



LADYSMITH

**2024**

**Grants-In-Aid**

**Reports on Funding**

**#1**

**Ladysmith  
Celebrations  
Society**

**\$10,000**

# Grant-in-Aid - Report on Funding due December 31, 2025<sup>4</sup>

Name of Organization	
<b>Ladysmith Celebrations Society</b>	
Grant in Aid amount received from Town of Ladysmith	How much of your Grant in Aid funds are unspent as of Dec 31?
\$ 10,000	\$ 0
<p>Please provide a description of how the funds were used to support your event/project/service:                  The funds were used to cover the costs of entertainment such as live bands &amp; entertainers. Logistical factors such as washrooms, traffic control &amp; promotional products. First Aid &amp; Security services as well.</p>	
<p>Please describe how the community benefited from your event, project or service:                  The community was able to enjoy a 'free' weekend full of events, music &amp; food. Having different events at different times, ie: marina dock, downtown first ave &amp; Transfer Beach, is a great way of showcasing the Town &amp; amenities. People of all ages, come together &amp; enjoy the weekend.</p>	
Number of clients serviced or attendees	approx. 10,000 over 3 days
Proof of acknowledgement of Town funding <input type="checkbox"/> Attached	
Signature	<i>Al Moore</i>
Name (print):	Al Moore
Date	Dec. 10, 2024

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## LADYSMITH DAYS 2024 BUDGET

	Income	Expense
<b>INCOME</b>		
Grant - Town of Ladysmith	10000.00	
LDCU	10500.00	
Saltair Marine	12500.00	
Donations/Sponsorship		
Eagles, Ladies	2500.00	
Country Grocer	1000.00	
McDonalds	1000.00	
Hillside Health	1000.00	
Bethal Church	1000.00	
Kinsmen	1000.00	
Crucil Contracting	1000.00	
Coastal Trucking	850.00	
Dairy Queen	500.00	
Pharmasave	500.00	
CUPE	500.00	
Total Donations/Sponsorship		10850.00
Vendor fees (7 trucks \$1400, 16 vendors \$400)	1800.00	
Hot Dog Sale	1200.00	
Ladysmith Days Pins (sell 100 pcs)	500.00	
Light up Wands (sell 650 pcs at approx 2.50)	1600.00	
50-50	1200.00	
Basket Raffle	1500.00	
Total Fundraisers		7800.00
<b>TOTAL INCOME</b>		<u><u>51650.00</u></u>

**EXPENSES**

Fireworks		10500.00
Fireworks Barge		12500.00
Advertising (Take 5 \$400. Chronicle \$800.00)		1200.00
Insurance - Town of Ladysmith		250.00
GFL Portapotties \$1900 less \$500 credit	1400.00	
Wiseway Security -based on overnight Sat & Sun Fireworks	1800.00	
Go Traffic Control	4400.00	
First Aid	500.00	
Total Required Expenses		8100.00
Bands/Entertainment		
V.I Sound - Steve	3000.00	
Sunset strip	2500.00	
Dr of Rock & Roll	1000.00	
Country Band	800.00	
Barsby School of Rock	200.00	
Sarah Leo	150.00	
Peace, Love & Joy	150.00	
Soul Mousa \$600for 3, \$1000 for 5 performers	800.00	
Ian Johnson	450.00	
Romper Room - Rock Wall	850.00	
Wrestling	5000.00	
Total Entertainment		14900.00
Citizen of the Year		350.00
Bank charges - monthly fees/new cheques		200.00
Wands for resale		1100.00
Misc Supplies & Incidentals		
49th Parallel Printers - posters/tickets	350.00	
T-shirts Volunteers (approx 20)	500.00	
Paul Mycroft & Island Hosting	100.00	
Volunteer Dinner	500.00	
Town of Ladysmith (table/chair rental)	350.00	
Incidentals (stamps,50-50 licence)	100.00	
Total Misc & Incidentals		1900.00
Spyder Graphics		
The Wave - Advertising		2000.00
<b>TOTAL EXPENSES</b>		<b>53000.00</b>



**#2**

**Ladysmith Festival  
of Lights Society**

**\$2,500**



## Grant-in-Aid - Report on Funding due December 31, 2024

Name of Organization	
<b>Ladysmith Festival of Lights Society</b>	
Grant in Aid amount received from Town of Ladysmith	How much of your Grant in Aid funds are unspent as of Dec 31?
\$ 2,500.00	\$ 0.00
<p>Please provide a description of how the funds were used to support your event/project/service:                  The funds were used to assist with costs surrounding our annual Light up night and six week display including refurbishing bulbs in the light strings, crowd and traffic control, porta potties for the Light up night, live street entertainers and the large sound system required. Our annual expenditure budget has reached \$100,000 with the rising costs of nearly everything so the funds from the Town of Ladysmith contribute to our keeping the quality of the Light up night event and the Festival of Lights throughout the six week season.</p>	
<p>Please describe how the community benefited from your event, project or service:                  Please see attached</p>	
Number of clients serviced or attendees	12,000
Proof of acknowledgement of Town funding <input checked="" type="checkbox"/> Attached <b>screenshot of website</b>	
Signature	
Name (print):	<b>Tammy Leslie</b>
Date	<b>December 17, 2024</b>

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## 2024 Ladysmith Festival of Lights

The Ladysmith Festival of Lights is a cherished holiday tradition that illuminates the town, fosters community spirit, and bolsters local businesses. At its heart is the spectacular "Light Up Night," where Santa Claus officially switches on the lights.

Beyond the main event the FOL Society supports other groups such as the Magical Christmas LIGHT UP Tour, inviting participants to explore beautifully decorated homes and areas and vote for their favorites. This festive celebration strengthens social bonds through volunteer opportunities, local performances, and a platform for businesses to enhance their visibility and sales during the holiday season. The Ladysmith Festival of Lights is more than a display—it is a vital part of the community's holiday spirit and economic vibrancy.

Light Up Night is the centerpiece of the festival, this signature event draws significant crowds, with attendance often surpassing 20,000 people. This remarkable turnout highlights the event's widespread appeal and the community's enthusiasm.

In 2024, the Ladysmith Festival of Lights embraced an exciting transformation by introducing several new elements that brought fresh energy and charm to the event:

- **Live Street Entertainment:** Replacing the traditional fireworks display, 1st Avenue came alive with captivating performances by artists with backgrounds in Cirque du Soleil, theater, and opera. Jugglers, stilt walkers, and an awe-inspiring LED robot circus dazzled the crowds, bringing the magic of fireworks to street level in an unforgettable way.
- **Photo Booths:** Two free professional photo booths offered attendees the chance to capture their festival memories. Guests could choose printed cards or digital copies of their photos, adding a personalized keepsake to their experience.
- **Selfie Photo Arch:** Beautifully decorated by the Arts Council, a new selfie photo arch was installed at the Royal Bank, providing a picture-perfect backdrop for attendees. This whimsical installation, along with the festival's other decorations, remained in place throughout the season, extending the festive spirit.
- The festival organizers faced the challenge of adapting to the cancellation of fireworks for the first time in over two decades due to fire and safety regulations. While this change brought mixed emotions, it also opened new opportunities. Many festivalgoers embraced the fresh and exciting live entertainment we introduced, though some missed the fireworks that had become a cherished tradition. We remain committed to working hard to win over all attendees, ensuring that our festival continues to bring joy, foster connections, and create unforgettable memories for everyone.

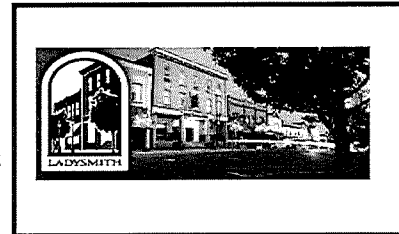
We are deeply grateful for the countless sponsors and supporters whose generosity and dedication make the Ladysmith Festival of Lights possible. Their contributions, whether through time, resources, or encouragement, light up our community in ways that words cannot fully express. Together, they help us create a celebration that brings joy, connection, and wonder to everyone who attends.

As we look ahead to 2025, the Ladysmith Festival of Lights remains a beacon of joy, connection, and pride for our town. With the continued support of the Town Grant, we aim to build on past successes, introduce new features, and ensure this beloved tradition shines even brighter in the years to come.



[Our Home](#) [Event Information](#) [About Us](#) [Contact Us](#)

## Festival Sponsors



### About Us

In 1987, Bill Fitzpatrick and a couple of Ladysmith merchants agreed that the town needed some more festive street decorations to enhance Ladysmith's heritage and revitalization project.

We acknowledge the financial assistance of the Province of British Columbia.

### Latest News

#### Fireworks Update

November 15, 2024

#### Ladysmith Light Up Tour Contest

November 15, 2024

### Get In Touch!

📞 1-250-245-5888

📮 Box 98, Ladysmith, BC V9G 1A1

✉ Email us »

📘 Find us on Facebook »

**#3**

**Ladysmith Pride  
Society**

**\$10,000**

## Grant-in-Aid - Report on Funding due December 31, 2025

Name of Organization	
<b>Ladysmith Pride Society</b>	
Grant in Aid amount received from Town of Ladysmith	How much of your Grant in Aid funds are unspent as of Dec 31?
\$ 10,000 ✓	\$ 0
<p>Please provide a description of how the funds were used to support your event/project/service:                  Funds were used to pay for rentals and entertainment at our annual Pride Celebration downtown Ladysmith (which was a huge success with thousands in attendance!). They were also used to pay for signage, bathrooms, towing, and other event-related costs. Other events included a Slack Point Beach Cleanup, covering costs such as garbage bags and dump fees, and a family movie night at Halloween, covering decorations and some snacks for kids. They also covered up-front costs for our fundraisers, such as a Spring Dance and our clothing sales at our various events.</p> <p>Funds were also used to support the ongoing operations of the Society, such as software and accounting fees, insurance, website fees, etc.</p>	
<p>Please describe how the community benefited from your event, project or service:                  We collaborated with local businesses, services, and vendors to create a bustling vendor market that promoted diversity and inclusion. We had many queer folks, from teens to those in their 70s +, who came up to us and said they couldn't believe that our little town had such a big celebration of love. Representation is vital, especially for young kids in small towns.</p> <p>We also focused not only on fundraising but on events that promoted community gathering, such as the Slack Point Beach Cleanup and the Halloween Movie Night.</p>	
Number of clients serviced or attendees	4,000+
Proof of acknowledgement of Town funding	<input checked="" type="checkbox"/> Attached
Signature	<i>Jonelle Andrew</i>
Name (print):	Jonelle Andrew
Date	December 11, 2024

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Proof of Acknowledgement of Town Funding

Year-End Instagram Post:



ladysmithpridesociety  
Town of Ladysmith

ladysmithpridesociety 🌈♥️ As we wrap up the end of our first fiscal year, reflect on our efforts and successes, and head towards a new calendar year, we are immensely grateful for the support from our town! @ladysmithbc The Town of Ladysmith provided the majority of our Pride funding this year, with the mayor and council, and town workers supporting us in more ways than just providing funds. All of the individuals in this town who have shown up to support us at every event have allowed us to continue these community connecting activities! We want to extend our deepest thanks and appreciation. Special shout out to @localsloveladysmith Sophie Paisley for her photography and capturing these shots from the first annual Ladysmith Pride Celebration! Dancing in the rain, dressed up dogs, and lots of colourful fun outfits!

Pride: Our president (Kezia) publicly thanked Mayor Aaron Stone for the Town’s support.

**#4**

**Ladysmith Show &  
Shine**

**\$3,000**



Grant-in-Aid - Report on Funding due December 31, 2024

Name of Organization	
<b>Ladysmith Show and Shine Society</b>	
Grant in Aid amount received from Town of Ladysmith	How much of your Grant in Aid funds are unspent as of Dec 31?
\$ 3,000.00	\$ 0.00
<p>Please provide a description of how the funds were used to support your event/project/service:                  We need funds to assist us in paying for our extensive sound system, porta potties, trophies and dash plaques plus various other supplies we need for the show day.</p>	
<p>Please describe how the community benefited from your event, project or service:                  We held our annual car show in downtown Ladysmith the third Saturday of August which brought 270 cars and participants to Town from as far away as Chilliwack, Powell River, Salt Spring Island and Victoria. We also attracted in excess of 5,000 spectators to walk the show, shop in the stores and eat in the restaurants. We held our second annual art contest in collaboration with the Ladysmith Arts Council to create our poster and t-shirt art. Each year we also have a visit from the Tour de Rock riders who collect donations and promote their activities. The local A&amp;W restaurant organizes a rod run through town the night before our show which also brings spectators out in the evening to watch the cars roll past.</p>	
Number of clients serviced or attendees	5,000
Proof of acknowledgement of Town funding <input type="checkbox"/> Attached <input checked="" type="checkbox"/> sponsor page on website	
Signature	<i>Tommy Leslie</i>
Name (print):	Tommy Leslie
Date	Dec 17/24

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The Ladysmith Show 'n Shine 2025 is on Saturday, August 16th. NO DOGS ARE ALLOWED!



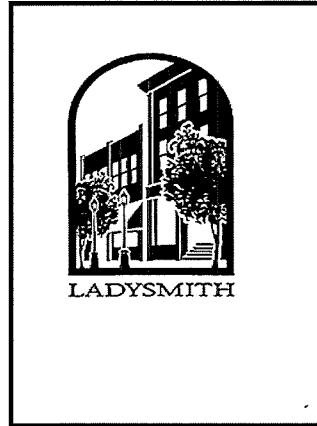
## PLATINUM SPONSORS



*You're at home here.*



**MID ISLAND**



## GET IN TOUCH

Ladysmith Show 'n Shine  
PO Box 1396  
Ladysmith, BC V9G 1A9

Questions or comments? Get in touch and we'll get back to you as soon as we can. We look forward to hearing from you!  
[Fill out our online form »](#)

## SHOW 'N SHINE 2025

See you on August 16th, 2025. It all starts at 10 am and wraps up at 3 pm. Registration begins at 8 am at the north end of First Avenue.



