



**Monthly Bulletin – October 2015**

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# KCR Highlights

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## Get Involved: Volunteering Central Okanagan Style 2015

Check out the new [Get Involved: Central Okanagan Style magazine](#) that was launched at last weekend's 18th Annual [Okanagan Volunteer Opportunities Fair](#).

In addition to a profile of all the fantastic organizations participating in the fair, the magazine includes articles about some special volunteers in our community who are giving back to our local organizations.

A big thank you to the Kelowna Capital News for producing the magazine this year.

To learn more about volunteering opportunities in the Central Okanagan, check out the [Volunteer Opportunities Database](#).

*-Source: Stephanie Moore, Project Manager, KCR, September 2015*



## Workshop: The Relative Impact Model for Measuring the ROI of your Volunteer Engagement

**Date:** Tuesday, October 6th, 2015, 1:00 pm – 3:30 pm  
(Optional Presentation, 3:30 pm – 4:30 pm)

**Location:** The Salvation Army – Fireside Room, 1480 Sutherland Avenue, Kelowna

**Cost:** \$10 / person

[Register Now](#)

This workshop addresses the flaws of a more-hours-for-the-sake-of-more-hours approach and offers a better alternative

For a couple of decades, the volunteer sector has established a notion that more volunteer hours is better than fewer volunteer hours, without regard for what gets accomplished in those hours. For the past few years now though, we've begun to look at things differently. It's not that more hours is inherently a bad thing. It is that more hours for the sake of more hours is a bad thing. Achieving the same results with more hours is wasteful of those extra hours. And those

extra hours don't come for free. Those hours belong to volunteers, who through their generosity, are letting us spend them, just like financial donors give us their money and let us spend it.

**OPTIONAL:**

Participants are also invited to attend a presentation afterwards about Better Impact's Volunteer Impact software. This presentation will last from 3:30 pm – 4:30 pm.

*-Source: Dawn Wilkinson, Manager, Community Services, KCR, September 2015*

## Workshop: Overview of Volunteer Management

**Dates:** October 19-20, 26-27, 9:00 am – 4:00 pm

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

**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.

*-Source: Stephanie Moore, Project Manager, KCR, July 2015*

## 2015 Holiday Events Guide

**Coming Soon:** Your event invitation for the 2015 Holiday Events Guide which will be released in November.

Space is limited, so ensure you [send in your event information](#) asap to be included.

*-Source: Dawn Anthony, Community Services, KCR, September 2015*

## The Law & You – Information Sessions

**Dates:** October 1st, 7th, 19th & November 5th, 2015

**Time:** 6:30 pm - 8:30 pm

**Admission:** Free – Complimentary Child Minding also available

**Pre-registration Required:** [dorothee@kcr.ca](mailto:dorothee@kcr.ca) or 250.860.4911

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

The demographics in the Okanagan are changing with an increasing number of immigrants and

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

### **Sessions:**

#### **Family Law**

Date: Thursday, October 1st  
Location: Kelowna Community Resources, #120 – 1735 Dolphin Avenue  
Brian Anslow, *Lawyer of Glazier Polley*

#### **Debt & Financing**

Date: Wednesday, October 7th  
Location: Kelowna Community Resources, #120 – 1735 Dolphin Avenue  
Stewart Rennie, *CPA, CGA, CIRP, Trustee in Bankruptcy of BDO Kelowna*

#### **Small Claims**

Date: TBA  
Location: Okanagan Sikh Temple, 1111 Rutland Road N  
Parveen Shergill & Joel Wonnacott, *Lawyers of Pushor Mitchell LLP*

#### **Citizenship**

Date: Thursday, November 5th  
Location: Kelowna Community Resources, #120 – 1735 Dolphin Avenue  
Sandra Hakanson, *Lawyer of Pushor Mitchell LLP*



### **For More information contact:**

**Dorothee Birker**, “The Law & You” Project Coordinator, KCR  
Phone: 250.860.4911  
Email: [dorothee@kcr.ca](mailto:dorothee@kcr.ca)

**Katelin Mitchell**, Immigrant Services Manager, KCR  
Phone: 250.763.8008 ext.130  
Email: [katelin@kcr.ca](mailto:katelin@kcr.ca)

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

## KCR Publication – Basic Computer Skills for Adults

Would you like to learn basic computer skills?  
Learn more about your cell phone or iPad?  
Learn how to set up an email or Facebook account?  
Learn how to use Skype?

Check out these training classes & tutoring/mentoring opportunities. They are offered either free of charge or for a reasonable fee.

[Download your copy today](#)

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



Basic Computer Skills for Adults 

Would you like to learn basic computer skills?  
Learn more about your cell phone or iPad?  
Learn how to set up an email or Facebook account?  
Learn how to Skype?

✓ Check out these training classes & tutoring/mentoring opportunities.  
✓ They are offered either free of charge or for a reasonable fee.



Katowina Library (downtown location)	250.762.2800 ext.2821
Parkinson Senior Society (located at Parkinson Rec Centre)	250.762.4108
Peachland Wellness Centre	250.767.0141
Seniors Outreach & Resource Centre	250.861.6180
The Salvation Army (two locations)	250.765.3450
Westside Health Network	250.768.3305

Eligibility requirements may apply. Please contact the numbers above for full details.

## Adoption Information Evening – November 4th

Our next Adoption Information evening is November 4th, 7:00 pm – 9:00 pm at #120 – 1735 Dolphin Avenue. If you are interested to learning more about adoption, one of our social workers will be hosting this informal evening. We will have guest speakers who have been through the adoption journey to share their experience with you.

If you are interested in learning more, please call Vickie at the Adoption Centre at 250.763.8002 or [adoptioninfo@kcr.ca](mailto:adoptioninfo@kcr.ca).

-Source: Vickie Harvey, Adoption Services, KCR, September 2015

## KCR's Mailing Lists

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

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

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

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

[COLIP Newsletter](#): Information about events, programs and happenings for newcomers

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

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# Employment

- [WORK OPPORTUNITIES IN THE OCTOBER 19TH ELECTION](#)

## Work Opportunities in the October 19th Election

Elections Canada needs election workers in your riding.

Elections Canada is **now recruiting** poll workers for advance polls (October 9-12) and Election Day (October 19).

To qualify, you must be a Canadian citizen, at least 16 years old on October 19 & live in the riding where you're applying to work.

Find out more and apply for the position that's right for you at [elections.ca](http://elections.ca).

*-Source: Elections Canada, September 2015*

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# Housing

- [A FRAMEWORK FOR ENDING WOMEN'S AND GIRLS' HOMELESSNESS](#)
- [HOUSING AND HOMELESSNESS ELECTION GUIDE 2015](#)
- [ACCESS TO HOUSING – FEDERAL ELECTION 2015 HEALTH EQUITY IMPACT ASSESSMENT](#)
- [HOMELESS HUB IS NOW AVAILABLE IN FRENCH!](#)
- [SENIORS' HOUSING INFORMATION SESSION](#)

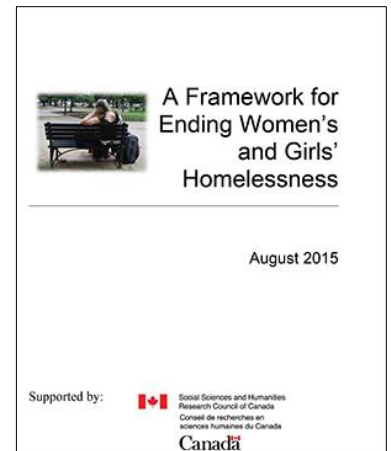
## A Framework for Ending Women's And Girls' Homelessness

The purpose of this framework is to provide municipalities across Canada a tool that they can adapt to their local setting to end homelessness for women and girls.

