



DUDES CLUB SOCIETY ANNUAL REPORT

NOVEMBER 2022 - 2023



THIS IS AN INVITATION TO
**LEAVE YOUR
ARMOUR AT
THE DOOR**



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Who Are We?

Our Mission

To facilitate a participant-led community for men's wellness with local activity-based clubs that prioritize supportive relationships, engagement in healthcare, and Indigenous world-views.

Our Values



Relationships



Sanctuary



Brotherhood



Journey



Two-Eyed Seeing

Our Vision

A renewed role for men* supporting each other and their families in building wellness and strong communities.

Our Target Population

DUDES Clubs are open to all individuals who self-identify as men (gender-inclusive). DCS works within communities with significant Indigenous populations, either neighborhoods in urban areas, or rural towns or villages. DCS works within a context of historical colonialism and the resulting displacement from traditional land and destruction of culture, language, and healthy roles for men in society; leading to structural inequities related to economic and social marginalization, and cycles of violence and intergenerational trauma. DCS also recognizes a current and historical context of patriarchy, which has defined inequitable and unsustainable gender roles that all too often see women, trans and non-binary folks, as well as certain groups of men, excluded from many of the benefits of our society.





2022-2023 Community Updates

Urban:

1. Vancouver DTES	10. Chatham-Kent (Ontario)
2. Vancouver- Gathering Place	11. Smithers
3. Vancouver- 1318 Frances St.	12. Quesnel
4. Burnaby	13. Kamloops (Secwepmuc)
5. Prince Rupert	14. Victoria
6. Terrace	15. Mission
7. Houston	16. Whitehorse (Yukon)
8. Fort St. John	16. Seabird Island
9. Prince George	18. Cowichan Valley

On-Reserve Communities - Northern BC

1. Skin Tyee	22. Kispiox
2. Nisga'a	23. Tachet /Lake Babine
3. Dease River	24. Sik-E-Dakh
4. Wet'suwet'un	25. Gitxaala
5. Old Masset	26. Gitwangak
6. Stellat'en	27. Skidegate (XaaydaGa
7. Nazko First Nation	Dlaang Society) GaaGaGaay
8. Saik'uz	28. Burns Lake Band
9. Cheslatta Carrier Nation	29. Lheidli T'enneh
10. Blueberry River	30. Nadleh Whut'en
11. Gitanyow	31. Nak'azdli Whut'en
12. Witset	32. Kitselas
13. KitsumKalum	33. Yekooche
14. Gitsegukla	34. Daylu Dena
15. Tachie - Tl'azt'en	35. Wayenne
16. Gitanmaax	36. Iskut
17. Tsay Keh Dene	37. Gitga'at
18. Takla Landing	38. Fort Babine
19. Fort Nelson	39. Binche Whut'en
20. Saulteau	40. Nee-Tahi-Buhn Band
21. McLeod Lake	41. Gitlaxt'aamiks

On-Reserve Communities - Vancouver Island and Fraser Salish

1. Victoria Native Friendship Centre	8. Pacheedaht First Nation
2. Esquimalt	9. Tsawout
3. Snuneymuxw	10. Cowichan Tribes
4. Cowichan Valley	11. Katzie
5. T'Sou-ke First Nation	12. Mission
6. Pauquachin	13. Cheam
7. Penelakut Tribe	14. Agassiz/Seabird Island

What We've Been Up To

We continue to support and encourage men and communities to engage in outdoor on-the-land and on-the-water activities. Some highlights from our communities in and around BC include:

- Chopping firewood for elders
- Fishing and hunting for distribution within the community
- Building smokehouses and sweat lodges
- Elder or Knowledge Keeper-led medicine gathering walks
- Gatherings and storytelling around the fire pit
- Outdoor drumming circles

We continue to expand our online presence in order to support men and communities that aren't able to connect in-person. We have also grown our in person and in-community support higher than pre-pandemic levels, with over 20 in-community Knowledge Exchange sessions hosted to date. We continue to host monthly facilitator check-in calls and support in-community facilitators, champions, administrators, and elders in person and online.



Our New Space

Since 2010, DCS has worked primarily online, shared spaces, and finally from the 1325 East Georgia location. In September 2022, DCS moved into our 1318 Frances Street space (ClubHouse), right on the corner of Clark and Frances Street. This location has aided in increasing DCS' capacity for food programming, hosting events, and operational processes.