## GOLD SPONSORS



**#5**

**Old English Car  
Club – Central  
Island Branch**

**\$750**



## GRANT-IN-AID REPORT ON FUNDING Due on or before DECEMBER 31st

Name of Organization	The Old English Car Club of BC - CIB
Application Contact	
Mailing Address	
Town/City	
Postal Code	
Email Address	

Description of Event or Project/Service Completed	This was our 22nd annual, free/by donation, family/community based car show event that attracted approximately 250 vehicles from across Western Canada and the Pacific North West bringing approximately 2000 visitors to the Town of Ladysmith and the surrounding areas. This is a well loved one day event that allowed our club to donate \$2250.00 to the Ladysmith Food Bank (LRCA), create a fund raising opportunity for the Ladysmith Lions Club as well as promoting the beautiful Town of Ladysmith bringing tourism dollars to the town.
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Total Amount Received from Town of Ladysmith	\$750 ✓
Please attach a budget sheet outlining all the costs related to this project. <input checked="" type="checkbox"/> Attached	

Please provide a description of how the funds were used and attach picture of the project / event / service.  <input checked="" type="checkbox"/> Pictures Attached	The grant was used towards the costs of the mobile sound system, Saint John's Ambulance Donation, prizes, advertising and printing.
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**Brits on the Beach 2024**  
**DRAFT**

**INCOME**

Ladysmith GIA (request)	\$ 750.00
Ladysmith & Dist. C.U. (request)	\$ 750.00
Sponsor(s)	\$ 500.00
Donations	\$ 2,500.00
50/50	\$ 400.00
Gift Baskets	\$ 400.00
Table Rentals - N/A	\$ 200.00
Parts Sales	\$ 100.00
<hr/>	
Sub TOTAL	\$ 5,600.00

**EXPENSES**

Printing	\$ 500.00
SJ Ambulance	\$ 500.00
Sound Stage Truck System (special rate)	\$ 700.00
Ladysmith PRC (est.)	\$ 350.00
<i>(power and washrooms, field rental, table/chair rental/delivery, electrical, tax)</i>	
Gaming licenses	\$ 20.00
Prizes (Passport x2 age categories)	\$ 150.00
Plaques	\$ 100.00
Fuel	\$ 80.00
Contingency/Admin	\$ 200.00
2024 Seed Money	\$ 500.00
<hr/>	
Sub TOTAL	\$ 3,100.00

Net TOTAL \$ 2,500.00

**Brits on the Beach 2024**  
**Actual**

**INCOME**

Ladysmith GIA	\$ 750.00
Ladysmith & Dist. C.U.	\$ 750.00
Sponsor(s)	\$ 200.00
Donations	\$ 2,914.50
50/50	\$ 192.50
Gift Baskets	\$ 122.00
Table Rentals- N/A	\$ -
Parts Sales	\$ 91.00
<hr/>	
Sub TOTAL	\$ 5,020.00

**EXPENSES**

Printing	\$ 458.06
SJ Ambulance	\$ 500.00
Sound Stage Truck System	\$ 700.00
Ladysmith PRC	\$ 222.44
Gaming licenses	\$ 10.00
Prizes (x 5 - added 3 more)	\$ 465.70
Plaques	\$ 54.77
*Fuel/Truck Rental	\$ 360.27
Contingency/Admin	\$ 200.00
2025 Seed Money	\$ 500.00
<hr/>	
Sub TOTAL	\$ 3,471.24

Net TOTAL \$ 1,548.76

Note: 2 other same day car shows this year.

\* Truck Rental as our regular truck broke down

Central Island



Branch

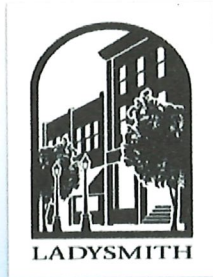
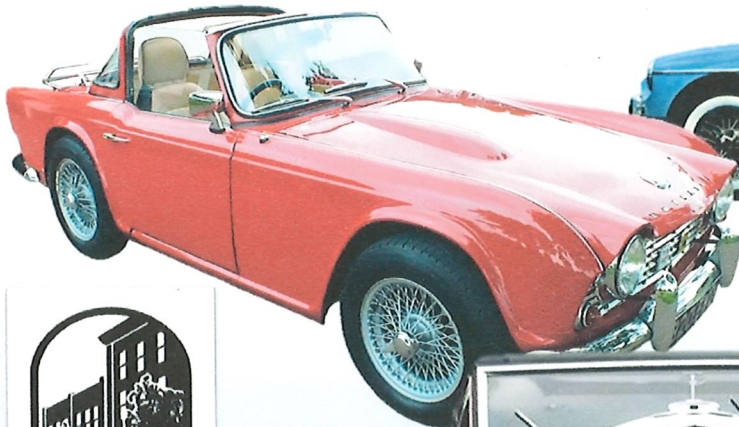
# BRITTS ON THE BEACH

Sunday July 14, 2024 - 10 am to 3 pm  
Transfer Beach Park, Ladysmith BC

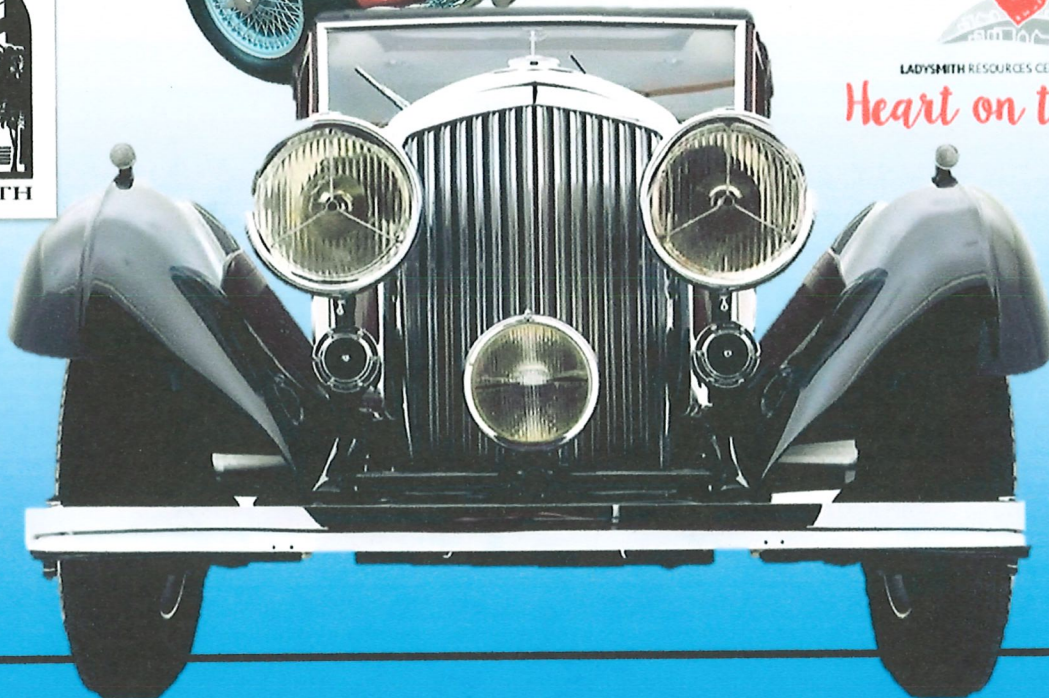
First Come First Park  
No pre-registration  
Limit **250** British vehicles  
( cars, trucks, motorcycles)

Vehicle admission by dona-  
tion to the Ladysmith Food  
Bank ( cash or non-  
perishable item)

For more info visit [www.oecc.ca/events](http://www.oecc.ca/events) or watch for us on Facebook



*Heart on the Hill*





Scan the QR code for a link to sign up for local news in your e-mail inbox



Arts on the Avenue a hit

# SMITH - CHEMAINUS RONICLE

since 1908

Vol. 117, No. 6

www.ladysmithchronicle.com

## own as chair

board elections are held. s played an important le for the Cowichan re- last decade, advocating lf and spurring action issues related to water ousing, and regional ' said Segall.

a mentor to many of y a strong foundation re and will be sorely

re will remain an active our communities and best as he pursues new s."

one of the things he's st from in public office king with local First munities and leaders. re greatest gifts has ig with Stz'uminus 1, Cowichan Tribes Nations throughout n region, Vancouver cross the province. I or the collaboration I have received from Elders, leaders, and members.

your unending kind- and understanding he rest of my life. I / grateful," he said. lay morning, Sept. 4, and Prosperity Part- h describes itself as oria's economic de- fiance," announced ll be its new CEO.

Continued on A7



The members of the Central Island Old English Car Club held their Brits on the Beach gathering this past summer. The club has been able to donate thousands of dollars to the Ladysmith Food Bank from the event over the last 20 years. Last week they turned over a cheque in the amount of \$2,250 to the Ladysmith Food Bank. Accepting the cheque is (left) Elina Alle from Mid-Island Car Club, and organizer Julie McKay. Also on hand for the presentation were food bank volunteers Mike Coppick and Brenda Lariviere. (Duck Paterson/Chronicle)

## Brits on the Beach come through for the Ladysmith Food Bank

Duck Paterson

The annual Brits on the Beach is a two-pronged event, that showcases the town and its waterfront park and is a huge benefit to hundreds of locals who rely on the Ladysmith Food Bank to get by.

This past July's showing of classic

and unique European cars, trucks and motorcycles was another success hosted by the members of the Central Island Old English Car Club.

On Tuesday, Aug. 27, the success of this year's Brits on the Beach was evident in a \$2,250 donation to the Ladysmith Food Bank by Julia McKay

representing the car club.

"The Brits on the Beach is a huge program for us," said Eliina Alle co-ordinator for the food bank.

"Not only do participants and spectators bring non-perishable foodstuffs, the organizers make a great monetary

Continued on A7



**JENNIFER OSTLE**  
 NOTARY CORPORATION  
 \*Real Estate \*Wills  
 \*Power of Attorney \*Mortgages

JENNIFER OSTLE B.A.M.A.  
 P 250 245 7127 F 250 245 8232  
 101 - 11 Buller Street, Ladysmith,  
 E jennifer@ostlenotary.com www.ostle

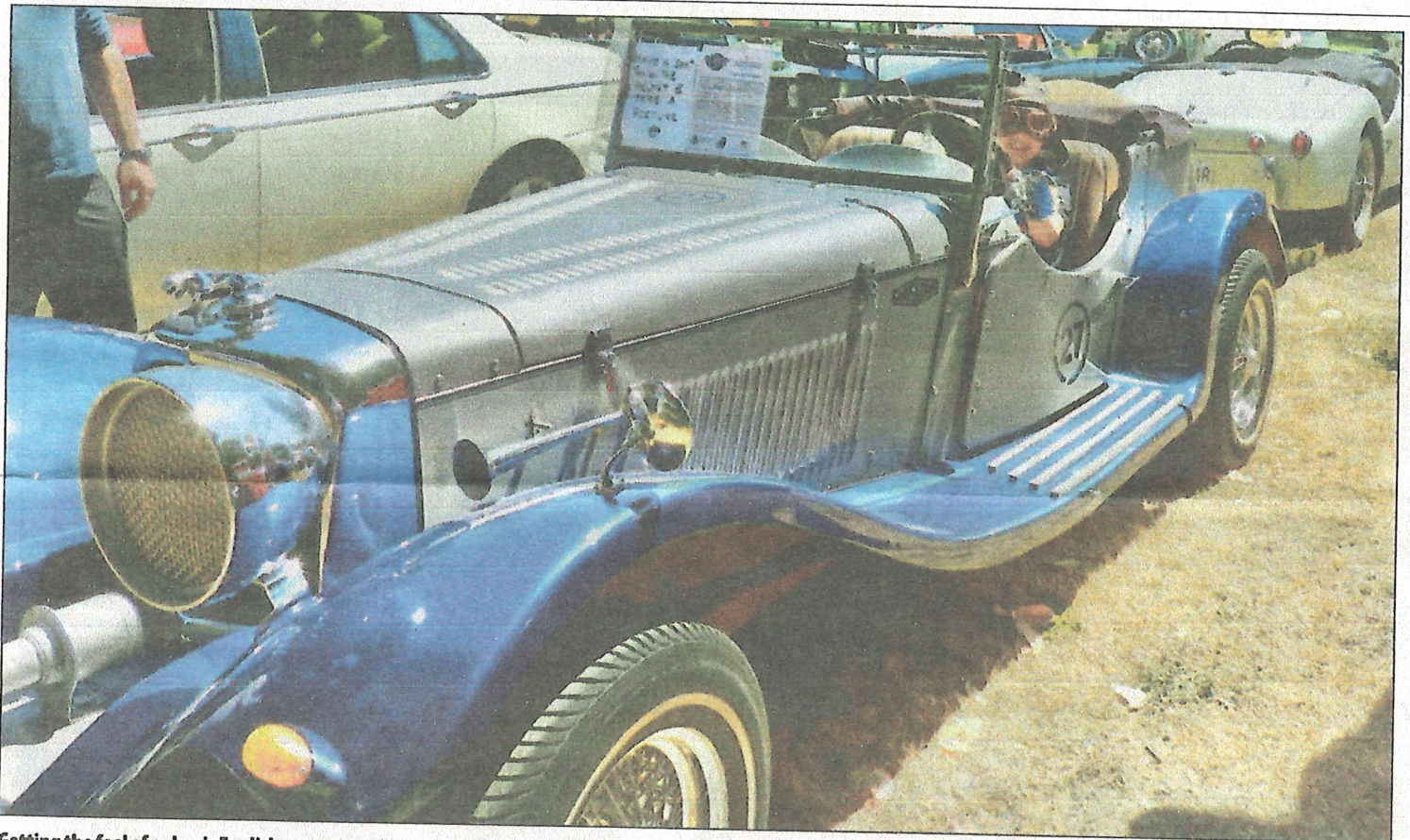
THURSDAY, JULY 18, 2024

Black Press Media

# LADYSMITH - CHEMAINUS THE CHRONICLE

Serving Ladysmith, Chemainus and area since 1908

[www.ladysmithchronicle.com](http://www.ladysmithchronicle.com)



Getting the feel of a classic English sports car, nine-year-old Jarrod Cole from Duncan got a chance to try on the goggles and helmet from yesteryear. He's imagining steering this 1937 Jaguar SS100 through the countryside of the U.K. The car, owned by Frank Bailey of Nanaimo, was one of 200 that was at the Brits on the Beach last Sunday. (Duck Paterson photo)

## More than 225 cars bring Britain to Ladysmith beach

Duck Paterson

Strolling along Transfer Beach Park last Sunday one would think they were meandering through a park in jolly old England.

It was a fantastic sunny day and a great venue to show off the more than 225 unique vehicles that showed up for the annual Brits on the Beach.

"This is the group's 22nd year, but we did

miss the three COVID years. Transfer Beach has always been the spot for the show," said event organizer Julie McKay, of the Vancouver Island chapter of the Old English Car Club.

"We try and keep track of the number of spectators each year, but that's impossible. We don't have a gate or charge admission, so it's pretty well impossible to know, but we do know that we are putting on a great family event.

We've been told that the show attracts 3,000 or more spectators."

The show features Britain's many popular U.K. models and visitors are likely to spot rare and exotic vehicles along the lines of Rolls Royce and Bentley. The show offered a variety of motorcycles from Triumph, Royal Enfield, BSA and other models.

