

"A Change is Gonna Come"



"It's been a long, a long time coming, But I know a change is gonna come, Oh, yes it will..."

Back in June, I posted Sam Cooke's above lyrics from his song "A Change is Gonna Come" to my social media. I saw a glimmer; a little light shining through—the BLM movement was strong—more powerful than I could ever have imagined seeing in my lifetime. As a BIPOC woman, I felt loved, heard, seen, and more understood than ever before in my life—things were changing. Organizations, including ours, were making statements against anti-black racism; white supremacy, privilege, and oppression were trending-in the good kind of way- and, all meanwhile, COVID numbers were decreasing in British Columbia. Glimpses of hope to return back to the office, back to the classroom, and back to in-

person programming were shimmering through. Change was on the horizon for humanity, human rights, equity, and our health.

Today, as I write this welcome for our Q2 newsletter, I am still hoping for that change yet realize the BLM movement is no longer trending and our COVID numbers are once again on the rise. We will continue to work from home, and our students and cohorts will begin this next academic year Zooming away on Zoom! Our <u>Change Lab</u> program, Labs, and other RADIUS programming will be 100% digital as we continue to get used to our new and ever-changing learning and working environments.

Yet, the passion, the drive, and the impact we at RADIUS wish to exude and create have not changed. At RADIUS, our internal online channels and workspaces are as busy and innovative as ever. That change I dreamt of back in June, where humanity, human rights, equity, and health, were on the horizon—well they are here—not on the periphery—but here in full force! I feel it every day as the RADIUS team plans for our Social Innovation programming to move toward an economy that is just, inclusive, resilient, and sustainable for all.

Sam Cooke's lyrics are still in my head "Oh yes it will..." but maybe not in the way I had imagined it was going to happen—that change would come fast. I had hoped for that 'bolt of lightning' type of change, but I know that's not realistic. What I do know is that change is a comin' every moment for us all right now—and that's okay. We are ready. We are patient. We are learning. The way we offer our programming has changed (for now) but our impact will continue to be powerful as we continue to apply innovation, equity, and creativity to shift systems to something better. And that is the kind of change we will continue to strive for—Oh yes we will.

-Leah Sanford, Associate Director, Education & Training

Leadership Team Update



Some changes to note on the leadership front: With Director, Shawn Smith, on leave until April 2021, RADIUS' main points of contact are: Associate Director, Labs, Véronik Campbell; Associate Director, Education and Training, Leah Sanford; and Associate Director, Operations, Bonnie Arthur. Learn more about our amazing directors and team <u>here</u>!

Join Trampoline!



RADIUS' Health Promotion Lab Trampoline program is actively recruiting participants! This is a business model validation program for early-stage start-ups and nonprofits. If you recently started a venture and are looking to address health inequity in your community, this is the program for you. <u>Apply here</u>!

Alumni Spotlight: PlayCity reaches milestone!



We are excited for RADIUS alum, Hafiz Mitha, for reaching a new milestone this week: 10,000 downloads of the PlayCity app! Hafiz participated in our Health Promotion Lab

Slingshot Accelerator program in 2019—looking to create more inclusive, active, and tolerant communities, while increasing a sense of wellbeing. Hafiz created PlayCity, a platform that aims to bring people from all backgrounds together by removing barriers and creating real, diverse, and healthy relationships based on shared interests.

Haifz shared his support for his team on his channels this week: "I am really proud to announce that we as a community have hit 10,000 downloads! None of this would be possible without the support of our app users, the PlayCity team, partners, ambassadors, interns, advisors, and accelerator programs. Our goal has always been to help increase participation in physical activity and help connect people from all walks of life to use tech –OFFLINE!" Check out the PlayCity <u>website</u> to learn more.



Fellowship 2020 Reflections

The RADIUS Fellowship began in 2015, in part, to address the rise of reported social isolation amongst emerging leaders in Metro Vancouver. Never has that challenge been more pronounced and present due to the Covid-19 pandemic. Our rapidly changing social and economic landscape has reaffirmed the RADIUS Fellowship's belief in the importance of connection and community in supporting new leaders pursuing a purpose-driven life. Read the reflections of 2020 <u>Fellows</u> on their experience of a virtual Fellowship and world in transition.

Join RADIUS Slingshot alum on her campaign to reverse chronic disease!



RADIUS Slingshot alum, Nicolette Richer, is cycling and running across Canada from Tofino to St. John's, Newfoundland starting June 1, 2021. Yes, you read this right! She's doing this as part of a campaign she launched called 22 Million Strong to raise awareness about food as medicine, traditional indigenous food systems, food security, and that chronic lifestyle diseases are reversible with dietary changes. The goal of the tour is to help 22 million people in Canada learn how to use food as medicine to successfully reverse their diagnosed chronic illnesses by 2030. Nicolette and her campaign are looking for volunteers, sponsors, partners, and donations from mission-aligned folks and organizations. We're so excited for Nicolette and her team and can't wait to follow her on this incredible journey. <u>Get involved</u>!

Things We're Talking About

RADIUS is made up of a diverse, curious, and resourceful team. Whether it's sharing details on the latest curriculum jam, muslim hip-hop festival, or speaker series—there is always something to do and something to learn from the group. Below are a few resources and opportunities we have recently been talking about that we thought might interest you.



Jacqueline, venture activator for RADIUS, shared this opportunity with the team last week: For those wanting to unlearn white supremacy and apply Indigenous teachings to their work, check out <u>Mi tel'nexw</u> Leadership

<u>Transformation</u>. It's a 4part experiential learning program starting September 17th and held virtually.



Fellowship co-host, Aslam, shared this cool resource: <u>A Social</u> <u>Designer's Field Guide to</u> <u>Power Literacy</u> - a handbook on how to democratize, decolonize, and create socially-just public and social sector design processes. This is created by Maya Goodwill in collaboration with Kennisland.



Eliane, RADIUS engagement coordinator, found the following resource: Culturally <u>Connected</u> developed by the Health Literacy team of BC Children's Hospital and the Population Health Promotion team of BC Women's Hospital. It is an approach bringing together cultural humility and health literacy to support care providers and their clients develop understanding of each other's values, beliefs, needs, and priorities.

Thanks for reading! Email us at community@radiussfu.com with any comments or inquiries. We send our newsletter quarterly.

Check out our <u>website</u> to learn more about our programs, student opportunities, professional development, the RADIUS team, and more!

