



MARCH/APRIL 2012 NEWSLETTER

SOS BC Run: Sprinting Into High Gear!

Saturday, June 30th, 2012, 8:30 AM

Richmond Olympic Oval Plaza
6111 River Road, Richmond



The 2012 Run planning team is hard at work gearing up for the 4th annual **SOS BC Run!** Dedicated Honorary Patrons **Doug and Diane Clement** (left) return, and Honorary Chair **Alexa Loo** (below) joins them to inspire us and promote the event's "Health and Wellness" theme.



If you participated last year or are thinking about joining this year, we would love to have you! Come out and support a great event that combines fitness and fun for a fantastic cause! Visit <http://www.sosbc.org/Run> to register and start collecting pledges!

If you are interested in sponsoring this event, please contact Tim Pember (tpember@shaw.ca) for more information. For support on putting together a team, please contact Queenie Cheng (chengqueenie@hotmail.com).

We are pleased to welcome back many of our dedicated supporters and excited to introduce some new partnerships: Presto Print, City of Richmond, Scott Paragon Signs and Screen Printing, Greater Vancouver Medical Assistance & Survival Team, Richmond Amateur Radio Club, Healthy Families British Columbia, Tim Horton's Community Cruiser, Super Save Disposal, Summer Night Market and 93.7 JRFM.

A Class Gives Back



A big thank you to Chris Holman and the **Steveston Class of '81** who raised \$500 for SOS Children's Village BC at their 30th Class Reunion! On behalf of SOS BC, thank you for your support of the work that we do!

Yoga for Hope

The first annual, **Yoga for Hope**, took place Saturday February 25th at the Rotary Field House in South Surrey Athletic Park. It was an inspiring day that generated all sorts of good karma and even raised \$2200 in its premier year!

SOS BC would like to extend a HUGE thank you to the creator and organizer of this event, **Beth Sukha-Barker**, for making this day possible. We would also like to thank the fabulous Yoga Instructors that donated their time and talent to this event, and our guest speaker, Dr. Suhas Nayak. They represent a wide variety of styles of Yoga from Hatha to Dru, Parmi to Yin and more! There is something for everyone - be sure to check out their classes and programs!

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|--------------------|--|
| Jay Sutton Brown | www.liveyoga.ca |
| Beth Sukha-Barker | yogagirl44@yahoo.com |
| Jodi Misak | www.parmiyoga.com |
| Jo Ellen Mitchell | Kula Yoga- 604-536-6097 |
| Anne Adkins | connectedtoheall@hotmail.com |
| Namrata Sharma | http://ojushealthcare.com/ |
| Darquise Desnoyers | anahatabreath@shaw.ca |
| Patricia Parsons | www.parmiyoga.com |
| Marita Lewis | www.solyoga.ca |
| Dr. Suhas Nayak | http://ojushealthcare.com/ |

Thank you to everyone who came and participated in this event, including **Alexa Loo**, SOS BC Run Honorary Chair. We look forward to another fabulous **Yoga for Hope** next year! To view photos from this event, please visit our Facebook Page (SOS Children's Village BC). For more information on this event, please visit: www.yogaforhope.ca



Yoga for Hope founder, Beth Sukha-Barker, and SOS BC Run Honorary Chair, Alexa Loo.



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Thrift Store Updates

If you've been to visit one of our thrift stores lately, you may have noticed a change. Once endearingly named the "Treasure Cottages," our stores have now been renamed to "SOS Children's Village BC Thrift," to reflect their mission. "It's really about letting everyone know that we are proud supporters of SOS Children's Village BC," says Barb High, Manager of the Steveston Store.



Adding to the fresh faces of our stores are the new spring editions that have replaced the static black items from winter. Speaking of spring, it's that time of year again where cleaning out closets has become a weekend "activity." Our

thrift stores would be happy to take those gently used clothes, books and household items off your hands. After all, did you know that "thrifting" is not only great for your bank account but also the environment? Come and give new life to gently used items while preventing them from ending up in the landfill. Who said shopping couldn't generate good karma?

If you have four hours a week to spare, our stores would love to have you as a volunteer! In return you will get to meet new people in a social setting, while giving back in your community. Please contact either Vera or Meghan at our **Kerrisdale location (604-264-0880)** or Barb at our **Steveston location (604-274-8866)** for more information.

Laughter is the Best Medicine

"The most wasted of all days in one without laughter."
-E.E. Cummings

In need of a good laugh? Come check out **Laughter is the Best Medicine**, an annual charity show put on by improv comedy group, **Tickle Me Pickle**. This year the show will take place **Thursday April 5th from 7-9 pm** at the **Richmond Cultural Centre**, with all admission proceeds benefiting SOS Children's Village BC!