Continued on A15

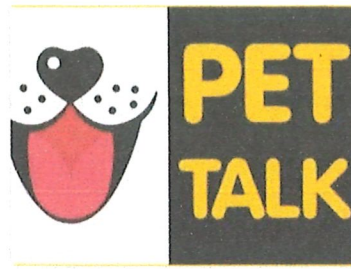
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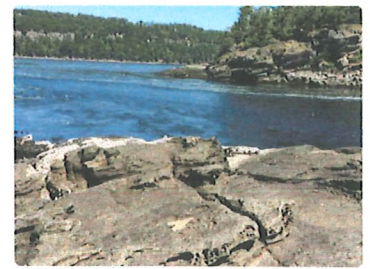
40th Annual Island Folk Festival  
2min page 24



Cowichan Craft Beer & Food Festival  
3min page 26

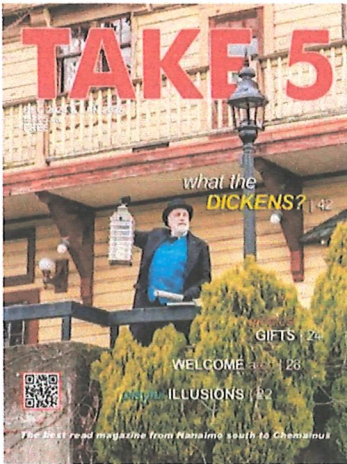


Dog Safety in the woods  
3min page 35



Cable Bay Update  
6min pages 12-13

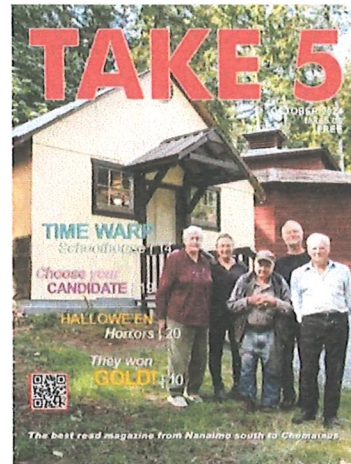
More from [Take 5 Print & Digital Media](#)



TAKE 5 Dec/Jan 2025  
December 3, 2024



TAKE 5 November 2024  
October 29, 2024



TAKE 5 October 2024  
September 26, 2024



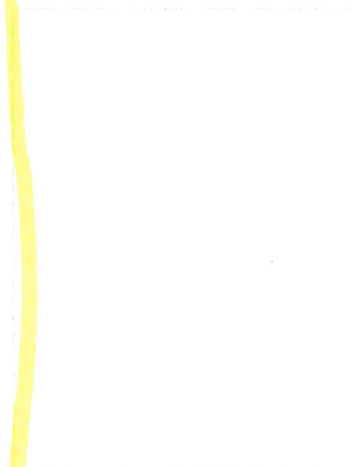
TAKE 5 September 2024  
August 27, 2024



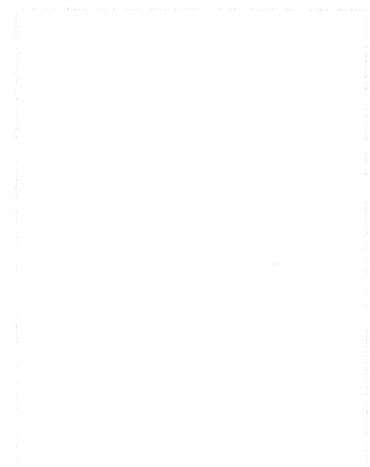
TAKE 5 AUGUST 2024  
July 30, 2024



TAKE 5 June 2024  
May 28, 2024



TAKE 5 May 2024  
April 26, 2024



TAKE 5 APRIL 2024 Green Issue  
March 26, 2024

Issuu converts static files into: [digital portfolios](#), [online yearbooks](#), [online catalogs](#), [digital photo albums](#) and more. Sign up and [create your flipbook](#).



**Spit & Beach**  
Sunday July 14  
10 am to 3 pm  
Transfer Beach Park  
Ladysmith

First Come First Served. Limited 250 British vehicles only. Space reservations for motorcyclists. Vehicle admission by donation to the Ladysmith Food Bank and to the event. For more info: [www.occc.ca/events](http://www.occc.ca/events)

## local NEWS

### Royal Canadian Air Cadet Squadron 257 Ladysmith Annual Awards Ceremony

Royal Canadian Air Cadet Squadron 257 Ladysmith held their Annual Ceremonial Review Sunday, June 2, 2024, at the Aggie Hall.

The group thanks their reviewing officer, Major Dustin Matheson, C.D., and the Air Cadet League of Canada BC Provincial Committee Inspector Mr. Darcy Dean for joining them, along with many dignitaries, community partners, families and friends. Congratulations go out to all Cadets of 257 Squadron. You are a credit to yourselves and your community!

Watch for registration opportunities coming up.

### Cedar Community Showcase

BY MARISA SAGHI  
How well do you really know your neighbours or, for that matter, your community?

You will get a chance to meet some people and discover what's happening in the Cedar area at the Cedar Community Showcase on Saturday, July 6, from 10 a.m. to 2 p.m., at the Cedar Hall.

This free open house for the community will be filled with tables full of information from local clubs and organizations, non-profit groups, service groups and a few Cedar businesses as well.

Getting to know your neighbour down the road isn't easy in a rural community. That's why events such as these are so important in building connections.

"That's a lot of what the focus is. And it also sort of grew out of our Cedar Community Harvest dinner because that's become a very popular annual event," says Bobbi-Ann Goldy, director of Community Outreach for the Cedar Community Hall.

You can expect an eclectic mix from independent businesses, from a spa to a

## Gaining Altitude



### Nanaimo Airport helps combat human trafficking

Nanaimo Airport (YCD) is taking a leadership role in the fight against human trafficking.

The airport has partnered with #NotInMyCity, an organization founded by country music star Paul Brandt, YCD assists the campaign by doing its part to combat the growing issue of human trafficking in our region.

Transportation corridors, including airports, are frequently used by traffickers to move victims from city to city.

"YCD is committed to playing an active role in creating a safe environment for all those who travel through our airport," says Dave Devana, president and CEO of the Nanaimo Airport Commission. "We are honored to partner with #NotInMyCity in their

relentless pursuit of ending human trafficking."

Human trafficking is one of the fastest growing crimes in Canada. Roughly 21 percent of victims are under age 18. Approximately 50% are Indigenous people.

YCD trains, educates staff and partners

Nanaimo Airport has incorporated the #NotInMyCity educational course into its employee onboarding process. Trafficking awareness and prevention training materials have been provided to all staff, terminal partners and volunteers.

In the Air Terminal Building, awareness materials highlight risk factors to watch for as well as contact information for support services. Information about the campaign is also available on the #NotInMyCity page in the Passenger

guide section of the YCD website. Devana recently attended a LEED Summit in Charlotte, North Carolina, attended by David Theobald, singer encouraged airport leaders to get involved in the alliance.

"Embracing YCD as a partner in transport will play a significant role in fighting against human trafficking within Canada, an issue that affects young girls and women worldwide," Brandt says. "My heartfelt thanks go out to the team at YCD for their dedicated efforts in educating the issues of human trafficking and sexual exploitation."

**How you can help**

If you suspect human trafficking, contact the Canadian Human Trafficking Hotline at 1-833-996-1010. For immediate danger, call 911. You can also take a free awareness course at <https://notinmycity.ca/train>.

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8540-1st Ave., downtown Ladysmith



Royal Canadian Air Cadets Annual Awards 2024

1st in Flight, A. Hammond (Citizenship Award), Royal Canadian Legion Medal of Excellence, Sgt. F. Nguyen (Top Senior Cadet), WO2 Y. Hammond (Leadership Award, Cadet Media Award, Sponsoring Committee Award, Lord Strathcona Medal), WO1 Elliot Brown (Cadetism Award), Paul C. D. Award of Excellence, Sgt. S. Simons (Most Improved Cadet), Markmanship Award, Sponsoring Committee Award, Biathlon Team Participants, Sgt. J. Davidson (Most Improved Sgt), Biathlon Team Participants, Cpl. R. Bouwmeester (Commanding Officers Awards), Cpl. D. Collett (Outstanding First Year Cadet), FCpl. L. Marchall (Top Junior Cadet), Phoebe C. Galois

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AUGUST 3 & 4  
DOWNTOWN & TRANSFER BEACH

FREE, Fireworks, Live Music, Games, Activities & More!

[www.ladysmithdays.com](http://www.ladysmithdays.com)





14-15 / 40

Turn static files into dynamic content formats. Create a flipbook

# TAKE 5 July 2024

Published on Jun 25, 2024

Take 5 Print & Digital Media

Follow

It's our July 2024 edition, featuring beer festivals, music festivals, and lots of art and entertainment. In addition, Kerith Waddington addresses Cable Bay's concern, which we will be talking about for ...

See more

## Articles inside

**#6**

**Ladysmith & District  
Marine Rescue  
Society**

**\$3,250**



**GRANT-IN-AID REPORT ON FUNDING**  
**Due on or before DECEMBER 31st**

Name of Organization	Ladysmith and District Marine Rescue Society
Application Contact	
Mailing Address	
Town/City	
Postal Code	
Email Address	

Description of Event or Project/Service Completed	Funds were used to support operations and equipment for marine emergency response in the Community (see attached). All-volunteer crews responded to disabled vessels, persons in the water, kayak emergencies, collisions, sinking and beached vessels, medical emergencies on the water and shores, marine pollution investigations, missing persons and vessels and recovery missions. Often we worked closely with Coast Guard, ambulance service, land SAR, Fire/Rescue and the RCMP. We provided community service at Yacht Club events, fireworks patrol, Christmas lighted vessels, safety talks and demonstrations including the Town summer children's camps, and five Kid's Don't Float loaner PFD marine sites.
---	--

Total Amount Received from Town of Ladysmith	<b>\$ 3,250.00</b>
Please attach a budget sheet outlining all the costs related to this project.	
<input checked="" type="checkbox"/> Attached	

Please provide a description of how the funds were used and attach picture of the project / event / service.	Funds were used to support operations and essential equipment used in marine emergency response and in training our all-volunteer crews. The program operates year-round 24 hrs per day and crews may be dispatched at any time by the Joint Rescue Coordination Center in Victoria or by the Provincial Emergency Coordinator. Some taskings came from the Canadian Coast Guard Operations Center related to investigating and reporting pollution incidents related to sinking or damaged vessels or objects considered hazardoust to navigation.
<input checked="" type="checkbox"/> Pictures Attached	In addition to providing emergency response, our program actively contributes to marine safety and awareness in the community.



### Town of Ladysmith grant spending for 2024

Crew marine first aid re-certification	700
Boat trailer was stolen and major damage incurred	3784.73
Replacement of Flares	111.14
Ropes to rebuild towing bridals	325.97
General hardware for repairs	"
Proper carrying case for Oxygen bottles	"
Radio protective case	"
Updated charts and dividers for training	170.65
Assorted replacements for outdated first aid supplies	118.6
Battery replacement for EPIRB (electronic emergency beacon in case of overturning or extreme situations)	572.61

There are many thousands of dollars of other larger and smaller expenses that are incurred during the year. One of the biggest being a 9 thousand dollar engine leg rebuild due to damage from a submerged log hit.



**OUR VESSEL, "COMMUNITY SPIRIT" AT THE LADYSMITH MARINA. THE RESCUE STATION IS IN AN ADJACENT BOATHOUSE WITH BOAT LIFT, EQUIPMENT READY ROOM AND OVERHEAD CLASSROOM.**

**ADIAN MARINE  
& RESCUE**  
Saving Lives on the Water

**Thank You to our  
Supporters!**

**Station 29**



**LADYSMITH  
MARINA**



**Grant Thornton**



**WESTERN  
GROUP**  
A Carrix Enterprise

**Rotary**



Rotary Club of Ladysmith



LADYSMITH  
MARITIME  
SOCIETY



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**MID ISLAND**



**Cheminus Rotary**



**Ladysmith Legion**



**BRITISH  
COLUMBIA**

Supported by the  
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Canadian Coast Guard



**JONES MARINE  
GROUP LTD.**

**Cheminus Legion**

**Ladysmith Lions**



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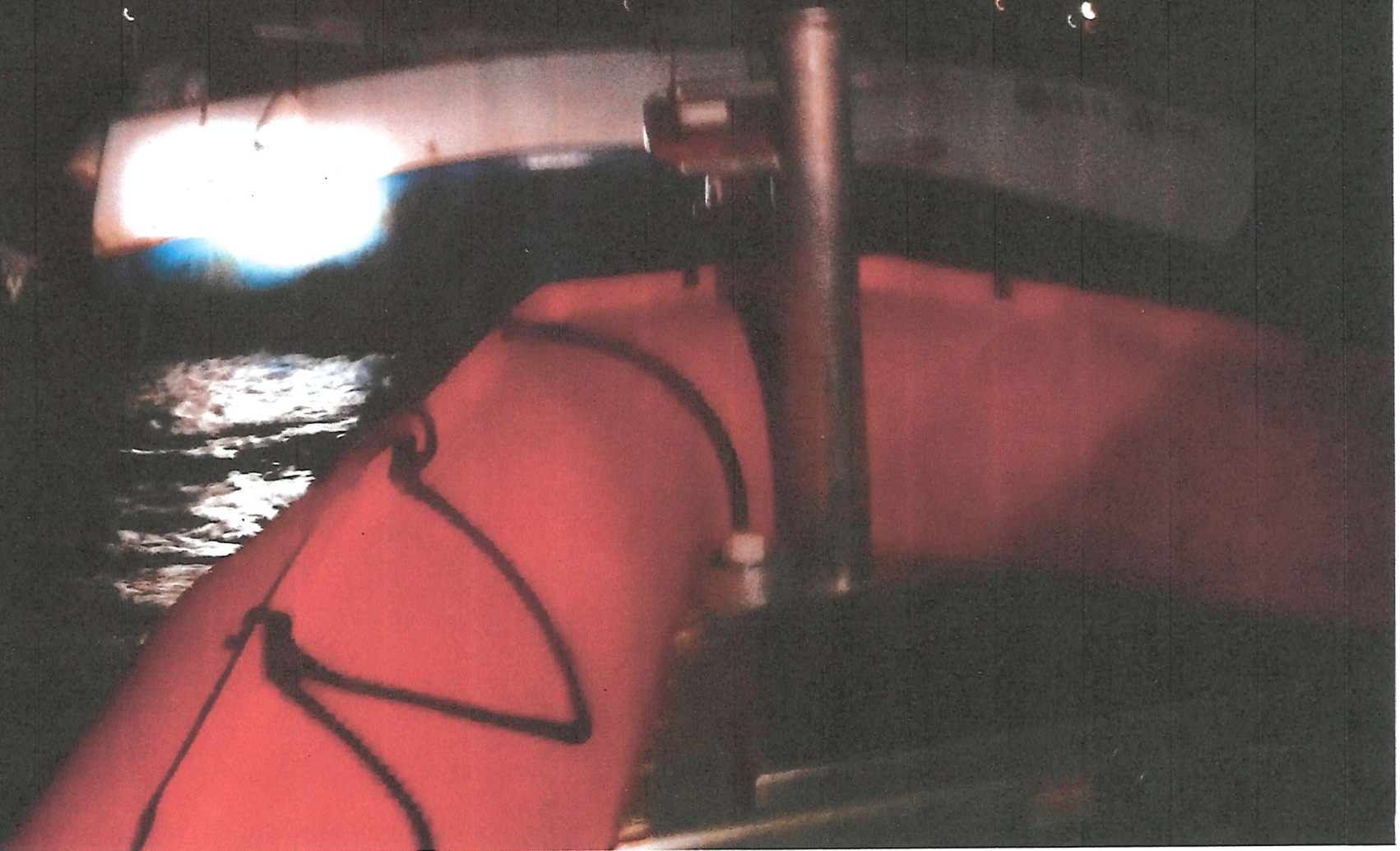
OUR "KID'S DON'T FLOAT" CHILDREN'S PFD LOANER STATION AT LADYSMITH MARINA- THERE ARE FIVE OTHERS- LADYSMITH BOAT RAMP, OYSTER BAY MARINA, RAVEN POINT MARINA AND TWO ON THETIS ISLAND.



