

FCSS Agenda

February 3, 2025 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 January 13, 2025

4. Adoption of Minutes

4.1 Minutes of January 13, 2025 AGM

4.2 Minutes of January 13, 2025 Regular

5. Financial Summary

None

6. Director's Report

6.1 Period ending January 31, 2025

7. Unfinished Business

7.1 2025 Cake Awards

7.2 Women's Wellness Conference

8. New Business

8.1 March 2025 Programming

9. Correspondence

10. Adjournment

Next Meeting Date: March 3, 2025 at 4:00 p.m.

**MINUTES OF THE ANNUAL GENERAL BASSANO FCSS ADVISORY BOARD MEETING HELD ON
January 13,2025**

ADVISORY BOARD MEMBERS

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

ADMINISTRATION

- Amanda Barron, FCSS Director

1. CALL TO ORDER

FCSS Director Barron called the meeting to order at 4:00 p.m.

2. ELECTIONS

2.1 Nomination and Election of Chair

FCSS Director Barron opened the floor for nominations for the position of Chair.

MEMBER CHARTRAND nominated Tammie Hauck for the position of Chair.

Since there were no other nominations on the floor **MEMBER HAUCK** called for nominations to cease.

FCSS Director Barron declared as Tammie Hauck as Chair for a one-year period commencing January 14, 2025. Hauck accepted.

Chair Hauck resumed the meeting.

2.2 Nomination and Election of Vice Chair

CHAIR HAUCK opened the floor for nominations for the position of Vice Chair.

CHAIR HAUCK nominated Heather Basarab for the position of Vice Chair.

Since there were no other nominations on the floor **CHAIR HAUCK** called for nominations to cease.

Chair Hauck declared Heather Basarab as Vice Chair for a one-year period commencing January 14,2025. Basarab accepted.

3. POLICY REVIEW

3.1 P-FCSS001 Board Member Orientation Policy

Policy P-FCSS001 was reviewed.

3.2 P-FCSS002 Code of Conduct Policy

Policy P-FCSS002 was reviewed.

3.3 P-FCSS003 Human Resources - Director Appointment and Evaluation

Policy P-FCSS003 was reviewed.

3.4 P-FCSS004 Board Meeting Policy

Policy P-FCSS004 was reviewed.

3.5 P-FCSS005 New Member Application Policy

Policy P-FCSS005 was reviewed.

3.6 P-FCSS009 Board Member Director Communication Policy

Policy P-FCSS 009 was reviewed.

3.7 P-FCSS010 Welcome Package Initiative Policy

Policy P-FCSS010 was reviewed.

3.8 P-FCSS012 Meals on Wheels Policy

Policy P-FCSS012 was reviewed.

3.9 P-FCSS013 Community Gardens Programming Policy

Policy P-FCSS013 was reviewed.

3.10 P-FCSS014 FCSS Program Subsidy Policy

Policy P-FCSS014 was reviewed.

4. PERSONNEL COMMITTEE APPOINTMENT

FCSS01/2025 Moved by **CHAIR HAUCK** that the FCSS Advisory Board appoints Tammie Hauck, Heather Basarab, and Alice Slomp as members of the Personnel Committee for a one-year term effective January 14, 2025.

CARRIED

5. REGULAR BOARD MEETING DATES

FCSS02/2025 Moved by **CHAIR HAUCK** that Advisory Board Meetings remain the first Monday at 4:00 p.m. monthly, in the event of Statutory Holiday it will be moved to the next business day.

CARRIED

6. MEETING ADJOURNED

FCSS03/2025 Moved by **CHAIR HAUCK** for adjournment of the annual general meeting at 4:42 p.m.

CARRIED

Chair Signature

Director Signature

MINUTES OF THE REGULAR BASSANO FCSS ADVISORY BOARD MEETING HELD ON JANUARY 13, 2025

ADVISORY BOARD MEMBERS

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

ADMINISTRATION

- Amanda Barron, FCSS Director

1. CALL TO ORDER

CHAIR HAUCK called the meeting to order at 4:46 p.m.

2. ATTENDANCE AND REGRETS

- None

3. ADOPTION OF AGENDA

FCSS04/2025 Moved by **MEMBER JENSEN** that the January 13, 2025 agenda is approved as presented.

CARRIED

4. MINUTES OF DECEMBER 2, 2024

FCSS05/2025 Moved by **CHAIR HAUCK** to approve the minutes of the December 2, 2024 FCSS Advisory Board meeting as presented.

