



D E C E M B E R 2 0 1 3

Newsletter

BC Schizophrenia Society, Victoria Branch

"finances and fundraising"

For info or self referral: visit www.bcssvictoria.ca or call 250-384-4225 email: admin.bcss@shaw.ca

Managing your Money

Sharing your bounty – give to receive

Giving is good. Good for your community, good for your charities, good for those who benefit from your charitable acts and donations. And to make the sharing of your bounty even more appealing, giving can be good for you, too. Your philanthropic gift is always important, no matter the amount of your assets or the size of your income – but to make the best use of your contributions, to preserve your legacy, and to minimize taxes and/or estate fees, a sound charitable giving plan is the way to go. Let's look at your options.

Name a charity as a beneficiary The simplest option. In your will, leave a bequest of money or gift in kind (securities or artwork, for example) to a recognized charity and your estate will receive a charitable donation tax receipt that could reduce or eliminate the income tax on your final return and possibly on the immediately preceding return, as well.

Establish a Donor Advised Fund As the donor, you receive an immediate tax receipt for all contributions made to the fund and you also retain the rights to select the charities that are to receive your fund's annual income.

Establish a Charitable Remainder Trust This is an irrevocable trust that can hold assets such as cash or mutual funds. All the interest and dividends are paid to you as taxable income. Upon your death, the trust assets (known as the remainder) go immediately to the charity you have designated. When the trust is established, you receive a donation receipt for the 'remainder interest' of the trust.

Donate a life insurance policy while you live With this option, you ensure your charity will receive the total death benefit under the policy while you enjoy certain tax credits.

Donate publicly funded stocks or securities You will pay no capital gains tax on the donated securities and will receive a tax receipt for their full value.

Establish a Charitable Life Annuity You will continue to receive a lifetime income from the donated assets for yourself, or for you and your spouse. Much of the annuity cash flow is tax free and you'll receive a charitable receipt for a portion of the donations based on the amount of annuity income you receive and your life expectancy.

Establish a Private Foundation If your donation is very substantial, this option allows your name or family's name to be permanently associated with the causes you've chosen.

Ask your professional advisor for help in establishing a planned giving strategy that makes the most of your bounty for your charities and for you.

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16th Victoria and 10th Vancouver Island Schizophrenia Conference-A success!

Mind the Body In Schizophrenia: Shared Care Between Family Practice and Psychiatry

www.islandschizophreniaconference.webs.com

Held Friday, November 15th, 2013: at the Victoria Conference Centre

206 people attended for another successful conference! Dr. Ganguli (Ontario) gave the audience greater understanding of physical health needs of people with schizophrenia and psychosis. Dr. Crockford (Alberta) examined the dynamics of substance use and psychosis and strategies to help people with these needs. The last speak in the morning was Dr. McEwan (BC) who shared information and his learnings from an innovative "Hotels Project". The afternoon workshops allowed for further discussion and exploration of the morning topics and introduced new topics such as: **An Island Peer and WRAP update** led by Hazel Meredith and a team of champions from around the island and **A finances workshop** identified a continued need for clinicians, family members and peers to build literacy in this area. This conference is always very innovative and encourages mixing between professional/clinicians, family supporters and people with lived experience. There is something for everyone at this annual and accredited conference. Save the date for next November 2014! **Invite your GP, psychiatrist or other people to attend and network for next November at the Victoria Conference Centre!**

COMING SOON!

BCSS Victoria "Prohibition Jazz" Event Fundraiser

It may be winter outside.....but before we know it Spring will be knocking on the door! What better way to cope with the gloomy days of winter than to have a night of music to look forward to- and all in a good cause!

The Annual Hans Fear memorial concert takes place again this year in it's traditional month of February. For the first time ever the event is moving into the "Big League" by taking place at the prestigious Alix Goolden Hall in the 900 block of Pandora Avenue.

We are fortunate to once again have the talents of Louise Rose and Maureen Washington, who both graced our event last year. In addition we have another local band the Capital City Syncopaters making up this exciting bill.

They are sure to get everyone in that valentine mood, so be sure to get your ticket for this exciting fundraising event that benefits the BCSS Victoria Memorial fund.