**SAILING VESSEL SUNK OFF PENELAKUT ISLAND, SKIPPER  
RECOVERED FROM BEACH.**



NIGHT RESCUE OF TWO PERSONS AND DOG AT HOLLAND  
BANK. VESSEL WAS RECOVERED AT HIGH WATER.



TRAINING INVOLVING A WINTER RECOVERY OF SIMULATED  
CASUALTY FROM THE SHORELINE.





LADYSMITH AND DISTRICT MARINE RESCUE SOCIETY

PO Box 657, Ladysmith B.C. V9G 1A5

December 11, 2024

The Director of Financial Services

Town of Ladysmith

P.O. Box 220, Ladysmith, B.C., V9G 1A2

Dear Erin Anderson:

This letter is to accompany two documents- our Grant-in-Aid Application and our Report on Funding for the Grant received from the Town in the past year. The Ladysmith and District Marine Rescue Society greatly appreciates the support from the Town and we wish to extend our thanks to the Mayor and Council for the help received in allowing us to provide marine emergency services in our waters as well as contribute to water safety and community events throughout the year. We continue to respond to marine emergencies including sinking and disabled vessels, persons in the water, searches for missing persons or vessels, medical and other emergencies and provide support to the ambulance service, RCMP, Coast Guard, Land SAR and the coroner. Our volunteers also provide water safety and community service by safety escort to Yacht Club and Harbour events, fireworks patrol, safety talks and demonstrations to mariner's groups, and the children at the Town's summer camp program at Transfer Beach and the Community Center. We now have six "Kid's Don't Float" PFD loaner stations installed at marine facilities in the area to keep children safe.

Over this past year, through the Coast Guard Operations Center and a MOU with the Provincial emergency program, we have found rescue station increasingly busy with emergency call-outs, including pollution investigations of sunken or derelict vessels. We now have a lot of call-outs in the harbour, some of which have involved sinking vessels or very ill persons or fatalities. We are receiving requests from RCMP in adjacent areas for assistance with search or recovery operations and have also transported ambulance service responders to large anchored vessels in the area when emergencies occurred.

The Society is aware of the Town's revised Grant in Aid Policy which has a new four year funding arrangement as well as strategic priorities. Our program provides essential services related to safety and emergency response in the harbour and waters of the community and thus serves residents, and visitors alike. Climate change is increasing the severity of weather events and likely will result in increased emergency response requirements. Maritime activities are a major economic factor in our area and protecting recreational, commercial and First Nation boaters is an important priority for our Station and the Community. We have also recently developed an outreach program with the mills in the harbour and are working with them to facilitate emergency response to accidents on the mill sites and log booming grounds in our busy harbour.

We recognize there are many pressing priorities for funding in the community and greatly appreciate the Town's support for our contributions which are provided by our highly trained volunteers 24/7 throughout the year.

Yours Sincerely:

A handwritten signature in black ink, appearing to read 'Kevin Jamieson', written in a cursive style.


Kevin Jamieson- Treasurer and Director

**#7**

**Arts Council of  
Ladysmith & District**

**\$9,250**

# Grant-in-Aid - Report on Funding due December 31, 2024

Name of Organization	
<b>Arts Council of Ladysmith &amp; District</b>	
Grant in Aid amount received from Town of Ladysmith	How much of your Grant in Aid funds are unspent as of Dec 31?
\$ <del>1,000</del> 9,250.00	\$ 0
<p><b>Please provide a description of how the funds were used to support your event/project/service:</b></p> <p>The Arts Council of Ladysmith hosted the 26th annual Arts on the Avenue in August 2024, attracting approximately 5,000 residents and visitors to the event and to Ladysmith. This two-day festival featured over 66 registered artists, 10 musicians, and 10 demonstrators, along with a vibrant kids' art area that engaged over 200 children in painting a banner, now displayed at the Frank Jamison Centre.</p> <p>The festival was a tremendous success for both the visitors and local artists, on Sunday. On Saturday night, the event drew 1,500 people to Ladysmith's first Ave. With the hard work of about 30 volunteers and 4 paid staff members, this year's festival was an incredible success once again.</p> <p>Funds for the event were fully allocated towards advertising, staff wages for coordinating the festival, and the rental of equipment, including toilets, tents, and chairs, as well as paid musicians fees and demo people.</p>	
<p><b>Please describe how the community benefited from your event, project or service:</b></p> <p>Ladysmith is becoming known as an artsy town, with events like Arts on the Ave drawing in people interested in this type of experience. Visitors not only purchase local art but also shop at local businesses and dine at local restaurants. They fill up their vehicles and often return to visit our town again. Additionally, the wages we pay contribute to the local community.</p>	
Number of clients serviced or attendees	6500
Proof of acknowledgement of Town funding <input checked="" type="checkbox"/> Attached	
Signature	
Name (print):	Andrea Roscoe Taylor
Date	Dec 6 2024

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# ART JAM

A evening of interactive art experiences and demos

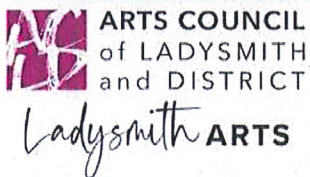
**4 PM - 8 PM**

**Saturday August 24, 2024**

**1st Avenue, Ladysmith**

From Warren Street to Buller Street

Bylaw 1155 No Pets



[info@artsontheavenue.ca](mailto:info@artsontheavenue.ca)  
[www.artsontheavenue.ca](http://www.artsontheavenue.ca)  
**250-245-1252**

# JURIED ARTS FESTIVAL



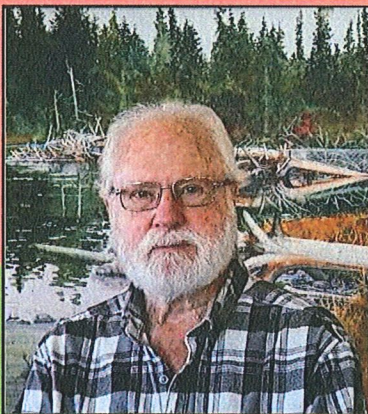
Saturday, August 24, 2024  
4 PM-8 PM

Make art! Enjoy interactive art stations, paint competition, live music, and kids' area.



Sunday, August 25, 2024  
10 AM-4 PM

An art collector's dream! Shop original paintings, jewellery, fabric art, pottery, Indigenous-made art, glass, metal and more.



## Guest Artist Harold Allanson

Bylaw 1155 No Pets

**1st Avenue, Ladysmith**  
From Warren Street to Buller Street

ARTS COUNCIL  
of LADYSMITH  
and DISTRICT

Ladysmith ARTS



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Benjamin Moore



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www.artsontheavenue.ca




**#8**

**Ladysmith  
Downtown  
Business  
Association**

**\$5,000**

## Grant-in-Aid - Report on Funding due December 31, 2024

Name of Organization	
Ladysmith Downtown Business Association	
Grant in Aid amount received from Town of Ladysmith	How much of your Grant in Aid funds are unspent as of Dec 31?
\$ 5,000	\$ 0
Please provide a description of how the funds were used to support your event/project/service:  The majority of the grant in aid is used for promotional/marketing budget for the various events through the year via print ads and digital media. This helps us cover other administrative costs so that the funds raised can be put back into the community.	
Please describe how the community benefited from your event, project or service:  Old Time Christmas, fondly known as 'light up for locals' is one of our most beloved events. We were able to increase some of the activities this year to make it extra special, and we intend to do more of this next year.  The Ladysmith Oktoberfest has now become our biggest fundraiser, and a beloved event in town. The funds raised from this will be going towards our downtown.	
Number of clients serviced or attendees	1,000+
Proof of acknowledgement of Town funding <input type="checkbox"/> Attached	
Signature	 Brianne Mactier
Name (print):	Brianne Mactier
Date	12/31/24

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**#9**

**Ladysmith & District  
Historical Society**

**\$2,000**



## Grant-in-Aid - Report on Funding due December 31, 2024

Name of Organization	
<b>Ladysmith &amp; District Historical Society Industrial Heritage Group</b>	
Grant in Aid amount received from Town of Ladysmith	How much of your Grant in Aid funds are unspent as of Dec 31?
\$ 2000	\$ 0
<p>Please provide a description of how the funds were used to support your event/project/service:</p> <p>See attached spreadsheet showing LDHS Industrial Heritage 2024 expenditures.</p> <p>The LDHS expended \$2990 in excess of the \$2000 GIA provided to the Society by ToL, and sourced \$1500 equivalent in in-kind donations. These additional funds were sourced by external fundraising by the Society..</p>	
<p>Please describe how the community benefited from your event, project or service:</p> <p>1/. Restoration and preservation of Town-owned Industrial heritage site and artifacts: Ongoing restoration of Comox Logging &amp; Railway Company Loci 11, Humdergin, Bull Car, Box Car, Log Car, Tube Tumbler, Jordan Spreader, on-loan Plymouth 107 and maintenance of track and buildings. This attracts visitors and also provides awareness and instills pride within the community of its rich and varied history. This work is fully aligned with the Arts &amp; Heritage Hub element of the approved overall Waterfront Development Plan.</p> <p>2/. The activity and restored artifacts attract visitors who bring business to the community.</p>	
Number of clients serviced or attendees	<b>1000+</b>
Proof of acknowledgement of Town funding <input checked="" type="checkbox"/> Attached	
Signature	
Name (print):	QUENTIN H GOODBODY
Date	DECEMBER 11 <sup>th</sup> 2024

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Please use last page for additional information.

LDHS Industrial Heritage 2024 Accounting		
<b>Expenses</b>		<b>In Kind Donations</b>
	Insurance	\$1,577.33
	Utilities	\$50.00
	Humdergin	\$202.34
	Plymouth 107	\$302.64
	Bull Car	\$0.00
	Box Car	\$367.39
	Loci 11	\$294.99
	Log Car	\$453.12
	Tube Tumbler	\$0.00
	Shop Supplies	\$505.25
	Messer C4H4 and O2 & Cylinder Renta	\$1,040.81
	Office Supplies	\$196.00
<b>Total</b>		<b>\$4,989.87</b>
		\$1,500.00
<b>Grant in Aid Funding</b>		
	Jan 1 Cash in Hand	\$0.00
	2024 Grant in Aid	\$2,000.00
	<b>Total Grant in Aid Funding</b>	<b>\$2,000.00</b>
<b>TOTAL NET LDHS EXPENSES</b>		<b>-\$2,989.87</b>
<b>Cash applied from other Fundraising activities</b>		<b>\$2,989.87</b>
<b>2024 Year End Grant in Aid Balance</b>		<b>\$0.00</b>

# Ladysmith and District Historical Society Industrial Heritage Preservation Group REPORT ON ACTIVITY DURING 2024

## Overview of Industrial Heritage Projects/Services Completed

Throughout the year The Ladysmith & District Historical Society's Industrial Heritage Preservation Group (consisting of a core roster of 12 volunteers) continued Saturday morning work parties at the Comox Logging & Railway Co. rail yard on Oyster Bay Drive.

The overall aim of the group is to preserve the unique Comox Logging heritage site and associated industrial artifacts as part of the Arts & Heritage Hub within the community-approved Waterfront Development Plan such that it records and illustrates the importance of the coal and logging industries to the history of Ladysmith & District – without which the town would not exist.

Basic statistics for LDHS Industrial Heritage Group activities during 2024:

- \$2000 Grant in Aid received from the Town of Ladysmith for 2024.
- LDHS subsidised \$2990 in expenses above Grant in Aid and sourced \$1500 in in-kind donations.
- 1240 Volunteer Hours worked (@ \$20/hr = \$24,800 equivalent contribution).
- 60 visitors attended Comox site during Saturday work sessions and given tour
- Significant progress made on heritage artifact restoration.

## Details of work performed at Comox Railyard during 2024:

### **Locomotive #11**

Aim: Restoration to static museum exhibit quality.

- Glazed wooden doors and windows for engine cab
- Installed wooden doors and windows for engine cab
- Fabricated and installed Engineer and Fireman's arm rests
- Continued to source missing valves, connectors, piping, etc.

Restoration (non operational) 80% complete:

Remaining work: sourcing and installing controls.

### **Plymouth Locomotive #107**

Aim: Restoration to working condition.

- Painted and installed replacement wooden panels for cab
- Applied final coat of Crown Zellerbach orange to locomotive
- Restored, painted and reinstalled cab windows and doors.
- Continued work on engine: Problems with idling required replacement parts.
- Repaired brakes (had been seized)

Restoration 70% complete:

Remaining work: Engine work; Painting of CZ striping and decals.

### **Bull Car**

Aim: Restoration to near original condition.

- Painted undercarriage black
- Painted upper works
- Bolted down yellow cedar decking

Current Restoration complete

### **Box Car**

Aim: Preservation of this 1913 boxcar and use it for interactive exhibits/heritage activities.

- Completed caulking of cracks between boards.
- Stripped and Repainted upper works
- Rust proofed/Painted undercarriage

Restoration 90% complete:

Remaining Work: Painting of registration numbers, decals.

### **Log Car**

Aim: Restoration to near original condition.

- Finished descaling all metal work
- Rust proofed all metal work
- Painted undercarriage black
- Painted upper works CZ orange

Restoration 90% complete:

Remaining work: painting of decals

### **Tube Tumbler**

Aim: Preservation of this locally built piece of equipment used to descale tubing in steam engine boilers.

- Rust proofed/Painted black
- Sourced electric motor and gearing
- Fabricated safety shields
- Installed 220 volt electric circuit
- Installed motor with safety shields so tube tumbler drum rotates 2x/minute

Current Restoration complete

### **Sundry Items**

- Restored two railway safety lights
- Restored vintage greasing pail and plunger
- Ongoing restoration of vintage industrial floodlight

### **Locomotive Shed**

Aim: Work with the Town of Ladysmith toward preservation/restoration of this heritage building.

- Prepared area for impending excavation on west side of building.

### **Trackage**

Aim: Keep trackage functional so rolling stock can be moved about yard for display purposes etc.

- Weeded tracks and kept points free.
- Removed trackage by Car Shop to facilitate excavation on west side of Loci Shed.

