



Health Matters Newsletter March 15, 2019

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Local Data and Research- Cowichan Attainable Housing Strategy Report
- Article- What We Exclude in the Name of Inclusion
- "A Just Society" Film, Poster and Trailer
- Place Making Series Upcoming 2019 Events
- Job Postings- Attached



The ladybugs are back! Spring is coming.

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- ✓ **Next Admin Committee Meeting- April 4, 4:30-6:30** CVRD Committee Room 2
 - ✓ **Next Our Cowichan Network Meeting at May 9, 2019, Ramada Silver Bridge** Light dinner at 5:15 pm Meeting starts at 5:45 pm.
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Community Events- Meetings

- **Community Response Team Meeting** March 28, 9 am-11am. **Canadian Mental Health Board Room 5878 York Road**
 - **EPIC-Community Steering Committee** March 21, 1:30 -3:30 pm Ts'i'ts'uwatul' Lelum
 - **Cowichan Housing and Homelessness Coalition-** March 19, 9 am to 12 noon Saint John's Hall Ingram Street. All community partners invited
 - **Understanding Brain Injury** – Public Workshop Monday, March 25th, 2019 6:00pm—8:00pm Cowichan Public Library 2687 James Street, Duncan – Poster attached
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Local Data and or Research- Attainable Housing Strategy and Report

I am pleased to attach the final drafts of the Attainable Housing Background Report and Strategy that can be accessed through the following link: <https://1drv.ms/f/s!Anvy72xEGZ9dgRU2AhkVF68hJCYN>.

On behalf of Cowichan Housing Association, a heartfelt thank you to Our Cowichan Community Health Network for your partnership in the work to address affordable housing and in this process.

These documents are being shared widely and we will be making presentations to local governments during March with an invitation to provide final feedback by mid April. That said, we know that change is constant and these will be 'living documents' that will be updated as new information is presented and new partnerships are established.

You will be aware of the upcoming meeting of the Cowichan Coalition on March 19 where they will also be presented along with the work of other streams. We look forward to engaging in discussion about the draft Strategy and the realm of work to address affordable housing and prevention of homelessness. Feedback from Our Cowichan members would be welcomed and appreciated.

Warm regards,

Terri

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Article- What we exclude in the name of inclusion

<https://www.theglobeandmail.com/opinion/article-what-we-exclude-in-the-name-of-inclusion/>

I particularly liked the phrase, "internal plurality" which for me captured the essence of what we miss when we put people in boxes in the name of diversity and/or inclusion. Enjoy and pass it along where you think it will do the most good. Cheers, Jane

"A Just Society" Film Opening (Trailer link below)- poster attached

On March 28 at 7:00 pm we will show our latest documentary "**A Just Society**" at the **Cowichan Performing Arts Centre**. It is the story of our opioid crisis and substance abuse on the island. The documentary is about 60 minutes in duration.

I like to personally invite you to the showing of this important documentary. After the showing we plan to have a discussion involving a panel to discuss what we can do to help alleviate this serious crisis in our community.

I hope that you will be able to promote this evening through your organization. I think it is very important that we get a variety of people to this evening representing different views of our community.

Please find attached a link to our trailer as well as a poster and synopsis. I sincerely hope you will take a few minutes to look at it and you can help promote this very timely project.

Kind Regards

Nick Versteeg

nick@dvmedia.ca

DV Media Inc/DV Cuisine

Link to our trailer: <https://www.dvmedia.ca/2019/02/22/a-just-society/>

Synopsis: "A Just Society" a documentary

Canada is one of the richest countries in the world. It rates each year as one of the top countries to live in. So how is it possible that in 2017 in Canada 3,987 people died of opioids related abuse.....1399 in British Columbia alone!

This is the question that Documentary Film Producer Nick Versteeg asks in his latest documentary "**A Just Society**". Nick and Geoff Johnson interviewed a wide range of people to let the viewer understand that we are all in this together. This crisis affects all of us.

Nick feels its time that we start dealing with the stigma surrounding substance abuse.

Governments, health authorities, first responders, addiction workers and medical personnel struggle to cope with the opioid epidemic and shocking rise in overdose deaths.

The leaders of this country have to start listening not only to the people on the street but to the people at the heart of this challenge.

Knocking down the walls of silence that keep people from talking about substance abuse is an important step towards addressing the overdose crisis in Canada. Recognizing that people who use drugs are real people helps to put a human face behind the numbers of so many preventable tragedies.

Nick's goal is to have a frank discussion on stage and questions from the viewers after the showing of the documentary on what we need here in the Cowichan Valley.

Let's talk about ideas, the entire goal of this documentary is to make the viewer understand that we are all in this together, as all of us want a **Just Society**.

Nick Versteeg has been a producer for the past 38 years. He has produced documentaries for the Discovery Channel, A&E, CBC and CTV and ten years for the Food Network in Canada and the US. On the Island Nick is well known for his award winning "**Once Upon a Day Cowichan**", "**Resilience**", the story about the Cowichan river. "**Seventy-One Years**" the story about a second world war plane that was found a few years ago and "**The History of the Malahat**" a comical look at the building of the Malahat Hwy. His last two documentaries on **Nepal** featured the earthquake in Nepal and the rebuilding two years after.

We have two exciting Placemaking Vancouver Island Speaker Series events coming up!

13 Ways to Kill Your Community

Thursday, April 4 at 7:00p.m. at the Shawnigan Lake School Chapel

Doug Griffiths is the President and CEO of 13 Ways, Inc., a company he founded to provide consultation to struggling North American communities. He is co-author of the book 13 Ways to Kill Your Community,

now in its 2nd edition. This book has become the go-to manual for community building in North America.

To RSVP for this *free* event visit [here](#)

Revitalizing Our Communities and Economy By Restoring Our Environment

Thursday, April 11 at 7:00p.m. at the Ramada Duncan

Storm Cunningham is a major catalyst for community regeneration and the author of three books. He focuses on helping places worldwide revitalize with the natural, built, social and economic assets they have to attract the resource they'll need tomorrow.

To RSVP for this *free* event visit [here](#)

Hope to see you there! And please help spread the word to anyone that might be interested!

Walk for Alzheimer's



The Alzheimer Society of B.C. invites you, your family, your friends and colleagues to take part in the [IG Wealth Management Walk for Alzheimer's](#) in one of 21 communities across B.C. on Sunday, May 5, 2019.

The Walk is a way we can honour, celebrate and remember people in our lives that have been affected by dementia while raising vital funds and awareness to create change in our community. However, if you cannot make it to the *Walk*, we would like to invite you to host your very own Walk in a Box!

Hosting a [Walk in a Box](#) is a fun, social event that's inclusive and easy to organize and participate in. It can be as simple as gathering your family, friends and colleagues together to walk in your neighborhood and asking them to make a donation in support of the Alzheimer Society of B.C.

Will you help take us a step closer to this world by joining us this spring as we walk to raise funds and awareness for dementia?

Register to host your own event and we'll send you a complimentary host kit, which includes a Walk in a Box guide, participant certificates, promotional posters and more! If you have any questions, please email me at dwang@alzheimercbc.org or call 604-742-4936. You can find more information about the *IG Wealth Management for Alzheimer's* and the Walk in a Box initiative by visiting walkforalzheimers.ca.

Health Matters Newsletter

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