

FCSS Agenda

March 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 March 3, 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 February 28, 2025

7. Unfinished Business

7.1 2025 Cake Awards

7.2 Women's Wellness Conference

8. New Business

8.1 April 2025 Programming

9. Correspondence

10. Adjournment

Next Meeting Date: April 7, 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: March 3, 2025

Prepared By: Amanda Barron, Director

Supporting Community Members



SUPPORTS

Seniors Benefits

During February we provided service to 3 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. FCSS has provided support with the online and print application processes of 3 clients.

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:

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 11 registered members. We continue to see steady participant growth, along with regular attendance. Chair yoga, yoga and weight training are utilized primarily.

Fit and Free Youth has 3 registered members, we hope to see continued growth for this program. Participants enjoyed utilizing access to badminton and weight training as well as an introduction to stretching and simple yoga poses.

Kindness Academy

FCSS Director's Report

Period Ending: March 3, 2025

Prepared By: Amanda Barron, Director



Supporting Community Members

Due to low enrollment, we have had to cancel our 6 week Kindness Academy for children 6-10. The program has been fully developed and is ready for delivery. We can revisit this program for summer or fall delivery should the advisory board chose to offer it again.

INITIATIVES

Welcome Wagon

Through the months of January and February, FCSS distributed 2 Welcome Packages.

Civic Address	Date Recieved	Vc
616 3 Ave	Jan 28/25	
428 6 Ave	Feb 3/25	

Meals on Wheels

Meals on Wheels currently has 3 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. All of our summer athletic equipment has been purchased and will become available in Spring.

Outdoor Rink Grand Opening – Free Skate

After having to postpone due to extreme cold we hosted our ODR Grand opening and free skate on February 23rd from 2-4 pm. We had several families come out and enjoy the new arena and community lending shed.

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

FCSS Director's Report

Period Ending: March 3, 2025

Prepared By: Amanda Barron, Director



Supporting Community Members

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 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.

Grant Applications

I have been focused on preparing several grant applications, all of which opened in February, with application deadlines set for mid-March. The process involves gathering relevant data, crafting compelling narratives, and ensuring that all required documentation is in place. Some of the programs we have prepared grant applications for include Community Gardens/ Off Leash Dog Park Tree supplementation including fruit trees, Swim to Survive Program, Build a Backpack Program, and Volunteer Appreciation Week.

FCSS Provincial Outcomes Reporting

We have successfully completed our FCSS Provincial Outcomes Reporting, marking a significant milestone in our program's evaluation process. This involved compiling detailed data on the impact of our initiatives, analyzing outcomes, and ensuring all funds are accurately utilized with the provincial reporting requirements. The report highlights key achievements and provides a comprehensive overview of how our programs have contributed to community well-being. It also reflects our commitment to transparency and accountability, ensuring that all necessary metrics are accurately presented. The completion of this report is a crucial step in demonstrating the effectiveness of our efforts and securing continued provincial funding for future initiatives.

HUNTER'S EDUCATION COURSE

FCSS Director's Report

Period Ending: March 3, 2025

Prepared By: Amanda Barron, Director



Supporting Community Members

We were asked to investigate the possibility of hosting a Hunter's Education Course in Bassano to engage and prepare interested youth surrounding safe hunting practices. The Advisory Board has asked for clarification as to how the Hunter's Education Course aligns with the FCSSAA mandate.

In many rural communities, hunting plays a vital role in food security, deeply rooted in cultural traditions and sustainable practices passed down through generations. For these communities, hunting is more than just a recreational activity—it's an essential means of obtaining nutritious, locally sourced food. In areas where access to grocery stores and commercial food markets can be limited or expensive, hunting provides a reliable and cost-effective alternative. It fosters self-sufficiency, allowing individuals and families to fill their freezers with lean meat, reducing their reliance on external food systems. Additionally, the cultural significance of hunting often involves a strong sense of stewardship toward the land and wildlife, with hunters taking care to preserve ecosystems and respect hunting regulations. By emphasizing sustainable practices, hunting as food security contributes not only to individual well-being but also to the resilience and continuity of rural communities, supporting both their economic and cultural identity.

I have taken time to investigate how the Hunter's Education Course aligns to the FCSSAA mandate before attempting to prepare a formal program offering. For a Hunter Education course to fully meet the FCSSAA mandate, it would need to be tailored to address specific community and individual needs within the guidelines of FCSSAA. The course would also have to align with the broader educational goals of promoting safety, community involvement, and youth development. Depending on how it's structured and delivered, it may need to be part of a broader program that touches on other aspects of social development, like teamwork, leadership, and personal responsibility.

