

A JOURNEY TO DAILY IMPROVEMENT

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VMAC - NANAIMO



Life is a highway now for this couple

LIFESTYLE: MacNeills sold home and quit the rat race to live out their dream of a home on wheels

GORDON MCINTYRE

Patricia MacNeill and her husband, Arleigh, are living out a dream. They've sold their home and are now living out of a 34-foot Seneca motorhome. They're on the road in the statehouse office.

"There's a world outside every door," Patricia said. "We're living it now."

Yes, MacNeill says the couple packed up the motorhome and hit the road in the statehouse office.

"The first few months living in the motorhome was a huge adjustment, says the couple. Patricia said she's never lived in this home. Having her kids given the house in each other as they explored the U.S. for six months and now begin to see the world as they go."

"It was like a fantasy," Patricia said. "I'd talk about selling it all and going travelling, but it didn't seem like something we'd actually do. It was a pipe dream."

The MacNeills have reached their dream on Facebook and blogs.

Two events nudged them toward making the plunge. Their friend Ray died of cancer at age 49 (Patricia's then young friend's illness was diagnosed from Prince George in stay at Ronald McDonald House).

Mean while, the housing market was hot. Patricia's dream was to sell and travel. "Let's sell everything now, buy a motorhome and drive across the land," Patricia said. "He said, 'OK.'"

That was a year ago in April. The couple did some renovations and they'd paid for it 12 years earlier. At the same time, they got rid of 95 per cent of their belongings.

"We went hard, it was intense."

They bought a used Seneca motorhome, packed some clothes, Bunny and Hubs (two rescue rabbits) and page Sally and Owen, and headed into the wild blue yonder. Down the West Coast, across the bottom of the U.S., then up the East Coast, 25 in all, and into Newfoundland and Labrador.

They waited out a storm and

amount of courage that neither of us knew we had in us," Patricia said. "Plus, everyone around you tells you you're insane."

One of her clients, in fact, said, "I'm glad I'm not you."

"We hear questions from friends and family. 'Now what are you going to do?' We are determined not to get caught up in that lifestyle again. There are slower, healthier ways to live. This journey keeps teaching us the value of time. The idea of waiting until retirement to do the things you want to do is just silly."

The MacNeills hope theirs is a message that inspires others to escape from a lifestyle that can drain wallets and sap energy from souls.

They expect to land in Nova Scotia around the May long weekend. They'll make their way to Montreal, probably keep heading west. May be they'll cross the country and be back in the Fraser Valley by Labour Day, who knows?

"We're going to see where we end up," Arleigh said.

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Family evacuated after landslide threat on edge of Okanagan Lake

A small landslide on the north-western edge of Okanagan Lake has led to the evacuation of a family of five due west of Vernon, a community of 12,000 people, according to a press release from the Okanagan Regional District.

Two houses on Marchbank Road, but only one was occupied at the time. An area south of this week-end was evacuated for a time because of similar events.

peak of 34 km, the regional district said Monday.

With warm temperatures now the norm, the snow is melting.

Officials are forecasting further

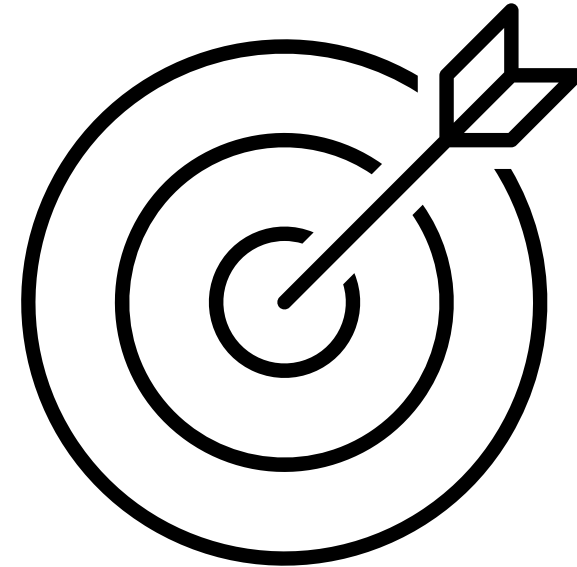


WINNIPEG, MANITOBA | JUNE 6-9, 2022



SO, WHAT IS MY TARGET CONDITION?