Approaches to homelessness in Canada have been going through a significant shift from managing people during their experiences of homelessness to permanent solutions that end homelessness. These solutions take a more comprehensive approach in looking at the root causes of homelessness, and include prevention and rapid intervention. As well, these solutions are largely grounded in the philosophy and practice of Housing First, meaning that individuals are provided with appropriate housing with the right degree of support to sustain this housing with no requirements around treatment or participation in programs.

[Read More](#)

*-Source: Newsletter, The Homeless Hub, 10 September 2015*



## Housing and Homelessness Election Guide 2015

Homelessness has grown to be a large problem in Canada, right about the time that the federal government's investment in affordable housing declined. Over the last 25 years investments have declined by over 46%, from \$115 to \$60 annually per Canadian. Today, over 235,000 Canadians experience homelessness in a year and nearly 1 in 5 households are facing extreme housing affordability issues. In a country as prosperous as Canada, with a broadly shared and strong commitment to social justice, there is no need to accept or tolerate the experiences of poverty, hardship and homelessness. If federal investment in affordable housing increases to just \$106 annually per Canadian, an increase of only 88 cents per person weekly, we can see an end to chronic homelessness and help others who are on the brink of becoming homeless.

1. How can we end homelessness? [See our recommendations](#)
2. Make an informed decision – [See party platforms & analysis](#)
3. Let others know about these issues – [Share our message](#)

*-Source: Newsletter, The Homeless Hub, 17 September 2015*



## Access to Housing – Federal Election 2015 Health Equity Impact Assessment

One in eight Canadian households live in housing that is either unaffordable, in disrepair, or crowded. In large cities such as Toronto, and amongst particular populations such as Aboriginal Peoples and recent immigrants, this ratio is even higher.

Affordability is being threatened as the costs of housing increase faster than many incomes. As well, few new private affordable rental buildings are being built due to market constraints. This is forcing an increasing number of people to stretch their budgets in order to pay higher rents in buildings of decreasing quality. A new generation of affordable housing units is required.

Wellesley Institute and Upstream have partnered to take a closer look at the health impacts of the policies that Canada's national parties are putting forth. This edition looked at how access to housing impacts health and how the party platforms lineup.

[Read More](#)

*-Source: Newsletter, Homeless Hub, 6 August 2015*

## Homeless Hub is now available in French!

We're pleased to present the new and improved [Rond-point de l'itinérance website!](#) Along with a fresh new look and more resources than ever before, we've made some structural changes to the site that make it easier to find information that is most important and relevant to you. Take a tour of the French Homeless Hub and it's sections.

Nous sommes heureux de présenter le nouveau site du Rond-point de l'itinérance! En plus d'un nouveau look et de plus de ressources que jamais, nous avons également apporté quelques changements structuraux au site afin de faciliter vos recherches de l'information dont vous avez besoin. Visitez le Rond-point de l'itinérance en français et ses sections.

*-Source: Newsletter, The Homeless Hub, 24 September 2015*

## 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 representative will also be present to help answer long term care questions. This session is provided monthly.

**Date:** Thursday, October 8, 10:00 am – 11:00 am

**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](mailto:seniorshousing@telus.net)

-Source: *Judy Dow, Regional Coordinator, Seniors Outreach & Resource Centre, 22 September 2015*

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- [DR. JACKSON KATZ EVENTS](#)
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- [CONNECT WITH RESPECT AT UBCO](#)

## Dr. Jackson Katz Events

### **Gender on the Agenda: The Socialization of Girls and Boys in a Culture of Violence**

**Date:** Wednesday, October 7th, 6:30 pm – 9:00 pm

**Location:** Okanagan College Theatre, 1000 KLO Road, Kelowna

**Cost:** Student \$15 / Adult \$20 / At the Door \$25

[Buy Tickets](#)

Dr. Katz is an American educator, author, filmmaker and cultural theorist who is internationally renowned for his pioneering work in gender violence prevention education and critical media literacy. In 1993 he co-founded the Mentors in Violence Prevention (MVP) program at Northeastern University's Center for the Study of Sport in Society.

Dr. Katz will discuss how everyone can play a role in preventing and interrupting various forms of harassment and abuse. He will also discuss the role of media in shaping ideas about masculinity and femininity.

**Doors** Open 6:30 pm

**Keynote Speaker** 7:00pm

### **Leaders for Change Violence & Silence Community Breakfast**

**Date:** Thursday, October 8th, 7:30 am – 10:00 am

**Location:** Coast Capri Hotel, 1171 Harvey Ave, Kelowna

**Cost:** \$35

[Buy Tickets](#)

We want to bring community leaders together to be advocates in learning how everyone can play a role in preventing and interrupting various forms of harassment and abuse. He will also discuss the role of media in shaping ideas about masculinity and femininity.

Dr. Katz is an American educator, author, filmmaker and cultural theorist who is internationally renowned for his pioneering work in gender violence prevention education and critical media literacy. In 1993 he co-founded the Mentors in Violence Prevention (MVP) program at Northeastern University's Center for the Study of Sport in Society.

Register today or call to book a table of 8.

Registration 7:30 am, Breakfast 8:00 am

More Information: The Central Okanagan Elizabeth Fry Society, 250.763.4613

*-Source: Shannon McVagh-Janzen, Fund Development Coordinator, Central Okanagan Elizabeth Fry Society, 22 September 2015*

## West Kelowna: Supporting our Families – Navigating the System

**Date:** Thursday, October 8th, 2:00 pm – 6:00 pm

**Location:** West Kelowna Lions Hall #2, 2466 Main St, West Kelowna

**Cost:** FREE, please pre-register

Helping you connect with child, youth & family mental health resources in our community. Connect with service providers and parent resources. Find out first steps for getting your child the help they need.

Contact Amanda Swoboda, [Canadian Mental Health Association](http://CanadianMentalHealthAssociation.ca), at 250.861.3644 or [amanda.swoboda@cmha.bc.ca](mailto:amanda.swoboda@cmha.bc.ca)

*-Source: Facebook, Canadian Mental Health Association, 25 September 2015*

## Applications Open for the CarMa Project

Kelowna is a very car dependent area. This is especially true for families who have daycare, work, school and community activities to attend. But not all families, can afford a car.

[The CarMa Project](#) will assist low-income families in obtaining a source of transportation. Be it a car or van, CarMa Project will obtain the vehicles, through donations and sometimes purchase. These vehicles will receive mechanical and repair work, to ensure a safe and reliable source of transportation for the recipient.

[Applications are available online](#) and the DEADLINE is October 9th, 2015. Priority will be given to families that are actively involved in services provided by a not-for-profit in the Central Okanagan.

*-Source: The CarMa Project, 23 September 2015*

## Dining Out to End Homelessness

**Date:** Monday, October 26th, 6:00 pm – 9:00 pm

**Location:** Olympia Greek Taverna, 145 BC-33, Kelowna

**Cost:** \$30 (Incl. meal, tax & gratuity)

[Buy Tickets](#)

Hungry for Change? Us too! Join at Olympia Greek Taverna for our first Dining Out to End Homelessness event of the season! Come enjoy a delicious meal with great company to

support our Emergency Winter Shelter.

Dinner options: Beer souvlaki, chicken souvlaki, Greek ribs, BBQ salmon, or spanakopita. Served with rice pilaf, roast potatoes, vegetables, Greek salad, coffee or tea, and dessert.

There will also be a 50/50 draw.

