



**Health Matters Newsletter
October 23, 2015**

Today's Health Matters Includes:

- Meeting Schedules
- Community Meetings and Events
- Cowichan Woman Against Violence seeks participants for gala fundraiser

Our Cowichan- Network Member Meetings-

- ✓ **Next Our Cowichan Network Meeting November 12, 2015, School District 79 Annex Beverly Street.**
Light dinner at 5:30 pm Meeting starts at 6:00 pm.

- ✓ **Next Admin Committee Meeting-**
November 5, 5:00 pm to 6:30 pm- CVRD Committee Room 2



Community Events

- **Cowichan Women Against Violence Gala Fundraiser-** a team of dedicated volunteers are coming together to host a gala fundraiser for Cowichan Women Against Violence where proceeds will go towards affordable housing for women and children in abusive situations. The Cowichan region has high rates of violence against women so your participation in this event will go a long way to improving the lives of those who need it most. Be sure to purchase your tickets and attend! The poster follows.

Creating Healthy Communities, Supporting Human Development

Dr. Trevor Hancock, Professor and Senior Scholar of Public Health and Social Policy at the University of Victoria, Vice-President of BC Healthy Communities and contributor to the Times-Colonist will be the **keynote speaker**.

The emphasis in the media and the recent federal election has been on the economy. What is it that makes people and communities healthy? What is local governance? What is human development? What does it all mean for the Cowichan Region?

You are invited to join with board and executive directors of community benefit organizations, community members, service organizations, local government, business and other Cowichan region leaders to explore these questions and look at transforming vision into action.

When: Monday, October 26, 2015

Doors open: 5:00 pm; dinner at 5:30 pm; event at 6:15 pm

Where: New Life Baptist Church 1839 Tzouhalem Road Duncan BC

Cost: \$16 includes dinner (since dinners are pre-ordered, there will be no registration at the door).

Discount for Board Voice members.

Gathering of Changemakers is hosted by Cowichan Board Meets Board, a Board Voice Society of BC community initiative. Contact: cowichanboardmeetsboard@gmail.com

[Click here to Register Now! Seats are Limited](#)

Gala Fundraiser

Saturday, November 7th
Mellor Hall, Duncan

Proceeds to help raise funds for the Cowichan Women Against Violence Society to build safe, affordable housing for women and children leaving abusive situations.

Evening includes: a 4 course **Gourmet Dinner**
~ Silent & Live Auction ~ 50/50 draw ~ LIVE music!
- 6pm **Cocktails** - 7pm **Dinner** - 8pm **Auction** - 9pm **Music**



Dance the night away to
Rainwood Steel
classic & modern rock



TICKETS \$125 each & are available to purchase at:



- Chemainus Village Computer Centre
Oak Street, Chemainus
- Galletto Market & Deli - 1602 Joan
Ave, Crofton
- CWAV Office - 103-155 Ingram Street,
Duncan
- or on-line at www.cwav.org

For more details phone 250-748-7000



FOOD CONNECTIONS 2015: GET SOCIAL

Wednesday, 28 October 2015
10:00 AM to 3:30 PM

Parksville Community Conference Centre

132 E Jensen Avenue
Parksville, BC V9P 2H2



[View Map](#)

[Attend Event](#)

Share:



Food Connections is a daylong gathering intended to bring people together from across Vancouver Island who are working to build a healthier food system. This year, we invite you to *Get Social*; network with your peers in the field of food, and take part in skill building mini-workshops focused on four key pillars of our work as change makers and community leaders;

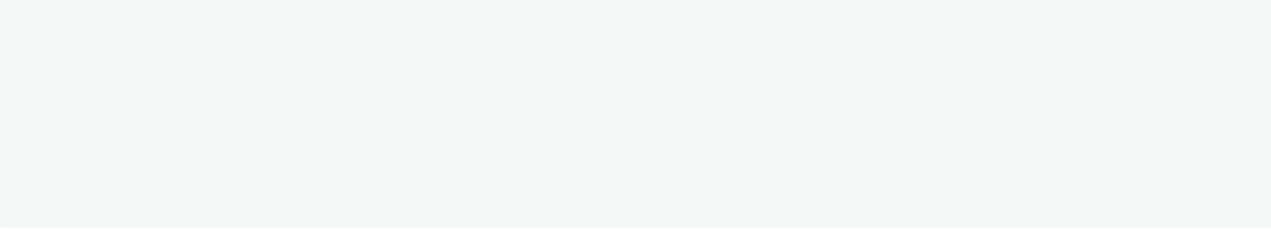
- **Social Media:** strategic use of online tools to get your message out
- **Social Marketing:** designing programs that create behavior change
- **Social Enterprise:** alternative options for sustainable funding
- **Social Change:** effective collaboration through **collective impact**

Who should attend:

- People who work on food security initiatives across Vancouver Island
- Members of the not-for profit community involved work related to food security
- Members of the farm/fishing/processing community
- Traditional food harvesters
- Educators and School Board staff
- Local government representatives
- Health and Wellness professionals

To register click on the E Here.....





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