VMACs History
Planning for daily improvement
Daily coaching problem solving



EARLY DAYS OF VMAC



VMAC TODAY





VMAC COMMUNITY SUPPORT



- Nanaimo Science
- VIU Soap Box



- Nanaimo Minor Baseball
- Hospice
- NDSS Prom
- Child Development Center



VMAC CULTURE



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CANADA
2021



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WHAT DO WE DO



- Underhood
- Gas Drive
- Hydraulic Drive
- Diesel Drive
- Multifunction
- EV



WE USE LEAN AS A GROWTH STRATEGY



OUR COWORKERS GROWTH



Starts on the first day
Lean 101
Kata
In class and hands on lean training
Learner and Coach Dojo

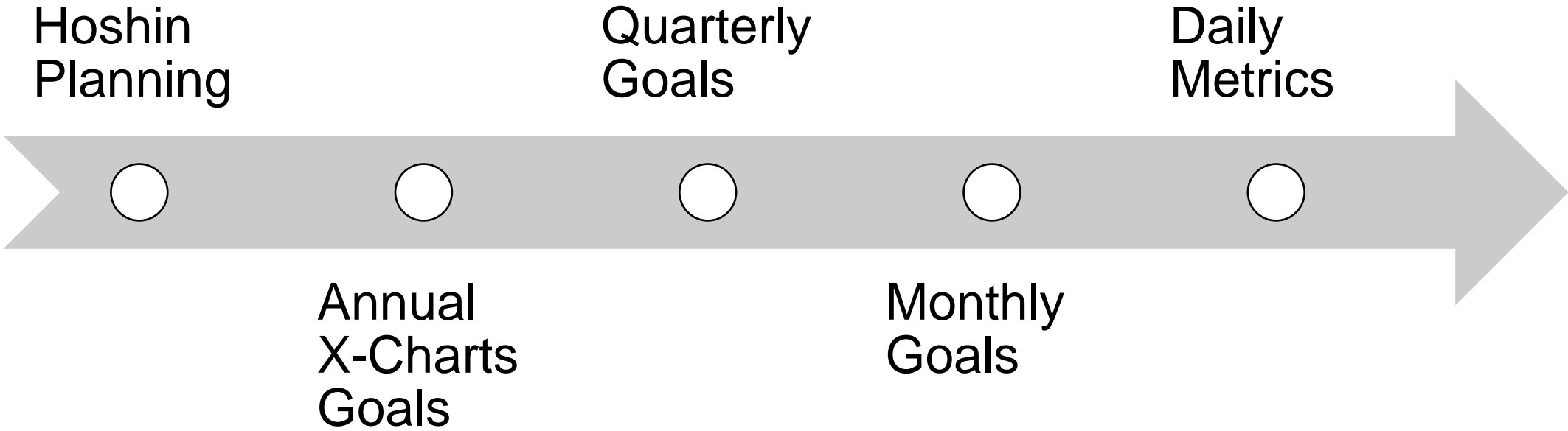


OUR VALUES

Safety
Respect
Improve to provide maximum value
Innovation
Experimentation
Perseverance
Accountability
Sustainability



