

CENTRAL OKANAGAN'S

VitalSigns®



2015

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Main cover photo provided by Ballet Kelowna.
Featured dancers are Jedidiah Duifhuis and Christina Cecchini.
Photo by Glenna Turnbull.

Front cover, left to right:
> Victoria Carter and puppy at home of Elder Richard Louis.
> Seniors and UBCO students of the Walk & Talk for Your Life program.
Image courtesy of UBCO.
> Annual Pow Wow Youth Exhibition at Okanagan College. Image courtesy of Okanagan College.
> Joanna Morris, Special Olympics British Columbia athlete at the 2015 Motionball Marathon of Sport Kelowna presented by Interior Savings.

Vital Signs® as a Community Conversation

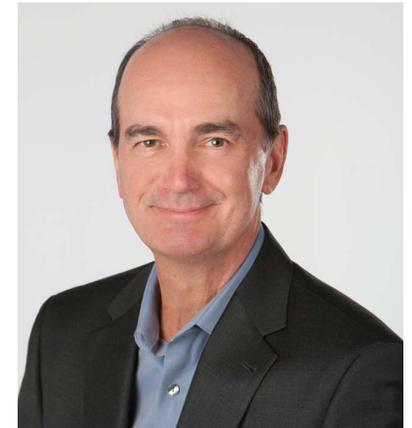
At the Central Okanagan Foundation, we believe that vital and vibrant communities are secure, healthy, smart, creative and connected. This belief is the driving force behind the research and development of Central Okanagan's 2015 Vital Signs® report.

As with our past Vital Signs® reports, this year offers a community "snapshot" of the diverse successes and challenges we face in the Central Okanagan; however, we have made some changes. First, we have focused on five thematic areas: secure, healthy, smart, creative and connected. Second, for each of these areas, we profiled a local program or project that is making an important contribution to our community. Finally, we replaced the citizen survey and graded "report card" on various quality of life issues with an exciting community engagement event, 100 Dinners. From October 6th through the 18th, we are asking 100 individuals and organizations to host a dinner conversation that generates ideas on how we can make the Central Okanagan an even better place to live, work and play. The Central Okanagan Foundation will then share these ideas in a set of articles published by the Kelowna Capital News.

Our sincere appreciation goes to the many people who made this year's report possible: those who were interviewed about their "vital" programs and projects, the many community members who contributed data and/or photographs, and COF board members Jill Hilderman and Dr. Kyleen Myrah who provided excellent guidance and support throughout the process. A special thanks to our Vital Signs® Coordinator Dr. Kimberly Carter, and our Director of Grants and Community Initiatives Cheryl Miller, for managing the report from beginning to end.

As you read through Vital Signs®, consider what the findings say about your community and whether or not it mirrors your personal experience living here in the Central Okanagan. What should be celebrated? What could be improved? Does a particular story or statistic inspire you to take action? Which of your friends or neighbours might join you in doing so? Will you organize a dinner event and participate in the public discussion about the successes and challenges of our community?

Remember, Vital Signs® is not the final word on how we're doing – it is part of an ongoing community conversation that we hope you will join!



Bruce Davies
Executive Director

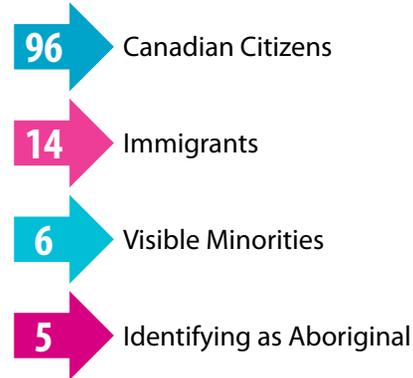
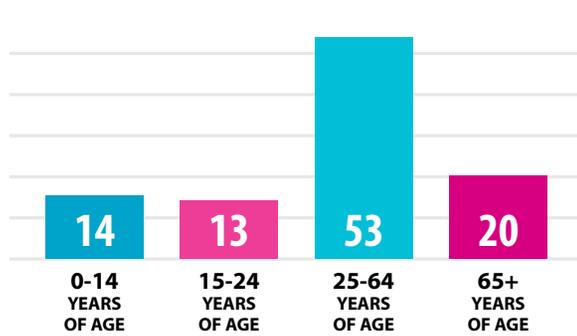


Melanie Hall-Szyszkiewicz
Board Chair

If the Central Okanagan was made up of 100 people, there would be...

51 FEMALEs – with a life expectancy of 84 years

49 MALES – with a life expectancy of 80 years



Language spoken most often at home

95 ENGLISH

3 NON-OFFICIAL LANGUAGE

1 ENGLISH AND A NON-OFFICIAL LANGUAGE



54 IDENTIFYING AS "CHRISTIAN"

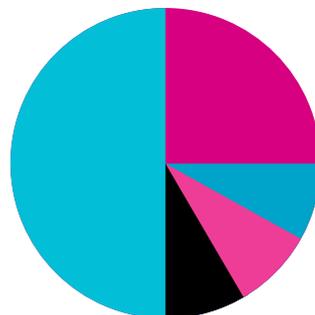
43 WITH NO RELIGIOUS AFFILIATION

In 2014, the population of Kelowna Census Metropolitan Area (CMA) which includes Lake Country, the City of Kelowna, West Kelowna and Peachland, reached 191,237 people.¹

56 With a post-secondary certificate, diploma or degree

61 Employed

5 Unemployed



50 People Married

24 People Single (never legally married)

9 Living Common-law

7 People Divorced

6 People Widowed

**Does not add to 100 due to rounding and exclusion of "separated"*

**Population 15 years and older*

Our Sense of Belonging

Each year, Vital Signs® engages a national theme; for 2015, our theme is "Sense of Belonging." Belonging refers to the relationships and connections that foster a sense of trust, inclusion and collaboration, which together contribute to our collective sense of physical and mental well-being. A sense of belonging can be fostered through our interpersonal relationships with our family and friends, fulfilling work interactions with colleagues, a positive learning environment in our classrooms, a great sense of teamwork on the sports field, or connections we build and sustain through social media.

