



**Monthly Bulletin – October 2016**

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# KCR Highlights

- [EXPLORE YOUR POSSIBILITIES!](#)
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## Explore YOUR Possibilities!



Opportunities for those 55 years and better.

Find out how you can get active and involved in your community. Learn about programs, services and fun activities.

### Workshops

- **Date:** Wednesday, November 9, 2016, 10:00 am – 11:30 am  
**Location:** Lake Country Seniors Centre, 9832 Bottom Wood Lake Road, Lake Country
- **Date:** Wednesday, November 16, 2016, 12:00 pm – 1:30 pm \*  
**Location:** Johnson Bentley, 3737 Old Okanagan Hwy, West Kelowna
- **Date:** Monday, November 21, 2016, 11:15 am – 12:45 pm \*  
**Location:** Peachland Community Centre, 4450 6th Street, Peachland
- **Date:** Tuesday, November 22, 2016, 11:00 am – 12:30 pm \*  
**Location:** Okanagan Mission Seniors Centre, 4398 Hobson Road, Kelowna
- **Date:** Thursday, November 24, 2016, 9:00 am – 11:00 am  
**Location:** Society for Learning in Retirement, 1434 Graham Street, Kelowna

\*Includes a light lunch

To register, call Stephanie at 250.763.8008 ext 141 or email [stephanie@kcr.ca](mailto:stephanie@kcr.ca).

-Source: Stephanie Moore, Community Services, August 2016

## Central Okanagan Family Hub – Kelowna – Calendar Of Events – October 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 <a href="#">Everything is always free of the Family Hub!</a>	3 <b>Storytelling for Families 10 – Noon</b>	4 <b>Nobody's Perfect Parenting – Melis Society 11:00 – 2:00p.m</b>	5 <b>Nobody's Perfect Parenting – Interior Health</b>	6 <b>Mother Goose 10 – Noon</b>  <b>Breast Feeding Café 10 - Noon</b>	7 <b>Storytelling for Families 10 – Noon</b>	8
9 <a href="#">All children's programs are for parents too</a>	10 Closed - Thanksgiving	11 <b>Nobody's Perfect Parenting – Melis Society 11:00 – 2:00p.m</b>	12 <b>Nobody's Perfect Parenting – Interior Health</b>	13 <b>Mother Goose 10 - Noon</b>	14 <b>Storytelling for Families 10 – Noon</b>	15
16 <a href="#">The play area is always available for parents to play with their children</a>	17 <b>Storytelling for Families 10 – Noon</b> Halloween Costume and Creation 12 – 2	18 <b>Nobody's Perfect Parenting – Melis Society 11:00 – 2:00p.m</b>	19 <b>Nobody's Perfect Parenting – Interior Health</b>	20 <b>Mother Goose 10 - Noon</b>	21 <b>Storytelling for Families 10 – Noon</b>	22
23 <b>Ask Debbie and Rich We are here to help</b>	24 <b>Storytelling for Families 10 – Noon</b> Info Session – Single Moms 1 – 4:00pm	25 <b>Nobody's Perfect Parenting – Melis Society 11:00 – 2:00p.m</b>	26 <b>Nobody's Perfect Parenting – Interior Health</b>	27 <b>Mother Goose 10 - Noon</b>	28 <b>Storytelling for Families 10 – Noon</b>	29
30	31 <b>Storytelling for Families 10 – Noon</b>					

**Storytelling for Families** – KJ-Low-Na Friendship Society – Come and meet Tupa & other Granny and Grandpa puppets – Ages Birth – 6 years Drop in  
**Parent-Child Mother Goose and Playtime** – The Club House - rhymes, songs and stories – Birth – 4 years - Please come for 10:00a.m.  
**Tumble Bumble** – KJ-Low-Na Friendship Society – Explore climbing, rolling, games, songs, crafts, singing, dancing, cuddles and giggles – Age Birth – 6 Drop in  
Halloween Costume and Creation – Saving Kindness – Costumes available and making costumes for little ones – preschool age  
**Nobody's Perfect Parenting Program** – Melis Society – Aboriginal Traditional Teaching Included – Registration Required  
**Nobody's Perfect Parenting Program** – Interior Health – Registration Required  
**Info Session – Single Moms** – Join a conversation with service providers about supports of interest to single moms

[Download the October 2016 Calendar of Events](#) for the Central Okanagan Family Hub – Kelowna.

-Source: Debbie Markus, Central Okanagan Family Hub – Kelowna, October 2016

## Workshop Series: Nourishing Managers of Volunteers – Thank-a-thon

**Date:** Wednesday, October 12, 2016, 12:00 pm – 1:00 pm

**Location:** KCR, #120 – 1735 Dolphin Avenue, Kelowna

**Cost:** Free

[Register Now](#)

Being thankful and giving thanks encourages volunteers. Involve your whole agency. Powerful ideas need not cost dollars and cents. Bring your lunch and your gratitude ideas to share with the group.

*-Source: Dawn Wilkinson, Manager, Community Services, KCR, September 2016*

## Workshop: Overview of Volunteer Management Fall 2016

**Dates:** October 24, 25, 31, & November 1, 2016, 9:00 am – 4:00 pm

**Location:** KCR, #120 – 1735 Dolphin Avenue, Kelowna

**Cost:** \$199, Includes materials and light refreshments

[Register Now](#)

**Description:** This 4-day workshop will help you attract and retain volunteers. Content is based on Canadian research, best practices and the Canadian Code for Volunteer Involvement.

[Read more about the 8 modules](#)

*-Source: Dawn Wilkinson, Manager, Community Services, KCR, August 2016*

## Programs, Services and Activities for 55+



KCR is working on a Seniors' Wellness project with funding from the Government of Canada's New Horizons for Seniors program. We are currently pulling together information to include in a

new resource guide that will be specific to each of the four Central Okanagan Communities. The resource guide will be launched in November 2016 at community workshops throughout the region.

If you know of any programs or services that target the 55+ age demographic and would like to have the information included in the guide, please email Stephanie at [stephanie@kcr.ca](mailto:stephanie@kcr.ca).

-Source: Dawn Wilkinson, Manager, Community Services, KCR, August 2016

## KCR Employment Programs – Apply Today!



Need to get ready for post-secondary training, or improve your Math, reading, and study strategies?

Kelowna Community Resources is hosting their Job Readiness and Essential Skills training programs. Both programs are free to participants, and involve 6-week, 3-hours-a-day training to help individuals identify career goals and take the steps necessary to reach these goals. In addition, individuals are provided with an additional 12 weeks of one-on-one follow-up support to help them meet their goals.

“Both Job Readiness and Essential Skills programs are being led by a team of truly amazing individuals,” says Travis Schneider, KCR Employment Services Manager. “Over 70% of those who have completed the training have found employment, which is incredible”.

Are you employed or underemployed, do you feel lost or don't know what to do when it comes to employment? Are you over 18, are you a BC resident, and have you not collected employment insurance (EI) in the past 3 years?

If so, give us a call today at 778.484.5587, or visit our website at [www.kcr.ca/employment-services/](http://www.kcr.ca/employment-services/) to see if you're a fit for these programs.

Funding provided by the Government of Canada through the Canada-British Columbia Job Fund's Employment Services and Support Programs. For more information about B.C.'s labour market programs, visit [www.workbc.ca](http://www.workbc.ca).

-Source: Travis Schneider, Manager, Employment Services, KCR, June 2016

## **KCR's Mailing Lists**

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

[Publications](#): Our updated publications will be sent right to your inbox

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

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

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

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- [GIVING TUESDAY; NOVEMBER 29TH](#)
- [CANADA 150 CHALLENGE; THIS IS BIG!](#)
- [STUDENTS: UBCO, OKANAGAN COLLEGE & HIGH SCHOOLS](#)
- [MEDIA](#)
- [TORONTO OFFICE](#)
- [OTHER UPDATES](#)
- [THE MOST IMPORTANT UPDATE](#)

## Giving Tuesday; November 29th

Volinspire has entered into a partnership with the Giv3 Foundation from Montreal to help inspire volunteerism and donations across the country around the date of November 29th (Giving Tuesday).

Over 4,500 organizations (each org is tied to many volunteers) participated in Canada last year and the movement is growing.

- Over 400 of these organizations were businesses
- Very simple campaign for people and organizations to get involved

### Wins:

- Volinspire gets exposure all across Canada.
- Local brand is strengthened (you can see city partners on their web page)  
*Example: 40 organizations in Kelowna participated*
- Engagement opportunities with employees and public users
- Social media reach
- Giving Tuesday will start to promote Volinspire early next month via social media (we will promote them as well)

### More Information:

[Giving Tuesday Website](#)

[Giving Tuesday Twitter](#)

*-Source: Newsletter, Volinspire, 20 September 2016*

## Canada 150 Challenge; this is Big!

As part of Canada's 150th Anniversary Celebrations, Volunteer Ottawa is leading 200 volunteer centres across Canada to participate in a Canada 150 volunteer challenge that will begin January, 2017. This is being supported by the federal government and civic governments as well.

Volinspire was chosen over 3 other companies as the technology platform!

### Goal:

- Get as many people in each community to participate; log hours towards the challenge (15, 150 etc), and tell their stories with a celebration planned for July 1, 2017.



**Wins:**

- Inspire people to give and volunteer right across Canada
- Strong civic participation (Mayor to Mayor challenges and city challenges planned)
- Engagement opportunities with existing users and employees
- Lots of new users
- Social media & media reach. CBC and other news channels covering already. Local media will cover.

**More Information:**

[Canada 150 Website](#)

[Canada 150 Twitter](#)

*-Source: Newsletter, Volinspire, 20 September 2016*

## Students: UBCO, Okanagan College & High Schools

Both UBCO and Okanagan College are promoting Volinspire to their students. High schools are also getting active now that school is back in. We are working with SD 23 and BC Gov. on broad adoption.

**Wins:**

- Our Community! Students get more engaged helping nonprofits and charities
- More traffic and users for Volinspire
- Recruiting for our Business Customers; students will be looking at profiles

*-Source: Newsletter, Volinspire, 20 September 2016*

## Media

Volunteer spotlights are being featured weekly in Kelowna by Castanet, NewCap Radio (K96 Salute) and the Daily Courier newspaper. NewCap open to broader content deal. Bell interested as well.

**Wins:**

- Volunteers getting recognized which inspires others to get involved
- Volinspire gets branding and drives traffic to our site

*-Source: Newsletter, Volinspire, 20 September 2016*

## Toronto Office

We have hired a representative in Toronto to approach national brands and companies and early discussions with a few national brands have been very positive.

*-Source: Newsletter, Volinspire, 20 September 2016*

## Other Updates

- We will be updating our employee testimonials. We are receiving a lot of great feedback from employees who are being recognized for their actions. Great work!!
- We are working with Third Space Foundation in Kelowna on the Gratitude Project which will launch in early October.
- Discussions regarding potential partnerships with Volunteer Canada, Credit Union Association of Canada, Central 1 Credit Union, and the Chamber of Commerce are underway.
- Apple and Android APP development continues. Once we have something on the APP store, we will let everyone know.
  - We believe our APP will increase engagement with employees and all users
  - Note: our site is very mobile friendly as is. You don't have to wait for the APP! Web based APPs are gaining in popularity.
- BC Government is now actively supporting us. Volunteerism (total hours) represents the equivalent of 152,000 full time jobs per year in BC (this is \$8 Billion dollars of value at \$50K per person, not including value of events). The ministry of social innovation is starting to promote Volinspire and is open to help recognize companies with employee volunteer programs

*-Source: Newsletter, Volinspire, 20 September 2016*

## The Most Important Update

There are over 1200 Charity and non profit connections on Volinspire (who can use it for free) and users have recorded over 130,000 hours with those organizations since launch (Dec. 2015). Many of the users have not logged hours yet so this total is low. Behind every hour is a kid being coached, a food hamper being filled, a hospital patient being helped, a refugee being welcomed and many other acts of kindness.

We are engaging students, employees and the general public with volunteer opportunities and volunteers are being recognized more frequently than before. Our volunteer spotlights are inspiring others to take action.

We have not measured the social impact of Volinspire (we will some day) but we see it with the charities and nonprofits we work with every day. Volunteers are the lifeblood of many charities and without them, they would not survive. Your support of Volinspire gives charities a free and easy way to recruit and manage volunteers which in turn helps to build a stronger community. Thank you for your support of Volinspire!