Tickets are \$8 for adults and \$5 for students and seniors and can be reserved online at tickets@ticklemepickle.com or bought at the door. For more information on **Tickle Me Pickle**, check them out on Facebook, or visit: <http://www.ticklemepickle.com/>

Kiewit Gives Back

If you've driven anywhere in the Fraser Valley recently, you will have noticed that **Kiewit** is busy, busy, busy. What you might not know is that when they aren't busy building, the Kiewit staff are huge supporters of SOS BC.



Last month, the **Kiewit Flatiron General Partnership-Segment 3 Staff on the Port Mann Highway 1 Project** raised \$2380 for SOS BC through the sales of project calendars. Thank you Kiewit for your continued support and dedication to vulnerable children and youth!

Save the Date...



SOS Children's Village BC is thrilled to introduce our first annual, **Signature Social**, taking place on the evening of **Thursday, September 13th 2012** at the **Canadian Museum of Flight** in Langley!

Formerly the **Food & Wine Festival**, this event will be a fun twist on an old classic. Join us for delicious appetizers paired with wine tasting from local vineyards. Be entertained by a 17 piece swing band as they get you "In the Mood," as Glenn Miller would say and take you back to the 40's.

When you finish perusing through the fantastic selection of silent auction items, feel free to explore the historical flight memorabilia that decorate the hangar, or even one of the classic aircraft.

Interested in being a part of this event? Please contact Leah at 604.574.2964 ext. 228 or at leahdullum@sosbc.org





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Corina's Corner

Written by Corina Carroll-Layfield, Program Director

For this edition of *Corina's Corner*, I decided to address a question that I am frequently asked: "Why should I donate to programs that support children in BC when our government takes care of them, versus children in need in other countries that don't have that same governmental support?"

I do not measure our local circumstances against those in other nations, but I cannot ignore how many children are at risk in my own backyard. It is not a question of priority, or of choice, I believe strongly that we can offer aid around the globe, and in our own country. I do not think it is an either/or decision; it is simply a matter of division.

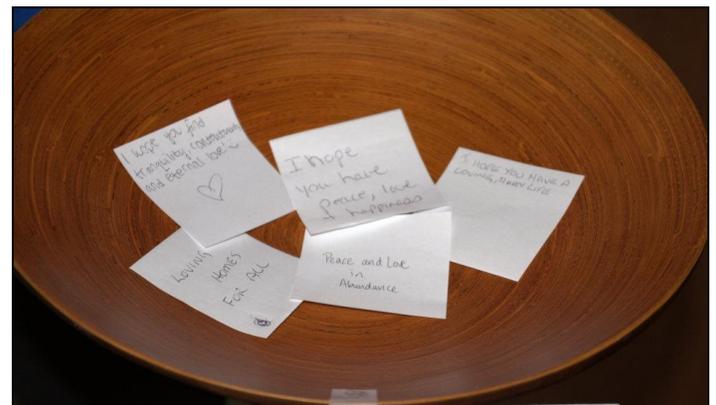
I am asked consistently, why children in care and children at risk need help when we live in a country where basic needs can be covered by our provincial government. I don't disagree that basic needs are managed, but how many of us thrive with *only* our basic needs being met? The truth is that many children in our province are struggling; some in ways that we don't want to admit.

For children in foster care, basic care is provided by a contracted parent; however, the majority of children in foster care have histories of trauma, abuse, and neglect. These issues, along with Fetal Alcohol Syndrome, ADHD, and other organic disorders can lead to significant challenges. Interventions need to be child specific, which come at a higher cost.

Many of these children find it very difficult to "fit" within the mainstream services, such as camps, recreational activities and after school programs. With each negative experience, the child develops the self concept that they are not of value because they are different, or in the simplest terms of a child, they are "bad" and do not belong.

For most vulnerable children, including those who are in care (foster care or residential care), there needs to be an intentional course of action in addressing their needs. This course of action includes ways to work with them, where they are in present time. Interventions are best when they are child specific and programs that are dedicated to meeting the needs of children do not require that child to "fit" into the program, but the program can be adapted to "fit" the child. Many would argue that this way is too difficult to manage; I argue that when we don't do it this way, then things will really become difficult to manage!

The programs and services that are offered through SOS BC are in direct response to need. We launch new programs in an effort to fill the gaps in the community and social system and assist children and their families in accessing relevant and effective services! I invite you to find out more about what we are doing through our website (www.sosbc.org), or by contacting me directly (corinacarroll@sosbc.org). I also invite you to support our initiatives and demonstrate that you are a champion of the most vulnerable in our society along with us!



"Bowl of Hope," filled with wishes for the children and families in the SOS BC Village.