This is an exciting time for the Central Okanagan - we are a fast-growing community with an increasingly diverse population. As you read through this report, think about your own sense of belonging in our community and what could be done to strengthen that feeling of inclusion. Also, think about how you could create more opportunities for meaningful engagement with others in your family, your neighbourhood, or your city.



2

"I'm not usually in this kind of trouble, I am smarter than that. I am ashamed about what I did and can assure you, I won't be doing it again. I am 100,000 times thankful for the opportunity to make it right [...]
I worked my very hardest to prove to you and everyone else that I am not just a punk kid."

3



4



1> Youth engaged in cyberbullying, which – depending on the facts of the case – can be charged as criminal harassment or defamation.

2> Real excerpt from youth participant's Letter of Apology

3> RCMP officers with children. Photo courtesy of the RCMP.

4> Kelowna RCMP officer and volunteer. Photo courtesy of Bruce Kemp Photography.

The Youth Restorative Justice Program

The Youth Restorative Justice Program, operated by the Okanagan Boys and Girls Clubs, has been restoring relations between young offenders (ages 12-17) and victims of crime, since 2001. To date, the program has served 785 youth – most having committed a property-related offence, such as shoplifting. In cases where both the offender and the victim agree to the program's terms, minor interpersonal offences – including physical bullying and cyberbullying – can also be processed through a restorative justice approach.

Opposed to punishment, the program focuses on healing relationships of trust. "Youth are required to restore relations with the victim and repair the harm done in the community," explains Sarah MacKinnon, Okanagan Boys and Girls Clubs Centre Director, "inspiring them to take responsibility for their community and their role as active citizens."

Facilitated by trained volunteers, the process is both cost-effective and meaningful. The facilitator meets with the young offender, his/her parent or guardian, the victim(s) of the offence, and a police officer. The group collaboratively determines how to best repair the harm done. Agreement outcomes typically involve community service (such as gathering donations for the Kelowna Food Bank or cleaning a community centre) and writing a letter of apology. The letter of apology requires the youth to take responsibility for the offense, consider the motivations underlying their actions, and acknowledge the ways in which their behaviour hurt the victim(s) and created negative effects on the community at large.

In a "successful" program outcome, the young offender must complete the agreement made at the conference and, ideally, internalize a desire to change their behaviour. The relationship between youth and the RCMP also improves, says MacKinnon, as youth "are able to view RCMP members as compassionate and caring rather than authoritative and objective." For victims, the program offers a sense of agency as they help decide the terms of repair. For the community, one indicator of success is the low rate of recidivism (repeat offences). In 2014, the recidivism rate was 12% which means that 88% of youth who went through the program did not re-offend by the time they reached adulthood. "The program works," summarizes Community Policing Coordinator, Kevin MacDougall, "What else can I say? It really works."

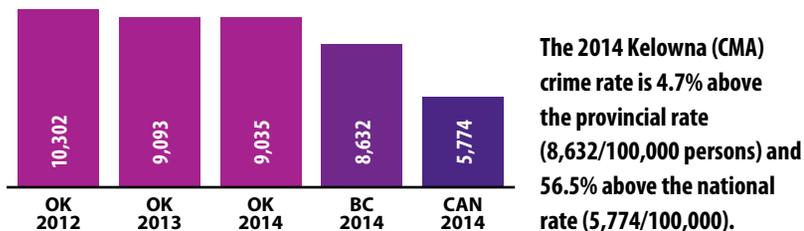
**For more on this story, visit www.centralokanaganfoundation.org/vital-signs1*

88% of youth who went through the Restorative Justice Program did not re-offend by the time they reached adulthood.

Are we secure?

Overall crime rate down... but still relatively high¹

At 9,035 violations per 100,000 persons in 2014, the overall crime rate in Kelowna (CMA) decreased by 0.64% from 2013 (9,093 per 100,000).



Violent crime²

In 2014, there were 1,038 violent Criminal Code violations per 100,000 persons in Kelowna (CMA). This is 110 fewer violations than the province (1,148/100,000) and 1 violation less than the national average (1,039/100,000).



Drop in youth crime³

In 2014, 1,881 per 100,000 youth (ages 12-17) were charged with a criminal offence in Kelowna (CMA), which is a decrease of 4% since 2013. The Kelowna (CMA) rate is 57.9% higher than the provincial (1,191/100,000) yet 15% lower than the national (2,214/100,000).



Citizens feel safe⁴

According to the Ipsos Reid 2015 Citizen Survey, 32% of residents of the City of Kelowna claimed to feel "very safe" in their city and 63% said "somewhat safe."

Property crime on the rise⁵

There were 4,792 property crime violations per 100,000 persons in Kelowna (CMA) in 2014, which is a 0.8% increase from 2013 (4,756/100,000). The Kelowna (CMA) 2014 property crime rate is 1.9% lower than the provincial rate, yet 54.8% higher than the national rate.



Did you know?⁶

To reduce opportunities for property crimes, citizens should park vehicles in well-lit and/or well-populated areas, remove all valuables, secure doors and windows, and activate an alarm system. Cyclists should use high quality bike locks of case-hardened steel and record their bike's serial number for tracking purposes in case of theft.

