FCSS Agenda

April 8, 2024 at 4:00 p.m. Town Office Council Chambers 502 -2nd Avenue



VISION

Bassano FCSS is a strong partner in a healthy community.

Mission

Bassano FCSS works to build a strong community through locally driven proactive partnerships and preventative programming.

- 1. Call to Order
- 2. Attendance and Regrets
- 3. Adoption of Agenda for April 8, 2024
- 4. Adoption of Minutes
 - 4.1 Minutes of March 4, 2024
- 5. Financial Summary
 - 5.1 Financial Statement for period ending March 31, 2024
- 6. Director's Report
 - 6.1Period ending March 31, 2024
- 7. Unfinished Business
 - 7.1 P-FCSS013 Community Garden Programming Policy Proposed
- 8. New Business
 - 8.1 Babysitters Home Alone Program- Open Discussion
 - 8.2 May Programming
- 9. Correspondence

None

10. Adjournment

Next Meeting Date: May 5, 2024 at 4:00 p.m.



MINUTES OF THE REGULAR BASSANO FCSS ADVISORY BOARD MEETING HELD ON March 4, 2024

ADVISORY BOARD MEMBERS

- Tammie Hauck
- Christine Petkau
- Heather Basarab
- Alice Slomp
- Evelyn Jensen
- Kevin Jones
- Skye Chartrand

ADMINISTRATION

- Amanda Davis, CAO
- Amanda Barron, FCSS Director

1. CALL TO ORDER

CHAIR HAUCK called the meeting to order at 3:36 p.m.

2. ATTENDANCE AND REGRETS

- Kevin Jones
- Alice Slomp
- Amanda Davis, CAO

3. ADOPTION OF AGENDA

FCSS26/2024 Moved by **MEMBER JENSEN** that the March 4, 2024 agenda is approved as presented.

CARRIED

4. MINUTES OF FEBRUARY 5, 2024

FCSS27/2024 Moved by **CHAIR HAUCK** to approve the minutes of the February 5, 2024 FCSS Advisory Board meeting as presented.

CARRIED

5. FINANCIAL SUMMARY

FCSS28/2024 Moved by **MEMBER PETKAU** to approve the financial summary for the period ending February 27, 2024 as presented.



Regular FCSS Meeting Minutes
March 4, 2024
CARRIED

Member Chartrand entered at 3:45 p.m.

6. **DIRECTOR'S REPORT**

6.1 Director's Report - February 29, 2024

FCSS29/2024 Moved by **MEMBER CHARTRAND** that the FCSS Directors report for the period ending February 29, 2024 is approved as presented and discussed, attached to and forming part of these minutes.

CARRIED

7. CAO REPORT

None

8. UNFINISHED BUSINESS

None

9. **NEW BUSINESS**

9.1 MENS HEALTH MONTH - MANVAN

FCSS30/2024 Moved by **MEMBER BASARAB** that the FCSS Advisory Board requests the MANVAN to host a free clinic in Bassano that offers free PSA (Prostate Specific Antigen) blood testing used for the early detection of Prostate Cancer to men in June 2024.

CARRIED

9.2 2024 APRIL PROGRAMS

FCSS31/2024 Moved by **MEMBER JENSEN** that the FCSS Advisory Board proceeds with the creation of 60 Gratitude Journals to be distributed at no cost to the public with a budget not exceeding \$200.00.

CARRIED

FCSS32/2024 Moved by **CHAIR HAUCK** that the FCSS Advisory Board host a Spring Tea and Hat making event at Bassano Community Hall in the month of April for the community with tea/coffee and squares with a budget of \$300.00.

CARRIED

10. CORRESPONDENCE



Regular FCSS Meeting Minutes March 4, 2024

10.1 Quality of Life Survey 2023 – Grasslands Regional FCSS - Bassano

FCSS33/2024 Moved by MEMBER PETKAU to accept the correspondence and file the item as

information.