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

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

## Get Inspired with the Kelowna Inspiration Pass

There's no denying that the arts – be they visual, performance, literary, or music – move and enrich our lives, and that Kelowna boasts some of the finest such cultural organizations in the province. Now the ORL is piloting a program to give library card members discounts and special offers at some of Kelowna's premier arts and culture organizations, called the "Kelowna Inspiration Pass".

The Kelowna Inspiration Pass can be reserved through the library catalogue, similarly to a book or other resource, and picked up at any ORL branch. The Pass includes a booklet explaining the program and all of the participating organizations offers, and a pass card valid for three weeks. With these materials, pass holders can visit or contact organizations such as art galleries and museums, and musical, theatre and dance companies to take advantage of everything from 2-for-1 tickets to free annual memberships.

To date, participating Kelowna-based cultural organizations include:

- Alternator Centre for Contemporary Art
- Ballet Kelowna
- Bumbershoot Theatre
- Chamber Music Kelowna
- Kelowna Art Gallery
- Kelowna Actor's Studio
- Kelowna Museums
- Okanagan Symphony Orchestra
- Opera Kelowna
- Rotary Centre for the Arts

The program will be reviewed, and more organizations may be added, as well as creating passes for other areas.

To reserve your Inspiration Pass, search for "Kelowna Inspiration Pass" in the catalogue above. Once it arrives at your local branch, you have three weeks to enjoy exclusive offers from participating institutions.

*-Source: Okanagan Regional Library, 28 September 2015*

## Community Food Calendar

October 2015							EVERYONE WELCOME:
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	**Every day**
				First United 10-10:30 am Hope Centre 10-12 Metro 12 pm	Gospel Mission 7 am, 12 pm, 5 pm	Ki-Low-Na 8:30-9:30 am Gospel Mission 7am, 12pm, 5pm	• Free meals at Gospel Mission *low hours* 7am, 12pm, 5pm
Metro@CC 9 am SAH Temple 12-2 Gospel Mission 7am, 12pm, 5pm	Cedars 10:30 am	First United 10-10:30 am Hope Centre 10-12 Metro 12 pm	Metro 9-9 pm	First United 10-10:30 am Hope Centre 10-12 Metro 12 pm	Gospel Mission 7 am, 12 pm, 5 pm	Ki-Low-Na 8:30-9:30 am Gospel Mission 7am, 12pm, 5pm	<b>Sunday</b> • Breakfast hosted by Metro at Cultural Centre (CC) - 700 Bernard St - 9am • Lunch at SAH Temple - 11am-2pm
Metro@CC 9 am SAH Temple 12-2 Gospel Mission 7am, 12pm, 5pm	<b>Give Thanks!</b> Gospel Mission Thanksgiving Meal 12-6pm	First United 10-10:30 am Hope Centre 10-12 Metro 12 pm	Metro 9-9 pm	First United 10-10:30 am Hope Centre 10-12 Metro 12 pm	Gospel Mission 7 am, 12 pm, 5 pm	Ki-Low-Na 8:30-9:30 am Gospel Mission 7am, 12pm, 5pm	<b>Monday</b> • Lunch at Cedars Restaurant - 12 noon <b>Tuesday &amp; Thursday</b> • Coffee and muffin from 10-12, and hot lunch at 12:30 at Hope Centre (Willow Park Church) • Coffee and sandwiches at First United Church - 10-12 noon • Lunch at Metro Central - 12pm
Metro@CC 9 am SAH Temple 12-2 Gospel Mission 7am, 12pm, 5pm	Cedars 10:30 am	First United 10-10:30 am Hope Centre 10-12 Metro 12 pm	Metro 9-9 pm	First United 10-10:30 am Hope Centre 10-12 Metro 12 pm	Gospel Mission 7 am, 12 pm, 5 pm	Ki-Low-Na 8:30-9:30 am Gospel Mission 7am, 12pm, 5pm	<b>Wednesday</b> • Hotdogs at Metro Central - 5-6pm
Metro@CC 9 am SAH Temple 12-2 Gospel Mission 7am, 12pm, 5pm	Cedars 10:30 am	First United 10-10:30 am Hope Centre 10-12 Metro 12 pm	Metro 9-9 pm	First United 10-10:30 am Hope Centre 10-12 Metro 12 pm	Gospel Mission 7 am, 12 pm, 5 pm	Ki-Low-Na 8:30-9:30 am Gospel Mission 7am, 12pm, 5pm	<b>Saturday</b> • Breakfast at Ki-Low-Na (Friendship Centre) - 8:30-9:30am
Metro@CC 9 am SAH Temple 12-2 Gospel Mission 7am, 12pm, 5pm	Cedars 10:30 am	First United 10-10:30 am Hope Centre 10-12 Metro 12 pm	Metro 9-9 pm	First United 10-10:30 am Hope Centre 10-12 Metro 12 pm	Gospel Mission 7 am, 12 pm, 5 pm	Ki-Low-Na 8:30-9:30 am Gospel Mission 7am, 12pm, 5pm	<b>CERTAIN GUESTS ONLY:</b> <b>Tues, Wed, &amp; Thurs</b> lunch at CMHA 12 pm *members only* For info contact CMHA: 250-861-7654 <b>Tues &amp; Wed</b> lunch at Ladies Haven Coffee House 12pm *women only*

### Community Highlight of the Month: The Good Food Box

The Good Food Box is a box of quality fruits and vegetables at a reduced cost. It is a convenient and healthy option for people hoping to stretch their food budget and can increase the amount of fresh vegetables and fruits in people's diets.

There is a Good Food Box Program in Vernon which delivers once per month and charges \$16 per box. There is not yet an organized service like this in Kelowna.

-Source: Donna & Betty, Outreach Urban Health, 29 September 2015

## Say For Seniors

**Date:** Thursday, October 22nd, 10:00 am – 12:00 pm

**Location:** Westbank Lion's Hall, 2466 Main Street, Westbank

The Westside Health Network Society is hosting a workshop geared towards seniors and their involvement with the community. Do you have something to say? Come join us for an interactive presentation with light food and beverages! This is your opportunity to find out more about the program and how we can better serve you!

This is your opportunity to make your community better!

Do you want to get more involved?

Do you feel lonely or isolated?

We want to know what YOU think!

Guest speakers include:

- Dr. Will Reimer
- Dr. Charlotte Jones

Please RSVP by October 16th by phone or email.

Westside Health Network Society

Email [whns@telus.net](mailto:whns@telus.net) or 250.768.3305

-Source: Debbie Elliott, Coordinator, Better at Home, 2 October 2015

## Sugar Skull Strut

**Date:** Friday, October 30th, 8:00 pm

**Location:** Rotary Centre for the Arts, 421 Cawston Avenue, Kelowna

**Cost:** \$25 / Group of 6, \$20 each

[Buy Tickets](#)

LOCARNO • Costume Strut • KINSHIRA • Cantina • Cash Bar  
On October 30th, the RCA will once again host the Biggest Day of the Dead Party in Kelowna with our signature event, Sugar Skull Strut, inspired by El Día de los Muertos or 'Day of the Dead', a traditionally festive time of year in Mexico, honouring past souls and loved ones.

You can get dressed up, get your makeup done (see [Facebook](#) for details), and dance the night away with Locarno who will be providing live music, with their mix of Mexican Folk, Cuban Son and Latin Soul. If you're tired of taking selfies, Okanagan Photostar will have a photo booth set up so can take lots of pictures.



*-Source: Newsletter, Rotary Centre for the Arts, 2 October 2015*

## Save the Date – National Child Day

**Date:** Friday, November 20th, 11:30 am

**Location:** The Laurel Packing house, 1304 Ellis St, Kelowna, BC

Join CATCH for a celebration of National Child's Day with lunch and a panel of guest speakers to dialogue on how we can influence policy to benefit families with young children. There is no cost to attend this event.