In Kelowna (CMA), 25% of all 2014 reported property crime files were attributed to theft from vehicles and theft of bicycles.



Fewer sexual assaults⁷

In 2014, there were 30.8 sexual assaults per 100,000 persons in Kelowna (CMA). This is a 50.8% decrease from 2012.



The issue

The Kelowna Women's Shelter provides refuge, counselling and support to Central Okanagan women and children who have experienced domestic violence. In 2014, the Shelter housed 214 women and children but turned away 112 due to a lack of space.

The response

The Central Okanagan Foundation supports the Kelowna Women's Shelter's "Inside/Out Violence Prevention Program for Youth" which aims to stop the cycle of abuse and help young people reduce the risk of becoming involved in unhealthy relationships. Under the program coordinator's supervision, Inside/Out is facilitated by practicum students from UBCO's Masters in Social Work program and the Okanagan College Human Service Work program. In 2014, more than 600 children (ages 5-18) learned to identify healthy behaviours, build communication strategies for the digital age, and enhance their sense of self-esteem.

*Further details on these indicators and their sources can be found at centralokanaganfoundation.org/vital-signs1

The Healthy City Partnership

On October 29th, 2014, the City of Kelowna, Interior Health Authority and the University of British Columbia Okanagan (UBCO) formally committed to improving our community's health by signing a unique, collaborative agreement: The Healthy City Partnership. Working together, each organization will leverage its resources and expertise towards the improvement of health in the Central Okanagan: the City will consider health in its policy-making and planning, Interior Health will deliver innovative health care programs and services, and UBCO will offer first-class research to inform best practices.

Analyzing the ways in which physical and mental health are inter-connected with our natural and built environments, the partnership's integrated approach allows for "health" to be addressed from a complex perspective. "We can't create health," explains Julie Steffler of Interior Health, "but we can create conditions that encourage healthy living and allow more people to make healthy choices."

One of their first initiatives focuses on neighbourhood planning. City planners want to know: Where do people want to live? How do they want to get around? How do we create more complete, mixed-use, neighbourhoods? These are important questions because the design of neighbourhoods affects our lifestyle, levels of physical activity, rates of obesity and chronic disease (such as depression), and levels of greenhouse gas emissions.

When people live, work, shop and play in one area, they have more opportunities to walk and bike – activities which can improve physical health. And, when people are out of cars and walking past one another they are more likely to greet their neighbours, pet dogs, and smile at children – interactions that can increase social cohesion and reduce feelings of isolation, depression and anxiety. In turn, when more people walk or bike as a form of transportation, greenhouse gas emissions are lowered which improves air quality and creates a healthier environment.

**For more on this story, visit www.centralokanaganfoundation.org/vital-signs1*

"The vision is a long-term, highly involved collaboration between the three key actors essential to our community's health."

– Michelle Kam, *Sustainability Coordinator, City of Kelowna*



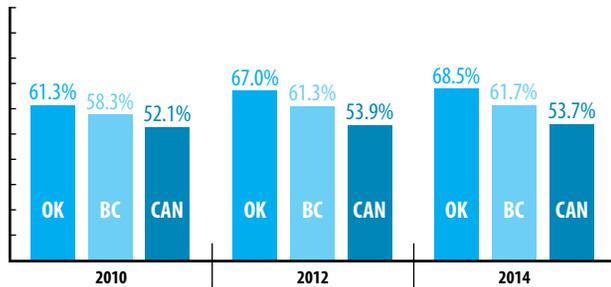
- 1> Dr. Rehan Sadiq, Associate Professor, School of Engineering, UBCO
 Dr. Ross Hickey, Assistant Professor, Economics, UBCO
 Dr. Ahmed Idris, Assistant Professor, School of Engineering, UBCO

- 2> Michelle Kam, Sustainability Coordinator, City of Kelowna,
 Danielle Noble-Brandt, Policy and Planning Department Manager, City of Kelowna

- 3> Pam Moore, Specialist, Environmental Health, Healthy Built Environment Program, Interior Health
 Julie Steffler, Community Health Facilitator, Healthy Communities Initiative, Interior Health

Are we healthy?

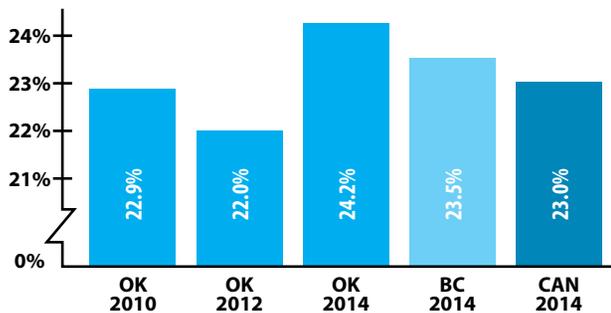
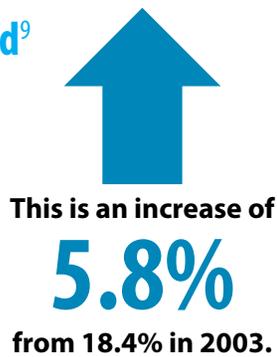
Physical activity remains high⁸



In 2014, 68.5% of the population (aged 12 and over) in The Okanagan Health Service Delivery Area (HSDA), which includes Kelowna (CMA), Vernon (CA) and Penticton (CA), spent their leisure time being active or moderately active. This is an increase of 11.5% from 2003 and a steady increase over time.