12th Annual Hans Fear Memorial "PROHIBITION JAZZ" FUNDRAISER



Saturday Feb.15th 2014

Doors open: 6:30pm

Show: 7:00pm

Venue: Alix Goolden Hall

Music Featuring local talents

~LOUISE ROSE~

~MAUREEN WASHINGTON~

~CAPITAL CITY SYNCOPATERS~



Tickets \$45

Available at the McPherson Playhouse Give tickets for Christmas!!

<http://www.rmts.bc.ca/tickets/production.aspx?performanceNumber=8075>

VINTAGE, RETRO AND COLLECTIBLE SHOW AND SALE A REALLY BIG THANK YOU!

The Vintage, Retro and Collectible Show and Sale, held November 24th at the Mary Winspear Centre in Sidney was a big success for BCSS Victoria Branch. We made almost \$1000! Thank you!! We need everyone who is thinking of **DOWNSIZING**, **MOVING**, or just generally **SIMPLIFYING** their home environment to remember BCSS. Do you have any treasures tucked away that you no longer need or have room for? Do you have friends or neighbors who have any treasures that they could donate? If so, please contact the BCSS office at admin.bcass@shaw.ca or 250-384-4225 to arrange for the items to be picked up or, alternatively, drop them off at 941 Kings Road between 9:00 and 4:00 weekdays. **The Past Presidents of BCSS Victoria will make sure that they go to a good home – for a price – with all of the proceeds going to BCSS Victoria** (Someone already donates the cost of the table.).

What might you donate? Home decorations and pictures are a good idea. Pieces of china, ornaments, pottery, and other tableware sell well. Knick Knacks and Curios of all sorts. Collectible toys. Small pieces of furniture. Fancy needlework. Jewelry. Precious or just curious items. The older the better, but they do need to be in good shape and well preserved. Think of things that are a step above the garage sale type of item, but things that someone else might like to collect, display, or just own. With your help, we can make even more than we did in December to support our services!

WRAP and finances? I was speaking to a person who struggled with financial planning especially when moods were too “up” or “too down”. “It is hard enough trying to live on a budget without having my moods impact my spending. My confidence takes a big hit as well”. We spoke about how a WRAP could be used to introduce some pre planning for interrelated WRAP values and pre-planning for early arning signs...and enlisting support of others in his circle. He was thrilled at the thought of such as practical conversation. Are you interested in learning more about this? Stay tuned for a financial series in the new year! Are you on our e-distribution list? Stay tuned to website for info/dates!

29th Annual Christmas Dinner & Dance 2013

The BCSS Victoria hosted its Annual Christmas Dinner & Dance on Sat Dec 7th, for guests to combat loneliness, develop friendships and network! This event is a community building event for those with mental illness and their families. “It helps people from the community to get out and socialize and enjoy the festive season” (Anon).

This year Chef Steven Walker Duncan cooked us a full turkey and ham dinner. If you would like to sponsor, donate, volunteer or join our organizing committee for next year please contact the office at 250-384-4225 or admin.bcass@shaw.ca

Thank You to all our Christmas Volunteers and Donors. You are greatly appreciated!