CARRIED

FCSS34/2024 Moved by CHAIR HAUCK that the FCSS Advisory Board to move the April Advisory

Board meeting to April 8, 2024, at 4:00 p.m. in the Council Chambers.

CARRIED

11. MEETING ADJOURNED

FCSS35/2024 Moved by **CHAIR HAUCK** to for adjournment of the regular meeting at 4:40 p.m.

CARRIED

Chair Signature	Director Signature



TOWN OF BASSANO

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(51) 2024 FCSS Departmental Budget YTD

General Ledger	Description	2024 Budget	2024 Actual	2024 Budget Remaining \$
Revenue				
1-51-00-590-00	FCSS - GENERAL REVENUE	0.00	(2,090.00)	2,090.00
1-51-00-595-00	FCSS - COMMUNITY CHRISTMAS DONATIONS	0.00	0.00	0.00
1-51-00-840-00	FCSS - CONDITIONAL GRANT	0.00	0.00	0.00
1-51-00-850-00	FCSS - GRASSLANDS FCSS /TOWN CONTRIB.	0.00	(12,760.00)	12,760.00
1-51-00-710-00	TSF FROM FCSS RESERVE	0.00	(323.90)	323.90
1-51-00-590-03	FCSS - DONATIONS	0.00	0.00	0.00
* TOTAL Reven	ue	0.00	(15,173.90)	15,173.90
Expenditure	•			
2-51-00-110-00	FCSS - SALARIES	0.00	13,372.19	(13,372.19)
2-51-00-130-00	FCSS - EMPLOYER CONTRIBUTIONS	0.00	1,046.90	(1,046.90)
2-51-00-135-00	FCSS - AUMA BENEFITS	0.00	1,733.78	(1,733.78)
2-51-00-137-00	FCSS RRSP CONTRIBUTION	0.00	295.03	(295.03)
2-51-00-150-00	FCSS - ADM TRAINING & EDUCATION	0.00	0.00	0.00
2-51-00-200-00	FCSS PROGRAMS	0.00	4,898.49	(4,898.49)
2-51-00-211-00	FCSS -TRAVEL/LODGE/PHONE & BOARD DEVEL.	0.00	61.98	(61.98)
2-51-00-220-00	FCSS - ADVERTISING & MEMBERSHIPS	0.00	41.29	(41.29)
2-51-00-510-00	FCSS - GENERAL GOODS & SUPPLIES	0.00	80.29	(80.29)
2-51-00-595-00	FCSS - COMMUNITY CHRISTMAS	0.00	(27.85)	27.85
* TOTAL Expen	diture	0.00	21,502.10	(21,502.10)

^{***} End of Report ***

Period Ending: March 31, 2024

Prepared By: Amanda Barron, Director

Supporting Community Members



SUPPORTS

Seniors Benefits

Throughout March we provided service to 4 individuals in submitting Seniors Benefits.

Referrals/ Supports

As part of our services FCSS provides support to individuals in aiding access to various supports such as government programs, housing assistance and food bank access. In March we provided 2 clients with referrals to various supports and aided through the application process.

PROGRAMS

Rural Pop Up

Our monthly Rural Pop Up was hosted March 19, Miss Merium of SPEC reports she has seen increased repeat subscribership and feels confident and secure with the program sustainability at this time.

Virtual Reality Travel

Our third session of Virtual Reality Travel was hosted by Bassano Memorial Library on March 19, we continue to have subscribership with youth however the senior attendance has depleted. We will pause facilitation and possibly collaborate with the Bassano Memorial Library to facilitate VR Travel sessions again this fall.

MHFA Training Sessions

The Mental Health First Aid Training was held March 14 & 15 at Bassano Community Hall. We had 21 individuals in attendance completing the training sessions that helped to develop skills and understanding in providing care in a Mental Health crisis. Over half of the participants were County of Newell residents building capacities locally in Mental Health support. Several participants expressed interest in continuing learning in Mental Health training encouraging FCSS to pursue ASSIT – Suicide prevention sessions locally.

