



Health Matters Newsletter February 15, 2019

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Our Cowichan- Network Member
- Meetings
- Screen Time Workshop (attached)
- Hunger Count 2018
- Call For Presentations for Homeless Conference
- Lake to Lake Marathon
- Cowichan Housing Association Tenancy Information Session for Landlords



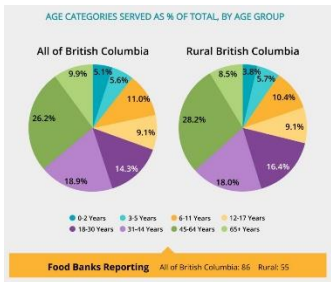
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- ✓ **Next Admin Committee Meeting- March 7, 4:30-6:30** CVRD Committee Room 2
 - ✓ **Our Cowichan Strategic Planning Session- March 4, 9 am -4 pm- Venue to be determined**
 - ✓ **Next Our Cowichan Network Meeting at March 14, 2019, Ramada Silver Bridge** Light dinner at 5:15 pm Meeting starts at 5:45 pm.



Community Events- Meetings

- **Community Response Team Meeting** February 28, 9 am-11am. **Canadian Mental Health Board Room 5878 York Road**
- **EPIC-Community Steering Committee** February 21, 1:30 -3:30 pm Ts'its'uwatul' Lelum
- **Cowichan Housing and Homelessness Coalition-** March 26, 9 am to 11 am Community Futures Board Room

Local Data and or Research- Hunger Count 2018



Food Banks Canada’s [HungerCount2018 Report](#) includes powerful recommendations to governments including a call to [Support the Creation of Standardized, Affordable Early Learning and Childcare Across the Country](#). Read the full report and four public policy recommendations that would decrease Canadians’ reliance on food banks. In BC, 31% of food bank users were families with children, including 39,510 children in the most recent count.

Call for Presentations

The Canadian Alliance to End Homelessness is seeking presenters for the 2019 National Conference on Ending Homelessness in Edmonton, Alberta – November 4-6, 2019. They are inviting proposal submissions on a range of topics including Youth Homelessness. [Apply online here.](#)

Lake to Lake Marathon and Half Marathon

We are gearing up for our third annual Lake to Lake Walk/Marathon on **Saturday, September 14, 2019**, and so are contacting you with the 2019 information, which includes the new HALF Marathon.

From Shawnigan Lake to Cowichan Lake, walk or run the full marathon (42.2 km), or the new half marathon (21.1 km), along the Cowichan Valley Trail, an established section of “The Great Trail” which is built along a former rail bed.

This race begins in Shawnigan Lake, with the Full Walk finishing in Lake Cowichan at the Cowichan Lake Sports Arena. You can participate for yourself or for a charity of your choice. Attached is information about the race, including the registration form, charity pledge form, and an updated map which includes the half marathon route.

Start times:

Full Marathon - 8:00 a.m., sharp | No late starts

Half Marathon - 8:30 a.m., sharp | No late starts

Registration Deadlines:

Early Bird Registration Until July 1 Full - \$55, Half - \$35

Advanced Registration July 2 - August 1 Full - \$70, Half - \$50

Final Registration August 2 - Sept 1 Full - \$85, Half - \$60

Transportation:

(Full Walk/Marathon only)

Shuttle, Lake Cowichan to start site - \$10

Shuttle, ISC (Duncan) to start site - \$10

Shuttle, finish site to start site - \$10

Registration Deadline September 1

Thank you and we look forward to seeing you at the finish lines!

Linda Sked

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Cowichan Housing Association is hosting a Free Tenancy Information Session for Landlords. Please join us!

LANDLORDS

FREE Tenancy Information Session in Duncan


Wednesday Feb. 20th, 2019
5:30 - 7:30 pm
Sands Memorial, Upstairs Meeting Room
187 Trunk Road, entrance on Ypres Street


Speaker: Kate Lambert from Ready to Rent BC


- Learn about your responsibilities in Residential Tenancy Arrangements
- Learn about Rent Smart Courses and Workshops
- Learn about the upcoming Attainable Housing Strategy for the Cowichan Region

Registration preferred but not required 250.597.1376 ext. 106
admin@cowichanhousing.com

Refreshments Provided


Canada


www.cowichanhousing.com


www.readytorentbc.org

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

Health Matters Newsletter