*-Source: Newsletter, Volinspire, 20 September 2016*

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# Aboriginal

- [LATEST RCY REPORT: HOW BC'S MENTAL HEALTH SYSTEM FAILED ONE FIRST NATIONS YOUTH](#)
- [ABORIGINAL YOUTH ENTREPRENEURSHIP PROGRAM](#)

## Latest RCY Report: How BC's Mental Health System failed one First Nations Youth

Early September 2016, Mary Ellen Turpel-Lafond, BC's representative for children and youth, released a new report, A Tragedy in Waiting: How B.C.'s mental health system failed one First Nations youth.

The report tells the story of a 16-year-old boy who took his own life. Despite showing signs of serious mental health issues, Chester, a pseudonym, received little assessment or services from the organizations that might have helped him. Little has changed since his death, the report concludes.

The report makes five recommendations, including the creation of a proactive lead agency for the provision of Aboriginal child and youth mental health services, formed by partnership between the federal and provincial governments, the First Nations Health Authority, DAAs and other service providers.

[Find the full report and news release](#)

*-Source: Newsletter, First Call, BC Child and Youth Advocacy Coalition, 20 September 2016*

## Aboriginal Youth Entrepreneurship Program

Are you interested in becoming an Entrepreneur? Are you between the ages of 18-35?

The Aboriginal Youth Entrepreneurship Program is an initiative of Métis Youth British Columbia (MYBC), in partnership with Canadian Centre for Aboriginal Entrepreneurship, which aims to Aboriginal youth age 18 to 35 who are interested in learning more about entrepreneurship. Youth will participate in training to increase their business and entrepreneurship skills and support their personal career aspirations. While attending the program, you will learn core skills on how to start your own small to medium size business.

### Who is eligible to attend?

Aboriginal Youth within the Program regions, between the ages of 18 and 35, that have a business idea or are interested in becoming an entrepreneur. For All Aboriginal Youth (First Nation, Métis and Inuit)

Free Travel Supports and Accommodations offered!

[More Information](#)

-Source: *Brittney Bertrand, Communications & Project Assistant, Métis Nation British Columbia,*  
5 October 2016

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# Awards

- [APPLICATIONS OPEN FOR FALL 2016 ECE BURSARIES – DEADLINE NOVEMBER 10](#)
- [WE'RE GIVING AWAY ONE THOUSAND, \\$1000 BURSARIES!](#)

## Applications Open for Fall 2016 ECE Bursaries – Deadline November 10

The Early Childhood Educators of BC is now accepting applications for the ECE Student Bursary Program. Students registered for early childhood education courses during the fall 2016 semester (September to December 2016) at an approved training institution are encouraged to apply for up to \$300 per course, to a maximum of \$1,500 per semester.

Priority will be given to Aboriginal students, or students enrolled in ECE programs with an Aboriginal focus or working to achieve an infant/toddler educator designation.

[Find more info](#)

[Download the bursary application form](#)

[Read the ECEBC's student bursary policy](#)

*-Source: Newsletter, Early Childhood Educators of BC, September 2016*

## We're Giving Away One Thousand, \$1000 Bursaries!

This month we're awarding over half a million dollars in bursaries to members attending post-secondary this fall and we're now accepting applications for next year! If you're an active Interior Savings member and plan to attend post-secondary in fall 2017/winter 2018, we encourage you to apply for a \$1000 bursary. We have \$1 million in bursary awards up for grabs!

### Eligibility Criteria

Applicants must fulfill the following criteria to qualify for a \$1,000 bursary in 2017:

- Must be between 17-24 years of age as of September 1, 2017.
- Plan to attend full-time studies in a degree, diploma, or trade certification program at a designated post-secondary institution, with your program starting between September 2017 and August 2018.
- Become an active member of Interior Savings Credit Union by February 1, 2017.
- Submit a completed online bursary application form by May 1, 2017.

[Apply Now](#)

*-Source: Newsletter, Interior Savings, 21 September 2016*

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# Employment

- [VOLUNTEER ENGAGEMENT SPECIALIST – DAVID SUZUKI FOUNDATION](#)
- [HIRE A STUDENT! CO-OP PROGRAMS](#)
- [KCR EMPLOYMENT PROGRAMS – APPLY TODAY!](#)

## Volunteer Engagement Specialist – David Suzuki Foundation

The purpose of this role is to create and lead an organization-wide volunteer engagement strategy designed to empower and equip staff to meaningfully engage Canadians in our work. The successful candidate will build program and organizational capacity, provide learning and mentorship to staff, and deepen committed leadership by empowering people in place.

You'll build on the Foundation's strong history of volunteerism, including recent successes, to deepen our culture of engagement. You'll lead the evolution from a volunteer "program" to an integrated "people" strategy that grows community leadership of our mission, and increases our impact. You'll work across regions and departments to champion the power of volunteerism and catalyze effective engagement.

You'll also model a progressive approach by recruiting and leading your own team of talented volunteers to deliver on various aspects of your role, and by leveraging the power of digital tools to engage the legions of people who want to make a difference by volunteering with us.

The ideal candidate is a positive team player who thrives on the challenge of working in a busy, deadline-driven and information-rich workplace.

They are comfortable with ambiguity, and excels at building strong, collaborative relationships across departments and cross-functional teams.

The role has a strong focus on strategy development, excellence in people engagement, coordination and process design, and an ability to articulate and measure how volunteer engagement is critical in achieving outcomes in our goal areas of environmental rights, biodiversity and climate solutions.

[Apply Now](#)

*-Source: Newsletter, VPMC, 2 October 2016*

## Hire a Student! Co-op Programs

Co-op students are available in a wide range of degree backgrounds – from the arts, sciences, health, management and fine arts. Click on the links to learn how these programs can benefit your business.

[Okanagan College Co-op](#)  
[University of British Columbia Okanagan Co-op](#)

-Source: Newsletter, Central Okanagan Economic Development Commission, 20 September 2016

## KCR Employment Programs – Apply Today!



Need to get ready for post-secondary training, or improve your Math, reading, and study strategies?

Kelowna Community Resources is hosting their Job Readiness and Essential Skills training programs. Both programs are free to participants, and involve 6-week, 3-hours-a-day training to help individuals identify career goals and take the steps necessary to reach these goals. In addition, individuals are provided with an additional 12 weeks of one-on-one follow-up support to help them meet their goals.

“Both Job Readiness and Essential Skills programs are being led by a team of truly amazing individuals,” says Travis Schneider, KCR Employment Services Manager. “Over 70% of those who have completed the training have found employment, which is incredible”.

Are you employed or underemployed, do you feel lost or don't know what to do when it comes to employment? Are you over 18, are you a BC resident, and have you not collected employment insurance (EI) in the past 3 years?

If so, give us a call today at 778.484.5587, or visit our website at [www.kcr.ca/employment-services/](http://www.kcr.ca/employment-services/) to see if you're a fit for these programs.

Funding provided by the Government of Canada through the Canada-British Columbia Job Fund's Employment Services and Support Programs. For more information about B.C.'s labour market programs, visit [www.workbc.ca](http://www.workbc.ca).

-Source: Travis Schneider, Manager, Employment Services, KCR, June 2016

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# Funding Sources

- [SESQUICENTENNIAL GRANT CANADA150](#)

## Sesquicentennial Grant Canada150

The Sesquicentennial milestone provides an opportunity to shape the future of our city with celebrations, events and projects. To help support non-profit organizations in implementing unique initiatives that will leave a lasting legacy in our community, the City of Kelowna has created the Sesquicentennial Grant.

The intent of the Sesquicentennial Grant is to make a lasting impact that reflects the rich culture of Canada and Kelowna's natural attributes. Projects eligible for the Sesquicentennial Grant must align with at least one of the City's Canada 150 identified themes:

- Embrace, preserve and celebrate the natural assets of Kelowna including the lake, trails, landscape and four season recreational opportunities;
- Celebrate cultural diversity and freedom;
- Empower our youth to shape the community they desire;
- Honor the history of our region and the prominent people and events that connect us;
- Recognize and celebrate the rich history and knowledge of Indigenous nations who continue to be an integral part of our community; and
- Lay the groundwork for innovation that will strengthen our community.

**Second Intake Date: October 31, 2016.** There is no guarantee of funding for the second intake.

Non-profit organizations are eligible for matching funds of up to 50 per cent of total project costs up to \$15,000. Matching funds must be identified in the application process and may consist of cash, in-kind-volunteer hours and/or materials and equipment.

For full details, please read the [Sesquicentennial Grant Application Guidelines](#)

[Sesquicentennial Grant Application Form](#) or [Download an Application Form](#).

Questions? Contact us at [canada150@kelowna.ca](mailto:canada150@kelowna.ca).

*-Source: Newsletter, City of Kelowna, 19 April 2016*

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# Fund Development

- [20 EMAIL FUNDRAISING BEST PRACTICES](#)
- [ANSWER THESE SEVEN QUESTIONS BEFORE YOU DRAFT YOUR FUNDRAISING PLAN](#)
- [UNITED WAY OF THE CENTRAL & SOUTH OKANAGAN – COMMUNITY FUND INVESTMENTS – \\$589,368](#)

## 20 Email Fundraising Best Practices

Is your nonprofit struggling to raise money online? You're not alone. Even some of the largest organizations have a lot of low hanging fruit and aren't leveraging the best email fundraising practices. If your nonprofit falls into that category or if you're looking for a fundraising refresher here's 20 of our favorite email fundraising tips that we adapted for you from a recent online fundraising audit.

[Read More](#)

*-Source: Newsletter, Care2, 26 September 2016*

## Answer these Seven Questions before you Draft your Fundraising Plan

Having a fundraising plan can mean the difference between struggling and success.

Yet most nonprofits don't have one.

It's crazy, isn't it? You wouldn't start off on a trip without a destination in mind (or maybe you would if you were in it for the adventure).

So why do so many nonprofits blaze a trail to raise money without knowing what their goal is or how they'll get there?

[Read More](#)

*-Source: Newsletter, Nonprofit Newswire, Imagine Canada, 7 September 2016*

## United Way of the Central & South Okanagan – Community Fund Investments – \$589,368

The announcement of our intentions to invest \$1,470,000 next year was not arrived at lightly. We have been reviewing community priorities in the towns and cities that we support (all 22 of them) and we are convinced that in order to move the needle on poverty and social fabric related issues we need to start here, at \$1,470,000 in 2017. But we need your help to ensure we can meet these commitments on behalf of community.

We are so very thankful for all of the past support from our community and we look forward to achieving this milestone investment together with you!

### **All that kids can be**

#### *Organization – Where the Funding is Going*

- Building Healthy Families Society – Nurturing fathers program
- Canadian Red Cross – Healthy relationships for youth program
- Dragonfly Pond Society – Spring and summer programs
- Karis Support Society – Baby essentials program and community kitchen
- Kelowna Child Care Society – Young parents childcare program
- Kelowna Women's Shelter – Inside Out violence prevention program
- Okanagan Boys and Girls Club – Youth and family programs
- OSNS Child Development Centre – Movers & Talkers Program
- Reach Out Youth Counselling Society – Clinical counselling to youth & family members
- Starbright Children's Development Centre – Outreach clinical counselling program

### **From poverty to possibility**

#### *Organization – Where the Funding is Going*

- Canadian Mental Health Association – Mental health services
- Inn from the Cold – Winter shelter for the homeless
- John Howard Society – Community justice supports & employment
- Penticton & District Community Resources – Family assistance subsidies
- Penticton Hospital Auxiliary – Meals on Wheels
- Project Literacy Kelowna – Adult literacy
- Summerland Food Bank & Resource Centre – Food security

### **Building strong communities**

#### *Organization – Where the Funding is Going*

- The Arthritis Society – Patient & caregiver workshops
- BrainTrust Canada Association – Prevention & supports for people with brain injury
- CRIS Adaptive Adventures – Outdoor recreation to people with diverse abilities
- Desert Sun Counselling & Resource Centre – Counselling and support services
- Elizabeth Fry Society – Community justice supports & counselling
- Hands in Service – Home supports to people with illness/disability
- Kelowna Community Resources – Information & training to volunteers and NPOs
- Kelowna Family Centre – Counselling services to children, adults & families
- NeighbourLink Summerland – Volunteer program
- NOW Canada Society – Trauma counselling for women
- Ozanam Recovery House – Trauma counselling for men
- Peachland Wellness Centre Society – Volunteerism and community well-being
- Penticton Recovery Resource Society – Discovery House
- Princeton Family Services – Community support worker
- Seniors Outreach Services Society – Information and supports for seniors
- South Okanagan Similkameen Brain Injury – Recreation and wellness programs
- South Okanagan Victim Assistance Society – Counselling services for men
- South Okanagan Women in Need Society – Counselling services for women
- Westside Health Network Society – Information and supports for seniors

*-Source: Shelley Gilmore, Executive Director, United Way Central and South Okanagan/Similkameen, 12 September 2016*

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# Housing

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- [JOINING THE DOTS: THE COMBINED BURDEN OF VIOLENCE, ABUSE & POVERTY IN THE LIVES OF WOMEN](#)

## Brand New Affordable Suites in the Heart of Downtown Kelowna

Suites available for November 1st occupancy at 1745 Chapman Place.

