

2020 ANNUAL REPORT



Qualicum Community Education & Wellness Society

Bringing Our Community Back Stronger & More Self-Reliant

Keynote conversation for this year's AGM

We want to take this opportunity to acknowledge with appreciation the tireless commitment and strong, persistent leadership provided by our Table Leads and Board of Directors. We also want to give a special shout-out to Gil Sampson for his wealth of knowledge and skills contributing to our work on organizational development.

We sometimes come to a Board Meeting tired, but always leave inspired and energized by witnessing the amazing achievements generated by our leaders, improving quality of life for those who live, work, play and learn in Oceanside.

Our AGM will look different this year. Those who are comfortable meeting in person (with social distancing of course!) are welcome to gather in Pam's & Bob's Red Barn (2760 Peters Road) and the rest will connect electronically.

We thank you all for making our world a better place!

Bill Preston and Anne Skipsey

AGM Agenda:

Welcome and
Acknowledgement

Report by the Co-Chairs

Report by the Treasurer

Highlights from Table Leads

Election of the 2020-21 Board

Keynote Conversation:
*Bringing Our Community Back,
Stronger & More Self-Reliant*

Adjournment

Wellness

Submitted by Table Lead Bob Rowe

The year has come and gone with many new and exciting projects and possibilities.

Before the shutdown, a hydroponics project was setup at KSS generating a lot of interest. It was agreed that when school returned the project will be continued.

The Questers had a number of speakers teaching varied topics on health and healing. The videos can be found at www.qualicumquesters.com.

The connection with the Arrowsmith Agricultural Association (AAA) has produced opportunities to provide information on growing your own food garden (find these gardening videos on AAA's YouTube channel) and promoting displaying produce at the 2020 Coombs Fall "Virtual" Fair.

We await a video page on the QCEWS website to put QCEWS' members projects.



Sustainability

Submitted by Table Lead David Haynes

Last November I took the course on *Advocacy and Implementation* of the United Nations' Sustainability Development Goals, and the Hunger project training. My discussion about teaching this program in SD 69 schools was received well, however, it did not happen due to the COVID-19 outbreak. The goals are simple but inclusive. There are lesson plans and activities. It suits schools well, however, it also is something that businesses, groups and individuals could easily incorporate into their own lives. Though we have all been focused on COVID for the past few months, we have an urgent goal for the world and that is tackling the climate. All people and animals of the world are already being affected by climate change. If this gets too far out of control all of our other laudable goals will be irrelevant. Please invite me for a small or larger group training in the Goals and how you can use them. For more information about this see www.theworldslargestlesson.org

Communications

Submitted by Table Lead Bob Rowe

This Table is dedicated to recognizing and promoting businesses, events, projects and activities in the Qualicum area. Last summer, videos of vendors at the Qualicum Beach Farmers' Market were made and put on social media. More recently, a short video was put on Facebook announcing the reopening of the Market. As we reopen the economy there is an opportunity to learn to do short videos of area businesses and events helping us to all get back to a better way of life.

Social Inclusion

Submitted by Table Lead Bernie Brochu

Social isolation is found to be a significant physical and mental health concern for stay-at-home caregivers, seniors, disabled, singles and others.

Over the last year QCEWS has collaborated in the Oceanside Seniors Planning Table to examine seniors' needs with the key question: "What are you doing/what do you need, to age successfully in the place of your choosing?" One of the research outcomes will establish the level of social connection of residents.

In 2019, QCEWS Social Inclusion Table leader participated in the Oceanside Caring for Caregivers group providing organizational help and group facilitation.

The COVID-19 pandemic has increased awareness of the need for mutual support among neighbours during emergencies. This may be an opportune time for more activity on this issue

Intergenerational

Submitted by Lorna Gray

In 2019, QCEWS Intergenerational Table joined up with Qualicum Beach Seniors' Activity Centre to offer *Learn to Knit*, *Learn to Play Ukulele* and *Kids in the Kitchen* after school activities on Mondays at the Seniors' Centre. The popular *Kids in the Kitchen* program allowed children to prepare a three course meal and invite their families to sit down all together and enjoy the meal. Setting the tables, serving and cleaning up afterward were also shared among the group!

Special thanks goes to **Pat Weber**, President of the Seniors' Centre for his leadership! We also appreciate funding from **Parksville Qualicum Kiwanis Club** and the **Parksville Qualicum Foundation** for grants awarded in support of these programs.

QCEWS Family Soccer ran in both the Spring and Fall of 2019 at the Community Park and had many families participate with their children on Friday evenings.

We also did our annual Hallowe'en visit to Eaglepark with new and existing QCEWS families in fancy dress for a scary story and treats.



