



## Health Matters Newsletter January 19, 2017

### Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Data/ Research –
- Us and Them Film – January 23<sup>rd</sup> 2018- trailer for viewing
- Purple Air Monitors- Have you checked the monitors in your neighbourhood?



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### Our Cowichan- Network Member Meetings-

- ✓ **Next Admin Committee Meeting- February 1, 4:30-6:30** CVRD Committee Room 2
- ✓ **Next Our Cowichan Network Meeting at March 8 Ramada Silver Bridge.** Light dinner at 5:15 pm  
Meeting starts at 5:45 pm.

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### Community Events- Meetings

- <https://www.cvrld.bc.ca/2897/Place-Making-Vancouver-Island-Speaker-Se>
  - **Community Response Team Meeting** February 18, 9 am-11am Meeting Room 213 at the CVRD
  - **EPIC-Community Steering Committee** February 15, 1:30 -3:30 pm Ts'i'ts'uwatul' Lelum
  - **SAVE THE DATE- Us and Them Film** – January 23, 2017 Cowichan Performing Arts Theatre 7:00 Pm
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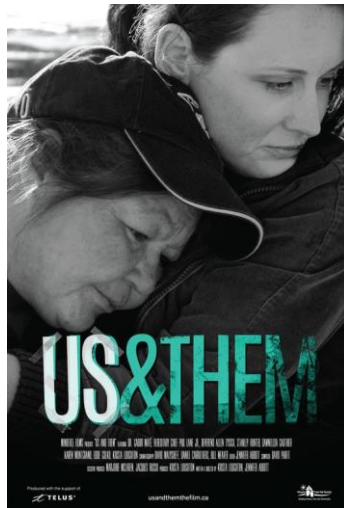
## Local Data and or Research– Resources and facts on sexual orientation and gender identity (SOGI) in schools

In November 2017, the government released a robust factsheet on sexual orientation and gender identity (SOGI). According to the government, SOGI is an inclusive term that represents all individuals regardless of sexual orientation or gender identity. It includes lesbian, gay, bisexual, transgender, queer, two-spirit, heterosexual and cisgender.

### SOGI Quick Facts:

- 19% of BC high school students identify as gay, lesbian, bisexual or not exclusively heterosexual.
- 1% of BC high school students identify as transgender and 5% of Aboriginal students identify as two-Spirit.
- In the past 12 months, lesbian, gay and bisexual youth were seven times more likely than heterosexual youth to attempt suicide (28% vs. 4%).

Studies show that having SOGI-specific anti-bullying policies improves the school climate for LGBTQ and heterosexual students, reducing discrimination, suicidal ideation and suicide attempts for all students. As of December 31, 2016, all BC school districts and independent schools are required to include specific references to sexual orientation and gender identity (SOGI) in their anti-bullying policies. This requirement followed the July 2016 addition of gender identity and expression as a prohibited ground of discrimination under the BC Human Rights Code (sexual orientation was already protected).



## US and Them Film is Coming to Cowichan- January 23 – 7:00 pm Cowichan Performing Arts Theatre.

[Us and them Trailer](#)

<https://www.youtube.com/watch?v=SSCZogP4cM8>

Using a compassionate lens to challenge stereotypes about homelessness and addiction is the goal of the documentary *Us and Them*, screening Tuesday January 23 at Cowichan Performing Arts Centre.

A trip to Africa as a teenager, and the poverty she witnessed there, transformed the life of filmmaker Krista Loughton. She always thought she would return there to "do something," but "eventually I realized I don't have to go back to Africa to help people, I just have to go

downtown."

For Loughton, that meant spending hours at the local drop-in centre in Victoria, British Columbia.

### 'Unconditional love', no judgement

She was inspired by the centre's mission statement, which she said was "we are giving unconditional love, in a non-judgemental way, for all who walk in the door." Loughton was moved to start adopting the same principle in her own life.

Before long, she had encountered the four people whose stories she would tell in the film:

1. Karen, who was grieving the death of her husband "and I was just pulled into her pain in that moment," recalled Loughton, explaining that the two became close when they would frequently run into each other at the centre.
2. Donaldda, who was 4 feet 7 inches tall, about 90 pounds and "physically the person who was in the worst shape at the centre and she was angry and feisty," said Loughton. The source of the anger became evident when a staff member explained that Donaldda "had witnessed her son being murdered by a police officer and her life just fell apart."
3. Eddie, who had been in and out of jail for most of his adult life, but had a wonderful way with words, said Loughton. She remembered him saying that even when he was inside he felt cold and "he was always shivering, it was like the cold was in the heart of his bones and he couldn't figure out if it was physical or psychological."
4. Stan, who had "a big fur coat and this incredible sense of humour and I was warned he was a tough nut to crack, but I cracked him," said Loughton.