Here's how a Hunter Education course could align with those requirements:

1. **Safety and Responsibility:** FCSSAA often focuses on fostering responsibility, community safety, and positive personal development. A Hunter Education course typically emphasizes firearm safety, ethical hunting practices, and wildlife conservation, which can help cultivate responsible and respectful behavior in the community.
2. **Skill Building and Education:** The FCSSAA aims to provide programs that help individuals build practical life skills. A Hunter Education course offers not only technical skills related to hunting, but also life skills such as decision-making, ethical reasoning, and understanding the environment.
3. **Community Engagement:** Many FCSSAA programs work to build a stronger sense of community involvement. A Hunter Education course could contribute to this by teaching participants about their role in the local ecosystem, promoting sustainability, and offering opportunities for individuals to become involved in conservation efforts and other community activities related to wildlife management.

FCSS Director's Report

Period Ending: March 3, 2025

Prepared By: Amanda Barron, Director



Supporting Community Members

4. **Youth Development:** FCSSAA emphasizes programs for youth development and personal growth. A Hunter Education course could meet this goal if it offers structured lessons for young individuals, helping them develop maturity, discipline, and respect for nature, as well as life skills that can extend into other areas.
5. **Health and Well-being:** While the focus of the course is on hunting, it can also support physical and mental well-being by encouraging outdoor activities and appreciation for nature, which can have positive effects on overall health.

I have been in contact with a few gentlemen who work in unison to offer Hunter's Education within Newell County that are willing to provide facilitation should we choose to offer the program.

UPCOMING PROGRAM

- Fit and Free – Ongoing
- Pioneer Damsiter's Volunteer Tax Clinic – March 10 – 9:30am -12pm
- Playfair Lodge Volunteer Tax Clinic – March 11 – 9am – 4pm
- Rural Pop Up – March 18th

Attachments

1. Action Items

February 3, 2025 Regular Board Meeting		
Barron, A	Rotate Minutes on Website	None
Barron, A	Resolution Index	None
Barron, A	Collaborate with BFRRS to prepare Family Day Skate event	Completed
Barron, A	Plan, prepare and facilitate the Acts of Kindness 8 session program	Cancelled
Barron, A	Speakers agreement - Women's Wellness	In progress
Barron, A		
Barron, A		
Barron, A		
Barron, A		

CAKE (COMMUNITY APPRECIATION, KINDNESS, EXCELLENCE) AWARDS

BACKGROUND

At our January 13, 2025 Advisory Board Meeting we discussed the idea of recognizing local volunteers through the use of CAKE (Community Appreciation, Kindness and Excellence) 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. We did not meet quorum at the February meeting therefore potential programming was carried over for decision at the March 3, 2025 Advisory Board Meeting.

The CAKE Awards aim to recognize and celebrate individuals or groups within the municipality who have shown an outstanding commitment to supporting and improving their community. It's about recognizing the people who go above and beyond to contribute to a better, more connected community.

This program encourages a culture of kindness and promotes positive social interactions that strengthen the community. It focuses on those who consistently excel in their work, take on challenges, and lead by example in the pursuit of making their communities and the world a better place and recognizes the volunteers who demonstrate exceptional compassion, empathy, and generosity in their actions. It is for individuals who have selflessly supported others, whether through small acts of kindness or by consistently being there to help those in need. 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. By acknowledging this effort we can encourage more people to get involved in their communities and highlights the importance of community bonds and collective action.

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.

The CAKE Awards have a strong tie to volunteerism because they are specifically designed to recognize the contributions of volunteers who dedicate their time, energy, and resources to making a positive impact on their communities or causes. In essence, the CAKE Awards are a way to acknowledge and celebrate those who help to drive social change, make lasting impacts, and inspire others through the act of volunteerism. They shine a light on how volunteering not only helps those in need but also contributes to building a stronger, kinder, and more excellent community.

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 \$ 400 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 \$400.

#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 \$400.

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	
	Prize Draws and Closing	
3:00 PM	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.

Please provide an update on individual sales.

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.

DÉCOR

Embracing our rural roots our décor for the event will be simple country elegance. Our tables will be designed using white butcher paper for easy cleanup with tulle runners, and a pail of fresh flowers.

ACTIVITIES

1. The county fair will be set up in the right corner of the hall with 4 games each of these will require a volunteer to run. Games will include:

Chuck a Duck – (Cornhole) – Players receive plastic ducks they must get into the “pond” by throwing them at the holes in a slanted board.

Ring Toss – bottles- milk crate – plastic rings – Players throw rings and try to “ring” the bottles

Firing Range – Nerf guns, stacked cans – Players shoot nerf darts at cans and try to knock them over.

