
Subject: The Drum Run Adventure Tour is coming to Prince George ~ Friday, October 27, 2023
Attachments: IMG_4403.tiff; Letter of Acknowledgement - Drum Run Adventure Tour May 10 2023.pdf; FINAL Press Release - Drum Run Adventure Tour - August 18, 2023.pdf

From: Jacqueline deRaadt Redacted
Sent: Tuesday, September 5, 2023 8:14 AM
To: Mayor Yu, Simon <Simon.Yu@princegeorge.ca>; Councillor Bennett, Tim <Tim.Bennett@princegeorge.ca>; Councillor Frizzell, Garth <Garth.Frizzell@princegeorge.ca>; Councillor Klassen, Trudy <Trudy.Klassen@princegeorge.ca>; Councillor Polillo, Ron <Ron.Polillo@princegeorge.ca>; Councillor Ramsay, Cori <Cori.Ramsay@princegeorge.ca>; Councillor Sampson, Kyle <Kyle.Sampson@princegeorge.ca>; Councillor Scott, Susan <Susan.Scott@princegeorge.ca>; Councillor Skakun, Brian <Brian.Skakun@princegeorge.ca>
Cc: Mayor Admin <MayorAdmin@princegeorge.ca>; cityclerk <cityclerk@princegeorge.ca>; 311 <311@princegeorge.ca>
Subject: The Drum Run Adventure Tour is coming to Prince George ~ Friday, October 27, 2023

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Mayor and Council, City of Prince George

City Hall
1100 Patricia Boulevard
Prince George, BC V2L 3V9

Dear Mayor Simon Yu and City Councillors,

Re: The Drum Run Adventure Tour arrives in Prince George ~ Friday, October 27

The Drum Run Adventure Tour, presented by the Rhythm of Life Society and led by Founder and Executive Director Lyle Povah, is a 1,500 km run and 25-city drum circle tour throughout BC. Our mission is to fundraise for the Child Life Department at BC Children's Hospital. In partnership with BC Children's Hospital Foundation, we seek to "Help Kids Shine."

Along with a dedicated team of volunteers, Lyle, an international musician, is leading the tour. Since 1991, Lyle has brought a weekly drumming and music program to kids, families and staff at BC Children's Hospital in Vancouver. He is also an endurance athlete who has run many marathons, including the Boston and Great Wall of China marathons. He recently completed the "Vancouver 100", a 100-kilometre ultramarathon.

The focus of Lyle's decades-long career as a musician and Drum Circle Facilitator has been on promoting all aspects of health. A Community Drum Circle becomes the container where people gather to drum in community. An event like the Drum Run Adventure Tour seeks to bring health and well-being to the community.

The Drum Run Adventure Tour **launches in Victoria on September 10** and makes its way throughout the province, returning for a **Closing Ceremony at BC Children's Hospital in Vancouver on November 21**. Throughout the tour, Lyle will run 1,500 km and stop in 25 communities to host drum circles.

The tour will cover four legs:

- 1) Vancouver Island (to the West) - Victoria, Duncan, Nanaimo, Qualicum Beach, Courtenay, Campbell River
- 2) Highway of Tears (to the North) - Prince Rupert, Terrace, Hazelton, Smithers, Burns Lake, Fraser Lake, Vanderhoof, Prince George
- 3) Okanagan (to the East) - Kamloops, Salmon Arm, Vernon, Kelowna, Penticton, Osoyoos

4) Lower Mainland (to the South) - Hope, Agassiz, Abbotsford, Port Moody, Vancouver

On Friday, October 27, 2023, the Drum Run Adventure Tour arrives in Prince George, and we are seeking a venue to host a drum circle for your community. We would greatly appreciate your city donating the cost and the use of a location to host the drum circle, which will support our fundraising efforts. We would also appreciate Prince George assisting us with promotion and announcing our arrival to increase your community's participation in this special event.

Drumming and drum circles are fun, family-friendly events that bring communities together and connect people. In addition, research shows that drumming strengthens the immune system, produces feelings of well-being, and helps release emotional trauma. Drumming also induces deep relaxation, lowers blood pressure, and reduces stress. We would like to invite your community to join us to drum and have some fun!

By helping The Drum Run Adventure Tour, your city will be supporting BC Children's Hospital Foundation in their efforts to improve health care for children in the province. If you would like to know more about our project, please visit drumrun.org and help us spread the word within your community. Everyone can donate to this cause at [gofundme.com/f/help-children-in-british-columbia-to-thrive](https://www.gofundme.com/f/help-children-in-british-columbia-to-thrive)

Please see our press release, letter of acknowledgement from BC Children's Hospital and BC Children's Hospital Foundation, and poster attached to this email.

We send this information intending to be respectful to all of you so that you know what is happening in your community. We are still determining what kind of media attention there will be, but we would like you to be aware. Don't hesitate to get in touch with me if you would like further information.

