

THE LITTLES NEWSLETTER

JANUARY 2012



Big Brothers Big Sisters
of Kamloops and Region

January Activity! Kids Ice Fishing Day @ Walloper Lake

Join us on January 22nd, 10am to 2pm the Kamloops Ice Fishing Club is hosting the Annual Kids Ice Fishing Day at Walloper Lake. This is a free event!

There will be hot dogs and hot chocolate, bonfires, and fishing!

If you do not know how to fish—they will teach you!

Do not have your own rod and tackle? They have lots to share around! Come join the fun!

If you need to make arrangements for car pooling, contact Jennifer at the office—250-374-6134.

STAFF:



Executive Director
Terri Axani

Renew Crew
Manager
Doug Marchuk



Casework Supervisor
Shannon Ritchie

Mentoring
Coordinator
Tammy Webb



Mentoring
Coordinator
Ryan Kerr

Mentoring
Coordinator
Pam Bragg



Mentoring
Coordinator
Jessica Gordon

Child & Youth
Mental Health
Support Worker

Kim Stanley



Administrative
Assistant
Jennifer Baldes

BBBS Kamloops Rocks the Waves with Social Media!

Did you know that we are working hard to get the Big Brothers Big Sisters of Kamloops message out into the public? Did you know you can follow your fave BBBS staff on social media? Here's how!



- ◆ Do you Twitter? Follow us! And re-post! @BBBSKam

- ◆ Calling all Facebook users! Find our page—
<http://www.facebook.com/#!/pages/Big-Brothers-Big-Sisters-of-Kamloops-Region/213816381985068>




or search Big Brothers Big Sisters of Kamloops & Region.

- ◆ Need to get a quick message to the office? Got a question? Link up on Windows Live Messenger with our Office Assistant, Jen at "jennifer.baldes@bigbrothersbigisters.ca"



In-School Mentoring



Our In-School Mentoring Program is once again in full swing. Offered throughout School Districts 73 and 58, this program matches volunteer adults or teens with deserving kids in elementary school who could benefit from a positive role model. If you would like more information on how your child can acquire an In-School mentor, please contact our office at 250-374-6134/1-877-222-8099.

THE 34TH ANNUAL STRIKES-FOR-TYKES IS COMING!

Now that Christmas is over, the office is buzzing with organizing the upcoming Fun! Put it on your Calendar—Bigs and Littles are invited to bowl all together once again on Saturday, February 25th at the BBBS/WalMart Family Day!

Business Focus: Erin Valley Stables

"Bigs!" Are you looking for something new and exciting to do with your "Littles" ?

Take a look at this...

Erin Valley Stables (www.erinvalley.com, 250-573-5442) offers Horsemanship lessons, Hourly Trail Rides and Pony Rides, Hay Rides, Roping Lessons, Dance Lessons, Private or Group Skating lessons on an outdoor pond. Come into the office for a brochure. Erin Valleys facilities are open 7 days a week, reservations required. Check your coupon book!

Attention Bigs, Littles & Families

We Need Your Email Address!

In the interest of saving paper & postage, we would like the opportunity to share this newsletter with you by email! Please call our office 250-374-6134/1-877-222-8099, or email bbbsadmin@shaw.ca if you would like to be put on our email list. Also, do not forget to check out our website at www.bbbskamloops.ca.

Check out the "Little" Lending Library!

Our Lending Library...—which includes sports equipment, board games and winter fun activities, is growing! It is available to Bigs to share with their Littles, and all program participants. Come check it out!



Children Who Witness Abuse Program (CWWA)

10 session Group for young males who have witnessed or experienced abuse

When: January 10th @ 3:30-5:00 pm, 2012 initial session. Group assessments begin in December, 2011.

What: One of the core issues seen in the children who have witnessed or experienced abuse is difficulty in building safe, nurturing and health relationships with peers and adults. Through this group, children will gain skills to build relationships, access strengths, learn coping skills, and begin to move through their healing path knowing they are not alone. Group is delivered through 10 sessions focusing on specific issues relevant to children who have experienced trauma such as: What is abuse?, Anger, Anxiety, Gender Roles, Safety, and Self Care; group will be delivered using art therapy techniques as well as discussion, learning objectives, providing a safe space to tell one's story in a supportive environment.