### Rental Rates:

- Studios (360 sq ft): \$639/mo
- 1 bed (563-618 sq ft): \$724/mo
- 2 bed (702-714 sq ft): \$913/mo
- 3 bed (936-948 sq ft): \$1,069/mo
- *Rent does not include utilities*

### Fees:

- Parking: \$20.00 per month (as available)
- Laundry: pre-paid re-loadable cash card
- Bicycle storage units: free (as available)
- *Pets are not permitted except for guide animals as defined in the 'Guide Animal Act'*

### Highlights:

- Walkable neighbourhood, close to beaches, shopping & parks
- Steps away from transit
- High ceilings
- Large windows with lots of light
- Bike storage
- Brand new, suites with designer finishings
- Scenic views from many suites
- Rooftop park and kids play area

This affordable community at Central Green offers rents that are lower than market rental rates.

There are no subsidies available for tenants. Eligibility is based on a means test – this community is designed for those with family incomes between \$25,000 and \$70,000 per year. Rent is not calculated on a percentage of income. If you already have a rental subsidy in place you are welcome to apply.

These suites are open to all applicants. You do not have to be of First Nations decent to apply.

[Apply Today](#) or call Jeremy at 250.763.4905 ext. 223

[Download the Brochure](#)

*-Source: Tara Tschritter, Ki-Low-Na Friendship Society, 2 October 2016*

## **Elder Homelessness: Acknowledging the Need & Responding**

We see the need almost every day. As we move through our daily routines, we encounter people who are experiencing homelessness. Occasionally we will drop change in their cup or walk on the other side of the street. On any particular day, we may be on our way to Starbucks or to the grocery store when we notice a person who is experiencing homelessness. We sadly lament...it is horrible that a person is elderly and homeless. We stop and think about the horrors of homelessness, especially for elders. Then we continue on our journey...

A 2014 report by Harvard's Joint Center for Housing Studies noted while vulnerable older Americans need rental assistance, there are only sufficient federal resources to provide assistance to one of three income-eligible renters aged 62 and older. Providing rental assistance to every eligible low-income elder would end homelessness for older adults. The Bipartisan Policy Center Housing Commission recently proposed this strategy and also recommended better coordination of housing and services to ensure housing stability for older Americans.

[Read More](#)

*-Source: Newsletter, t3, 2 September 2016*

## **How can Universities Address the needs of Homeless Students?**

This month, more than a million students will head back to university campuses across the country. With projections that by 2020, 65 percent of all jobs in the economy will require postsecondary education and training beyond high school, the value of university and college degrees is steadily increasing. How can universities address the needs of students experiencing homelessness?

[Read More](#)

*-Source: Newsletter, Homeless Hub, 8 September 2016*

## **The Very Poor & the Affordability of Housing**

A considerable momentum has developed around the perceived need for a national affordable housing strategy. The design of any such strategy should recognize who is in need, the size of the need, and where that need is greatest. This report presents facts on the affordability of housing for those at risk of the most serious form of housing crisis, namely, the threat of homelessness.

[Read More](#)

*-Source: Newsletter, Homeless Hub, 15 September 2016*

## **Housing First for Youth (HF4Y): A Way Home's Collaborative Vision**

Housing First for Youth is a human rights-based approach that is a critical tool in our prevention toolbox. We have some national and international examples of using Housing First for Youth to prevent young people exiting systems like foster care and corrections from ever experiencing homelessness. It is also used to prevent young people that are currently experiencing homelessness from ever experiencing homelessness again.

[Read More](#)

*-Source: Newsletter, Homeless Hub, 15 September 2016*

## **The Strengths of Young People Who Are Homeless**

Young people who are homeless encounter adversity at a key time in their lives while they are transitioning to adulthood. Despite adverse conditions, social exclusion and oppression, many young people who experience homelessness demonstrate tremendous resilience. Thirty-five young people who were homeless in Ottawa participated in in-depth interviews and reflected upon their strategic decision-making, how they solved problems in the midst of adversity, planned for the future, consciously altered their identities, and balanced the costs of engaging in certain behaviours.

[Read More](#)

*-Source: Newsletter, Homeless Hub, 15 September 2016*

## **Let's Talk Housing – Opinions from the Sector**

The National Housing Strategy Consultation process ends October 21st. As you consider your submissions, check out the views of others in the sector. The Calgary Homeless foundation believes that for the Strategy to be an effective tool to further the vision of ending homelessness, it needs to provide specific measures to address the specialized needs for housing with supports for vulnerable and homeless citizens, including Indigenous Peoples.

[Read More](#)

*-Source: Newsletter, Homeless Hub, 15 September 2016*

## **Course: Intimate Partner Violence & Homelessness**

Intimate partner violence and homelessness are deeply interconnected. This six-session tapas bundle highlights vulnerable populations, outlines risk and protective factors, and promotes the combination of housing and services to address this complex public health issue. Using an intersectional, recovery-oriented, trauma-informed lens, the series delves into strategies to best support client needs, while being mindful of self-care.

The tapas in this bundle include:

- Intimate Partner Violence (IPV): A primer (3 minutes)
- The intersectionality of IPV and homelessness (9 minutes)
- How and why does IPV happen: Risk & protective factors (6 minutes)
- What can we do?: Service provisions (6 minutes)
- What does housing have to do with it? (3 minutes)
- Can we prevent IPV? (5 minutes)

Bundle facts:

- Estimated length: 32 minutes
- Subject: Intimate Partner Violence & Homelessness
- Course type: Self-paced, short video tutorials
- Covered topics: Intimate partner violence, IPV, homelessness, trauma-informed care, trauma, self-care

[Register Now](#)

*-Source: Newsletter, t3, 21 September 2016*



## **What are the Housing Needs of People with Mobility Issues?**

While anyone can become homeless, people with disabilities are particularly vulnerable. A 2013 report found that people with disabilities in Canada are twice as likely to live in poverty.

[Read More](#)

*-Source: Newsletter, Homeless Hub, 22 September 2016*

## **Connections between Disability, Education & Employment among Young People who have Experienced Homelessness**

We know that youth who are homeless or under-housed face a daunting mix of challenges including trauma, family conflict, discrimination, income insecurity and barriers to education and employment. Youth with disabilities are, however, a significantly under-reported and under-analyzed part of the homeless population – research literature is notably sparse. In large part, this is because homelessness and disability are treated as discrete experiences with unique populations requiring unique interventions.

[Read More](#)

*-Source: Newsletter, Homeless Hub, 22 September 2016*

## **Ending Youth Homelessness: The 100-Day Challenge**

In this first of three episodes, host Jeff Olivet discusses the A Way Home America & Rapid Results Initiative partnership “100-Day Challenge to End Youth Homelessness” with Terrance Walker and Phoebe VanCleeve, two youth leaders in the fight to end youth homelessness.

[Listen Now](#)

*-Source: Newsletter, t3 Podcasts, 26 September 2016*

## **Safe at Home: Increasing Housing Affordability Across the Continuum**

Housing affordability has emerged as the most challenging social policy issue facing Canada. All sources report the problem is intensifying, fuelled by the takeoff of housing costs in Toronto, Vancouver and Calgary. This report discusses five policies proposed by Safe at Home to address the rapid development of major urban centres and government programs.

[Read More](#)

*-Source: Newsletter, Homeless Hub, 29 September 2016*

## **Role of Relationships in Substance Use Recovery**

Human connection is an integral part of social and emotional health and well-being. Think about the many connections, friendships, and relationships that shape your daily life. When you are in need of support, these relationships are key to providing guidance, happiness, and stability.

Social supports act as a crucial determinant for shaping health outcomes. Research suggests relationships are a significant factor in determining substance use and recovery outcomes. Studies of adolescents suggest that family support and involvement acts as a protective factor against substance use. A study of women experiencing homeless found that those who had less social support were more likely to engage in illicit substance use. A common affirmation in the recovery community— people, places, things—points to how important people can be in impacting one's journey to recovery. Social networks, including family, friends, community and kinship ties, can act as risk or protective factors in determining an individuals' path toward recovery.

[Read More](#)

*-Source: Newsletter, t3, 30 September 2016*

## **Helping Children Respond to Homelessness**

My kids have known about homelessness since the moment they knew about things. They are currently 5 and 8 years old and were gestated, born, and grew up while I was running a drop-in center for homeless young adults. In addition to constantly hearing about my work and people with whom I worked, they came to picnics, holiday parties, talent shows, and many other community events connected to the drop-in center.

They knew by name some of the young adults who lived or panhandled on the streets of Harvard Square. They made pictures for my clients who moved into housing “so they have something pretty on the wall.” Their room is decorated with artwork created by homeless young adults; they say “I hope I can be that good at art one day.” One rainy and cold fall morning, my oldest – who was 6 at the time – looked at me over breakfast and said “Rain, rain, go away. Mama’s friends have nowhere to stay.” My children are aware of homelessness, poverty, and injustice – understanding this is part of understanding their mother.

[Read More](#)

*-Source: Newsletter, 18 July 2016*

## **Domestic Violence & Homelessness**

Domestic violence is commonly cited as the leading cause of homelessness for women. However, it is important to note that a combination of factors such as the structural epidemic of unaffordable housing, a lack of adequate income and precarious employment (especially for women) as well as individual and relational factors (e.g. family break-up or domestic violence) all contribute to the risk of homelessness.

[Read More](#)

*-Source: Newsletter, Homeless Hub, 6 October 2016*

## **Joining the Dots: The Combined Burden of Violence, Abuse & Poverty in the Lives of Women**

This report from Agenda describes the circumstances of women in England who live in poverty & examines the nature and extent of violence and abuse experienced by women in poverty. According to the report, women in poverty are particularly likely to experience the most extensive violence and abuse in their lives. 14% of women in poverty have faced extensive violence and abuse, which is more than twice the rate of women not in poverty (6%).

[Read More](#)

*-Source: Newsletter, Homeless Hub, 6 October 2016*

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## Roll & Stroll – Walk With Us!

**Dates:** Thursdays, October 6th – November 24th, 9:30 am – 11:00 am

**Location:** EECO, Mission Creek Regional Park, 2363A Springfield Road, Kelowna

Join our free walking club for moms and caregivers with babies and little ones. We'll meet outside the EECO and casually explore Mission Creek Regional Park.

Meet other parents and spend time outdoors in a baby-friendly setting. Recharge your batteries, reconnect with nature, and set yourself on a path of outdoor exploration with your child.

After a 40 minute walk, we'll gather at the EECO for refreshments and baby basics!

Strollers and baby carriers suitable for trail walking are recommended. Registration is required by calling 250.469.6139.

*-Source: Risti Lesperance, Parks Services, Environmental Education Centre for the Okanagan, 29 September 2016*

## Okanagan Nation Wellness Forum 2016

**Date:** October 12-13, 2016, 8:30 am – 3:30 pm

**Location:** Penticton Trade and Convention Centre, 273 Power Street, Penticton

The Okanagan Nation Alliance will be hosting a 2 day Okanagan Nation Wellness Forum at the Penticton Trade and Convention Centre in Penticton, BC. Come out and join us for workshops from Gyasi Ross, an Indigenous lawyer and Colby Tootoosis, a Freedom Technician. We will also be having self-care practitioners onsite as well. Please stay tuned for our agenda.

### **Gyasi Ross**

Gyasi Ross (Blackfeet) is an essayist and writer, poet and speaker, lawyer and activist. Through a life of service, listening and living within Native communities, Gyasi profoundly understands the needs of his people and has dedicated his life to forging change within his communities.

Always believing in his mission, Ross first and foremost just wants things to be right with the complex world of the Indian nations. "Gratification is internal and I'm comfortable with that," Ross says, "I'm just trying to figure out how to help my folks."