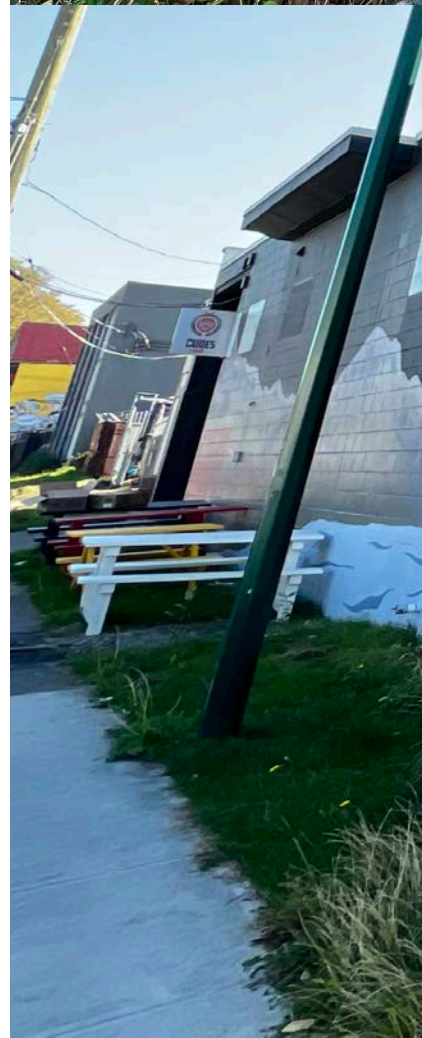
Team Benefits

The ClubHouse features ample space that allows us to efficiently store and distribute supplies such as; swag, donations, food, harm reduction supplies, medicine, and more. As food becomes more prominent in our work, we want to gradually transform into a food hub that can handle food and traditional goods for events, community members, partners, and workshops.

Building partnerships with local organizations, individuals, and food recovery programs will further support this initiative. Last year DCS partnered with a food recovery organization, Food Stash, a food recovery program that delivers rescued food twice a week - kick-starting our process in a good way.

Community Benefits

As we settle and invite more community members in, the design and use of the ClubHouse naturally starts to reflect those who use the space.. So far, from the suggestions of community and team members, we have built space for a Youth Corner, Community Computer, and Medicine Cabinet. Since these additions, the ClubHouse has grown to be a more welcoming and comfortable environment. You can find artwork by Fred Anderson- a Heiltsuk/Wuikinuxv artist and the DCS logo creator, completed and progressing artwork by NexUp youth, and other visual representations that the men and youth connect with.





Hosting Events and More

Our intention for having a space is to cultivate a non-judgmental place to gather; making the most exciting change for us our ability to host events, initiatives, skill courses, and weekly gatherings. We have been consistently hosting Nex-Up Drop-In Sundays for youth, with the recent addition of weekly Mens Drop-In on Mondays.

The space hosts a variety of workshops such as Drum Making, Haircutting, Beading, and other activities through collaboration with Indigenous professionals, youth, men, and local organizations. Recently, the ClubHouse was used for a Food Safe course in collaboration with Recovery Cafe - which showed us that it would be very successful to continue hosting certification courses such as, First Aid, WHMIS, Serving it Right, and other skill building courses that incur a high financial barrier.



Increased Community Visits and In Person Support



DUDES
club

Men's gathering in
Whitehorse, hosted by
the Nelson Project

December 2022

Community Support Visit to
Haisla Nation - Kitimat

April 2023

October 2022

Communities visited: Prince
Rupert, Terrace, Gitwangak.

Communities worked with:

Gitga'at, Gitwangak, Kispiox,
Kitsum Kalum, Witset, Laxgalts'ap,
Kitselas, and Gitlaxt'aamiks provid-
ing Community Engagement
(Train the Trainers).