Where: CWWA office (622 Tranquille Road)

Who: Young males ages 8-10 who have witnessed or experienced abuse/violence. Co-facilitated by Jessica and Linda

How to join: Referrals to the CWWA program call 250-376-7800. Self-referrals accepted. Assessment for group readiness through CWWA program required pre-enrolment

Please contact Jessica Ganton-Stanley or Linda Bezooyen at CWWA: 250-376-7800 for additional information

Canadian Tire Jumpstart

Canadian Tire Jumpstart Charities is a registered charity that helps families in need across Canada. Canadian Tire Jumpstart is a signature program that helps financially challenged kids get involved in organized sport and recreation activities. They understand the important life benefits that sport and recreation can have in the life of a child. Research has proven that participation in sports and recreation increases a child’s chance of success in the life through:

- ◆ A healthier lifestyle;
- ◆ Increased self-esteem and confidence;
- ◆ Opportunity to learn important leadership skills;
- ◆ Improved school performance and future education expectations;
- ◆ More positive relationships and strengthened support networks.

Criteria for Funding

- ◆ Listed are the criteria for funding:
- ◆ Children between 4 to 18 years of age;
- ◆ Funding can be used to cover registration fees, equipment costs and/or transportation costs;
- ◆ Maximum support provided per child in any one submission period is #300;
- ◆ Maximum of one activity per child per submission period;
- ◆ Funding is available for all children within a low-income family;
- ◆ 100% of the monies paid to support a child go to the direct benefit of the child. (No funds are to be used to pay for administration or for any other use).
- ◆ Participation must be in an organized sport or recreational activity;
- ◆ Sport or recreation activity must include physical activity;
- ◆ Funding goes to support an individual’s participation in an activity (not to support teams or groups or to create an inventory of equipment);
- ◆ Funding should be for a sustained program that is either a minimum of five weeks duration with a minimum of one session per week or, in the case of sport camps, five consecutive days.

Some of the activities sponsored by Jumpstart include (but are not limited to) fishing, climbing, fitness membership, skateboarding, Scouts/Guides, walking clinics, archery, Boys & Girls Club membership, bowling.

| | | |
|---|--|--------------------|
| Child’s Name: _____ | Birth Date: _____ | Child’s Age: _____ |
| Address: _____ | | Postal Code: _____ |
| Sport child would like to attend: _____ | | |
| Proper name and spelling of person / organization cheque will be payable to: <u>PLEASE NOTE THAT CHEQUE CANNOT BE MADE PAYABLE TO PARENT?GUARDIAN</u> | | |
| Contact phone number of organization: _____ | | |
| Date sport begins: _____ | Ends: _____ | |
| Total cost of sport \$ _____ | Registration fee: \$ _____ | |
| | Equipment cost: \$ _____ | |
| | Additional fees \$ _____ | |
| Please explain additional fees / equipment costs: _____ | | |
| Parent / Guardian Name: _____ | | |
| Phone #: _____ | Parent / Guardian email address: _____ | |
| Parent / Guardian _____ | | |
| Signature: _____ | Date: _____ | |

Canadian Tire would like to hear your Jumpstart story! If you have some good things to share about your experience with being supported by jumpstart, we’d love to hear from you. Please mail or email your stories to us. 821 Seymour Street, Kamloops, BC V2C 2H6 / bbbskam@hotmail.com.

Affordable Recreation for Community Health (ARCH)

Big Brothers Big Sisters of Kamloops & Region is a referral agency for this program for persons in our programs only, including Littles, families of Little's and volunteers. ARCH is a subsidy program that provides an opportunity for individuals with a limited income to participate in a variety of recreational activities. You can access this program if your family fits within the guidelines and income qualifications.

Eligibility Criteria In order to qualify, the applicant(s) must be a permanent resident of the City of Kamloops excluding living on the Kamloops Indian Reserve, and meet one or more of the following criteria:

- Receive Income Assistance from the Ministry of Housing and Social Development
- Have an annual income in the previous/current year that is below the Statistics Canada Low Income Guidelines (see below).
- Receive a Canadian Pension or Long-term Disability that is below the Low Income Guidelines as outlined in the application form.

