



8TH ANNUAL SOS RUN & WALK: ON YOUR MARKS...GET SET...GO!

By Suzanne Collette, Co-Chair of Run Committee

Date: Sunday May 29th, 2016 @ 8:30 am

Location: Richmond Olympic Oval Plaza

This year's SOS Children's Run & Walk is happening on Sunday May 29, 2016 at the plaza of the Richmond Olympic Oval - fun and festivities begin at 8:30 am. So mark the date on your calendars and get there early 'cause you won't want to miss any of it. This year's event is going to be bigger and better than ever before!

Come and meet this year's race patron, Christine Blanchette, a long-time supporter of SOS BC. Many of you will recognize Christine as the host of BC's only running, fitness, and health show on Shaw Television called *Run With It*. She was also named Running Television Celebrity 2015 in Vancity Buzz! Look for Christine's race training program on the SOS BC website and be ready to post a new personal best.

Pre and post run activities include music and entertainment, family friendly activities in the SOS BC tent, along with our famous silent auction. Don't forget to visit our amazing sponsor and vendor booths. Stay for post run snacks, presentations, and prize draws!

There are several ways that you can participate in this year's run.

Participate as a runner/walker - Collect pledges and participate in the 2K, 5K or 10K Run/Walk. Monies raised will benefit the various programs and activities that SOS BC offers to children and youth in foster care. You can register your family, friends, or team directly through the online registration system located on the SOS BC website www.sosbc.org/run. There will also be



a registration table on the day of the event.

Participate as a volunteer - Many hands make light work! Enlist family and friends and join us as a volunteer before, during, or after the race. Previous experience not required - we will provide all the training you will need. Please contact us at run@sosbc.org to join the team.

Make a donation - Should you be unable to join us on race day or live outside of the area, please consider making a general donation towards the Run & Walk fundraising goal. See the SOS BC website (www.sosbc.org/run) for further info. Donations of \$20 or more will receive a tax receipt.

Keep checking the SOS Run & Walk event webpage for updates as the race day approaches!

Thank you to everyone who participated in last year's run. We hope to see you all again this year. It promises to be an exciting family fun day!



ANNUAL SOS CHILDREN'S GINGERBREAD VILLAGE AND HOLIDAY GALA RAISE 17% MORE

We are thrilled that a total of **\$72,500** was raised through the SOS Children's Gingerbread Village, presented by RE/MAX, and the Holiday Gala premiere event at Grouse Mountain. This figure represents a 17% increase over the previous year's \$62,000 raised to benefit foster children.

Event sponsorship alone for the 21st Annual Holiday Gala was up 36% from the year before. Ticket revenue, live and silent auction revenue, and cash donations were all up as well.

Grouse Mountain has been a dedicated partner of the SOS Children's Gingerbread Village since 2005, generously supporting all components of the event as the highlight of their Peak of Christmas activities. Significant funds were raised through

contributions from visitors who had a photo with Santa in his workshop. Every year Grouse Mountain donates the money collected from these photos to SOS BC.

"This past holiday season was unprecedented for SOS Children's Village BC and for our annual Christmas event," said executive director Douglas Dunn. "Reviews of the Holiday Gala and its new sit-down dinner format were glowing, and the increase this year in donations through Photos with Santa is heartwarming."

"On behalf of everyone at SOS BC, I would like to sincerely thank the wonderful team at Grouse Mountain and RE/MAX, all our corporate & media sponsors, all the Gingerbread Village bakers & volunteers, and every member of the public who helped make Christmas much more special for the children and youth we support who cannot live with their biological parents."

SOS CHILDREN'S GINGERBREAD VILLAGE PRESENTING SPONSOR:



VENUE SPONSOR:



MEDIA SPONSORS:



PLATINUM SPONSORS:



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A HOLIDAY CHALLENGE FOR THE AGES

A heartfelt THANK YOU to everyone who donated to our Holiday Season Challenge campaign in a record-breaking December. The totals are in and ... drum roll please ... we raised **\$31,478!** Rather impressive considering the goal for our campaign was \$20,000 - you helped us blow past that!

Before the SOS BC office closed for the holidays we were sitting at \$16,500 raised, and after the New Year that figure had jumped by almost double. The generosity displayed this past Christmas by the community towards our programs for foster children and youth really warmed the hearts of all the staff at SOS BC. The foster kids we help are so lucky to have caring donors looking out for them, to lift the heavy burden they carry.



LEARNING CLUB HELPS INNER CITY SURREY CHILDREN

By Kailey Willetts, Learning Club Teacher

The Learning Club Program has had a great kick-off to 2016! We are continuing a successful and popular nutrition program, where kids learn how to prepare nutritional meals and snacks, using ingredients they are likely to find in their homes. They are also learning the importance of different food groups, and how to figure out what makes a healthy snack. The kids have definitely impressed with their willingness to try new things.

Another focus of the Learning Club Program has been community building and teamwork to make sure the program is a safe, fun place for all kids. Finally, it has been wonderful to be able to support kids in achieving their academic goals through homework sessions. We are pleased to be able to provide these additional academic/social supports for kids who might not otherwise receive them.

