



Health Matters Newsletter March 16, 2017

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Data/ Research
- Add Your Voice to Poverty Reduction
- Jordan's Principle Fact Sheet
- Provincial Learning Event- How to be an ally in your community
- Fundamentals of Boards Workshop



It is getting to be that time of year again- don't miss out on these beauties that can be found on our mountain trails.

Our Cowichan- Network Member Meetings-

- ✓ **Next Admin Committee Meeting- April 5 1, 4:30-6:30** CVRD Committee Room 2
- ✓ **Next Our Cowichan Network Meeting at April 12 Ramada Silver Bridge** Light dinner at 5:15 pm
Meeting starts at 5:45 pm.

Community Events- Meetings

- **Community Response Team Meeting** April 19, 9 am-11am Meeting Room 213 at the CVRD
- **EPIC-Community Steering Committee** April 19, 1:30 -3:30 pm Ts'i'ts'uwatul' Lelum
- **Lake Cowichan Opioid Dialogue-** April 19 Venue and time to be determined
- **Cowichan Tribes is hosting the 42nd annual Elders Gathering from July 10-12, 2018.** They are [looking for volunteers](#) and vendors to host this amazing event, please share within your networks on behalf of Cowichan Tribes. Their website for additional information is: <https://eldersgathering.ca/> Huy ch q'u (Thank You)

Local Data and or Research- Don't miss the April OCCHN Meeting- Dr Shannon Waters will be there with the latest Local Health Area Data for our Region

Add Your Voice to Poverty Reduction by March 30th

There are a multitude of ways to add your perspectives to BC's Poverty Reduction Strategy before the government's March 30th deadline. Over the next two weeks, the provincial government is continuing [community meetings](#) across the province to hear how poverty can be reduced in the province. There are also methods of [accepting feedback via phone, email, mail, or online submission](#).

First Call is preparing a submission on behalf of our members and we welcome member submissions to adrienne@firstcallbc.org. Many of our member organizations are also organizing small group consultations with low-income groups to gather their feedback on the provincial plan.

If you are unable to attend consultations and would like to add your voice, the Poverty Reduction Coalition (PRC) has an online survey to inform their submission. They have also produced a printable version of their survey with a guide to collect feedback from your communities and then send findings to info@bcpovertyreduction.ca by March 23rd.

Jordan's Principle Fact Sheet

The First Nations Health Authority shares a two-page fact sheet on Jordan's Principle that outlines the overview and background of the Principle. It provides the information in an accessible, shareable format. To download the Jordan's Principle fact sheet, [click here](#).

BC Association of Community Response Networks (www.bccrns.ca)

Provincial Learning Event

Tuesday, March 20 - 10:30 a.m.

How to be an Ally in Your Community

Co-presenters and BC CRN Board Members

Silvia Straka and Ajit Mehat who both share a long-term passion for equity issues and have worked educating diverse groups of people as allies for many years.

Canada prides itself as being a diverse and inclusive country. Yet divisions and exclusions persist and we have not managed to solve problems such as racism, colonialism, sexism, ableism and homophobia. This workshop aims to help you understand what you can do to make a big difference in your community and become part of the solution. We will look at why good intentions are not enough and what skills we need in order to become an ally. Although that is a long-term developmental process, this workshop will help you begin this process and understand some of the key concepts. Advance questions are welcomed at ed@bccrns.ca.

Presentation Materials will be posted at www.bccrns.ca - homepage - prior to the event.

To join the call dial Toll-Free [1-877-353-9184](tel:1-877-353-9184) or local [604-681-0260](tel:604-681-0260) and use pass code 9239214#.

Everyone is welcome to join the call. Contact info@bccrns.ca with any questions. Provincial Learning Events are held the 3rd Tuesday of each month except December, June, July & August.

FUNDAMENTALS OF BOARDS WORKSHOP

"FINANCIAL RESPONSIBILITIES"

Presented by Mike Evans CPA, CA
of



By the end of the workshop you will have a better understanding of financial statements, including:

- why they are important
- components of financial statements
- balance sheets
- how often to do you need financial statements

5:00 pm Networking
5:30 pm to 7:00 pm Workshop
Clements Centre, 5856 Clements Street, Duncan, BC
\$25.00 per person, refreshments provided

Register with Volunteer Cowichan:
(250) 748-2133 ext. 1 or vc@volunteercowichan.bc.ca
Please bring a copy of your organization's Balance Sheet and Income Statement.

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

Send it to cindylisecchn@shaw.ca and it will be included in the weekly

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