### **Colby Tootoosis**

From recognizing social issues within my community as a result of genocide, colonization, and systemic oppression Colby sought out to learn and experience methods and processes that can assist in a cause for social transformation in an Indigenous context. Colby has been active in addressing social injustices towards Indigenous peoples both politically and systemically. My passion is holding space for peoples who have a prayer and a drive for freedom. I love working with children, youth and parents. Consciousness is a way of life.

*-Source: Dominique Alexis, Events Planner, Okanagan Nation Alliance, 28 September 2016*

## Maxine DeHart Ramada Hotel United Way Drive Thru

**Date:** Thursday, October 13, 2016, 6:00 am – 9:00 am

**Location:** Ramada Hotel, 2170 Harvey Avenue, Kelowna

Join Maxine DeHart for the annual Ramada Hotel United Way Drive Thru Breakfast – bright and early! Please share this with your networks and let's help Maxine beat last year's total of \$51,232!!

Funds from this year's event will be earmarked for the United Way's first ever multi-year investment for the [Central Okanagan Family Hub](#) — helping children and families in our community.

*-Source: Marianne Dahl, Marketing and Events Manager, United Way Central and South Okanagan/Similkameen, 30 September 2016*

## InspireHealth Open House – Kelowna

**Date:** Thursday, October 13, 2016, 4:00 pm – 6:00 pm

**Location:** #123 – 565 Bernard Ave, Kelowna

We cordially invite you to an open house party at InspireHealth – Supportive Cancer Care Organization

- Please join us and learn about InspireHealth Supportive Cancer Care.
- Meet the team who provide personalized exercise therapy, stress management, nutrition, and counselling services.
- Food, tea, & Kombucha
- Prize giveaways & more!

### **About InspireHealth**

InspireHealth is a not-for-profit supportive cancer care organization approved by the Ministry of Health. Since 1997, we have provided programs and services to enhance the quality of life, health and well-being of people living with cancer and their families. Our cancer rehabilitation services support and educate people during and after cancer treatments. All of our services, programs and classes are completely free of charge.

*-Source: Newsletter, InspireHealth, 28 September 2016*

## **Artists among Us Gala**

**Date:** Friday, October 14, 2016, 5:00 pm – 8:00 pm

**Location:** Kelowna Art Gallery, 1315 Water Street, Kelowna

**Cost:** Free

[Register Now](#)

Every year the Canadian Mental Health Association Kelowna Branch (CMHA) hosts an evening of art and community as we celebrate the accomplishments of our ArtWorks Studio participants. The Artists Among Us art gala is a celebration of recovery and wellness for people with lived experience of mental health concerns.

This year's theme is Vibrant Expressions: An Exploration of Mental Wellbeing Through Colour. It is our hope that visitors to the exhibit will be challenged in their assumptions about people with mental health issues, helping to remove the stigma and pave the path toward a more mentally healthy community.

Drop by anytime between 5:00 pm – 8:00 pm to celebrate with us. A short program will begin at 5:30 pm. Art will be available for purchase and silent auction. Light refreshments provided.

*-Source: Newsletter, CMHA, 3 October 2016*

## **The 8th Annual Reason for the Seasons**

**Date:** Friday, October 14, 2016, 6:00 pm – 12:00 am

**Location:** Delta Grand Okanagan Resort and Conference Centre, 1310 Water Street, Kelowna

**Cost:** \$75

[Buy Tickets](#)

The Elevation Outdoors 8th Annual Gala Fundraiser promises to be an evening of fabulous

food, wine, auction items, and groovy live entertainment, with all proceeds going to Elevation Outdoors' youth programs. The Gala sells out each year with many returning guests. This year, our event will take place on October 14, 2016 at the Delta Grand Okanagan Resort and Conference Centre. It will feature a three course plated dinner and an evening of fun for up to 130 lucky guests.

This year we are fortunate to bring you a guest speaker – 12 time World Cup Champion and 2 time Paralympian in Paracycling – Shelley Gautier. Doors open at 6:00 pm.

*-Source: Newsletter, Elevation Outdoors, 23 August 2016*

## The Kokanee Fun Run

**Date:** Saturday, October 15, 2016, 7:30 am

**Location:** Mission Creek Regional Park, 2363 Springfield Road, Kelowna

**Cost:** \$15

[Register Now](#)

The Kokanee Fun Run is an Annual Event on Saturday in early October. It has both a childrens and an adult component.

This is a great way to make learning about Okanagan ecosystems and supporting community initiatives, a family affair. Walkers and runners may choose their participation level from 3, 6, 12 or 16 km.

*-Source: RDCO, Facebook, 3 October 2016*

## Winter Clothing Drive

**Dates:** October 17-20, 2016

**Drop-off Centers:** Okanagan Adventist Academy, 1035 Hollywood Road, Kelowna  
OR iServe Centre, 130 Gerstmar Road, Kelowna

\*Specifically for refugee families as they face their first Canadian winter

Suggested items: children's sweaters and sweatshirts up to age 12; mittens, scarves; jackets, ski pants in clean and good condition. CASH donations also greatly appreciated.

Call 250.861.3186 for further information.

*-Source: Doreen Rosvold, Immigrant Services, KCR, 5 October 2016*

## Candlelight Vigil of Hope & Remembrance

MADD Central Okanagan will be hosting our 3rd Annual Candlelight Vigil of Hope & Remembrance which will include reflections, music and the lighting of candles in honour of



those killed or injured as a result of impaired driving crashes.

Please join us at The Laurel Packinghouse, 1304 Ellis Street, Kelowna on Sunday, October 23rd. Ceremony begins at 2:00 pm. All are welcome.


Special guests include Gillian Phillips, MADD Canada's Victim Services Manager-Western Region and Deputy Fire Chief Larry Hollier of the Kelowna Fire Department.

Attendees are welcome to bring a framed photo of their loved one(s) or themselves for display and may also prepare a tribute to read if they wish. Refreshments will follow the ceremony.

More Information: 250.317.9877, [infomaddokanagan@gmail.com](mailto:infomaddokanagan@gmail.com)  
[maddchapters.ca/centralokanagan](http://maddchapters.ca/centralokanagan)

-Source: Newsletter, MADD Central Okanagan, 18 September 2016

## Kelowna Influenza Clinics



### Influenza Clinics

**Kelowna**  
Trinity Baptist Church, 1905 Springfield Road:  
Thursday, November 3, 10 am – 6 pm

Ukrainian Catholic Church, 1091 Coronation Avenue:  
Thursday, November 24, 10 am—5 pm

**Peachland**  
Peachland 50+ Activity Centre, 5672 Beach Avenue:  
Wednesday, November 2, 12 pm—4 pm

**Rutland**  
Willow Park Church, 439 Highway 33:  
Monday, November 7, 10 am—5 pm

**West Kelowna**  
Emmanuel Church, 2600 Hebert Road, beside Holiday Inn:  
Thursday, November 10, 10 am – 5 pm


**Lake Country**  
Lake Country Seniors Activity Centre,  
9832 Bottom Wood Lake Road:  
Wednesday, November 16, 10 am – 4 pm

For a complete list of eligibility criteria, please visit  
[www.interiorhealth.ca](http://www.interiorhealth.ca)

**Kelowna Health Centre**  
1340 Ellis Street  
Kelowna, B.C. V1Y 5N1  
250-868-7700  
December moving to  
505 Doyle Avenue

**Rutland Health Centre**  
155 Gray Road  
Kelowna, B.C. V1X 1W6  
250-880-8825

**West Kelowna Health Centre**  
160 – 2300 Carrington  
Road  
West Kelowna, B.C.  
V4T 2N6  
250-880-5150



**STAY HEALTHY,  
GET YOUR SHOT**

The Interior Health Authority (IHA) has created a list of the upcoming Kelowna influenza clinics happening in November.

[Download the list](#)

-Source: Donna Christison, Public Health Nursing, Interior Health Authority, 22 September 2016

## Repair Café Event

**Date:** Saturday, November 5, 2016, 10:00 am – 2:00 pm

**Location:** Centre for Learning Building, Okanagan College, 1000 KLO Road, Kelowna

### What Is A Repair Café?

Repair Cafés are free meeting places and they're all about repairing things (together). At the Repair Café you will find all the tools and materials required to help you make many repairs you need. Volunteer specialists will be on hand to help and guide the repairs. You can enjoy a cup of tea or coffee or even lend a hand with someone else's repair job.

The Repair Café concept was formulated in 2009 by Amsterdam-based journalist/publicist Martine Postma and sustainability guru Peter van Vliet, in Groningen, the Netherlands. Their idea was to set up low-key meeting places nationwide where neighbours could repair their broken items themselves supported by a specialist in a relaxed atmosphere.

Visit [www.repaircafe.org](http://www.repaircafe.org) for more info.

*-Source: Rae Stewart, August 2016*

## 6th Annual Discovery Luncheon

**Date:** Wednesday, November 9, 2016, 11:30 am (Registration), 12:00 pm – 1:15 pm (Event)

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

**Cost:** \$70/each or \$560 for a table of 8 (30 tables available)

[Buy Tickets](#)

This is a pivotal time in the history of cancer. With the knowledge that has been gained in the last decade, our opportunity to achieve a world free from cancer has never been more real.

The BC Cancer Foundation is pleased to present the 6th Annual Discovery Luncheon, benefiting the BC Cancer Foundation in support of an expanded treatment program for women with gynaecological cancers at the BC Cancer Agency Sindi Ahluwalia Hawkins Centre for the Southern Interior.

Thanks to the generosity of donors, over the past five years, the Discovery Luncheon has raised \$500,000 to support cutting edge research and enhancements to care at the Kelowna Cancer Centre.

In each area supported by the Discovery Luncheon, BC Cancer Agency researchers have made huge strides:

- HDR brachytherapy “boost” (implanted radiation in addition to standard external beam radiation) has become standard treatment for patients with high-tier intermediate and high-risk prostate cancer. It is now possible to perform three HDR procedures in a standard operating day, an achievement seen as impossible just a short time ago;
- A pilot program is underway to determine the proportion of patients eligible for breast seed brachytherapy, improve the technique, adapt it for different breast sizes and tumour locations and incorporate new 3D ultrasound technology;
- The PREDICT (Personal Response Determinants in Cancer Therapy) is now more than half-way to its goal of 20,000 participants, which will enable large-scale cancer and genomic research across many tumour types;

- More than 20 clinical trials are currently underway including breast, prostate, lung, bladder and lymphoid cancer.

*-Source: Chantelle Funk, BC Cancer Foundation, 4 May 2016*

## Local Artists Invited to show their Work

The Kelowna Art Gallery is looking for works by local artists to include in the upcoming annual members' exhibition, entitled Drawn Together.

Artists interested in participating are asked to explore the concept and definition of drawing through their media of choice, so painting, sculpture, photography, and new media are encouraged. To use one example, consider that the term photograph actually stems from two Greek words, phos, meaning "light," and graphê, meaning "drawing or writing." Together the words literally mean "drawing with light." So artists are encouraged to get creative with how they choose to incorporate the theme of the exhibition in their work – perhaps drawing with paint on a printmaking plate, or drawing in space when working in sculpture. All that said, traditional approaches to drawing are also welcome.

Interested artists will need to sign up for this exhibition by no later than Saturday, October 15, 2016. Works will not need to be dropped off until Sunday, November 6.

Participation in Drawn Together is open to all members of the Kelowna Art Gallery, including new members. More information about membership and registration can be found on the Gallery's website at [www.kelownaartgallery.com](http://www.kelownaartgallery.com).

Drawn Together will be on view in The Front project space of the Gallery from November 15, 2016 to February 5, 2017. A reception to celebrate the exhibition and artists will be held on Friday, December 9, 2016, at 6:00 pm.

The Kelowna Art Gallery is located at 1315 Water Street in the heart of the Cultural District in downtown Kelowna. For hours of operation, or more information about current exhibitions and programs, please contact the Gallery by calling 250.762.2226, or find them online at [www.kelownaartgallery.com](http://www.kelownaartgallery.com).

*-Source: Newsletter, Kelowna Art Gallery, 3 October 2016*

## Central Okanagan Sports Hall of Fame – Induction Gala

**Date:** Thursday, November 17, 2016, 7:00 am – 9:00 am

**Location:** Capri Centre Mall, 1835 Gordon Drive, Kelowna

Tickets are now on sale at the Okanagan Heritage Museum

The Central Okanagan Sports Hall of Fame celebrates the athletes, coaches, and builders whose accomplishments have made them a part of history in the Central Okanagan. Kelowna, West Kelowna, Peachland, and Lake Country have produced some exciting competitions and outstanding athletes. The Inductees inspire us to strive for excellence in sports – and in whatever our calling might be.

