



# ANNUAL REPORT

## FOR CONSIDERATION AT THE FIRST ANNUAL GENERAL MEETING

Lion's Room, Qualicum Beach Civic Centre  
747 Jones Street  
Qualicum Beach, BC V9K 1S4

Thursday, April 21<sup>st</sup>, 2016 @ 7:00 p.m.

### 2015 QBCEWS DIRECTORS

CO-CHAIRS

Leanna Garner & Bill Preston

SECRETARY

Joanne Nemeth

TREASURER

Kerry Holderness

MEMBERSHIP

Anna Sjo

**QBCEWS' 1<sup>st</sup> ANNUAL REPORT  
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**FIRST ANNUAL GENERAL MEETING**

**AGENDA**

1. Call to Order
2. Report of the Board by the Co-Chair
3. Report by the Treasurer
4. Report by Table Leads
5. Report of the Membership Lead
6. Election of the Board

Adjournment

***Thank you for attending today and for your ongoing support and involvement!***

**ANNUAL REPORT**

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## **CO-CHAIR'S REPORT**

On behalf of the Qualicum Beach Community Education and Wellness Society (QBCEWS) Directors, we welcome you all to the first ever QBCEWS Annual General Meeting. This is a wonderful chance to review and celebrate all that has been accomplished by our visionary and dedicated volunteers over the last year. We would like to take this opportunity thank you all for your energy, ideas and support.

We have received very exciting news that QBCEWS will soon have a home!! We are working out the details with the Town of Qualicum Beach to occupy Leigh House at 124 2<sup>nd</sup> Avenue West. We will be sharing the space with the Oceanside Division of Family Practice. The space is perfect – a central and welcoming location – which will help us in fulfilling our vision of citizens building community.

QBCEWS would like to thank Jared Shaw, Qualicum Beach Digital Media Studio located at the old train station and Judy Southern, Qualicum Beach Seniors' Activity Center for hosting our monthly Director's meetings over the last year; again, an example of collaboration and support in our community.

The following provides highlights of some of the work undertaken by the various Tables on behalf of the Society and members during the year.

### **WELLNESS**

The definition of wellness adopted at this time is the opportunity for each member of the community to reach their optimal potential.

The Wellness Table consists of wellness practitioners of many different descriptions with the goal of assisting members of the community to reach their optimal potential. There have been two meetings of this group with approximately 25 people involved. We have agreed to have each participant give the group a short presentation on their particular and unique way of providing their service to the community.

A collaborative model will be built on understanding what each participant provides. This allows each member to better direct the people they come in contact with to the best provider for their needs. We also agreed to find a way to support each other in the activities each participant provides within the community. This would include workshops and other activities.

There was an agreement to initiate, participate in, provide help and resources for community wellness events put on by this group.

There are two events upcoming and more planned. At this time, the first event will be a presentation to a real estate appraisers group on how to use your brain more effectively. This will take place on June 3, 2016. The second event will be at the Coombs Fall Fair in August 2016. The theme will be nature heals and will take place in the activity building on the fairgrounds beside the Farmers Feed Family Display.

Also, the Arrowsmith Agricultural Association has agreed to put in a medicinal garden along with their regular food garden on the Coombs Fair Grounds.

### FOOD SECURITY AND SUSTAINABILITY

Anyone who attended the presentation by Melanie Brown Preston and Gil Sampson at the 2016 *Oceanside Family Health and Wellness Fair* will understand our QBCEWS commitment to helping our community understand the very direct connections between food and personal wellness.

There is no better source of real, nutritious food than our local bountiful harvests from land and sea. Thanks to financial support from the Regional District of Nanaimo's Northern Community Economic Development program, QBCEWS is working with local food producers to identify practical strategies to increase the scope and sustainability of our local food system.

At a QBCEWS-hosted workshop in January 2016, the 39 attendees concluded that *"growing the future together"* starts with education – building awareness about what we eat and its effects on our body, our communities and our planet.

A network of passionate volunteers are now planning a variety of learning opportunities for all ages. Our close collaboration with the Coombs Farmers' Institute as well as with our local schools, farmers markets, community gardens, professional nutrition and horticulture specialists, and food leaders in other regions continues to grow.

If you too believe that ***we can either shape the future, or let the future shape us***, then please join us in creating and celebrating a more secure and sustainable food future.

### ROOT BAGS



WELLNESS is at the root of the "Root Bag" learning experience!

The pilot "Root Bag" project took place with Mrs. Philip's grade 2/3 students at Qualicum Beach Elementary in 2015. This learning experience was facilitated and supported by the President of the Coombs Farmers' Institute, Janet Thony; the President of the Qualicum Beach Farmers' Market, Lorne MacCallum and his wife Cindy from Nourish Farms; Dr. Bob Rowe who represents the Coombs Fair/Arrowsmith Agricultural Association; and Dr. Ansel Updegrove and Leanna Garner from the Qualicum Beach Community Education & Wellness Society.

The students learned firsthand, literally hands in dirt, about the value of growing and harvesting food. Since the pilot project was initiated, nine more classes have learned about the "Root Bags" at Qualicum Beach Elementary; Mrs. Waters' grade 4 class at Arrowview Elementary; Ms. Stutt's class at Oceanview Elementary; classes at Errington Elementary and homeschooled students through CEAP (Collaborative Education Alternative Program). In total, 640 School District No. 69 students participated in the Root Bag project and learned how valuable the Farmers' Market is. It is a place that builds and maintains a caring community where friends and neighbours meet.