CARRIED

5. FINANCIAL SUMMARY

FCSS06/2025 Moved by **MEMBER CHARTRAND** to approve the financial summary of period ending December 31, 2024 as presented.

CARRIED

6. **DIRECTOR'S REPORT**

6.1 Director's Report – December 31, 2024

FCSS07/2025 Moved by **MEMBER JONES** that the FCSS Advisory Board renews the agreement with SPEC Association to deliver the Rural Pop-Up Program through 2025.

CARRIED

FCSS08/2025 Moved by **MEMBER PETKAU** that the FCSS Advisory Board provides a Letter of Support for the Community Futures Wild Rose grant application supporting the Community Heros: Bringing Non-Profits to the Forefront Project.

CARRIED

FCSS09/2025 Moved by **MEMBER KELLY** that the FCSS Directors report for the period ending December 31, 2024 is approved as presented and discussed.

CARRIED

7. **UNFINISHED BUSINESS**

NONE

8. **NEW BUSINESS**

8.1 February 2025 Programming

FCSS10/2025 Moved by **MEMBER SLOMP** that the FCSS Advisory Board partners with the Bassano Fire Rapid Response Society to provide Hot Chocolate and Cookies at the Family Day Skate at the Bassano Outdoor Rink. Date to be determined with a budget of \$200.

CARRIED

FCSS11/2025 Moved by **MEMBER JONES** that the FCSS Advisory Board prepare the 8 session program Acts of Kindness Academy for children 9-14 to be delivered at the Bassano Community Hall. Program to be delivered at a 15:1 participant to adult ratio with free registration and a program budget of \$200.

CARRIED

8.2 P-FCSS015 – Fit and Free Lending Shed Policy

FCSS12/2025 Moved by **MEMBER JENSEN** that the FCSS Advisory Board approves P-FCSS015 Fit and Free/Lending Shed Policy as presented.

CARRIED

9. CORRESPONDENCE

NONE

10. MEETING ADJOURNED

FCSS13/2025 Moved by **CHAIR HAUCK** for adjournment of the regular meeting at 5:53 p.m.

CARRIED

Chair Signature

Director Signature

Unapproved

FCSS Director's Report

Period Ending: January 31, 2025

Prepared By: Amanda Barron, Director

Supporting Community Members



SUPPORTS

Seniors Benefits

During January we provided service to 4 individuals in submitting Seniors Benefits and enrolled 1 community member in the Alberta Seniors Benefits Program.

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. We assisted 2 community members wishing to access the food bank, as well as 1 with rental subsidy. We have also seen 3 clients seeking aid in acquiring housing locally, and 2 needing driving service for out of town appointments.

PROGRAMS

Rural Pop Up

We have renewed our agreement with SPEC to provide the Rural Pop Up program through 2025.

The program will occur on the following dates:

January 21(occurred)

February 25th* (pushed back one week)

March 18th

April 15th

May 20th

June 17th

July 15th

August 19th

September 16th

October 21st

November 18th

December 16th

Fit and Free Programs

Fit and Free Adults Program is underway with 4 registered members. I have planned an Open House to be facilitated on February 10 from 9-11:30 am for the community to come and experience the program, demonstrate possible equipment usage and support participants in projector utilization.

INITIATIVES

Welcome Wagon

FCSS Director's Report

Period Ending: January 31, 2025

Prepared By: Amanda Barron, Director



Supporting Community Members

Through the month of January, 1 Welcome Package was distributed.

Civic Address	Date Recieved
616 3 Ave	Jan 28/25

Meals on Wheels

Meals on Wheels currently has 4 active clients receiving fresh meals delivered daily by the Volunteer Driver of the day. We have renewed our contract with Newell Housing foundation for meal preparation. The cost per meal has increased from \$10.86 to \$11.08 per meal, participants have been notified of the price increase.

At the end of 2024 we had 2 accounts in arrears, one of which was cleared, the other totaling \$649.43 that was paid by the FCSS policy P-FCSS012 – Meals on Wheels Policy. Accounts outstanding will be paused until full payment has been made after 15 business days of invoice, through communication with the Director and the client. I am still working to collect the \$649.43.

Lending Shed

The community lending shed has been well utilized in its first few weeks of availability. We have received several positive reviews from community members that have accessed the shed to participate at the Outdoor Rink. To date we have had 1 hockey stick go missing.

