



# ANNUAL REPORT

**FOR CONSIDERATION AT THE ANNUAL GENERAL MEETING**

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

Tuesday, June 12th, 2018 @ 7:00 p.m.

## **QCEWS' ANNUAL REPORT**

### **2017 QCEWS EXECUTIVE**

CHAIR	Bill Preston
VICE-CHAIR	Gil Sampson
SECRETARY	Lorna Gray
TREASURER	Anna Sjo

### **ANNUAL GENERAL MEETING**

#### **AGENDA**

1. Call to Order - Welcome by Chief Michael Recalma
  2. Introductions
  3. Report of the Board by the Chair
  4. Report by the Treasurer
  5. Verbal Report by Table Leads
  6. 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 Board of Directors of the Qualicum Community Education and Wellness Society (QCEWS), I am proud to present this Annual Report highlighting our journey and accomplishments over the past year. This Society continues to evolve, reflecting the passions, energy and vision of our volunteer Board of Directors. Thank you to each of the Board members for your commitment to helping each member of this community to reach their maximum potential. We are building 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, two new initiatives were incubated through QCEWS: the **Multi-Use Cinema Group**, which grew out of a connection from the results of our Discovering Community Survey, and **Family Soccer**, which has been just recently launched but is already a great success.

QCEWS would like to take this opportunity to acknowledge and thank Judy Southern and the Qualicum Beach Seniors' Activity Centre for providing us with a meeting space for our monthly Board meetings. Although we miss you at our meetings, we truly appreciate you continuing to accommodate and support us.

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

#### NURSING HOME VISITS



#### *Fostering the next generation of volunteers*

We continue to value building relationships across generations. We endeavour to visit senior centres at least three times each year providing an opportunity for people to learn with and from each other. Learning something new every day increases brain capacity. And certainly with our seniors and youth learning together in varied activities, the outcome is growth. Smiles, enthusiasm and caring fill the room when these activities occur. Thank you to all who support the Intergenerational Lifelong Table; our learning community is most grateful.

## **MUSIC MENTORS**

QCEWS is pleased to support the Musical Mentors program. Musical Mentors is a not-for-profit community program that partners children ages 5 to 12 with volunteer student musicians from Kwalikum and Ballenas Secondary Schools for free one-to-one music lessons in voice and musical instruments. With QCEWS assistance, the Musical Mentors secured funding from the RDN District 69 Recreation Grant program in the amount of \$1,250 for the purchase of instruments that can be loaned to students, as well as sheet music and instruction books. The Arrowsmith Community Recreation Association (ACRA) continues to be a willing and much-appreciated source of additional instruments.

In May, the Musical Mentors arranged to have several of their young learners perform for the residents at Trillium Lodge. At this recital, one of the proud parents explained that she had kept their family's piano, but private lessons for her daughter were beyond their means. One day she noticed the Musical Mentors brochures that the Society of Organized Services (SOS) staff display at their office. Soon the learner and her Musical Mentor were engaged in weekly lessons. This truly illustrates how a caring community works together to enrich the growth and development of its youth. But it all starts with the generous commitment of volunteer time and talent by this special team of already busy secondary school students, ably organized by this year's student co-ordinator Zoey Cole. Learn more at [musicalmentorsd69.wixsite.com](https://musicalmentorsd69.wixsite.com).

## **FAMILY SOCCER**

Launched in April this year, there have been great turnouts and participants agreeing it's a whole lot of fun! Children who have never played soccer before or who would otherwise not have the opportunity to play are joining in. We are waiting to hear back from the RDN regarding their grant that would allow us to continue throughout the year covering the costs for equipment and insurance. In the meantime, all families are asked join the society by paying a \$20 yearly membership to help cover the cost of insurance, however, it is not a requirement to have a membership in order to play. Since volunteers are coordinating this program, the QCEWS calendar will have the up-to-date schedule throughout the summer. <https://qcews.com/events>.

Family Soccer (aka QCEWS Soccer) was also part of the Qualicum Beach Family Day activities (May 27th) again this year where it attracted interest from a few additional families. They thought it would be a great way to connect with other families and get exercise at the same time.

## **COMMUNITY WELLNESS**

### **WELLNESS**

This year there was a change in direction of the Wellness Table. The focus on community wellness has been the optimal health of the members of our communities and we have shifted to more participation of regular community members.

As we know over 80% of the social and health care in a community takes place outside the government system. Therefore there is a lot of support not recognized. With this in mind, we have partnered with the Qualicum Questers to share information and expertise in the areas of different approaches to wellness and healing. There were a number of meetings and the information from these meetings can be found on the Qualicum Questers Youtube Channel. We will be having a meeting later in June to chart a course for our

next years meetings. The idea is to video these meetings and provide the information to the public. The hope is promoting more participation from other interested people in the community.