March 2023

Stellaquo Strength in
Solidarity: The Fearless
Forum

Kelowna Youth Introduction to Land
Management Training

November 2023

Nexup

NexUp Youth Only

Northern Men's Gathering
Prince George

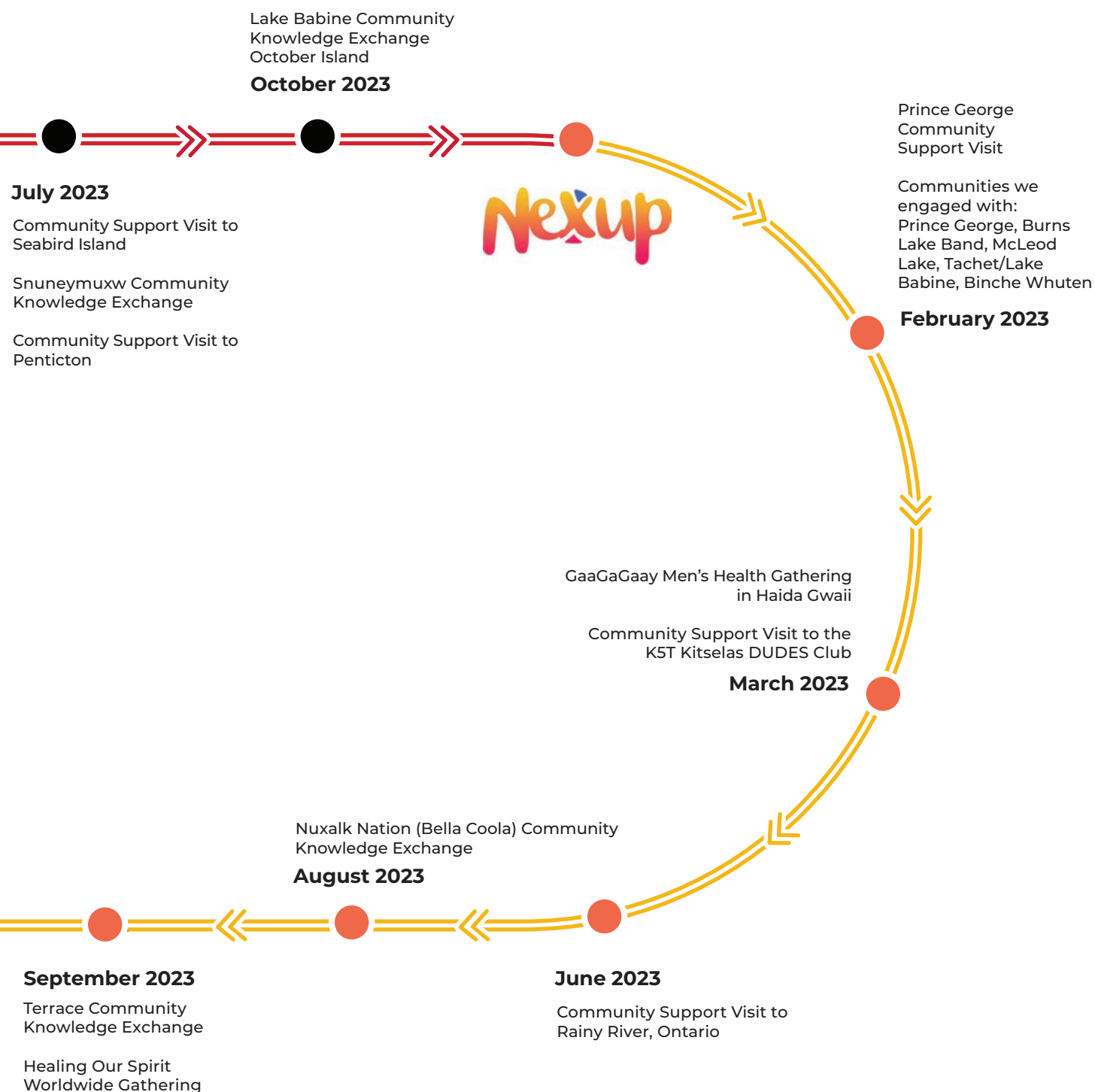
Victoria ISPARC Regional
Engagement Meetings

November 2023

February 2023

Prince George Indigenous Youth

Leadership Conference



Other Highlights Visits and In Person Support

Loon Lake Retreat - November 2022

To support the continued energy, time, and effort from our men and team, DCS hosts an annual retreat to the Loon Lake Retreat and Resort in Maple Ridge on the traditional territory of the Katzie First Nation and Kwantlen First Nation. These retreats are an opportunity for men to have a relaxing time away from daily stressors, where taking time to connect to land, culture, and health are encouraged by engaging with different discussions and workshops.

Wilderness First Aid Training May 2023

In May, the DCS and NexUp team headed to Pacific Spirit Park for a 5-day immersive Wilderness First Aid Training course. The team learned how to administer emergency first aid and the proper protocol to respond to injuries and health complications in remote settings.





Team Health Retreat June 2023

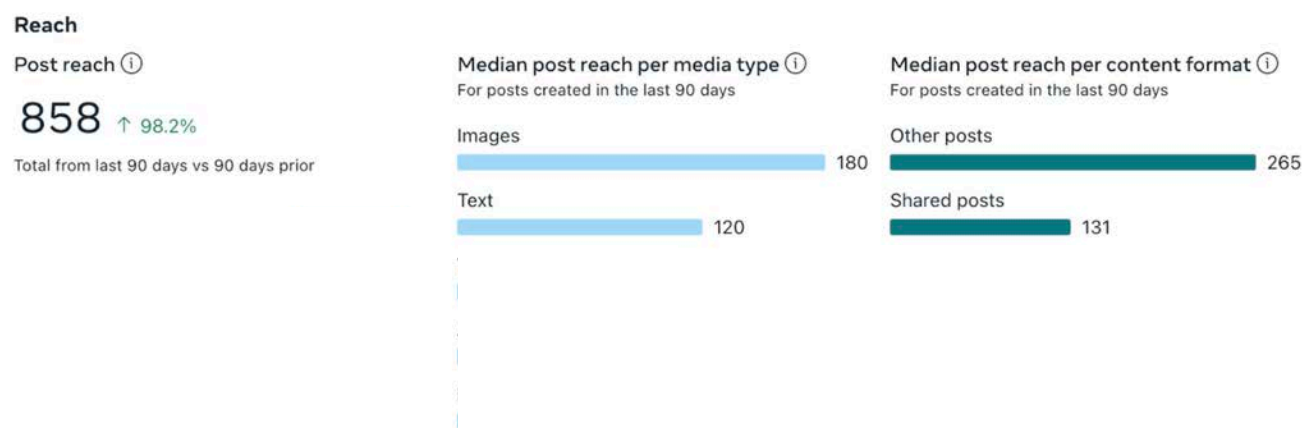
This June, the team held its second ever team health retreat on Sto:lo Nation land, in Chilliwack BC by the edge of Cultus Lake. The team had the opportunity to cook for one another, hang out, and build relationships for three days.