We are excited to come to Prince George and grateful for your time and consideration. Our entire team is committed to the health and well-being of children in BC, and we would welcome all of you to join us!

Warm regards,

Jacqueline de Raadt

Volunteer Logistics Coordinator

Rhythm of Life Society | [Drum Run Adventure Tour](#)

Registered Charity BN# 771908506 RR 0001

Redacted

Copy to:

CC Chief Administrative Officer

CC Corporate Officer

CC Community Services

Please see the list of Confirmed Dates - for the Drum Circles on Tour

OPENING CEREMONY: Victoria (Esquimalt) - Sunday, September 10

Duncan (Cowichan Bay) - Tuesday, September 12

Nanaimo - Saturday, September 16

Qualicum Beach - Monday, September 18

Courtenay / Comox - Friday, September 22

Campbell River - Sunday, September 24

Prince Rupert - Thursday, September 28

Terrace - Monday, October 2

Hazelton - Saturday, October 7

Smithers - Tuesday, October 10

Burns Lake - Sunday, October 15
Fraser Lake - Wednesday, October 18
Vanderhoof - Saturday, October 21
Prince George - Friday, October 27

Kamloops - Sunday, October 29
Salmon Arm - Tuesday, October 31
Vernon - Friday, November 3
Kelowna - Saturday, November 4
Penticton - Sunday, November 5
Osoyoos - Thursday, November 9

Hope - Friday, November 10
Agassiz - Sunday, November 12
Abbotsford - Tuesday, November 14
Port Moody - Friday, November 17 (tentative)
Vancouver - Saturday, November 18

CLOSING CEREMONY: BC Children's Hospital - Monday, November 20 or Tuesday, November 21

BOOKED LOCATIONS:

1)

OPENING CEREMONY

Date: Sunday, September 10, 2023

City: Victoria (Esquimalt)

Event Title: Drum Run Adventure Tour Launch

Location: Esquimalt Gorge Park Pavilion

Room: Lower Hall A/B

Address: 1070 Tillicum Road

Victoria, BC V9A 2A1

Event: 3:00 - 6:00 pm (included outside portion of the event, while we are inside doing teardown)

Setup: 2:00 pm

Teardown: 5:00 - 6:00 pm

Notes: Lyle will depart from this location and start the tour from here. There is a nice park outside of the pavilion. We will all go outside and send him off!

2)

Date: Tuesday, September 12, 2023

City: Duncan (Cowichan Bay)

Event Title: Drum Run Adventure Tour Drum Circle

Location: The HUB at Cowichan Station

Room: Co-op Room

Address: 2375 Koksilah Road

Duncan BC V9L 6M5

Event: 7:00 - 9:00 pm

Setup: 6:00 pm

Teardown: 9:00 - 10:00 pm

3)

Date: Saturday, September 16, 2023

City: Nanaimo

Event Title: Drum Run Adventure Tour Drum Circle

Location: Moose Lodge #1052 (Moose Hall)

Address: 1356 Cranberry Road

Nanaimo, BC V9R 6Z7

Event: 7:00 - 9:00 pm

Setup: 6:00 pm
Teardown: 9:00 - 10:00 pm

4)

Date: Monday, September 18, 2023

City: Qualicum Beach

Event Title: Drum Run Adventure Tour Drum Circle

Location: Qualicum Beach Civic Centre

Room: Lions Room

Address: 747 Jones Street

Qualicum Beach, BC V9K 1S4

Event: 7:00 - 9:00 pm

Setup: 6:00 pm

Teardown: 9:00 - 10:00 pm

5)

Date: Friday, September 22, 2023

City: Courtenay

Event Title: Drum Run Adventure Tour Drum Circle

Location: Native Sons Hall

Room: Lodge Room

Address: 360 Cliffe Avenue

Courtenay, BC V9N 2H9

Event: 7:00 - 9:00 pm

Setup: 6:00 pm

Teardown: 9:00 - 10:00 pm

6)

Date: Thursday, September 28, 2023

City: Prince Rupert

Event Title: Drum Run Adventure Tour Drum Circle

Location: Moose Lodge #1051

Address: 745 1st Avenue West

Prince Rupert, BC V8J 1B2

Event: 7:00 - 9:00 pm

Setup: 6:00 pm

Teardown: 9:00 - 10:00 pm



VANCOUVER
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HIGHWAY OF
TEARS

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**DONATE
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to make a **MIGHTY**
difference in the lives of
children in British Columbia



September 10 - November 18, 2023
1,500 KM • 25 CITIES

drumrun.org



BC Children's Hospital Foundation
938 West 28th Avenue, Vancouver, BC V5Z 4H4
t 604.875.2444 | tf 1.888.663.3033
bcchf.ca

May 10, 2023

To Whom It May Concern:

RE: Drum Run Adventure Tour

I write this letter on behalf of Lyle Povah and the Team of Volunteers, who through their non-profit Rhythm of Life Society, are organizing an independent community fundraiser called Drum Run, in support of BC Children's Hospital. Lyle has a near 30 year association with the Hospital as both a contractor and volunteer, leading a weekly music and drumming program for kids, families, and staff throughout many of the wards, playrooms, and in the hospital schoolroom.

