



Qualicum Community Education & Wellness Society

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For more information on
QCEWS go to
qcews.com

The Values of QCEWS!

On May 28th, 2019, Qualicum Community Education and Wellness Society (QCEWS) Board Members gathered, under the sage leadership of Gil Sampson, to do some organizational and individual reflection and visioning. These were the values we thought best describe QCEWS and what we do!



Save the Date!

Family Soccer

Thursdays at 5:30
Bring the whole family out to play!
Check website for location & details.

QCEWS AGM

June 11, 2019 7pm
AGM takes place at the QB Seniors' Activity Centre
(703 Memorial Ave)

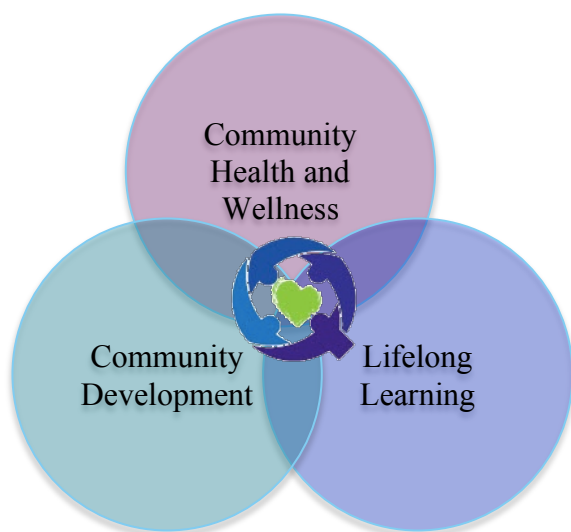
UAQB

Join us!
The 4th Wednesday of each month at the Qualicum Commons at 2 p.m.



Agenda

We acknowledge with gratitude the opportunity to gather on the traditional and unceded territory of the Coast Salish Peoples and The Qualicum First Nation.



- 1. Welcome & Introductions**
- 2. Report of the Board by the Chair**
- 3. Report by the Treasurer**
- 4. Verbal Report by Table Leads**
- 5. Election of the 2019 – 2020 Board**
- 6. Adjournment**

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

Co-Chair's Report

At this 2018 – 2019 QCEWS AGM, we are excited and honoured to share the work of so many **dedicated**, inspiring individuals who contribute to **improving our quality of life** and making our broader community of Qualicum a socially richer and **better** place to call home. We want to sincerely thank all of our Executive Members, Table Leads and Members for your time and commitment.

In addition to all of the amazing work being done by each of the Tables (which you will read about in this Report) we are working on strengthening QCEWS's infrastructure – website, communications, fundraising /grant writing, board structure/operations, membership – to better support the work of our Tables, Projects and activities. We wish to acknowledge some key people to whom we owe HUGE debts of gratitude!

Anna Sjoo for her work as our treasurer and for establishing and developing our website and who has been the backbone of QCEWS. Lorna Gray has done a magnificent job as our secretary keeping us all up-to-date with notices, agendas and minutes. Gil Sampson has provided us with much food for thought – guiding us through processes. Bernie Brochu has provided thoughtful input to this work and Anne Waller has shared her knowledge and injected enthusiasm in this area as well.

We also wish to express our appreciation to the many service clubs in our community who have been receptive to our requests for financial assistance and who have **made a big difference** to the success of our work.

We look forward with great expectations to advancing the work of our Tables, Projects and special initiatives as well as continuing to build QCEWS infrastructure functions that are so critical to our ongoing success; enhancing the quality of life within our broader Qualicum Community!

In CommUNITY,

Bill Preston and Anne Skipsey





Universal Access Qualicum Beach Fitness for All

2018 – 2019 TABLE ACTIVITIES:

Table Co-Chair and **community** champion, Holly Carnegie Letcher, has been leading the charge with her Co-Chairs (previously Jack Orange and currently Darwin Fraser) **educating** and **advocating** for an Accessible Fitness and Wellness Centre in Oceanside. Presentations were made to three local service clubs (Rotary and Lion's), Oceanside Stroke Recovery Program, Town of Qualicum Beach's new Mayor and Council, and the RDN Recreation Commission.

