

ISSUE 2 - SPRING - APRIL 2024

THE PULSE

Getting to the SOURCE of the matter



Intermission

A REFLECTION ON OUR MISSION

Welcome to Spring and your latest edition of Sources Internal newsletter - The Pulse.

The past few months have been very exciting for all of us. We broke our fundraising record for Coldest Night of the Year, coming up top across Canada. We were selected to implement the Foundry for South Surrey/White Rock. The Income Tax Volunteer Clinic was featured on CBC. And many more wins - all because of you!

This issue of The PULSE captures highlights from February to April 2024. If you think there's something we missed, please write to MSingh@SourcesBC.ca

Happy reading!



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Growth From Within

PROGRAM UPDATES



“The Foundry will be the Easy button for youth in South Surrey/White Rock.”

GEORGE PASSMORE,
EXECUTIVE DIRECTOR

NEW FOUNDRY COMING TO SOUTH SURREY

Sources in partnership with Alexandra Neighbourhood House will be leading the implementation of a new foundry in South Surrey. The centre will offer Primary Health Care, Mental Health, Substance Use Services, Social Services, Peer Support and more. The service will be available free for youth and their families.

SPRING SHREDATHON IN SUPPORT OF FOOD BANK

Semiahmoo’s shredathon raised \$8,000 and collected 160 lbs of food for Sources Food Bank. THANK YOU to Surrey Firefighter volunteers, Semiahmoo Shopping Centre, First Capital and ShredWise for their continued support.



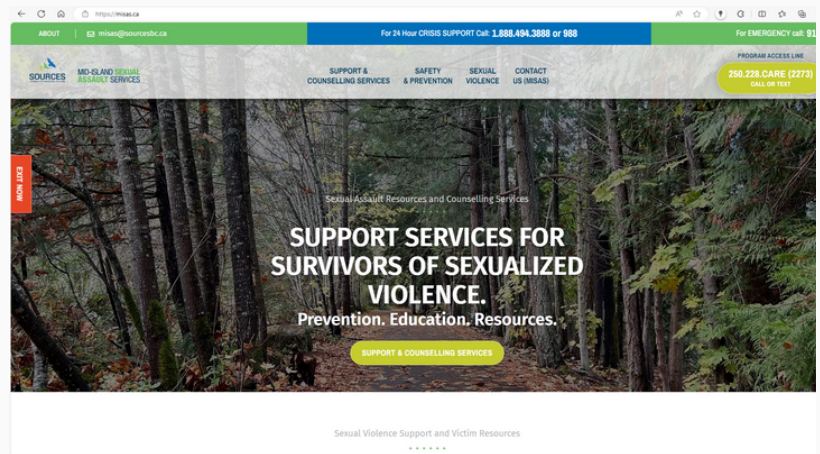


Gay-Lynn has been a driving force in building the MISAS website. Our program workers Charlotte White and Susie Scott have been actively engaged in building content. Our colleagues from Violence Prevention and Clinical Services also assisted in compiling information.

GRAHAM SMITH,
MENTAL HEALTH AND
SOCIAL SERVICES

MID-ISLAND SEXUAL ASSAULT SERVICES (MISAS)

We launched a new website to provide resources on sexual violence and trauma. The program connects victims of sexual assault in Oceanside, Nanaimo and surrounding areas to support workers and clinical counselling services.



MEDIA TRAINING FOR STAFF BY RANDALL HEIDT

Randall Heidt our board member and Vice President External Affairs at Kwantlen Polytechnic University (KPU) organized a Media Training seminar. Our peer organizations and staff attended the session at KPU's Langley campus.





“Craig is known for his cheery disposition, a good story for any topic, and quirky ‘Dad Jokes’. He was a ‘mean Tarzan’ in one of our many events.

We appreciate you,
Craig!”

CHRISTINE DIAMOND,
COMMUNITY INCLUSION
SERVICES

VOLUNTEER APPRECIATION LIFE SKILLS ENRICHMENT CENTRE

Volunteer Name: Craig Harrington

Year started at Sources: 2002

Volunteer position held: Life Skills Center Reception

Favourite Part of his volunteer position: "Interacting with clients, staff, and visitors. Gives me purpose for my days and community networking/social opportunities. I enjoyed networking with the community to gather door prizes for past Events Unlimited shows."