Northern Guy's Gathering: Nov 2023

After a 3-year hiatus due to the COVID-19 pandemic, the Northern Men's Gathering (organized in conjunction with FNHA Northern Region), has finally returned. With 8 of our team members and over 250 men representing more than 40 Northern on-reserve and urban communities, the 2023 NMG was a great success in bringing men together to share their wisdom and experiences.

Social Media and In Person Support

As the COVID-19 pandemic wound down, our in-person engagement has shot up. All the same, social media remains an important tool for us to connect with our community. Below are some numeric highlights of our main social media platforms, Facebook and Instagram.









Over the last two years NexUp has remained committed to learning, listening and observing the dynamic challenges of youth and young adults. We recognize the importance of building responsive and appropriate strategies to address these needs. As a result, we are proud to witness tremendous growth and evolution of the NexUp Initiative since 2020 - led by youth within community who share a passion for advancing our collective efforts in men's* health. The average age of NexUp participants is 17.

NexUp has created a strong community connection with community led organizations such as REACH Health Community Centre, BYRC, Qmunity, ACCESS, DIRECTIONS and more. The intent behind the connectivity is to build a strong and resourceful community that's in support of the youth and their endeavors.

Cycles 3

In the summer of 2021, DCS team members began building out our flagship project for youth, 'Cycles'. NexUp Cycles is a twice-yearly cohort engagement pilot that provides each cohort of 10 youth (12 - 30 years old) with a minimum ten-session program over six months, supporting the cycle of coming of age.

Cycles experiential learning opportunities - cultivated in a culturally safe space for BIPOC and 2SLGBTQIA+ Youth - work on a transformative, inclusive, and trauma-informed approach to reimagining masculinities - through the creation of both healthy dialogue/discussion and directly addressing the challenges they face. Through the Cycles Initiative, Youth are immersed in an experiential learning programming that facilitates and guides their cohort to create an action plan for the next incoming cohort, highlighting experiences and lessons learned through their cohort experience.

Outcomes and Opportunities

A. Achieving stronger understanding in approaches to address abuse, addiction, intervention, and overdose prevention of: Alcohol, Prescription, Recreational, and Street drugs. Including Naloxone training for youth

B. Leadership Skills Development: De-escalation, Conflict resolution, Mental Health First Aid Training

C. Healthy Community-Building Activities: First Aid/CPR Training

D. Out-On-The-Land Practices: Traditional Teaching: Plant/Berry identification and traditional medical uses, Understanding cedar brushing, smudging, and burnings. We continue to move forward with Cycles and are in the midst of wrapping up our second iteration of the initiative.



Create



Move



Ground



Engage



CYCLES 3 events

April 30 - Open House

The opening ceremony was doubled as an open house for curious community members to check out the new space and meet the team. We discussed the upcoming Cycles 3 activities and intentions followed by a general check in with youth to see how everyone was doing. We spent the day eating, getting to know each other, and playing different activities like board games, foosball, and basketball. Youth were energized and excited for the following Cycles 3 activities.

May 7 - Go Karting with TBC Racing

The NexUp youth had a meaningful engagement and discussion around teambuilding and competition during our annual Go-Karting day. This included discussion on accountability, responsibility and awareness around impaired driving.

May 21 - Beach Day

NexUp youth value being on the land and near the water. They traveled to Kitsilano Beach and spent the day on the sand and played basketball on the court. We also took water guns with us, and had a discussion around how to respect community spaces while also enjoying ourselves when some people nearby grew frustrated with the group's usage of the water guns.

June 4 - Movie Day

Some days, NexUp enjoys just sitting back, relaxing, eating pizza, and watching a movie. Youth watched Prey, the new movie in the Predator franchise.

June 18- Paintball Delta Force

The NexUp youth practiced teamwork and discussed the environmental impacts of activities such as paintballing at Delta Force in Maple Ridge

July 2 - Squamish Canoe Race (Ambleside)

NexUp was honored to be included in the Squamish Canoe Race hosted on Squamish Waters.

July 16 - Wellness Day

NexUps Wellness Day is an event led by our new Youth In Residence; Moe. We asked a couple of youth to bring in and share their favorite self-care skills. We also had facilitators Marco Caffeiro (Martial Arts/Capoeira) and Lisa Kenoras (Indigenous Stylist) visit our space as well to share their knowledge. Hair cutting, manicures, shoe care, and physical health activities were available.

