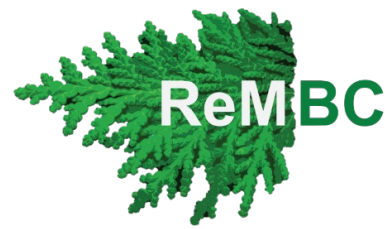


# Rural eMentoring BC



## ReMBC Monthly Newsletter

May 2025

Welcome to ReMBC's monthly round of updates, where we bring you up to date on what's going on in the program, share useful events and opportunities, and provide some ongoing training for mentors.

Jump to:

[Program Updates](#)

[Events, Opportunities, and Supports](#)

[Special Feature: Asian Heritage Month](#)

[Indigenous Opportunities](#)

[Mentor Training](#)

## Program Updates

School's almost out!

- **For those of you participating as part of a class:** manage your time so that you don't leave everything for the last minute. Remember that your mentor is a REAL PERSON, so if you give them a million things to do at the last minute, they might not have time to do it all!
  - **Nominate your mentor for the Star Mentor Award:** This award recognizes outstanding and awesome mentors in our program and winners will receive a prize pack. To nominate your mentor: email [e.mentoring@ubc.ca](mailto:e.mentoring@ubc.ca) with your mentor's name and why they should win the prize by June 10th at 11:59pm.
- **For mentors:** gently remind your mentee of what they have left to do, and make it easy for them by linking to the unit in the chat. But also remember that there's only so much you can do, and it's up to your mentee to meet you half way.
- **For everyone who is wrapping up:**
  - Please remember to do the [Wrapping-up activity](#), where you'll have the opportunity to thank your mentee or mentor and reflect on what you've gotten out of the program. Also, please complete our [end of program survey](#) for the chance to win a gift card! Mentors – we will send you a separate survey later.
  - You're more than welcome to keep connecting with your match and using the platform throughout the summer! If you joined through a class and want to keep your account active, just send us a quick email at [e.mentoring@ubc.ca](mailto:e.mentoring@ubc.ca)

## Events, Opportunities and Supports

- **4H Virtual Poster Competition:** create a digital poster on Climate Change & Agriculture and win \$\$\$ [Learn more and register by June 30<sup>th</sup> here](#).
- **Dream Fund Bursaries:** offers scholarships and funding three times a year for anyone ages 14-24 in, or formerly in, care. [Learn more and apply for their July round of funding](#).
- **UNBC's Spark Discovery Program for Grades 10-12:** July 14-18<sup>th</sup>. Free internship in a science, technology, engineering or math research-lab at the University of Northern BC in Prince George. Contact ReMBC ([e.mentoring@ubc.ca](mailto:e.mentoring@ubc.ca)) for financial assistance with travel expenses. [Learn more and apply by June 1<sup>st</sup>](#).
- **BC Rural Health Conference in Prince George:** workshops, presentations, and social events focused on rural healthcare for rural healthcare providers and medical students. June 6-8<sup>th</sup>, [learn more and register here](#).

## Volunteer with your local Health Authority

- **Interior Health:** Available for high school students, undergraduates, and grads in the Central, North and South Okanagan regions, as well as Kootenay and Thompson Cariboo Shuswap areas.
  - **Volunteer** in a community care, hospital, long-term care, public health, or substance use services setting. [Learn more](#)
  - **Career exploration (job shadow):** Observe and learn about healthcare career paths, experience healthcare settings and receive supportive mentorship from Interior Health teams. [Learn more](#)
- **Northern Health:** Volunteers of any age are accepted! Volunteer in community care, hospital, long-term care, public health, or substance use services setting. [Learn more](#)
- **Island Health**
  - **Step-Up Youth Program: Ages 15-18.** Volunteer at a hospital or long-term care home. Attend weekly shifts and participate in monthly Guest Speaker Series. [Learn more and apply by May 15<sup>th</sup>](#).
  - **Volunteer programs (vary by location): Ages 18+.** Volunteer in Long Term Care Homes, Acute Care Hospitals, Public Health Units and other unique sites such as Queen Alexandra Centre for Children's Health. [Learn more](#)

