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**Health Matters**

**April 18, 2014**

There is still time to sign up for the **Times Colonist 10 K**! – You can walk or run or trot or skip…

**Today’s Check up Includes:**

* Meeting Schedules
* Community meetings and Events
* Health Survey- Link for sharing broadly
* Poverty is not too hard to solve- article from Tamarak
* BC Early Childhood Tax Benefit
* Gathering of Change Makers
* **8 new Be More Than a Bystander videos encourage people to speak up and end violence against women**
* **Coast Salish Feast- Fundraiser for Aboriginal Film Festival**

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**Our Cowichan- Network Member Meetings-**

* **Next Asset Mapping and Research Committee Meeting-** Monday April 28 12:00 pm CVRD room to be announced
* **Next Our Cowichan Network Meeting –**Thursday May 8, CVRD Board Room. Light dinner at 5:30 pm – Meeting starts at 6:00 pm
* **Next Admin Committee Meeting-** Wednesday May14 , 5:30 pm CVRD committee room 2

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**Upcoming Events/ Workshops/ Community Meetings**

[**Creating an Edible Backyard**](http://cowichangreencommunity.us5.list-manage1.com/track/click?u=3fc195bd2f854daf25b3ee562&id=6bfefd70ba&e=1a916f2779)  
Learn how to grow perennial food plants no matter how much room you have. Join our Urban Food Forest team and learn how to start your own urban food forest!  
**Date:** Friday, April 25  
**Time:** 4pm-6pm  
**Location:** Cowichan Library @ the Island Savings Centre  
**Cost:** Free  
**Contact:** 250-748-8506 or [alicia@cowichangreencommunity.org](mailto:alicia@cowichangreencommunity.org)

[**Hugelkultur Workshop - May 31**](http://cowichangreencommunity.us5.list-manage.com/track/click?u=3fc195bd2f854daf25b3ee562&id=3a854336ad&e=1a916f2779)  
CGC will hold a one day Sepp Holzer Hugelkultur building workshop with Permaculture Designer and teacher Javan K. Bernakevitch, of Permaculture BC.  Pronounced “hoogle-culture”, this low-tech approach to gardening is essentially raised beds over buried wood. It’s a great way to use up those rotting stumps at the edge of your property, spring fruit tree prunings, or the mountain of yard debris sitting in a pile from last fall.  
  
**Date:** Saturday, May 31, 2014  
**Time:** 9:30am-3:30pm  
**Location:** Duncan. Location details will be provided upon registration.  
**Cost:** $65 (10% membership discount applies for CGC members)  
**Contact:** 250-748-8506 or [nora@cowichangreencommunity.org](mailto:nora@cowichangreencommunity.org)  
  
[**Introduction to Permaculture Workshop - June 13-15**](http://cowichangreencommunity.us5.list-manage.com/track/click?u=3fc195bd2f854daf25b3ee562&id=e020680cdb&e=1a916f2779)

Be it big or small your property has the potential to support your need for food and water. Join Javan K. Bernakevitch of Permaculture BC for this engaging two and a half day workshop introducing students to the principles and design methodologies of permaculture through reviewing, analyzing, mapping, and planning of your property design.

Class is limited to 20 participants.   
  
Cost: $150 + GST - Early Bird special until May 15; $250 + GST - regular fee

For more information contact: [nora@cowichangreencommunity.org](mailto:nora@cowichangreencommunity.org)

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**Cowichan Health Survey**

**WE WANT TO HEARFROM YOU!**

The purpose of this survey is to collect information from the communities served by ***Our Cowichan Communities Health Network*** to gain a better understanding of the current health and wellness of our residents. The information collected will be used to develop a Community Health Profile for the Cowichan region. This profile will ultimately be used to identify where we are doing well as well as gaps or barriers that impact health.  We will learn from this information and will work together to find community based solutions to improve the health of our communities and residents.