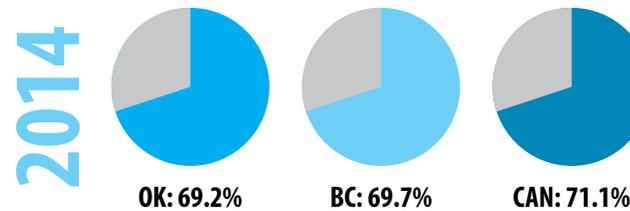
We are more stressed⁹

In The Okanagan HSDA, the percentage of the population who reported that most days in their life were “quite a bit” or “extremely” stressful was 24.2% in 2014. This is an increase of 5.8 percentage points from 18.4% in 2003.



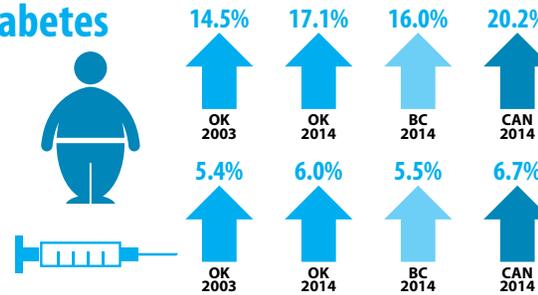
Mental health¹⁰

In 2014, 69.2% of the population (aged 12 and over) in The Okanagan HSDA reported their mental health as “excellent” or “very good” (up from 65% in 2013).



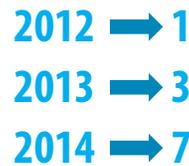
Obesity and diabetes rates rise¹¹

Between 2003 and 2014, obesity rates increased 2.6% and diabetes rates increased 0.6%.



More green buildings in Kelowna¹²

Leadership in Energy and Environmental Design (LEED) is a rating system that is recognized in 150 countries. From 2012 to 2014, the number of LEED-certified buildings in the City of Kelowna rose from a single building to seven. This represents an average of 3.79 buildings per 100,000 people, which falls short of the provincial and national averages of LEED-certified buildings per capita.



Translates to:

- 3.79 buildings per 100,000 people (Kelowna)
- 6.91 buildings per 100,000 people (BC)
- 4.64 buildings per 100,000 people (CAN)

Did you know?¹³

2,171 Central Okanagan cyclists participated in **Bike to Work Week 2015**, biking 69,709 kms and saving 16.2 tons of Greenhouse Gas (GHG) emissions (0.232 kg/km). This compares to 2014, when 1,576 cyclists biked 53,534 kms, reducing GHG emissions by 12.4 tons.

The issue

Chronic disease (such as depression) and injuries resulting from falls are among seniors’ most pervasive health problems in the Central Okanagan.

The response

With support from the Central Okanagan Foundation, the Westside Health Network Society and Dr. Charlotte Jones, Associate Professor of Medicine at UBCO, developed Walk N’Talk for Your Life – a community health study on the effects of socialization, health education and exercise in minimizing seniors’ loneliness and social isolation. Since July 2014, Walk N’Talk has engaged about 160 Central Okanagan seniors at various locations, including the Heritage Retirement Residence in West Kelowna, in a cost-effective program facilitated by Community Research Facilitator, Chella Percy, and UBCO students. Each session includes fall prevention exercises, a 30-minute walk, a health-related presentation and plenty of social interaction.

*Further details on these indicators and their sources can be found at centralokanaganfoundation.org/vital-signs1

The Primary Kindness Project

Twenty years ago, Daniel Goleman's groundbreaking book on emotional intelligence redefined what it means to be "smart."¹ Since then, research continually shows that an individual's Emotional Quotient (or EQ) is often a better predictor of social and occupational success than traditional IQ scores.

Unfortunately, Central Okanagan's kindergarten population is increasingly vulnerable in terms of their social competence and emotional maturity. Looking ahead, the challenge for parents and teachers will be the fostering of children who include others in play, share, display empathy, and are capable of recognizing and appropriately communicating emotions.

To better understand pro-social behaviours among young school-aged kids, Dr. John-Tyler Binfet, Assistant Professor in the Faculty of Education at the University of British Columbia Okanagan, executed innovative research on children's perceptions of kindness. With support from the Central Okanagan Foundation, Dr. Binfet and his research assistants conducted 652 interviews with kids aged five to eight years old (K-3) within School District #23. Students were asked to draw two pictures: one of him or herself showing kindness at school and one of their teacher showing kindness. With a researcher taking notes, students interpreted their drawings, explaining "who" is depicted and "what's happening" in the image.

Binfet then analyzed the drawings for thematic patterns. Students' drawings of their own kindness depicted them doing acts that maintained friendships, showing respect to others, and physically helping others. Students' drawings of teacher kindness revealed teaching itself as a kind act, however there was a distinction between teachers academically helping individuals and teaching directed towards the entire class.

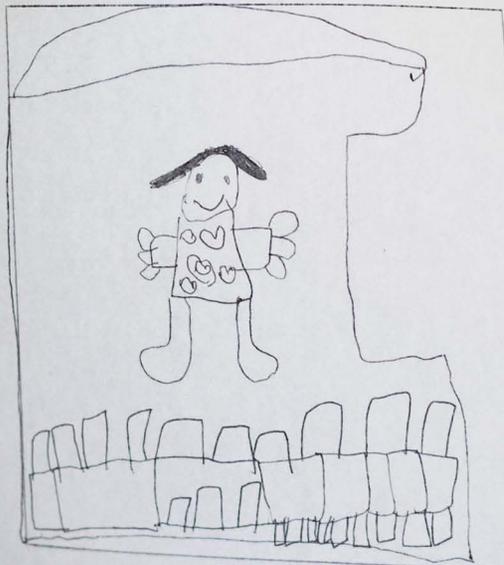
Boys and girls of the same age group tend to perceive kindness in similar ways, yet thematic differences were evident between the age cohorts. In student drawings of themselves showing kindness at school, those in second grade emphasized "physically helping others". In student drawings of teachers showing kindness, 54% of kindergarten students viewed teaching as an act of kindness. By third grade, this number fell to 4%. Nevertheless, as Binfet concludes, "educators may take comfort in the overall finding that, through providing instruction to students, they are both modeling and enacting kindness and that this kindness does not go unnoticed by students."