She filmed *Us and Them* over a ten-year period, and during that time one of the four died. While grieving that death, she said her perspective changed dramatically on who was helping who.

## Who was helping who?

"Their level of intelligence, their level of humour, their level of compassion, their level of wisdom, like there's a scene where I set out to help them but they end up helping me, so my emotional issues become part of the plot and it's their wisdom, they are counselling me."

That is the message Loughton hopes to share through her documentary — everyone suffers, and everyone has the capacity to help someone else.

"There is no us and them, there's just us and for me that's where social change begins," said Loughton.

The Cowichan screening of *Us and Them* will be presented by Our Cowichan Communities Health Network and Social Planning Cowichan, in partnership with the BC Centre for Addictions. A Panel Presentation will follow the viewing. Tickets are by donation and will be available in January.

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## Risky play, children and young people in urban environments

Research by Ball, D.J. & Hansen Sandseter, E.B. *Children and Young People in Urban Environments* points to the necessity of risky play for children and youth. According to the research abstract, "the majority of children now live in urban environments and play provision for them has followed certain paths which are heavily influenced by modern adult perceptions of play and also by notions of safety."

After several decades there is a growing view that the path chosen has not been correct and that many play environments lack appropriate challenges for the developing young person. Moves have been made to rectify this situation. Much remains to be done."

Read the full study [here](#).

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## Ladysmith Coldest Night of the Year

### A warm “hello”!

The Ladysmith Resources Centre Association (LRCA) is excited to be hosting the “**Coldest Night of the Year**”, a super-fun, family-friendly walk in support of *hungry, homeless and hurting* individuals in our community. Our fundraising walk is set for **Saturday, Feb 24<sup>th</sup>** in Ladysmith, B.C.

LRCA is a non-profit charity with a BIG mission: A purposeful direction to “enrich the lives of people in our community through advocacy, programs and partnerships”. We have been working hard to enhance our partnerships and highlight the many *free* services we provide to the most vulnerable populations in our community.

At the Resources Centre we work to reduce the burden of poverty with many programs such as the Food Bank, Soup Kitchen, Extreme Weather Shelter, Christmas Cheer Hampers and Coats for Folks.

We hope you will join us on **February 24<sup>th</sup>** by registering individually or as a team to collect pledges and walk with us... proudly showing the community spirit that Ladysmith is famous for. Or volunteer at the event, we'll need lots of help!

**To register Yourself or as a team, please visit <https://canada.cnoy.org/register>. Registration is open! And we need you!**

Your pledges will help to support and operate our main programs which provide essential services, including:

- © **Food Bank** - approximately 300 people per week access the Food Bank, 41% who are children.
- © **Soup Kitchen** – In 2017, 17 volunteers donated 1895 hours of time and served 1482 meals; 17% were children
- © **Extreme Weather Response Shelter** – In November and December 2017, we were open for 45 nights and served 119 guests
- © **Christmas Cheer Hampers** – In December we delivered Christmas Cheer to over 145 homes
- © **Early Years Programs** (Born Healthy, Adventures in Early Literacy, Mother Goose and Dad's Drop-In)
- © **Family and Youth Support Services**; including the Triple P (Positive Parenting Program)
- © **Seniors Advocacy**; including medical transportation, peer-to-peer support and outreach to over 1200 Seniors
- © **Volunteer Counselling** – regularly serving over 30 clients
- © **Victim Services** operates 24/7, serving 173 new clients

We look forward to walking together for our community on Feb 24<sup>th</sup>!

**For more information, call 250.245.3079 or email: [info@lrca.ca](mailto:info@lrca.ca)**

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Cordially invite you to:

# The Indonesian night

Experience the cultures of Indonesia

📅 Friday, January 19th 2018

📍 Duncan United Church  
246 Ingram St, Duncan BC V9L 1P4

🕒 7 PM onward

All invited  
Hope to see you there!



**Don't forget to check out the PurpleAir monitors in your neighbourhood!**

[www.purpleair.com](http://www.purpleair.com)

Please share the posters freely and have a conversation with others about the impact of pm 2.5 and wood burning!

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**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 Newsletter**