GENERAL UPDATES

Communities ChooseWell Symposium

Bassano FCSS has been invited to participate at the Communities ChooseWell Symposium on March 26th, 2025 in Calgary Alberta in their Communities Stories Market highlighting our Fit and Free Programs along with the Community Lending Shed. This provides an opportunity for us to share our programs that contribute healthy eating and active living, to showcase our impactful program, share experiences, and foster connection through storytelling. It offers a unique opportunity to highlight successes and challenges in developing connections with other like-minded communities to share ideas. In addition to myself attending this would be a wonderful opportunity for an Advisory Board member or two attend for their own development in social programs. **DISCUSSION Required.**

Palliser Primary Care Network – Meeting

I attended a informational meeting on January 29 with Bassano Memorial Library and the Palliser Primary Care Network to discuss what types of programs and services are available locally, and existing service deficits. They have recently started MAPS (Modernization of Primary Care System) to identify gaps in mental health services in Medicine Hat and the surrounding areas as well as seniors services. We discussed the lack of available senior's care services including private homecare providers, lack of transportation services that provide assistance for those with mobility issues and

FCSS Director's Report

Period Ending: January 31, 2025

Prepared By: Amanda Barron, Director



Supporting Community Members

limitations to senior's housing availability. We also covered low-income housing and mental health resources as well as Bassano FCSS's successful delivery of three Mental Health First Aid Trainings.

Palliser PCN intends to utilize the information gathered to begin modernizing service models. They also shared that their funding model has changed in the following ways:

- Transitioning to a regionalized approach
- Per capita funding
- Funding cuts to maternity clinics within Brooks and Medicine Hat.

UPCOMING PROGRAMS

Family Day Skate – Bassano Outdoor Rink

Fit and Free Youth Afterschool Program

Kindness Academy – registration opens early February.

Attachments

1. Action Items

CAKE (CONSISTENT ACTS OF KINDNESS AND EMPATHY) AWARDS

BACKGROUND

At our January 13, 2025 Advisory Board Meeting we discussed the idea of recognizing local volunteers through the use of CAKE (consistent acts of kindness and empathy) awards to help promote attendance at our local volunteer appreciation event. After a roundtable discussion the Advisory Board asked to revisit this program option after having time to reflect upon discussions at the February 3, 2025 regular meeting.

The CAKE Awards aim to recognize and celebrate individuals or groups within the municipality who demonstrate consistent acts of kindness, empathy, and generosity toward others. This program encourages a culture of kindness and promotes positive social interactions that strengthen the community. As we approach February the overarching theme is KINDNESS and promoting, recognizing and celebrating individuals and groups that demonstrate the qualities of kindness in their interactions with others. The goal of this program is not only to recognize individuals and groups in our community, but to also promote and procure a culture of kindness demonstrated in daily interactions long term.

PROPOSED PROGRAM

The FCSS Advisory Board will bring forward nominations and decide upon CAKE award recipients utilizing the following criteria:

- Consistency: Nominations must be for individuals that have consistently engaged in acts of kindness and empathy over time, not just one-time events.
- Impact: The award will recognize those whose actions have made a positive, measurable impact on others' lives or the community as a whole.
- Inclusivity: Acts that are inclusive and promote diversity and equity within the community.
- Innovative Approach: Recognizing those who have introduced unique ways to promote kindness and empathy.

Awards will consist of a fancy cupcake, along with recognition for their impact locally through the following:

- Ceremony: An award ceremony will be organized, coinciding with our community Volunteer Appreciation.
- Recognition: Each winner will receive a cupcake, and personalized thank you detailing why they were chosen and in what capacity they contribute to the fabric of the community during

our annual Volunteer Week celebration between April 27 and May 3, 2025. They will also be featured in the municipal newsletter, FCSS social media platforms, and the Bassano Banner.

By hosting the CAKE awards at an existing local function such as Volunteer Week, we may boost attendance and provide a program that ties closely with volunteerism.

Volunteerism is deeply connected to consistent acts of kindness and empathy because it involves actively giving your time and energy to help others, often without expecting anything in return. The act of volunteering is inherently an expression of empathy, it's about recognizing the struggles or needs of others and choosing to respond with care and action. When we volunteer, we put ourselves in others' shoes, which helps build emotional understanding and compassion. Consistent acts of kindness come naturally when we regularly engage in volunteerism, as it reinforces the idea that small acts of goodness can make a big impact. Volunteering often fosters a cycle: the more we empathize with others, the more we want to help, and the more we help, the more empathy we build. Over time, this can create a habit of kindness in our daily lives, whether it's offering help to a neighbor, showing understanding to someone in need, or simply being a more patient person.