**For more on this story, visit www.centralokanaganfoundation.org/vital-signs1*

54% of kindergarten students viewed teaching as an act of kindness. By third grade, this number fell to 4%.

¹ Daniel Goleman, Emotional Intelligence, New York: Bantam, 1995.

Step #2: Draw a picture that shows a teacher doing something kind. What might a teacher do to show kindness at school?



WHO? teacher
WHAT? My teacher teacher us how to learn. That's being kind.



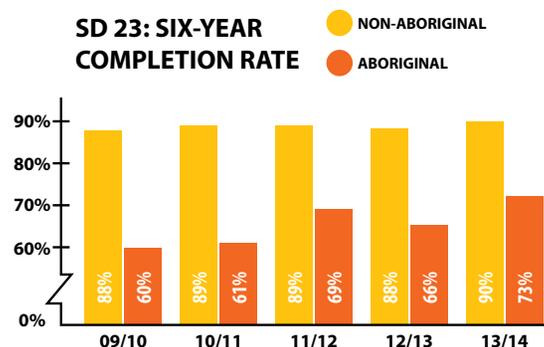
1> Student drawing

2> Dr. John-Tyler Binfet, Assistant Professor, Faculty of Education, UBCO

Are we smart?

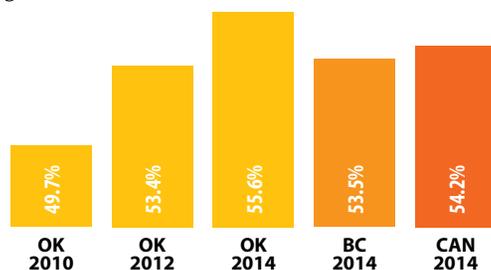
Increase in Aboriginal graduates yet completion rate relatively low¹⁴

In the 2013/14 school year, 73% of Aboriginal students enrolled in SD #23 obtained a Certificate of Graduation within six years of entering Grade eight. This is the highest percentage of Aboriginal graduates in SD #23 recorded in five years. Yet, the six-year completion rate for Aboriginal students is 17% lower than that of their non-aboriginal counterparts (90%).



Post-secondary education¹⁵

In 2014, 55.6% of the Kelowna (CMA) population (15 years and over) held a University Degree, Post-Secondary Certificate or Diploma. This is 2.1% higher than the provincial rate and 1.4% higher than the national rate.



Young children more vulnerable¹⁶

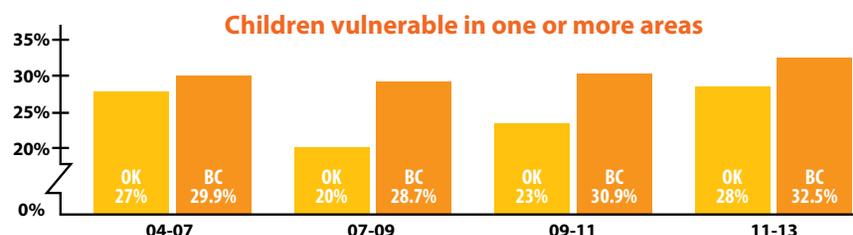
The Early Development Instrument (EDI) measures the vulnerability of children at kindergarten entry in five areas known to be good predictors of adult health, education and social outcomes (see table below).

SD #23 Children most vulnerable in Physical, Emotional and Social Development (2011/12-2012/13)

According to 2011/12-2012/13 EDI data for the Central Okanagan School District #23 (SD #23), 28% of children are vulnerable in one or more areas and are most vulnerable in physical, emotional and social development.

TYPE OF VULNERABILITY	% VULNERABLE	SAMPLE EDI QUESTION
Physical Health & Wellbeing	14	Can the child hold a pencil?
Emotional Maturity	13	Is the child aggressive or angry?
Social Competence	12	Does the child share with others?
Communication Skills	10	Can the child tell a short story?
Language & Cognitive	6	Can the child count and recognize numbers?
One or more areas	28	

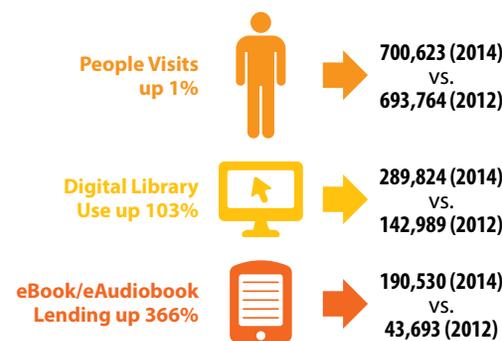
Overall child vulnerability in SD #23 has consistently remained below the provincial average. However, within SD #23, children's vulnerability has increased by 8% since the 2007-09 wave of data collection.



For detailed reporting on EDI, visit earlylearning.ubc.ca

Library use¹⁷

In 2014, Central Okanagan libraries had a 1% increase in people visits from 2012, largely due to the additional offerings in adult programming. Digital library use increased 103% overall; with eBook/eAudiobook lending increased by 366%.