The Root Bag project was deemed to be a huge success with lots of requests to come back this year!

## **INTERGENERATIONAL**



**Intergenerational, meaning seniors and youth spend time together, learning with and from each other.**

A group of elementary aged children met at the local Seniors' center and practiced singing Christmas carols. They then took their talents to a local senior citizen home where they sang their songs with glee. The smiles on the faces of the seniors were most enduring!

A group of grade 2 students visited the Seniors' Center and enjoyed a Valentine's Day tea. One little girl's comment captures the essence of the afternoon: *"When I am sixty seven, I am going to come here everyday!"*

Our goal is to foster a new generation of volunteers. The volunteers will be a group of youth who will interview seniors and those responses and experiences will be collated into working document. We hope to see the youth volunteers helping foster intergenerational learning in varying capacities.

June 1<sup>st</sup> is Intergenerational Day. It is our intent to have a celebration hosted at the Qualicum Beach Seniors' Activity Center where intergenerational relationships continue to grow.

### **NEEDS AND RESOURCE MAPPING**

QBCEWS has received grant funding in the amount of \$20,256.00 from the *New Horizon's For Seniors Program* to develop the Qualicum Beach Community Discovery Project. This project will bring together seniors and youth, providing training to create needs assessment surveys and a resources bank. Work is beginning to organize this project and anyone interested we welcome your involvement. Please contact Bill Preston at [bpreston@telus.net](mailto:bpreston@telus.net).

### **CHILD, YOUTH AND FAMILY ADVOCACY**

QBCEWS just recently approved the creation of this Table. We will be contacting First Call – BC Child and Youth Advocacy Coalition and the McCreary Centre Society – non-profits committed to improving health of BC's youth through information, research and community-based projects.

First Call's work, is guided by the Four Keys to Success for Children and Youth:

1. A strong commitment to early childhood development;
2. Support in transitions from childhood to youth to adulthood;
3. Increased economic equality; and
4. Safe and caring communities.

First Call's Annual Child Poverty Report Card continues to hold government accountable. First Call also sponsors the BC Child Poverty Report Card. McCreary Centre is probably most well known for it's BC Youth Adolescent Health Surveys. McCreary has a Youth Advisory and Action Council, which focuses on youth engagement. We will seek to develop a relationship with these two organizations. Our vision is to become a satellite site that would bring their good work directly into our community.

The Qualicum, Quality Affordable Child Care Table and a connection with the District 69 Living Wage will be off-shoots of the Child, Youth and Family Advocacy Table.

If you have a passion for the work of this table please email Bill Preston at [bpreston@telus.net](mailto:bpreston@telus.net) to get involved.

### **QUALITY AFFORDABLE CHILD CARE**

QBCEWS has initiated child care community conversations and is very pleased that PacificCARE has taken the lead with this Table. PacificCARE is pleased to be involved with the Qualicum Community in exploring the needs, opportunities and challenges for families requiring child care options in this community. The mission is to provide opportunities to provide the best

care and learning situation for children within the community; to address the challenges for families and support them in obtaining meaningful and profitable employment; supporting community in developing child care needs that best serve the families; to support the community in providing quality, affordable child care services; and to support child care providers, in their attempts to provide quality, accessible and affordable child care.

Initial meetings included a representative from the high tech industry in order to understand the particular child care needs of this sector. There may also be an opportunity to work with students from VIU to get a better understanding of the needs and the gaps.

Discussions are still in its early stages so stay tuned!

### **MEMBERSHIP**

Membership forms are now available. If you haven't become a member yet, we would encourage you to do so.

Memberships are available as follows:

Individuals - \$10      Family - \$20      Organization - \$30.

Please sign up your friends and neighbours as well!

### **DIGITAL MEDIA**

The QBCEWS website is currently under construction with the assistance of Table Lead, Jared Shaw and will be launching very soon.

In our day to day activities, QBCEWS Directors continue to meet monthly or as needed, for the sharing of information as well as input and collaboration on our various initiatives.

We look forward to a wonderful year ahead as we improve the quality of life for those who call Qualicum Beach home.

Respectfully Submitted:

Leanna Garner & Bill Preston

Co-Chairs

Qualicum Beach Community Education and Wellness Society

(also operating as Qualicum Community Education and Wellness)

**Qualicum Beach Community Education & Wellness Society**  
**Year End Financial Statement**  
**Fiscal Year March 1<sup>st</sup>, 2015 to February 29<sup>th</sup>, 2016**

**REVENUES**

Grants	\$ 6,000.00
Registration fees	\$ 575.00
<b><u>Total Revenue for the Year</u></b>	<b>\$ 6,575.00</b>

**EXPENSES**

Web Page Development	\$ 308.40
Event Costs	
Honourarium Payment	\$ 100.00
Presentation	\$ 300.00
Food	\$ 654.61
Hall Rental	\$ 350.70
Bank Charge	\$ 24.04
Annual Report Filing Fee	\$ 25.00
<b><u>Total Expenses for the Year</u></b>	<b>\$ 1,762.75</b>
<b><u>Expenses over Revenue</u></b>	<b>\$ 4,812.25</b>

Opening Balance March 1 <sup>st</sup> , 2015	\$80.00
<b><u>Balance as of February 29<sup>th</sup>, 2016</u></b>	<b>\$ 4,917.25</b>
<b><u>Balance February 29<sup>th</sup>, 2016 RBC Statement</u></b>	<b>\$ 4,917.25</b>