Favourite Colour: "Blue, any shade!"

Favourite Food: "Any! Well, not eggplant! Did I tell you my eggplant story?"

Most Memorable Vacation: "Hawaii, December 25th, 2003.

Sitting on a beach in Maui eating the juiciest piece of pineapple, I was thinking, I wouldn't be doing this if I were in White Rock."





“One of the agencies where staff feels most supported.”

“Staff with multiple roles within agency speaks to the longevity of their tenure here.”

“Welcoming... very very calming.”

PEER REVIEWERS,
COUNCIL ON
ACCREDITATION (COA)

REVIEW BY COUNCIL ON ACCREDITATION

As part of maintaining our status as a Council on Accreditation certified organization, we recently had a review of our administrative functions and program delivery practices. The accreditation process helps us understand how our internal practices measure against international non-profit standards, enabling us to continually improve our services.



SOURCES DIRECTORS NOMINATED FOR AWARDS

Carleen Pauliuk and Grace Chiu have been nominated for the YWCA Women of Distinction Awards 2024.





Surrey Eagles Fan Appreciation Night for CNOY Walkers



COLDEST NIGHT OF THE YEAR 2024

Sources Foundation, with support from the South Surrey/White Rock community, raised nearly \$280,000 – the highest amount among 190 locations in Canada.

[CLICK TO WATCH EVENT HIGHLIGHTS.](#)



STAFF CHALLENGE WINNERS

Empowered Walkers came up as the top fundraising team. They have raised over \$28,000 in the last 8 years. Nicole, Angela and Minakshi have been on the same team since they started walking 10 years ago. Brittany Palmer was the top fundraiser and Maria Ussher won the hurry hoodie.





Sip and Social at Women's Place



IN HER SHOES 2023 SPONSOR APPRECIATION

We had a social event to recognize the sponsors of our first-ever charity fashion show IN HER SHOES raising over \$85,000 for Sources Women's Place.

[Watch IN HER SHOES 2023 highlights.](#)

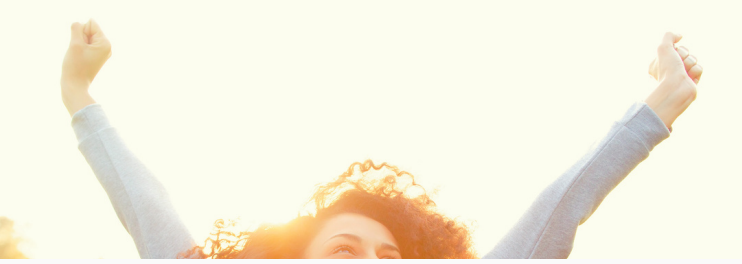


IN HER SHOES 2024

This year's show is happening April 25 at West Coast Gardens. 50/50 Raffle Draw and Silent Auction are open.

Visit Trellis.org/InHerShoes2024 to buy your ticket and bid.





Celebrate You



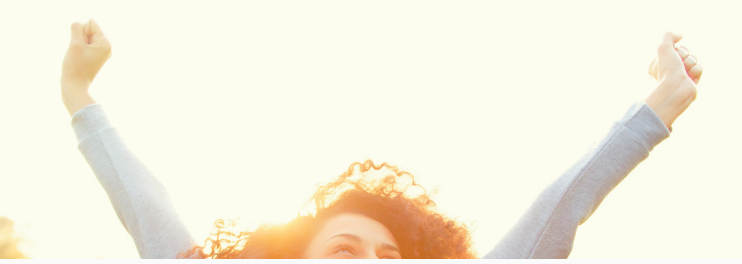
PERSONAL UPDATES

CONGRATULATIONS ON YOUR WORK ANNIVERSARIES!

