



# ANNUAL REPORT

**FOR CONSIDERATION AT THE ANNUAL GENERAL MEETING**

Qualicum Beach Seniors' Activity Centre  
703 Memorial Avenue  
Qualicum Beach, BC

Thursday, June 1<sup>st</sup>, 2017 @ 7:00 p.m.

## QCEWS' ANNUAL REPORT

### 2016 QCEWS EXECUTIVE

CHAIR	Bill Preston
SECRETARY	Anna Sjoo
TREASURER	Leanna Garner

### ANNUAL GENERAL MEETING

#### AGENDA

1. Call to Order
2. Report of the Board by the Chair
3. Report by the Treasurer
4. Verbal Report by Table Leads
5. Election of the Board

Adjournment

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

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## CHAIR'S REPORT

On behalf of the Qualicum Community Education and Wellness Society (QCEWS) Directors, I would like to welcome you to our Annual General Meeting. This is a wonderful opportunity to reflect on and celebrate all that has been accomplished over the last year. Of course, none of which could have happened without the vision and dedication of our volunteer Board. Thank you for all that you do and for seeing the potential and opportunity to build a better community.

Working collaboratively, QCEWS continues to embrace opportunities to improve the quality of life for all community members through our 3 pillars: Intergenerational Lifelong Learning, Community Wellness, and Community Development. This year saw the creation and development of a new Table, **Universal Accessibility Qualicum Beach**, which is supporting an exciting project, "**Activer – Zyklus**" (Active Cycle), the Domes Family fundraiser for acquiring two accessible bikes for the community. We are thrilled to welcome **Music Mentors**, our first youth led project.

We are excited to advise that information on all of our Tables and programs, along with a calendar of events, is now available on our newly launched QCEWS website [qcews.com](http://qcews.com)! Should you wish additional information on any of our projects or people please check out our website. Thank you to Anna Sjoo for your knowledge, skill and tireless commitment to making this site a reality.

QCEWS would like to take this opportunity to acknowledge and say a special "thank you" to Judy Southern and the Qualicum Beach Seniors' Activity Centre for providing a meeting space for our monthly Board meetings as required and often on short notice! We truly appreciate and value your support.

Following are just some of the highlights of the work undertaken by our Tables on behalf of the Society and members during the past year.

### INTERGENERATIONAL LIFELONG LEARNING



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

Building relationships across generations is our mandate. Building relationships fosters trust; with trust in place positive change is enabled. Over the past year, our visits to seniors' centres continued. We celebrated with seniors by singing songs, completing art projects and playing games. A snapshot: a year ago, a senior would sit quietly watching an art project in process, a little boy nearby was watching same art project; now, the senior says hello to the little boy and the little boy engages in conversation and they help/learn from each other. Active engagement means enquiry, which often leads to laughter and joy. When saying goodbye at the end of the visit seniors call out, "When are you coming back?" Positive change in action!

We celebrate today, as June 1<sup>st</sup> is Intergenerational Day!

### **MUSIC MENTORS**

Music Mentors is a volunteer youth led organization, which is linked through QCEWS, offering free private lessons in voice and musical instruments to children aged 5 – 12 who would otherwise not have the ability to access this training. Early sign-up for programs commencing September 2017 will be available shortly. Anyone interested in hearing more about the program or wanting to join the waitlist should email Reece Koch at [rmck1@live.com](mailto:rmck1@live.com).

### **COMMUNITY WELLNESS**

The Community Wellness Table with its Wellness Partners group brings together a cross section of health and wellness practitioners, with the goal of assisting everyone in the community to reach their full potential. This Table, under the leadership of Dr. Bob Rowe, is developing a collaborative model of delivering health and wellness care services in the community, which is anticipated to be more effective and economical.

More information on this can be found at QCEWS website: [www.qcews.com](http://www.qcews.com), under the "Wellness" tab.