HOW WE DO IT

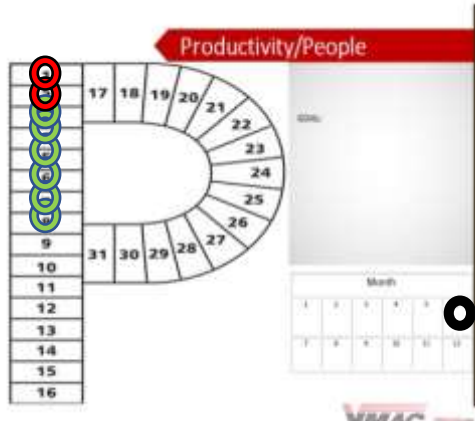
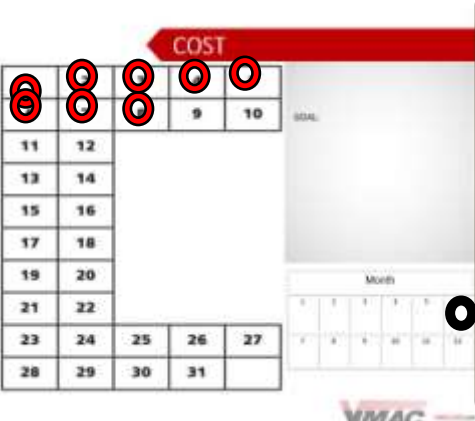
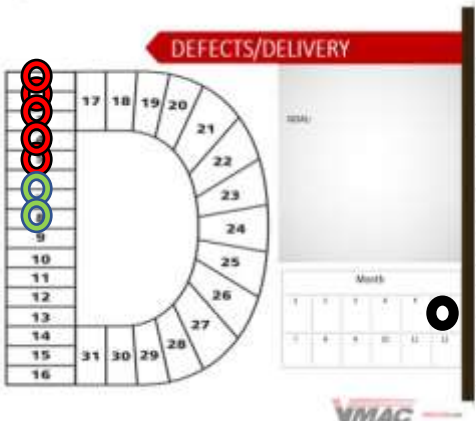
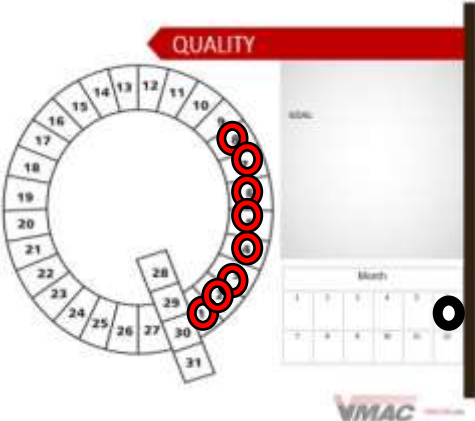
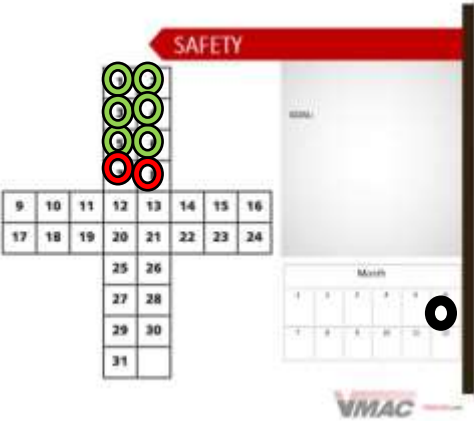


HOW DO WE KNOW

Quarterly CI Assessment

Daily Metrics

Gemba Walks



WHAT IS YOUR TARGET CONDITION

- What do want to be different?
- By when?
- What change in pattern do you want to observe?

WHAT IS YOUR ACTUAL CONDITON NOW

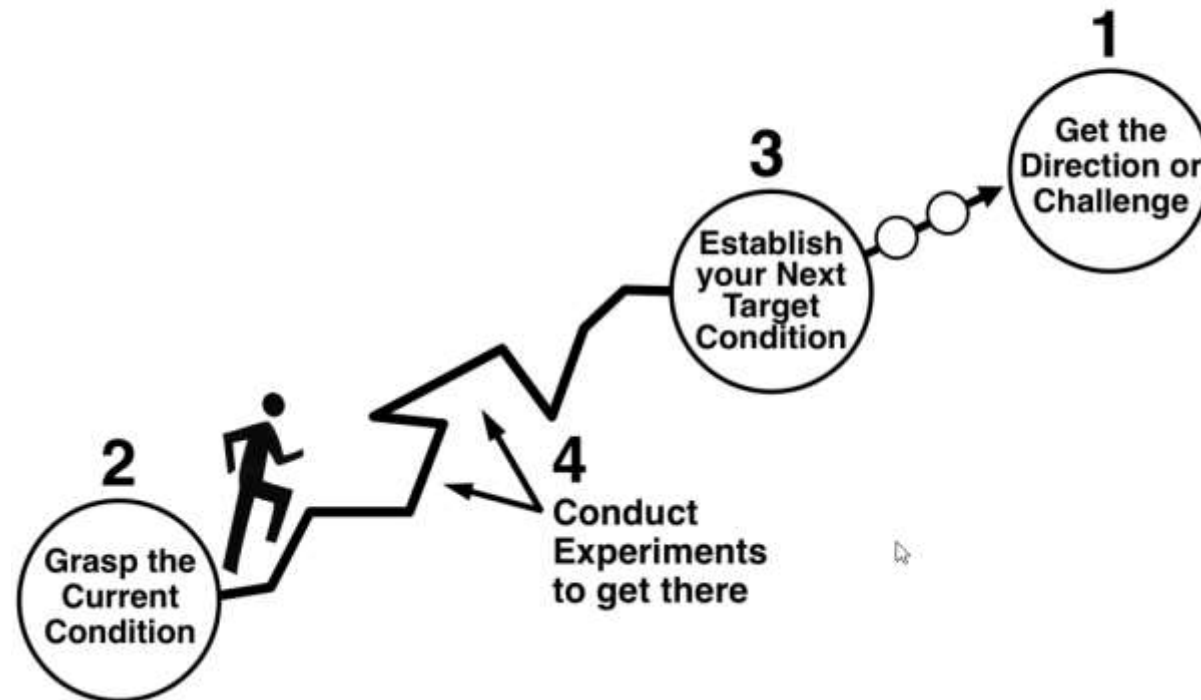
- What does failure look like?
- What happens when your boss fails?
- What happens when the president enters the shop floor?