On September 3rd 2023, the Drum Run Adventure Tour will be starting the tour to bring patients, patient families and communities from across the province together to partake in drum circle workshops and running events. Over the years, Lyle has participated in numerous heartwarming musical moments with children and families and staff. For this tour he combines two of his passions, drumming and marathon running into the Drum Run fundraising tour to benefit children, families, and the hospital.

Funds raised from sponsorships and fundraising will benefit the Child and Youth Services Program at BC Children's Hospital, an almost totally donor funded program. Using evidence-based therapeutic play, medical play, preparation and resources, they provide developmental, educational and therapeutic interventions that support children and families coping with the realities of a hospital stay. Music therapy is one of these programs. Through playing and learning an instrument, singing along to a familiar song, or composing a new piece of music, kids have been able to express themselves, refocus their attention, and find treasured moments of connection as they share something special with the people around them. We would be happy to provide tax receipts for donations, and acknowledgment receipts for sponsorship contributions.

The Drum Run Adventure Tour will help to bring this experience of music, play and joy to communities across the province. Lyle and the event organizers are working to make this accessible and welcoming to all abilities and communities.

We are grateful that the Rhythm of Life Society is organizing this independent fundraiser and is demonstrating community leadership and raising funds for BC's kids. If you have any questions or concerns, please contact me at 778-725-2151 or via email at nsalvian@bcchf.ca
Sincerely,


A handwritten signature in black ink that reads "Nicole Salvian". The signature is written in a cursive, flowing style.

Nicole Salvian

Philanthropy Associate

Helping kids shine.



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www.drumrun.org 

FOR IMMEDIATE RELEASE

BC Children's Hospital Foundation partners with Drum Run Adventure Tour

A two-month fundraising tour promoting health and wellness through community drum circles and running events throughout BC

August, 2023 (Vancouver, BC) – Rhythm of Life Society Founder & CEO Lyle Povah announces **Drum Run Adventure Tour**, a two-month fundraising initiative for BC Children's Hospital, in partnership with BC Children's Hospital Foundation. Drum Run promotes health and well-being through combining indoor community drum circle workshops in cities throughout British Columbia, with outdoor distance running events between each community.

Drum Run Adventure Tour

Drum Run Adventure Tour (www.drumrun.org) launches from Victoria - BC, on September 10, 2023 at Esquimalt Gorge Park Pavilion. This running and drumming tour will journey through some of the most beautiful cities in BC, and will also be making a difference in the lives of children by fundraising for the Child Life Department at BC Children's Hospital.


This tour, supported by an on-tour Drum Run Team, is a two-part odyssey taking place across British Columbia, Canada. The "Drum" part will be hosted in over 25 cities, where you'll join international musician Lyle Povah and the community for indoor Drum Circles. The "Run" part is a 1,500-kilometer journey that Lyle, also an endurance athlete and marathoner, will embark on. The run will cover 4 legs:

- 1) Vancouver Island: Victoria, Duncan, Nanaimo, Qualicum Beach, Courtenay, Campbell River
- 2) The Highway of Tears: Prince Rupert, Terrace, Hazelton, Smithers, Burns Lake, Fraser Lake, Vanderhoof, Prince George
- 3) The Okanagan: Kamloops, Salmon Arm, Vernon, Kelowna, Penticton, Osoyoos
- 4) Lower Mainland: Hope, Mission (TBC), Abbotsford, Port Moody, Vancouver

Drum Run Adventure Tour motivates, engages, and connects people of all ages, abilities and backgrounds in interactive community-based drumming and running events that are fun and inspire physical movement.

Wherever you are at, start training for the Drum Run Adventure Tour launch NOW! Run, walk, wheel, skip, skateboard... choose your mode! For both the Drum and the Run



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segments of the tour, there is a low-to-no barrier for participants. Indoor Drum Circles are intergenerational, involve everyone, and include drums for all. Outdoor running with Lyle to the next city on the tour route will begin at a local community track and will engage families and all people. Travel on tour with us or track our progress along the tour route!

By joining and contributing to Drum Run Adventure Tour, you'll be supporting the Child Life Department at BC Children's Hospital to improve health care for children in the province.