July 30 - Watermania


Youth visited a water park in Richmond, named Watermania. While there weren't many chances for discussions - the youth had a really good time, some even experiencing it for the first time. It's important to just have fun sometimes!

August 13 - Xwawchayay (Porteau Cove) Day Trip

Packed into a van with plenty of excitement and snacks, youth had the opportunity to visit Xwawchayay (Porteau Cove) for a day trip. Connecting to water, land, and all the creatures is an important step in grounding ourselves and nurturing our spirits. Having a chance to take a break from the intensity of city life, youth were more refreshed and ready to tackle the upcoming week.

August 20 - Closing Ceremony

For this year's Cycles 3 Closing ceremony, we decided to visit the land again. This time we visited Whey-ah-Wichen (Cates Park) and spent the day with each other to celebrate another successful round of Cycles!

A photograph of three young men in a dark, indoor setting. The man in the foreground is seen from the back, wearing a black t-shirt with the text "Reimagined Pathways of Masculinity" in white. He has dark, wavy hair. Behind him, another young man with dark hair and a slight smile is looking towards the camera. To the left, a third young man is partially visible, also wearing a similar t-shirt. The background is dark with some blurred light sources and a blue-tinted area.

**Reimagined Pathways
of Masculinity**



**CAN
VAST**

Events and Engagements

CanVast - Creative Workshop Sessions

NexUp built Canvast, facilitated art workshops, as a tool for radical conversations, connectivity, and healing. In each of the 10 biweekly sessions, youth explore a different art medium and learn introductory background and technique skills while facilitators fuse the activities and discussions in a manner that draws conversation toward sensitive topics regarding substances such as awareness, stigmatization, safety, and usage. So far we have done mindfulness, drum making, and music studio workshops. CanVast's closing ceremony will be on November 28th.

Basketball

In partnership with Vancouver Basketball Foundation - NexUp piloted our Basketball Training initiative in June. Founded by youth within the community with intent to create non-judgemental, consistent safe spaces where youth can engage in movement, fun, and radical joy. NexUp-Basketball supports youth in building and/or further developing their skills through a six-week coach facilitated training camp. The training camp will provide Coaching Services, Practice Plans, Strength and Conditioning , Agility Drills, Nutrition Lessons and all equipment needs. NexUp Basketball is removing financial barriers, providing accessibility within sport for our community.





Indigenous Sports Day

NexUps Indigenous Sports Day is an event led by our new Youth In Residence; Jermaine. The team booked the nearby park, Woodland Park, and hosted a Sports Day full of traditional and modern games such as; Double Ball, Stick Jump, Cup Toss, Tug of War, and more! We had a sunny and fun day full of games, BBQ, and cold drinks.



DTES Health Fair

NexUp was invited to the DUDES Club Annual Health Fair which took place on September 28, 2023 at Kilala Lelum. Moe and Jermaine ran the NexUp table and interacted with community members; giving out information and answering questions about the initiative, handing out NexUp swag, and encouraging the involvement of community members and the youth in their lives. They experienced over 80 interactions with community members, which involved discussion of the initiative's intentions to combat youth isolation and encourage movement and activities that further youth wellness, as well as the work that has been done in relation to our communities youth. Furthermore, NexUp interacted with the other organizations involved in the Health Fair, learning more about their work and building relationships with the community and the services which serve them.



Holiday Dinner

On December 26, 2022, NexUp hosted a holiday dinner with a big gathering of youth, delicious food, and multiple games. Holidays can be a difficult time for people for a variety of reasons. NexUp decided to hold our own gathering and invited youth to bring in their loved ones and friends. We played games, ate, laughed, and enjoyed each other's company.

Outdoor Adventures

NexUp youth enjoy themselves most on the land, connecting with the water, and spending time with each other. On February 26, 2023, youth explored Deep Cove by walking, playing, and searching for crabs under rocks. We spoke of how we can enjoy ourselves while respecting the Land and the creatures that live on it.

Youth Workers Forum

On July 2, 2023, NexUp hosted a Youth Workers Forum consisting of youth workers from local organizations, schools, and community advocates. Our intention was to connect youth workers - who are often doing the same work but in separate spaces- to discuss and share knowledge. When bringing us together as a community, we are able to talk transparently, share community updates, ongoing programs, and our vision for the future. People had a chance to mingle and meet each other - some even connected and planned for future collaborations.



Monopoly Tournament and Drop-In Sundays

NexUp has started a bi-weekly Monopoly tournament that spans over 7 weeks. The youth have been very receptive as we have had 28 registered and 15 attendees so far. From the interest generated from NexUp's Monopoly Tournament, we continued to hold space weekly on Sundays, and has now developed into an ongoing popular weekly drop-in. The youth are learning about team building and discussing men's health around masculinity, gender identity, and mental health through shared experiences.