WHAT IS STOPPING ME FROM HITTING MY TARGET CONDITION

- Fear?
- Lack of structure?
- Resistance?

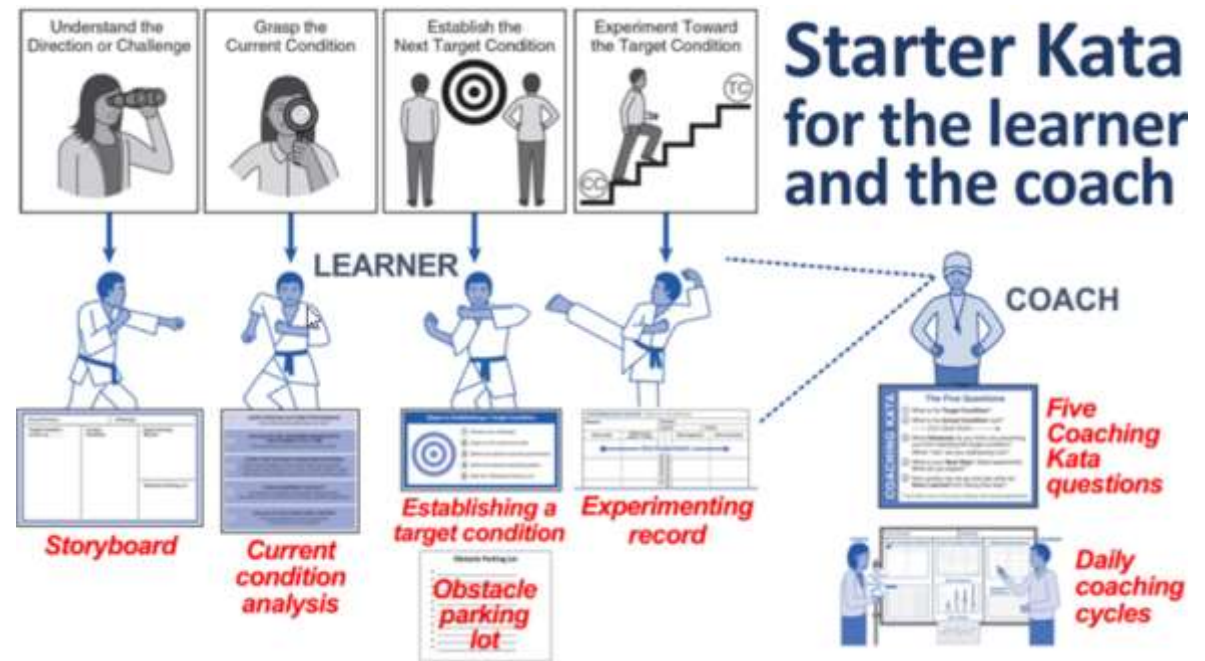
WHAT CAN I DO ABOUT IT

THE FOUR STEPS OF THE IMPROVEMENT KATA



TOYOTA KATA

- Teaches scientific thinking
- Experiment quickly
- Build a culture of learning and respect



THE FIVE QUESTIONS

A Script for a daily improvement conversation

COACHING KATA

The Five Questions

- ① What is the **Target Condition**?
- ② What is the **Actual Condition** now?
-----(*Turn Card Over*)----->
- ③ What **Obstacles** do you think are preventing you from reaching the target condition?
Which **one** are you addressing now?
- ④ What is your **Next Step**? (Next experiment)
What do you expect?
- ⑤ How quickly can we go and see what we **Have Learned** from taking that step?