### **FOOD SECURITY AND SUSTAINABILITY**

At the time of our previous annual report (spring 2016), we were in the midst of a *Vision 2020* project, enabled by the RDN's Northern Community Economic Development Program, where QCEW volunteers facilitated workshop, survey and face-to-face discussions with local food producers, whose current market share of local consumers' food spend languishes under 5%. Ideas about how to increase that market presence were consolidated into a *Market Development Roadmap* document at the conclusion of the project in October 2016. Not surprising, educating consumers about food remains a key priority for the QCEW team, both in terms of improving individual wellness as well as creating a secure and sustainable local food system. QCEWS appreciates Gil Sampson's skilful and passionate leadership.

### **ROOT BAGS**

We believe that learning to be more mindful about food, both its potential and its perils, needs to start with our youth. We are just completing our third year of the Root Bag planting sessions offered to elementary schools across School District 69. We commend the teachers who use our Root Bag spring visit to centre a whole series of connected lessons in the classroom. In this 2016/17 school year, we are helping 350 student participants each get their hands in the dirt and learn a little bit

more about growing and eating fresh, nutritious, safe, local food. QCEW has been able to deliver this program thanks to financial contributions from the RDN District 69 Recreation Program and from the Coombs Farmers' Institute, as well as donations of veggie seedlings from Laura and Rob Jackson (Whiskey Creek Nursery) and from Cindy and Lorne MacCallum (Nour-ish Farm).



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

### **UNIVERSAL ACCESS QUALICUM BEACH**

The vision of the Universal Access Qualicum Beach (UAQB) Table is to provide universal solutions on access and quality of life for all in Qualicum Beach. And our mission is to work together with the Town of Qualicum Beach, it's residents and community organizations to increase awareness of all accessibility needs including physical, emotional, social and mental health. QCEWS is amazed by the energy and leadership Holly Carnegie-Letcher and Jack Orange for their speedy development of this much needed Table.

The goals of UAQB are:

- to provide education, advocacy and action projects to reduce or eliminate barriers to participating in daily life in Qualicum Beach;
- to support people of all abilities to work, play, volunteer, live and go to school in QB; and
- to welcome visitors/tourists by providing accessible options to stay, shop and play in QB.

This Table has been very active planning and participating since its inception. On May 13th, the Universal Access QB group and QCEWS joined the Oceanside Family Physicians Association to be part of a public "Walk with your Doc" event. People came out for this fun event to promote exercise and physical activity as ways to improve health.

**Accessibility Week** in Oceanside is happening June 19th-26th, 2017. On Friday, June 23<sup>rd</sup> at 10am UAQB will be walking/wheeling around the village with Mayor Teunis Westbroek, experiencing first hand all of the recent accessibility improvements made by the Town of Qualicum Beach - a day of celebration! More details about Accessibility Week will be available on the QCEWS website. Please consider joining us!

UAQB meets in Room 1, Qualicum Commons (located at 744 Primrose Avenue) between 2-4 pm on the 4<sup>th</sup> Wednesday of each month. If you are interested in attending or would like more information,



please contact Holly and Jack (Co-Chairs of the UAQB Table) at [pathways2wellness@bell.net](mailto:pathways2wellness@bell.net). Everyone welcome!

### **AKTIVER – ZYKLOS (Active Cycle)**

Another project supported by QCEWS' Wellness and Universal Access Qualicum Beach (UAQB) Tables is the Domes Family's **Aktiver – Zyklos (Active Cycle)**. Just completed, this 1,233km cycle trip along the Eurovelo trail in Europe took place in cold and rainy weather. Gratefully, the Domes family was greeted with warm hospitality from host families all along the way.



This cycle tour kicked off their fundraiser to purchase and provide for the community two adapted “tandem Huka cycles” as community resources. Community members will be able to borrow a tandem bike enabling those needing the specialized bikes to get out in the fresh air and enjoy exercise in our amazing outdoors. Although the family’s cycling adventure has now been successfully completed, there is still opportunity to contribute to this worthwhile project on the QCEWS website. QCEWS thanks this family for inspiring us!