Ladies Yoga Session

The International Woman's Day Yoga session hosted March 5 at the Community Hall was attended by 16 participants. I have heard from many participants that they encourage FCSS to develop programming for continued service delivery locally. I have reached out to Cara Fulton for availability of running a 6-week program, she will be better suited to facilitate beginning in May.

Community Garden

Period Ending: March 31, 2024

Prepared By: Amanda Barron, Director





The Community Garden will be open for box rentals on April 2 at \$15 each. Council will be readdressing the watering schedule at their April meeting. This will give renters watering guidelines keeping in mind the potential for restrictions due to drought forecast for 2024.

Fraud/Scam Prevention Brochure

Our Fraud and Scam Prevention informational brochure was distributed in both print and digital forms to locals with the Town of Bassano Newsletter reaching over 300 residences aimed at increasing community knowledge to prevent the instances of victimization of our community members. We have not received any public feedback presently.

Canadian Volunteer Income Tax Program

We are currently in our third year of providing the CVTIP program that provides CRA approved software to volunteer organizations for the purpose of providing free tax clinics. We continue to have success with free tax preparations locally, to date we have served 21 individuals.

INITIATIVES

Welcome Wagon

There were no Welcome Packages distributed in March.

GENERAL UPDATES

Youth on Board

For the past few years, the board expressed an interest in possibly adding youth to the board. After a lengthy discussion in 2022/2023 the board decided there were other avenues to engage and empower youth in place of board membership. The time commitment required by individual members exceeded everyone's capacity for mentorship. The board asked this topic be brought back in one years' time for discussion. Given the level of board involvement and legal ramifications, I recommend that we cease program development and focus on youth volunteer recruitment on a program-to-program basis. *DISSCUSION Required*.

Volunteer Alberta Grant

Bassano FCSS was successful in our bid for \$600 grant funding allocated towards our Volunteer Week Luncheon. This event is scheduled for April 19th at Bassano Community Hall from 11:30 a.m. – 1:00 p.m., providing free soup and salad lunch in honor of local volunteers and open to the community.

South Central Emergency Social Services (ESS) Network Meeting

I participated in the South-Central ESS Network Zoom meeting on March 6th. Some take aways from the meeting include;

Period Ending: March 31, 2024 Prepared By: Amanda Barron, Director



Supporting Community Members

- Provincial government is performing a post assessment of the 2023 hazard season.
- Province is preparing for a similar drought and fire hazard period through spring/ summer 2024.
- Emergency Social Services training sessions will be a priority in preparation beginning April 2024

Community Foundation of Southeastern Alberta Grant

A grant was submitted to the Community Foundation of Southeastern Alberta in collaboration with the Recreation and Community Services Liaison to provide a subsidy to Bassano school students for Lifesaving Society Swimming lessons at the pool. The application also included a request of funds for a Swim to Survive program aimed at providing skills to survive a fall into deep water. The Swim to Survive program would be offered free of charge to Grasslands and Siksika Board of Education schools to aid in the reduction of drowning incidents within our area.

Another key component of the program addresses the work and economy of continued employment training at the pool through a training subsidy to individuals wishing to pursue employment at the facility. The total grant requested over a two-year term was \$17,364.

Damfest and Culture Days

I met with the organizers for Damfest and Culture days set to occur this September in Bassano to discuss partnership with FCSS in program development. In previous years we have participated in providing youth programming, crafts and support through volunteerism for the event. We have partnered with Bassano Arts Council to incorporate Indigenous Truth and Reconciliation based programming in the form of a Kiros Blanket exercise, to be performed on the Saturday morning. As FCSS has been actively seeking to provide a Kiros Blanket Exercise to the community partnership with BAC will allow us a larger impact and optimal timing. It is imperative to plan events early to allow both FCSS and Bassano Arts Council to secure grant funding allowing for free and inclusive programs.