All applicants must provide:

- Primary photo identification
- Proof of residency (utility bill etc.).
- Financial confirmation: Canada Customs and Revenue Agency's Notice of Assessment for previous or current year for each adult per household (see sample below) or Ministry of Housing and Social Development approval (form provided by Big Brothers Big Sisters).

| Number in | 1 | 2 | 3 | 4 | 5 | 6 | 7 or more |
|------------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| Household Income | 18,976.00 | 23,623.00 | 29,041.00 | 35,261.00 | 39,992.00 | 45,105.00 | 50,218.00 |

Notice of Assessment

Canada Revenue Agency / Agence du revenu du Canada

Income Tax Return Information-Regular

RC144 (R.P.) Page 1 of 1

EXAMPLE

| Name | Address | Postal Code | BC | Social Insurance Number | Date of birth | Tax year | Marital status |
|------|---------|-------------|----|-------------------------|-----------------------|--------------------|----------------|
| | | | | 000 000 000 | 20DEC 1978 | 2009 | SINGLE |
| | | | | | Province of residence | Date of assessment | |
| | | | | | BC | 19JUL 2009 | |

| Line | Description | Reported | Processed |
|--|--|-------------|-----------|
| 101 | Total earnings (24) | | 25,000 |
| 117 | Universal child care benefit amount | | 1,000 |
| 150 | Total income | | 26,000 |
| 236 | Net income | | 26,000 |
| --- | Net income before adjustments | | 26,000 |
| 260 | Taxable income | | 26,000 |
| 266 | Foreign property | | Nil |
| --- | Balance before penalty and interest | Nil | 0.00 |
| --- | Balance from this assessment | Nil | 0.00 |
| --- | Final balance | Nil | 0.00 |
| ***** NON-REFUNDABLE TAX CREDITS ***** | | | |
| 300 | Basic personal amount | | 9,600 |
| 326 | Amounts transferred from your spouse | | 0.00 |
| 335 | Non-refundable tax credits excluding donations | | 9,600 |
| 338 | Net non-refundable tax credits | | 1,000 |
| 350 | Total non-refundable tax credits | | 1,000 |
| ***** SCHEDULE 1 - FEDERAL TAX CALCULATION ***** | | | |
| --- | Total non-refundable tax credits | | 1,000 |
| ***** SCHEDULE 2 - AMOUNTS TRANSFERRED FROM SPOUSE ***** | | | |
| 361 | Amt transferred in spouse for Child < 18 NRFC | | 0.00 |
| ***** GST/HST CREDIT ***** | | | |
| 5009 | Claim code | | NO |
| ***** ELCTRONIC FILING ***** | | | |
| ***** | Dir. Dps. Date | 10 MAR 2009 | ***** |

Released at the request of an authorized individual in accordance with Section 241 of the Income Tax Act.

Index Date 2009-01-01

000 000 000 2008 Canada

Persons from our programs wishing to access ARCH should

- Refer to eligibility requirements above
- Call our office at 250-374-6134 to make an appointment with a caseworker
- Be prepared to present identification and Notice of Assessment to caseworker at the appointment
- If requiring Ministry of Housing and Social Development approval, be available to go to their office (631 Seymour Street) after the appointment at Big Brothers Big Sisters.

Please apply at our office or call 250-374-6134/ 1-877-222-8099 if you require any further information.

Check out the Arch website for more information www.kamloops.ca/communityprograms/arch

Now available-2012 CIBC Youthvision Scholarship Applications

This is a wonderful opportunity for your grade 10 Little Sisters and Little Brothers. The **CIBC Youthvision Scholarship Program** is a unique partnership with **CIBC, Big Brothers Big Sisters of Canada and YMCA Canada** that provides scholarship recipients the resources necessary to achieve academic success. The program includes a post-secondary scholarship valued at up to \$36,000, as well as summer internships starting in grade 10 until the completion of university or college. **CIBC Youthvision** recipients are also paired with mentors throughout the entire program. To date, CIBC has awarded 390 **CIBC Youthvision Scholarships**. Download the Application form from <http://www.bbbsc.ca/youthvision/>

Please ensure all submissions are received by Big Brothers Big Sisters of Canada by **January 27, 2012**.