The Central Okanagan Sports Hall of Fame is currently displayed at the Okanagan Heritage Museum. Feel the excitement and the pride represented by memorabilia, photographs, and videos. While you are there, purchase your tickets for the annual induction gala.

### 2016 Inductees

- Athlete Category – Blaur Horn
- Athlete Category – Conny Stamhuis
- Builder Category – Ron Rubadeau
- Builder Category – Bob Giordano
- Team Category – 2007 Kelly Scott Curling Team – Kelly Scott (skip), Jeanna Schraeder (third), Sasha Carter (second), Renee Simons (lead), Michelle Allan (spare), and Gerry Richard (coach)

*-Source: Newsletter, Kelowna Museums Society, 26 September 2016*

## Barney Bentall & the Cariboo Express

**Date:** Thursday, November 24, 2016, 8:00 pm

**Location:** Delta Hotels – Grand Okanagan Resort, 1310 Water Street, Kelowna

**Cost:** \$45

[Buy Tickets](#)

A Fundraiser in support of BC Farmer's Market Nutrition Coupon Program. Barney and his gang have raised over \$500 000 to date with his fundraising tour!

Barney Bentall, a legend in Canadian Music, brings his annual tour with The Cariboo Express for the first time to Kelowna on November 24th to the Delta Grand Okanagan Hotel. This promises to be a great night of songs and stories. The Cariboo Express was born out of Barney Bentall's love for the Cariboo region of BC and is the honorary birthplace of this long-running show. In doing a little at-home research on the area, Bentall came across the history of F.J. Barnard, and The B.X. Express, the main cartage and passenger services company on the Cariboo Road, also known as "Barnard's Express". So, in homage to the area and its rich history, Mr. Barnard Bentall saw fit to rename the traveling roadshow, The Cariboo Express.

*-Source: [selectyourtickets](#), 3 October 2016*

## GivingTuesdayOkanagan

[Giving Tuesday Okanagan](#) is currently looking for others to join the civic movement. Our goal for 2016 is to launch Canada's 150th Anniversary and to encourage organizations and individuals to consider 150 Ways to Make a Difference in their Giving. The goal in the Okanagan is to promote and encourage our Okanagan Community to think about and become an active "Giver" on Giving Tuesday and any other Tuesday in the future.

What does "Giving" mean?

- Give a person a smile when you are walking by them.
- Give a helping hand to a neighbour when they least expect it.
- Give a kind compliment to someone you meet.
- Give some of your time to help a group at an event.

- Give some volunteer time to a charity of choice.
- Give of your gently used item to a person or group in need.
- Give what you can monetarily to a cause you believe in.

“Giving” can happen in sooooo many ways.

This year many of our Okanagan Charities and Non-Profit organizations will be sharing ways in which you can “Give” specifically to support their work. Consider the following examples:

- 150 Organizations, Schools, Businesses joining the Giving Tuesday Civic Movement
- 150 Volunteers
- 150 Volunteer hours
- 150 Food Items
- 150 Items of clothing
- 150 Toys, Games or Sports Equipment
- 150 Dollars

Join the [Giving Tuesday Okanagan](#) Civic Movement. Share your 150 ideas for increasing awareness and helping all our individuals and organizations be successful in our fund/awareness raising efforts related to Giving Tuesday.

On November 29th, 2016 join us at Penticton, Kelowna and Vernon City Halls to celebrate together. More details will be sent to all our Giving Tuesday Civic Movement partners in the next month. Stay tuned!

We need partners like you to bring Giving Tuesday to the forefront of our communities’ minds. Together we are stronger.

*-Source: Newsletter, Richelle Leckey, 20 September 2016*

## **Carpooling & prizes in October!**

Get your carpool crew together in October! Register your carpool at [carpool.ca](#) during the week of October 17 – 21 you could win some great prizes, including gas cards for \$100 and monthly transit passes. Even if you carpool for just three days a week, it can add up to huge financial savings, easier parking one car vs. two, plus contribute to a healthier environment! Give carpooling a try today!

*-Source: Newsletter, City of Kelowna, 29 September 2016*

## **Nominations for the Chamber of Commerce Program – Top 40 Over 40**

This program isn’t your typically top 40 program – each year we will rotate between featuring the under 40’s and the over 40’s within our community. Those over 40, you’re in luck – we kick off with this years’ Top 40 Over 40 program September 2016!

### **Nominations now Open**

Email [top40@kelownachamber.org](mailto:top40@kelownachamber.org) to nominate someone you look up to or [visit the website](#).

### **What are we looking for**

Those individuals with remarkable accomplishments and those who have had a significant impact on the landscape of the Okanagan – we want to showcase mentors, champions and role models as a means to encourage and foster leaders by showcasing the remarkable accomplishments of individuals and the contributions being made in our community.

Individuals' contributions could include, but are not limited to: business success, entrepreneurship and/or innovation, social advocacy, environmental impact, political, legal or governmental affairs, cultural achievement, academic achievement, scientific or technological advancement, medical innovation, and volunteerism. These community members will be selected through a nomination process administered by the Kelowna Chamber.

*-Source: Kelowna Chamber of Commerce, 23 September 2016*

### **OGO is growing! But with Growth comes some Small Changes!**

Over the past three years we have been growing, but our pricing model has not changed. Financial sustainability is key for the future growth of carsharing in Kelowna, and as such, we will be adjusting our pricing structure as of November 1st 2016.

The hourly rate for those under the “Member” or “Casual” plan will be increasing by \$1 to \$5 per hour with a daily maximum charge of \$65. The hourly rate for our “Member+” plan will also be increasing by \$1 to \$3 per hour with a daily maximum charge of \$40.

We will send out an in-depth email after the AGM for those that were unable to attend. Another feature we will introduce is that from November on members are able to extend their bookings in 15 minute increments adding more flexibility.

*-Source: Newsletter, OGO, 28 September 2016*

### **Save Money & Time with Propass**

#### **What is ProPass?**

ProPass is a discounted transit pass program for workplaces. Employees' sign up for a minimum of four months by payroll deduction, and discounted monthly passes are mailed right to your office.

#### **How does it work?**

When three or more employees sign up for ProPass, your business or workplace is eligible for a 10-15% discount on transit passes. Workplaces sign up at least 15 days before start of a pass period, September 1, January 1 or May 1, and participants will receive four months of passes.

#### **How long is the commitment?**

To offer you greater flexibility, the program requires only a four-month commitment. Once you are signed up you will continue to receive passes for at least four months. If you want to withdraw from the program, you may do so up to 15 days prior to the start of the next pass period.

#### **Is my workplace eligible?**



Talk to your payroll department about signing up for payroll deduction and provide them with the ProPass Service Agreement, Order Form and Terms and Conditions. Need more information about the payroll deduction process? Contact Rita at 250.469.8566.

### How do I sign up?

Talk to your payroll department, and then complete the Enrolment Application. Your payroll department will take care of all the details.

Questions? [Visit the website](#).

-Source: City of Kelowna, September 2016

## Garage 529 set to launch!


A new app is coming to Kelowna with the goal of preventing bike theft. Garage 529 began in Portland, Oregon and the [City of Vancouver](#) started using it in 2015.

[Simply register your bike](#) on the app and include information such as the serial number, the make and model of your bike, and even a couple photos. Then if your bike is ever stolen, you'll have what you need to report the bike to insurance and the police. You'll receive a tamper-proof 529 shield to display on your bike, which lets thieves know it has been registered with authorities.

The app already has earned a proven track record in Vancouver so let's see if Kelowna can enjoy the same. Put Garage 529 to the test, you've got nothing to lose...not even your bike!

-Source: Newsletter, City of Kelowna, 29 September 2016

## Community Food Calendar

October 2016							EVERYONE WELCOME:	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
2 Metro@CC 9 am Sikh Temple 11-2 Gospel Mission 7am, 12pm, 5pm	3 Cedars 11:30 am	4 First United 10-11:30 am	5 Gospel Mission 7am, 12pm, 5pm City Park BBQ Lunch 12pm	6 First United 10-11:30 am	7 Gospel Mission 7am, 12pm, 5pm	13 & 8 Ki-Low-Na 8:30-9:30 am Gospel Mission 7am, 12pm, 5pm	<b>**Every day**</b> • free meals at Gospel Mission 7am, 12pm, 5pm	
9 Metro@CC 9 am Sikh Temple 11-2 Gospel Mission 7am, 12pm, 5pm	10 Cedars 11:30 am <b>Thanksgiving Day</b>	11 First United 10-11:30 am	12 Gospel Mission 7am, 12pm, 5pm City Park BBQ Lunch 12pm	13 First United 10-11:30 am	14 Gospel Mission 7am, 12pm, 5pm	15 Ki-Low-Na 8:30-9:30 am Gospel Mission 7am, 12pm, 5pm	<b>Sunday</b> • Breakfast hosted by Metro at Cultural Centre (CC) : 702 Bernard St – 9am • Lunch at Sikh Temple – 11am - 2pm	
16 Metro@CC 9 am Sikh Temple 11-2 Gospel Mission 7am, 12pm, 5pm	17 Cedars 11:30 am	18 First United 10-11:30 am	19 Gospel Mission 7am, 12pm, 5pm City Park BBQ Lunch 12pm	20 First United 10-11:30 am	21 Gospel Mission 7am, 12pm, 5pm	22 Ki-Low-Na 8:30-9:30 am Gospel Mission 7am, 12pm, 5pm	<b>Monday</b> • Lunch at Cedars Restaurant – 11:30am	
23 Metro@CC 9 am Sikh Temple 11-2 Gospel Mission 7am, 12pm, 5pm	24 Cedars 11:30 am <b>*Ladies Pizza Night 5:30pm</b>	25 First United 10-11:30 am	26 Gospel Mission 7am, 12pm, 5pm City Park BBQ Lunch 12pm	27 First United 10-11:30 am	28 Gospel Mission 7am, 12pm, 5pm	29 Ki-Low-Na 8:30-9:30 am Gospel Mission 7am, 12pm, 5pm	<b>Wednesday</b> • BBQ Lunch at City Park hosted by Metro Community – 12pm	
30 Metro@CC 9 am Sikh Temple 11-2 Gospel Mission 7am, 12pm, 5pm	31 Cedars 11:30 am <b>Halloween</b>							<b>Tuesday &amp; Thursday</b> • Coffee and sandwiches at First United Church – 10-11:30am
							<b>Saturday</b> • Breakfast at Ki-Low-Na (Friendship Centre) – 8:30 - 9:30am	
							<b>CERTAIN GUESTS ONLY:</b> Tues, Wed, & Thurs: lunch at CMHA 12 pm <b>*members only*</b> for info contact CMHA: 250-861-3644 Tues & Wed: lunch at Ladies Haven Coffee House 12pm <b>*women only*</b> <b>*Ladies Pizza Night</b> at Ki-Low-Na Friendship Society Monday October 24, 2016 5:30-7pm Hosted by Ki-Low-Na Friendship Society, IHA and H.O.P.E. Outreach	

### 'Resourceful Cooking for Wellness' Classes

A collaborative project, as part of the "Food Quilt" movement, known as "The Tomato Project"

resulted in a bounty of fresh garden tomatoes for our community this summer.

Chefs Michael Buffet, Adam Abernathy, and Melissa Masters used these tomatoes, along with produce harvested from a Central Okanagan Community Farm, to teach cooking classes at CMHA Kelowna. Under Chef Michael Buffet's leadership, three classes have been offered so far focusing on how low-cost ingredients can be transformed into healthy and delicious meals. Holistic nutritionist Carolina Foks also joined in to offer guidance on eating for health and wellness.

This project is a good example of the importance of a well-connected community to make a real difference to the food security of our community members. The intention behind the Food Quilt strategy is to do just that: stitch together patches of the food system that already exist in the Central Okanagan so we can nurture new relationships that grow into action.

To register for free for upcoming Resourceful Cooking Classes, speak with Melodie at the CMHA front desk or call 250.861.3644. Classes will be held on October 25th & November 29th, 1:15 pm – 3:00 pm.

To Join the Food Quilt movement email [cofpcs@gmail.com](mailto:cofpcs@gmail.com) and type "Food Quilt" in the subject line.