## Work photographs

### Loci 11



- 1: Cutting lexan for windows
- 2: Doors and windows fitted in cab

### Plymouth 107



- 1: Spray painting interior works after descaling and cleaning
- 2: Engine with fitted panels and windows: final coat Crown Zellerbach orange and black painted lower works.



## Bull Car



**Bull car showing decaled, rust proofed and newly painted upper and lower works and new wooden deck.**

## Box Car



1



2

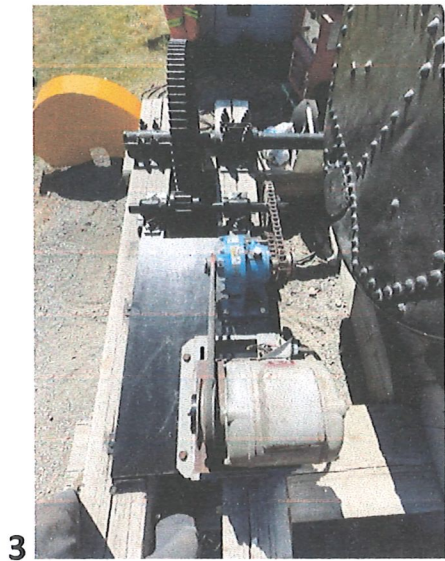
**1: Applying undercoat to caulked exterior boards  
2: Box car red final coat applied. Awaiting decals.**

**Log car**



**1, 2: Rustproofing lower works after rust descaling.  
3: Log car with painted upper and lower works.**

**Tube Tumbler**



- 1: Tube Tumbler prior to installation of rotating engine**
- 2, 3: Installation of engine**
- 4: Completed installation with safety shields in place.**

## Sundry items restored



- 1: Vintage grease pail
- 2: Railway safety lights

## Salvaging track to facilitate excavation on west side of Loci Shed



**#10**

**Ladysmith Little  
Theatre**

**\$2,800**

# GRANT-IN-AID REPORT ON FUNDING

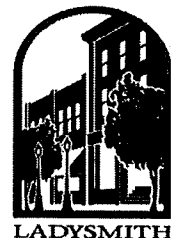
## Due on or before DECEMBER 31st

Name of Organization	Ladysmith Little Theatre Society
Application Contact	
Mailing Address	
Town/City	
Postal Code	
Email Address	

Description of Event or Project/Service Completed	We produced 4 plays in 2023; Play On!, A Bad Year for Tomatoes, Kiss the Moon, Kiss the Sun and Dorothy Gets Scrooges. All plays were well received by the Community. We hosted a Children's Theatre Program in the summer of 2023 and will also be hosting another over the Christmas break.
---	--

Total Amount Received from Town of Ladysmith	<del>\$2,500.00</del> <b>\$2,800.00</b>
Please attach a budget sheet outlining all the costs related to this project.	
<input checked="" type="checkbox"/> Attached	

Please provide a description of how the funds were used and attach picture of the project / event / service.	All funds were applied towards advertising costs relating to the above productions. (Copy Invoices attached)
<input type="checkbox"/> Pictures Attached	



## LADYSMITH GRANT IN AID

DATE	PAID TO	AMOUNT	BALANCE
04-Apr-24	Received	\$ 2,800.00	\$ 2,800.00
09-Apr-24	Black Press Media Invoice BPI1123303 (paid online)	\$ 295.94	\$ 2,504.06
10-Apr-24	Take 5 Invoice 74342 (paid by e-transfer)	\$ 135.45	\$ 2,368.61
10-Apr-24	Take 5 Invoice 74227 (paid by e-transfer)	\$ 275.10	\$ 2,093.51
09-May-24	Take 5 Invoice 74392 (paid by e-transfer)	\$ 275.10	\$ 1,818.41
09-May-24	Black Press Media Invoice BPI136469 (paid online)	\$ 289.48	\$ 1,528.93
06-Jun-24	Take 5 Invoice 74517 (paid by e-transfer)	\$ 275.10	\$ 1,253.83
23-Aug-24	Take 5 Invoice 74690 (paid by e-transfer)	\$ 275.10	\$ 978.73
31-Aug-24	Black Press Media Invoice BPI190594 (paid online)	\$ 165.74	\$ 812.99
31-Aug-24	Black Press Media Invoice BPI190593(paid online)	\$ 207.74	\$ 605.25
07-Sep-24	Take 5 Invoice 74797 (paid by e-transfer)	\$ 275.10	\$ 330.15
13-Dec-24	Thread Setter Design (paid by e-transfer)	\$ 511.04	-\$ 180.89
			-\$ 180.89

**#11**

**Cowichan Family  
Caregivers Support  
Society**

**\$2,750**



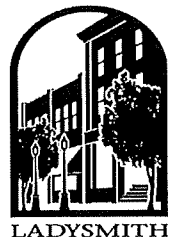
**GRANT-IN-AID REPORT ON FUNDING**  
**Due on or before DECEMBER 31st**

Name of Organization	Cowichan Family Caregivers Support Society
Application Contact	
Mailing Address	
Town/City	
Postal Code	
Email Address	

Description of Event or Project/Service Completed	<p>Grant-in-Aid funding from the the Town of Ladysmith is used for direct delivery of our free community support services for caregivers. This includes emotional support, healthcare systems navigation, caregiver educational resources, connections and referrals to other community services, and support groups for our Ladysmith caregivers.</p> <p>The town of Ladysmith is gratefully acknowledged as a funder in our Annual Report, in our newsletters, and on our website. Our budget is for overall caregiver support and is not project or event based. Please find attached a copy of our 2024-25 Budget.</p>
---	--

Total Amount Received from Town of Ladysmith	<b>\$2,750</b>
Please attach a budget sheet outlining all the costs related to this project.	
<input checked="" type="checkbox"/> Attached	

<p>Please provide a description of how the funds were used and attach picture of the project / event / service.</p> <p><input type="checkbox"/> Pictures Attached</p>	<p>In 2024, we supported Ladysmith caregivers through: 325 one-to-one support sessions for 54 caregiving families in Ladysmith. This included 1,199 points of contact through phone call check-ins, emails, and in-person support meetings for emotional support, healthcare systems navigation, and to provide caregiver educational resources.</p> <p>We also provided group sessions for 192 caregivers though 24 support groups at the Saltair Community Centre.</p> <p>Due to the confidential nature of our support services, we do not take photographs of our clients receiving service.</p>
---	--



## Grant-in-Aid - Report on Funding due December 31, 2024

Name of Organization	
<b>Cowichan Family Caregivers Support Society</b>	
Grant in Aid amount received from Town of Ladysmith	How much of your Grant in Aid funds are unspent as of Dec 31?
\$ 2,750	\$ 0
<p>Please provide a description of how the funds were used to support your event/project/service:                  Grant-in-Aid funding from the the Town of Ladysmith is used for direct delivery of our free community support services for caregivers. This includes emotional support, healthcare systems navigation, caregiver educational resources, connections and referrals to other community services, and support groups for our Ladysmith caregivers.</p> <p>The town of Ladysmith is gratefully acknowledged as a funder in our Annual Report, in our newsletters, and on our website. Our budget is for overall caregiver support and is not project or event based. Please find attached a copy of our 2024-25 Budget.</p>	
<p>Please describe how the community benefited from your event, project or service:                  In 2024, we supported Ladysmith caregivers through:                  325 one-to-one support sessions for 54 caregiving families in Ladysmith. This included 1,199 points of contact through phone call check-ins, emails, and in-person support meetings for emotional support, healthcare systems navigation, and to provide caregiver educational resources.                  We also provided group sessions for 192 caregivers though 24 support groups at the Saltair Community Centre.                  Due to the confidential nature of our support services, we do not take photographs of our clients receiving service.</p>	
Number of clients serviced or attendees	<b>See above</b>
Proof of acknowledgement of Town funding <input checked="" type="checkbox"/> Attached <b>Sample Newsletter attached</b>	
Signature	<i>Linda Dirksen Gale</i>
Name (print):	<b>Linda Dirksen Gale</b>
Date	<b>December 31st, 2024</b>

The personal information on this form is collected under the general authority of the *Community Charter and Freedom of Information & Protection of Privacy Act* (FOIPPA) and is protected in accordance with FOIPPA. Personal information will only be used by authorized staff to fulfill the purpose for which it was originally collected or for a use consistent with that purpose. If you have any questions about the use and collection of this information, contact the Corporate Officer at 250.245.6417 or [foi@ladysmith.ca](mailto:foi@ladysmith.ca).

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12/13/24

Accrual Basis

**Cowichan Family Caregivers Support Society**  
**Profit & Loss Budget vs. Actual**  
 April through October 2024

	Apr - Oct 24	Budget	\$ Over Budget
Ordinary Income/Expense			
Income			
4010 · Government			
4020 · Island Health ( VIHA)	40,250.00	69,000.00	-28,750.00
4030 · BC Gaming	15,000.00	15,000.00	0.00
4041 · Our Cowichan CHN- CVRD	2,000.00	0.00	2,000.00
4050 · Town of Ladysmith	2,750.00	1,000.00	1,750.00
4060 · Duncan Grant GIA	1,000.00	1,000.00	0.00
4070 · North Cowichan GIA	1,000.00	1,000.00	0.00
<b>Total 4010 · Government</b>	<b>62,000.00</b>	<b>87,000.00</b>	<b>-25,000.00</b>
4100 · Charity Organizations			
4031 · Duncan Dabbers	5,500.00	0.00	5,500.00
4105 · United Way of B.C.	84,975.00	84,975.00	0.00
4120 · Chemainus HealthCare Foundation	6,500.00	6,500.00	0.00
4121 · Chemainus HealthCare Auxiliary	0.00	5,000.00	-5,000.00
4122 · Co-op Peninsula	2,500.00	0.00	2,500.00
4130 · Ladysmith HealthCare Auxiliary	0.00	4,000.00	-4,000.00
4135 · Rexall Care Network	0.00	10,500.00	-10,500.00
4155 · Petro Canada Caremakers	0.00	0.00	0.00
4160 · Rotary - Duncan Daybreak	0.00	1,000.00	-1,000.00
4161 · Rotary- Duncan	0.00	1,000.00	-1,000.00
4162 · Rotary - Chemainus	0.00	1,000.00	-1,000.00
4165 · IA Financial Group	10,000.00	12,000.00	-2,000.00
4175 · 100 Men	11,590.00	11,500.00	90.00
4181 · 100 Women Who Care	0.00	0.00	0.00
4182 · 100 Warmland Women	6,400.00	0.00	6,400.00
<b>Total 4100 · Charity Organizations</b>	<b>127,465.00</b>	<b>137,475.00</b>	<b>-10,010.00</b>
4200 · Donations			
4210 · Donations - Received	400.00	2,000.00	-1,600.00
4230 · Donations - Other	0.00	0.00	0.00
4240 · Canada Helps	170.00	1,000.00	-830.00
4200 · Donations - Other	0.00	0.00	0.00
<b>Total 4200 · Donations</b>	<b>570.00</b>	<b>3,000.00</b>	<b>-2,430.00</b>
4300 · Fundraising Revenue			
4302 · Return-It Days	0.00	10,000.00	-10,000.00
4310 · Fundraising Event	0.00	0.00	0.00
<b>Total 4300 · Fundraising Revenue</b>	<b>0.00</b>	<b>10,000.00</b>	<b>-10,000.00</b>

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12/13/24

Accrual Basis

**Cowichan Family Caregivers Support Society**  
**Profit & Loss Budget vs. Actual**  
 April through October 2024

	Apr - Oct 24	Budget	\$ Over Budget
4400 · Other Revenue			
4405 · Memberships	90.00	125.00	-35.00
4410 · Interest Income	344.99	950.00	-605.01
4420 · GST Rebate	-101.03		
<b>Total 4400 · Other Revenue</b>	<b>333.96</b>	<b>1,075.00</b>	<b>-741.04</b>
<b>Total Income</b>	<b>190,368.96</b>	<b>238,550.00</b>	<b>-48,181.04</b>
<b>Gross Profit</b>	<b>190,368.96</b>	<b>238,550.00</b>	<b>-48,181.04</b>
<b>Expense</b>			
5000 · PAYROLL			
5001 · Payroll Expenses	77,158.45	112,685.40	-35,526.95
5002 · Payroll expenses and deductions	21,498.98		
5020 · Circle Program	0.00	0.00	0.00
5050 · Communications Program	5,771.36	0.00	5,771.36
<b>Total 5000 · PAYROLL</b>	<b>104,428.79</b>	<b>112,685.40</b>	<b>-8,256.61</b>
5035 · Mileage	0.00	0.00	0.00
5200 · Fundraising Expenses	0.00	100.00	-100.00
5300 · Other Operating Expenses			
5305 · AGM Costs	0.00	0.00	0.00
5310 · Bank Charges & Interest	142.35	364.60	-222.25
5311 · Canada Help Fees	4.80		
5316 · Travel General			
5315 · Travel - Mileage	1,437.28	1,575.00	-137.72
<b>Total 5316 · Travel General</b>	<b>1,437.28</b>	<b>1,575.00</b>	<b>-137.72</b>
5320 · Design & Printing Costs	2,182.19	3,000.00	-817.81
5330 · Dues, Fees & Memberships	200.00	650.00	-450.00
5340 · Equipment, Furniture, Software	0.00	500.00	-500.00
5350 · Accounting & bookkeeping fees	5,145.02	5,000.00	145.02
5355 · Gifts & Honoraria	170.98	0.00	170.98
5357 · Insurance and Legal Costs	528.68	1,750.00	-1,221.32
5365 · Advertising & Promotion	127.37	175.00	-47.63
5370 · Meeting Costs (AGM, Bd, Staff)			
5371 · Meeting Costs (Caregiver supp)	840.08	1,750.00	-909.92
5370 · Meeting Costs (AGM, Bd, Staff) - Other	0.00	350.00	-350.00
<b>Total 5370 · Meeting Costs (AGM, Bd, Staff)</b>	<b>840.08</b>	<b>2,100.00</b>	<b>-1,259.92</b>
5380 · Office Costs	1,061.84	700.00	361.84
5385 · Office Cleaning Costs	0.00	0.00	0.00
5390 · Books	0.00	0.00	0.00
5395 · Policy Manual Updating	820.00	2,556.00	-1,736.00
5400 · Rental Costs	6,064.27	6,504.20	-439.93

