



**Health Matters Newsletter**  
**October 27, 2023**  
**Today's Health Matters Includes:**

- OCCHN Meeting Schedule
- Community Meetings
- Networking for Non-Profits Facebook Page
- CVRD Regional Parks and Trails Master Plan Advisory Group
- CMHA Youth Centre Halloween Costume Contest
- Tamarack on Line Learning Opportunity
- Brain Injury Education Session
- Period Poverty Photo Voice Exhibition
- Job Postings – attached
- Call for Vendors- Ma 'kola Housing Craft Fair



*The calm way to start the day is a walk before dawn.*

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### **Community Meetings**

- ✓ **Next Admin Committee Meeting** November 30 in person
- ✓ **Next Our Cowichan Network Meeting** November 9 in person- Cowichan Valley Inn
- ✓ **Next EPIC Committee Meeting-** November 6 -10 am -11:30 am via Zoom Contact Cindy for access [cindylisecchn@shaw.ca](mailto:cindylisecchn@shaw.ca)
- ✓ **Cowichan CAT –** November 23 2023, 10 am -noon contact Johanne Kemmler for access [Johanne.f.kemmler@gmail.com](mailto:Johanne.f.kemmler@gmail.com)

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### **FYI Networking for Non-Profits Facebook Page**

Great resource

<https://www.facebook.com/profile.php?id=100091245502278>

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## CVRD Regional Parks and Trails Master Plan Advisory Group

The Cowichan Valley Regional District (CVRD) is currently seeking Expressions of Interest from volunteers to serve on the CVRD Regional Parks and Trails Master Plan Advisory Group (Advisory Group).

The role of the Advisory Group is to provide input and feedback to the CVRD Board, staff and consultants throughout the planning process to update the CVRD Regional Parks and Trails Master Plan, beginning in early 2024. Volunteers for the Advisory Group will be selected by the CVRD Board to contribute a diversity of interests and knowledge applicable to regional parks and trails, such as:

- Ecological and biodiversity conservation
- Outdoor recreation
- Indigenous interests
- Heritage conservation
- Accessibility and inclusivity
- Climate change mitigation and adaptation
- Parks and/or conservation area planning

The Advisory Group will serve for the duration of the regional park plan update process, which is anticipated to take 13 to 15 months to complete, and will involve participation in a number of meetings and attendance at public engagement events. To review the Terms of Reference, or to submit an Expression of Interest in joining the Advisory Group, please visit <https://www.cvrld.ca/301/Regional-Parks-and-Trails-Master-Plan>.

Please note the submission deadline is **November 17, 2023**.

Thank you in advance for sharing this information with those who may be interested!

Best regards,

Parks & Trails Division  
Operations Department  
Cowichan Valley Regional District  
175 Ingram Street, Duncan, BC, V9L 1N8  
email: [parks@cvrd.bc.ca](mailto:parks@cvrd.bc.ca)  
Tel: 250.746.2660 | Toll Free: 1.800.665.3955



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## Tamarack Learning Opportunity

[Communities Taking Climate Action: Leading Courageously](#)

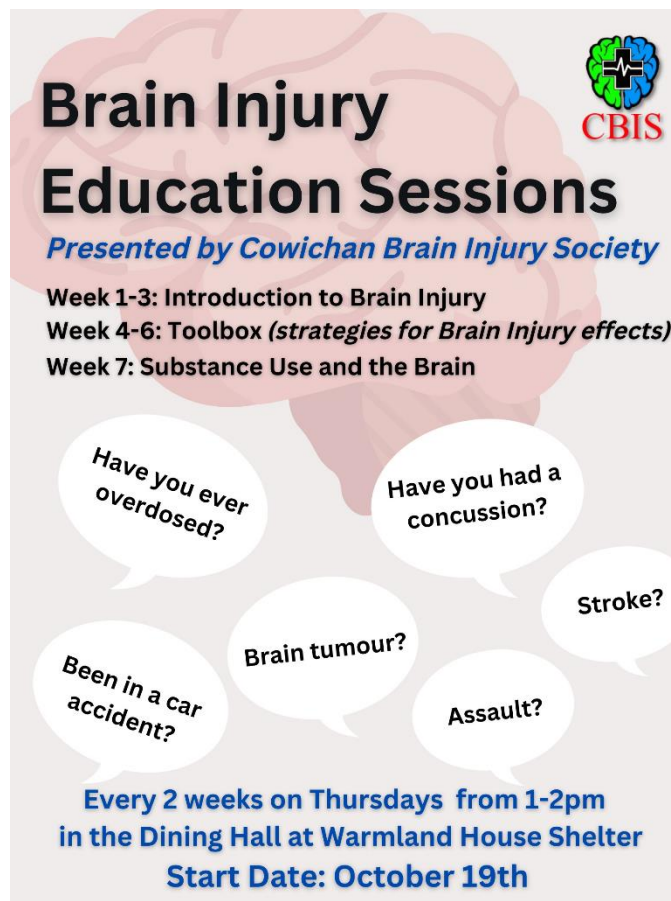
**Format:** Virtual Annual Gathering with local in-person meet-ups

