



Health Matters Newsletter October 21, 2016

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Local Data/ Relevant Reports and Information- Cowichan Regional Airshed Strategy
- Seeking Heart and Stroke Canvassers
- Seeking Walk for Alzheimer's committee chair

Our Cowichan- Network Member Meetings-

- ✓ **Next Admin Committee Meeting-To be Determined**
- ✓ **Next Our Cowichan Network Meeting November 10, 2016**
Clements Centre. Light dinner at 5:30 pm Meeting starts at 6:00 pm.



Community Events

- **Next Sobering and Detox Task Force Meeting To be determined**
- **Forest Discovery Halloween Train- Friday, October 21st, 2016 - Sunday, October 23rd, 2016**
3:30 PM to 9:00 PM

Halloween is coming with an exciting event for family fun and entertainment at the BC Forest Discovery Centre. So much more this year.....8 full nights of the Halloween Train filled with thrills, chills, and fun beginning on Friday Oct. 21st - Sunday Oct. 23rd, then again Wednesday Oct. 26th - Sunday Oct. 30th. Doors open at 3:30 and trains run every half hour until 8:30 pm Activities each evening include crafts in the schoolhouse, train rides, trick or treat stations for the little ones, and live entertainment. There will be lots of hot chocolate, coffee and hot food available to purchase so you can sit back, watch the fun and enjoy the warmth of our popular fire pits. A number of live actors will be on site so be prepared for lots of fun. This is a family friendly event but it can be a little scary for very young children and we suggest that you bring

them early before the sun sets. Don't forget to dress up in your best costume and because the train and most displays are covered you can have fun Rain or Shine. Advance Ticket Sales - Cowichan Regional Visitor's Centre or the Duncan Save-On-Foods at the customer service desk. Advance tickets will save you a little bit of money and allow you to bypass the lineups at admission.

Local Data and or Research- Airshed Protection | Cowichan Valley Regional District
www.cvr.d.bc.ca/2180/Airshed-Protection

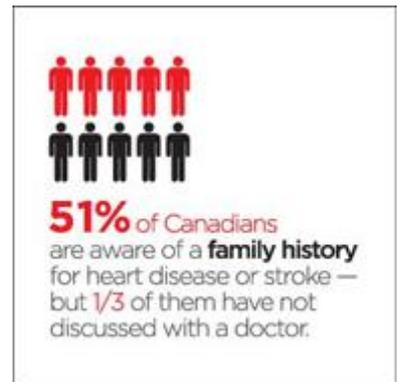


You can help save lives! As a volunteer with Heart&Stroke Canvass in the past, thank you for the difference you have made. Last year, thousands of volunteers raised \$10 million for research and shared the signs of stroke with approximately 2 million households.

We need experienced volunteers like you again this February. As you raise funds, you would empower your neighbours, friends and family to know their risk of heart disease and stroke.

[Join Now](#)

Research shows that family history can double your risk, and we want every Canadian to live a longer, healthier life.



[Join Heart&Stroke Canvass](#) and help save lives.

The Heart&Stroke Canvass Team
heartandstroke.ca/help

P.S. Interested in becoming a captain? When you [register online](#), select the position you would like.

Walk for Alzheimer's - Alzheimer Society of BC - Committee Chair: Walk for Alzheimer's (Cowichan Valley)

For more information or to apply please send your resume to Melanie Munroe at mmunroe@alzheimerbc.org.

The *Investors Group Walk for Alzheimer's* committee chair (or co-chair) works with the guidance and support of the Alzheimer Society of B.C. special events officer, *Walk*.

With the *Walk* Committee, the Chair is responsible for the successful staging of the *Investors Group Walk for Alzheimer's* in their community. The Chair has a primary role in recruiting, leading and motivating committee members.

Responsibilities and Duties:

Prior to the *Walk for Alzheimer's*

- Maintain regular contact with the special events officer, *Walk* for feedback, instruction and support.
- Review and become familiar with guidelines, as set out in the *Investors Group Walk for Alzheimer's* manual and as communicated by the special events officer, *Walk*.
- Attend training sessions for volunteer *Walk* chairs.
- Liaise with regional Alzheimer Society of B.C. staff.
- Play a lead role in recruiting committee members.
- Identify and secure site.
- Ensure appropriate permits and insurance are in place.
- Media spokesperson/liaise with media.
- Act as liaison between the committee and the special events officer, *Walk*.
- Plan committee meetings and follow up with committee members on their commitments.
- Motivate, support and assist committee members with their roles.
- Recruit fundraising teams.
- Liaise with Committee members to ensure all information for brochures, flyers and website is submitted in an appropriate timeframe.
- Ensure all funds/materials/reports are submitted appropriately

Requirements, qualifications and skills:

- Organized and able to delegate.
- Excellent interpersonal and communication skills, both written and verbal.
- Previous event planning experience an asset.
- Able to work independently.
- Able to lead and motivate a team of volunteers.
- Competent computer skills.

For more information or to apply please send your resume to Melanie Munroe at mmunroe@alzheimercbc.org.

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

Health Matters Newsletter