

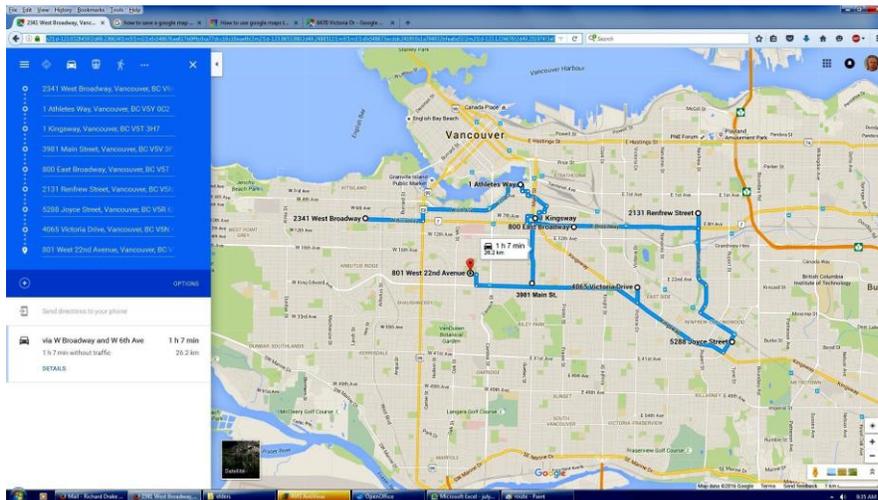
Elders Circle Salon, July 28, 2016

JULY 28TH SALON POSTERING AND HANDOUTS			
NEIGHBOURHOOD HOUSES		PUBLIC LIBRARIES	
KNH	2305 West 7th Ave	Kits public library	2425 MacDonald Street
South Vancouver Neighbourhood House	6470 Victoria Drive	VPL	350 West Georgia Street
Little Mountain Neighbourhood House	3981 Main St.	Dunbar Branch	4515 Dunbar St.
Cedar Cottage Neighbourhood House	4065 Victoria Drive	Firehall Branch	1455 West 10th Avenue
Collingwood Neighbourhood House	5288 Joyce Street	Joe Fortes Branch	870 Denman Street
Kiawassa Neighbourhood House	2425 Oxford Street	West Point Grey Library	4480 W 10th Av
Frog Hollow Neighbourhood House	2131 Renfrew Street	Kerrisdale Library	2112 W 42nd Av
Gordon Neighbourhood House	1019 Broughton Street	Oakridge Library	191-650 W 41st Av
Downtown Eastside Neighbourhood House	573 East Hastings Street	Strathcona Library	592 E Pender St
Marpole Place Neighbourhood House	8680 Hudson Street	Mount Pleasant	1 Kingsway
Mount Pleasant Neighbourhood House	800 East Broadway Avenue		
COMMUNITY CENTRES		SENIORS CENTRES	
Kits Recreation Centre		Linden House	2305 West 7th Ave
Dunbar Community Centre	4747 Dunbar St	Senior's Friendship Centre South Granville	1420 W 12th Ave
Britannia Community Services Centre	1661 Napier St	Oakridge Seniors Centre	650 W 41st Ave
Carnegie Community Centre	401 Main St	West End seniors Network	1447 Barclay St
Coal Harbour Community Centre	480 Broughton St	Britannia Senior's Activity Centre	1655 William St
Creekside Community Centre	1 Athletes Way	411 Seniors Ctr Society	333 Terminal Ave #704
Mount Pleasant	1 Kingsway	Brock House Seniors	3875 Point Grey Road
False Creek Community Centre	1318 Cartwright St		
Douglas Park Community Centre	801 West 22nd Ave		
Roundhouse Community Arts and Recreation Centre	181 Roundhouse Mews		
West Point Grey Community Centre	4397 W 2nd Av		
Kerrisdale Community Centre	5851 West Boulevard		
Gathering Place Community Centre	609 Helmcken St		
Ray-Cam Co-Operative Center	920 E Hastings St		
Hillcrest Recreation Centre	4575 Clancy Loranger Way		
Strathcona Community Centre	601 Keefer St		

Routes

I divided up the key locations into various drivable routes, based on max 2 hours driving time and geographical proximity, using Google Maps. I did them over a period of 3 days.

July 20th Route:



Handouts

These were 4-up of the 8.5 by 11 in poster printed on cardstock

- *West Side Market*
- *Kits Neighbourhood House, and Seniors Drop-in via Anya*
- *Linden House (to Sarah Jacobs, who also sent to Westside Seniors Hub)*
- *West End Seniors Network*
- *411 Seniors Ctr Society*
- *Brock House*

Email

- To Personal contacts of Barbara, Carole, Richard, Lydia, Rudi, Christina
- To registrants of June 23rd event
- To Kits Neighbourhood House for distribution
- To Lydia's Food group

