



## Health Matters Newsletter April 21, 2017

### Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Local Data/ Relevant Reports and Information- 1.8 Billion Adolescents in the world today
- Empowerment of Aboriginal Women Webinar
- Earth Day 150 Event Poster (attached)
- National Volunteer Week

*Three Sisters in Carmanah Valley .. No matter how you look at them... Wow*



---

### Our Cowichan- Network Member Meetings-

- ✓ **Next Admin Committee Meeting- May 4 4:30-6:30** Committee Room 2 CVRD
- ✓ **Next Our Cowichan Network Meeting June 8 at Ramada Silver Bridge.** Light dinner at 5:15 pm Meeting starts at 5:45 pm.

---

### Community Events- Meetings

- **Next Sobering and Detox Task Force Meeting** May 15, 2017 Room Committee Room 2 at the CVRD
- **EPIC-Community Steering Committee** May 15, 12:00 pm to 2:00 pm Ladysmith Resources Centre Board Room

---

**Local Data and or Research- "Fun Fact"..** There are 1.8 Billion adolescents in the world today! This is the largest generation of adolescents in the world's history. **Our future** | A new Health Policy paper shows that investments in adolescent health and wellbeing are some of the best that can be made, resulting in a 10-fold economic benefit, and are vital for the progress towards achieving the UN's Sustainable Development Goals.

[View this Report](#)

---

# The Empowerment of Aboriginal Women

with Dr. Rosalyn Ing  
April 25th, 2017

*"I have a good life and I persevered even though painful childhood experiences could have destroyed my chances to be happy. I had a life to live and I wanted it to be a good one, not just for me, but for my children, too. With diligence and set goals I worked hard to achieve that good life and I consider myself successful for this. I don't mind sharing that with others."*

Please join UBC Learning Circle on **Tuesday, April 25, 2017** for a special presentation by **Dr. Rosalyn Ing**. Speaking from her experiences as an mother, grandmother, student, educator, and residential school survivor, Dr. Ing will speak on **The Empowerment of Aboriginal Women**.

Her presentation includes the importance of choices:

- Education gives intellectual tools and skills
- Cultural knowledge (is fundamental of who you are and where you come from)
- Experience (how travelling and living in other countries enriched her life)
- Family relations and motherhood; and
- Gaining inspiration from having a spiritual foundation for successful living.

**Dr. Rosalyn Ing (BSW, MEd, Ph.D.)** is a member of the Opaskwayak Cree Nation in Manitoba and has lived in BC for 34 years. She earned her three degrees at UBC. Her research focused on the impacts of residential schools where she spent 11 years. She worked on behalf of First Nations in B.C. teaching at the Native Education Centre, at UBC as coordinator in First Nations Health Careers and was a signer of the 2nd Richmond School District 38 [Aboriginal Education Enhancement Agreement](#).



She has always loved learning, reading, art, music and travelling. She believes education gives one confidence to stand up for social justice, equality, empower others to live a healthy life, and to achieve dreams with goals. She received the Queen's Diamond Jubilee medal in 2012 for her work in Aboriginal education and community contributions. She has 2 sons and a granddaughter.

Everyone Welcome to Participate

**Date:** Tuesday, April 25, 2017  
**Time:** 10:00 am – 11:30am (PST)  
**Place:** via video conference OR computer webinar.  
[View system requirements.](#)  
**Registration:** Required to participate

For more Information  
and to Register

---

## National Volunteer Week April 23 to April 29th, 2017

Are you a volunteer? Do you help your neighbor? Do you support an organization? Thank you! Please come into Volunteer Cowichan weekdays from April 18th to April 28th (10am to 3pm) to share your experience as a volunteer while we say thank you with tea or coffee!

A special thank you to our community sponsors:

Serious Coffee (South Duncan & North Cowichan locations), A&W (Duncan & Lake Cowichan locations), Coffee on the Moon, The Crepevine, Just Jake's & Just Jake's on the Lake, Pioneer House Restaurant, Station Street Café, Subway Sandwich Shop (Trans Canada Hwy & Drinkwater Road Locations), The Old Fork Volunteer Cowichan 1 Kenneth Street (under City Hall) Duncan, BC 250-748-2133 | [vc@volunteercowichan.bc.ca](mailto:vc@volunteercowichan.bc.ca) | [www.volunteercowichan.bc.ca](http://www.volunteercowichan.bc.ca)

Jennifer Lazenby  
Executive Director



#1 Kenneth Place  
Duncan, BC V9L 5G7  
250 748-2133

---

Do you have a resource, event or information you would like to share?

Send it to [cindylisecchn@shaw.ca](mailto:cindylisecchn@shaw.ca) and it will be included in the weekly

**Health Matters Newsletters**