Balloon Darts - Wood/Cork backboard – darts – Players get three darts to pop balloons by throwing them.

2. Make and Take Room Sprays will have supplies arranged per table for guests to create where they are seated.

EMCEE

Chair Tammie Hauck and Director Amanda Barron will be the Emcee’s for the event.

BUDGET

With the Bassano FCSS budget allocation and our funding received by Grasslands Regional FCSS we will be required to sell 90 of the 150 available tickets.

DISCUSSION

1. How have ticket sales been progressing?
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. Is the Advisory Board happy with the advertising protocol? Are there any additional avenues you would like to pursue?

CLARIFICATIONS/CONSIDERATIONS

I have applied for a grant in the amount of \$2000 to support the speakers fees, we will be notified in late March if we have been awarded funds.

ATTACHMENTS

NONE

Prepared by: Amanda Barron, FCSS Director

Reviewed by: Amanda Davis, CAO

APRIL 2025 PROGRAMMING

BACKGROUND

There are several themes during April such as Earth Day on April 20 Easter falls on April 18-20 and Volunteer Appreciation runs April 27 – May 3. There has also been an increase in the prevalence of new fraud and scam tactics that are causing increasing alarm for the student demographic. Technology-driven tactics are leaving the public suspicious of every call and email, therefore community capacity building in detection and response would be a welcome prevention theme.

Earth Day provides an opportunity to raise awareness and support the environment. First held April 22, 1970, Earth Day is now observed in over 190 countries globally. Bassano FCSS has prepared grant applications to support our Volunteer Appreciation and Roots for Renewal projects that tie into both Earth Day and Volunteer Appreciation. If successful we could host a combination event at the Community Garden site to honor local volunteerism in action and align with Earth Day by celebrating both environmental sustainability and community involvement. By recognizing and thanking volunteers for their efforts, the event fosters a sense of shared responsibility and encourages continued participation in environmental initiatives. It also inspires others to get involved, strengthening community engagement in environmental stewardship.

Easter provides an opportunity to engage the community with social programming designed to provide multi-generational social interaction helping to bridge the gap in social isolation for community members. Finally, FCSS has promoted the Whole-Body Wellness Initiative which has been reflected in recent programs, this continues to be a priority as we encourage healthy aging in our community.

PROGRAM IDEAS

1. Community Easter Egg Hunt

The Community Easter Egg Hunt is an inclusive and engaging event designed to bring together people of all ages in a fun, family-friendly atmosphere. This social program will foster community spirit, encourage social interaction, and provide a shared experience that strengthens bonds among neighbors. Our event will feature a community egg hunt as well as craft station(s) and face painting. The event is not only about the excitement of finding eggs but also about building relationships, celebrating the holiday, and supporting local community engagement.

Proposed Program

FCSS will host in the Community Hall greenspace area utilizing the Hall areas and Kinsmen Park for the Egg Hunt preparing treats and small prizes. We will also provide a secondary engagement opportunity by offering 2 themed crafts, decorate your Bunny Ears and Easter Egg Rocks.

Craft Station Activities:

- **Easter Basket Decorating:** If you've prepared small baskets, kids can use materials to decorate them, then "use" their baskets in the hunt.
- **Egg Decorating:** Let children decorate eggs or rocks like Easter eggs with paint or markers to take home as a keepsake.

Refreshment Station Activities:

- **Lemonade Stand:** Offer a simple self-serve lemonade station or set up a volunteer to pour drinks.
- **Cupcake and Cookie Stations:** Place cupcakes and cookies in an easily accessible area with small plates, napkins, and cups.

Easter Egg Hunt

- **Divide Kids into Age Groups:**
 - Larger area with eggs hidden. (trees, under benches, in tall grass, etc.).

Volunteers will help monitor the hunt areas to ensure that everything is fair and safe. They should also help with any lost eggs or give guidance.

Volunteer Roles:

- **Craft Station Assistants:** Help children with crafts, distribute materials, and keep the area clean.
- **Refreshment Station Helpers:** Serve drinks, monitor the snack area, and clean up when needed.
- **Egg Hunt Monitors:** Ensure safety during the hunt, assist kids if necessary.
- **Easter Bunny Helper:** Pose for photos with kids and families.

By having a mix of activities like the craft station, Easter-themed snacks, and the egg hunt, you'll create a well-rounded, fun experience for families to enjoy.

Program Goals:

1. Foster Social Connection: Create opportunities for people in the community to meet, interact, and build relationships, particularly in small, close-knit communities.
2. Promote Inclusivity: Ensure the event is accessible and welcoming to all community members, regardless of age, background, or abilities.
3. Celebrate the Holiday Spirit: Provide a joyful, festive atmosphere that brings families, children, and individuals together to celebrate Easter.

