



## Health Matters Newsletter February 14, 2020

### Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Cowichan Community Action Team Street Guide and Resource Guide (attached)
- Anti Racism Arts Festival (Nanaimo)
- Social Media/Internet Safety and Digital Literacy 101 presentation for Community/Parents/Caregivers (Ladysmith)
- CVRD Woodstove Replacement Rebate Program 2020 – still has rebates available for anywhere in the Cowichan Region
- Cowichan Community Action Team Peer Coordinator Posting (attached)



*This little heart was found deep into a hike a couple of years ago. Even the forest celebrates Valentines day!*

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- ✓ **Next Admin Committee Meeting-** **March 5, 4:30-6:30** CVRD Committee Room 2
  - ✓ **Next Our Cowichan Network Meeting** at **March 12, 2020, Ramada Silver Bridge** Light dinner at 5:15 pm Meeting starts at 5:45 pm.

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#### Community Events- Meetings

- **Cowichan Housing and Homelessness Coalition Meeting (All Welcome) March 24** 11:00 am to 1:00 pm Location to be determined
  - **Community Action Team (CAT) Meeting February 27, 2020,** 9 am-11am Cowichan Community Centre Board Room
  - **EPIC-Community Steering Committee February 20, 2020** 1:30 -3:30 pm Ts'i'ts'uwatul' Lelum
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2020 VANCOUVER ISLAND

# ANTI-RACISM ARTS FESTIVAL

Free festival that inspires, teaches and features local artists to use creativity as a catalyst for change.

## 48-HOUR FILM CHALLENGE

MARCH 13 - 15, 4:30 P.M.

Vancouver Island  
Multicultural Society  
101 - 319 Selby Street,  
Nanaimo

## SPOKEN WORD OPEN MIC NIGHT

ANTI-OPPRESSION AND  
ANTI-RACISM IN SPOKEN WORD

SATURDAY, MARCH 14

6 - 9 P.M.

Bees Knees Café, 208  
Wallace Street, Nanaimo

## EXPERIENCE THE PHILIPPINES

COOK FILIPINO CUISINE  
AND LEARN TAGALOG

NOON - 2 P.M.

## BLANKET EXERCISE

LEAD BY ELDER GARY MANSON

SUNDAY, MARCH 15

1 - 4 P.M.

Vancouver Island  
Multicultural Society  
101 - 319 Selby Street,  
Nanaimo

## FOOD AND LEARN WORKSHOPS

SATURDAY, MARCH 14

FoodShare Community Kitchen, 271 Pine Street Nanaimo

## EXPERIENCE CHINA

COOK CHINESE CUISINE AND  
LEARN MANDARIN

3 - 5 P.M.

SATURDAY, MARCH 21

## RED CARPET GATHERING

5 - 6:30 P.M.

Nanaimo Museum,  
100 Museum Way

## FILM CHALLENGE SCREENING

7 - 9 P.M.

Shaw Auditorium: Vancouver  
Island Conference Centre, 101  
Gordon Street, Nanaimo

REGISTER FOR FREE AT [CANADIANCMF.COM](http://CANADIANCMF.COM)

## PARTNERS



## Social Media/Internet Safety and Digital Literacy 101 presentation for Community/Parents/Caregivers (Ladysmith)

Please join us on **February 20<sup>th</sup> from 6:30-8:30pm** in the Ladysmith Secondary Multipurpose room for a pro-active multiple award-winning **Social Media/Internet Safety and Digital Literacy 101 presentation**

**for parents/caregivers.** As we depend more and more on the Internet to conduct everyday life, this also includes the sharing of private and at times very sensitive information about ourselves with others online knowingly, and at times unknowingly. Teens are the primary producers of web content and want to share their ideas, thoughts, and pictures with others online. It is a reality, however, that the Internet (just like the real world) has also created an online virtual environment filled with danger and even predators. Unfortunately, many of our youth who are using the Internet and Social Media, are not always taking the appropriate safety precautions to help mitigate the risks from those who might want to victimize others online for personal gain. Co-sponsored by LSS and the Ladysmith Youth Task Group, we are grateful for support from @CommsFdnsCanada @RBC in order to host this session. You will hear from an industry expert and will be provided with the needed information to help keep students safer, increase their privacy and protect their online digital footprint.

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## **CVRD Woodstove Replacement Rebate Program- [Still has rebates available](#)**

Here is a quick note to let you know that the 2020 woodstove replacement program is now officially launched! Also, February is 'Heart Month', a time to bring attention to the importance of cardiovascular health, and what we can do to reduce our risk of cardiovascular disease.

**\$2,000 in your pocket,** better heart and lung health and cleaner air in the Cowichan Valley? Win! Win! Win! Find out more and apply for the CVRDs woodstove replacement rebate.  
#mycvrd #ClearAirCowichan #CVRD2020WoodstoveRebate  
<https://www.cvr.bc.ca/3010/Apply-for-a-Woodstove-Rebate>

### **For Your Information**

**Video 1 – Healthier Home Heating Video** Featuring Dr. Shannon Waters and Earle Plain.  
*Learn more about how you can improve air quality in the Cowichan Valley and save money when you trade in your old woodstove for cleaner and more efficient home heat.*

<https://www.youtube.com/watch?v=sOxtX9g6hZc&t=19s>

**Video 2 - Clean wood burning practices** Video commissioned by the province in 2018  
*Maximize heating and minimize harmful gases and particulate matter associated with smoke. Modern certified woodstoves that are well maintained provide more efficient heating and safer environment for you and those around you*

<https://www.youtube.com/watch?v=GGrzi2dKGI&feature=youtu.be>

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## **Health Matters Newsletter**

**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 newsletter