*-Source: Donna, Emily and Morgan, Outreach Urban Health, 27 September 2016*

## Space for Rent

Brain Trust Canada has approximately 2,000 – 2,500 square feet of rental space that they would like to sublease to another non-profit. It has an amazing location and a great rental rate, so if you might be interested, contact Mona Hennenfent (CEO) at 250.762.3233 ext 110 or [mhennenfent@braintrustcanada.com](mailto:mhennenfent@braintrustcanada.com)

*-Source: Mona Hennenfent, Braintrust, September 2016*

## New Interment Area for Cremated Remains

The Kelowna Memorial Park Cemetery is a serene sanctuary to visit loved ones, pay respects to our history and heritage and enjoy the beauty of nature. Residents are invited to take a stroll around the newest addition to the Cemetery, the Legacy Gardens, an interment area for cremated remains and above ground crypts.

The Legacy Gardens is located adjacent to the Bennett Memorial and contains 842 niches and 12 mausolea (above ground crypts). With simple engravings to memorialize loved ones, Legacy Garden niches provide families a peaceful atmosphere when visiting Kelowna's centrally located municipal cemetery. This addition to the Cemetery helps to ensure that the park can continue to serve the needs of Kelowna and area residents for many years to come.

"We are very excited to be able to offer new additional space at the Cemetery," says David Gatzke, Cemetery Manager. "When residents choose to memorialize at the municipal cemetery they are ensuring that their families will have a secure, enduring place for future generations to visit. With options including family niches for interment of up to four cremated remains, families



can remain together for generations within the Legacy Gardens.”

Also new in 2016 are upgrades to the Promontory Green Scattering Garden and improvements to the Dilworth Mountain Scattering Trail – a nature trail for scattering cremated remains along the eastern end of the Cemetery below the base of Dilworth Mountain.

The Kelowna Memorial Park Cemetery offers several memorial options, including full burial and cremation plots, whether for pre-planning or at need.

For more information, please visit [kelowna.ca/cemetery](http://kelowna.ca/cemetery).

*-Source: Newsletter, City of Kelowna, 3 October 2016*

## Senior Gay Men in Kelowna – Newsletter

[Download the October newsletter](#) from the Kelowna group – Senior Gay Men in Kelowna.

*-Source: Newsletter, Senior Gay Men in Kelowna, 3 October 2016*

## Rutland Walk-In Clinic Closure

The Rutland Walk-In Clinic located at 590 Hwy 33 W in Willow Park Mall will close permanently effective August 20th, 2016.

[Find a list of alternatives on our Directory here.](#)

*-Source: Dawn Anthony, Information Development, Community Services, July 2016*

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- [CRA PRESENTATION ON THE REGULATION OF CHARITIES](#)
- [COST OF CHARITABLE TAX INCENTIVES IN CANADA APPROXIMATELY \\$4 BILLION PER YEAR](#)
- [PRIME MINISTER'S YOUTH COUNCIL](#)
- [NEW GOVERNMENT SOCIAL ENTERPRISE DIRECTORY](#)

## CRA presentation on the Regulation of Charities

Here is a copy of a CRA Powerpoint presentation slide deck on the [Regulation of Charities – Overview – September 2014](#). It provides some useful information including the CRA's audit plan. For example, the audit plan shows that CRA planned on auditing in 2014/15 32 registered Canadian amateur athletic associations (RCAAs). That is a pretty large number as there are only 119 RCAAs in total. Political activity audits in that same period only accounted for 2% of CRA audits. Only 4% of charities audited resulted in CRA issuing an notice of intention to revoke.

[Read More](#)

*-Source: Newsletter, Blumbergs' Canadian Charity Law List, 28 September 2016*

## Cost of Charitable Tax Incentives in Canada Approximately \$4 Billion per Year

In the notes section of a CRA presentation "[Regulation of Charities – Overview](#)" the CRA notes that in 2012 the amount of receipts issued was \$14.28 Billion and that "the federal assistance for charitable donations in 2012 exceeded \$2.9 ... Individuals also claimed over \$1 billion in provincial and territorial tax credits billion". Therefore the cost of having a tax subsidy just for donations to registered charities is almost \$4 Billion.

[Read More](#)

*-Source: Newsletter, Blumbergs' Canadian Charity Law List, 28 September 2016*

## Prime Minister's Youth Council

On September 28th, the Prime Minister introduced the [first 15 members of his youth council](#). The Council held its first meeting last week and discussed issues including youth employment, environment and climate change, gender-based violence, and youth service – among others.

*-Source: Newsletter, Early Alert, 3 October 2016*

## **New Government Social Enterprise Directory**

Last month, the Department of Innovation, Science and Economic Development (ISED) provided clarification on the government's definition of social enterprise:

“an enterprise that seeks to achieve social, cultural or environmental aims through the sale of goods and services. The social enterprise can be for-profit or not-for-profit but the majority of net profits must be directed to a social objective with limited distribution to shareholders and owners.”

Accompanying this definition, ISED also launched a [directory for enterprises in Canada](#) that wish to be listed.

*-Source: Newsletter, Early Alert, 3 October 2016*

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- [REPORT: OVER ONE IN 10 BC HOUSEHOLDS ARE FOOD INSECURE](#)
- [BC EMPLOYMENT STANDARDS COALITION OCTOBER WORKERS FORUMS](#)
- [BC PUTS ITS CLAWS AWAY](#)
- [CANADIAN EVALUATION SOCIETY \(CES\) 2017 CONFERENCE CALL FOR PROPOSALS](#)
- [RESOURCE: BC COMMUNITY HEALTH DATA NOW ONLINE](#)

## Fill out the ECD Survey on Access to Early Years Programs in BC

Working with [Early Childhood Development Roundtable](#) members, First Call has developed a short [survey](#) (essentially just four questions) to collect data from service providers on service gaps in early years services and programs throughout BC. The deadline has been extended to October 28.

Knowing where there are access barriers for parents is crucial for improving ECD services and supporting policy advocacy.

Please forward the survey to any suitable contacts or share your experiences here

New survey deadline: Friday, October 28, 2016

*-Source: Newsletter, Child and Youth Advocate, 12 September 2016*

## Report: Over one in 10 BC Households are Food Insecure

[A new report](#) released by the Provincial Health Services Authority and the PROOF team at the University of Toronto assesses the prevalence of household food insecurity in BC.

### Excerpts:

Evidence shows that food insecure families struggle to afford a healthy diet and that food insecurity impacts physical, social and mental health and well-being.

Adults who are food insecure are at an increased risk of chronic conditions and have greater difficulty managing their diseases.

Children and youth also suffer the impacts of food insecurity, which is associated with micronutrient deficiencies, as well as increased risk of chronic conditions such as asthma and depression.

### Key findings include:

- Over one in 10 BC households (11.8%), representing 485,500 British Columbians, experienced some level of food insecurity. About 3% of households, representing 91,100 British Columbians, experienced severe food insecurity.
- About one in six BC children under the age of 18 lived in households experiencing some level of food insecurity (15.6%).

- Female lone parent-led BC households, with children less than 18 years of age, had the highest rate of food insecurity (34.2%).
- In all of the health authorities, households with children had higher rates of food insecurity compared to those without. In Fraser and Vancouver Coastal Health, over one in 10 households with children were food insecure (12.3% and 11.0%, respectively), whereas in Northern, Island, and Interior Health one in about four to five households with children was food insecure (24.8%, 20.6% and 20.8%, respectively).

[Download the report](#)

*-Source: Newsletter, Child and Youth Advocate, 12 September 2016*

## **BC Employment Standards Coalition October Workers Forums**

The BC government has provided funding to the BC Law Institute to review the Employment Standards Act.

The BC Employment Standards Coalition is holding public forums around Metro Vancouver to ensure workers' stories are heard. It's an opportunity for workers who have experienced unjust treatment in their jobs to speak to an interviewer, anonymously if desired. If a worker wants to pursue an Employment Standards complaint, advocates will be on hand to offer assistance and advice.

First Call has been participating on the BC Employment Standards Coalition as part of our work on child labour rights.

### **PUBLIC FORUM DATES**

Central Burnaby: Wednesday, October 12, 11:00 am – 4:30 pm  
Bonsor Recreation Complex, South Burnaby Metro Club Room, 6550 Bonsor Avenue, Burnaby

East Vancouver: Thursday, October 13, 10:00 am – 9:00 pm  
BCGEU office, Tsawwassen Room, 130 – 2920 Virtual Way (near the Renfrew Skytrain Station)

Northeast Burnaby & Coquitlam: Monday, October 17, 3:30 pm – 9:00 pm  
Cameron Community Centre, Cedar Room, 9523 Cameron Street, Burnaby (near Lougheed Mall & Skytrain)

Central Vancouver: Wednesday, October 19, 10:00 am – 9:00 pm  
Vancouver Public Library, Alma VanDusen Room

New Westminster: Thursday, October 20, 10:00 am – 9:00 pm  
326 – 12th Street (Unifor Western Region Office)

[Read More](#)

*-Source: Newsletter, Child and Youth Advocate, 12 September 2016*

## BC puts its Claws Away

BC will no longer claw back maternity and parental benefits, or EI benefits for those caring for terminally ill children, from families on income and disability assistance. This is a big win for our coalition, which has long argued clawback policies effectively [discriminate against low-income women](#) with children, and benefits an estimated [200 parents in BC](#).

Recognition on getting us here must go to the Community Legal Assistance Society for taking the gender discrimination in [Jessica Alford's case](#) (profiled in the [2015 BC Child Poverty Report Card](#)) to the BC Human Rights Tribunal, as well as Samantha Hilliard who has led a [similar battle in Chilliwack](#).

*-Source: Newsletter, Child and Youth Advocate, 3 October 2016*

## Canadian Evaluation Society (CES) 2017 Conference Call for Proposals

The annual CES conference will be held at the Westin Bayshore in Vancouver April 30 – May 3, 2017. This year's theme for the evaluation community is Facing Forward: Innovation. Action. Reflection.

For info about the conference and the call for proposals for presentations and workshops on these program evaluation themes, [click here](#). The closing date is November 1, 2017. If the evaluation of one or more programs is part of your role, you will not want to miss the learning and sharing opportunities this conference will present.

*-Source: Sandra Sellick, 28 September 2016*

## Resource: BC Community Health Data Now Online

User-friendly profiles are available for 142 incorporated municipalities across British Columbia. Each profile features local data on demographics, factors that affect health, available health services, and health status and chronic disease.

[Read More](#)

*-Source: Newsletter, CATCH, 28 September 2016*

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# Research

- [WHAT DOES AN ACCESSIBLE CANADA MEAN TO YOU?](#)
- [RESEARCH: TOWARDS COMPETENT SYSTEMS IN EARLY CHILDHOOD EDUCATION & CARE](#)

## What does an Accessible Canada Mean to you?

The Government of Canada recently launched a consultation process that will inform the development of planned accessibility legislation.

We need your help in reaching as many Canadians as possible who are impacted by a disability, and ensuring that they are heard through our consultation process. As a stakeholder, you are our most important partner as we work together towards our collective goal of improving the lives of millions of Canadians with a disability.

Here are some ways you and your organization can get involved:

- Participate online. Complete the online survey at [Canada.ca/Accessible-Canada](http://Canada.ca/Accessible-Canada).
- Find an in-person consultation near you.
- Spread the word. Send a tweet, create a video, or write a blog.

Host your own consultation. Secure a date and location, promote your consultation among your membership and facilitate your consultation using our discussion guide. Submit your responses via the online questionnaire or by email. If you have questions, feel free to contact us.

We have attached several products that you can use to help raise awareness of the Government of Canada's in-person consultations including:

- an email to share with your members;
- an article that can be used in newsletters;
- social media content;
- web buttons (customizable upon request);
- a poster you can put up in your office and community; and
- a list of in-person locations and dates.

The following tools can help you promote accessibility in your communities and workplaces, including:

- [a Guide to Planning Inclusive Meetings](#)
- information on [Government of Canada disability benefits](#)
- [the Accessibility Resource Centre](#)

Canadians can share their views online or in person, by email, mail, fax or telephone, or by submitting videos in the language of their choice (English, French, American Sign Language or Langue des signes québécoise).

All consultation materials are available in alternate formats, including American Sign Language and Langue des signes québécoise.

The consultation process will run until February 28, 2017.

For the most up-to-date information please visit [Canada.ca/Accessible-Canada](http://Canada.ca/Accessible-Canada).

We need your help in reaching as many Canadians as possible. It's only with your collaboration that we can make a historic change which will improve the lives of people with disabilities.