Registration will open October 20th on the [CATCH website](#).

*-Source: Newsletter, Community Action Toward Children's Health, 1 October 2015*

## Connect with Respect at UBCO

**Community Building Through Understanding and Action Date:** Wednesday, October 21, 12:00 pm – 1:00pm

**Location:** UNC 334, UBCO, 3333 University Way, Kelowna

**Facilitator:** Jenica Frisque, Equity & Inclusion Educator, Equity and Inclusion Office  
Have you ever witnessed racist, homophobic, or similarly offensive behavior and not known what to say in response? In this workshop we will discuss how to identify inappropriate behaviour in order to promote positive change. We will explore our individual values and frames of reference, while considering tips to step up and safely respond to scenes of discrimination and prejudice.

### Inclusive Language Workshop

**Date:** Wednesday, October 28, 12:00 pm – 1:00pm

**Location:** UNC 334, UBCO, 3333 University Way, Kelowna  
Facilitators: Jenica Frisque, Equity & Inclusion Educator, Equity and Inclusion Office and and  
Lucía Woolgar, Equity and Inclusion Office work study student

Have you ever been challenged in class or at work for saying something inappropriate? This workshop focuses specifically on the power of language to create oppressive or alternatively, inclusive spaces. We will explore concepts of power and privilege, and discuss ideas and tips on how to enhance communication by incorporating inclusive language in discussions or written content.

Free workshops open to the UBC community. Register online at [equity.ok.ubc.ca](http://equity.ok.ubc.ca)

*-Source: UBC Equity and Inclusion Office, 18 September 2015*

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- [THE CANADA SUMMER JOBS \(CSJ\) PROGRAM IS MOVING TO A NEW ONLINE SYSTEM](#)
- [ADVISORY ON PARTISAN POLITICAL ACTIVITIES](#)

## The Canada Summer Jobs (CSJ) Program is Moving to a New Online System

Have you heard? Canada Summer Jobs (CSJ) is moving to the Grants and Contributions Online Services (GCOS), a new online application platform. CSJ has had an online application for many years, however, GCOS is interactive. Organizations create a GCOS account in order to apply online, track their application status, submit claims and declarations, manage active projects, and review past projects submitted through GCOS—all within one project management system.

Register now for a GCOS account to be ready for future grants and contributions (Gs&Cs) funding opportunities (including CSJ). A one-time set up of an online GCOS account provides the following benefits:

- Fast, safe and secure transmission of documents relating to your active ESDC project(s). Apply for Gs&Cs funding, and submit claims and other reports electronically to ESDC.
- Convenient (24/7) access to your account, from anywhere. Project information submitted via GCOS will be stored in one location, that can be accessed 24/7.
- Be among the first to know about new funding opportunities. When logged in, receive notifications about Gs&Cs programs accepting online applications, as well as other important Gs&Cs information.

Start the GCOS registration process to create your organization's online account well before any funding application deadlines. It may take several business days to complete the one-time account registration.

In order to prepare for any future funding opportunities, set up your GCOS account now!

To register visit: <http://www.servicecanada.gc.ca/eng/epb/gcos/login.shtml>

*-Source: Kayla Liddle, Canada Summer Jobs, Service Canada / Government of Canada, 23 September 2015*

## Advisory on Partisan Political Activities

Since we are in an election period, we remind registered charities that they are prohibited from devoting any of their resources to partisan political activities. A partisan political activity is one that involves the direct or indirect support of, or opposition to, any political party at any time, whether during an election period or not, or a candidate for public office.

The prohibition on partisan political activity is a long-standing requirement under the Income Tax Act. Charities are responsible for their resources, and must devote these

resources to exclusively charitable purposes. Since they are well placed to study, assess, and comment on government policies that relate to their charitable programs, charities can engage in a limited amount of non-partisan political activities. However, charities that devote any resources to partisan political activities may no longer be eligible for registration. A charity's resources include funds, property, and personnel (volunteers, employees, and directors).

[Read More](#)

*-Source: Nonprofit Newswire, Imagine Canada, 10 September 2015*

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- [TAKING STOCK OF PROVINCIAL TUITION FEE POLICIES](#)
- [MINIMUM WAGE INCREASES](#)
- [APPLICATIONS FOR BC YOUTH PARLIAMENTARY SESSION NOW AVAILABLE](#)

## Taking Stock of Provincial Tuition Fee Policies

Our latest report tracks the affordability of university education across Canadian provinces. The study finds that, on average, tuition and compulsory fees for Canadian undergraduate students have tripled between 1993-94 and 2015-16 and will continue to rise over the next four years, from \$6,971 this fall to an estimated \$7,590 in 2018-19.

The study also finds that provincial governments have tried to mitigate the optics of rising tuition fees, resulting in an increasingly varied patchwork of individualized and privatized systems of university financing.

Read the full report, [What's the Difference?](#) Taking stock of provincial tuition fees, to find out more.

*-Source: Canadian Centre for Policy Alternatives, 16 September 2015*

## Minimum Wage Increases

All employees in British Columbia are entitled to be paid minimum wage at the rates set out in this factsheet. Minimum wage rates are increasing on September 15, 2015 as follows:

General minimum wage:

May 1, 2012 – \$10.25;

September 15, 2015 – \$10.45 per hour.

Liquor server minimum wage:

May 1, 2012 – \$9.00 per hour.

September 15, 2015 – \$9.20 per hour.

Live-in home support workers:

May 1, 2012 – \$102.50 per day or part day worked;

[Read More](#)

*-Source: Newsletter, Central Okanagan Economic Development Commission, 29 September 2015*

## **Applications for BC Youth Parliamentary Session Now Available**

Every year, between December 27th and 31st, 95 representatives of youth organizations from across British Columbia gather at the Provincial Legislature in Victoria for the annual session of British Columbia Youth Parliament.

Members sit as independents — not representing any political party and voting with their individual consciences on all issues. Members learn about, and experience firsthand the parliamentary process, debate topics of interest, and plan numerous activities for the upcoming year. After Session, members put these activities and projects into action. Proposed activities are presented in the form of government bills; once passed they're actually put into effect! This is where BC Youth Parliament differs from its counterparts — BCYP is in no way a “model” or “mock” parliament; our legislation actually translates into real action in the community.

[Read More](#)

*-Source: Newsletter, Central Okanagan Economic Development Commission, 29 September 2015*

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# Resources

- [PICTURES, PICTURES, PICTURES](#)
- [NEW FOR YOU! STOCK PHOTO PACK: KELOWNA WATERFRONT](#)
- [RECRUITING STUDENTS FROM UBC'S OKANAGAN CAMPUS IN THE 2015-2016 ACADEMIC YEAR](#)
- [BC COUNCIL FOR FAMILIES NEWSLETTER](#)
- [5 TIPS TO COLLECT MORE OF YOUR NONPROFIT'S INSPIRING STORIES](#)
- [SIX POWER TIPS FOR GREAT MEETINGS IN TODAY'S VIRTUAL WORLD](#)
- [THE SECRET SAUCE FOR PRODUCTIVE NONPROFIT MEETINGS THAT NO ONE TALKS ABOUT](#)
- [3 WAYS TO ENGAGE MILLENNIALS IN YOUR CAUSE](#)
- [THE 5 WS OF A SUCCESSFUL NONPROFIT COMMUNICATIONS AUDIT](#)
- [CREATING VALUE BY INVESTING IN COMMUNITY INVOLVEMENT](#)

## Pictures, Pictures, Pictures

Almost forever I've urged leaders of volunteers to always carry a camera and to capture images of volunteering in action. Today there is no excuse to miss great photographs, since the ubiquitous smartphone is also a high-quality digital camera, video camera, photo editor, and immediate transmitter/poster of anything we shoot. But even this powerful tool cannot produce pictures unless we remember to take it out and press the button.