- ◆ To be evaluated, all submission packages must include:
- ◆ Student Application Form
- ◆ Academic Evaluation Form
- ◆ Mentor Form
- ◆ Official Grade 9 transcript (official transcripts will have a school seal, stamp and/or signature)
- ◆ First Term Grade 10 Report Card

Send completed kit to:

Jackie Sedgwick, Business Support Coordinator,
Big Brothers Big Sisters of Canada,
3228 South Service Road, Suite 113E, Burlington, Ontario L7N 3H8.

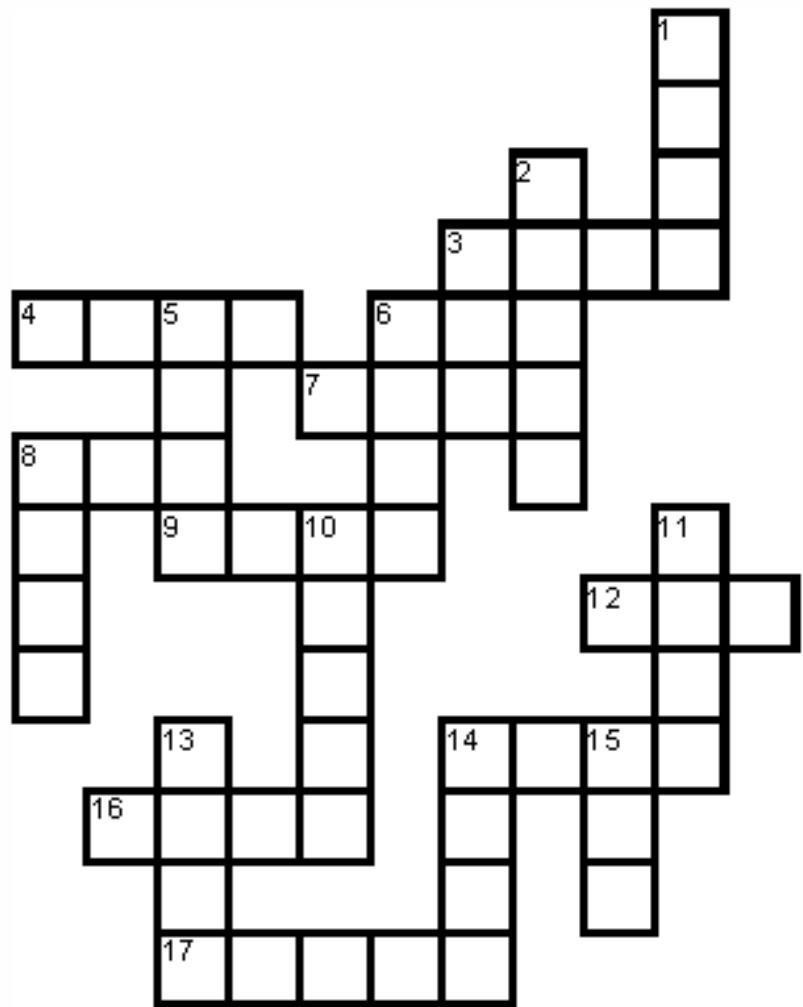
For more information, visit our YouthVision micro-site (<http://www.bbbsc.ca/youthvision>) or contact: Jackie Sedgwick 905 639-0461 ext.26 or Garner Beckett 905 639-0461 ext. 27

For more information on the application process and to ensure your packages are properly completed, please register for a dedicated Webinar hosted by both CIBC and Big Brothers Big Sisters of Canada on December 15, 12:30 PM (EST).

(Continued on next page...)



Rhymes



Across

- 3. Dove
- 4. Mold
- 7. Bike
- 8. Pen
- 9. Bore
- 12. Hop
- 14. Yam
- 16. Mist
- 17. Mouse

Down

- 1. Date
- 2. Honey
- 5. Song
- 6. Rice
- 8. Rope
- 10. Sight
- 11. Noon
- 13. Dish
- 14. Clue
- 15. Bed

Answers on previous page...