## Asian Heritage Month

May celebrates the diversity of Asian-Canadian communities, including West Asia, East Asia (Japan, China, Korea, and Taiwan), North Asia, and, Southeast Asia. Check out the following to deepen your understanding of the rich history, culture, and contributions of Asian-Canadians:

**[Chinatown Vancouver:](#)** Since the mid-1800s, Vancouver has been home to a vibrant Chinese community, now one of the largest in North America.

- **[Vancouver Chinatown Foundation:](#)** A charity committed to Chinatown's revitalization.
- **[Chinatown Storytelling Centre:](#)** A space dedicated to sharing the stories from the Chinese-Canadian journey and Chinatown's living heritage.
- **[Dr. Sun Yat-Sen Classical Chinese Garden:](#)** The first full-scale classical Chinese Garden ever constructed outside of China.
- **[Chinese-Canadian Military Museum Society:](#)** An integrated component of the Chinese Museum that is within the Chinese Cultural Centre complex.

## Cultural Centres and Societies

- [Chinese Cultural Centre of Greater Vancouver](#): Promotes understanding and friendship between the Chinese community and other cultural groups in Canada.
- [Nikkei National Museum & Japanese Cultural Centre, Burnaby](#): Promotes a better understanding and appreciation of Japanese Canadian culture, heritage, and contributions from Canadians of Japanese heritage to Canadian society.
- [Vancouver Asian Heritage Month Society](#): Works closely with local Asian-Canadian communities and organizations to celebrate Asian-Canadian arts and culture.
- [Hua Foundation](#): A youth empowerment not-for-profit connecting cultural heritage and social change.

## Virtual museums and educational resources

- [Chinese Canadian Women, 1923-1967](#): An online exhibit that explores Canadian history through the experiences of Canadian women of Chinese heritage.
- [Heroes Remember: Chinese-Canadian Veterans](#) and [Unwanted Soldiers](#): stories of Chinese-Canadian veterans.
- [The Ties that Bind](#) and [Iron Road](#): Virtual spaces that commemorate the communities of Chinese heritage in Canada that built the Canadian Pacific Railway.
- [The Virtual Museum of Asian Canadian Cultural Heritage \(VMACCH\)](#): Events, photos, and films curated online.

## Films and Documentaries

- [Everything Will Be](#): A documentary by Sundance award-winning director Julia Kwan. It captures the subtle changes in Vancouver's once-thriving Chinatown.
- [Tiger!](#): Traces the journey of "Tiger" Jeet Singh, a Punjabi-Canadian immigrant who became one of Japan's most popular professional wrestlers.
- [Scenes from a Corner Store](#): An intimate portrayal of a Canadian-Korean family's struggle to understand each other.
- [Sleeping Tigers: The Asahi Baseball Story](#): This documentary tells the story of the Asahi baseball team, "champions of the Pacific Northwest", until after Pearl Harbour, as they lost everything and were herded into internment camps.
- [Continuous Journey](#): Recounts the Komagata Maru Incident of 1914, an immigration battle between India and Canada, through a mix of archival and contemporary footage.

## Indigenous Opportunities

Each month we showcase learning opportunities for Indigenous and non-Indigenous mentors and mentees, and supports for Indigenous high school and college/university students.

- **UBC's Summer Science Program**: A one-week cultural, health and science program for Indigenous students: **August 3-9th for students going into grades 11 and 12 and August 10-16th for students going into grades 9 and 10 in the Fall** (September 2025). The camp organizes workshops in drum-making, medicine bag crafting, a virtual

# Rural eMentoring BC



reality medicine lab, and more! Explore UBC's campus, learn about university, make friends, and connect with Indigenous mentors. [Learn more](#) or [attend a free webinar](#) on May 21<sup>st</sup> from 10-11:30am.

