



## Health Matters Newsletter May 22, 2015

### Today's Health Matters Includes:

- Meeting Schedules
- Community Meetings and Events
- Ministry of Health Primary and Community Care and Rural Health Care Policy Frameworks-
- Parkside Academy has community space for rent
- Cowichan Housing Association – A Housing Trust Fund For the Cowichan Region
- Food For Thought- Interesting Article on Longevity

It is not always the “wild” in nature that catches my eye- who could not love this little guy?



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#### Our Cowichan- Network Member Meetings-

- ✓ **Next Our Cowichan Network Meeting June 11, 2015**, CVRD Board Room. Light dinner at 5:30 pm Meeting starts at 6:00 pm
- ✓ **Extra Admin Committee** June 2, 6:00 pm CVRD Committee Room 2
- ✓ **Next Admin Committee Meeting-** June 17, 5:30 pm CVRD Committee Room 2

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#### Workshops and Events

- **Walk of the Nations- Saturday May 30-** 10 am start- Everyone welcome- Wear cultural and traditional clothing: bring flags, signs and banners- 9:30 am marshalling at VIU

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#### Ministry of Health Primary and Community Care and Rural Health Care Policy Frameworks-

If you want to know the direction of the Ministry here is a great starting point

- [Primary and Community Care in BC: A Strategic Policy Framework](#)
- [Rural Health Services in BC: A Policy Framework to Provide a System of Quality Care](#)

## Cowichan Housing Association

Meeting of the Regional Affordable Housing Directorate

Join us for this special event

### A Housing Trust Fund for the Cowichan Region

What is a Housing Trust Fund?

How Do They Work?

Do They Really Make a Difference?

Presentation by CitySpaces Consulting

We are interested in your feedback and ideas on the best way to move forward.

Thursday May 28, 7:00 to 9:00 pm

Refreshments 6:45

Mesachie Room, Island Saving Centre, - 2687 James St., Duncan

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### **Cowichan Valley Cooperative Market Place is about to Open on June 1<sup>st</sup>**

**What is the Cow Op?** It is the Cowichan Valley's newest on line marketplace, connecting local food producers with the local purchasers who want to eat fresh, local food. [www.cow-op.ca](http://www.cow-op.ca) will launch on June 1<sup>st</sup>.

**How does it work?** Consumers can order and pay on line any time from Friday noon to Wednesday noon using their computer or mobile ap. Farmers receive a list of pre paid orders and deliver it to the Station for pick up on Thursday afternoon between 3 and 6 pm. Any foods not picked up will go to the food bank or community kitchens. ( No refunds or late pick ups). Final transactions will be processed on your credit card on Friday morning allowing correction for any missing produce or orders rejected due to quality.

**What can be sold on line?** Consumable (edible or drinkable), Locally grown or processed, primarily agricultural or aquaculture product.

**What does it cost?**

**Producers- \$50** for one time membership and annual \$25 web listing fee. Commission on sales is 20% for members and 25% for non members to cover administration costs

**Purchasers- \$50** one time membership fee. Food prices will be set by farmers, likely similar to Farmers Market

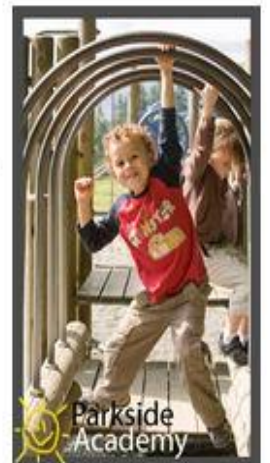
**How do I join?**

Visit [www.cow-op.ca](http://www.cow-op.ca) or contact [info@cow-op.ca](mailto:info@cow-op.ca)

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**Parkside Academy - Space Available in Somenos School**

Parkside Academy Child Care Society seeks community partnerships to fully use our new building at Somenos School on Sprott Road, next to North Cowichan Municipality Office. We have a gym and an outdoor soccer/baseball field for community use for sports or activities/events. We also have an empty classroom & portable during the day & several classrooms that could be used after 6:00 pm. We'd love to have a community hub! Please call us to inquire: Adriana at 250 746 1711



**Parkside Academy** - Space Available

Somenos School, 3039 Sprott Rd.

To inquire about available space, please contact Adriana

250.746.1711

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**Food For Thought- Interesting Article on Longevity**

<http://www.wsj.com/articles/want-great-longevity-and-health-it-takes-a-village-1432304395>

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***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 weekly

**Health Matters Newsletter**