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12/13/24

Accrual Basis

**Cowichan Family Caregivers Support Society**  
**Profit & Loss Budget vs. Actual**  
April through October 2024

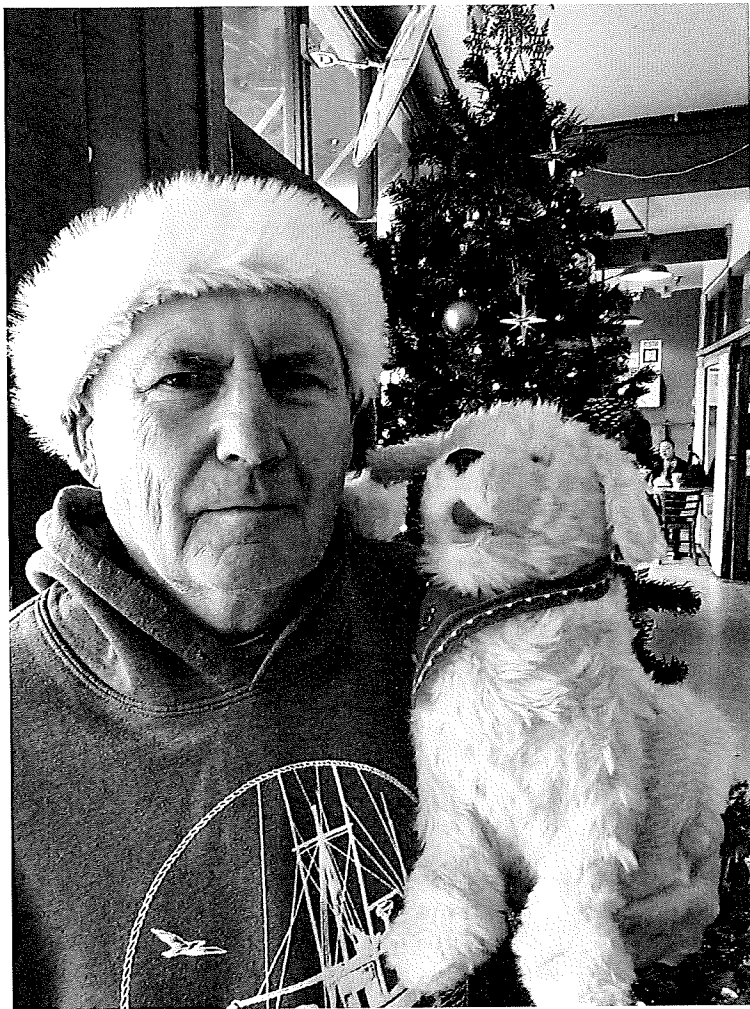
	<u>Apr - Oct 24</u>	<u>Budget</u>	<u>\$ Over Budget</u>
5410 · Telephone & Internet Costs			
5411 · Staff Phone	1,226.64	1,400.00	-173.36
5412 · Software Subscription Charges	1,542.16	2,770.00	-1,227.84
5410 · Telephone & Internet Costs - Other	1,328.83	1,015.00	313.83
<b>Total 5410 · Telephone &amp; Internet Costs</b>	<u>4,097.63</u>	<u>5,185.00</u>	<u>-1,087.37</u>
5420 · Training/Workshops/Conferences	1,125.00	1,000.00	125.00
5500 · Website Maintenance	1,126.48	1,500.00	-373.52
<b>Total 5300 · Other Operating Expenses</b>	<u>25,073.97</u>	<u>32,559.80</u>	<u>-7,485.83</u>
<b>Total Expense</b>	<u>129,502.76</u>	<u>145,345.20</u>	<u>-15,842.44</u>
<b>Net Ordinary Income</b>	<u>60,866.20</u>	<u>93,204.80</u>	<u>-32,338.60</u>
<b>Net Income</b>	<u><u>60,866.20</u></u>	<u><u>93,204.80</u></u>	<u><u>-32,338.60</u></u>

# Welcome to *Connect* Newsletter



Cowichan  
Family  
Caregivers  
Support  
Society

**December 2024 - Issue 55**



*Don is pictured here with "Andy", his pet companion and wonderful new family member. (See page 4 for more details.)*

## **Holiday Wishes**

From all of us at Cowichan Family Caregivers Support Society, we wish you and your loved ones a peaceful and joy-filled holiday season.

It is our privilege to serve the incredible community of caregivers in the Cowichan Valley. Every day we are inspired and humbled by their daily acts of courage, patience, dedication and love. We look forward to providing continued support to Cowichan caregivers in 2025.

Stay warm, take it easy, be gentle with yourself, and rest well over the holidays.



### ***In this issue...***

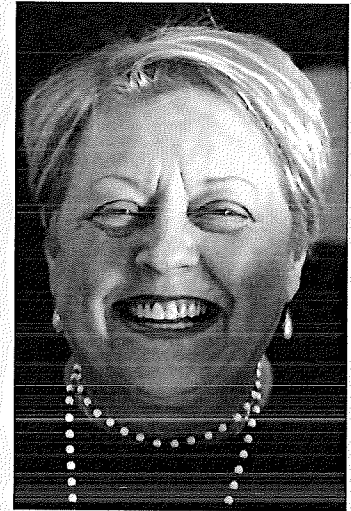
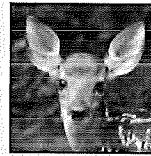
- Happy retirement to Kelly! (page 3)
- Donate to CFCSS this holiday season (page 3, 16)
- **NEW!** Companion Pet Pilot Program (page 5)
- Caregiver Library offerings (page 6)
- Finding Peace During The Holidays (page 6)
- Caregiver Reflections (pages 7-9)
- **NEW!** Java Social (page 10)
- Digital Workshops with Literacy Now (page 11)
- BC Dementia Care Memory Café (page 12)
- FCBC free online learning opportunities (page 13)
- 2025 Mindfulness classes from CCCE (page 14)



## **Happy Retirement to Kelly!**

Our dear Kelly is retiring! Kelly is known by staff and caregivers alike for her huge heart and unwavering positive attitude. Since 2021, Kelly has brought so much life and energy to her work with caregivers, and we are grateful for the time we have shared working alongside her.

Kelly, you will be missed! We wish you all the best in this exciting new chapter of your life. ;)



## **Christmas Donations Appeal**

**Our small and mighty team is passionate about serving local caregivers. We are so grateful for the grants and funding we receive each year, and to our regular donors who help to ensure we can continue providing this vital free service in our community.**

**Thank you for considering to support Cowichan Family Caregivers Support Society during this season of giving. We warmly welcome new society members and all financial contributions go directly towards our free services in the community. To donate, please go to page 15.**

**With warmth and gratitude,  
*Linda Dirksen Gale, Executive Director***



## **Our Free Support Services Can Help You**

### **One to One Support**

We meet with caregivers individually to provide confidential support. During a one-to-one support meeting, caregivers can ask questions, share their feelings, and receive helpful information and resources for their specific caregiving situation. Support can include assistance navigating the healthcare system, emotional support, referrals to other local services in the community, and caregiver education resources. Individual support can be provided through in person meetings, by video call, on the phone, or by email.

### **Support Groups**

Our facilitated support group meetings offer caregivers the opportunity to meet other caregivers, and share their experiences, feelings, strategies, and helpful resources. These support groups allow caregivers to expand their community and connect with other people who understand the emotions and unique challenges that caregivers experience. We offer six in-person support groups per month. Please contact us if you are interested in joining a support group.

### **Connection to Community Services**

Caregivers need community support. Providing information and referrals to other local services can help caregivers manage their daily responsibilities and challenges, in the way that best supports their caregiving situation. Various programs and services are specialized to help caregivers address specific needs. This can include information on seniors services, financial assistance, food resources, advocacy support, employment support, shelter, and more.

### **Healthcare System Navigation**

A diagnosis can be scary and overwhelming. Many services are available through Island Health. Our staff can help provide basic information about these services and how to access them. Understanding the healthcare system empowers caregivers to make decisions and access the support they need.

### **Caregiver Resources, Education, and More....**

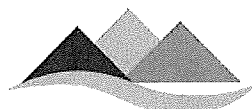
To refer yourself, or a caregiver you know to our services, please visit [familycaregiverssupport.org](http://familycaregiverssupport.org)

Or contact us at: 250.597.0886 or [hello@familycaregiverssupport.org](mailto:hello@familycaregiverssupport.org)

*Please include: 1. the caregiver's full name, 2. where they live in the Cowichan Valley, and 3. the best method of contact to reach them.*



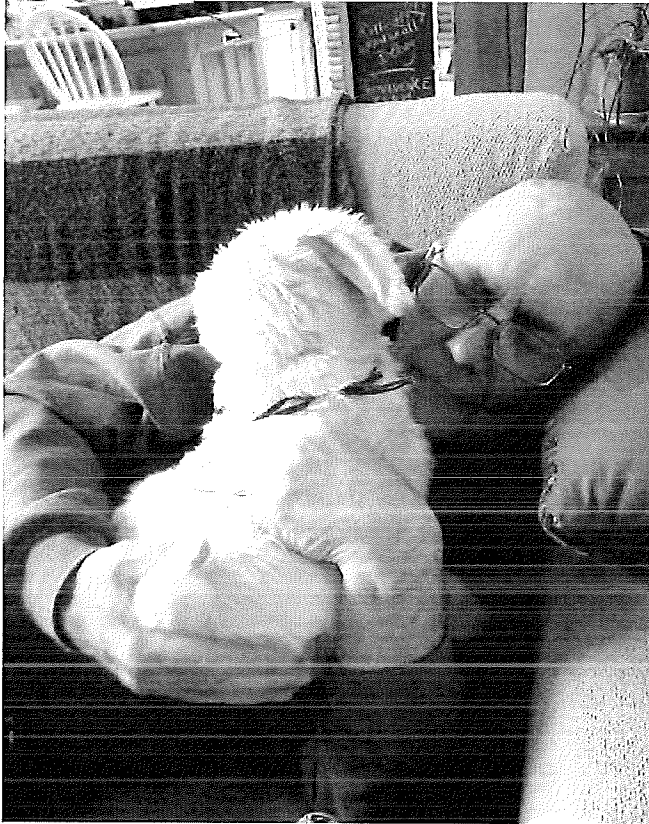
**United Way**  
British Columbia



**island health**

*CFCSS and the Family & Friend Caregivers Support Program is supported and generously funded by Island Health and by the United Way, through the BC Ministry of Health.*





Don and Andy having an afternoon nap.

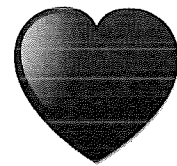
## Here's what one caregiver has to say about our Pet Companion Program...

*"Don is so enamored with little Andy. (I thought Annie would be an appropriate name, short for animated) but Don said he peeked and saw he was a boy dog!"*

*Don's doctor was so happy for Don. I wish I could have taken a photo of them.*

*It's so interesting how Don treats Andy like a live animal, yet I am sure he knows he is not alive? Regardless, Don finds incredible comfort and joy from Andy. Thank you to all who made this gift possible. Don has adopted Andy in the true sense of the word. If we could pay it forward in any way, count us in. We are so grateful to all who helped us adopt Andy."*

Don, Gerri and Andy...



Cowichan  
Family  
Caregivers  
Support  
Society

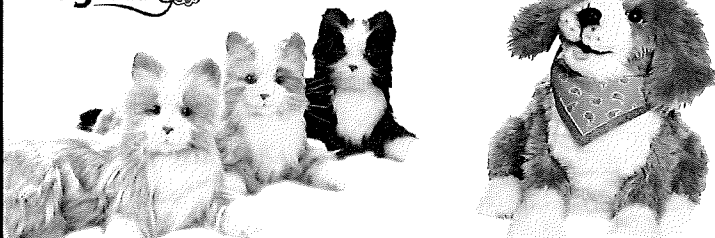


ELDERCARE  
FOUNDATION

In September 2024, we launched the Companion Pet Pilot Project. This new program provides much needed robotic companion pets to caregiving families who are supporting seniors with a dementia diagnosis. A huge thank you to the Eldercare Foundation for providing backbone support and generously matching funds raised for this new initiative.

Thank you also to OUR Cowichan for their financial support, and to The Poppy Fund donation for their financial contribution, for veteran caregivers to participate in the Pet Companion program.

**Legion** 

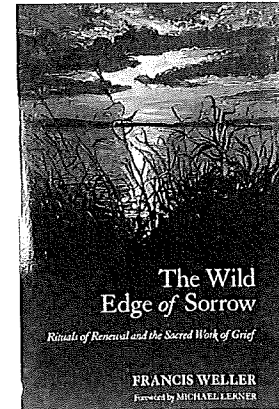
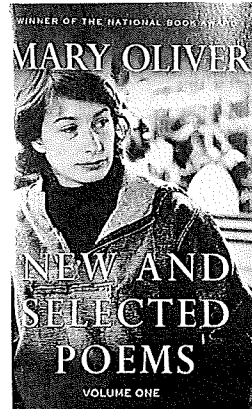
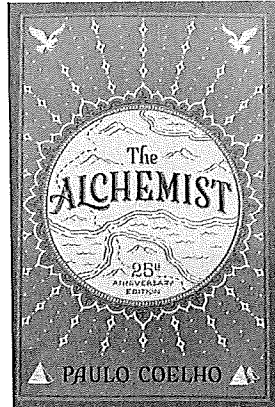
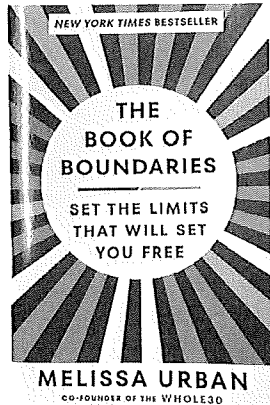


**LUNARBABOON**

CFCSS extends gratitude for the use of your comic art work in our Newsletter

<http://www.lunarbaboon.com/home/>

## Recommended Reads From Our Library








Come and peruse our carefully curated and ever-growing collection of books!

The lending library is located at our office at 135 Third St. in Duncan.

We are open every Wednesday from 10am - 2pm.

## Finding Peace During The Holiday Season

-  Slow the pace. The holiday season is not an emergency; there is no race to Christmas Day. Spend time outside. Taking a walk in the crisp winter air can uplift your spirits. Even just stepping outside for a breath of fresh air will support your nervous system.
-  Physical activity is a great stress reliever. Find time to move in ways that feel supportive to your body and mental health. Try gentle types of movement like stretching or dancing in the kitchen. Instead of going for coffee, take walks with family or friends who are in town for the season.
-  Set healthy boundaries with friends and family. Decide in advance the number of events you are comfortable attending. It's essential to have some quiet time away from others so you can reconnect with yourself. Look for moments in your schedule where you can enjoy solitude, even if it's just a 15-minute break to breathe. If you are feeling lonely, check out the many free community gatherings that are offered throughout December.
-  The "Holiday Blues" is a real thing. It's that feeling of being sad or overwhelmed during the holidays. The reasons can vary. The days are shorter, colder, and darker. There is pressure to be joyful when you might not feel that way. Family gatherings can be stressful. For those with mental health challenges, these feelings can be even stronger. Awareness of the "Holiday Blues" can help you prepare and take care of yourself. Be gentle with yourself, and remember that your well-being is the top priority. Make a list of simple things that nourish and uplift you. It's okay if you're not feeling festive all the time. Take things one step at a time, and know that you CAN ask for help. Research shows that asking for help can be a meaningful gift to another person.
-  If you're grieving, or if you find yourself walking a hard road right now, be sure to give yourself lots of compassion. It's ok if this year is not all that you hoped. Expectations set us up for disappointment. Letting go of those expectations will help you find a sense of peace. Try to enjoy each moment as it comes. Let go of preconceived ideas of your ideal holiday gathering. Allow family members and friends the opportunity and grace to just be themselves. This is a gift we can all give to each other, and ourselves.