**SOS CHILDREN'S
VILLAGE
BRITISH COLUMBIA**

**Plan today and give a foster
child hope for tomorrow**

Learn more about leaving your legacy:
(604) 574-2964 ext. 225 or www.sosbc.org/legacy



SEEKING TO BE A TRAUMA INFORMED VILLAGE

By Rachel Madu, MA, RCC
Clinical Lead



Many of the children that we service through SOS Children's Village BC have experienced trauma.

Sometimes this trauma comes in the form of a single adverse experience; for others, trauma was experienced in repeated events throughout early life, or severe neglect over a long period of time. What research tells us is that our brain - and it's functioning - are impacted by these experiences. The impact of trauma often means that an individual's thoughts, feelings, and behaviour are mingled with the experience of fear. This fear becomes unconsciously engaged in an unfathomable number of unwarranted situations. As a result, individuals who are living with symptoms of trauma may be affected in their capacity to receive comfort, explore, play, behave as expected for their age, communicate, and learn.

At SOS Children's Village BC, we seek to gain a deep understanding of trauma and the impact that it may have. As an organization we want to be both trauma informed in our approach, and equipped in the provision of trauma services. In

moving toward becoming a trauma informed organization, we aim to work at all levels of contact to ensure that every individual that comes into services with our agency will be provided with interactions that are compassionate to their history and needs.

To provide this environment, we aim to offer four experiences to every individual who comes into contact with our services: a feeling of safety, relationships in which they feel they can trust, opportunities to collaborate and choose the services that they are involved in, and lastly help in building the skills necessary to move forward and function well on a daily basis. Being a trauma informed organization means that we will strive to practice these four tenants at all levels of decision making, management, and service.

Furthermore, the service providers at SOS BC seek to offer trauma services. In offering trauma services we aspire to facilitate safe nurturing relationships, in which individuals who have experienced trauma can learn adaptive responses to situations, so that they no longer feel as though they have to use ineffective coping strategies. It is our hope that we can help our members and clients build their capacity to navigate life, without fear-based behaviours. At this time SOS BC offers this hope through services in neurofeedback, narrative therapy, expressive art and play therapy, family systems therapy, and trauma-focused cognitive behaviour therapy. As we grow our trauma practice we look forward to adding other modalities.

The greatest impact that anyone can have, in the life of somebody who has had significant trauma, is to offer them a safe, consistent, nurturing relationship. Please join SOS BC in learning what you can about how trauma impacts individuals, and allowing yourself to enter into relationships in safe, collaborative ways.



HOLIDAY COMMUNITY GENEROSITY

Christmas was quite a bit merrier for the children at the Village and in our outreach programs in 2015 thanks to some wonderful & kind donors:

Lotus Light Charity Society showered our youth with some greatly needed home necessities

Photos left to right:

Aztec Maintenance donated gift cards

Beachcomber Hot Tubs gave presents/gift cards

HSBC donated tons of new toys from their annual employee toy drive

St Vincent de Paul Precious Blood Parish gave food hampers & presents



SPECIAL THANK YOUS



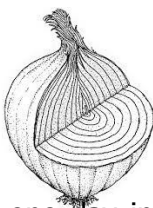
- **Boag Foundation** for a grant of **\$10,000** to our Direct Incentive Program
- **Credential Securities** for their **\$2,700** donation raised from their employee Jeans Day
- **CKNW Orphans' Fund** for a **\$2,500** grant to our Camp, Recreation & Cultural Programs
- **Edith Lando Foundation** for a grant of **\$4,000** to Sounds of Learning Music Program
- **HSBC – Future First Program** for a **\$51,000** grant to our Learning Club & Therapy Programs

- **Kiwanis Club of Vancouver** for a **\$2,000** grant to our Therapy Programs
- **Lord Tweedsmuir High School Interact Club** (pictured left) for giving up a pizza lunch they had won & using the cash for gift cards for SOS youth
- **Sook Ching Foundation** for a **\$10,000** grant to our Sounds of Learning Music Program
- **Tenmore Property Services** kindly gave **\$1K**
- **The Lakeside Resort** kindly gave **\$2,500**
- **Wawanesa Insurance** for their kind cheque of **\$10,000** to our Capital Campaign
- **White Rock Rotary Club** for kindly giving **\$1,500** to our Capital Campaign
- Two Anonymous Donors generously gave **\$100,000** and **\$60,000** to our Capital Campaign (CC) for Transition to Adulthood Suites
- Clifford Cmolik generously donated \$2,500 to CC
- Joyce Lachkovics generously donated \$1K to CC
- Cecilia Hetrick generously donated \$5,000
- Jaye Hetrick generously donated \$5,000
- Patricia Sandberg generously donated \$5,000
- Alfred Wirth generously donated \$1,000
- Derek Wyborn generously donated \$1,000 to CC
- Crystal Yee generously donated \$1,500 to CC



THE ONION AND THE CARROT: HARVESTING TRAUMA

By Jess Mooney, SOS BC Client (Youth)
Co-Editor Akeiko Rawn, Narrative Therapist



This story came as a unique outcome one day in August of 2015. Jess and I had met for about 8 sessions of narrative therapy and neurofeedback training over the course of 6 months. Before SOS, she has made multiple attempts to seek some form of support over a span of 7 years, yet nothing had been of much use. When Jess first came to see me, she reported multiple symptoms attesting to the continual and intense presence of worry in her life, along with a lengthy list of physiological burdens. The impact was a limiting of activities and ability to fully participate in her own life.