Wendy Teeple	1 Feb	19 years	Danielle Clements	1 Mar	12 years	Salah Kharief	22 Mar	1 year
Cristina Wu	1 Feb	17 years	Malvin Marinas	1 Mar	14 years	Joshua VanDiermen	22 Mar	1 year
Janet Welch	1 Feb	2 years	Anika Brown	1 Mar	1 year	Enrico Misajon	23 Mar	1 year
Amandeep Dhaliwal	6 Feb	7 years	Lin Lin	1 Mar	1 year	Brittany Pearce	25 Mar	5 years
Mansi Raj Singh	6 Feb	1 year	Hardeep Mattu	3 Mar	1 year	Jagjit Kaur	27 Mar	11 years
Sukhdeep Marok	7 Feb	6 years	Sultana Raouf	3 Mar	4 years	Karen Cameron	27 Mar	1 year
Jodi Kincaid	7 Feb	1 year	Joe Manaktahla	5 Mar	5 years	Ward Cooper	28 Mar	30 years
Michael Phillips	10 Feb	2 years	Andrea Hoggatt	6 Mar	12 years	Julie Snowden	28 Mar	13 years
Tanbir Sahota	11 Feb	5 years	Jaskaran Mann	7 Mar	2 years			
Sonia Garcha-Heer	13 Feb	6 years	Anusha Rahman	7 Mar	1 year			
Jason Blaschuk	14 Feb	7 years	Kaylee Funk	8 Mar	1 year			
Kimberley Bradley	14 Feb	2 years	Jeanny Raith	12 Mar	6 years			
Viktoria Iakovleva	17 Feb	21 years	Chelsea Thompson	14 Mar	2 years			
Mari Jan Omeri	17 Feb	4 years	George Passmore	15 Mar	14 years			
Susan Sellick	18 Feb	16 years	Angie Brown	16 Mar	4 years			
Meghan Brozer	22 Feb	2 years	Ashrina Dosanjh	16 Mar	1 year			
Margaret Plourde	22 Feb	3 years	Raman Sandhu	16 Mar	3 years			
Kauser Chandel	23 Feb	2 years	Charlotte White	18 Mar	5 years			
Hannah Burgart	24 Feb	4 years	Ramneet Dhesi	19 Mar	6 years			
Ajantha Kulasekera	25 Feb	12 years	Humpreet Randoe	21 Mar	2 years			
Charlotte Edwards	27 Feb	7 years	Sarah Berry	22 Mar	3 years			

Minakshi Bagai with granddaughter Maya





Celebrate You

PERSONAL UPDATES

Sonia Badyal	1 Apr	4 years
Angela Carruthers	2 Apr	12 years
Darcy Letkemann	2 Apr	9 years
Luita Siep	3 Apr	15 years
Nataliia Vertynska	3 Apr	1 year
Kathleen Reeve	4 Apr	13 years
Lendsy Lozano Somoza	4 Apr	2 years
Jaswinder Bains	5 Apr	15 years
Sitti Manlulu	6 Apr	14 years
Nicole Ostrowska	11 Apr	2 years
Tracey Shephard	14 Apr	21 years
Lisa Burden	14 Apr	4 years
Ryan Prasad	14 Apr	4 years
Chelsea Carbert	17 Apr	5 years
Baljit Sandhu	18 Apr	10 years
Frozan Taziz	19 Apr	7 years
Steve Hong	22 Apr	11 years
Tina Lalonde	22 Apr	2 years
Chelsea Roberts	22 Apr	10 years
Asim Shahzad	23 Apr	5 years
Emil Adriano	24 Apr	1 year
Alma Vaugeois	25 Apr	10 years
Carmela Nievares	30 Apr	6 years
Cynthia Kim	30 Apr	4 years



WELCOME NEW BOARD MEMBERS

Ethan Martin - Director, Sources Community Resources Society
Owner, Comfort Keepers Home Care

Nico Verrier - Director, Sources Community Resources Society
Bank Manager at Scotiabank and Financial Advisor

Emily Kearns, Director, Sources Community Resources Society
Principal, Ankenman Associates Architects Inc.

Dr. Linda Hensman - Director, Sources Foundation
Assistant Governor, Rotary Club, White Rock/South Surrey

Stephen Dooley, Director, Sources Foundation
Executive Director, SFU Surrey campus