### **FOOD SECURITY AND SUSTAINABILITY**

In today's climate of open source learning, more people will be learning practical skills outside the traditional school systems. The Root Bag Project was suspended this year and a new approach has been launched. The hope is to educate school children to grow their own food all year long through the use of hydroponics. A test launch happened in collaboration with Kathy Williams at Arrowview Elementary as she graciously provided time and space in her classroom to allow the children to participate.

Another goal was to use locally sourced materials to grow the plants and have an ongoing discussion on what plants work best and what methods work best. It opens up an almost endless line of enquiry. There will be a hydroponics display at the Coombs Fair the second weekend in August. The display will showcase many different methods that almost anyone can employ. We are all anticipating the potential of these projects with the end goal of having school children grow enough food for consumption in their schools. We are optimistic as this approach fits well with the new direction in education the local school board has embraced.

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

### **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.

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.

Universal Access Qualicum Beach (UAQB) Table has continued towards achieving our Mission, Vision and Goals during this 2<sup>nd</sup> year of operations. We collaborate with AOA (Access Oceanside Association) in Parksville. The Projects on our Agenda include: Accessibility Week (June 25<sup>th</sup>-July 1<sup>st</sup> 2018), UAQB/Town Council communications, CAEFE(committee for accessible exercise facility and equipment), Beach Access and watersport/activities-Waterfront Master Plan, Accessible Rental Housing Crisis, Website/power point-New Updates/community education, Emergency Preparedness Plan, Domes Family accessible cycles project, Family Day, Beachfest Accessibility, Chronic Pain Program Updates, Local Inventors and Champions for accessibility- eg. Jon Pimlott –Canada Cart, one-arm row boat and Can-amaran. We are very grateful for the unending support and guidance of QCEWS board members and Chair Bill Preston.

Our main vision, focus and energy over the past year has been to create community partnerships and establish an accessible exercise facility with specialized gym equipment including a specialized accessible bicycle lending library. Our vision is also to provide opportunities for education and learning skills to self-manage pain and stress with traditional and complementary options. (QCEWS Wellness table welcome to

integrate here.) This non-profit group of volunteers (health care professionals, caregivers and future users) have identified a gap in services, working very hard over the past year to take action! We are witnessing deconditioning in physical and mental health without affordable, accessible daily fitness options. Our caregivers are also experiencing burn-out. We would like to support our community members (all ages) who are living with: spinal cord injuries, M.S., post-Stroke, Parkinson's, Post-Polio, Cerebral Palsy, developmental disabilities, PTSD, depression, anxiety, chronic pain, auto-immune diseases, cancer, visual impairments, frail elderly, etc. Needs identified include: preventing falls, regaining strength, balance, mobility, endurance, pain management and mental health in a positive, welcoming affordable local recreation/learning environment that is accessible to all. Promoting quality of life, inclusion, empowerment, health and wellness, joy and a sense of belonging are our goals for our Oceanside Communities. We have been inspired by our visit to [www.moveadaptedfitness.ca](http://www.moveadaptedfitness.ca) in Victoria, B.C.

We are fundraising for at least 5 other pieces of specialized gym equipment and a lift and we have several local Service Clubs interested in funding equipment. We are also seeking a permanent location for our facility. The RDN Recreation Services staff agree that there is a need for this type of facility and the accessible gym equipment could fit with their 5-10 year plan for a possible gym expansion at Ravensong Pool. The Town of Qualicum Beach is generously supporting the start-up of this project by providing a room at the Civic Centre 2 days per week for the first six months. However, we still need storage space for the equipment. We have several safety concerns about storing our equipment in a suggested storage container in Civic Centre parking lot. Our present goal is to open by late fall, as these services are required as soon as possible to prevent further deterioration. Our best-case scenario is that we find a location that can be available 4-5 days/week where the equipment remains set up.

To see this vision to fruition we are asking our communities to get involved. We have written an article for PQB news and are currently awaiting publication. Often we do really great work in “silos”. We presently have empty space/buildings, expertise and great programming in Oceanside, so we are asking our communities to pool our resources and make this happen for some of our most vulnerable citizens now!

A paper copy of our Accessible Gym Needs Survey can be signed at Town of Qualicum Beach and City of Parksville offices or email [info@qcews.com](mailto:info@qcews.com) with your name and phone # and “accessible gym” in the subject line. We have over 70 people signed already. It is evident to us there is a need.

### **Requests:**

- 1) Funds for specialized accessible gym equipment. Please donate at <https://www.gofundme.com/universal-access-gym-for-qualicum> or make cheque payable to QCEWS, or e-transfer [info@qcews.com](mailto:info@qcews.com) (Thank you Anna Sjo for setting this up!)
- 2) Affordable location in Qualicum Beach or Parksville City Centre with ease of accessibility. We welcome philanthropists and partnerships. This could be a legacy opportunity or partnering with a present exercise facility/group with similar goals.
- 3) Volunteers to support the ongoing planning and development of this project and to assist our members in the gym. (Grant writers also welcome!)
- 4) Funds to support a project co-ordinator and/or staff member (Kinesiologist/Athletic Therapist)

Over the year, we have learned that this is a longer-term start up than we initially anticipated. We have experienced triumphs and great learning, as well as set-backs and disappointments. We will require the



above requests to be fulfilled if we are to continue to pursue this project, as members are feeling stretched to their limits.