Jim and Kitt Miller from Jim's Gym in Parksville reached out and invited us to bring our specialized gym equipment to their location and on June 1st the "Fitness for All" fundraising campaign kicked off. We are grateful to Gloria Stewart, grant-writer and Abundance Activist, who is helping to lead this campaign. A Bungee Mobility Trainer has been

purchased **THANKS** to Diana Lamonte (\$5,000), Sandra Hobson (\$1,000), SPARC BC (\$500) and a RDN Recreation commitment (\$2,500). Two other pieces of equipment, a lift and power assist front door opener are all on our wish list as well.

Every other month UAQB continues to meet and **collaborate** with Access Oceanside Association (AOA). OCEANSIDE ACCESSIBILITY WEEK (May 26 – June 1st) is one example of our work together. On May 26th we all partook in the QB Family Day Parade and hosted an education tent. It was a success thanks to the involvement of many supporting individuals and organizations! Also on June 1st was a celebration at the QB Memorial Golf Course for the work that has been done to provide new golf opportunities. Many thanks to members Dianne and Hamish for their **perseverance**. Very good, very good, yay!!



UAQB Ongoing Goals

<https://qcews.com/Universal-access-qualicum-beach>

- 1) To find an organization that will let us use their charitable # for tax receipts for our generous donors.
- 2) To continue with fundraising and grant writing for *Accessible Fitness and Wellness for All* in order to procure the desired equipment and provide an on-site part-time trained/qualified support person.
- 3) Follow up with Safety and Accessibility concerns in Qualicum Beach
- 4) Continue with our mission and vision.

Active Cycle – Activer-Zyklos

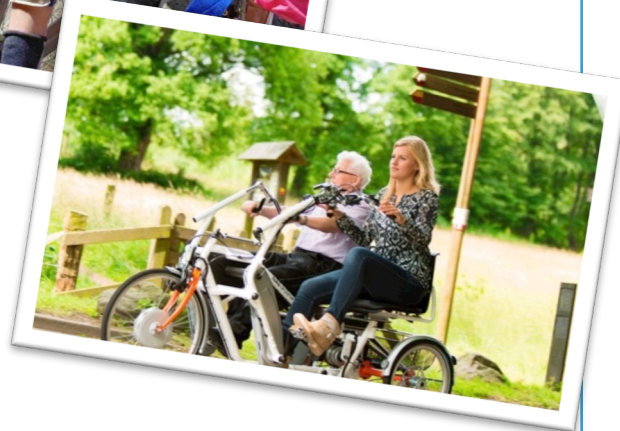
We have completed our fundraising goal of \$26,000 for two Accessible Bicycles for our community!

One cycle is already being used for great outings in Residential Care and in School District No. 69. The smiles say it all! The second bicycle, a tandem side-by-side three wheeler called the Orion, (with electric assist) is on its way. Our upcoming goals include a community-lending calendar for scheduling outings for individuals and families.

Seniors and children in our community, from ages 99 to 9, have had [enjoyment](#) through [active](#) outdoor experiences!

*Photos: Mac at the QB Family Day Parade
A stock photo of the tandem side-by-side Huka*

Submitted by: The Domes Family



Family Soccer

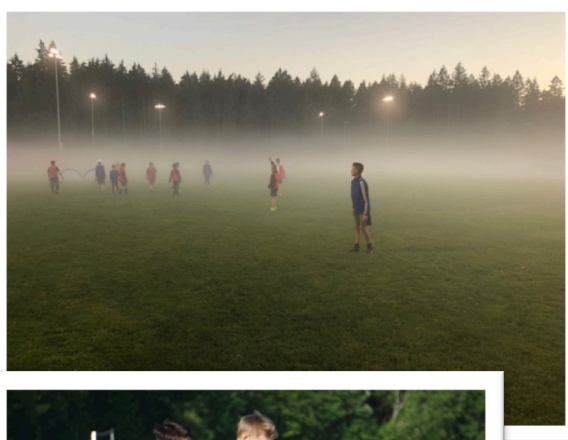
It has been a great year for family soccer. We were pleased to receive a \$1,500 grant from the RDN to purchase equipment and insurance for our program. Our Fall session was at the Qualicum Beach recreation fields on Friday evenings. We had a good turnout with approximately 20 – 40 people, depending on the night.