Team and Staffing Changes

DUDES Club Society would like to welcome and acknowledge the following new team members:

Moe Mohammad

Youth In Residence

Moe who is of Syrian Kurdish background started as a participant with NexUp and took lead on supporting youth in shaping their ideas to the NexUp team. Moe became the Youth In Residence with NexUp-DCS whose main focus is Youth Engagement- building relationships with the youth. Being that NexUp is Youth Lead, Moe leads the Youth Advisory Team to cross their ideas to NexUp as we aim to implement their needs.

Jermaine Tallio

Youth In Residence / Nexup Co-Lead

Jermaine grew up in Bella Coola - Bear Clan. Starting as a NexUp participant, Jermaine has grown into a leadership role and now supports the NexUp team as a Youth Lead. He is often seen playing video games, hanging out with his cat, and generally horsing around.

Marco Caffiero

Community Relations Coordinator

Marco is of mixed ancestry. His mother is Anishinaabe (Rainy River First Nation) /Polish, and his father is Chilean, Spanish, and Italian. Marco was born and raised in Coast Salish Territory on Vancouver Island. Marco has over 24 years experience in martial arts and fitness which includes Capoeira, Kickboxing, and MMA. He currently works for the DUDES Club Society as a Community Relations Coordinator on Vancouver Island.

Taylor Lee

Facilitator

Taylor lee is from « vancouver » ancestral, illegally occupied (unceded) homelands of the Skwxwú7mesh (Squamish), xʷməθkʷəy̓əm (Musqueam), and Səlilwətaʔ/Selilwitulh (Tsleil-Waututh) Nations.

she is an urban âpihtaw'kos'ân okimâskwîsis artist. her moms mom is saint laurent de grandin river métis. taylor uses artistic practice to tell a story of resistance as love, truth as beauty, education as freedom, and care as critical for Indigenous futures.

Mathew Delorme-King

Community engagement/NexUp support

Mathew was born and raised in “edmonton” treaty 6 territory, the traditional territory of the Métis and First Nations such as Nehiyaw (Cree), Denesuline (Dene), Nakota Sioux (Stoney) Anishinaabe (Saulteaux) and Niitsitapi (Blackfoot). Mathew is Cree/Métis. His family resides in Fishing Lake Métis Settlement with ties to both Plains Cree (Woods family name) and Red River Métis (Delorme family name). Mathew now resides on the stolen and unceded homelands of the Skwxwú7mesh (Squamish), x̱məθkwəy̓əm (Musqueam), and Səlilwətaʔ/Selilwitulh (Tsleil-Waututh) Nations. As an urban indigenous former youth in care, Mathew is committed to reconnection through culture and community. Mathew is an aspiring artist through his traditional/contemporary beadwork, modeling, and photography. He is passionate about empowering indigenous youth through skateboarding and the exploration of culture and traditional wellness. With lived experience and trauma informed training, Mathew emphasizes the importance of honoring protocol and upholding cultural safety in every space.

Kyler Tang

Facilitator

Kyler is a facilitator with NexUp and thrives in creative or athletic spaces. Kyler is a first generation Canadian with over 5 years of experience working and volunteering in the community. From piano, to sports, to coding languages, he enjoys new discoveries and picking up new skills. He uses his previous experience planning, facilitating, and leading recreation groups as a base for his work while he continues to learn and grow. Kyler is currently working towards a degree in nursing at Langara. In the future he hopes to complete his program and practice travel nursing around the world. In his spare time, he binges tv shows, tries new restaurants, and trains martial arts.

Partnerships

FNHA

We are now in the sixth year of our collaboration with FNHA's Northern Region. Together, we support 32 communities in northern BC in holding men's gatherings and addressing the challenges of men's wellness. FNHA provides microgrants of \$7500 to communities, and it is primarily DCS who supports the communities in accessing these funds. This year also marked the return of the 3rd Biennial Northern Men's Gathering, which happened in Prince George from November 1-3, which saw over 250 participants and representatives from over 40 northern communities, on and off-reserve. FNHA supports DCS to travel to communities and provide direct support, joins us in our online support options, and helps us to distribute swag and other resources to communities.

BC Housing

DCS presented to 50 BC Housing Managers and staff from facilities around BC, discussing the ongoing challenges they face related to Men's health and wellness in each of the buildings under their management. We discussed ways to refer men to a local men's group, setting up men's groups in facilities where they are needed, and having an official position in BC Housing supporting as a Men's Wellness Liaison.

BCAAFC

With the support of the BC Association of Friendship Centres, DCS is working on creating safety plans alongside all of our constituent communities. The safety plans, which will all be distinct to the needs of each community, will outline a general procedure for peer facilitators or other volunteers to follow if a member of a DC is experiencing or facing violence in their lives.