The issue

Central Okanagan's 2013 Vital Signs® report cited 831 children (aged five and under) waitlisted for services at the Starbright Children's Development Centre (formerly the Central Okanagan Child Development Association). Unfortunately, some of these children will "age-out" before receiving intervention, placing increased demands on School District #23.

The response

With the Central Okanagan Foundation's support, The Kelowna Childcare Society launched the Central Okanagan Universal Screening Initiative. In 2014, 18 childcare providers and community partners were trained to administer and score the Ages and Stages Questionnaire which resulted in the proper screening of 113 children (aged two months to five and a half years). Accessible developmental screening helps to relieve the burden on waitlists, decrease parental stress and anxiety, and increase children's kindergarten readiness.

*Further details on these indicators and their sources can be found at centralokanaganfoundation.org/vital-signs1



1> Robert Fine, Director of Business and Entrepreneurial Development, City of Kelowna

2> Planned design of The Okanagan Centre for Innovation

3> Jeff Keen, Director, Kelowna Innovation Society

The Okanagan Centre for Innovation

The Okanagan Centre for Innovation aims to be “A hub of Innovation, Technology, and Creativity”. The building itself promises to impress – approximately 100,000 square feet in size with a sprawling interior atrium, a public theatre, ground-floor commercial/retail space including a restaurant, a rooftop lounge with a small stage and sweeping lake views. The remainder of the centre is distributed over 5 floors, including the publicly funded second floor that will act as business incubation space for technology startups, entrepreneurs and non-profit organizations, the largest of which is Accelerate Okanagan.

Yet, this initiative is about more than a building. In the words of Robert Fine, Director of Business and Entrepreneurial Development at the City of Kelowna, “The building is just a vehicle – it’s just infrastructure.” The broader goal is to foster “creative collisions” between people working in the sectors of technology, arts and culture. Similar to the offices of Pixar and Google, the Innovation Centre has been designed so that workers consistently interact – socializing on the rooftop, chatting in the open atrium, getting coffee from the café, even walking to the bathroom. Such “collisions” have been shown to benefit the workplace by promoting collaboration, sustaining motivation, and improving productivity.

“There is nothing like this in Canada,” explains Jeff Keen, Director of the Kelowna Innovation Society. In Keen’s view, the Innovation Centre will make Kelowna a “compelling option” for entrepreneurs wanting to start a tech company. The centre will attract and retain a range of talented young professionals, from computer programmers and engineers, to fine arts graduates (for animation) to those with business savvy (for company marketing and development) – many of whom currently leave the region to pursue career opportunities.

While the Okanagan Centre for Innovation is sure to be an architectural gem, it is perhaps the new infusion of creative people in Kelowna’s Cultural District that will make the biggest long-term impact on our cultural economy. The centre will house hundreds of employees, many of whom will be keen to view the latest art exhibit, enjoy a ballet or symphony performance, and socialize at local restaurants and microbreweries.

**For more on this story, visit www.centralokanaganfoundation.org/vital-signs1*

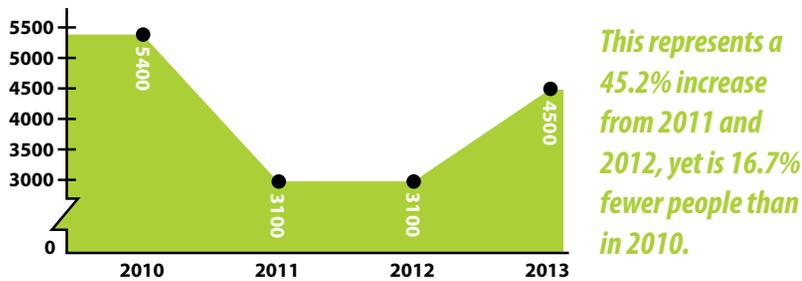
“The technology industry does not exist where there is no thriving arts and culture scene...creative people want to be around other creative people.”

– Robert Fine, *Director of Business and Entrepreneurial Development, City of Kelowna*

Are we creative?

More employed in cultural industries¹⁸

In 2013, there were 4,500 people employed in arts, entertainment and cultural industries in the Thompson-Okanagan Economic Region (of which Kelowna CMA is part).



Did you know?¹⁹

In 2014, the Kelowna Art Gallery issued 80 Cultural Access Passes to new Canadian citizens. The Cultural Access Pass provides new citizens with free admission to more than 1,000 Canadian galleries, museums, historical sites and national parks during their first year of citizenship.

Kelowna Art Gallery²⁰

Visitors:
15,600 in 2014
vs. 15,952 in 2013



17 Arts organizations participated

65 Partnerships created

\$234,478 Sponsorship Funds
+ \$71,635 Matching Funds

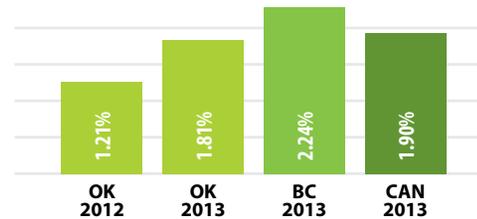
\$306,113 Economic Impact on Arts & Culture Sector

artsVest™ Kelowna 2014/15²¹

artsVest™ is a sponsorship training and matching incentive program, delivered by Business for the Arts, that helps small and medium-sized arts organizations secure sponsorships from local businesses. Matching funds for artsVest™ Kelowna are provided by various partners, including Canadian Heritage, the Province of British Columbia and the City of Kelowna.

