



Health Matters Newsletter October 4, 2019

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Local Data and Research- Federal Riding Fact Sheet for Children in Cowichan /Malahat /Langford
- Cowichan Seniors Community Foundation On Line Auction (attached)
- Stone Soup Child Rights Event
- Living Wage for Families Campaign Update
- Cowichan Host Homes Project Seeking Homes
- Nourish Cowichan High Tea Fundraiser
- Stroller Brigade Child Care Event
- Seniors Expo Event (Attached)
- Society's Act Workshop



Climbing Mount Tzouhalem for sunset is a must if you have never done it. Take a treat for the top and a flashlight for the way down.

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- ✓ **Next Admin Committee Meeting- October 10, 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.

Community Events- Meetings

- **Cowichan Housing and Homelessness Coalition Meeting (All Welcome)**-November26, 11:00 am to 1:00 pm Location to be determined
- **Community Response Team Meeting** October24, 9 am-11am **Cowichan Community Centre Board Room**
- **EPIC-Community Steering Committee** October17, 1:30 -3:30 pm Ts'í'ts'uwatul' Lelum
- **Civil Resolutions Tribunal (as per discussion at September 12 OCCHN Meeting)**- [Civil Resolutions Tribunal](#)

Local Data and or Research- Federal Riding Fact Sheet for Children in Cowichan Malahat Langford
<https://still1in5.ca/wp-content/uploads/2019/09/Cowichan-Malahat-Langford.pptx>

Sept. 16, 2019

Dear Community Member,

Children and Family Council continues planning for the FREE Fun Filled National Child Day Event scheduled for Saturday, November 23, 2019 11:00AM to 3:00PM at Cowichan Community Centre.

The purpose of this “Stone Soup” collaborative community event is promoting the Rights of the Child, where we will gather to celebrate accomplishments which improves the lives of children and families.

This event is an opportunity for individuals and organizations to “showcase” and celebrate the Rights of the Child, acknowledging the great work that is being done in the Cowichan Valley and continuing to support each other and the families we serve.

Our vision is that children, youth, families and community shall have opportunities to learn more about Children’s Rights and ways to ensure the community is sensitive to meeting these rights.

As community service providers we can acknowledge our common bond which is the wellbeing of Cowichan Valley children and families.

We anticipate this event to be a happy day with many opportunities for fun community connections and that our young ones will feel a sense of belonging to their caring community.

We recognize there may be time and financial restraints within your organizations. All we need to know from you now is... are you planning to be a part of this Stone Soup style event on the actual day November 23? If yes, at this time, what do you envision your participation in this event will be? Some examples: showcasing your services at a table, providing an activity that requires space, displaying art or other items, help with set up and or take down... we invite you to share your ideas and how you envision participating.

Activity:

Ages:

Time:

Requirements:

Please respond to us by October 10, 2019.



We invite you or a representative to participate in the Planning Committee which currently have 7 members who are passionate, action focussed and inclusive. It is not necessary to attend meetings, if you choose to participate from a distance, we do need contact information to one person regarding your Stone Soup offering.

Thank you for your consideration, we look forward to hearing from you in the near future

Regards,

Mary Dolan

Email: channelviewholidayhome@yahoo.com

LIVING WAGE FOR FAMILIES CAMPAIGN UPDATE



This month the Living Wage for Families Campaign launched a new series of resources about the living wage for various types of employers. [Check out our website](#) to learn about the living wage for local governments, the business case for the living wage, what it means to work in a living wage municipality, the living wage for small businesses, and the living wage for non-profits. If you are a Living Wage Employer, remember that you must recertify by **October 31, 2019** in order to keep your Living Wage Employer designation. Send in your employer commitment form and contact Halena Seiferling,

Living Wage for Families Campaign Organizer, at halena@livingwageforfamilies.ca if you have any questions.

Cowichan Youth Host Homes Project- [Help Disseminate Information Broadly!](#)

Do you have room to give?
Check out Host Homes Cowichan!

Working across the region with community partners this pilot program will match youth & young adults who are close to or are experiencing homelessness with a host family who can support them towards independent living.

We are now recruiting host families!
Please visit www.hosthomescowichan.ca to learn more. (More information attached)

Nourish Cowichan High Tea Fundraiser

Tickets have gone up for sale for the Nourish Cowichan High Tea. Please see the link below to purchase your tickets on line, we will not have any available in person this year. These will sell out fast, so if you are interested in attending, please don't delay to purchase today.

Thanks for your continued support for Nourish Cowichan!

Cheers,
Anita

<https://www.eventbrite.com/e/nourish-cowichans-annual-high-tea-tickets-71211588779?aff=ebdssbdestsearch&utm-medium=discovery&utm-campaign=social&utm-content=attendeeshare&utm-source=cp&utm-term=destsearch>



BECAUSE BC NEEDS QUALITY AFFORDABLE CHILD CARE

SATURDAY, OCT 5, 2019

10:00 am

Craig St. and Kenneth St.

Families & Educators walk through Market and downtown and back to starting point

\$10aDay.ca
On our way to affordable child care



Volunteer Cowichan in partnership with Board Voice and Clements Centre is supporting all community societies with an up coming workshop.

Further changes to the Society Act may have put your society at risk. How does the new Civil Resolution Tribunal impact your organization? Presented by Rachel S. Forbes of the

Law for NonProfits Society, get the answers to how to keep your society protected. Attend this upcoming workshop to learn more.

Thursday, October 17, 2019 at the Duncan United Church; preregistration required.

Workshop Details

Register Now

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 newsletter