We wanted to write this up to share with other youth in hope that they may find this in some way helpful. On this day in August, a review of self-reported symptoms having moderate to severe disruption, were discovered to have reduced by more than half to only a mild or occasional disruption. Jess candidly remarked that: **"I don't avoid things anymore, I just go straight through them"** (Mooney, 2015). This newly developed skill rang familiar to another youth I had recently seen. I started to wonder if others had developed a similar kind of skill to manage anxiety. The basic premise that these two women had come to was: the louder anxiety was telling them not to do something, the more they knew that was exactly what they had to do. In other words, anxiety's tactics to back down from their life, became the very cue to stand up for their life activities.

As Jess skimmed over the fact that she had now also completely stopped taking all her medication for anxiety and depression, I became more intrigued. She previously felt like "...a vegetable completely immobilized, which was frustrating, but I knew I wasn't," she said with conviction. "Is

there a specific kind of vegetable you liken this to?" She described an onion.

There were many layers of emotion that could be experienced at any one time. For example, she could be presenting and feeling happy on the outer layer, but underneath fear might also be present. Sometimes feelings that are close to the core cannot be seen through the outer layers and this can have others coming to the conclusion that she was "emotionless" and/or "cold". Time and energy did not allow for the complexity of having the experience, let alone describe the multiple layers of feelings. A "multi-emotional" experience. In her experience, some people had come to the conclusion that she had no emotion or had disassociated as a common response to trauma. For Jess, it was just more like an onion.

Over the duration of the day she described the layers of emotion building up. In order to sleep she had to peel these away, otherwise she would often experience nightmares. Jess found that taking a "steaming hot oil bath" helped to loosen the layers.

This was fascinating, and I thought I would see if she felt like a different kind of vegetable before we started meeting. Without hesitation she said "a carrot". A carrot has a small core, like a "base personality", but a huge outer coating. It can't move, apart from the green stuff at the top, it kind of moves as it tries to reach up to the sun. The dirt surrounding the carrot is packed and layered which symbolizes where the person came from. The outer shell is what the animals want to eat. It represents a person's life circumstance and what the world has made that person into. The inner core is "what the person is".



It is our hope that this small sampling of our harvest may inspire other vegetable metaphors. We would love to add them to the garden. You can send any responses to akeikorawn@sosbc.org.



A SPECIAL THRIFT STORE STORY

This past fall, a piece of furniture was willed to the SOS BC Thrift Store in Steveston by former volunteer Monika Klien. A true work of art, it was **over 300 years old** and she brought it with her when she moved from Austria to Canada. The item sold for more than \$2,000 at our store.

Monika volunteered with SOS BC for almost 5 years, she came to us once she retired and quickly became a valuable member of our team. Originally from Austria she knew all about SOS and remembers school fundraisers.

She loved volunteering, the people, the work and of course the cause. Not having immediate family and struggling to make ends meet, she never complained, she just gave more of herself.

Monika passed away at age 68. She will be missed by all of us.

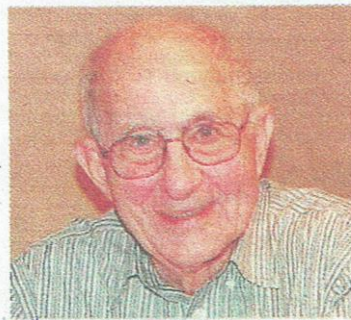


NEUROFEEDBACK IN ACTION



SOS BC executive director Douglas Dunn receives Neurofeedback training while working at his desk. Neurofeedback is a key treatment at the Village and in our Counselling Programs for foster children/youth, as well as in our fee-based Parent Driven Autism Services that helps clients not in care. **PDAS just introduced a new Early Intervention Program for children aged 0-6.** Visit www.sosbc.org/our-programs for more info.

REMEMBERING A LONG-TIME SUPPORTER



VALIQUETTE, Arthur Paul
Born June 22, 1929. Passed away at age 86. Predeceased by his parents Thelma Louise and Lucien Valiquette. Survived by his wife of 64 years, Marguerite, a life partner in the truest sense, by his 7 children, Michele, Mike (Linda), Joanne (Ira), Teresa, Darlene, Daniel (Lori), Ronnie (Dave); by his 20 grandchildren, and his 9 great-grandchildren; by his sister Marg Synott (Bill) and his brother Bob (Shirley) Valiquette, his sister-in-law, Alice Ellis, many nieces, nephews, and close friends. Arthur was an extremely devoted husband, father, grandfather and great-grandfather who will be greatly missed by all. A memorial service will be held at 11 a.m. on Friday, October 16, 2015 at St. Joseph the Worker Parish, 4451 Williams Road, Richmond, B.C. Reception to follow at the church. In lieu of flowers, please send donations to CNIB or SOS Children's Village.