Connect First Credit Union Community Grant

In support of the upcoming Damfest and Culture Days events scheduled for September 13-14 we have applied to Connect First Community Grant program for \$2,000 to offset the cost to facilitate indigenous programming. We hope to host a community wide Kiros Blanket Exercise at the Community Hall that engages individuals in a visual and emotional journey through the impact of indigenous Canadian history.

Resiliency Week

The Town of Bassano proclaimed April 14-20, 2024 as Resiliency Week, Bassano FCSS will be coordinating with Council to provide a photo to be displayed at the celebration hosted at the Heritage Inn in Brooks on April 16, 2024. There are 3 local youth that will be celebrated at this event.

Period Ending: March 31, 2024

Prepared By: Amanda Barron, Director

Supporting Community Members



DELETE HATE Workshop

I am pleased to update we will be proceeding with booking the DELETE HATE workshop for facilitation at Bassano School thanks to the sponsorship by ATB Financial of \$1,000. Once a suitable date has been found programming will be booked for delivery.

UPCOMING PROGRAMS

- Rural Pop Up April 16
- Gratitude Journals
- Volunteer Week Luncheon April 19
- Spring Tea and Craft April 26
- Bike Safety Rodeo May 21

Attachments

1. Action Items

April 3, 2023 Regular Board Meeting				
Barron, A	Add YOB to Director Report April 2024	Completed March 19,24		
January 8, 2024 Regular Board Meeting				
Barron, A	Plan , prepare and deliver Volunteer Appreciation Luncheon			
Barron, A	Book Delete Hate Workshop upon confirmation of Grant Funding	In progress March 28,24		
February 5, 2024 Regular Board Meeting				
Barron, A	Prepare advertising for Volunteer Appreciation Luncheon.			
March 4, 202	March 4, 2024 Regular Board Meeting			
Barron, A	Resolution Index	Completed Mar, 6, 24		
Barron, A	Rotate Minutes	Completed Mar 6, 24		
Barron, A	Book the MANVAN to provide services in Bassano in June			
Barron, A	Create and distribute 60 Gratitude Journals in Bassano	Completed March 13,24		
Barron, A	Plan , prepare and deliver Spring Tea and Hat making	Hall Booked March 19,24		
Barron, A	Book Community Hall for Spring Tea & Hat Making	Completed Mar 6, 24		



REQUEST FOR DECISION

Meeting Date: April 8, 2024 Agenda Item: 7.1

PFCSS013 -COMMUNITY GARDEN PROGRAMMING POLICY - PROPOSED

BACKGROUND

Bassano FCSS Advisory Board motioned at our February 5, 2024, to develop programming for the Community Garden located at 514 6th Avenue.

FCSS20/2024 Moved by MEMBER JENSEN that the FCSS Advisory Board develops programming to provide Community Garden Box rentals to the public at a cost of \$15.00 per box for a term from April 15 – October 15 annually. Remaining unpurchased plots to be planted with vegetables for inclusion in the Community Christmas Hamper program.

CARRIED

The purpose of this policy is to ensure the successful delivery of Community Gardens by setting program guidelines and outlining delivery to ensure program consistency for all users.

OPTIONS:

\boxtimes #1 – That the Family and Community Services Advisory Board approves policy PFCSS013 – Community Garden Programming Policy as presented.
#2 – That the Family and Community Services Advisory Board approves policy PFCSS013 – Community Gardens Programming Policy as amended. <i>Define amendments</i> .
#3 – That the Family and Community Services Advisory Board rejects PFCSS013 Community Gardens Programming Policy.
DIRECTOR COMMENTS:
None
ALIGMENT WITH OPERATIONAL POLICIES
☑ - P-FCSS006 – Financial Planning Policy (program fits within budget)
☑ - P-FCSS007 – Programming Policy (program logic model, establish advertising timelines)

PROPOSED RESOLUTION:

Prepared by: Amanda Barron, FCSS Director

Reviewed by: Amanda Davis, CAO

Attachments:

1. PFCSS013 – Community Gardens Programming Policy



Policy Title	Family and Community Services Advisory Board –		
	Community Gardens Programming Policy		
Authority	FCSS Director		
Approved (Dates/Motion #)			
Policy Number	P-FCSS013		
Review	To be reviewed annually at AGM		
Reviewed by	FCSS Advisory Board		

Policy Statement

The FCSS Advisory Board is responsible to develop, maintain, and provide preventative based social programs and support services in Bassano pursuant to the Family and Community Support Services Act, the Family and Community Support Services Regulation, and the Town's strategic plan.