There are two weeks left of our Spring session on Thursdays from 5:30 – 6:30 p.m. at Kwalikum Secondary School fields.

We asked the children if they wanted to continue this program for the next year and their response was “why wouldn’t we?”. So we are planning on applying for an RDN grant to assist with the insurance that is required for all players. Our hope is to continue on Friday evenings during the Fall at the QB recreation fields as this seems to be the most suitable for families.

*Photos: Fall Soccer Scene; Some of the more skilled players;
Family Soccer group photo*

Submitted by: The Sjoos Family



Social Inclusion



2018 – 2019 TABLE ACTIVITIES:

Social isolation is one of the social determinants of health and as such is an important aspect of community life. QCEWS regards the activity in the area of Overcoming Social Isolation as exploratory rather than direct delivery. The intention in 2018-2019 has been to **engage** individuals and groups in a **collaborative** venture that will **improve** mutually supportive **relationships** in QB and area. Events are unfolding in three different areas in this project:

1. Senior's Planning Table
2. Oceanside Support for Caregivers
3. Needs and Resources Exchange

1. The Seniors Planning Table is an Oceanside initiative facilitated by Oceanside Health and Wellness Network (OHWN). The object of the Seniors planning table is to draw people and organizations together in a collaboration, which will then provide useful data to guide community groups in their work with older citizens in Oceanside. The QCEWS board has been **active** on this Table. There have been 4 meetings held since autumn 2018. The conversation at the meetings has centred on what the group might do to enhance the functioning of seniors services in Oceanside. Social Isolation remains the common theme in these meetings. There is support from the Table participants for an approach that would engage community members talking directly to each other in an effort to assess the scope of this issue and to increase the viability of neighbour to neighbour relationships. This approach, if it is adopted, will improve residents knowledge about community relationships and offer potential ways for residents to work together to improve interdependence which in turn will provide for better health outcomes for seniors.

2. Oceanside Support for Caregivers, although not a QCEWS table, addresses social isolation directly with support group meetings for family caregivers. QCEWS has made arrangements for 'flow through' administration services with this group.

3. The Needs and Resources project, has attempted to arrange for seniors (possibly from the Seniors Activity Centre) and high school students (likely from KSS) to arrange **mutually beneficial** exchanges of labour for small jobs with home-owners. This idea was had a clear indication of support in the Discovering Community survey that QCEWS completed in 2017. The first meeting on this project met in Early April 2019. The idea of a Need and Resources Exchange is seen to offer significant promise assuming that some operational issues are worked out. Submitted by: Bernie Brochu

Intergenerational Table

2018 – 2019 TABLE ACTIVITIES:

This year was a growth year! We expanded our **learning** venue to The Gardens and maintained our well-established **relationship** with Eagle Park. Our student and parent population double in capacity. **Collaboration** and **shared leadership** continued to be fostered.

Something new and different – we met as a table and set dates for the year and the focus for the visit to each facility. **Facilitation** and learning focus was shared throughout the year.

Our communication framework and **networking** is another growth area. Our value driven group thrives.

Submitted by: Leanna Garner



Early Learning & Childcare Council in Oceanside (ELCCO)

BACKGROUND

ELCCO started in January 2017 as the “Quality Affordable Child Care Table”. Founding members were: PacificCARE - Carol O’Connor/ Scott Beam; Building Learning Together - Judi Malcolm; Qualicum Beach Town Councillor - Anne Skipsey; and QCEWS chair - Bill Preston; Qualicum First Nations Childcare - Pam Moore; Canadian Federation of University Women - Eva Hilborn /Perry Perry.