ALIGNMENT TO MANDATE

The FCSSAA mandate focuses on enhancing the well-being of individuals and communities through prevention, empowerment, and building strong, supportive networks. Volunteerism aligns perfectly with this mandate, as it encourages community members to actively engage in the betterment of their surroundings. By fostering consistent acts of kindness and empathy, volunteerism strengthens the social fabric and supports the FCSSAA's goal of creating resilient, inclusive communities. Volunteers are key in delivering programs that support vulnerable populations, and their contributions not only address immediate needs but also promote long-term social change. Through volunteerism, the FCSSAA's mandate comes to life, empowering individuals to connect, care, and make a positive impact on the lives of others.

A program budget of \$ 300 would be allocated to prepare CAKE awards.

OPTIONS:

#1 - That the Family and Community Services Advisory Board prepares 3 CAKE awards to be delivered to recipients that the FCSS Advisory Board decides based upon the criteria of consistency, impact, inclusivity and innovation. The awards will be given at our annual Volunteer Appreciation event in early May, additional recognition via municipal newsletter and online through FCSS social media and the Bassano Banner with a program budget of \$300.

#2 - That the Family and Community Services Advisory Board prepares CAKE awards with amendments. Define amendments.

#3 - That the Family and Community Services Advisory Board forgoes preparing CAKE awards during the 2025 programming cycle.

DIRECTOR COMMENTS:

NONE

ALIGNMENT WITH OPERATIONAL POLICIES

- P-FCSS006 – Financial Planning Policy (program fits within budget)

- P-FCSS007 – Programming Policy (program logic model, establish advertising timelines)

PROPOSED RESOLUTION:

#1 – That the Family and Community Services Advisory Board prepares 3 CAKE awards to be delivered to recipients that the FCSS Advisory Board decides based upon the criteria of consistency, impact, inclusivity and innovation. The awards (cake and personalized award) will be given at our annual Volunteer Appreciation event in early May, additional recognition via municipal newsletter and online through FCSS social media and the Bassano Banner with a program budget of \$300.

Prepared by: Amanda Barron, FCSS Director

Reviewed by: Amanda Davis, CAO

Attachments:

1. None

WOMEN'S WELLNESS CONFERENCE

BACKGROUND

Bassano FCSS will be hosting Women's Wellness on April 12th at Bassano Community Hall themed Resilient Women – Empowered Futures. At our December 2, 2024 meeting the Advisory Board made the decision to procure an additional speaker for the conference in place of the Fashion Show. This program shift was prompted by an inability to procure adequate businesses to partner in delivery. Patricia Morgan from Solutions for Resilience has agreed to participate by providing speaking services with her "Wonderous Western Women – 100+ Years of Resilient Women in Canada Including You" keynote.

It is important to continually revisit the planning of Women's Wellness to ensure all facets of the conference are clearly communicated for smooth delivery, clarity and preparation.

PROGRAM UPDATES

ITENERARY

The itinerary for the event has been finalized, as below.

9:00 AM	Doors Open	Coffee/Light Snacks
9:30 AM	Opening Welcome	
9:40 AM	Liz Ly	
11:40 AM	Make and Take Room Sprays	
12:00PM	Lunch Service	FCSS Advisory Board
1:00 AM	Patricia Morgan	
2:20 PM	Intermission/Mini Games	Snacks/Refreshments
2:45 PM	Door Prizes/50/50	
3:00 PM	Prize Draws and Closing Remarks	
3:30 PM	Doors Close	

ADVERTISING

Posters and Trifold Brochure have been distributed on Community Bulletin Boards through Bassano and Hussar. We have also posted online on the municipal website and shared community Facebook pages in Rosemary, Gem, Brooks, Duchess, Bassano, Siksika and Drumheller.

I have prepared personal invitations to be distributed to regional businesses that provide health, wellness and self-care products and services to promote attendance that will contribute to a variety of perspectives and conversations. The letters I delivered included an invitation for door prize donations while keeping consistent with our messaging for a sell out event. Our aim is to sell-out the event to bring wellness to women and having their attendance and/or their clients was our goal.