## Caregiver Reflections

When caregivers share their real stories, it encourages all caregivers. Though each experience is unique, most caregivers find they have a great deal of thoughts and feelings in common. This connection and understanding helps caregivers feel less alone on their caregiving journeys. Much gratitude to Peter for sharing his caregiving reflections.

*Caregiver Interview with Peter - Facilitated by Caregiver Support Lead, Lynne*

### **Could you please share a little bit about yourself and your caregiving role for our readers?**

I was born and raised in Montreal, Quebec. In 1971 I married my high school sweetheart and soul mate, Alma. We had two beautiful children, and travelled as often as we could when they were young. I have always been comfortable with change so, in 1999, we moved from our hometown to Calgary. We continued West from there, and we finally settled and retired in Ladysmith in 2014. I am 75 years old, but have a 7 year old that lives within me. He is full of life and keeps me focused.

I credit my mom for laying down a foundation of self-sufficiency and autonomy, by teaching me life skills such as cooking, baking, ironing, sewing, how to do the laundry, making my own decisions, and making mistakes...and having to solve them on my own. She always taught me to be kind, and to think of others.

After my mom passed away from lung cancer at the age of 55, it took me years to grasp and appreciate her gifts of strength, love, wisdom, patience, and not to fear death. These gifts have all had a significant impact on my life.

Dementia is familiar to me; I was 49 when I became the sole caregiver for my aunt who had Alzheimer's. I had to arrange for her to enter a long-term care facility, and I had also took over caring for her two sisters, as she was their primary caretaker before she developed dementia. Acquiring responsibility for three people at one time had real challenges, struggles, and everlasting visions pertaining to the cruelty of dementia. My sister lessened the burden by taking on the caregiver role for one of our aunts.

My wife Alma was diagnosed in mid-2015 with MCI (Mild Cognitive Impairment). The first five years, with the exception of her anxiety and panic attacks, we had a pretty normal quality of life. Our focus, with our daughter Christina leading the way, was to research the root cause of dementia, in an attempt to slow both the progression of the disease, and reduce Alma's anxiety and panic attacks. My goal is to keep her at home to the end of life.

In April of 2016 we expressed interest in participating in a clinical trial at the UBC Hospital for Alzheimer's disease. In May of that year Alma participated in the pre-screening process but, unfortunately, was not accepted. In an attempt to continue our fight against the disease we sought the help of a naturopath, and also tried many other things such as; supplements, hypnosis therapy for anxiety and panic attacks, photo-biomodulation (laser and red light therapy), ketogenic diet, and so much more, all to no avail. Alma's dementia continued to progress.

In 2017 we decided to try a medication for Alzheimer's that showed some benefits, slowing the progression in certain studies. But Alma, like many others, did not react well and the side effects outweighed the benefits. Actually, there were no benefits, unfortunately. Today she is on a drug called Trazodone for anxiety that appears to be somewhat working.

The last four years have been more challenging with Alma's memory declining. COVID-19 restrictions complicated things and further advanced her decline. On the morning of our 52<sup>nd</sup> anniversary, I hugged and kissed my wife, like we do every morning, and I said, "I love you and happy anniversary". She gently pushed me away and looked at me said, "We're not married, I wouldn't forget anything like that." I said, "I guess we've been living in sin for the last 52 years." Her response was, "In your dreams!" All I could do was smile and tell her she was beautiful and awesome.

Initially I was stunned, thinking she was kidding. But when I realized she wasn't, it became a moment of joy...as I was now her boyfriend, hence my two Alma's.

### Caregiver Reflections continued

The last six months have seen a more rapid decline, forcing me to re-evaluate how to best take care of her and what the near future really holds. In October, while watching *Britain's Got Talent* on TV, Alma turned to me and said "I'm not sure when my husband is going to make it home tonight." I said, "Oh" and deflected back to the program. As quick as her comment was made, it was forgotten.

Being a caregiver takes enormous amounts of patience, not taking your-self seriously, not sweating the small stuff, and looking for ways to create moments of joy every day. Joyful moments, for us, can be as easy as just getting out for a walk or doing silly things...like dancing in the garage with music, or dancing without music in a shopping centre or parking lot. Or, consistently reminding her she is beautiful, awesome, and how much she is loved. The most difficult part is the feeling and emotion of losing her. I have two Alma's and I need to support her journey at this point in time, by creating everyday moments of joy for both of us.

#### **What helpful habits or practices have you developed to support or prioritize your needs?**

Listening to music, active workouts, self-reflection, and constantly reminding myself to not sweat the small stuff, be open to asking for help, and creating moments of joy every day for both of us.

I like quotes and stories that inspire, keep me focused and become part of my life. Two that resonate with me due to their simplicity are:

*"Everything we experience in life prepares us for what is yet to come."*

As described in the Cherokee story of the two wolves...which portrays an elder speaking to his grandson, and the elder explains...

*Inside of me there are two wolves.*

*One of the wolves represents the dark side of my thought and feelings.*

*The other wolf represents my more positive and loving thoughts and feelings.*

*The wolves are in a battle.*

*When the grandson asks which wolf wins, the elder reflects, "the wolf I feed the most".*

*The story goes on to explain that both wolves do require attention, otherwise the dark side will always be lurking in the corners. We must acknowledge both sides of ourselves and treat each side with respect, care and self compassion.*

#### **How does the word 'caregiver' fit for you?**

At our wedding the minister made a statement, "today, two shall become one". We are soul mates for life. So my caregiver role fits me perfectly. Alma has been our primary family caregiver for the majority of our married life and now it's my time. I feel we are all caregivers in some fashion during our life. How we deal with it becomes a choice that often requires us to ask for help.

#### **What is the gift (or what is rewarding) in the caregiving journey for you?**

The fact that I am Alma's caregiver, how I can make us feel, and that I am making a difference in the quality of our life together.

**"Reach out with love and compassion to help others,  
without concern for what comes back to you."**

**-from the CFCSS caregiver wisdom wall**

## Cowichan Family Caregivers Support Society

### **How has your caregiving role evolved over time?**

It has evolved from being easy at first, to being somewhat challenging, to at times very challenging. Things can change at any moment depending on the situation. Being flexible and adapting to immediate change, trying to be consistently tactful, and exhibiting super powers of patience is difficult, when they all occur at the same time.

### **What do you think of when you hear the words: self-care?**

Awareness of who you are, acknowledging your vulnerabilities, your needs, asking for help. Staying strong by taking care of yourself; to get through heartbreak, brutally tough, and emotionally tough times. The key for me is to be proactive in addressing a number of *what if's*, such as: *What if I pass away first? What will my life look like if she is in long term care? What will my life be like without her? Where will I live? What if I can no longer drive, etc.?*

### **What kind of self-care do you find essential while caregiving?**

Eating properly, physical fitness, staying socially active, self-reflection, and daring myself to be remarkable by creating moments of joy every day. Those first three things are, at times, the most difficult for me.

### **Do you have a piece of hard-won wisdom you'd like to share with other caregivers?**

Acknowledging my grief (one of the wolves), and that I am slowly losing the love of my life. The reality that I have two Alma's (and our daughters have two moms). That I need to be on HER journey full-time, in order to mitigate the frustration we were both experiencing. This has proven to work for us. Accepting fibbing as the new norm helps us manage daily challenges. It makes life significantly easier and less stressful for both of us. Acknowledging my inner struggles (as part of the two wolves that live within me). One of the wolves is sad, grieving and lonely. The other wolf is happy, loving and content. The sad wolf fights the happy wolf all of time, and both are a part of this journey.

### **Can you share a time when some unexpected or useful help came that made a difference for you?**

The special relationships that have developed with friends, past colleagues, and people that just happened into my life. People who have openly shared their feelings and emotions as caregivers, including losing their spouse and mourning. All of this resonates with me. Sometimes love hurts and you need to live boldly and push yourself.

Connecting with another caregiver, whose wife is in long-term care, has developed into an awesome friendship. We share our feelings; we can both shed tears and toss out that myth that real men don't cry. We golf, have lunch together, we have visited each other's homes and met each other's wife. Our coming together has made and continues to make a significant difference in each of our lives.

### **What do you find useful when accessing support from Cowichan Family Caregivers Support Society?**

The awesome facilitators; many if not all of whom have been, or are, caregivers themselves. They are passionate, enthusiastic, professional, positive, and authentic. They understand and easily connect with you.

The Society's awareness of resources helped me make meaningful choices towards future planning. Personally, my face-to-face meetings with my group facilitator, Lynne, and previously with Amanda, have been significantly valuable towards navigating through the system and my personal wellbeing.



*If you would like to contribute a caregiver reflection to our newsletter, email [hello@familycaregiverssupport.org](mailto:hello@familycaregiverssupport.org)*

*You are invited!*

# JAVA SOCIAL



Java social is an opportunity for caregivers to have a coffee or tea and meet new friends, while getting to know yourself better through guided journaling, exploration, and reflection. Join us as we explore a different theme each week.

*Join us we would love to see you!*

Pre-registration is required and space is limited.  
Date: Mondays (except holidays and office closures)  
Time: 1:00 - 2:30 pm in Duncan.

To register please call 250.597.0886  
Or email [hello@familycaregiverssupport.org](mailto:hello@familycaregiverssupport.org)

# DIGITAL WORKSHOPS

**FREE**

**FOR SENIORS  
60+**

**COFFEE AND MUFFINS  
FROM 9:30AM  
WORKSHOP 10-11AM**

**AT: 213B - 80 STATION ST  
LITERACY NOW COWICHAN  
LEARNING CENTRE**

**MONDAY,  
DECEMBER 9**

## **ONLINE SCAMS**

Identify, avoid, and  
recover from internet  
scams.



**MONDAY,  
DECEMBER 16**

## **INTERNET SECURITY**

Tips on how to  
safely bank and  
shop online.



### **MORE WORKSHOPS IN 2025**

JANUARY 13  
JANUARY 20  
JANUARY 27  
FEBRUARY 3  
FEBRUARY 10

Topics to be determined!

No registration needed. Come to as many workshops as you want!

**BROUGHT TO YOU BY:**

Literacy Now  
**cowichan**



BC ASSOCIATION OF  
**Community Response Networks**  
*Stopping Adult Abuse and Neglect ...Together.*


VOLUNTEER  
**cowichan**

## Cowichan Family Caregivers Support Society


Happy holidays from the  
CFCSS Board of Directors.

 Dan Vaillancourt  
President

 Cathy Elford  
VP, Policy Development

 Jan Thompson  
Secretary, Board Oversight

 Ellen Mitchell  
Privacy Officer

 Robert Weston  
Member at large

If you are interested in learning more about  
our board of directors, please email:  
[board@familycaregiverssupport.org](mailto:board@familycaregiverssupport.org)

## Caring for the Caregiver




Caregiving for your loved one  
through serious illness can  
be overwhelming.

We can help.

Cowichan Hospice offers a weekly  
Zoom Caregiver Support Group.

If you are interested in learning more, please email  
Lisa Chileen at: [lichileen@cowichanhospice.org](mailto:lichileen@cowichanhospice.org)

 250-701-4242 • [cowichanhospice.org](http://cowichanhospice.org)  
3122 Gibbins Road • Duncan

## MEMORY



## COWICHAN

A weekly social gathering for care partners  
and their loved one with memory loss to  
relax, unwind, and have fun.  
Join us as we joyfully engage in creative  
activities and make social connections.

**Mondays 10:45am-12:45pm**

**Kerry Park Recreation Centre  
(Mill Bay Hall) in Mill Bay**

4 Weekly Sessions (no session Apr 21)  
\$10 total (for 2 people/4 sessions)  
Feb 24-Mar 17 (CODE: 88095)  
Mar 31-Apr 28 (CODE: 88096)

**Fridays 10:00am-12:00pm**

**Cowichan Community Centre  
in Duncan**

5 Weekly Sessions (no session Apr 18)  
\$20 total (for 2 people/5 sessions)  
Feb 21-Mar 21 (CODE: 88009)  
Apr 11-May 9 (CODE: 88010)

Coffee, tea & snacks provided  
Pre-registration is required  
and space is limited  
(First come, first served)



**Register NOW!**

Online:  
[www.reccowichan.ca](http://www.reccowichan.ca)

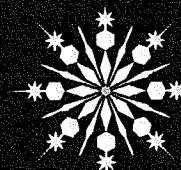
By phone: (during office hours)  
250-743-5922 Mill Bay  
250-748-7529 Duncan

In-person: (during office hours)  
Kerry Park Recreation Centre,  
Cowichan Community Centre

For more information, email:  
[info@bcdementia.ca](mailto:info@bcdementia.ca)

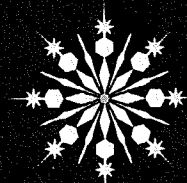
Supported in part by the  
Government of Canada  
through the Alzheimer Society of Canada

Canada



Every piece of the universe,  
even the tiniest  
little snow crystal,  
matters somehow.  
I have a place in the pattern,  
and so do you.

- TA Barron





## Cowichan Family Caregivers Support Society

### Free Online Learning & Support Opportunities from Family Caregivers of BC

#### Caregivers Connect: BC's Virtual Caregiver Café (Free Peer Support Group)

**DATE:** Thursday December 12th, 2:00 pm - 3:30 pm (online)

This monthly peer support group brings people from across the province together around a shared experience of caregiving for a family member or friend.

**Registration:** Caregivers Connect: BC's Virtual Support Group (Free Peer Support Group) - Family Caregivers BC

You will get a password and instructions to join the Zoom Virtual Group. Please note that when joining you can choose to share your first name or create an anonymous username.

#### Working Caregivers Connect: BC Virtual Support Group

**DATE:** Tuesday December 17th, 7:00 pm - 8:30 pm (online)

We invite working caregivers to our monthly peer support group. This inclusive space is open to all, fostering a supportive environment where you can freely share your experiences, seek valuable advice, and connect with others who are also navigating the delicate balance between caregiving and work. This is an open group by registration.

**Registration:** Please pre-register for this event online via:

<https://form.jotform.com/230375918320252>

#### Caregiver Coaching Program

Are you feeling overwhelmed in your role as a caregiver? Are you unsure of what to do next or where to go for help? We have a Caregiver Coaching service, where caregivers are provided free, one-on-one sessions that are designed to help empower you to find solutions and answers.

**A Caregiver Coaching session is beneficial, if:**

- You are helping to care for a family member or friend with complex needs.
- You need support and guidance navigating the health care system to ensure your care recipient is receiving the right type of support at the right time.
- You are ready to take action.