Darlene Graham, Sandy Tice, Cam Millar, Joan & Doug Bell, Bruce Saunders, June Pryer, Joan & Blane McIntosh, Mary Eady, Louise Sowerby, Jean Forrest, Joan Appleton, Barbara & Sus Tabata, Andre & Murray Galbraith, Mona McGill, Barbara Rumson, Lornna Vulliamy, Luke Vulliamy, Adapta Software Inc., Yvonne Peirce, John Moore, Robin Bruce, Elizabeth Cook, Ryan Lebel, Hazel Meredith, P.D., P.M. Lawson, Bonnie North, Janet Strickland, Jackie Powell, Julia Oland, Josie Jones, St. Joseph the Worker Parish, Hazel & Don Tufford Pedersen's Rentals John & Eva Simpson A. J. Murrell P.d. Lawson Michael Gatehouse-Pugh, Marnie McKay, Andree & Murray Galbraith, Chris Caleb, Annushka Van der Pol, Joanne Hamilton, Kevin Fast, Corey Maruca, Fabian Rousseau, Charles Crossland, Bill Buckle, Friends of Music, Eclectics, Minds at Work, Clint Dalsin, Laura Dalsin, Robert Anderson, Gurli, Peter Wolfe, Michael Wolfe, John Gray, Linda Richie, Sherrill Eyres, Marilyn & John Beckett, Rollie Daly, Else Shoop, Linda & Tom Westra, Mona McGill, Leah Davidson, Jane Milliken, Val Gustafson, Justine Poyntz, Joan Ormiston, Germaine Williamson, Terry Germanson, Mica Moric, Bil Basaal, Darlene Graeme, Naoko Sato, Patricia Millet, Laurel Daudette, Molly Moric, Don Vout, David Axon, Donna Ruppel, Rachael Grant, 1st Metropolitan United Church, Joe Power, John Boyer, Wanda Rumson, Cathy Wilkinson, Molly Wilkinson, Anthony Wilkinson, Lisa Jakowsky, Christina Bates, Mark Bates, Junie Swadron, Jason Dunphy, Janet & Kevin Pryer, June Pryer, Erika Pryer, Trevor Pryer, Lisa Pryer, Anthony Moric, Barbara Reeve, Linda Taggart, Ian Phipps, Jeenen Karch, Pauline Karch, Patricia Millet, Geoffrey Vale, Charles Crossland, Devy Stone Russell Powell Wes Stolth Wayne Barnett Kent Laforme, Jason Dunphy, Corinne Dunphy, Fabian Rousseau, Lauren Sures, Chris MacKenzie, Karen Palmer, Chef Steven Walker Duncan.



COMING SOON! "Naked Bungy for BCSS" 2014-Sat Mar 8th & Sun Mar 9th

Ever want to showcase your courage?! We welcome people from around the world to join us in a jump promoting COURAGE and SOLIDARITY and breaking down STIGMA! All for a great cause... Consider being 1 of the 200 jumpers for the event weekend (clothed or not options!) and "talk it up" with others to help drive your pledge campaign! We are thrilled to be linked to WildPlay Element Parks Nanimo

and an anonymous sponsor matching donations up to \$15,000 DOUBLE YOUR GIFT!

A little nervous to jump? We have key folks who are our star jumpers!

Board Member and nurse, **Heather Murphy**, and another courageous soul, **Stefanie Lekei**. Stefanie is jumping to honour her brother Tyler Lekei, who lost his life at 23. He would have been 30 this upcoming year... Please consider boosting support for these two individuals if you can help with the pledge drive and join us as a supporter throughout the weekend! This year the BCSS Victoria plans to focus its efforts on **promoting the pledge drive** for this event. If you'd like to volunteer with us on the event days, sign up for a pledge kit, join our Bungy organizing committee or receive more information please contact admin.bcss@shaw.ca or 250-384-4225.

MEMBERSHIP RENEWAL TIME!

Please make cheques payable to:

British Columbia Schizophrenia Society, Victoria Branch (BCSS Victoria)

941 King's Road, Victoria, BC, V8T 1W7 Phone: 384-4225; fax: 388-4391

E-mail: admin.bcss@shaw.ca

Easy Giving on our website through Canada Helps Button: www.bcssvictoria.ca

Please accept my tax-deductible donation of: \$_____ (receipts issued for gifts of \$20 and over)

Name _____ Phone _____

Address _____ City _____ Province _____

Postal Code _____ Email _____

- ☐ I wish to become a member of BCSS Victoria. (\$25 individual membership)
- ☐ I want BCSS Victoria online newsletter (be informed, save a tree, help us save \$! Share with you network!)
- ☐ E-mail me information about local events and news pertinent to our community! (unsubscribe anytime)

As a local regional branch we provide up to date local info and newsworthy items of provincial, national and international scope.

subscribe to provincial info: <http://www.bcsc.org/2007/05/aboutbcsc/e-newsletters/>

subscribe to national information: <http://www.schizophrenia.ca/newsletters.php>

Designation (undesignated donations will be put towards supporting BCSS Victoria Programs and Services):

- ☐ Programs & Services (includes children/youth/adult peer programs, advocacy, consultation and more)
- ☐ Memorial Fund (supports education, arts and other goal support)
- ☐ Endowment Fund

Thank you for your contribution!!