To access a wider consumer base, we will be reaching out to CBC radio and the Bassano Banner. I have also contacted Brooks Region Tourism requesting our event is posted on their calendar of events and promoted.

TICKETS

Tickets have been printed and are available for purchase. Each board member will receive their tickets and tracking sheet, please ensure a contact number has been provided in the event of unforeseen circumstances impacting delivery. A total of 150 tickets (18 Tables) are available.

Tickets are \$60 per person or table of 8 for \$440 a \$5 reduction per person.

MEAL

Bassano FCSS Advisory Board will be preparing and serving the meals throughout the conference. We will have access to the Community Hall on Friday April 11, to begin prep work to ensure smooth delivery of meal service.

Breakfast – Buffet style with fruit, pastries, chia pudding.

Lunch -- Oven Roasted Pork loins with herbs, garlic, lemon roasted potatoes, 3 Bean Salad, Garden Salad, Fresh Oven Rolls.

Dessert – Strawberry shortcake

Snack - Table Charcuterie Boards

ADDITIONAL ACTIVITIES

The additional activities that will be offered to participants include make and take room sprays and a County Fair Mini Games.

No supplies have been ordered yet for these activities, volunteers will be required to help prepare for the facilitation.

See attachment.

DÉCOR

Discussion required

EMCEE

The Director will provide EMCEE responsibilities, I am open and encourage having a Co-Emcee as a precaution. We never know how the day will unfold and whether or not issues may arise. With the Director as the sole EMCEE another Advisory Board member(s) will be required to take lead in food service and clean up along with activities and 50/50 sales.

BUDGET

With the Bassano FCSS budget allocation and our funding received by Grasslands Regional FCSS we will be required to sell 100 of the 150 available tickets.

DISCUSSION

1. Considering the additional speaker's content, should we adapt our décor to have a Country Farmhouse feel?
2. How comfortable is the Advisory Board with the level of involvement they are providing to program facilitation?
3. Are there any program adjustments requested for discussion at this time?
4. Would anyone from the Advisory Board like to Co-Emcee?
5. Is the Advisory Board happy with the advertising protocol? Are there any additional avenues you would like to pursue?

CLARIFICATIONS/CONSIDERATIONS

NONE

ATTACHMENTS

1. Poster for distribution
2. Women's Wellness 2025 Trifold Brochure
3. Volunteer Jobs Sign-up Sheet

Prepared by: Amanda Barron, FCSS Director

Reviewed by: Amanda Davis, CAO

Women's Wellness Conference Resilient Women- Empowered Futures

Keynote Speakers



**Liz Ly - Power of
Humanity**



**Patricia Morgan
Solutions For Resilience**

Let's create an atmosphere of positivity, connection and empowerment. That is what the Women's Wellness Conference is all about. It is a day to embrace not only the challenges women face, but to learn, grow and acknowledge what it is to be strong, resilient, beautiful and unique as an individual.

WHEN: Saturday April 12, 2025 from 9am-3pm

WHERE: Bassano Community Hall

TICKETS:\$60 per person, includes refreshments and meals.

Tables of 8 may be purchased to secure group seating.

**Call us at 403-641-3788 or 403-501-1262 for tickets or visit Bassano
Town Office at 502 2nd Ave. E-transfer available.**

WHAT CAN I EXPECT FROM ATTENDING?

COMMUNITY & CONNECTION

Women's Wellness Conference focused on resiliency offers a powerful opportunity to connect with like-minded individuals who share similar experiences and challenges. The conference creates a supportive environment where women can come together, learn from one another, and share stories of strength and perseverance. Through engaging speakers, discussions, and activities, attendees can build meaningful relationships, offer encouragement, and find comfort in knowing they are not alone in their journey. This sense of community fosters empowerment, providing a safe space for women to uplift each other, exchange coping strategies, and gain valuable insights on how to navigate life's obstacles with resilience. The shared experience creates lasting bonds and a network of support that extends well beyond the event itself.



Need tickets? Details this way!



Let's create an atmosphere of positivity, connection and empowerment. That is what the Women's Wellness Conference is all about. It is a day to embrace not only the challenges women face, but to learn, grow and acknowledge what it is to be strong, resilient, beautiful and unique as an individual.

TICKETS

Call us today at 403-641-3788 or 403-501-1262 for tickets OR purchase at Bassano Town Office located at 502 2nd Ave Bassano Alberta. Etransfer available to town@bassano.ca WW2025 in comments.