Active Cycle (Aktiver Zyklus)

Submitted by
Mike Domes

Lieutenant Art Strang

(deceased 2020)

was a great Canadian, and this bike afforded him a trip to one of his favourite places, Branch 49 of the RCL.

Here he both honored and humbled me with his stories of landing on the beaches of Normandy and leading a platoon of men through Belgium as he assisted in the Allied liberation of Europe.

Intergenerational activism has been the focus of our chapter of the Universal Access QB Table. In August 2019, we uncrated the second of the two accessible tandem cycles that fulfilled the program's fundraising goal thanks to generous donations by **Royal Canadian Legion Branch 49 Parksville**, and again the **Nanaimo Hospital Foundation**.

Without insurance to cover community use, we continue to find ourselves restricted to ride with SD 69 kids (from Bowser to Nanoose), and those living in Island Health's Trillium Lodge. With a promising lead to a possible insurance carrier, we are optimistic that QCEWS will soon need to consider the logistics as to how we expand the accessible bicycle program to the general community.

Recent concerns around infection control and school / long term care closures has meant a significant slow-down for us, but with Spring springing, and COVID concerns coming under control, we intend to roll out the residents from Trillium Lodge along the Coldwater Trails and to Parksville Beach now that the Despard / Corfield connector is intact.



Universal Access Qualicum Beach (UAQB)

Submitted by Table Leads Holly Carnegie Letcher and Darwin Fraser

Universal Access Qualicum Beach (UAQB) has continued to work collaboratively with AOA (Access Oceanside Association) in our ongoing development of our "*Fitness for All*" initiative with Jim's Gym. It has been a slow but steady process.

Kind donations from: **Diana Lamonte; Sandra Hobson; Rotary, Parksville Lions and Parksville Qualicum Kiwanis Clubs** will purchase our 2nd piece of adaptive gym equipment. As we navigate life during these pandemic times, protocols will be developed for safe gym participation.

Newest member Darla Larsen will help lead us forward! We welcome community Physio's and OT's to join UAQB.

Thanks to **Jon Pimlott** who continues to create new opportunities for folks to get to the beach and out on the water with his Canada Cart and adapted watercraft!

Be well, Holly Carnegie Letcher and
Darwin Fraser (Co-Chairs UAQB)



Food Security

Submitted by Table Lead Connie Kuramoto

The Food Security Table has been generating ideas to enhance local food security from workshops and videos on traditional food growing and preserving skills, to obtaining funding for larger projects that would foster a vibrant local food system for ourselves, and for future generations in our area. We are excited about the prospect of offering opportunities to local residents to increase their food knowledge and food security.

The crucial importance of the Food Security Table was highlighted this year when the global pandemic hit the planet. This historical event made it very clear to many that local food is an important aspect of food security. Having a garden, and food jarred, frozen, dehydrated and stored became a really good way to stay home, stay safe, and still nourish ourselves. The problems inherent in a centralized food system, reliance on migrant workers, impacted transportation systems, added to the fact that our food supply chain will continue to be compromised by the effects of climate change means that nurturing new farmers, supporting local farmers, and home gardening and preserving skills become more important than ever.



Come join us to help insure our food security future is bright!

Early Learning and Child Care Council for Oceanside (ELCCO)

Submitted by Table Lead Carol O'Connor

ELCCO, a Table of Qualicum Education and Wellness Society (QCEWS) supports the development of Affordable, Accessible, and Quality Not-for-Profit Child Care in Oceanside. Membership consists of a liaison representative from: RDN, City of Parksville, Town of Qualicum Beach, Qualicum First Nation and School District 69; Early Learning and Child Care Organizations; and Child-care advocates and Families. The Council works at the neighbourhood level to build a democratic childcare system, based on research and expertise of Childcare Coalition of BC and Early Childhood Educators of BC.

Successes of 2019- 2020 include:

- shared and supported the application process for BC Provincial funding- "Child Care Needs Assessment." Currently the group supports the ongoing data collection informing immediate and long-term decision making of childcare services and infrastructure development. This is a collaborative project with the communities of Lantzville, Nanaimo, and surrounding Regional Districts.
- supported the application process for Child Care Space Creation Funding, to ensure the Oceanside community increases publicly owned childcare space.
- building collaborative relationships and community resources, to support the ongoing development of publicly funded childcare in the Oceanside community.
- encouraging community engagement by building alliances with families, maintained through email contact. Families are kept informed of the work of ELCCO and respond to "Calls for Action" when needed.
- ELCCO recognizes the need to support well-trained childcare workforce and supports initiative's that address this challenge.

Early Learning & Child Care Council is an action-orientated group that pulls together resources and expertise to meet the childcare community needs and move the universal childcare system forward. Children and their families need community support to grow future leaders. **Join us - be part of the future!**

For more information contact Carol O'Connor, Co-Chair at o_connor_john@hotmail.com.