## **COMMUNITY DEVELOPMENT NEEDS AND RESOURCE MAPPING**

In 2016, QCEWS received a grant from the *New Horizon's For Seniors Program* to develop the **Qualicum Beach Community Discovery Project**, with the goal of bringing together seniors and youth and providing training on creating needs assessment surveys and a resources bank. On Saturday, May 27<sup>th</sup>, QCEWS held the “Discovering Community Café” to hear the results of the Qualicum Beach Discovering Community Survey. From the 352 survey responses, the following top ten answers were reported:

1. Participants would like to have an on-line community events calendar created and continuously updated for all community events and programs;
2. Strong interest in having more classes and workshops to learn specific skills and interests;
3. Participants need more knowledge about what to do and what community resources are available when they encounter an abusive situation;
4. Participants would like to have an on-line community job bank created for both paid and volunteer employment; and to have a matching service for volunteer work;
5. Improved bus services and more bike trails were the transportation amenities most requested;

6. Participants feel the community needs more doctors and a walk-in clinic;
7. Pedestrian safety is the top safety concern, and this includes a need for more sidewalks and accessible sidewalks;
8. Survey participants are most interested in assisting as volunteers with special events in the community, and in working on boards and committees; they would like to have more youth involvement in the community;
9. The top three complementary medical services participants would like to learn about are: naturopathy; massage and holistic nutrition; and
10. Participants indicated a strong interest in having more venues and opportunities for intergenerational socializing after 5 p.m.; and for movie nights.

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

This Table continues in the formative stage and is looking for leadership and volunteers. For more information visit [QCEWS.com](http://QCEWS.com). 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 CHILDCARE**

Qualicum's Quality Affordable Childcare Table with its connection to the District 69 Living Wage are off-shoots of the Child, Youth and Family Advocacy Table. Carol O'Connor and Scott Beam, from PacificCARE, are leading the coordination of a committee of concerned citizens and representatives from stakeholder groups in the community of Qualicum, generating community involvement in the creation of and support for quality and affordable childcare opportunities for local families.

Representatives of this Table met with management of a proposed new seniors' residence as well as presented during the public hearing process to encourage the incorporation of a childcare centre within the facility. Although the initial response from the Town Council and the developers appear favourable, unfortunately, in the end it was not supported or embraced. However, this intergenerational concept has not been completely abandoned and this Table continues to search out opportunities to build this community capacity.

This Table initiated a presentation by Sharon Gregson of the \$10 a Day Childcare Plan to Qualicum Beach Town Council. Arising, Council unanimously passed a motion to support the Plan.

### **MEMBERSHIP**

Membership forms are available and if you haven't become a member yet, we would encourage you to do so! Please sign up your friends and neighbours as well!

In our day to day activities, QCEWS 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 another wonderful year ahead as we improve the quality of life for those who call Qualicum Beach home.

Respectfully Submitted:

Bill Preston  
Chair, Qualicum Community Education and Wellness Society

**Qualicum Community Education & Wellness Society  
Year End Financial Statement  
Fiscal Year March 1<sup>st</sup>, 2016 to February 29<sup>th</sup>, 2017**

**REVENUES**

Grants		
New Horizon		\$ 20,256.00
Rootbag		\$ 840.00
Membership fees		\$ 100.00
Donation		\$ 850.00
<b><u>Total Revenue for the Year</u></b>		<b>\$ 22,046.00</b>

**EXPENSES**

Honourarium		\$ 4000.00
Presenters/Marketing Development		\$ 1671.41
Project Coordination		\$ 880.00
Materials		\$ 609.17
Meals/Entertainment for Grant		\$ 261.35
Web Page Development		\$ 1194.38
Rent & Lease Payments		\$ 81.90
Liability Insurance		\$ 572.48
Office Expenses		\$ 484.35
Bank Charge(s)		\$ 69.00
Taxes & Licences (AGM Filing Fee)		\$ 40.00

**Total Expenses for the Year** **\$ 9,864.04**

**Balance Remaining** **\$ 12,181.96**

Opening Balance March 1<sup>st</sup>, 2016 \$80.00

**Balance as of February 29<sup>th</sup>, 2017** **\$ 4,917.25**



**Balance February 29<sup>th</sup>, 2017 RBC Statement**

**\$ 4,917.25**

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