WOMEN'S WELLNESS CONFERENCE

RESILIENT WOMEN - EMPOWERED FUTURES



April 12, 2025

Bassano Community Hall

9am - 3pm

Tickets \$60/person

Purchase a table of 8 for \$440



ITINERARY

9:00 am - Doors Open – Morning Refreshment & Light Breakfast

9:30 am - Welcome, Introduction and Housekeeping

9:40 am - Liz Ly : Power of Humanity

11:40 pm – Make and Take Relaxation Room Sprays

12:00 pm– Enjoy a fresh homecooked meal prepared with love by Bassano FCSS Advisory Board.

1:00 pm - Patricia Morgan - "Wondrous Western Women" - 100+ Years of Resilient Alberta Women Including You!"

2:20pm – Afternoon Snack – Mini-Games - Networking - Connect, and form lasting bonds with other women who share similar values and goals. Take this time to connect with our speakers for personalized questions and explore additional resources.

2:45 pm – 50/50 Draw and Door Prizes

3:00 pm Closing Remarks



LIZ LY – POWER OF HUMANITY CONSULTING



Elizabeth Ly is the Founder and Director of Power of Humanity Consulting Inc. For the past 20 years she has specialized in the area of Diversity, Inclusion and Hate/Bias.

Prior to launching her own consulting business, Elizabeth worked in law enforcement, criminal justice education and was the lead diversity and inclusion facilitator with the Calgary Police Service. She has developed, coordinated and facilitated award-winning, internationally recognized programs for schools and communities that address the issues surrounding hate, bias and its impact. For almost a decade Elizabeth has been teaching personal safety, self-defence, and is certified in conflict resolution and de-escalation.

Often compared to energy in motion, Elizabeth is not only a dynamic facilitator, but a true ally to all.

PATRICIA MORGAN – SOLUTIONS FOR RESILIENCE



Patricia Morgan is referred to as a spunky seniorpreneur. Her ability to provide bite-sized knowledge nuggets for resilience has helped many people emerge stronger after facing significant challenge. Audiences describe Patricia's message as meaningfully fun, surprisingly insightful, and delightfully uplifting.

Patricia has authored many articles, eBooks, and eight books additionally, Patricia was honored by Global TV as a Woman of Vision. She is also the recipient of the Spirit of CAPS in recognition of her contribution to excellence in the speaking profession.

She is a speaker, author, counselling therapist, mother to three, grandmother to five, great-grandmother to two, and resides with her hubby of over 50 years in Calgary Alberta.

**Volunteer Sign up Sheet - Town of Bassano
FCSS Women's Wellness 2025**

Pre Event	Volunteer	During	Volunteer	Post Event	Volunteer
Create Mini Fair Games		EMCEE'S		Take down Décor	
Chuck a Duck				Wash table cloths	
Shooting Gallery				Package and return	
		Registration			
Supply Shopping					
Groceries		Breakfast		Tables and Chairs	
Door Prizes				Wash and take down tables	
Centerpieces				Return chairs	
Food Preperation					
Turn on Cooler		Lunch			
Venue Preperation				Venue Clenup	
Tables				Kitchen	
Chairs				Main	
Décor		Snacks		Cooler	
Sound and Lighting					
Ticket Sales					
Amanda				Garbages	
Tammie		Prize Draws 50/50			
Evelyn					

**Volunteer Sign up Sheet - Town of Bassano
FCSS Women's Wellness 2025**

Christine						
Alice						
Skye						
Heather						
Matt?						
Sponsorship						
Corporate						
Local						
Catering						
Lunch Servers						
Aquire Caterer						

MARCH 2025 PROGRAMMING

BACKGROUND

There are several themes throughout the month of March, among them are Canadian Agricultural Safety Week, Fraud Prevention, International Day for the Elimination of Racism, and International Woman's Day.

We are currently planning our Women's Wellness Conference to take place on April 12th in Bassano. We are also committed to delivering Fit and Free Youth and adult along with our Acts of Kindness Academy sessions for youth through March.

PROGRAM IDEAS

1. Skate with the Brooks Bandits

The Brooks Bandits Hockey Association has teamed up with the Bassano Arena Board to host a free skate with the Bandits event to be hosted at the Bassano Arena on March 2nd with time TBD. The Arena board has reached out to ask FCSS to take part in the event by providing refreshments for the attendees. As part of our commitment to supporting local events and fostering community engagement, we would supply and serve Hot Chocolate and possibly a snack to enhance the experience for participants. Offering refreshments at this event will not only contribute to the overall enjoyment and comfort of attendees but also provide us with an excellent opportunity to promote our involvement in the community. A budget of \$300 would be allocated to the program.