Law Foundation of BC

DCS is working with the Law Foundation of BC to increase its support for men, male youth, and other male-identifying individuals who are involved in the judiciary system. Following the end of a two-year partnership with PHSA, through whom we directly facilitated men's groups in three province-run correctional centers, this partnership with Law Foundation is extremely significant, in that it allows us to engage with a population that is sorely underserved and overrepresented in the justice system.

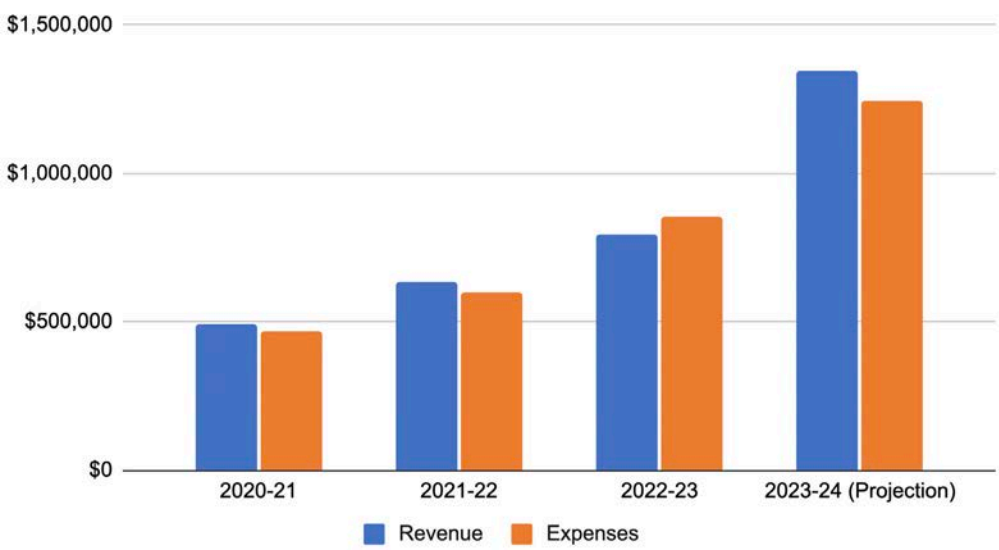
Vancouver Basketball Foundation

NexUp partnered with Vancouver Basketball Foundation to run a pilot basketball program for Indigenous, Black, and POC youth. The pilot program ran for 6 weeks this year, and provided free and inclusive coaching to over 25 youth. The program was a huge success, and we expect to see it grow in the coming year.