We are planning to celebrate Accessibility Week in Oceanside, June 25<sup>th</sup>-July 1<sup>st</sup>. The Annual Access Success Day with both The Town of QB staff and councillors and City of Parksville in a Wheel/walk about. Wheelchairs and scooters are generously provided by Greg Greenshields. Unfortunately, Town planner Luke Sales and Mayor Westbrook will be away that week. In 2017, we only had representation from Luke Sales and student. We have lost our key Access Success Day organizer this year (Regan M.) and we will need more UAQB members to organize this soon-approaching event, if it is to happen. Our UAQB Co-chair Jack Orange was unable to find ongoing accessible rental housing in Qualicum Beach this year despite many efforts. Fortunately, he found an accessible home in Parksville. Jack was very discouraged and finds it difficult to want to represent Qualicum Beach, when you can't live there anymore due to lack of action and Universal Design. It takes a lot of energy, passion and commitment to co-chair and support this community for basic accessibility rights.

Also, we welcome commitment from Town Councillors to participate this year on Wednesday June 27<sup>th</sup> at noon, if we are to celebrate Access Success Day in Qualicum Beach. We will ask Anne Skipsey/Neil Horner, our liaisons to facilitate this communication. We will be in the Parksville Canada Day Parade again this year, joining with Access Oceanside Association.

#### **Aktiver Zyklus Update:**

The Domes family (UAQB members) have raised money for the Huka Duet power assist cycle and have provided our community with the first piece of recreation equipment through a generous \$10,000 donation from The Nanaimo Regional General Hospital Foundation. Our local schools and Care Facilities will have the first opportunities to try out this amazing cycle! It will be rotating through QB and Parksville soon. We had an amazing "launch ride" on May 31st with a student at QBES and principal John Williams riding the bike. The Rotary Club of Qualicum Beach has graciously donated \$2000.00 towards the future purchase of the Huka Orthros tandem electric cycle, which allows side-by-side cycling with a loved one.



UAQB meets at 2pm the 4<sup>th</sup> Wednesday of each month at Qualicum Commons, in the Oceanside Division of Family Practice admin office. Thank you to the ODFP for the generous use of their room on a monthly basis.

- Holly Carnegie Letcher and Jack Orange (Co-Chairs representing UAQB-table of QCEWS)

### **NEIGHBOURS HELPING NEIGHBOURS**

This special project is the vision of Bernard Brochu. He has been speaking with neighbourhood organizations, community groups and individuals to see if there is interest in organizing a broad based community collaboration on the impact of social isolation to our residents. For more information visit [QCEWS.com](http://QCEWS.com). If you have a passion or interest for the work of this project please email Bernie at [bernbrochu@gmail.com](mailto:bernbrochu@gmail.com) to get involved.

## **COMMUNITY DEVELOPMENT**

### **QUALICUM QUALITY AFFORDABLE CHILDCARE**

The Qualicum Quality Affordable Childcare Table, being led by Carol O'Connor and Linda Doukakis (from PacificCARE) are leading generating community involvement in the creation of and support for quality and affordable childcare opportunities for local families. This table, currently comprised of concerned citizens and representatives from stakeholder groups in the community of Qualicum, such as the Qualicum First Nations, Oceanside Building Learning Together and Canadian Federation of University Women (CFUW) Parksville-Qualicum Beach, has been working on creating a network to coordinate efforts. Recent presentations to local governments, is aimed at garnering support and collaboration for a community needs assessment and generating potential interest in a Joint Childcare Council. This Table has also been consulting regularly with Sharon Gregson of the Coalition of Child Care Advocates (\$10 a Day Childcare Plan) to stay abreast of provincial government funding opportunities and initiatives.

Representatives of this Table met with the Mayor of Parksville to discuss childcare opportunities within that community and were pleased to learn that a recent development proposal for a seniors living complex (the same company members of this Table had met to encourage the incorporation of a childcare centre within their Qualicum Beach facility) contains plans for a licensed daycare facility!

### **MULTI-USE CINEMA GROUP**

Motivated by a Request for Expression of Interest from the Town of Qualicum Beach for the old bus garage site and encouraged by the survey results of the Community Discovery Project, Evelyn Miller attended our Discovering Community Café and soon became a welcomed addition to the QCEWS family. Over the past year, I have worked with Evelyn and a small group of people with a shared vision for a multi-use cinema and brew pub at this strategic site. Over the months, the group and the vision has evolved and recently the Multi-Use Cinema Group has chosen to go it on their own. We thank them for being the impetus for one of our best field trips (thanks goes to Dave at Love Shack Libations as well!) and wish them success with their proposal!

### **NEEDS AND RESOURCE MAPPING**

We have included the top ten answers from the Qualicum Beach Discovering Community Survey for reference purposes. From the 352 survey responses, the following 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.

#### **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