



## Health Matters Newsletter September 2, 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
- New Shelter Safe Video for Women and Children Fleeing Abuse
- Call for exhibitors & early bird deadline Aug. 31 – BC Society of Transition Houses 2016 Annual Training Forum
- Tamarack Events
- 2016 PHABC Conference – Call for abstracts on education and public health
- Literacy Now Cowichan to host annual Trivia Challenge September 25
- Walk for Alzheimer's seeking chair for next year's walk



*September is a PERFECT time to bike the Trans Canada Trail from Glenora to the Kinsol Trestle. If you have not done it yet it is an easy 3% grade and so worth the ride.*

---

### Our Cowichan- Network Member Meetings-

- ✓ **Next Admin Committee Meeting-** September 1, 4:30 pm to 6:30 pm- CVRD Committee Room 2
- ✓ **Next Our Cowichan Network Meeting** **September 8, 2016 Clements Centre.** Light dinner at 5:30 pm Meeting starts at 6:00 pm.

---

### Community Events

- **Next Sobering and Detox Task Force Meeting – September 15 -9:00 am to 11:00 am CVRD Meeting Room 213**
- **Family Caregiver Series – A four session series for family members and friends of people with dementia. September 13, 20, 27 and October 4, 2016 6:30 pm to 8:30 pm at Providence Farm**  
Topics include: Understanding Dementia, Communication strategies, Responsive behaviours, Accessing services and Self Care for the caregiver.  
This session is intended only for family members and friends.  
Please call Jane Hope at 1-800-462-2833 in order to save a seat.

- **Mindfulness for Kids** Wouldn't it be great if we could offer young people simple, fun tools and techniques to deal with anxiety and stress? Lack of exercise, poor diet and the downward cycle of distressing thoughts and emotions give rise to the increasing levels of nervous system dysregulation in your people. Mindfulness – increased awareness and attention to what is present in the moment, internally and externally, can help. With Mindfulness we can nip anxiety and depression in the bud.



to

**Mindfulness for Kids (and their parents)** Saturday October 1, 8, 15 and 22

1:00 to 2:30 pm Seaside Yoga Studio in Chemainus \$100 Early Bird, \$125 after September 24

Free Introductory Session Saturday September 24 1 – 3 pm contact: Tricia Pearson 250-802-3663

## Local Data and or Research-

### 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.

### New ShelterSafe.ca video for women and children fleeing abuse

ShelterSafe.ca lets women know how and where to get help escaping an unsafe home life. It's been a life-saving source of information to women and their children living in abusive homes across Canada. There is a short (one minute) video to let them people know ShelterSafe.ca is available 24 hours a day with contact information for over 400 shelters in all parts of the country.

See the [video on ShelterSafe.ca](#) or on the [ShelterSafe.ca Facebook page](#)

### ***Call for exhibitors & early bird deadline Aug. 31 – BC Society of Transition Houses 2016 Annual Training Forum***

Valuing Inclusion and Anti Oppression in Practice

October 26-28, 2016

Radisson Hotel Vancouver Airport, Richmond, BC

Find more info Register

Early bird until August 31, 2016

Call for exhibitors: Download the [exhibitor application form](#) – Deadline October 7

The BC Society of Transition Houses (BCSTH) will host over 200 anti-violence workers supporting women, children and youth in a variety of capacities including front-line workers, children who witness abuse counsellors, managers and executive directors. Training, information, practical resources and networking opportunities abound.

## Tamarack Events

As an alumni of Tamarack learning events, I want to make a personal invitation to you to attend the most important event in our history -- the Community Change Institute (CCI). Like you, and as the Director of our Learning Centre, I know the work of community change is challenging, but connecting with others and to new ideas, makes it easier. As someone who has been to our events in the past you know the effort we put into making every learning experience awesome. We have used all your feedback and created what we consider our best event ever.

Your experiences on this learning journey are important to us. That is why, over the last year, we have been harvesting the insights you and other members of our learning community have shared with us to re-think and re-build our annual five day gathering. We are thrilled to bring you the inaugural Community Change Institute, September 26-30, 2016 in Toronto, Canada, designed to be a truly transformational experience! Join us today.