Purpose Statement

To provide a space within Bassano for individuals who would like to grow their own produce, to encourage healthy eating, and to help with food security options, a Community Garden will be made accessible.

Definitions

Chief Administrative Officer (CAO) – means the administrative head of the municipality.

Council – means the elected body of the Town.

Director – means the FCSS Director, an employee of the Town, that is dedicated to the FCSS Advisory Board managing social programs and services.

FCSS Advisory Board – a volunteer advisory board of directors appointed by Council with the responsibility of leading social program and services in the Town.

Town – means the incorporated municipally of Bassano.

Purchaser - means the person rented the space.

Community Garden – means Town owned land designated in a multi-use park for gardening in which individuals may access on rental basis located at 514 - 6th Avenue.

Responsibility

It is the responsibility of the Director to ensure this policy is implemented.



Process

- 1. Garden boxes will be available for purchase annually from April 15th through October 15th at a cost of \$15 per box with a maximum of two per person. (subject to review annually)
- 2. Garden boxes will be numbered and distributed on a first come first serve basis.
- 3. Purchasers are required to sign a Community Gardens User Agreement and pay the rental fee before gaining access to their assigned garden box.
- 4. Water is available for use at the Community Garden as established by Council. Users are welcome to bring their own water where necessary outside of the scheduled watering hours.
- 5. Community Garden boxes must be harvested, yard waste cleared, bagged, and disposed of on or before October 15th annually by the User. Failure to harvest, clean and maintain the assigned garden box may result in suspension.
- 6. The Community Garden is a mixed-use greenspace and must be shared with others. Users shall always respect the mixed-use area.
- 7. There are ten raised double sided boxes in the Community Garden, each side represents one plot therefore, boxes shall be numbered 1-20 and shall be rented out individually.



Section separation point



Policy Reference

- 1. P-FCSS006 Financial Planning Policy
- 2. P-FCSS007 Programming Policy

Attachments

1. Bassano Community Gardens User Agreement

END OF POLICY



Family and Community Support Services

OPEN DISCUSSION

Meeting Date: April 8, 2024 Agenda Item: 8.1

RED CROSS COURSES – BABYSITTERS & STAY SAFE (HOME ALONE)

BACKGROUND

At our November 6, 2023 Advisory Board Meeting we discussed incorporating the Babysitting and Home Alone courses into our Spring programming options. With summer approaching, many families will have children on break from school. The current state of childcare locally suggests that many of these families will need to rely on qualified babysitters to take care of younger children.

Bassano FCSS has the capacity to help prepare local children to become babysitters and/or have the tools necessary to maintain themselves in their homes alone through offering Canadian Red Cross Courses.

<u>The Babysitters Course –</u> available to youth added 11-15. This course covers managing difficult behaviors, leadership, and professional conduct as well as First Aid content to provide appropriate care should need arise.

<u>Stay Safe Course (HOME ALONE)</u>—available to children 9-13. Delivered over 5- 6 hours in person, the program teaches age-appropriate skills to help increase a youth's ability to improve their own safety. Topics covered include, setting and following safety rules while home alone, prepare, recognize, and respond to unexpected situations, and first aid content.

ROLES AND RESPONSIBILITIES

Canadian Red Cross instructors would come to Bassano to deliver the respective courses to registered participants.