*-Source: Newsletter, Government of Canada, 13 September 2016*

## **Research: Towards Competent Systems in Early Childhood Education & Care**

There is a broad consensus among researchers, practitioners, and policymakers that the quality of early childhood services depend on well-educated, experienced and 'competent' staff. But what exactly makes a competent early childhood practitioner? How can competence be understood, and its development supported, in the highly complex and demanding field of working with young children, families and communities? Findings from the study suggest that the formal level of qualification of staff is an important factor for the quality of services but is not the only one, concluding that competence is more than the sum of the individual practitioner's knowledge, skills and attitudes.

[Read More](#)

*-Source: Newsletter, CATCH, 7 September 2016*

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## 9 Traits of the Kind of Leaders we need in this Time & Place

Hi everyone, this post may be a little more serious than usual. Last week, Seattle lost one of our community leaders, legendary activist Bob Santos. “Uncle Bob” was one of the Gang of Four, also known as the Four Amigos, a group of racially diverse friends who hung out, sang karaoke, and fought injustice. The other three Amigos were Bernie Whitebear, Roberto Maestas, and Larry Gossett. They realized that they, and their diverse ethnic communities, were much stronger together, a philosophy that carried them through countless successful sit-ins, rallies, and other forms of protests in their fights around gentrification, poverty, funding inequity, fishing rights, and other issues. The friendship between these men—who are Black, Native, Latino, and Asian—and their activism, made Seattle better and continue to inspire countless people, including me.

The Four Amigos are a significant inspiration for the founding of my organization, Rainier Valley Corps, which has a mission of ensuring the nonprofit sector has a strong bench of leaders of color. We are building the next generation of 100 Amigos and Amigas. If a Gang of Four diverse leaders bonded by deep friendship can do so much for a community, imagine how much a Gang of 100 social justice leaders can do. This vision is what guides RVC, along with the question, “What kind of leaders do we need in this time and place?”

[Read More](#)

*-Source: Newsletter, Nonprofit with Balls, 6 September 2016*

## Self Care is not just about the Naps!

I absolutely love a horizontal life pause (aka nap). And I love a lot of the things that traditionally make up self care advice. I am not very good at it but I try to meditate. I write in a journal now and again and I take time out to do things that I enjoy that are unrelated to work.

However, looking after ourselves does not stop there when it comes to leading nonprofits. We also need to re-energize and refresh ourselves in the work itself. Every day it is our job to inspire and lead our staff to work with people who are hurting, to challenge unfair systems and to help others make a better life for themselves. This requires passion. And passion requires

energy. Not just ‘I had 9 hours of sleep last night’ energy although that is important. Passionate energy is also about jumping back up when we get knocked down, fighting the good fight wherever we can and believing wholeheartedly that our bit of the world can be changed.

[Read More](#)

*-Source: Newsletter, Nonprofit Newswire, 4 September 2016*

## **17 Irritating Jargon Phrases, & Awesome New Sayings we should use Instead**

Hi everyone. Since the last few posts have been somewhat serious—boo!—this one is going to be a little lighter. A few months ago, I wrote 21 irritating jargon phrases and what we should replace them with. Well, we barely peeled the butternut on annoying cliches. So, based on readers’ requests, here are 17 more, and the awesome new sayings we should replace them with. Thanks to my colleagues for your contributions.

1. Get granular. It means to get to a level of details. But why stop at grains of stuff. I recommend going even further, based on the level of details desired: Get molecular, Get atomic, or Get subatomic. And if you want even more details, the ultimate level, based on String Theory, is “Get stringy.” E.g., “This is a good strategic plan, but we need to get subatomic. No, we need to get stringy.”

[Read More](#)

*-Source: Newsletter, Nonprofit with Balls, 12 September 2016*

## **Why We Hold on to Bad Employees, & Why We need to Fire People Faster**

Hi everyone. This post a little tough for me to write. Because, I love the people in our sector, 93% of whom are amazing, dedicated, wonderful individuals. Getting a chance to work with you every day is one of the biggest reasons I love doing what I do. Knowing you are out there makes it easier for me to get out of bed each day, put on deodorant, wet down my cowlicks, eat a handful of Fudgee-Os, and tackle injustice (not always in that order).

This post, however, as you can tell by the title, deals with challenging staff situations; specifically, why we hold on to people who are ineffective or even harmful to our organizations, what that does to our team and mission, and what we need to do about it. I am not an HR expert, and recommend you go to people who are (Ask a Manager is one great resource). So take my words with a swig of Pepto. But having been an ED for a while now, and being in various venting sessions with colleagues, whom I’m quoting in this post, I’ve been noticing some patterns.

[Read More](#)

*-Source: Newsletter, Nonprofit with Balls, 19 September 2016*

## Are you Setting Yourself up for Corporate Alliance Success?

It often seems like a fundraising holy grail: a long-term corporate partnership for your charity. But seasoned corporate alliance professionals will counsel that preparing for a corporate partnership is even more important than landing one.

Here are top tips to set yourself up for corporate alliance success.

[Read More](#)

*-Source: Newsletter, Nonprofit Newswire, Imagine Canada, 19 September 2016*

## 29 Tips for being a Horrible Supervisor that Everyone Hates

Hi everyone. Last week, I wrote about the importance of firing people faster. Some employees are not effective, and sometimes they're downright toxic, and we need to let them go. However, often it's not the employee who is incompetent or toxic, but their supervisors. So, to bring balance, this week, I am writing about horrible bosses. I asked the NWB Facebook community to send in horror stories. I got nearly 200 comments, which I've artisanally curated and quoted below. Due to being thrown-up on by a six-month-old baby among other fatherly adventures, I couldn't include everyone's input. We may have to make this into a series (like the nonprofit children's books series, but less hilarious and more horrifying).

[Read More](#)

*-Source: Newsletter, Nonprofit with Balls, 26 September 2016*

## Capacity Building 9.1: Give someone a Fish, let them Focus on Carpentry

My organization, Rainier Valley Corps, just finished our first program year (yay!). In case you didn't know, RVC's flagship program is a fellowship where we find talented leaders of color, provide them with training and support, and have them work full-time at small, grassroots organizations led by communities of color. The fellows help the organizations build capacity and run programs while gaining critical leadership and nonprofit management skills.

[Read More](#)

*-Source: Newsletter, Nonprofit with Balls, 3 October 2016*

## Updating the Nonprofit Work Ethic

Those of us who work in the nonprofit sector often distort our view of what "good work" means, because we think the nature of our work is about sacrifice. The fact that nonprofits are often financially strained—under constant pressure to do more with less—amplifies this feeling. As a result, we push through our to-do lists at the expense of taking care of ourselves. Our

organizational leaders, boards, and fellow workers reinforce the idea that everything about our work is important—everything is a level 10. And together, we create a culture of overwork and overwhelm.

[Read More](#)

*-Source: Newsletter, LinkedIn Groups, 28 September 2016*

## **Charities Were There First: The New World of Social Enterprise**

Have you heard about social enterprises? Social enterprises apply business solutions to social problems. They're incredibly hot right now. So hot, in fact, that I've just come back from the Social Capital Markets (SOCAP) conference in San Francisco where there were over 2000 attendees.

It's the largest gathering of impact investors, social entrepreneurs, foundations, corporations, and global non-profits that are looking for environmentally and economically sustainable solutions to the world's problems. It's a rapidly emerging ecosystem of players looking to deploy capital to solve some of our most persistent global problems, such as access to clean water, access to education, food scarcity, and the accelerating environmental degradation.

[Read More](#)

*-Source: Newsletter, Nonprofit Newswire, Imagine Canada, 29 September 2016*

## **Why Nonprofits Don't Collaborate**

Anyone reading this hoping for an attack on the fact that there are too many non-profits, should stop reading now. The primary problem we have in the sector is not that replication occurs because too many non-profits exist. It is much more about having a non-profit economy that rewards individual performance instead of collective impact, and short-term activities over long-term learning.

The majority of the blame for this does not lie at the feet of non-profits, but with their philanthropic paymasters who create a culture of competition and ownership.

[Read More](#)

*-Source: Newsletter, Nonprofit Newswire, Imagine Canada, 29 September 2016*

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# Social Media & Tech

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- [THREE WAYS YOUR NONPROFIT CAN USE SNAPCHAT](#)
- [SOCIAL MEDIA WITH M+R: HOW TO MEASURE THE METRICS THAT MATTER](#)
- [8 REASONS YOUR SOCIAL MEDIA MARKETING STRATEGY IS UNDERPERFORMING \(AND HOW TO FIX IT\)](#)
- [HOW TO CONVERT DONORS & SUBSCRIBERS ON YOUR WEBSITE](#)

## Google will Penalize Popups on Mobile Sites

Nonprofits raise a lot of money off of homepage and interior page popups and overlays, especially during year-end fundraising and urgent campaigns. Google recently announced though that starting January 2017, they will penalize websites that use popups on mobile as they find it intrusive and a poor user experience. "This can be problematic on mobile devices where screens are often smaller, said Google in blog post.

[Read More](#)

*-Source: Newsletter, Care2, 26 September 2016*

## Three Ways Your Nonprofit Can Use Snapchat

Snapchat is taking the social media world by storm, and it's time that nonprofits embrace the growing trend. You may write it off right now, but if you want to gain new audiences interested in your nonprofit, it is absolutely crucial that you're staying on top of new audiences and meeting them on the platforms they're on.

[Read More](#)

*-Source: Newsletter, Care2, 26 September 2016*

## Social Media with M+R: How to Measure the Metrics that Matter

Last week, I sat down with Amy Peyrot, Senior Consultant, Social Media Specialist, and resident mathlete at M+R, to discuss all things social media metrics.

Through her work with clients like the Wildlife Conservation Society and her love of (math) problem solving, Amy has picked up a lot of wisdom + I wanted to better understand her process for approaching a social media campaign and measuring its efficacy.

[Read More](#)

*-Source: Newsletter, EveryAction, 26 September 2016*

## 8 Reasons your Social Media Marketing Strategy is Underperforming (and how to fix it)

Most marketers understand the potential power and reach a social media marketing strategy can offer a brand, but struggle to devise and execute their strategies effectively. Often, we find ourselves so distracted by all the available channels, social noise, and conflicting (often unsolicited) opinions of self-proclaimed “gurus” that we wind up paralyzed by choice, unable to tell what’s right for our brands.

Having been through a social media marketing transformation, I know how difficult the process can be. Here’s a quick guide to the top challenges brands face in rebuilding their social strategies, and what you can do to fix them.

[Read More](#)

*-Source: Newsletter, EveryAction, 26 September 2016*

## How to Convert Donors & Subscribers on your Website

Yesterday on the Care2 Engagement Blog we discussed 20 of our favorite email fundraising tips that nonprofits should be leveraging. But what about your website? Is it effectively converting donors and subscribers? Here’s four website tips to start generating those conversions.

### **1. Incorporate a Prominent Donation Ask into Your Header**

Add a prominent “Donate” button to the navigation or header area. Consider making it a different color to stand out. We’ve tested this strategy over the years at Rad Campaign for nonprofit website redesigns and have seen this increase donations.

You can also add a prominent callout at the top of the page that allows donors to start the process by entering a gift amount. See example on the right.

[Read More](#)

*-Source: Newsletter, Care2, 26 September 2016*

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# Training

- [WEBINAR: NONPROFIT DATA MANAGEMENT](#)
- [WEBINAR: HOW TO WRITE A WINNING YEAR-END APPEAL](#)
- [SECTOR SOCIAL TRAININGS](#)
- [MAXIMIZING THE STRATEGIC IMPACT OF YOUR VOLUNTEER PROGRAM](#)
- [CREATING THE LIFE YOU WANT: PERSON-DIRECTED, INCLUSIVE & CONNECTED](#)
- [INTEGRATED STRATEGIES FOR HOME VISITOR TRAINING](#)
- [PLAIN LANGUAGE WRITING WORKSHOP](#)
- [COMPASSION FATIGUE WORKSHOP](#)
- [CONFERENCE – THE 5TH HEALTH AND WELLBEING IN CHILDREN, YOUTH, AND ADULTS WITH DEVELOPMENTAL DISABILITIES](#)
- [DIFFICULT CONVERSATIONS](#)

## Webinar: Nonprofit Data Management

**Date:** October 11, 2016, 11:00 am – 12:00 pm

[Register Now](#)

Data Management is not simple, especially for nonprofits that lack a data-analysis team. There are so many tools, services and options for nonprofits to consider to help them make sense of all the information they're collecting.

Savvy data management and analysis can lead to increased funding and better programs and services and has become critical to sustaining the work of our nonprofit.

Join us for a webinar focused on managing nonprofit data in a way that not only saves time but allows you to produce outcomes such as reports, dashboards and stories. Let us help you turn your data into actionable information.

