

Mt. Arrowsmith Salvation Army

Team Newsletter



Giving Hope Today

We've Got a Lot to be Thankful for!

In September of each year we work on our Christmas Appeal letter to be sent out to the community ahead of our Christmas donation season. We try to recap what has happened in our Ministry Unit and how we have invested their donations over the previous year. Each time we prepare this letter we see the reported figures increase, both the numbers of individuals served (the need) and the resources we're blessed with to address those needs. You know as well as we do that each year holds its share of challenges and struggles, and 2018 has been no different, yet amid the hurdles, our God has been faithful to sustain His work through us in the Oceanside community. Often times by nothing short of a miracle, we end up with the people and the resources we need at just the right time to get the job done. As we hear the reports of disasters befalling Ministry Units in other parts of the world we are all the more thankful for many of the little (but truly big) things we have like standing buildings, electricity, water and the resources to continue to serve here in Oceanside.

We are so thankful for **every person** who supports the work of The Salvation Army in Oceanside through financial donations, volunteer hours, donated items and loving people where they are at. **Every hour** invested means that someone's need is going to be met. **Every kilometer** driven means that more produce will be available to a family this month. **Every can** sorted means that someone will be able to shop with dignity for their meal. **Every plate** washed means that someone was cared for in your community today.

Don't ever believe that what you give is inconsequential – it is of greater value than you know!

New Cannabis Law

Just after last month's newsletter went out we got some useful information from headquarters on how the legalization of recreational cannabis in Canada impacts us. We have printed out copies of the FAQ document for each of the ministry area newsletter and notice binders with additional copies for staff and volunteers to take should you wish to have your own printed copy. In addition to the information included in that document, we have been provided the following additional information regarding **medical cannabis**.

"A client who has a medical license for cannabis insists they should be allowed to smoke it in the smoking area. What should we do?

Explain to the Client that he/she doesn't have an automatic right to smoke cannabis where tobacco smoke is allowed. The courts have indicated there is a difference between tobacco and cannabis in that the latter can be intoxicating to third parties. Therefore, property owners do not have to allow medical cannabis on smoking patios if there is a genuine/legitimate reason not to. An accommodation plan should be made."

Please remember smoking and drinking are prohibited on ALL Salvation Army properties.

All that we do is based on the following 10 core values:

Salvation – We proclaim the Gospel of Jesus Christ in all our ministries

Holiness – We are shaped by the Bible and the example of Jesus through the presence and power of the Holy Spirit

Intimacy with God – We commune with God through worship and prayer

Compassion – We embody God's love, reaching out to others and caring for them

Respect – We promote the dignity of all persons

Excellence – We are innovative and effective

Integrity – We are honest and trustworthy, accountable to God and each other

Relevance – We seek to understand and meet the needs of people in our communities

Co-operation – We encourage and foster teamwork and partnerships

Celebration – We are thankful to God for blessing The Salvation Army

Did you know that you can keep up with us on Facebook? Even without a Facebook account! To find us search Facebook for:

"@PKSalvationArmy". Watch our sub-page for: Oceanside Homelessness Prevention and Lighthouse Youth Programs.

A separate page now exists for the Furniture Warehouse "@salvationarmywarehouse".

Our new Volunteer Coordinator!



Skye Donald was born in Nanaimo and raised right here in Parksville. Her family's connection to this area goes back to 1948 when her grandparents settled on Lasqueti Island. She now resides on a small farm in Errington with her family.

Her eclectic work history includes experience in project management, small group leadership, staff training & supervision, as well as customer service and office administration. She brings a basket of practical technical, administrative and people skills to the position of Volunteer Coordinator.

Now a practicing Catholic, Skye was raised in the United Church and has also worked with a Lutheran mission agency, so she is very ecumenically minded and has a passion for working for the Kingdom.

Skye has been the choir director at St. Stephen's United Church in Qualicum Beach since 2007, and she is also a professional classical singer. This December, she will be joining the Malapsina Choir and the Cowichan Consort Orchestra as a soloist for the 9th Annual Sing-along Messiah in Nanaimo.

"I can't say enough about how excited I am to be here. I have so much to learn, but I also have a ton of ideas. I am in awe of the amazing work that is happening through the Salvation Army and so humbled by the dedication of our volunteers."

"I've incorporated praying for our volunteers into my daily routine, and I'm keen on working on skill development and appreciation projects after Christmas. Recruiting and training and scheduling are always urgent issues for us, so I can see that I'm going to have to intentionally carve out time to ensure that the on-going supervision and support of our volunteers isn't neglected."

Furniture Warehouse

Do you know about our furniture warehouse? We've got one of Parksville's best kept secrets: **11,000 square feet of furniture, appliances, mattresses and other large household items that most people don't know about!**



We're trying to get the word out, and as such have started a dedicated [Salvation Army Furniture Used & New Warehouse Facebook Page](#) that will highlight sale items of interest and special events. The warehouse will also soon be on [Instagram](#).

We hope you'll share these pages with those that you know to help us advertise our wares. The money we raise from our thrift stores enable us with the financial means to provide the supports to the community that we do.

Who knew that helping your community could be as easy as a like and a share?!

The Furniture Warehouse has a new telephone number: 250-586-0856

Kindly update your records, as the old phone number has been reassigned.



Discount Cards

Do you know about our thrift store discount cards for volunteers & employees? **Don't have a card?** If you have offered 20 hours of volunteer service, you're eligible, so please contact Skye and request a card. **Has your card expired?** The discount card can be renewed if you have served at least 50 hours in the last 12 months. Contact Skye to see if you qualify and then she'll prepare a new card for you.

Health & Safety—What to do in an emergency...