You've told us how important keynote speakers are to bringing forward innovative ideas. This year we have gathered an impressive roster of change makers, including Severn Cullis-Suzuki, Roger Martin, Frances Westley and Stephen Patrick! We've already started to explore topics with these speakers through our **CCI Webinar Series**, check them out here to learn more.

You've told us learning must be co-generative. That is why we are creating intentional opportunities throughout our week together to talk to other change makers like yourself, to hear each other's stories, to debate and to brainstorm.

You've told us changing our communities for the better is hard work. To stay creative, we need to play. This is why we're designing transformative experiences through guided walks, delicious and nutritious food, as well as local music, art, poetry and dance. You can find a snapshot of our learning agenda on our website as well as a list of over 40 workshops – 50% of which are brand new.

We have built an amazing website so you can find all the information you need to register. Also, as an alumni, Stephanie has been appointed as your personal assistant for all things registration. Is cost a barrier? She can help. Worried about being away for 5 days? We can send you some tips. Have other questions? Just email Stephanie at [stephanie@tamarackcommunity.ca](mailto:stephanie@tamarackcommunity.ca) or call her at 905-429-7833 and she'd be happy to help.

I would love to see you at this year's Community Change Institute.

---

### **2016 PHABC Conference – Call for abstracts on education and public health – Deadline September 15**

Strengthening Healthy Development: Education and Public Health in Partnership

December 11-12, 2016

Sheraton Airport Hotel, Richmond, BC

Deadline for abstraction submission: Thursday, September 15 at 5 pm

The Public Health Association of British Columbia, a First Call coalition member, is hosting its annual conference for 2016. This year's theme is Strengthening Healthy Development: Education and Public Health in Partnership.

The health and education sectors have different but complementary objectives; improving the health of learners contributes to improved learning outcomes, while better education improves health. These themes are reflected throughout the conference planning and program.

The conference includes both formal and informal education, from early childhood to old age – that is, lifelong learning – with a particular focus on the main settings for formal education – K-12 schools as well as preschool and post-secondary education.

[Find more info](#)

[Download the abstract guidelines](#)

---

## Literacy Now Cowichan to host annual Trivia Challenge September 25

If you know who won the Grey Cup in 1968; who wrote Watership Down; or who replaced David Lee Roth in 1985 as lead singer of Van Halen, you and your team just might be winners in Literacy Now Cowichan's upcoming Trivia Challenge scheduled for September 25 at Just Jakes in downtown Duncan.

From 2:30 to 5:30 pm, teams of five will wrestle with skill-testing questions to achieve top spot honours in LNC's annual fun Trivia afternoon. Entry fee per team is \$300.

And it's all to raise money for local non-profit organization LNC that pairs highly trained volunteer tutors one-on-one with more than 300 adults per year searching to upgrade their literary skills in areas like reading, writing, math, computer basics, smart phones and tablets, speaking and writing in the English language for immigrants, budgeting money, job search and job readiness skills.

"For many of our clients, this tutoring provides a bridge to trades programs, adult high school programs and other job training," explained Barb de Groot, founding member and long-time chair of nine-year-old LNC.

"For a set entry fee per team that includes a beverage and burger for each player following the contest, contestants can compete on general knowledge questions, win prizes and raise money to help others in the community," she added.

The first Trivia Challenge fundraiser held last fall raised \$1,800.

Answers to Trivia Challenge questions in first paragraph: Ottawa Rough Riders; Richard Adams; Sammy Hagar.

For entry registration forms, contest rules and further information about Trivia Challenge, please contact:

Literacy Now Cowichan, 250-597-1776

kathleenlitnowcow@gmail.com

barbdegroot@shaw.ca

and check out [https://www.facebook.com/events/1044486312307815/?active\\_tab=posts](https://www.facebook.com/events/1044486312307815/?active_tab=posts)

---

**Walk for Alzheimer's seeking chair for next year's walk- see attachments.**

---

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**