



Health Matters Newsletter September 16, 2016

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Local Data/ Relevant Reports and Information
- Our Cowichan Small Grants 2016 now open
- CVRD Now Recycling Arm Chairs and Couches
- Quesnel Becomes the Second Municipality in Canada to Implement Living Wage Policy
- Laughing is Good for Your Health- Comedy Night
- EPIC Power Point Presentation- Attached



Our Cowichan- Network Member Meetings-

- ✓ **Next Admin Committee Meeting-** October 6, 4:30 pm to 6:30 pm- CVRD Committee Room 2
- ✓ **Next Our Cowichan Network Meeting** **November 10, 2016 Clements Centre.** Light dinner at 5:30 pm Meeting starts at 6:00 pm.

Community Events

- **Walk of Nations** –Saturday September 17. Meet at House of Friendship or Old Vancouver Island University at 9:15 – the walk begins at 9:45
 - **Next Sobering and Detox Task Force Meeting** – **October 20 -9:00 am to 11:00 am CVRD Meeting Room 213**
 - **Literacy Central Vancouver Island - 25th Anniversary Celebration event September 23-** see attachment
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Local Data and or Research- Don't forget to submit your photos of Cowichan to Social Planning Cowichan for the Snapshots project. Take a moment and fill out the surveys too. Go to Social Planning website. <http://www.socialplanningcowichan.org/>

OCCHN Small Grants 2016

Requests for proposals for **Our Cowichan Small Grants are now open**. There is \$15,000.00 in funding that will support small grants to a maximum of \$2,000.00. Please go to the Our Cowichan Website <http://www.ourcchn.ca/> for all information regarding the application process and requirements.

Couches and Armchairs Collected for Recycling at CVRD Recycling Centres

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Duncan, BC – When you no longer have a use for your lumpy couch or old armchair, you can give them a new start by dropping them off at a Cowichan Valley Regional District (CVRD) recycling centre. Instead of heading to a landfill, over 70 per cent of the material will be repurposed.

“We started a pilot program to recycle couches and armchairs in 2015,” explains Board Chair Jon Lefebure. “The pilot was very popular so we have made it a permanent program. We anticipate diverting about 2,000 units from landfill each year. This leading edge program will enable our citizens to responsibly deal with these bulky items.”

The CVRD has been recycling mattresses since 2012. The goal of recycling upholstery furniture is to separate and repurpose all the reusable components, e.g. the foam, metal, plastic and wood. The foam can be washed and used as carpet underlay or packing material; recyclable plastic can be recycled; wood can be used for biofuel; and scrap metal for the manufacturing of new metal products.

“Recycling these materials means spending money in our regional economy and on local employment instead of exporting garbage to the US,” says Lefebure.

For a complete list of materials that are accepted at CVRD recycling centres visit www.cvrld.bc.ca/recycling.

QUESNEL BECOMES SECOND MUNICIPALITY IN CANADA TO IMPLEMENT A LIVING WAGE POLICY

(Quesnel – September 7, 2016) The Living Wage for Families Campaign congratulates Quesnel on becoming the second municipality in Canada to implement a living wage policy. By adopting a living

wage policy for its direct staff and contractors, the City of Quesnel is making it a little bit easier for working families to meet their expenses.

The living wage is a regional calculation that looks at the amount that a family of four, two adults working full year, full time, need to earn to meet their expenses. The living wage for the North Central Interior is \$16.52/hr.

Mayor Bob Simpson, who initially brought forward the policy, said the city was especially concerned about seeing people as key investors in the local economy "if people can barely afford to live where they work then they cannot participate fully in the local economy or be engaged in their community, either as participants or as volunteers."

BC is a leader in Canada's living wage movement. New Westminster was the first municipality in Canada to become a Living Wage Employer and the Huu-ay-aht First Nations was the first First Nations government to certify as a Living Wage Employer. Parksville, Port Coquitlam and the City of Vancouver have recently passed living wage policies and are moving towards implementation. There are 65 Living Wage Employer's across BC covering over 6500 direct staff and countless contracted staff.

"The majority of our certified employers have less than 50 employees," observes Deanna Ogle, the campaign organizer with the Living Wage for Families Campaign. "This demonstrates the strong commitment and contribution of small businesses to the economic health of local communities. It is great to see a municipality match this commitment through certifying as a Living Wage Employer."

The Living Wage for Families Campaign encourages employers to pay a living wage as well as advocates for government policies that would help families make ends meet. The Living Wage for Families Campaign is hosted by First Call: BC Child and Youth Advocacy Coalition. Living wage is calculated annually and includes basic expenses like: rent, food, transportation and child care; the living wage does not include savings for the future, home ownership or debt repayment.

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For further information, contact:

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Good Health Comes from a Good Laugh...

If you are interested in a night of laughter see the note below and the event attachment.

Happy September to all of you! I have recently started a production company with my partner/comedian, Rob Webber. This Saturday night (September 17th), we will be hosting our first event: **Big Tuna's Little Comedy Show!** I would love for all of you to join us if you have time and are free! I've attached our poster for the event.....and really, who couldn't use a good laugh these days.....last I heard, all of you work too hard :)

Here is a short synopsis of the event:

Big Tuna Productions is bringing some of Vancouver Island's seasoned stand up comedians to the Duncan Lodge (2244, Moose Rd. Duncan BC) for one HILARIOUS evening. Comics include two of Nanaimo's fastest rising stars, Peter Hudson and Dylan Williamson bring the unique humor of the mid island. The amazing Nick the Entertainer explores going dutch. Rebecca Broome will explain the woman's view. Our good friend Rob Almond will be making the epic trip from the land across the water, from places deep in the Fraser Valley. Duncan local comic Rob Webber don't ask about wardrobe malfunction , we will just say that, and the true storm and voice of Victoria sports, Ken "Hurricane" Himes as well as a few special guests..... all for \$ 10 in advance \$15 @ door full cash bar and food available. No minors 19+ only

Short Synopsis of our Headliner (Efthimios Nasiopoulos) - stolen off of the Winnipeg Comedy Festival website:

Growing up in Toronto, Efthimios came from a blue collar family, where hard work was always done with your hands. Efthimios has always had a passion to make people laugh while shining the light on life's absurdities. Never one to shy away from anything, using his acerbic wit and unique point of view, Efthimios gives us a hysterical insight into human nature and tears down many social conventions we take for granted. His towering physical presence and charm captivated audiences all over North America. This year, he performed at the Hubcap comedy festival in Moncton. He also stars in a new prank show coming to Bite TV 'Prank You'. Youtube.com/prankyou and can be heard on XM radio.

Thanks for considering :) Hope to see you there!

Cheryl Maitland, President of Big Tuna Productions

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

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