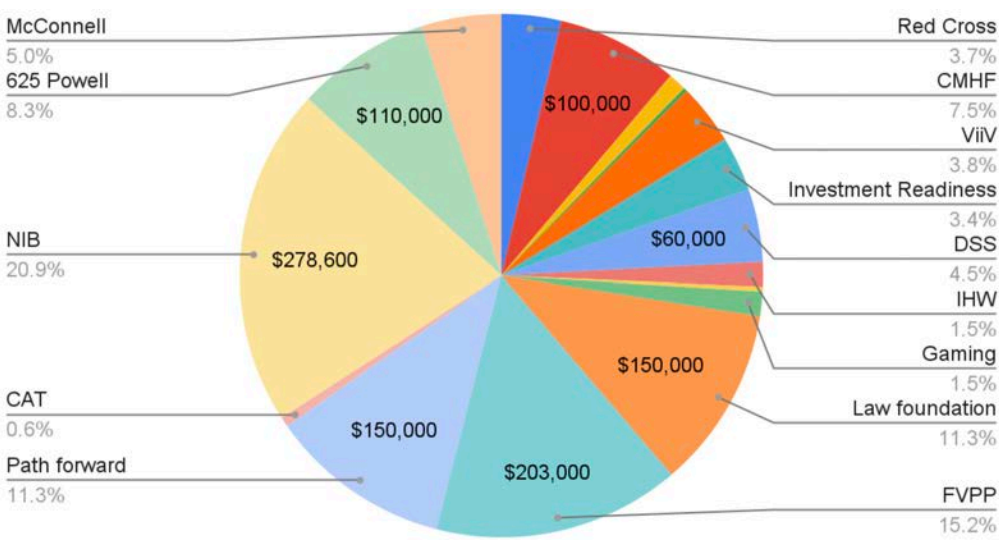
Financials

2021 - 2023 Revenue vs Expenses

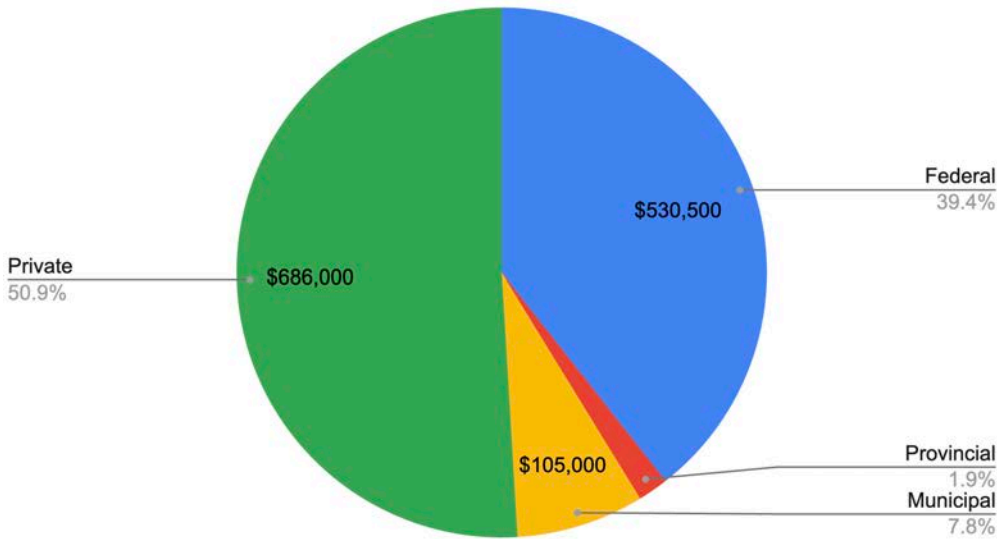


Funding

2023 - 2024 YTD Funders

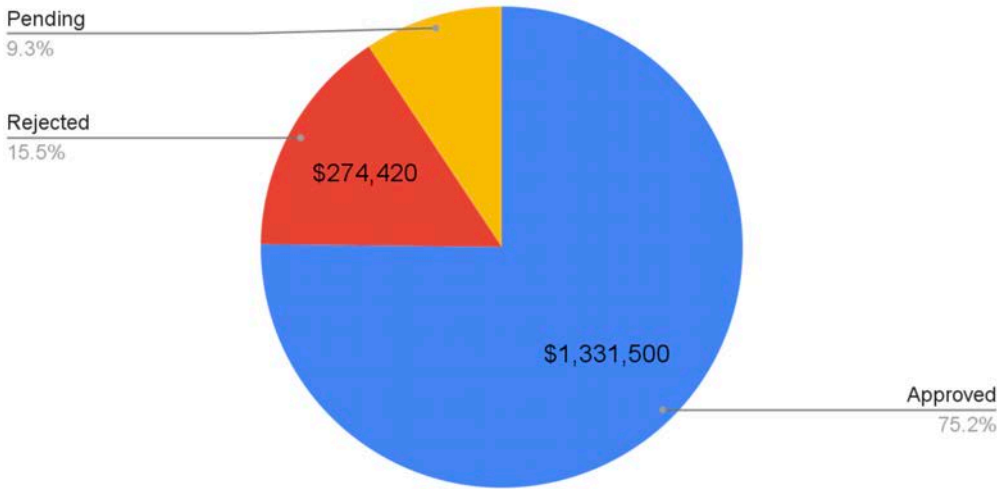


2023 - 2024 YTD Funding by Category



Funding Status

\$1,770,920 in Funding Requests



Funding Summary

\$48,900 Approved YTD

\$100,000 Canadian Men's Health Foundation

\$15,000 Tenaquip Foundation

\$3,000 City of Vancouver Homelessness Action Week

\$50,000 ViiV Community Education Grants

\$45,000 National Association of Friendship Centres
Investment Readiness Program

\$60,000 City of Vancouver Direct Social Support Grant

\$20,000 City of Vancouver Indigenous Healing
and Wellness Grant

\$4,000 City of Vancouver Sustainable Food Systems Grant

\$20,000 BC Gaming Community Grant

\$150,000 Law Foundation of BC Racial Justice Grant

\$203,000 Indigenous Services Canada Family
Violence Prevention Program

\$150,000 BCAAFC Path Forward Fund

\$8,000 Vancouver Community Action Initiative Grant

\$278,600 National Indian Brotherhood

\$110,000 625 Powell Street Foundation

\$66,000 McConnell Foundation

Total Approved: **\$1,331,500**

Pending YTD

\$45,200 FPCC Strengthening Workshops

\$25,000 FNHA Urban And Away

\$30,000 Indigenous Peoples' Resilience Fund 2

\$10,000 Urban Matters Peer Microgrants

\$50,000 UWBC Critical Food Infrastructure Grant

\$74,000 Recovery and Resiliency Fund

Total Pending: **\$165,000**

Rejected YTD

\$30,000 Indigenous People's Resilience Fund

\$99,420 FPCC Language Revitalization

\$15,000 Downie and Wenjack Fund

\$50,000 Vancouver Foundation Recovery
and Resiliency Fund

\$50,000 FNHA Indigenous Harm Reduction Grant

Total Rejected: **\$274,420**

Total Applied: **\$1,770,920**

**Leave
your
Armour
at the
door.**

Henry Charles
Musqueam Elder and DC Co-Founder