

# SHARE A STORY ABOUT PEOPLE MAKING A DIFFERENCE

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## Quality of Life CHALLENGE

Are you, or is someone you know working with others to improve the quality of life in BC's Capital Region?

We want to recognize and celebrate our community's strengths!

The Quality of Life CHALLENGE has set an ambitious goal:

*by November 2006, 1000 stories are shared about people who are working together to enhance our quality of life.*

**Help reach the target! Fill out this form and fax, mail, or email it in.**

When you submit a story we'll share it through the Quality of Life CHALLENGE website and with the media. You will receive a Quality of Life CHALLENGE decal recognizing your work to reach the target and you may even inspire others to improve the quality of life in the region!

Your name:	
Group or organization name:	
Mailing address:	
Email address:	
Telephone:	Fax:
Website:	
Two additional contacts in your group:	
Please describe your group's work in 2-3 sentences:	
<b>May we post your story on our website and share it with our media partners? Y / N</b>	

Thank you for contributing to the Quality of Life CHALLENGE!

To have your story considered for a Quality of Life Award, fill out the rest of this form and send us a written story.

OVER →

**To which category does your story belong?**

Youth    Education    Business    Community Group    Neighbourhood    Community Arts

**Please describe any public events or activities your group hosts as a part of its work.**

What, where, when, admission, target audience, etc?

**Which of the following principles does your group apply to its work?** Please check all that apply.

- Cooperation** - Working together to build community capacity
- Understanding** - Addressing the underlying problems and opportunities
- Participation** - Seeking broad input and involvement from a variety of voices in our community
- Inclusion** - Including those who experience the issues first hand
- Communication** - Communicating in ways that everyone can understand
- Sharing** - Sharing power, information, resources and leadership
- Openness** - Open to innovation, various points of view, and participation from all sectors
- Action** - Developing practical, effective solutions
- Recognition** - Appreciative recognition through positive reinforcement and celebration.

**Describe how your story demonstrates any of the above principles.**

**Tell your story!** How is your group is working with others to improve quality of life? Please consider these points in your story.

What does your group do?  
 How and when did your group get started? What or who inspired you?  
 Who is involved in your work, ie, individuals, organizations, businesses?  
 How is your group working with others?  
 Who has benefited from your work?  
 What are your group's past successes and / or future plans?  
 If your story is related to a particular place, please provide the address.  
 To which neighbourhood(s) is your story related, if any?  
 To which municipality/municipalities is your story related, if any?

Please write in third person, tell your story from a human perspective and use direct quotes wherever possible. Suggested length is 250-300 words. This form is also available at [www.qolchallenge.ca](http://www.qolchallenge.ca), click on 'Community Connections', then 'Submit your story'. Contact us if you are not sure how to tell your story. Please email photos to [info@communitycouncil.ca](mailto:info@communitycouncil.ca).

**May we share your story on our website and with our media partners? Yes / No**

**Submit by March 31, 2006 to be considered for a Quality of Life Award. A shortlist of stories will be compiled prior to the selection process. May we contact you for additional information if your story is short listed? Yes / No**

See [www.qolchallenge.ca](http://www.qolchallenge.ca)  
to find out how you can benefit from taking up  
the Quality of Life CHALLENGE.

**Send your completed form and story to:**



Community Council

1144 Fort Street, Victoria BC V8V 3K8  
Tel: (250) 383-6166 Fax: (250) 385-6712  
Email: [info@communitycouncil.ca](mailto:info@communitycouncil.ca)  
Website: [www.qolchallenge.ca](http://www.qolchallenge.ca)

**Bringing people together  
to create solutions in the areas of homes,  
paid work and community connections  
in BC's Capital Region.**