We will outline important considerations to make while searching for a new data system and implementing a chosen system.

*-Source: Newsletter, Tech Impact, 29 September 2016*

## Webinar: How to Write a Winning Year-End Appeal

**Date:** Tuesday, October 18, 10:00 am

[Register Now](#)

To create an effective year-end appeal, you have to get the right message to the right donors at the right time. Join us for a live webinar where you can discover the best way to tell your nonprofit's story, set your campaign timeline, and write an appeal letter that inspires donors to give big.

In this live session, you'll learn:

- Why an email drip series sent BEFORE your fundraising appeal is essential during a year-end campaign.

- How to position your nonprofit's story in your #GivingTuesday and year-end ask.
- What should (and should not) go into a great fundraising appeal.
- How to create a consistent giving experience for your donors.

*-Source: Newsletter, Network for Good, 2 October 2016*

## Sector Social Trainings

### Vancouver

**Date:** Tuesday, October 18, 2016, 6:00 pm – 9:00 pm

**Location:** Vancouver Maritime Museum, 1905 Ogden Avenue, Vancouver

**Cost:** \$45

[Buy Tickets](#)

### Calgary

**Date:** Thursday, October 20, 2016, 6:00 pm – 9:00 pm

**Location:** Kahanoff Centre, 105 – 12 Avenue SE #200, Calgary

**Cost:** \$45

[Buy Tickets](#)

Grant Connect is celebrating its 50th anniversary, and we couldn't think of a better way to celebrate than with friends – you! Join Vancouver's leaders and changemakers from nonprofits, foundations, and corporations of every size for an evening of drinks, dessert and discussion as we explore the Future of Philanthropy.

The event will feature a panel discussion, "The Future of Philanthropy". Come ready to engage with our panelists as they give you their take on what's next for the charitable sector in Canada and we open the floor for a thought provoking Q&A.

*-Source: Newsletter, Imagine Canada, 15 September 2016*

## Maximizing the Strategic Impact of your Volunteer Program

**Date:** Thursday, October 20, 10:00 am – 11:00 am

**Skill Level:** Intermediate – Great for volunteer managers and nonprofit leaders.

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

[Register Now](#)

Nonprofits and charities have a unique advantage in delivering on their mission: the ability to engage citizens directly in all aspects of their work. Our upcoming free webinar will show you how to strategically make the most of your volunteer program.

This free webinar, presented by volunteer management expert Stacy Ashton, will take you beyond the idea of volunteers as "free labour" and explore how your volunteers currently contribute to your donor base, goodwill in the community and the labour force. From there, we'll learn how to benchmark and track the full impact of your volunteers on organizational success, and build strategy to connect those impacts to fulfilling your mission.



Managers of volunteers will:

- Learn how to collect data and build rationales for effective resourcing of volunteer infrastructure.

Senior managers, executive directors, and CEOs will:

- Better understand the role of volunteer engagement in driving your organization's mission
- Learn how to measure and maximize the impact of volunteer engagement on mission achievement fundraising, community reputation, community reach and talent acquisition.

*-Source: Newsletter, Village Vibes, Charity Village, 3 October 2016*

## Creating the Life You Want: Person-Directed, Inclusive & Connected

### Workshop for Self-Advocates, Families & Allies

Join us to learn about different ways individuals and families are directing their own supports and services by pooling their resources into family-governed and user-led supports. We will hear from families and their partners in BC who are using collective models of support to lead the life they want. Come explore ways people with diverse abilities can creatively choose and direct how they are supported to work, live and contribute as full citizens in their communities.

#### Dates:

Friday, October 28, 2016, 9:30 am – 4:00 pm

Featuring speakers from InclusionWorks!, Vela, Community Living Services, CLBC, and others.

Saturday, October 29, 2016, 9:30 am – 12:00 pm

A discussion of self-advocates and family members with members of family-governed groups about how to develop family governance in the Okanagan. This session is for self-advocates and families only.

#### Cost:

Self-Advocates – \$25

Regular – \$75

#### More Information:

Contact Assunta at 250.878.5517 or [rosalassunta@gmail.com](mailto:rosalassunta@gmail.com)

*-Source: Avril Paice, 28 September 2016*

## Integrated Strategies for Home Visitor Training

**Date:** Monday, October 24-27, 2016

**Location:** The Rosedale on Robson 838 Hamilton Street, Vancouver

**Cost:** \$600

[Register Now](#)

This training is valuable for those working in home visiting programs for families with young

children (aged 0-6 years).

In this four-day skill-driven course, family practitioners acquire new skills for motivating and communicating with parents of infants and young children. Participants will benefit from:

- Tools and practical strategies for successful service to families
- Skill development in engaging families and building trusting relationships
- Strategies for building parental competencies and how to support growth in families
- Practices to promote positive parent-child relationships
- Informative discussions on professional boundaries, limit setting and self-care tips
- Networking and sharing with other family practitioners who do home visits
- A comprehensive manual full of tools and ideas

Lunch will be provided as well as coffee/tea and some baked goods at coffee breaks.

*-Source: Newsletter, Know Families, BC Council for Families, 5 July 2016*

## Plain Language Writing Workshop

**Date:** Tuesday, October 25, 2016, 1:00 pm – 4:30 pm

**Location:** Rutland Library, Plaza 33 Mall, 301 Hwy 33, Kelowna

**Cost:** \$60 per person (cash or cheque to the Junction Literacy Centre) accepted at the workshop

**Register:** Email Debbie Schiller at [debschiller4@gmail.com](mailto:debschiller4@gmail.com)

**What to Bring:** a work-related document you can edit and partially re-write during the workshop

**What to Expect:** An interactive workshop, comprehensive manual, healthy snack and time to practice on your own document. You will learn how to plan, write, edit and design most written documents, emails and websites so your messages are clearly understood.

*-Source: Debbie Schiller, 25 August 2016*

## Compassion Fatigue Workshop

**Date:** Saturday, November 5, 2016, 9:00 am – 4:00 pm

**Location:** Ramada Hotel & Conference Centre, 2170 Harvey Avenue, Kelowna

**Cost:** \$40 (includes lunch)

[Register Now](#)

This workshop is for anyone who cares for others, and experiences a depletion in emotional and physical energy over time. Compassion Fatigue is common, and there are ways to help.

Speaker Michael Douglas (MSW; ID) has approximately 40 years' experience in the Human Service Field both as a professional, an advocate and a parent. During this time he has witnessed many caring people experience compassion fatigue. Due to his growing awareness of this problem he attended and received certification as a trainer in 'Compassion Fatigue and Vicarious Trauma' from the Compassion Fatigue Training Institute in Kingston, Ontario.

Michael taught in the Human Service Work diploma program at Okanagan College in Kelowna

for many years. He is a seasoned facilitator of workshops and presenter at conferences. He combines humor, stories, and audience participation to create learning experiences that inspire and empower people to make changes toward a more rewarding and less stressful work and home life.

*-Source: Debbie Schiller, 25 August 2016*

## Conference – The 5th Health and Wellbeing in Children, Youth, and Adults with Developmental Disabilities

**Date:** November 16-18, 2016

**Location:** The Coast Plaza Hotel and Suites, Vancouver

**Cost:** \$160 – \$475

[Register Now](#)

The term Developmental Disabilities (DD) refers to individuals with Intellectual Disability, Autism Spectrum, Fetal Alcohol Spectrum and related genetic syndromes such as Down and Fragile X Syndrome. Children, youth and adults with DD are vulnerable to high rates of general health and mental health concerns. This interactive 2016 conference will focus on practical strategies to optimize their potential and help clinicians and caregivers learn effective ways to work with individuals with DD, and their families, to improve their quality of life experience.

*-Source: Newsletter, Community Action Toward Children's Health, 21 June 2016*

## Difficult Conversations

**Date:** November 29, 2016, 9:00 am – 4:00 pm

**Location:** Holiday Inn Vancouver Centre, 711 West Broadway, Vancouver

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

\*Early Rate expires November 8, 2016

[Register Now](#)

Whether sharing bad news with a client, providing corrective action or talking with a colleague about an uncomfortable issue, difficult conversations often take a large mental and emotional toll on all participants. In fact, having difficult conversations can be one of the most stressful and uncomfortable aspects of our lives and work. Yet the ability to handle difficult conversations respectfully and professionally is also an essential workplace skill. This workshop will review the key elements of preparing for, conducting and concluding difficult conversations. Participants will leave with a set of tools to help ensure that difficult conversations are productive, professional and respectful for all involved.

*-Source: Newsletter, ACHIEVE, 9 August 2016*

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# Volunteerism

- [WORKSHOP SERIES: NOURISHING MANAGERS OF VOLUNTEERS – THANK-A-THON](#)
- [WORKSHOP: OVERVIEW OF VOLUNTEER MANAGEMENT FALL 2016](#)
- [EMPLOYEE ENGAGEMENT: A DARN GOOD REASON TO VOLUNTEER](#)
- [YOU HAVEN'T THOUGHT OF THIS EMPLOYEE VOLUNTEERING BENEFIT](#)
- [SAVE THE DATE FOR VMPC 2017 NATIONAL CONFERENCE HOSTED BY AVRBC!](#)

## Workshop Series: Nourishing Managers of Volunteers – Thank-a-thon

**Date:** Wednesday, October 12, 2016, 12:00 pm – 1:00 pm

**Location:** KCR, #120 – 1735 Dolphin Avenue, Kelowna

**Cost:** Free

[Register Now](#)

Being thankful and giving thanks encourages volunteers. Involve your whole agency. Powerful ideas need not cost dollars and cents. Bring your lunch and your gratitude ideas to share with the group.

*-Source: Dawn Wilkinson, Manager, Community Services, KCR, September 2016*

## Workshop: Overview of Volunteer Management Fall 2016

**Dates:** October 24, 25, 31, & November 1, 2016, 9:00 am – 4:00 pm

**Location:** KCR, #120 – 1735 Dolphin Avenue, Kelowna

**Cost:** \$199, Includes materials and light refreshments

[Register Now](#)

**Description:** This 4-day workshop will help you attract and retain volunteers. Content is based on Canadian research, best practices and the Canadian Code for Volunteer Involvement.

[Read more about the 8 modules](#)

*-Source: Dawn Wilkinson, Manager, Community Services, KCR, August 2016*

## Employee Engagement: A Darn Good Reason to Volunteer

There's a common myth I often hear, particularly through my work in volunteer engagement. The myth is this: In order for volunteering to be authentic, in order for it to be good, it has to be altruistic.

Volunteering has many benefits for the volunteer — from growing their social circle to growing their resume, there's a myriad of so-called "selfish" reasons to give back. But no matter what the reason, the end result is the same: Volunteering builds better communities.

[Read More](#)

*-Source: Newsletter, LinkedIn Groups, 1 September 2016*

## **You haven't thought of this Employee Volunteering Benefit**

I write a lot about the business and community benefits of employee volunteering and giving, and with each passing year I see more companies interested in the bottom-line value of a culture of social purpose. No matter what your company's business, the business of giving back can supplement any organizational mission. When social impact is baked into your company's DNA, employees are drawn to join your company, they work more effectively, and they stay.

The connection between employee volunteering and employee engagement is a clear, vibrant line that is increasingly accepted in corporate corridors. But when business leaders examine the ROI of employee volunteering and giving programs, there's one line item which is often overlooked: the health benefits of volunteering.

Yes. Not only can your volunteer program improve recruitment, engagement, productivity and retention – it can also decrease the costs associated with employee health and well-being.

[Read More](#)

*-Source: Newsletter, LinkedIn Groups, 12 September 2016*

## **Save the Date for VMPC 2017 National Conference hosted by AVRBC!**

Connect with your colleagues across Canada, learn from experienced professionals within the field, gain new ideas and inspiration to take back to your organizations and have an unbelievable amount of FUN! Plus, you can make it into a mini-vacation by adding on some extra time to experience beautiful British Columbia and its capital city, Victoria...

Stay tuned to this page for more information about speakers, workshops, registration, accommodation, events and much more. Alternatively, follow [@avrbc](#) and [@VMPC Canada](#) on Twitter or ["like" us on Facebook](#). We hope to see you next May!

Information:

- [Destination British Columbia's website](#)
- [Tourism Victoria's website](#)
- [Delta Ocean Pointe Resort](#)

Brought to you by the [Administrators of Volunteer Resources BC \(AVRBC\)](#) and the Volunteer Management Professionals of Canada (VMPC).

*-Source: Newsletter, AVRBC, 10 August 2016*

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