**Caregiver Coaching Sessions Include:**

- A discovery process to gather information about your caregiving situation. This can be done prior to your session or right at the beginning, and takes about 10 minutes.
- A call with a Caregiver Support Coach who will assess your needs and help you prioritize areas requiring immediate support and action.
- Recommendations and tips from your Caregiver Coach to help you generate an action plan, which may include learning how to navigate the health care system, prioritizing next steps, and strategies to stay healthy while being busy and under stress.

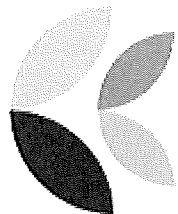
**For more information or to get help registering:**

**Email:** [cgsupport@familycaregiversbc.ca](mailto:cgsupport@familycaregiversbc.ca)

**or call:** 1-877-520-3267



To view the full FCBC calendar of events visit: <https://www.familycaregiversbc.ca/calendar/>



Canadian Centre for  
Caregiving Excellence

Centre canadien d'excellence  
pour les aidants

CAMH is hosting *Mindfulness in 30 and 60* a free drop-in mindfulness session for caregivers, care providers in health, home care and disability support services, as well as leaders and management professionals in developmental services. The program was developed at the CAMH Azrieli Adult Neurodevelopmental Centre with support from the Canadian Centre for Caregiving Excellence.

## 2025 Offerings

### **Mindfulness in 60 minutes...**

Mindfulness Program for Family Caregivers (*60 minutes*)

**Designed for family members supporting people with a disability, aging, or a challenging illness.**

Jan 28 to Mar 4 | Tuesdays | 10:00 am - 11:00 am PST

May 9 to Jun 13 | Fridays | 10:00 am - 11:00 am PST

Oct 7 to Nov 11 | Tuesdays | 10:00 am - 11:00 am PST

Register here: [Mindfulness for Family Caregivers](#)

### **Mindfulness in 30...**

Mindfulness in 30 Program for All Care Providers (*30 minutes*)

**For anyone needing a quick recharge and stress relief-- family caregivers, healthcare leaders, and frontline professionals.**

Mar 19 to Apr 9 | Wednesdays | 9:30 am -10:00 am PST

Sept 17 to Oct 8 | Wednesdays | 3:30 pm - 4:00 pm PST

Nov 26 to Dec 17 | Wednesdays | 9:30 am -10:00 am PST

Register here: [Mindfulness in 30](#)

For more information: 1-416-322-5928 / [info@canadiancaregiving.org](mailto:info@canadiancaregiving.org)

# Cowichan Family Caregivers Support Society

## Thank You to our 2024 Funders!

We gratefully acknowledge the financial support from the following:

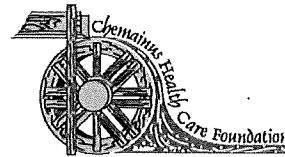
- United Way of British Columbia
- Island Health
- iA Financial Group
- Island Return It
- Rexall Care Network
- Chemainus Healthcare
- Chemainus Healthcare Auxiliary
- Ladysmith Healthcare Auxiliary
- The Town of Ladysmith
- OUR Cowichan Communities Health Network
- Duncan Dabbers Bingo Society
- 100 Warmland Women
- 100 Men Who Care
- North Cowichan
- City of Duncan
- Peninsula CO-OP
- Eldercare Foundation



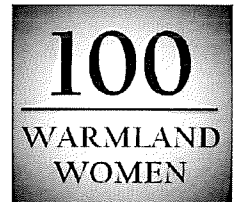
**United Way**  
British Columbia



Foundation



Duncan Dabbers Bingo Society

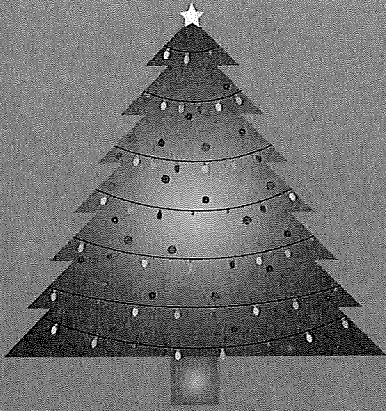


CFCSS newsletters are made possible through the generous funding of BC Community Gaming Grants.



**BRITISH COLUMBIA**

## Cowichan Family Caregivers Support Society



The Cowichan Family Caregivers Support Society has been providing free support services to caregivers in the Cowichan Valley since 2000. We are grateful to receive community and individual donations.

*Thank you for considering a donation to our society.*

### 3 Ways to donate:

1. Online at CanadaHelps.org:

<https://www.canadahelps.org/en/charities/cowichan-family-caregivers-support-society/>



2. By e-transfer to: [donations@familycaregiverssupport.org](mailto:donations@familycaregiverssupport.org)

3. By cheque to: Cowichan Family Caregivers Support Society  
135 Third St. Duncan, BC.  
V9L 1R9

The Cowichan Family Caregivers Support Society is a Canadian registered charity. (Registration number 867610446RR0001)

To become a member of the  
Cowichan Family Caregivers Support Society  
please click on this link to print or fill out our new  
online form:

[CFCSS Membership form](#)



Our Website Is A Great Resource!  
[familycaregiverssupport.org](http://familycaregiverssupport.org)



Find us on  
**facebook**

**#12**

**Ladysmith Family &  
Friends (LaFF)**

**\$2,500**

Grant-in-Aid - Report on Funding due December 31, 2025 <sup>4</sup> *gn*

Name of Organization	
<b>Ladysmith Family and Friends</b>	
Grant in Aid amount received from Town of Ladysmith	How much of your Grant in Aid funds are unspent as of Dec 31?
\$ 2500. ✓	\$ 0
<p>Please provide a description of how the funds were used to support your event/project/service:</p> <p>Funds were used to support LaFF's Family Resource Program, specifically helping with facilitation costs and costs associated with Food Equity activities, which help to reduce poverty for our young families with children aged 0-6, and help to provide meaningful volunteer opportunities for seniors in our community.</p>	
<p>Please describe how the community benefited from your event, project or service:</p> <p>Last year, LaFF served 530 of the region's most vulnerable families, about 2258 individuals. and made over 15,000 connections with these families over 245 days of programming inside Aggie Hall and outside, during the day and in the evening. We provided mental health supports, food from our pantry and daily prepared meals, pantry bags and healthy snack bags over spring and summer breaks (500+), themed educational kits, clothing for kids, hygiene products, volunteer opportunities (1328 hours), access to community resource providers and much-needed opportunities for connection for our families and our Ladysmith senior volunteers. Our Executive Director continued to be engaged in the Poverty Reduction Task Group and the Food Equity Committee and served as the Chair of the Ladysmith Early Years Partnership. These expanding roles outside of LaFF ensured that the needs of the community were being met, while ensuring there was no duplication of service.</p>	
Number of clients serviced or attendees	2258
Proof of acknowledgement of Town funding <input type="checkbox"/> Attached	
Signature	<i>J. Neligan</i>
Name (print):	Jacqueline Neligan
Date	Dec 13 2024

The personal information on this form is collected under the general authority of the *Community Charter and Freedom of Information & Protection of Privacy Act* (FOIPPA) and is protected in accordance with FOIPPA. Personal information will only be used by authorized staff to fulfill the purpose for which it was originally collected or for a use consistent with that purpose. If you have any questions about the use and collection of this information, contact the Corporate Officer at 250.245.6417 or [foi@ladysmith.ca](mailto:foi@ladysmith.ca).

# LaFF

LADYSMITH  
FAMILY + FRIENDS  
RESOURCE PROGRAM



A family resource program and non-profit society that provides inclusive, interactive opportunities for the development of children, families and community.

## LaFF Mornings

An opportunity to connect with other families and LaFF facilitators, build community, engage in activities as well as access LaFF's clothing exchange and food pantry. Drop-in program for children ages 0-6yrs and their caregivers. Suggested min donation of \$4 per/family.

## LaFF'ternoon

An opportunity to circle up and build community/connection for yourself and your littles. Access LaFF's clothing exchange and food pantry. Drop-in program for children up to 1 yr or pre-walking and their caregivers. At this time, older siblings are asked to not attend, please make other arrangements. Suggested min donation of \$4 per/family.

## LaFF Outside

An opportunity to connect with other families and LaFF facilitators, build community, have fun outdoors and engage in activities. Drop-in program for children ages 0-6yrs and their caregivers. Suggested min donation of \$4 per/family.

## SEWcial

A place for learning and community. Bring your sewing machine/supplies or other projects to work on (mending, knitting, crafting, hobbies) and create community and learn together. Or lend a hand with a LaFF project. Suggested min donation of \$4 per/person.



For program day, time and location please visit our website:  
[www.familyandfriends.ca](http://www.familyandfriends.ca)



Working with communities in BC's  
Interior, Lower Mainland, Central  
& Northern Vancouver Island



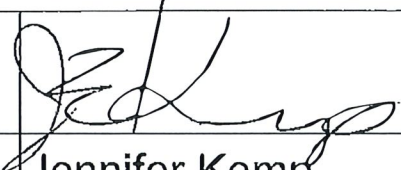
**#13**

**Big Brothers Big  
Sisters Central  
Vancouver Island**

**\$2,250**



# Grant-in-Aid - Report on Funding due December 31, 2025<sup>4</sup>

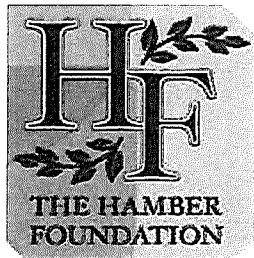
Name of Organization	
<b>Big Brothers Big Sisters of Central Vancouver Island</b>	
Grant in Aid amount received from Town of Ladysmith	How much of your Grant in Aid funds are unspent as of Dec 31?
\$ 2250.00	\$ 0
<p>Please provide a description of how the funds were used to support your event/project/service:</p> <p>Program supplies are provided for Ladysmith Primary School, Ladysmith Intermediate, and École North Oyster, as well as for teens upon request. These supplies include board games, arts and crafts materials, Lego, model vehicles, and baking items. The program culminates in a year-end event—a pizza-building party with all ingredients provided, along with juice, water, and dessert for every participant. Additional expenses to consider include mileage: Ladysmith Secondary School and North Oyster liaisons transport TISM participants between LSS and ENO weekly, while BBBS CVI staff travel regularly from Nanaimo to Ladysmith to meet with program participants and SD68 support staff.</p>	
<p>Please describe how the community benefited from your event, project or service:</p> <p>The Teen In-School Mentor program delivers significant benefits to the community by fostering the personal growth of mentored children and youth. Participants gain greater self-confidence, heightened self-awareness, improved social skills, a stronger commitment to learning, and enhanced communication abilities.</p>	
Number of clients serviced or attendees	19 Mentees and 21 Teen Volunteers.
Proof of acknowledgement of Town funding <input type="checkbox"/> Attached <input checked="" type="checkbox"/> Attached	
Signature	
Name (print):	Jennifer Kemp
Date	12-12-2024

The personal information on this form is collected under the general authority of the *Community Charter and Freedom of Information & Protection of Privacy Act* (FOIPPA) and is protected in accordance with FOIPPA. Personal information will only be used by authorized staff to fulfill the purpose for which it was originally collected or for a use consistent with that purpose. If you have any questions about the use and collection of this information, contact the Corporate Officer at 250.245.6417 or [foi@ladysmith.ca](mailto:foi@ladysmith.ca).

# OUR DONORS AND SUPPORTERS



**CANADIAN  
RED CROSS**



**\$10,000+**  
BC Gaming Commission  
Canadian Red Cross  
City of Nanaimo  
Telus Friendly  
ZLC Foundation



**Rotary**  
Club of  
Nanaimo North

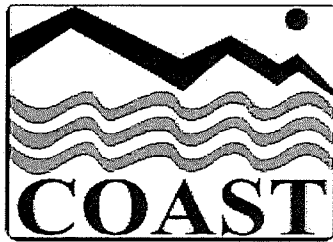


**REGIONAL  
DISTRICT  
OF NANAIMO**

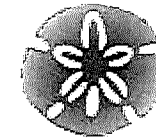
**\$5000+**  
Ames Family Foundation  
Harbour City Bingo  
United Way of British Columbia



**The  
Ames  
Foundation**  
Empowering communities. With support.



**\$1000+**  
BC Employer Training  
CKNW Kids' Fund  
Coca Cola  
Hamber Foundation  
Rotary Club of Nanaimo North  
Town of Ladysmith



City of  
**Parksville**



**\$500+**  
City of Parksville  
Leadership Society of Vancouver Island  
Janet Wright



**United Way**  
British Columbia

City of Parksville

Under \$500

Melody Falconer  
Patricia Newton  
Trevor Banks  
Russ MacDonald  
Xian Feng Huang

Coast Distributors (Nanaimo) Ltd.  
Elite Image Software Corporation  
Hans Bischoff  
Kim Feltham  
Light of Christ Church



DESIGN. PRINT. WEB. SIGNS.

**#14**

**Ladysmith  
Skatepark Society**

**\$2,500**



**GRANT-IN-AID REPORT ON FUNDING**  
**Due on or before DECEMBER 31st**

Name of Organization	Ladysmith Skatepark Society
Application Contact	
Mailing Address	
Town/City	
Postal Code	
Email Address	

Description of Event or Project/Service Completed	<p>The Ladysmith Skatepark Collective, together with community members, spent countless hours this summer and early fall painting the community skatepark.</p> <p>A Ladysmith resident artist supported with the design, ensuring to include skatepark user feedback as the designs were created. In the evenings, a group of volunteers would join the the artist in projecting the images onto the park and outline the designs with marker. During the day painters would fill in the designs with paint. Painting took place throughout the summer and into the fall.</p> <p>We have seen various positive outcomes from this project including:</p> <ul style="list-style-type: none"> <li>- Improved asthetics of the skatepark which has been commented on by many community members and skatepark users</li> <li>- Significant decrease of grafitti and tagging of the skatepark. Parks and Rec staff have noted that youth are more interested in caring for the skatepark</li> <li>- Increase in daycare and summer camp groups using the space as a recreational area for kids</li> </ul>
---	--

Total Amount Received from Town of Ladysmith	<b>\$2500</b>
--	---------------

Please attach a budget sheet outlining all the costs related to this project.

Attached

<p>Please provide a description of how the funds were used and attach picture of the project / event / service.</p> <p><input checked="" type="checkbox"/> Pictures Attached</p>	<p>The funds were used to purchase the following:</p> <ul style="list-style-type: none"> <li>- Many gallons of paint</li> <li>- Primer</li> <li>- Paint trays</li> <li>- Painters tape</li> <li>- Paint mixer</li> <li>- Paint brushes</li> <li>- Paint mixer</li> </ul> <p>It is important to note that we also received various donations both in-kind and financial that also supported the painting. This includes donations from: Ladysmith residents, DBC painting, Sherwin-Williams, Duncan Hyundai, Rona+, Home Hardware, Benjamin Moore and Hillside Pharmacy.</p> <p>All painting was carried out by community volunteers including skatepark users, parents of skatepark users and other community members.</p>
--	--



Photos of the skatepark being painted