Arts & Culture employment as percent of total industries²²

Within the Thompson-Okanagan Economic Region, employment in arts, entertainment and cultural industries as a percent of total industries increased by 0.60% between 2012 and 2013, yet is lower than both the provincial and national percentages.



Lake Country Art Gallery 2014/15²³

11,000 visitors
170 members
60 volunteers
14 workshops with **310** participants



Fun fact²⁴

BC – province with the highest number of artists as a proportion of the experienced labour force (2001, 2006, and 2011).

Ballet Kelowna 2014/15 season²⁵

- Performed for over 7,000 audience members in Kelowna
- Toured eight cities, including a debut performance at The Banff Centre
- Exceeded \$40,000 fundraising target
- Engaged six dancers and one trainee
- By 2020, plan to engage eight dancers, four apprentices



61%

increase in subscription sales over previous year

The issue

In Central Okanagan's 2013 Vital Signs® report, citizens identified "offering more affordable arts and culture activities" as a top priority.

The response

Throughout the summer season, Festivals Kelowna offers free outdoor programs and events. New for 2015 is their partnership with Disney Interactive, Keystone Music and the City of Kelowna to place five free, playable, creatively painted pianos in downtown Kelowna. Renata Mills, Executive Director of Festivals Kelowna, explains how Pianos in Parks "animates and decorates public space with a simple, accessible idea." With no barriers to participation, people of all ages and backgrounds have showcased their talent – from young children to seniors, from Aerosmith's Steven Tyler to a local musical savant experiencing homelessness. The diversity among performers – and their audiences – is gratifying, says Mills, as the enjoyment of live music offers "a great release, a soother of soul."

*Further details on these indicators and their sources can be found at centralokanaganfoundation.org/vital-signs1



1> Left to right: Elder Richard Louis, Tania and Corey Whalen (Anse-au-Sable parents who sourced and transported the black cottonwood log), students inside canoe, Suzanne Martin and Jean Savoie (Anse-au-Sable teachers). Photo courtesy of Kelowna Capital News.

2> Anse-au-Sable parents, Florence Klose (left) and Tania Whalen (right). Elder Richard Louis (Centre). Photo courtesy of Jordan Coble.

Elders & Teaching: Traditional Canoe Project

L'école de l'Anse-au-Sable, Kelowna's Francophone school, has 188 students from preschool through 12th grade; 14% of whom identify as having Aboriginal heritage. As Principal of this minority language school, Daniel Blais understands the importance of cultural preservation and is committed to fostering inter-cultural respect among his students and within the community at large. Thus, when approached with the idea to involve students in carving a black cottonwood canoe – a symbol traditional to the Okanagan and a nearly-lost art – Blais agreed.

With support from the Central Okanagan Foundation, the Centre Culturel Francophone de l'Okanagan (French Cultural Centre) partnered with Westbank First Nation (WFN) and Francophone School District 93 to create the "Elders & Teaching: Traditional Canoe Project." Since its start, the project has connected people of multiple generations, and of different cultural and linguistic backgrounds. It has also strengthened relationships between Aboriginal and non-Aboriginal students. Those close to the project, such as l'Anse-au-Sable parent Corey Whalen, have witnessed these positive results. In his words, the canoe project "changed the attitude of people and the dynamic between students... Aboriginal traditions become 'cool'."

Lead carver, Elder Richard Louis, taught students about traditional methods and tools as they helped transform the log in the school cafeteria. Students were encouraged to transfer their energy into the wood by feeling the log, carving with positive intent, and having fun playing inside the canoe. In doing so, students deepened their connection to nature, gained respect for what the earth provides for human use, and were motivated to minimize waste (the log's centre piece is used to make paddles). Should the canoe begin to split, students will be taught how to work with the wood and will share in maintenance responsibilities. "We had to do it right," says Blais of the carving process, "Kids need to see it and live it to have that sense of connection."

As per tradition, the canoe belongs to no individual or group in particular, but remains part of Mother Earth for all to use. Once finished, the canoe will become a "classroom on the lake," teaching children about environmental sustainability, water safety, and furthering inter-cultural exchange through special "journeys" on Okanagan Lake with WFN students and Elders.

**For more on this story, visit www.centralokanaganfoundation.org/vital-signs1/*

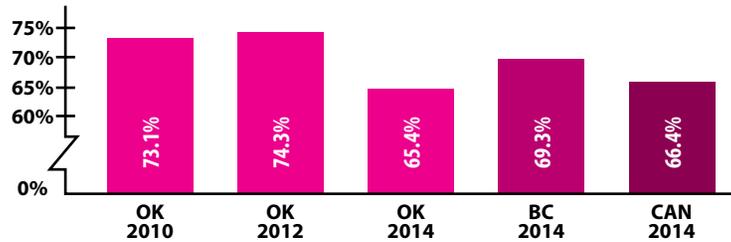
"We had to do it right...kids need to see it and live it to have that sense of connection."

– Daniel Blais, *Principal of L'école de l'Anse-au-Sable*

Are we connected?

Weakened sense of belonging²⁶

In 2014, 65.4% of people (aged 12 and over) in The Okanagan Health Service Delivery Area (HSDA) reported a “strong” or “somewhat strong” sense of community belonging, which is 8.9% lower than in 2012 (74.3%) and less than both the provincial (69.3%) and national (66.4%) levels.



We give generously²⁷

The 2013 median charitable donation in Kelowna (CMA) was \$400, which was on par with the province and 43% more than the national median donation of \$280. BC was the province with the second-highest median charitable donation; Alberta ranked first, with a median donation of \$420.