**Date:** November 14 & 15, 2023

Join 200+ diverse advocates and changemakers from the municipal, non-profit, community, and private sectors, in addition to resident-led groups engaged in transition efforts. Over the two days, participants will be exposed to new ideas and be motivated by the work of peers and partners in the climate movement so that they can **leave feeling equipped with actionable tools and insights to continue the work building more resilient, equitable, and sustainable futures.**

[Register Now](#)

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The poster features a large, stylized brain in shades of pink and red in the background. In the top right corner is the CBIS logo, which consists of a blue and green brain icon with a white cross, and the letters 'CBIS' in red below it. The main title 'Brain Injury Education Sessions' is in large, bold, black font. Below the title, it says 'Presented by Cowichan Brain Injury Society' in blue. The program schedule is listed in black text: 'Week 1-3: Introduction to Brain Injury', 'Week 4-6: Toolbox (strategies for Brain Injury effects)', and 'Week 7: Substance Use and the Brain'. There are seven white speech bubbles containing questions: 'Have you ever overdosed?', 'Have you had a concussion?', 'Stroke?', 'Brain tumour?', 'Assault?', and 'Been in a car accident?'. At the bottom, the schedule is repeated: 'Every 2 weeks on Thursdays from 1-2pm in the Dining Hall at Warmland House Shelter' and 'Start Date: October 19th'.

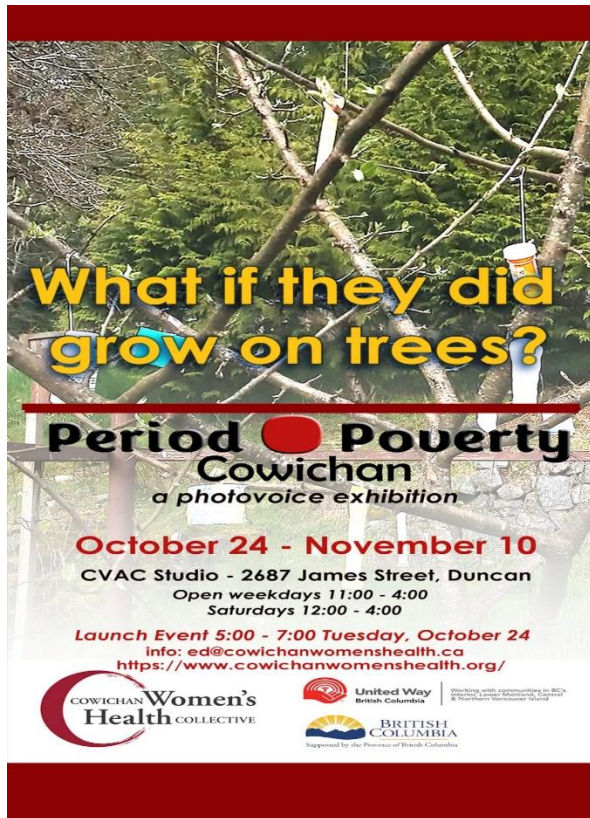
**Brain Injury Education Sessions**

*Presented by Cowichan Brain Injury Society*

Week 1-3: Introduction to Brain Injury  
Week 4-6: Toolbox (*strategies for Brain Injury effects*)  
Week 7: Substance Use and the Brain

Have you ever overdosed?  
Have you had a concussion?  
Stroke?  
Brain tumour?  
Assault?  
Been in a car accident?

Every 2 weeks on Thursdays from 1-2pm  
in the Dining Hall at Warmland House Shelter  
Start Date: October 19th






**What if they did  
grow on trees?**

**Period Poverty  
Cowichan**  
a photovoice exhibition

**October 24 - November 10**  
CVAC Studio - 2687 James Street, Duncan  
Open weekdays 11:00 - 4:00  
Saturdays 12:00 - 4:00

Launch Event 5:00 - 7:00 Tuesday, October 24  
info: ed@cowichanwomenshealth.ca  
<https://www.cowichanwomenshealth.org/>



**Call for Vendors!**

M'akola Assisted Living will be hosting our annual craft fair & bake sale on:

**Saturday, December 2<sup>nd</sup> 2023**  
**10am to 2pm**  
Ts'i'tsuwatul' Lelum Assisted Living  
5755 Allenby Road, Duncan BC

Spot cost \$25.00 plus raffle item  
Donation

**\*Vendors are to provide their own table\***

**More Vendor Information / Registration**  
**call: (250) 597-2252**  
**Email: [tlal-rec@makola.bc.ca](mailto:tlal-rec@makola.bc.ca)**



## 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 Friday Newsletter