ALIGNMENT WITH MANDATE

The Community Easter Egg Hunt program aligns with the FCSSAA mandate by creating a social event that promotes community well-being, inclusivity, and engagement. It offers a platform for volunteers, families, and individuals to come together and engage in an event that fosters social

connection, supports positive family relationships, and provides an accessible and safe space for individuals of all ages to interact and celebrate the holiday. By focusing on inclusivity, family support, and community pride, this program directly reflects the goals and values of the FCSSAA, contributing to a stronger, healthier, and more connected community.

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:

- **Education and Empowerment:** 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*.
- **Prevention of 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*.
- **Community Building:** 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.
- **Encouraging Critical Thinking:** 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.
- **Promoting Healthy Relationships:** 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.

3. Introduction to Guided Meditation

Aligning with our Whole Body Wellness programming guided meditation has gained significant popularity in recent years, emerging as an accessible tool for mental and emotional wellness. Rooted in ancient mindfulness practices, it involves a guide or instructor leading individuals through meditation sessions, often using voice, sound, or visualizations to foster relaxation, self-awareness, and healing. The practice has become an integral part of self-care routines, as it promotes deep relaxation, reduces stress, and enhances emotional clarity. By encouraging individuals to focus on their breath, body sensations, and thoughts, guided meditation helps people reconnect with themselves, fostering a sense of inner peace and grounding. The benefits extend beyond just stress reduction, as it improves focus, cultivates compassion, and even aids in managing anxiety and depression. As part of a larger wellness approach, guided meditation aligns with practices like yoga, healthy eating, and physical activity to create a balanced and holistic lifestyle, ultimately improving overall well-being and resilience in the face of life's challenges.

Guided Meditation is a natural progression exercise to follow our journalling series, by setting an intention and putting into practice.

Proposed Program

Bassano FCSS would hire Rebecca Campbell a guided meditation and yoga instructor from Brooks to host an introductory guided meditation class hosted at Bassano Community Hall. Rebecca will begin with an introduction to the purpose of practice and the benefits that can be seen by the practice of guided meditation.

1. Welcome and Introduction

Setting the intention: The guide may introduce the purpose of the meditation, set an intention for the session (such as relaxation, clarity, or self-compassion), and explain any focus areas.

Creating a comfortable space: The guide may ask participants to find a comfortable position, either sitting or lying down, and to adjust their surroundings to promote relaxation (dim lighting, comfortable clothing, etc.).

2. Breathing and Relaxation

Breathing exercises: The guide will lead participants through deep breathing exercises, such as focusing on slow, deep inhaled and exhaled, to activate the parasympathetic nervous system and calm the mind.

Progressive relaxation: Sometimes, the guide may lead participants in a body scan, encouraging them to release tension from each part of their body, starting from the toes and moving upwards.

3. The Guided Meditation

Visualization or focus: The guide might ask participants to focus on specific mental images (such as a peaceful place, light, or nature) or themes (such as love, gratitude, or healing).

Affirmations or mantras: The guide may introduce positive affirmations or mantras to repeat mentally, which help reinforce a sense of well-being and mindfulness.

Mindfulness practice: The guide may encourage participants to observe their thoughts and feelings without judgment, acknowledging them and gently bringing attention back to the breath or the imagery.

4. Deepening Relaxation

Silent space: In some sessions, the guide might allow a few minutes of silence for participants to fully absorb the relaxation, deepening their connection with their inner state.

Gentle reminders: The guide may gently prompt participants to return their focus if they become distracted, using soft cues like "return to your breath" or "feel the calmness in your body."

5. Closing

Gradual return: The guide will gently bring participants back to full awareness, guiding them to deepen their breath, wiggle their fingers and toes, and slowly open their eyes.

Reflection: The guide may invite participants to reflect on their experience, express any feelings or insights, and encourage a moment of gratitude for the practice.

Closing intention: The session may end with a reminder to carry the calm and awareness into the rest of the day, often with a closing phrase like, "May you be peaceful, may you be well."

This structure allows participants to ease into the meditation and return to the present moment with a sense of calm, clarity, and well-being.

ALIGNMENT WITH MANDATE

Overall, guided meditation aligns closely with the FCSSAA mandate by providing an effective, preventive approach to improving mental health, building resilience, promoting wellness, and fostering community connection. It serves as a tool for individuals to take proactive steps toward maintaining and improving their well-being.

A program budget of \$200 would be allocated to facilitating a free guided meditation class at Bassano Community Hall.

CLARIFICATIONS/CONSIDERATIONS

Prepared by: Amanda Barron, FCSS Director

Reviewed by: Amanda Davis, CAO