Not that long ago, creating a collection of multi-purpose photographs required all manner of camera equipment and a budget for developing and printing the shots. While it still takes creative skill to snap a great image or expressive portrait, everyone can gather a large library of photographs and videos for many purposes.

What Purposes?

### Recruitment

It's trite but true that a picture is worth a thousand words. Apart from making sure that you show diverse volunteers in terms of gender, age, race, and other characteristics, help a prospective volunteer to actually "picture" him- or herself in your setting. Take real photographs of volunteers at work, not obviously staged promotional shots. Show the office, recreation hall, patient room, or playing field where the service happens. Of course you won't show client faces, but that doesn't mean you can't include the backs of people in a circle or someone's hands.

An archive of many different images – kept current – provides you with choices for what to print in a brochure, post to the volunteer pages of your organization's Web site, include with a press release, or add to any slide show for different purposes and audiences.

[Read More](#)

*-Source: Media Monitoring, Volunteer Canada, 10 September 2015*

## **New For You! Stock Photo Pack: Kelowna Waterfront**

Great photography can make or break any website (or advertisement). Starting September 10th, we plan to release a monthly “photo pack” that will contain amazing photos from around the Okanagan that are free to use in any way, shape, or form.

For more details (and to download the photos), [read the announcement on their website](#).

*-Source: Newsletter, Csek Creative, 10 September 2015*

## **Recruiting Students from UBC’s Okanagan Campus in the 2015-2016 Academic Year**

Here is some information and links for UBC’s Okanagan campus, located in Kelowna, BC, regarding recruiting options in the 2015-2016 academic year. Please share this information with any colleagues looking to recruit from our many talented students.

- We have a free, self-serve [job posting board](#). This is the most effective way to reach the 8400+ students plus alumni associated with this campus. Here is a [4-minute video](#) on how to post on the job board.
- We have several career events each year. In the fall, we host a large event called Career Days (Employers are invited to a Networking Event on Tuesday, November 3rd, 2015). [Register to join this event](#). (Inquiries to [meghan.reid@ubc.ca](mailto:meghan.reid@ubc.ca))
- In the spring, UBC Okanagan hosts another large event called [Discovery Career Conference](#), which is a series of panel presentations by multiple professionals from themes within industry, non-profit, and other sectors. The date of this event is not finalized yet.
- We welcome you to contribute to additional panels that happen throughout the year—please contact Career Advisor [robin.whittall@ubc.ca](mailto:robin.whittall@ubc.ca) if you are available to help our students understand the path you took in your own career.
- Another choice is to book a table on campus to recruit (there are fees that vary according to space and duration). [Contact our Central Booking office](#) to request space.
- Or, you can host an on campus Information Session in a classroom. If you have a date and time you are looking for, [request a classroom](#) to hold your information session for a \$150 fee. Then you can promote the session in a job posting and through the Advising and Involvement Centre. We should mention that the attendance at these sessions can vary widely.

*-Source: Robin Whittall, Career Advisor, Advising and Involvement Centre, UBCO, 10 September 2015*

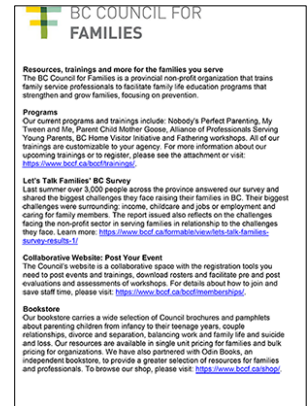
## BC Council for Families Newsletter

Resources, trainings and more for the families you serve

The BC Council for Families is a provincial non-profit organization that trains family service professionals to facilitate family life education programs that strengthen and grow families, focusing on prevention.

Check out their newsletter full of resources, trainings, events and more.

-Source: Joel B. Kaplan, Executive Director, BC Council for Families, 9 September 2015



## 5 Tips to Collect More of Your Nonprofit's Inspiring Stories

You have probably heard about storytelling and the positive impact it can have on nonprofit fundraising. Perhaps you've even seen a few examples of stories you think are great. But is your nonprofit actively sharing stories about its work? If not, what's holding you back?

After working with hundreds of nonprofits over the last few years, I continuously observe that one of the biggest barriers to storytelling is actually finding stories to tell.

In a way, it's a bit ironic given that there are stories all around us at nonprofit organizations. But if you are a fundraising or communications professional, you are typically not in direct contact with the stories you want to share. Luckily there are lots of other people at your organization who are in direct contact with these stories, such as program staff and volunteers.

Let's look at 5 tips to engage your colleagues in storytelling that will result in more stories to share with donors.

[Read More](#)

-Source: The Hubcap, Nonprofit Hub, 7 September 2015

## Six Power Tips for Great Meetings in Today's Virtual World

While virtual meetings have their challenges—from the temptation to multi-task to being derailed by technical issues, you can still accomplish things at a good meeting that you can't when you're sitting by yourself at your computer. Meetings harness the energy of multiple minds around a topic. They nudge people to think more expansively and creatively than any one mind is likely to do.

If you are responsible for planning and facilitating virtual meetings, here are some tips that'll help you make your meetings more productive.

### Tip 1. Don't Forget the Essential Ingredients of a Good Meeting

Good meetings don't just happen. They're planned. And even when you are meeting on Skype or a conference call, the basics of good meetings apply.

- Consider whether you need a meeting in the first place.
- Think through the meeting's purpose, outcome, and process in advance.
- Invite the right people and no one else.
- Set an agenda that uses your meeting time for discussion, not reporting.
- Plan to end the meeting with clear outcomes and plans for follow-through.
- Limit the meeting time to no more than 90 minutes.
- Start on time (whether or not everyone is there) and end a few minutes early.

[Read More](#)

*-Source: Beth's Blog, 9 September 2015*

## **The Secret Sauce for Productive Nonprofit Meetings that no one Talks About**

I'm facilitating a peer learning leadership development group for Emerging Nonprofit Leaders supported by the Packard Foundation. One of the modules is on meetings. It includes design and facilitation – and these days those are important leadership skills. But often we forget to add the secret sauce: how to participate in meetings with impact.

There is lots of advice out there about how to design and facilitate meetings. In fact, I just wrote a post summarizing some of the most recent research on the topic. So much of our work life is being in meetings, but many times are a participant, not the meeting leader. What can we do as a participant to make meetings more productive?

### **The Healthy Meeting Mindset**

Your mindset influences your behavior and participation at meetings. Have we become so complacent about the meetings we attend that we tune out, don't prepare, and complain about the experience afterwards.

Yes, there are a lot of terrible meetings – agenda less, scheduled for no reason, poor facilitation, lousy prep and follow up, technology glitches – and the reasons go on. But, you are the only person around the table or screen with your expertise, interests, concerns, and point of view. If you don't share it, the group misses out.

[Read More](#)

*-Source: Beth's Blog, 9 September 2015*

## **3 Ways to Engage Millennials in Your Cause**

Lately, I've heard many nonprofit professionals label millennials (born 1980-2000) as a generation of slacktivists (slacker + activists)—great for sharing information about a cause on Twitter or helping YouTube videos go viral, but other than that, useless to fundraising and development.

I reject this label.

My team and I have spent the past six years studying millennials and their involvement with



cause work and social good. We've found through all of our studies that millennials are the caring generation.

If you want to engage this generation of do-gooders, you should lead them on a three-step journey from helping to taking action, and then finally to giving.

### **Step 1: Give Them Feedback and Show Them the Story**

In our research and case studies, the organizations that most successfully pique millennials' desire to do good are the ones that continually provide feedback and show them the difference that's being made along the way.