We consulted several times with Sharon Gregson - Coalition of Childcare Advocates of BC.

The group’s mission was to explore [opportunities](#) that would identify and [support](#) the childcare needs of families living and working in Qualicum.

The group’s aim was to create quality, affordable, accessible, not-for-profit childcare spaces housed within public venues.

2018- 2019 TABLE ACTIVITIES:

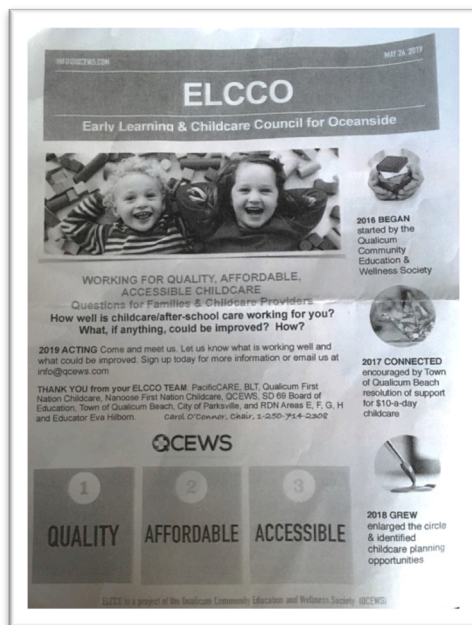
Within this year the table was renamed as the “Early Learning & Childcare Council in Oceanside”.

ELCCO was chosen to better describe the scope of the work, structure and the geographic area to be served - Oceanside / School District 69 boundaries.

ELCCO endorses the Provincial Government’s universal childcare [initiative](#) and has spent a number of months [communicating](#) about provincial childcare projects and funding opportunities.

ELCCO has recruited elected representatives from Qualicum Beach and Parksville Councils, RDN Areas E, F, G and H and S.D. #69 (Qualicum).

ELCCO initiated a [collaborative](#) discussion with a social planner from the City of Nanaimo to recruit the [support](#) of the City of Nanaimo Council, the District of Lantzville Council, the RDN Board and



School District #68 to [plan](#) and implement strategies to expand the number of [quality](#), affordable, [accessible](#) childcare spaces for families within the Mid-Island Region.

The City of Nanaimo allocated staff from their Community and Cultural Planning department to successfully complete a grant application of \$125,000 on behalf of the entire region and oversee the work of childcare grant initiatives. ELCCO’s [commitment](#) to take responsibility for this work within the Oceanside

/ School district 69 area was key to the success of the [collaboration](#) thereby ensuring Nanaimo city employees time could remain focused on the Nanaimo community / School district 68.

ELCCO also recognizes a key to increased childcare spaces is a well-trained work force. To this end, Eva Hilborn has initiated the Eva Hilborn Early Childhood Educator Award of \$4,000. This award is eligible for a SD#69 student who registers in the Early Childhood Educators Program at VIU. ELCCO is continuing to [share information](#) on all bursary opportunities and seek out audiences to share information to those wishing to pursue an Early Learning and Childcare career. ELCCO had representation at the Qualicum Beach Family Day to share the work and to support childcare initiatives offered to the [community](#).

In the upcoming months ELCCO will work with the newly hired Childcare Planning Consultant to regionally identify, local community childcare needs and resources to aid in planning for new quality, affordable childcare spaces.

ELCCO continues to review its vision, goals, [action plans](#) and to recruit new childcare advocates to carry on our work.

Submitted by: Co-Chair Carol O’Connor

The Wellness Partners Table

2018 – 2019 TABLE ACTIVITIES:

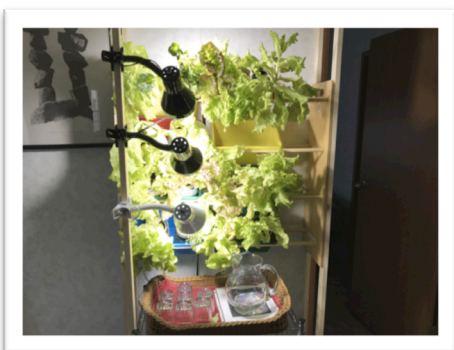
This past year the [wellness](#) partners group shifted focus to meeting with the Qualicum Questers. Qualicum Questers has a group membership in Qualicum Community Education and Wellness.