- [Apply here by June 1st](#) or contact [summer.science@ubc.ca](mailto:summer.science@ubc.ca)
- Summer Science Program provides bursaries as needed, and ReMBC can also help with funding – just let us know ([e.mentoring@ubc.ca](mailto:e.mentoring@ubc.ca))
- **Indigenous Mentors and Mentees:** Get involved with ReMBC's Indigenous initiatives: We invite Indigenous mentors and mentees to help us develop our Indigenous initiatives. You will be compensated for your time and for any other expenses that will help you with this work. If you are interested in joining us, please reach out to our Indigenous Initiatives Manager, Ms. Angela Nash: [angela.nash@ubc.ca](mailto:angela.nash@ubc.ca)
- **Indigenous-Led Health Research: Fostering Wellness, Strengthening Knowledge:** Join Indigenous scholars to explore research supporting Indigenous health and wellness, from rest as resistance to climate justice and gender equity. **May 30<sup>th</sup> 12-2pm online.** [Learn more and register.](#)
- **From Then to Now: Community Voices on Food Access and Climate Change in Remote BC:** community members from multiple remote communities across BC will share their lived experiences with food access. **May 22<sup>nd</sup> 10-11:30am online.** [Learn more and register.](#)
- **Restoring Justice for Indigenous Youth Gathering:** Come join us in Terrace, B.C., for an important gathering on Indigenous justice with a special focus on justice for Indigenous Youth who remain overrepresented in the youth justice system. **May 29<sup>th</sup> and 30<sup>th</sup>, Terrace.** [Learn more and register.](#)

## Scholarships and Funding

- [List of scholarships for Indigenous students from GrantMe](#)
- [Indigenous Bursaries Search Tool \(Government of Canada\)](#)
- [Scholarships from the Metis Authority](#)
- [Canadian Council for the Arts: Creating, Knowing and Sharing: the Arts and Cultures of First Nations, Inuit and Métis Peoples:](#) Funding for artists and arts projects

**Resource Spotlight:** Each month we feature Indigenous resources. Up this month, check out these resources that support mental health and wellness for Indigenous youth and adults.

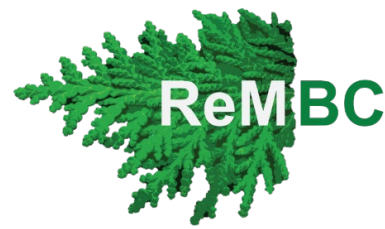
- [UBC Learning Circle's List of Supports](#)
- [Culture for Life:](#) for Indigenous youth
- Kuu-us Crisis Line: 24/7 culturally safe supports for Indigenous people.
  - Phone: 250-723-2040
  - Live Chat: <https://www.kuu-uscrisisline.com/>

## Training opportunities for mentors

Each month we'll feature resources on a different mentoring theme to help mentors perfect their practice and better support their mentees.

- **This month's feature: Wrapping Up.** Wrap up your relationship on a positive note:
  - [ReMBC's Guide to Wrapping Up](#)

# Rural eMentoring BC



- [Closing the mentoring relationship and celebrating success](#): From NIHR. Also includes tips for how to transition to a less-formal mentoring relationship, if you and your mentee decide to stay in touch.

Have an area you need support in? Let us know and we will feature it in an upcoming newsletter (or at least we will help you out individually): [e.mentoring@ubc.ca](mailto:e.mentoring@ubc.ca)

## **Peer-support opportunities for mentors:**

- Email us to join our Mentor Mingle group - connect with fellow mentors and exchange experiences and advice: [e.mentoring@ubc.ca](mailto:e.mentoring@ubc.ca)
- Seek and offer guidance to your fellow mentors on our Mentor Advice Forum [Google doc](#)

Thanks for reading the newsletter. For any questions or concerns, please reach out to us at [e.mentoring@ubc.ca](mailto:e.mentoring@ubc.ca)

Happy mentoring everyone!

The eMentoring Staff