



Health Matters Newsletter May 20, 2016

Today's Health Matters Includes:

Meeting Schedule
Community Meetings and Events
Events
New CVRD Website
Ladysmith Wishing Tree
Summer Camps at Parkside Academy



Our Cowichan- Network Member Meetings-

- ✓ **Next Admin Committee Meeting-** June 2, 4:30 pm to 6:30 pm- CVRD Committee Room 2
- ✓ **Next Our Cowichan Network Meeting** June 9, 2015 **CVRD Board Room**. Light dinner at 5:30 pm Meeting starts at 6:00 pm.

Community Events

- **Next Sobering and Detox Task Force Meeting -June 16** 9:00 am to 11:00 am CVRD Meeting Room 213
- **Cowichan Intercultural Centre Partnership Summit-** Thursday June 2, 8:30 am to 5:30 pm Oceanfront Suites at Cowichan Bay. Register at partnerships@cis-iwc.org \$50 for 3 participants
- **Ladysmith Wishing Tree-** welcoming ceremony- June 2, Ladysmith Health Centre 11:00 am (see information below)

The CVRD has a new and updated Website – www.cvrld.bc.ca

Check it out!

Please join us!

June 2nd 2016 - 11a.m.

Ladysmith Community Health Centre front grounds

On behalf of the Ladysmith Interagency Committee we would like to invite you to a brief get together to designate our community's new **"Wishing Tree"** (aka Blessing/Prayer Tree). The selected tree is made available to any community member to come and leave their wish or blessing written on a ribbon and tie it to the lower branches or rope provided. Your group is invited to come and witness and/or participate in the initiation of this community project. Please feel free to create your own 'ribbons'. Some ideas are: braided /macramé string or wool, thin strips of fabric, or paper shipping tags. Please try to use environmentally friendly materials. Ribbons will also be provided at the tree.

This project

- provides release and comfort for those worrying or struggling
- brings the community's well-wishing together in one special place
- allows positive intentions to blow in the wind much like Tibetan prayer flags
- gives our community a sacred or spiritual place to go that is non-denominational and inclusive.

The intentional act of writing down one's wish, prayer, or blessing and letting it go is a healing one. Religions around the world have been sending prayers to heaven for thousands of years and the ripple effect of positive thoughts has even been acknowledged by science. There are many studies proving the power of the human mind and the strength of intention. This can be summarized in the sweet and simple saying;

"Thoughts (words) have wings so think (speak) good things."

The intent here is a Wishing Tree project that is non-denominational and inclusive. The focus is on wishing and blessing which will create a place of healing, but also of spirit.

Hope you can join us.

Marilyn Swallow, Heather Dunne
Wild Flower Natural Health Ladysmith CHC
Ladysmith 250-924-8088 250-739-5777

Summer Full Day Care At Parkside Academy & 11 Super 4-Day Theme Camps at WestView Learning



Location: 3039 Sprott Ave, Duncan BC (Somenos School, behind North Cowichan Municipal Hall!)

Parkside Academy offers full day care for School Age children throughout the summer months! Contact Parkside at 250- 746-1711.

WestView Learning's 4 Day Camps & Academic Tutoring

Word Play - Ages 8-14 (only on Mondays!)

Explore the exciting world of words through games, art, music, crafts, writing, and listening activities. **Session 1:** July 4th, 11th, 18th, 25th **Session 2:** August 8th, 15th, 22nd, 29th

July 27th - 30th, July 19th-22nd or August 16th - 19th Fibre Tales (Ages 8-14)

Are you ready to spin a 'yarn'? This camp combines the art of story with the art of fibre. Students create art and story through felting, weaving, needlework, and rug hooking.

July 5th-8th - Science & Animation: Water World! (Ages 8-14)

Students learn to think like a scientist as they explore the wonder and power of water. Be prepared to get wet as in the hands on explorations that are a part of this camp!

July 12th-15th OR August 9th - 12th

Lego's EV3 Robots & Game Programming (Ages 10-14)

This camp stars two main events: building and programming EV3 robots fit for challenging courses AND designing your own game programs through the language of Scratch and Hopscotch!

July 26th - 29th Movie Makers (Ages 8-14)

Stop Motion, Animation, and Videography are all methods of movie making! Participants learn to create a story board, write a script, make the props, and create short movies.

August 2nd - 5th Estuary Tales (Ages 8-14)

Note: Location for this camp only is the Cowichan Estuary Nature Centre
Join us at Cowichan Bay's Incredible Cowichan Estuary Nature Centre to learn the living things found in this tide zones. Participants will choose their own Tide Zone Mascot and learn about the tide zone world through the eyes of their mascot..

August 2nd - 5th Games Galore! (Ages 8-14)

Social games of all sorts are explored in this camp. Board games, card games, strategy games, and team games fill four days of fun as participants learn first the basics and then the nuances of Playing the Game!

August 23rd - 26th Science & Animation: Living Things (Ages 8-14)

Students learn to think like a scientist as they explore the rich variety of living things! Participants will discover the recent updates to scientist's Tree of Life which is expanding to include new species!

August 30th - September 2nd Music & Me! (Ages 8-14)

Make a joyful sound - participants will explore the world of music makers in this camp! Students will create instruments, play with percussion instruments, ukuleles, recorders, voice and digital music programs.

For more information or to register your child in a WVL Day Camp or tutoring session, please contact Heather at WestView Learning!

Phone: 250-701-3359
Email: info@westviewlearning.ca
Website: www.westviewlearning.ca

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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