[Read More](#)

*-Source: Media Monitoring, Volunteer Canada, 17 September 2015*

## **The 5 Ws of a Successful Nonprofit Communications Audit**

Who, what, where, when and why are questions to ask with any type of information gathering task – writing a news story, researching an issue, or conducting a communications audit. It's an effective way to get a better understanding of any subject.

For anyone who has put off conducting a communications audit for your nonprofit organization, asking yourself these basic questions can make the process go more easily than you expect. However, none of these questions can be answered with a simple “yes” or “no”. They require thoughtful reflection and analysis, something that is critical to an effective audit.

There are different ways of doing internal audits, but asking yourself these five questions is a good approach and well worth your investment of time.

[Read More](#)

*-Source: Nonprofit Newswire, Imagine Canada, 23 September 2015*

## **Creating Value by Investing in Community Involvement**

At the Boston College Center for Corporate Citizenship, we have been busy finishing the analysis of our 2015 study of how companies are managing and executing the community involvement activities within their corporate citizenship efforts, and expect the final report to be released this fall. A summary of key findings will be presented during our upcoming webinar.

The Center has been surveying companies and reporting on corporate community involvement practices since 1995. Over the past twenty years, the role of community involvement has evolved to become a strategic component of business. The majority of companies' today report that community involvement contributes to key business goals, including improved reputation and the attraction and retention of employees.

[Read More](#)

-Source: Media Monitoring, Volunteer Canada, 24 September 2015

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# Social Media & Tech

- [NONPROFITS AND INSTAGRAM: THE ULTIMATE CURATED COLLECTION OF BEST PRACTICES, EXAMPLES & TIPS](#)
- [RECENT SOCIAL MEDIA USER DATA: ONE BIG TAKEAWAY FOR NONPROFITS](#)
- [THE ANSWERS TO YOUR CROWDFUNDING QUESTIONS](#)
- [NONPROFITS AND INSTAGRAM: THE ULTIMATE CURATED COLLECTION OF BEST PRACTICES, EXAMPLES, AND TIPS](#)

## Nonprofits and Instagram: The Ultimate Curated Collection of Best Practices, Examples & Tips

Earlier this month, when Instagram announced its user community had grown to more than 400 million, it reminded me that I needed to update my curated collection of Instagram for Nonprofit resources. As a content curator, I'm not just on the hunt for learning and sharing snippets of the new or what's buzzing. Content curation is ultimately organizing, synthesizing, presenting, and maintaining your resource collections.

I don't always share links as I find them, but because I use content curation to support curriculum development for my training work, I like to share collections that are organized so people can take an hour or so and get up to speed on a topic or to use if you are doing a training.

[Read More](#)

*-Source: Beth's Blog, 24 September 2015*

## Recent Social Media User Data: One Big Takeaway for Nonprofits

One way I keep up with news and trends in social media is to curate social media research studies on Pinterest, share on my Facebook Page, and make sense of them here on my blog.

Here's one insight about how your nonprofit might use some of this recent data to inform your social media strategy:

Acenture Interactive's Acquity Group's 2015 Next Generation of Commerce Study, surveyed more than 2,000 U.S. consumers on their habits and preferences surrounding digital engagement, content, shopping, and services. The report provides an in-depth look into user behavior by demographics. The findings are summarized in this infographic.

Some of the key takeaways are not surprising, for example, millennials are likely to buy products that appear in their feeds, but older generations are not. One finding that made me go hmm .... People tend to trust Facebook more than print newspapers for news.

[Read More](#)

*-Source: Beth's Blog, 23 September 2015*

## **The Answers to Your Crowdfunding Questions**

Crowdfunding is all the rage these days. From newfangled technologies to heartwarming causes, it seems like everyone who's raising money for anything is talking about crowdfunding. But for the nonprofit sector, this new way to get to people and funds can seem overwhelming—especially if your organization has been around for awhile and developed a strong cohort of traditional donors.

Nonetheless, there is little doubt that donor dollars are moving toward crowdfunding. Millennials are one group gravitating toward donating via crowdfunding. That's why any modern development plan should include a plan for crowdfunded donations.

Today, let's spend some time to learn the basics of nonprofit crowdfunding.

[Read More](#)

*-Source: The Hub, Nonprofit Hub, 21 September 2015*

## **Nonprofits and Instagram: The Ultimate Curated Collection of Best Practices, Examples, and Tips**

Earlier this month, when Instagram announced its user community had grown to more than 400 million, it reminded me that I needed to update my curated collection of Instagram for Nonprofit resources. As a content curator, I'm not just on the hunt for learning and sharing snippets of the new or what's buzzing. Content curation is ultimately organizing, synthesizing, presenting, and maintaining your resource collections.

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[Read More](#)

*-Source: Beth's Blog, 24 September 2015*

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# Training

- [3RD INTERNATIONAL CONFERENCE ON YOUTH MENTAL HEALTH](#)
- [FREE WEBINAR: HOW CANADIAN CANCER SOCIETY INCREASED DONATIONS BY 78% DURING #GIVINGTUESDAYCA](#)
- [SAVE THE DATE: BOSS 2015 – BC’S NOT-FOR-PROFIT LEADERSHIP CONFERENCE](#)
- [OKANAGAN PARENT CONFERENCE – BACK TO BASICS](#)
- [MENTAL HEALTH FIRST AID \(MHFA\) TRAINING COURSE](#)
- [FREE WEBINAR: HOW TO CREATE HEALTHY BOUNDARIES](#)
- [WORKSHOP: PREVENT IT!](#)
- [CHALLENGING BEHAVIOURS IN YOUTH – STRATEGIES FOR INTERVENTION](#)
- [CESBCY EVALUATION CONFERENCE](#)
- [WORKSHOP: CHANGES TO THE BC SOCIETIES ACT](#)
- [FREE RECORDED WEBINAR: SUICIDE AWARENESS & INTERVENTION](#)
- [OKANAGAN BOYS AND GIRLS CLUBS OF CANADA LOOKING FOR WORKSHOP PRESENTERS](#)

## 3rd International Conference on Youth Mental Health

**Date:** October 8-10

**Location:** Montreal, Quebec, Canada

**Cost:** \$395 – \$945

[Register Now](#)

The mental health of young people is a priceless resource for communities around the world since it is the key determinant of the mental wealth and prosperity of society as a whole. In recent years it has become increasingly apparent that mental ill health and its correlates are the major health issue affecting young people with 50% experiencing significant mental ill health at some stage during the transition to adulthood. This is not an academic or philosophical issue but an intensely practical one since such mental ill health puts lives and futures at genuine risk. The neglect until now of the predicament of young people in such distress and danger has been described as a form of self harm that our society has inflicted upon itself. Fortunately this is all changing.

In partnership with young people themselves and families, mental health reformers in a number of countries have begun to build a new and evidence based approach to mental health care which aims to deliver early intervention in a stigma free setting. This approach blends developmental thinking with epidemiology and seeks to replace the paediatric/adult model of health care with a more continuous one much more appropriate to the needs of adolescents and emerging adults in the 21st century. Of course there are a myriad of perspectives and sources of knowledge which can be drawn upon to build the growing field of youth mental health and these will be on display during this unique conference. Anyone who attended the meetings in Melbourne in 2010 and Brighton in 2013 knows that this is a mental health conference unlike any other. The presence of young people in substantial numbers and in key roles absolutely transforms both the content and experience of such events.