Health & Wellness

MIND OVER MATTER



3 EASY SELF-CARE IDEAS FOR SPRING

1. Open up your windows and let the light in!

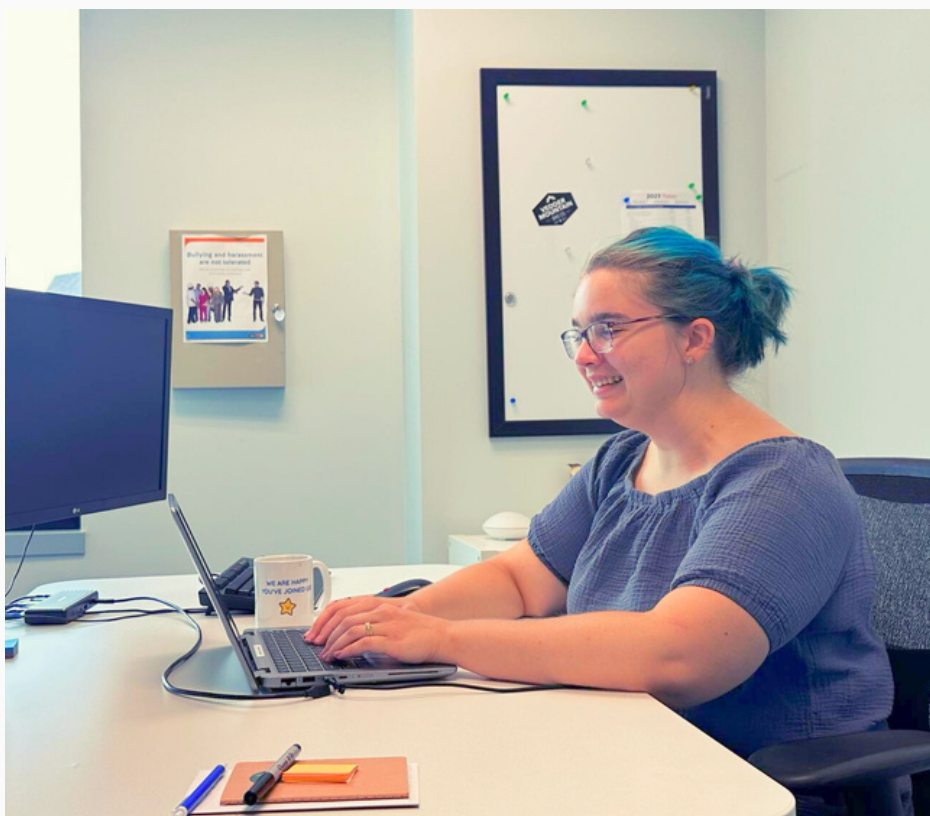
Both fresh air and sunlight have been shown to improve your sleep and reduce fatigue.

2. Take a photo of nature and share it with a friend!

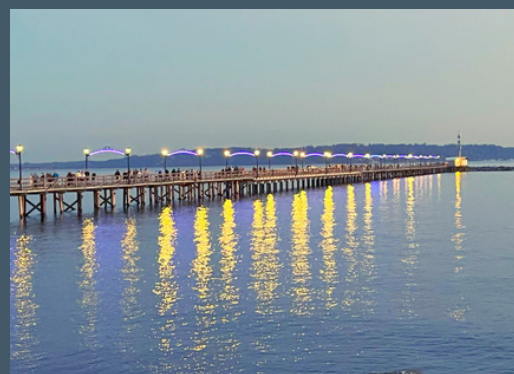
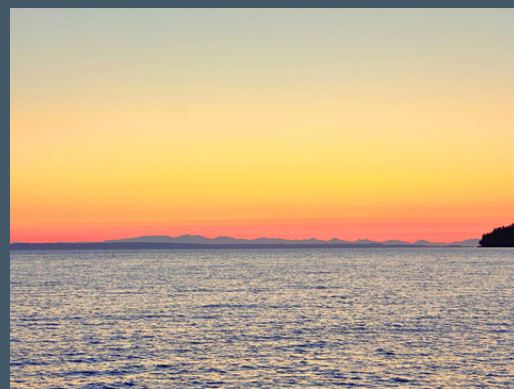
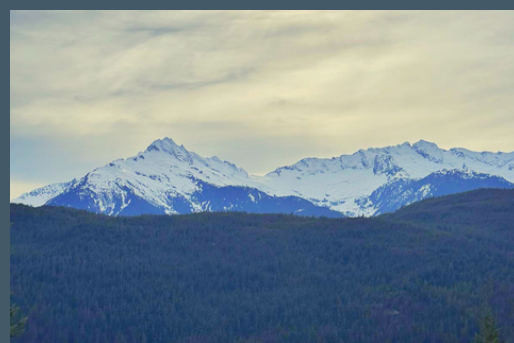
You'll not only build up your connection with someone while also boosting your mood.