***We kindly ask that you complete the survey and that you share this link far and wide across the Cowichan Region.*** *( A pdf version has also been attached for you to print )*

**YOUR SURVEY RESPONSE WILL BE ANONYMOUS**

<http://fluidsurveys.com/s/CowichanCommunityHealthSurvey/>

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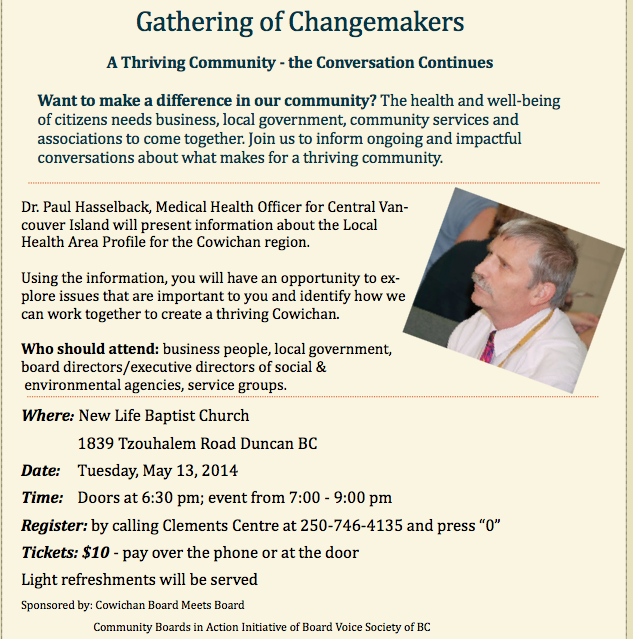
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| [**Poverty is NOT Too Hard to Solve**](http://tamarackcommunity.ca/learn_temp.html#IWF1) |
| **[By: James Hughes]**  There are a number of important fences to be jumped in order to successfully reduce poverty in Canada. One reason for that is that poverty is so multifaceted. But, like the legendary Canadian show jumper Big Ben - who overcame significant challenges to become a champion - the network of advocates working tirelessly to eradicate poverty in this country are learning - and demonstrating - that victory is possible.  There are so many routes in and out of poverty that it is genuinely difficult for policy makers to agree on those decisions that can fundamentally change the landscape for low income people. Because there is uncertainty that big and bold initiatives will actually work to reduce poverty, small and meek adjustments to existing, often unproven, programs are too often preferred.  Acknowledging the multifaceted nature of poverty is in fact the first key to addressing it. It is a scourge that must be taken on in a multi-dimensional way. It is for this reason that the provinces that have adopted wide ranging poverty reduction plans are taking the lead in bringing the poverty numbers down.  Toronto's [Daily Bread Food Bank](http://tamarackcommunity.ca/(http:/www.dailybread.ca/poverty-reduction-strategies-with-targets-and-timelines/) had this to say about its finding on child poverty statistics: "The results overall show that, in regards to child poverty, provinces that had implemented poverty reduction strategies with targets and timelines appear to have made a substantial impact in reducing child poverty from 2006 to 2011."  As surprising as it may sound to some, there is a great deal of science to draw from in figuring out how to reduce poverty. The evidence is showing that those poverty reduction plans which are evidence-based in all their facets have better chances of success, in the long term, than those without such an orientation. Thus, poverty reduction planners who want to include an early learning component should have a look at the [Report](http://www.oise.utoronto.ca/atkinson/UserFiles/File/News/Fortin-Godbout-St_Cerny_eng.pdf) by Fortin, Godbout and St-Cerny on the Quebec model. If instead, their minds are more focused on poverty and seniors, they should read [*Poverty among Senior Citizens: A Canadian Success Story*](http://www.csls.ca/events/slt01/osberg.pdf)*.* As these resources illustrate, evidence is usually available to support innovative approaches to reducing poverty however they typically have to be mastered and adapted for local conditions.  Poverty is not too hard to solve provided a wide ranging and evidence based approach is taken.  **Related Links:**   * Read [*Poverty among Senior Citizens: A Canadian Success Story*](http://www.csls.ca/events/slt01/osberg.pdf) * Discover [*Impact of Quebec's Universal Low-Fee Childcare Program on Female Labour Force Participation, Domestic Income and Government Budgets*](http://www.oise.utoronto.ca/atkinson/UserFiles/File/News/Fortin-Godbout-St_Cerny_eng.pdf) * Check out the VC **Common Evaluation Framework** for a standard approach to measuring poverty reduction |

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**BC Early Childhood Tax Benefit**