*You'll often work on the same obstacle with several experiments

THE LEARNERS STORYBOARD

Visualize and engage

Focus Process:		Challenge: <i>Long-term goal</i>
Target Condition Achieve by: _____ <i>Where we want to be next</i>	Current Condition <i>Where we are now</i>	Experimenting Record <i>Experiments</i>
		Obstacles Parking Lot <i>Obstacles to the target condition</i>

A GOOD TARGET CONDITION

Achieve By Date
Metrics
What will be different



Current Condition

Process Diagram
Current Data
Metrics
Operating Pattern
Understanding of current state



OBSTACLES PARKING LOT

- Facts, data, negative result
- I can't hit my target ...
- Is not a complaints list

Obstacle Parking Lot

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

EXPERIMENTS RECORD

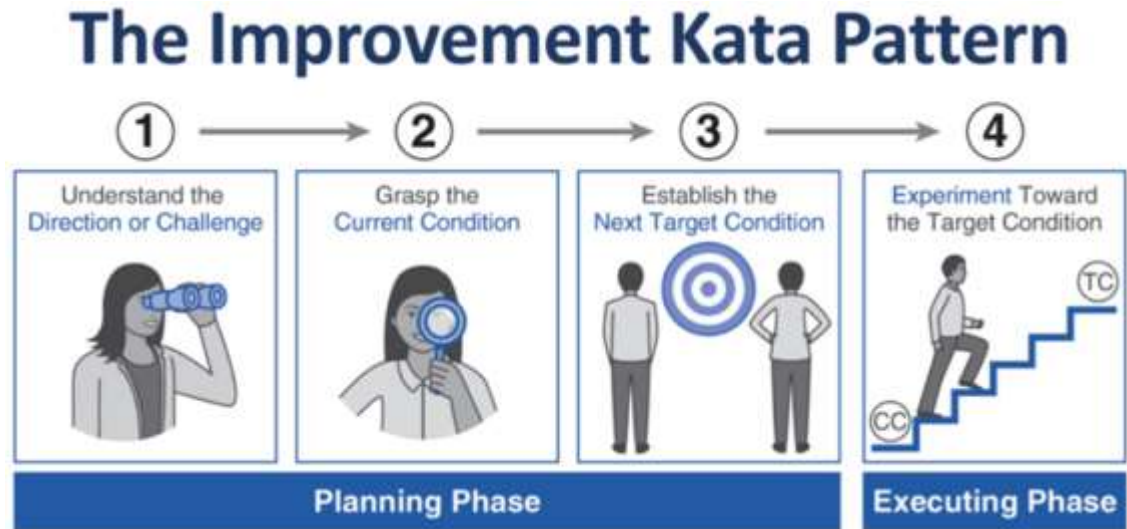
- When, What
- What do you think will happen?
- What actually happened?
- What did you learn?

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Experimenting Record					
Obstacle:		Process: Learner:		Coach:	
Date, step & metric	What do you expect?	Do a Coaching Cycle	Conduct the Experiment	What happened?	What did we learn?

THE PATTERN

- Becomes a habitual conversation
- Develop a culture of learning
- Fail together

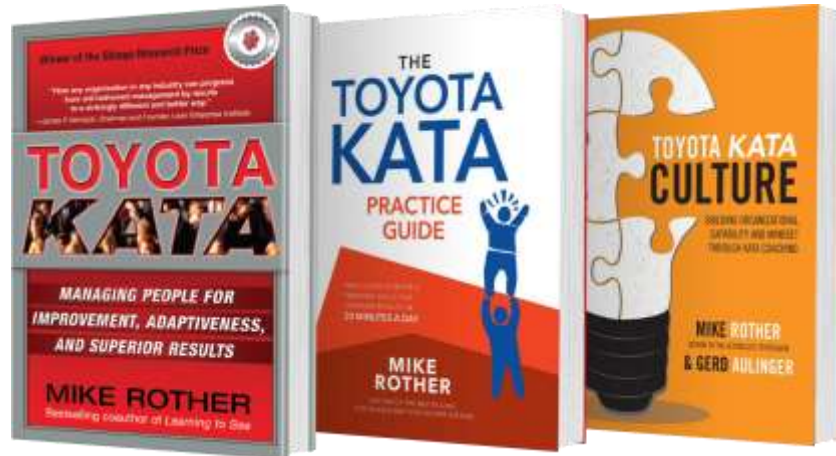


WHAT IS MY ACTUAL CONDITION NOW

VMACs History
Our plan for daily improvement
Coaching daily problem solving
Kata



RESOURCES



<http://www-personal.umich.edu/~mrother/Homepage.html>



THANK YOU!

A JOURNEY TO DAILY IMPROVEMENT

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