



Health Matters Newsletter November 8, 2019

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Local Data and Research
- Island Health Seeking Focus Group Participants
- Child Rights Fun Free Family Event (Attached)
- It's Christmas Chaos Time (Attached)
- Cowichan Valley Basket Society Seeking Volunteers for Christmas Dinner December 14



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- ✓ **Next Admin Committee Meeting- December 5, 4:30-6:30** CVRD Committee Room 2
 - ✓ **Next Our Cowichan Network Meeting at November 14, 2019, 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)**-November 26, 11:00 am to 1:00 pm Location to be determined
- **Community Action Team (CAT) Meeting** October 24, 9 am-11am **Cowichan Community Centre Board Room**
- **EPIC-Community Steering Committee** October 24 (Note date change), 1:30 -3:30 pm Ts'i'ts'uwatul' Lelum

Island Health Seeking Focus Group Participants (See attached Poster)

Cowichan Valley Basket Society Annual Christmas Dinner Needs Volunteers

Our Annual Christmas dinner is being held at the Christian Reformed Church 930 Trunk Road on Saturday December 14, 2019 with 2 seatings at 4 pm and 6 pm. Each seating feeds about 200 people. We would be honored if you would consider joining us on that day to volunteer. We of course will feed you between the two seatings.

We will need people to plate food, serve, and clean up. Please email me at CVBS@shaw.ca and let me know where you would prefer to work. This is a tentative schedule that we used last year.

3:15: Cut and plate pie and add ice cream about 4:15.
3:45 Set up in kitchen for plating food and begin at 4:15. Serve beverages and serve plates.
4:35 Table clearing and dishwashing
4:45 Set up for 2nd setting
4:45 Food prep
5:45 Welcome: set up for plating food
6:00 Serve beverages and serve plates
6:35 Table clearing and dishes
7:00 Pack up extra gifts and clean up etc.

This is often our families only celebration and it is filled with warmth and laughter. We really enjoy having folks from our community joining us.

Respectfully,
Jennifer Millar
Manager of the Cowichan Valley Basket Society

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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 newsletter