Bassano FCSS would be responsible for the following:

- 1. Course advertising
- 2. Registration and participant payments
- 3. Training location, set up, clean up
- 4. Program support/nutrition breaks
- 5. Facilitator payment

Red Cross Facilitator would be responsible for the following:

- 1. Course materials
- 2. Course delivery

DELIVERY

Facilitation Requirements

- 1. Participants will need to register with payment before facilitation.
- 2. Participant minimum of 7 and maximum of 15 per session.
- 3. Sessions will be hosted at the Community Hall.
- 4. Nutrition breaks provided.

CLARIFICATIONS/CONSIDERATIONS

I have reflected in the proposed budget with both subsidized and unsubsidized options at 25% or 50%. The board may choose if it wishes to offer the program and whether a subsidy will be provided. In all scenarios, it is proposed the FCSS provides a nutrition break snack as part of our contribution.

This open discussion is intended to provide guidance and direction. The outcome of the discussion will result in program development.

ATTACHMENTS

1. Babysitters – Home Alone Program Budget Options

Prepared by: Amanda Barron, FCSS Director

Reviewed by: Amanda Davis, CAO

Town of Bassano 2024 FCSS Department - Babysitters/Home Alone

(51) FCSS Subsidized 50% Subsidized 25%

Revenue		2024		2024		2024
Program Budget	\$	150	\$	700	\$	425
In Kind- Donations	\$	350	\$	350	\$	350
Registrations						
10X \$70 - Babysitters	\$	700				
Subsidized 50%			\$	350		
Subsidized 25%					\$	525
10X \$40 - Home Alone	\$	400				
Subsidized 50%			\$	200		
Subsidized 25%					\$	300
Revenue Subtotal	\$	1,600	\$	1,600	\$	1,600
Expenditure		2024		2024		2024
Venue	\$	350	\$	350	\$	350
Instructor Fee - \$70 per student						
10 X \$70	\$	700	\$	700	\$	700
10X \$40	\$	400	\$	400	\$	400
Nutrition Breaks	\$	150	\$	150	\$	150
Expenditure Subtotal	\$	1,600	\$	1,600	\$	1,600
Total		0.00		0.00		0.00
*Subsidized cost per person						
Babysitters 50%		\$35				
25%	\$52.50					
Home Alone 50%		\$20				
25%		\$30				



OPEN DISCUSSION

Meeting Date: April 8, 2024 Agenda Item: 8.2

MAY PROGRAMMING

BACKGROUND

The month of May is host to a variety of special, meaningful events including Mental Health Week, International Day of Families, Red Dress Day, Mother's Day and Moose Hide Campaign. FCSS has provided consistent programming for Mental Health in providing two Mental Health First Aid Training sessions in 2024. We also missed programming for Earth Day which occurs April 22nd which provides an opportunity to stress the importance of nurturing our environment.

Last year Bassano FCSS had no formal programming for International Day of Families that falls on May 15th, and Mother's Day which will be Sunday May 10th.

Red Dress Day is practiced on May 5th to raise awareness for missing and murdered Indigenous women, which ties into the Moose Hide campaign observed May 16th annually. The Moose Hide movement is focused on ending violence against women and children through visual representation of wearing a Moose Hide patch.

PROGRAMMING OPTIONS

Mother's Day Bouquet

Mother's Day represents an opportunity to recognize and celebrate the impacts of our mothers, grandmothers and caregivers who pour themselves into raising future generations. People recognize Mother's Day in various ways from a thoughtful gift, act of service or the gift of time well spent.

This Mother's Day Bassano FCSS could take orders for an edible "Mother's Day Bouquet". The bouquets would be made of fruit, an arrangement for chocolate dipped, a dash of sprinkles and a whole lot of care. This program would run by pre ordering for recipients with payment, FCSS volunteers would spend an afternoon preparing the bouquets and they would be available for pick up by purchasers or alternatively FCSS volunteers could deliver them to recipients. To ensure the bouquets are affordable FCSS could have 2 options, bouquet for \$20 or box for \$10.





Facilitation of this program will require volunteerism on behalf of the board to prepare the edible gifts and possibly distribution, Bassano FCSS could provide this service at cost recovery or as a fundraiser to help provide free future programs.