It is truly appropriate that this year’s conference is being held in Montreal, since Canada has shown great leadership in investing in transformational research in youth mental health which should in turn catalyse reform and investment in youth mental health care. The conference program has been assembled to maximise creativity, communication and connection, as well as featuring new ideas, showcasing new evidence and translating skills and knowledge in our

exciting new field. We hope that you are inspired, energised and empowered by this event to contribute to the next phase of growth and progress in youth mental health.”

*-Source: Sarah Sweeney, IAYMH 2015 Conference Secretariat, 8 July 2015*

## **FREE WEBINAR: How Canadian Cancer Society Increased Donations by 78% during #GivingTuesdayCA**

**Date:** Wednesday, October 14th, 10:00 am PST

[Register Now](#)

Great fundraisers know the more they can do to grow their missions, the more impact their organizations can have on the world. Fundraising greatness isn't about the ability to raise more money but what that money empowers them to do: Canadian Cancer Society save more sea turtles, fill more hungry bellies, inspire more young artists, and grow more good.

We are on a journey to identify nonprofit fundraisers who are doing more, so we can recognize and learn from them. Join us to hear from these fundraising leaders and discover successful strategies to create more impact for your cause.

*-Source: Newsletter, Blackbaud Canada, 30 September 2015*

## **Save the Date: BOSS 2015 – BC's Not-For-Profit Leadership Conference**

**Date:** October 15th

**Location:** Pinnacle Hotel Vancouver Harbourfront, 1133 W Hastings St, Vancouver

[Register Now](#)

Vantage Point is launching this innovative one-day leadership conference to convene seasoned and emerging leaders, board members and volunteers in a shared space to develop competencies, skills and tools.

BOSS 2015 will provide a space for dialogue and game-changing tactics on how not-for-profits approach leadership. Over 150 sector leaders will connect and tackle sector challenges like shared-leadership and appreciative inquiry while equipping themselves with skills ranging from leading without authority to interagency partnerships. Together we are building a network of generative leaders and transforming not-for-profit leadership.

YOU ARE BOSS.

Want a conference that speaks specifically to BC's not-for-profit leaders? Whether you are a new or seasoned leader, board member or volunteer, BOSS2015 is for you.

Through focused sessions, networking opportunities and expert learning, you will walk away with ideas, direction and inspiration relevant for you and your organization.

[Learn More](#)

-Source: Vantage Point Newsletter, 29 June 2015

## Okanagan Parent Conference – Back to Basics

**Date:** Saturday, October 17th, 8:30 am – 3:00 pm

**Location:** Sensisysten School, 1920 Quail Lane, Westbank, BC

Register now at [www.okanaganparentconference.com](http://www.okanaganparentconference.com)

### Conference Schedule

8:30 – 9:00 Check-in and Childminding drop-off

9:00 – 9:15 Welcome

9:15 – 10:30 Keynote Address with Adele Diamond

10:30 – 10:45 Morning Break

10:45 – 12:00 Morning Workshop of Your Choice

12:00 – 1:00 Lunch

1:15 – 2:30 Afternoon Workshop of Your Choice

2:45 – 3:00 Wrap up and Door Prizes

The basics of raising children who thrive, who are happy, healthy, strong, kind and capable – have not changed... the world has. What children need now is what they have always needed. Aside from food, water and shelter, the primary need of all young children is to feel a loving connection. Without some of the basics in the early years our children can struggle.

The Okanagan Parent Conference is focusing on going Back to Basics; bringing back the knowledge, skills, and strategies into our parenting and family life that will ensure all children have the basics they need to thrive. The conference promises speakers and topics that are sure to support and enhance your journey through parenthood.

Join us for a day full of learning, activities, sharing, and inspiration.

If you are an organisation that supports the healthy development of children and families, join us on October 17, 2015 to provide free information to parents in the Okanagan. No product or service sales at this event.

For more information call Myrna Kalmakoff 250.878.8713 or email [myrna@catchcoalition.ca](mailto:myrna@catchcoalition.ca)

-Source: Amanda Turner, Success by 6 Coordinator, 26 August 2015

## Mental Health First Aid (MHFA) Training Course

**Dates:** October 22, November 19, December 3 (Must attend all sessions), 6:00 pm – 9:30 pm

**Location:** Portable #2, #760, Hwy 33, Kelowna

**Cost:** \$115

The Mental Health First Aid (MHFA) training course was developed to help people provide initial support to someone who may be developing a mental health problem or experiencing a mental health crisis.

MHFA Canada teaches mental health first aid skills. The course does not train people to be therapists, counselors or mental health professionals. The philosophy behind MHFA Canada is that mental health crisis, such as suicidal and self-harming actions, may be avoided through early intervention. If crisis do arise, then members of the public can take action that may reduce the harm that could result.

MHFA Canada: For Adults Who Interact with Youth focuses on mental health problems and first aid for youth ages 12 to 24. Mental health problems often first develop during adolescence or early adulthood, with half of all mental disorders beginning by age 14, and 75 percent beginning by age 24.

Most mental disorders develop gradually. The early signs and symptoms of developing mental health problems will be different from the more established clinical profiles which are reflected later in life. The social, educational and family environments in which mental disorders occur in young people are also different from those later in life. Therefore, the information in this course is designed to be sensitive to the unique aspects of mental health problems in young people. It is meant to assist education professionals, health providers, parents and other adults in the identification of mental health problems and appropriate first aid intervention strategies.

The following mental health problems are covered:

- Mood Disorders
- Anxiety disorders
- Psychosis
- Substance Use Disorder
- Eating disorders
- Deliberate self-injury

The following mental health crisis situations are covered:

- Suicidal behaviour
- Overdoses
- Panic Attacks
- Reactions to traumatic events
- Psychotic episodes

For more details contact The Bridge Youth & Family Services at 250.763.0456 or [check their website](#).

*-Source: The Bridge Youth & Family Services, 18 August 2015*

## **FREE WEBINAR: How to Create Healthy Boundaries**

**Date:** Thursday, October 22nd, 10:00 am PST

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

[Register Now](#)

Nonprofit workers create change every day – our work makes the world a better place! But this work often leaves us vulnerable in a variety of ways that can take a huge toll on our health and mental well-being. One way to stay happy, healthy and sane is to create strong boundaries in the workplace.

In this session, presented by Sheena Greer, we will explore just what boundaries are, examine some common workplace issues, and provide tips on how to create healthy boundaries that are



not only good for you, but great for your entire team.

**Audience:** Great for any nonprofit professional who would like to improve their relationships with co-workers, volunteers and clients. This session will be tailored specifically for the nonprofit sector.

**Individuals who attend this session will learn:**

- What boundaries are and the different kinds of personal boundaries
- Why people in our sector are especially prone to having boundary issues
- How to recognize any boundary issues they may have
- The common workplace boundary violations and how to combat them

*-Source: Twitter, Charity Village, 25 September 2015*

## Workshop: Prevent It!

### About Little Warriors

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

### Did you know?

Experts estimate that:

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

### About the Workshop

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

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

### Who should take this workshop?

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

Register for an upcoming workshop in Kelowna:

- Saturday, October 24th, 10:00 am – 1:00 pm
- Saturday, November 21st, 10:00 am – 1:00 pm

[Register Today](#)

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

## Challenging Behaviours in Youth – Strategies for Intervention

**Kamloops:** November 9th, 2015 (early rate deadline October 19th)

**Vancouver:** November 12th, 2015 (early rate deadline October 22nd)

**Victoria:** November 13th, 2015 (early rate deadline October 23rd)

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

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

Some of the topics covered:

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

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

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

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

## CESBCY Evaluation Conference

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

[Early Bird Registration](#) Ends October 9th!