Connecting neighbours²⁸

The City of Kelowna, in partnership with the Central Okanagan Foundation, offers Neighbourhood Grants of up to \$1,000 to support small scale, community-driven projects that foster connection among Kelowna neighbours.



Get connected: kelowna.ca/neighbourhoods

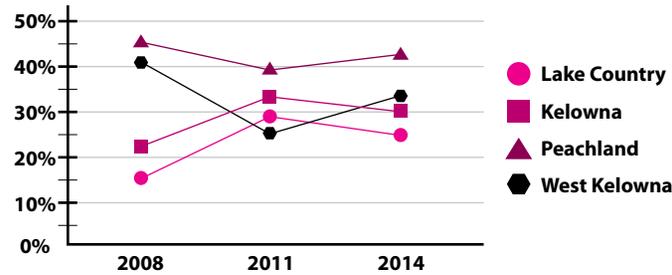
Connecting cultures²⁹

The Annual Pow Wow Youth Exhibition at Okanagan College strengthens the sense of belonging for Indigenous students on campus as hundreds of students and community members celebrate the various rich and vibrant Indigenous cultures. Friendships are created and renewed as participants share dances, songs, stories, and gather for a community feast

Get connected: okanagan.bc.ca/aboriginal

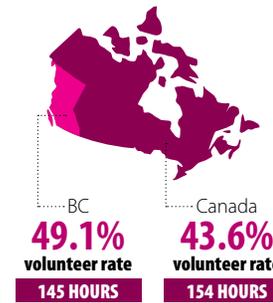
Voter turnout mixed³⁰

In Central Okanagan’s 2013 Vital Signs® report, citizens identified “increasing voter turnout” as a top priority for enhancing our sense of belonging and civic engagement. Compared to 2011, voter turnout in the 2014 municipal elections decreased by 5% in Lake Country and 2.7% in Kelowna, while voter turnout increased 3% in Peachland and 6% in West Kelowna.



We volunteer³¹

In 2013, 43.6% of Canadians (15 years of age and older) volunteered, averaging 154 annual volunteer hours per person. In comparison, British Columbians had a higher volunteer rate of 49.1% yet averaged fewer volunteer hours (145).



Did you know?³²

In 2014, 128 volunteers donated 4816 hours to the Peachland Wellness Centre. Get connected: peachlandwellnesscentre.ca



High life satisfaction³³

In 2014, 94.7% of the Okanagan HSDA population (aged 12 and over) reported being “satisfied” or “very satisfied” with their life in general.



The issue

By 2020, an estimated 75,000 workers will be needed in the Central Okanagan. To retain and attract young professionals and their families to the region, they must experience a sense of connectedness to our community.

The response

Through volunteer, social, and professional events, the Okanagan Young Professionals (OYP) Collective connects young professionals with each other and with the community. The OYP flagship event, Motionball Kelowna, introduces the next generation of donors and volunteers to the Special Olympics organization through integrated sports. The 2015 Motionball Marathon of Sport Kelowna presented by Interior Savings connected over 200 local young professionals with provincial Special Olympics athletes, and raised over \$50,000 in support of the Special Olympics Canada Foundation. Get connected: oypcollective.com

*Further details on these indicators and their sources can be found at centralokanaganfoundation.org/vital-signs1

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If we neglected to include your name here, please accept our apology and know that we appreciate your support.

Ideate is a grassroots initiative that empowers Canadians to have their voices heard and fosters a more engaged citizenry to better our community. By providing an interactive platform to discuss contemporary challenges and opportunities, ideate will strengthen Canada's civic discourse and enrich our collective future.

Ideate was founded following the success of the inaugural 1000 Dinners TO autumn 2014.



Community vitality relies upon active and engaged citizens.

From October 6-18th, let's come together over dinner to celebrate our successes and discuss the challenges we face as a community on the rise.

100 Dinners will bring citizens together in community-based conversations that are driven by the Central Okanagan's 2015 Vital Signs® report and citizens' own experiences.

We want to hear ideas that will make our community an even better place to live – a place that is secure, healthy, smart, creative, and connected.

Hosts will report back on the ideas discussed. The Central Okanagan Foundation will then share the information gathered with our community through a set of articles published in the Kelowna Capital News.

Anyone, at any time, is encouraged join our online community conversation using #100DinnersOK

Let's generate some great ideas that will improve our community.

Let's foster our sense of belonging as we Eat, Drink & Get Vital!

Want to participate? It's easy!

Host a dinner for up to 10 people. You could host a dinner party at your home, organize a potluck with colleagues, invite your neighbours to a block party BBQ...

OR

Reserve a table at La Bussola for your family and friends to enjoy public conversation and a prix fixe menu. October 6th, 2015 only.

Call 250-763-3110 to reserve – please request a "100 Dinners" table.



**To register your participation visit:
100dinners.eventbrite.ca**

For more information and a free Hosting Toolkit visit:
centralokanaganfoundation.org/100-dinners

Join the conversation on social media using
#100DinnersOK

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About Vital Signs®

Vital Signs® is a national program led by community foundations and coordinated by Community Foundations of Canada that leverages local knowledge to measure the vitality of our communities and supports action towards improving our quality of life. Started by the Toronto Foundation in 2001, more than 65 individual communities across Canada and around the world now use Vital Signs® to mobilize the power of community knowledge for greater local impact.



Central Okanagan Foundation

The Central Okanagan Foundation provides an ongoing contribution to the quality of life in our community through building endowments, grant making and community leadership. We bring donors and charities together to provide for the needs of the community today, tomorrow and forever.

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