3. Create a mantra or catch phrase you can use to remind yourself of your goals.

BY SHANNON KAPOOR



It is a good day to have a good day.





i like it!

Shared Space RECOMMENDATIONS



MUST WATCH

Cheryl Scarfield's picks



MUST TRY RESTAURANTS

Breka Bakery & Cafe

Egg Bomb

Kathmandu Bar and Grill

Natalino's Pizza



Truth and Reconciliation

OUR JOURNEYS, OUR STORIES

EMBRACING CULTURAL COMPETENCE: IT'S ALL ABOUT ATTITUDE!

Cultural competence has long been viewed as primarily involved with receiving and integrating knowledge about other cultures. In the context of Indigenous relations, cultural competency training often emphasizes the historical and ongoing effects of colonialism on Indigenous peoples, which is crucial given the significance of such knowledge. However, recent research findings are shining a spotlight on a crucial but often overlooked aspect of cultural competence – attitude.

While developing knowledge about the culture, traditions, and histories of diverse communities is undeniably important, it's clear that the attitude we bring to the table is foundational to meaningful and sustained change.

Attitude encapsulates respect, curiosity, and an openness to learn from others. Indeed, it helps us recognize the “other” as an equal deserving of respect and worthy of understanding; it is the secret sauce of cultural competence!

In the journey toward truth and reconciliation, attitude helps us appreciate that this process is not merely about balancing Indigenous and Western knowledge; it's about integrating them in the spirit of mutual respect and collaboration. This mindset fosters empathy and offers the opportunity for us to cultivate understandings and perspectives that enrich our collective experience.

As members of the Sources community, let's begin to move past the notion that cultural competence is merely about checking off boxes of knowledge. Instead, let's check our attitude, and embrace the opportunities we have to create meaningful and sustained change in the communities in which we live, work and play.

Sources is committed to the journey towards truth and reconciliation. The truth and reconciliation committee welcomes new members.

BY AARON SIKHOSANA

The First Nations Totem Poles at Stanley Park, Vancouver





Looking Ahead

UPCOMING EVENTS



BREAKFAST

FUNDRAISER

Saturday, April 20, 2024
8:30am - 11:30am (drop in anytime)
 White Rock Baptist Church, 1657 140th St. Surrey

TICKETS:
 \$20 - ADULTS
 \$10 - 6 - 12 YR.
 FREE - UNDER 6



**VEGETARIAN
 OPTIONS
 AVAILABLE**

UKULELE BAND | MAGICIAN | KIDS KORNER WITH FACE PAINTING

Sponsored by:
 Rotary Club of Semiahmoo | Rotary Club of White Rock | Rotary Club of South Surrey
 Rotary Club of Nature Celebrators | Pacific Northwest Passport Rotary Club



TICKETS AT THE DOOR OR PURCHASE TICKETS AT:
 C&K Courtesy Cleaners (1959 152 Street)
 or email: Linda.rotarian@gmail.com

www.whiterockrotary.org

PROCEEDS GO TO

SOURCES
 FOOD BANK
 COMMUNITY RESOURCE CENTRES

FASHION SHOW

IN SUPPORT OF
 Sources Women's Place





**50/50 RAFFLE DRAW
 NOW LIVE!**

THURSDAY
APRIL 25
 WEST COAST GARDENS
 6:00 PM - 9:00 PM

BUY 50/50 RAFFLE DRAW TICKETS



SOURCESBC.CA/EVENTS/IN-HER-SHOES



Rotary  Club of Semiahmoo (White Rock)

35TH ANNUAL CHARITY GOLF TOURNAMENT

JUNE 20
MORGAN CREEK GOLF COURSE

IN SUPPORT OF
SOURCES
 FOOD BANK
 COMMUNITY RESOURCE CENTRES

VOLUNTEER POSITIONS OPEN




Butterfly Release

To Remember those we have loved & lost

Purchase a Butterfly to reserve your seat at this Memorable Event.
 Net proceeds will go to Supporting Sources Community Resource Centres.

July 6th, 2024
1:30 - 3:30pm
1183 Maple Street
White Rock

\$25 per Butterfly
***Capacity limited RSVP today!**
***Cash only**
604-541-4663