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

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

For more information or to register, please visit the conference website at:

<http://www.cesbcyconference.ca/>

Call for Volunteers

Our conference will rely heavily on volunteers to help get things done! Thanks to everyone

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

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

## **Workshop: Changes to the BC Societies Act**

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

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

**Cost:** \$20 (includes lunch)

[RSVP online](#)

Space is limited, so please register early!

The focus of this lunch and learn session will be:

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

Who Should Attend?

- Executive Directors
- Supervisors
- Board of Directors

Workshop Leader: Pamela Nelson, MBA

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

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

## **Free Recorded Webinar: Suicide Awareness & Intervention**

This webinar provides viewers with a general overview of the issues surrounding suicide. Topics related to myths, risk factors and warning signs will be explored. The final portion of the webinar will walk participants through a suicide assessment and intervention process with the goal of assisting participants to better identify and assist those at risk of suicide.

[View the Webinar](#)

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

## Okanagan Boys and Girls Clubs of Canada Looking for Workshop Presenters

The Boys and Girls Clubs of Canada will be hosting their National Conference here in Kelowna on April 26-29th, 2016 and they are seeking workshop presenters. The budget is limited however we are hopeful you or others you might know will consider this a great opportunity to share your expertise.



**Okanagan  
Boys & Girls Clubs**

**A good place to be**

All workshops proposed must fit into one of the following 3 categories and you must indicate which category in your abstract:

1. **Strong Clubs**

Does your workshop provide a training opportunity? Will your presentation inspire the leadership at the club level? Has your club developed a program, complete with programming tools and templates that you are eager to share? Will your presentation inspire us with strategies and tools to effectively engage youth and young adults? If you answered yes to any of these questions, this category is for you.

2. **Strong Voice**

Calling all advocates... Will your presentation inspire all of us to use our voice to benefit the lives of children and youth? Or perhaps coach and encourage us to be successful in ensuring that children and youth are able to use their own voices? Are you a story telling guru willing to share your expertise with your peers on how to spread the word on all the great work of Boys and Girls Clubs? Will your presentation inspire us to engage our communities, local governments and public officials, and other community stakeholders? Will you share your success in engaging Aboriginal communities? If so, this is your category!

3. **Strong Together**

Are you a fund raising wizard ready to share your winning approaches to developing corporate partnerships and other funding relationships? Are you willing to share your success stories when it comes to running a Roger's Raising the Grade program or the Race for Kids? Have you discovered the secret to successfully expanding to offer services to under-served areas? Look no further – this is your category and we are looking forward to hearing from you!

[Submit a proposal](#)

*-Source: Richelle Leckey, Community Engagement Coordinator, Okanagan Boys and Girls Clubs, 24 September 2015*

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# Volunteerism

- [WHAT COUNTS AS VOLUNTEER TIME?](#)
- [GETTING THE BEST FROM YOUR VOLUNTEERS THROUGH THE SAVE APPROACH](#)
- [BUILDING BETTER BOARDS: STRENGTHENING FIDUCIARY AND RISK OVERSIGHT](#)
- [FOUR WAYS TO CREATE A MORE REWARDING VOLUNTEER EXPERIENCE](#)
- [EQUIP YOUR NEW NONPROFIT BOARD MEMBERS TO BE EFFECTIVE ON DAY ONE](#)

## What Counts as Volunteer Time?

As companies are maturing in their understanding of strategic and impactful employee volunteering and giving programs, they are learning to ask better questions. For Realized Worth, the scale has tipped. The pile of questions we've received in recent months related to giving and volunteering policies – namely, what counts as volunteer time – has motivated us to compile the answers for those of you who haven't asked yet. We tried to keep it simple, but contact us if you need to discuss more complicated concerns specific to your company.

[Read More](#)

*-Source: Newsletter, Realized Worth, 17 September 2015*

## Getting the Best from your Volunteers through the SAVE Approach

Managing a volunteer program can be a very rewarding and exciting role. We are matchmakers, facilitators, social workers, marketers, sales people and sometimes disciplinarians. This last role is usually the least comfortable for us – and the one that many of us try to avoid. But the fact remains, it is also part of the job.

The 'new' volunteer is looking for ways to engage your organization that fit into their own busy schedules and they are looking for guidance and support more than supervision and recognition.

Creating a solid volunteer management system that is well communicated and reinforced will go a long way towards minimizing the need for disciplinary actions – including the need to fire a volunteer. However, should you find yourself in this position, having a structured volunteer management system will ensure that you will have put the appropriate measures in place.

### How the SAVE Approach can help

By using the SAVE Approach, you can proactively ensure that best practices are in place for onboarding new volunteers, providing guidance to existing volunteers and, when necessary, end the volunteer relationship.

The SAVE Approach is: S (Screening, Structure, Support and Supervision)

A (Attainable, Attention)

V (Validate, Value)

E (Evaluate, Encourage, End)

[Read More](#)

-Source: *Media Monitoring, Volunteer Canada, 17 September 2015*

## Building Better Boards: Strengthening Fiduciary and Risk Oversight

Increasingly boards of directors for charities are expected to strengthen their governance practices, including their fiduciary and risk oversight. Driving this demand for stronger governance is research that finds that governance failures are at the root of many problems in charities.

In response, regulators and funders are taking steps to codify expectations and sanction charities that do not meet expectations. For example, the pending Ontario Not-for-profit Corporations Act expected to come into force in 2016 will strengthen board governance with heightened attention to strong fiduciary responsibilities and include penalties for organizations that breach the act. Provincial funders such as the Ministry of Community and Social Services are taking steps to strengthen oversight and accountability of their funded agencies and implementing sanctions for those that don't comply. Charity watchdogs are evaluating charities and influencing donors.

[Read More](#)

-Source: *Village Vibes, Charity Village, 14 September 2015*

## Four Ways to Create a More Rewarding Volunteer Experience

More than four in 10 Canadians volunteered in 2013, according to the latest General Social Survey released earlier this year. While that's impressive, volunteering is down since 2010, the last time the survey was conducted. That's not terribly surprising considering a Volunteer Canada report found that 62% of volunteers have had a negative experience. That draws the challenge for nonprofits into clear focus: How do you not only recruit volunteers, but keep them coming back?

The best way to engage volunteers is to make working with your organization a positive experience. Here are a few tips for achieving that:

### 1. Be professional

This seems obvious, but volunteers who have a negative experience most often cite organizational issues as the main problem. Nonprofits should remember that providing a professional experience is in the details. When volunteers arrive, have name tags ready and know what the assignments are and where people should go. Ensure staff and signs are on hand to help direct people to the right place, and that instructions are ready so volunteers can get started right away. The tone you set is important: If people see that you've got your act together, they're more likely to feel that this is a good use of their time and your organization is a good vehicle through which to make a difference.

[Read More](#)

*-Source: Village Vibes, Charity Village, 28 September 2015*

## **Equip your New Nonprofit Board Members to be Effective on Day One**

According to *Leading with Intent: A National Index of Nonprofit Board Practices* (BoardSource, 2015), average board size has dropped by more than 20 percent — from 19 directors to 15 — since 1994. As nonprofit boards become smaller, the impact of each board member grows. It's not always easy to find new members, and it takes time and money to onboard new people. This makes it crucial to get new members up to speed as quickly as possible.

Here are resources every new board member should have by the first day:

### **Governance Documents**

These are most commonly compiled into “the board book.” Loose-leaf notebooks are okay, but PDFs are better. Post everything online using a secure portal on your organization's website, a commercial service like BoardMax, BoardEffect, or BoardDocs.com or simple file-sharing applications like Google Drive, Dropbox, or Evernote.

[Read More](#)

*-Source: Village Vibes, Charity Village, 28 September 2015*

## **What Counts as Volunteer Time?**

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*-Source: Media Monitoring, Volunteer Canada, 24 September 2015*

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