We met monthly and enjoyed numerous approaches to solving health problems. Every meeting was videoed and can be found on the Qualicum Questers You Tube channel. Our future project includes exploring the idea of a one stop true health care centre. This centre would include many different health approaches based on the most pressing health issues. This form of health care would be a membership model. This would mean that if you are a member you would have access to any of the included health care approaches. Data would be accumulated on a number of metrics to demonstrate the most effective approaches. This would also document how health improves under this system.

THE HYDROPONICS PROJECT

QCEWS in Collaboration with The Arrowsmith Agricultural Association will be working with high school students and elementary school students to explore and create hydroponic gardens of all sizes to grow many varied foods. These are simple to grow with easily accessible components. Examples can be found on the Arrowsmith Agricultural Association You Tube channel.



Surley Dan from the farmers market has agreed to work with me on the school project.

Submitted by: Bob Rowe

Food Security Table

I am fairly new at the Food Security Table, having joined just a few months ago, but am interested in pursuing Food Security Projects for the Qualicum area. I will be looking for funding to [support community](#) gardens as well as gardening workshops to [teach](#) people to grow food. I am also looking to expand the availability of good local food within the region by being part of the Mid-Island Public Market and have invited QCEWS to participate in the market, which will be held in Qualicum Beach on Sunday afternoons, to supplement the already vibrant Saturday market. I hope to join with other like-minded individuals in QCEWS to raise awareness of the importance of good, fresh, high quality local food, help support food awareness in schools, and implement projects that assist people in growing and preserving food.

Submitted by: Connie Kuramoto

Communications

The goal of communications is to publicize QCEWS and to enlist other members in our inclusive communities. Currently videos are being processed of the Family Day Parade. There are videos on the QCEWS You Tube and more to come on the universal access event at Jim's Gym.

I have joined Toastmasters to access their training on social media, and communications. This will be a valuable asset going forward to publicize our events and connect with donors to their favourite Table and see their money is used to help solve more community problems. I look forward to working with the QCEWS executive to formulate a marketing plan.

Celebrating Our Successes

Wow! What a busy year and we have so many successes to celebrate...

★ The Early Learning & Childcare Council in Oceanside (ELCCO) has helped secure \$125,000 in funding to move forward their ultimate goal of Quality, Affordable, Accessible Childcare and have expanded their Table to include representation from the whole Qualicum district and to the region beyond.

★ Universal Access Qualicum Beach and Access Oceanside Association now have a home for an accessible inclusive gym in which to foster wellness and fitness for all.

★ We have helped to support and work with the Domes Family to reach their fundraising goals to purchase two accessible bicycles for our community.

★ Social Inclusion has become well networked to continue to find ways to address social isolation, support each other and help address this social determinant of health.

★ The Intergenerational Life-Long Learning Table continues to provide opportunities for children and youth to gain experience and training in becoming the next generation of volunteers, while enriching the lives of many in our community.

★ The Health and Wellness Table continues to bring together alternate health and wellness practitioners. We are excited about the development of new opportunities with our Food Security and Sustainability Table.

★ Family Soccer continues to provide an opportunity for family fun and fitness.

If you or someone you know would be interested in getting involved in one of our current tables or initiatives please reach out to us! You can email QCEWS at info@qcews.com or call Bill Preston at 250-752-8486. Also, if you have an idea you would like to champion and think it might fit with our values and objectives we would love to hear from you. We are looking for someone interested in the environment and sustainability, supporting our youth, or whatever you think is missing for better community well-being. We invite you to check out our website at qcews.com.

email: info@qcews.com