If you come across evidence that an emergency situation that is happening or might be likely to happen (e.g. evidence that someone is considering harming themselves or someone else), notify your supervisor to call 911, or if the situation is urgent, call 911 immediately and engage the proper authorities to handle the situation. Follow the directions of the 911 operator and do not act without their instruction unless you are properly trained to do so (first aid, non-violent crisis intervention). Do not put yourself at risk of harm.

We understand that it can feel helpless to not go and personally assist, but the best thing that we can do is to bring in those who are trained to deal with these situations. Be sure to notify your supervisor and complete an incident report, and definitely pray.





It's Christmas Kettle Time!

Join us as a Kettle Host to ring bells and accept donations on behalf of the Mount Arrowsmith Salvation Army
November 16th through December 24th.

Registration and Shift Sign-Up are now available on VolunteerHub at <https://salvationarmyca.volunteerhub.com/lp/mtarrowsmithkettles/>.

Kettle Captains are needed for November and December.

Fun new locations are being added, so keep checking back for additional shift opportunities.

Attend a 2018 Kettle Training: Come and learn about this year's new locations, Hope Bracelet contest for donors, and "cashless kettles".

Next training events: Thursday, November 29th, 4:00—5:30 PM.

Wednesday, December 5th, 2:30-4 PM. At the church.



New for 2018 : The HOPE Bracelet

Attend a kettle orientation session for a special announcement regarding the HOPE bracelet—a new promotion and social media contest tied to our Christmas Kettle campaign. Once the program has launched, everyone will be talking about it!



Meet our Kettle Coordinator—Laura!

My name is Laura. I have been living here in Parksville for 21 years. I was born and raised on the other side of our shared mountain "Mt. Arrowsmith" in Port Alberni. I have always been an active member of both communities, as I was raised to give back not only financially but with hard work. One of God's commandments is, "Love thy Neighbor as thy self", and I take this very seriously in my life. I am an active member of the Church of the Ascension as their Children's Religious Education and Family Mass Coordinator, with the CWL, and wherever else I am needed. Because of the work they do for our community, the Salvation Army, has always been close to my heart. In all area of life, such as my past work with Save on Foods, my family and friends and other charity work I do, if I see where it may be beneficial to the Salvation Army, I wrap it in: food drives, coats for kids supervising youth caroling at Kettles... I do it! This year I have the honor of coordinating your Christmas Kettle Campaign and do so with the utmost care and respect for an organization based in the Christian faith and focused on showing love through actions of charity as Jesus taught. I hope with God's guidance and your help, we can make this a successful Christmas Kettle year. God Bless, Laura

Questions about kettles? Contact Laura at kettles@parksvillesalvationarmy.ca or 250-240-4711.

Upcoming Events

- Tue-13-Nov** **Sale of Christmas Items** began at all our Thrift Stores.
- Thu-15-Nov** **Soup Kitchen orientation** at 9:30 AM.
- Thu-15-Nov** **Moonlight Madness in QB** starts at 5:30 PM. Bell Ringers & Carollers wanted!
- Fri-16-Nov** **Christmas Kettles begin!** Bells will ring until December 24th. (Weekends only until December)
- Sat-17-Nov** **Fireman's Food Drive** - volunteers needed at the Food Bank 9:00 AM and 4:30 PM.
- Sun-18-Nov** **Fireman's Food Drive** - volunteers needed at the Food Bank 9:00 AM and 4:30 PM.
- Sun-18-Nov** **Orphan Sunday** –annual service dedicated to our call to care for vulnerable children at home and abroad. 10:30am service starts.
- Thu-29-Nov** **Kettle orientation** at 4:00 PM at the church.
- Wed-5-Dec** **Kettle orientation** at 2:30 PM at the church.
- Mon-24-Dec** **Christmas Eve:** Thrift Stores, Food Bank and Administration Office open for half day. Soup Kitchen open as usual.
- Tue-25-Dec** **Christmas Day:** all stores and ministry locations are closed.
- Wed-26-Dec** **Boxing Day:** all stores and ministry locations are closed.
- Mon-31-Dec** **New Year's Eve:** all stores open (9-1)
- Tue-01-Jan** **New Year's Day:** all stores and ministry locations are closed.

Food Sense Healthy Cooking Classes

We have started a new community outreach program in partnership with Diabetes Canada to teach people to cook healthy, delicious meals on a budget. FREE Food Sense Healthy Cooking Classes are happening on Thursday afternoons in the church kitchen from 3-6pm and are open to all adults 18+ who want to learn to make nutritious, delicious meals for themselves or their families.

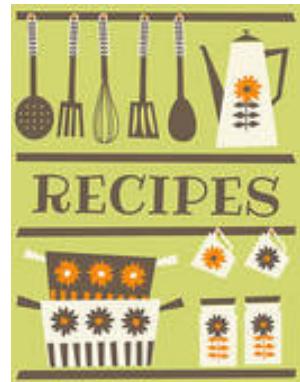
The 6 week course aims to build healthier communities by:

- **CONNECTING** people in the kitchen,
- **TEACHING** fun hands-on cooking skills and
- **MAKING HEALTHY EATING** easy, enjoyable and affordable.

Participants learn, cook and eat together and receive a program cook book to take home at the conclusion of the course.

The 6 lessons cover:

- 1) variety for healthy eating
- 2) fruits, vegetables & whole grain goodness
- 3) meat & alternatives, milk & alternatives and healthy fats
- 4) planning healthy meals, snacks and beverages
- 5) savvy shopping
- 6) celebration!



Class size is limited to 12 participants. To get your name on the list for the spring session, please contact our general administration office at 250-248-8794.