ALIGNMENT WITH MANDATE

This partnership aligns with the FCSSAA's commitment to promoting positive social connections and supporting events that enhance the well-being of individuals and families. Proceeding with this initiative would allow us to contribute meaningfully to the event while reinforcing the values of the FCSSAA which emphasizes community wellness, inclusion, volunteerism and enhancing the quality of life through accessible recreational opportunities.

2. Fraud and Scam Prevention Information Session

Fraud is the fastest growing crime in Canada, and it's difficult to stay on top of the latest schemes that are rampant online and in our community. The fraudsters are technologically savvy and convincing, tempting you online, on your phone, in your mailbox and at your door.

Contrary to popular belief, it's young people, not seniors, that are now the most vulnerable to scams. A recent study by Social Catfish, an online investigation service, found that no age group has fallen for online scams at a quicker rate than people under the age of 21. From 2017 to 2022, the money lost by Gen Z grew close to 2,500% compared to 805% for seniors. In total, teens lost \$210 million in 2022.

95% of teenagers have access to a smartphone. Today's teens are more connected than ever, constantly exploring social media, online shopping, and virtual interactions. However, with this access comes significant risk, as cybercriminals increasingly target teenagers who may be unprepared to detect scams. Online predators take advantage of teenagers' trust, curiosity, and inexperience, causing both emotional and financial harm.

StopBullying.gov found that teens who are subjected to online scams or harassment are twice as likely to suffer from mental health problems such as anxiety or depression. Minors are also more likely to become victims of identity theft than adults. This is because it can take them longer to realize they are victims, giving the identity thieves more time to use their information.

Proposed Program

Former Global TV Trouble Shooter and peace officer, Julie Matthews, shares personal stories along with real life scam examples from Tik Tok, Instagram and other social media platforms. From celebrity and influencer scams to identity theft and fake profiles, these tips and tricks will help teens, and the community spot the latest frauds and scams and know how to avoid them. Bassano FCSS could host a fraud and scams prevention program to our most vulnerable demographic, the student body of grades 7-12. Hosted at Bassano School with information and resources available Julie will deliver preventative information to equip our teens with the ability to protect themselves while navigating interactions online.

This program would require a budget of \$600 to cover fees and mileage.

ALIGNMENT WITH MANDATE

When developing a fraud and scam prevention presentation for teenagers, aligning it with the mandates of the FCSSAA is important to ensure the message is both relevant and impactful. Here's how a fraud and scam prevention presentation can align with these mandates:

1. **Education and Empowerment:** FCSSAA emphasizes education that empowers individuals. By providing teenagers with the knowledge and skills to recognize scams and frauds, you're helping them make informed choices. This is in line with the goal of *empowering people to live safe, healthy, and fulfilling lives*.
2. **Prevention of Harm:** A core element of FCSSAA's mandate is to prevent harm. Teenagers are often targets for online scams and fraud, especially as they become more active online and engage with digital platforms. A presentation aimed at fraud prevention will help to *reduce the likelihood of exploitation or harm*.
3. **Community Building:** The presentation can foster a sense of shared responsibility within the community. By educating teenagers, you're contributing to building a *stronger, more*

informed community that is better equipped to deal with fraud and scams. This could extend to peer-to-peer education, where teens help inform each other.

4. **Encouraging Critical Thinking:** The FCSSAA values *critical thinking* and *decision-making*. A fraud prevention presentation encourages teens to think critically about the information they receive online, which helps them build necessary life skills in evaluating risks and making safer choices.
5. **Promoting Healthy Relationships:** Part of the mandate is about promoting healthy relationships and social well-being. Scams and frauds often exploit trust. By discussing how scams work and how to spot red flags, the presentation can help teens build healthier online relationships, understand boundaries, and protect themselves from manipulative situations.

CLARIFICATIONS/CONSIDERATIONS

Due to the programming the FCSS Advisory Board has already committed to facilitating Fit and Free Programs along with the Kindness Academy, Family Day Skate alongside upcoming reporting and grant deadlines. If both programs offered are favorable only 1 can be facilitated in March. The second will be scheduled for April.

Prepared by: Amanda Barron, FCSS Director

Reviewed by: Amanda Davis, CAO