45pm (Doors open at 2:45pm)

Location: Crowe MacKay LLP Board Room, 500-1620 Dickson Ave., Kelowna, BC (Free parking available in two-hour visitor stalls in the parking lot and on surrounding avenues.)

Cost: CES member registration \$10.00, Non-CES member registration \$20.00.

[Register Now](#)

Does your organization have adequate capacity to carry out its evaluation function? And just what is “capacity” anyway? Evaluation capacity building (ECB) is a core element to “results-oriented management” as it is the process of improving an organization’s ability to carry out and use evaluation, learn from its experiences, and improve results. Currently a hot topic in public and not-for-profit sectors, ECB is one of the most complex and challenging facets of evaluation. In this session, the speaker will:

- Share experiences and approaches on ECB;
- Discuss a recent project as a case example; and
- Discuss strategies for enhancement of the effectiveness of capacity-building.

Who should attend?

This seminar provides an excellent opportunity to learn about strategies for building evaluation capacity. The session is intended for evaluators who have experience in evaluation, those who are considering evaluation careers, public sector employees and managers and directors in nonprofit sector who is responsible for overseeing evaluation in their organizations. The discussion will be interactive and practical. The facilitator will deliver a presentation, pose questions and guide the discussion on this topic.

Presenter:

Russell Graham is a management consultant providing planning, research, evaluation and performance management services to public and private sector agencies. Based in North Vancouver, Russ has more than 30 years’ experience managing and evaluating public programs in a variety of fields. He has prepared more than 100 evaluative studies as well as numerous program plans, strategies and feasibility studies. Russell’s formal education includes a MBA with a specialty in Policy and Planning. He is also a Certified Management Consultant and Credentialed Evaluator. As a teacher, he has delivered management courses at several institutions and regularly facilitates the four-day Canadian Evaluation Society (CES) Essential Skills Series (ESS) evaluation workshops in Yukon and BC.. Russ has served on the CES National Board, was a multi-term treasurer of the CES BC & Yukon

Chapter, and has served as a member of the CES Credentialing Board since its inception in 2010.

Note: This presentation was previously given in downtown Vancouver as part of the CESBCY Vancouver Seminar series on Feb. 19, 2014.

Questions? Contact Sandra Sellick, CESBCY Acting Interior Coordinator c/o the "Inquiries" link at www.sandrasellick.vpweb.ca

-Source: Sandra Sellick, 24 June 2014

Central Okanagan Elizabeth Fry Society is Looking for Board Members

Board Member (Community Rep) Job Description

Elizabeth Fry Society is seeking responsible, dedicated individuals who are committed to working towards ending violence against women and children, moving low income women & children out of poverty and promoting legal rights and services.

Intent Statement:

COEFS recognizes clear job descriptions for Community Representatives that are necessary to communicate expectations and standards to minimize confusion about responsibilities, to orient new Community Representatives and to evaluate the effectiveness of current Community Representatives. A general Community Representative's job description applies to every member of the Coordinating Council.

Regulation Statement

Authority and Responsibility:

The Coordinating Council is the legal authority for the Central Okanagan Elizabeth Fry Society. As a member of the Coordinating Council, a Community Representative acts in a position of trust for the community and is responsible for the effective governance of the organization.

Requirements:

1. Commitment to the work of the organization.
2. Knowledge and skills on one or more areas of board governance: policy, finance, program, human resource, and advocacy.
3. Attendance at Coordinating Council meetings.
4. Attendance at meetings of the standing committee on which they serve.
5. Attendance at the Annual general Meeting.
6. Attendance at membership meetings.
7. Support of, and participation in, special events and fundraising events.

Term:

Community Representatives are elected by the membership at the Annual General Meeting in accordance with the bylaws of the organization. Community Representatives serve for a two-year term. In years when a majority of currently sitting Community Representatives resign or retire alternating terms may apply to ensure continuity over time. Community Representatives may be released at the end of the elected term, or according to Central Okanagan Elizabeth Fry Society by-laws.