Quotes

"Last year (2022), Child Life Specialists made more than 30,000 connections with patients, siblings, and their families at BC Children's Hospital, fostering an environment of comfort and kindness, and creating moments where kids can simply be kids. Child Life Specialists play an important role in helping kids and their families understand what is going on, allowing them to feel empowered, and more in control of their own care. This also means less stress carried on the shoulders of families. These families can help keep kids calm, contributing to smoother, less stressful procedures, helping them on their path to healing."

Malcolm Berry, *President & CEO, BC Children's Hospital Foundation*


"BC Children's and Women's Hospital Patient Experience is delighted to support the inaugural BC Drum Run Adventure Tour, led by Lyle Povah who was a therapeutic drummer for BC Children's Hospital for 30 years. Lyle is a beloved partner of BCCH and we missed him and his drumming on campus with patients and families during the pandemic. Lyle is now combining his passions of drumming, running and BC Children's Child Life work with an incredibly exciting fall event - Drum Run."

Mary MacKillop, *Director of Patient Experience at BC Children's and BC Women's Hospitals and Health Centre*

"I am so excited to announce the launch of the Drum Run Adventure Tour on September 10, 2023 from Victoria, BC! 32 years ago marked the beginning of an amazing musical journey and relationship with patients, families, and staff at BC Children's Hospital. Today, myself and the Drum Run Team are honored to partner with BC Children's Hospital Foundation, with our mission to build community, and provide funds to improve the health and well-being of children and families at BC Children's Hospital. The Drum Run Adventure Tour began as a seed of an idea over a decade ago. Join us for this epic journey to grow this seed into making a MIGHTY difference!"

Lyle Povah, *Founder & CEO, Rhythm of Life Society*



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WHO IS LYLE POVAH?

Lyle Povah is the Founder and CEO of the registered charity Rhythm of Life Society. He's an international musician, Drum Circle facilitator, yoga teacher, and researcher who uses music and movement to bring people together and promote health and well-being. Lyle leads programs at events and institutions across the world, including prisons and hospitals.

Since 1991, Lyle has been bringing drumming and music to kids, families and staff at BC Children's Hospital in Vancouver Canada. He's also an endurance athlete who has run marathons, including the Boston and Great Wall of China marathons, and recently completed the Vancouver 100-kilometer ultramarathon.

Lyle has made a big impact with his music, leading large events like TedX Stanley Park, Lululemon's International Leadership Conference, and HSBC's team building workshop. He's also collaborated with Indigenous groups in BC, the Northwest Territories, and Northern Manitoba. Join Lyle and the Drum Run Team for this epic journey!

LYLE & BC CHILDREN'S HOSPITAL

For more than 25 years, Lyle Povah has worked at British Columbia's Children's Hospital in Vancouver Canada, sharing a drumming and music program with kids, families, and staff throughout the hospital wards, and in the playrooms and schoolroom.


The focus is on having fun, as well as to normalize the hospital experience, to share the joy of music and rhythm, distract from painful medical procedures, and to foster health through movement, breath, participation, connection, and laughter.

DONATE

Drum Run is a unique adventure tour that brings people together, inspires them to be more active, and provides a powerful antidote to the compromising health outcomes of isolation and loneliness.

Your donation to the Drum Run Adventure Tour campaign will help children and families build community spirit, make a life-giving and lasting impact, and "Help Kids Shine". This is the opportunity for individuals, companies and organizations to make a difference in many lives across BC. You can donate on GoFundMe at gofundme.com/f/help-children-in-british-columbia-to-thrive. If you need to get a tax receipt, please send us an email to hello@rhythmoflifesociety.org, call us at 604-736-6487, or go to Charitable Impact at my.charitableimpact.com/send/to/group/drum-run-adventure-tour/



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VOLUNTEER:

Whether you're a drummer, runner, neither, or just have a passion for helping others, we have a spot for you. Are you looking for opportunities to volunteer? Join us for the Drum Run Adventure Tour, and make a MIGHTY difference! www.drumrun.org

Quick facts

- **BC Children's Hospital** is the only hospital in the province devoted exclusively to the care of children - that means one million kids, including some of the sickest and most seriously injured, rely on the hospital for specialized care they often cannot receive anywhere else.
- Since 1982, the Foundation has been working to inspire people and communities to join our quest and raise the bar of children's health care, from enabling new programs that deliver compassionate care tailored to the needs of children, to purchasing the latest innovations in equipment.
- Our vision is that every child is healthy and able to fulfill their hopes and dreams, achieved by fueling research aimed at conquering and ultimately preventing childhood diseases.
- **Rhythm of Life Society**, a registered BC non-profit organization, is the proud sponsor of the Drum Run Adventure Tour. www.drumrun.org
- Funds raised on the Drum Run Adventure Tour will support BC Children's Hospital Foundation.
- Rhythm of Life Society works with youth, families and communities across British Columbia to support well-being and fitness, and counter isolation by fostering community spirit through music and movement.

Media Contacts:

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