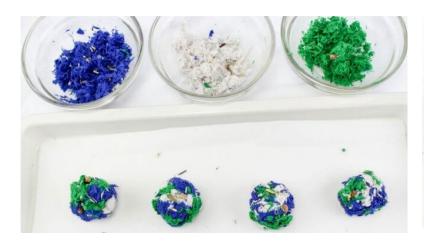
Earth Day Seed Bomb

Earth Day might come once a year, but we can keep the spirit of Earth Day alive all year long. Planting seeds is a wonderful kick-off to spring and summer, and learning how to make seed bombs is a great way to get your planting started. Bonus, you can give these seed bombs as gifts too!

Get people excited for growing plants! To engage our community Bassano FCSS could provide a "Seed Bomb" making activity which uses simple materials and flower seeds. This program could be facilitated in 2 different ways.

- 1. In person event at the community hall. This delivery will require board volunteers and equipment to prepare the "Seed Bombs". We could incorporate Flowerpot decorating to fill in wait times.
- 2. As a take home science-based activity package for free pick up with additional Earth Day activities.

Once seed bombs have been made, they can be planted and take about 5-7 days to germinate.





Budget allocation for this program is \$300.00

Moose Hide Campaign

The Moose Hide Campaign began as an Indigenous grassroots movement started in British Columbia to stand up against violence towards women and children through showing support in the wearing of a moose hide pin. It serves as a visual reminder and signifies a commitment to honor, respect and protect women and children and work together to end violence. Over the last 10 years the movement has expanded nationwide, both indigenous and non-indigenous Canadians committed to ending the violence.

Wearing the pin signifies your commitment to honor, respect, and protect the women and children in your life and speak out against gender-based and domestic violence. To date, over four million

moose hide pins have been distributed free of charge to communities, schools, and workplaces across Canada.

In demonstrating our commitment to stand up against violence Bassano FCSS could distribute Moose Hide campaign pins locally for residents to receive at no cost, with the background and purpose of this movement to help educate and promote their messages of prevention.



This is a cost-free program as pins are available for free through the Moose Hide Campaign.

Yoga in Bassano

The origin of yoga practice can be traced back over 5,000 years originating in Northern India. It is an ancient practice placing focus on breath, strength, flexibility to boost both mental state and overall wellbeing. Yoga termed Rig Veda in Sanskrit has been developed and refined over the years with certain postures becoming foundational in practice.

Yoga has a wide variety of benefits including:

- increased flexibility.
- increased muscle strength and tone.
- improved respiration, energy and vitality.
- maintaining a balanced metabolism.
- weight reduction.
- cardio and circulatory health.
- improved athletic performance.
- protection from injury.



After the success of our International Women's Day free yoga class, it is apparent the residents in Bassano would benefit and support the facilitation of a six-week, registration-based yoga class occurring once weekly.

Bassano FCSS can help facilitate a Yoga program locally, our responsibilities would include:

- provision of space for facilitation.
- participant registrations and payments.
- facilitator booking and payment.
- Program support.

CLARIFICATIONS/CONSIDERATIONS

Red Dress Day is also an important theme in May that brings awareness to missing and murdered indigenous women, two-spirit peoples and LGBTQ2+ peoples. In recognition and solidarity Bassano FCSS could prepare online materials and encourage our community to wear red on May 5th.

Spring Clean-Up occurs in May and will require administrative time for preparation. We have also had the \$1,000 ATB grant come through for DELETE HATE workshop facilitation, providing Bassano School is onboard to facilitate in May this program would be running as well, and the Bike Rodeo has been scheduled to take place at Bassano School on May 21st.

Given our commitment to the programming above I would recommend the Advisory Board considers what level of participation they are able to commit to limiting programs requiring volunteerism to a single event.

This open discussion is intended to provide guidance and direction. The outcome of the discussion will result in program development.

Prepared by: Amanda Barron, FCSS Director

Reviewed by: Amanda Davis, CAO