General Duties:

A Community Representative is fully informed on organizational matters, and participates in the committee and Council deliberations and decisions in matters of policy, finance, programs, human resource and advocacy.

The Community Representative shall:

1. Accept personal responsibility for an active, involved leadership role as a community representative through work on a standing committee and acting as a liaison with related agencies as required.
2. Monitor the progress of the organization in all governance areas and recommend appropriate action in light of this progress.
3. Through consensus, develop and adopt policy in regard to the work of their standing committee.
4. Monitor all policies.
5. Review the bylaws and recommend bylaw changes to the membership.
6. Review the organizational structure, approve changes, and prepare necessary bylaw amendments.
7. Participate in the development of COEFS organizational plan and annual review.
8. Enhance the organization's public image.
9. Accept COEFS annual budget as approved by the Finance Committee.
10. Identify appropriate potential Community Representatives who can make significant contributions to the work of the Coordinating Council and standing committee, to the organization's progress and assist in cultivating their interest in the organization.
11. Maintain confidentiality and speak for the Coordinating Council or organization only when responsible to do so.
12. Assist in developing and maintain positive relations among Community Representatives, employees, volunteers and the community to enhance COEFS mission.

Evaluation:

A Community Representative's performance is evaluated annually based on the performance of assigned requirements and duties.

Application Package:

Email michelle.efry@empowerific.com for more information.

-Source: Michelle Novakowski, Executive Director, Central Okanagan Elizabeth Fry Society, 10 September 2014

Update: RCMP takes all Timelines off Mandatory Fingerprinting Plans

On September 9, 2014 delegates from the voluntary sector, including Community Volunteer Connections, AVRBC, Volunteer BC, Volunteer Canada, Volunteer Alberta, and Volunteer Management Professionals of Canada met face-to-face with policy analysts from the Canadian Criminal Real Time Identification Services of the RCMP.

Collectively, the organizations representing the voluntary sector and volunteer management professionals were able to bring forward the concerns of hundreds of Managers of Volunteers from across the country.

Community Volunteer Connections alone collected responses from 143 Managers in less than a week. 90% of you raised specific concerns, including:

- 67% feared a loss of volunteers if mandatory fingerprinting was adopted
- 37% expected delays to onboarding volunteers would compromise program and service delivery
- 20% believed volunteers would see fingerprinting as an invasion of privacy
- 17% were concerned about the costs of mandatory fingerprinting for volunteers, organizations and to local detachments
- 16% felt mandatory fingerprinting would “treat volunteers like criminals” instead of contributors
- 15% did not believe mandatory fingerprinting would lead to an increase in public safety

Our RCMP colleagues were grateful for our quick and thorough input into the idea of mandatory fingerprinting for Police Information Checks. They are hearing concerns back from local RCMP and police detachments in addition to the voluntary sector.

The RCMP are committed to conducting a thorough consultation with all stakeholders before deciding if mandatory fingerprinting for all Police Information Checks is in the best interests of public safety. They have removed all timelines around the possible implementation of this policy.

Thank you all for providing us with the feedback we needed to present a strong and timely opposition to mandatory fingerprinting for all Police Information Checks. We are very encouraged by the RCMP’s willingness to remove timelines and engage in a full consultation process. We will be keeping a close eye on developments, and will keep you posted.

-Source: Stacy Ashton, Executive Director Community Volunteer Connections, 17 September 2014

Volunteers Needed for BMO Okanagan Marathon

Saturday, October 11th: 2014 BMO Okanagan Marathon 5km Race

Volunteers needed: Course Marshals and Water Station workers

Location: City Park area

Sunday, October 12th: 2014 BMO Okanagan Marathon 10km, half marathon and marathon races

Volunteers needed: Course Marshals and Water Station workers

Location: Throughout Kelowna downtown area

[Learn More](#)

-Source: Cindy LaRue, Volunteer Coordinator, BMO Okanagan Marathon, 15 September 2014

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