Community Events announcements

- SPEC Website Events
- Georgia Straight Online Events
- Co-op Radio PSA

CATERING

E06847 - Richard Drake

Site Locations			
Site Name	Site Address		
Private Home	2215 West 13th, Vancouver, BC		
Venue			
Description	Arrival	Start	
buffet dinner	5:00 pm	5:30 pm	
Food/Service Items			
Food/Service Items	Price	Qty	Total
DISCUSSION GROUP			
Menu is based on 19 guests provides ~18 savoury bites per guest			
PLATTERS			
minimum order of 10 portions			
SOCKEYE SALMON hot and cold smoked, pickled Italian vegetables, olives, oregano, creamy lemon dressing house made breads and crackers	\$8.00	15	\$120.00
CHEESE AND FRUIT canadian cheeses, seasonal fruits, preserves, nuts house made breads and crackers	\$5.00	15	\$75.00
VEGAN RAW MARKET VEGETABLES house made lemon and herb hummus	\$4.00	15	\$60.00
SESAME BRIOCHE BUN SLIDERS			
minimum of 10 per type provides ~ 2 sliders per guest			
CHICKEN & WALNUT SALAD SLIDER beer brined chicken breast, toasted agassiz walnuts, apple butter, leaf lettuce	\$5.00	15	\$75.00
PORTOBELLO (V) pesto, mozzarella	\$4.00	15	\$60.00
VEGAN SLIDER smoked tofu, black bean and yuca patty, roasted shallot and tomato jam, housemade sesame bun	\$6.00	15	\$90.00
ALL PLATES, CUTLERY, GLASSWARE, NAPKINS - PROVIDED BY CLIENT			
CATERING DELIVERY			
all deliveries are based on a 30 minute window			
CENTRAL VANCOUVER **includes pick up on the next business day between 9:00 am - 5:30 pm **if you require a same day pick up additional charges will apply	\$20.00	1	\$20.00
DELIVERY FEE WAIVED thank you for choosing Railtown Catering!	(\$20.00)	1	(\$20.00)

7/28/2016 - 9:18:16 AM
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Railtown Cafe & Catering
 397 Railway Street, Vancouver, BC V6A 1A4

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	Food	Beverage	Liquor	Equipment	Labor	Disposables	Delivery	Other	Total
Subtotal	\$480.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$480.00
Taxes	\$24.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$24.00
Total	\$504.00	\$0.00	\$504.00						

Subtotal	\$480.00	Paid	\$0.00	Pay Method	Card Number
Tax	\$24.00	Balance	\$504.00	Card Type	Expires
Service Charge	\$0.00			Card Holder	
Total Value	\$504.00			Signature	

Total Order Value: \$504.00
Cost Per Guest (before taxes): \$25.25

I had one week to choose a caterer, the beginning of which I had only 3 signed-up participants. I put out a call to the SPEC Zero-waste listserv for anyone who knew of Zero Waste Caterers, who also put on a good spread. I visited Railtown Catering on Friday July 22nd, and talked with their Events person, who put together a menu to suit our budget (\$500).

Feedback from the participants was positive. We only had crackers, and some crudites left over. The food was ordered for 21 people; in the end we had 25 people including Core Team.

LOCATION

The site was probably one of the biggest contributing factors to the success of the event. Lydia’s home is spacious, cozy, and welcoming. The 25 participants were able to comfortably fit into a big circle, and also there was plenty of space for the smaller breakout groups. The kitchen was conveniently close, so that people were easily able to help themselves to food.

SOUND SYSTEM

A small PA was rented with a cordless microphone for the evening, which turned out to be very much appreciated – even though it was a small space, it made it very easy for everyone to be heard.

AGENDA

Design for July 28 SPEC EC Salon: Exploring Elder Wisdom

Purposes:

- To enable participants to explore Elder Wisdom in depth and from several different angles
- To encourage participants to join the Elders Circle, as members of the Core Team, volunteers on campaigns/events, or communicators, through:
 - Education on purpose and structure of SPEC EC project/program
 - A chance to explore options for participation through meeting and conversing with Core Team members

Time	Activity	Materials / Notes
4:30-5:15	Prep and set-up	Bell, center piece, cloth (CR bring)
5:30-6:00	Welcome and eat	Stick-on name tags (SPEC office, who can bring?) CR bring backup.
6:00-6:05	Brief welcome (Carole/ Richard) and overview of evening’s schedule: Christina	CR bring 6 copies)refer to agenda
6:05-6:25	Large Circle: “What inspired you to come tonight?” 1 minute for silent reflection; ask people to write one sentence on their post-it note. Then people share just the sentence around the circle (15 min)	post-it notes (CR bring)
6:25-6:40	Carole offers her reflections on characteristics of an elder	
6:45-7:00	Triads (small groups of 3): “Growing up, how were you touched by the wisdom of elders/mentors?”	
7:05-7:20	New triads: “What are the characteristics of elder wisdom?”	
7:20-7:30	break	

LJ

“I arrived to a large circle of Elders who were all sitting zen like in the large comfortable space of Lydia’s ...home...Each Elder was giving a small introduction to who they were, predominately women with a few elder men...instantly I felt as if I had entered a world where I felt comfortable and totally relaxed...as the meeting progressed my main thought was, “what an organized, progressive and capable group this is...I know that if they set tasks to do, the tasks will be executed with competence and most of all enthusiasm and passion!”

A wonderful feeling to be a part of a group of people that feel relaxed and at tune with who they are...who are happily on a journey that gathers speed as it progresses - a group where concrete results occur.

I loved the food, catered with zero waste in mind! The meeting was well worth the effort and I feel everyone felt a part of a bigger picture that can only evolve and grow as it matures...

To be able to join a group that is making a difference at a pace that is clear and fast is great, the next meeting is already next week and is a clean up of a school garden...practical work and it will make an instant difference to the community.

A wonderful evening full of warmth and togetherness.”

LESSONS LEARNED

- To have a month prior to the event for outreach and promotion would be much easier. We would then also prepare press releases, and other modes of communication.
- Personal presentations to Seniors Groups would help explain the project
- Elders Circle business cards for the EC staff would be great.
- Lets do it again!

Contact Us

Richard Drake, Project Coordinator

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Email elders@spec.bc.ca