In 2015, the BC government is introducing the new BC Early Childhood Tax Benefit to improve the affordability of child care and assist families with the cost of raising young children. The BC Early Childhood Tax Benefit, which is part of the Province’s [Early Years Strategy](http://richmondchildrenfirst.us2.list-manage.com/track/click?u=8da445c2daf2c2a9bca75bcb9&id=c1a6dc0030&e=8043ea0e33), is a tax-free monthly payment of up to a maximum of $55 per month – or $660 dollars per year – for each child under the age of six. Benefits are based on the number of children in the family and the family's net income. The maximum benefit will be available to eligible families with family net incomes under $100,000. The benefit will start to phase out at $100,000 and will be fully phased out at $150,000. About 140,000 families will be eligible to receive the full benefit, while an additional 40,000 families with family net incomes over $100,000 will receive a partial benefit.  
This benefit will be administered on a monthly basis through the Canada Child Tax Benefit system, with payments starting in April 2015. To be eligible to receive the benefit, families must file their 2013 personal income tax returns even if they have no income to report. For more information on the BC Early Childhood Tax Benefit, please visit the Ministry’s [website](http://richmondchildrenfirst.us2.list-manage.com/track/click?u=8da445c2daf2c2a9bca75bcb9&id=5b7de7f308&e=8043ea0e33).  
Please help spread the word about this benefit by sharing the [information sheet](http://richmondchildrenfirst.us2.list-manage.com/track/click?u=8da445c2daf2c2a9bca75bcb9&id=2d9e92f63f&e=8043ea0e33) with parents and families with young children.

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**8 new Be More Than a Bystander videos encourage people to speak up and end violence against women**  
  
From the Ending Violence Association of BC and the BC Lions Football Club, the [Be More Than a Bystander](http://cts.vresp.com/c/?FirstCallBCChildandY/9607c7343d/321050fb30/b7712c8bad) campaign works to increase the safety of women and girls by raising awareness about how the actions of bystanders can help prevent violence and abuse.  
  
Please share the videos (about 1:30 min. each) on your personal and organizational Facebook, Twitter and other social media, and consider forwarding to your members, community partners, family and friends. Let’s see how far and wide we can get the conversation going about Being More Than a Bystander!  
  
[How to Be More Than a Bystander - Bus Stop Tip](http://cts.vresp.com/c/?FirstCallBCChildandY/9607c7343d/321050fb30/d04b3015e3/v=AlcRzaaZaqw&list=PLs3LiiUL_7XRbzJazKUnmFoskQ0Zla7qa&index=1)  
[How to Be More Than a Bystander - Restaurant Tip](http://cts.vresp.com/c/?FirstCallBCChildandY/9607c7343d/321050fb30/1d9b18ff7e/v=1QyJ-aQPbYE&list=PLs3LiiUL_7XRbzJazKUnmFoskQ0Zla7qa)  
[How to Be More Than a Bystander - Locker Room Tip](http://cts.vresp.com/c/?FirstCallBCChildandY/9607c7343d/321050fb30/0cf22094da/v=pw4piu_pHfc&list=PLs3LiiUL_7XRbzJazKUnmFoskQ0Zla7qa)  
[Be More Than a Bystander - Bar Tip](http://cts.vresp.com/c/?FirstCallBCChildandY/9607c7343d/321050fb30/0bc65ee06d/v=rbIpLaOt2LQ&list=PLs3LiiUL_7XRbzJazKUnmFoskQ0Zla7qa)  
[Be More Than a Bystander Tip - Watching The Game](http://cts.vresp.com/c/?FirstCallBCChildandY/9607c7343d/321050fb30/e56d7e89e7/v=py9Bp_YiT1w&list=PLs3LiiUL_7XRbzJazKUnmFoskQ0Zla7qa)  
[How to Be More Than a Bystander Tip With Your Friends - In The Car](http://cts.vresp.com/c/?FirstCallBCChildandY/9607c7343d/321050fb30/54a5f2c626/v=3JOdBJCZnPc&list=PLs3LiiUL_7XRbzJazKUnmFoskQ0Zla7qa)  
[How to Be More Than a Bystander - Party Tip](http://cts.vresp.com/c/?FirstCallBCChildandY/9607c7343d/321050fb30/0334a2624d/v=fnFwTQDErb0&list=PLs3LiiUL_7XRbzJazKUnmFoskQ0Zla7qa)  
[How to Be More Than a Bystander - Classroom Tip](http://cts.vresp.com/c/?FirstCallBCChildandY/9607c7343d/321050fb30/b6f3766905/v=u9C8HqI_4wE&list=PLs3LiiUL_7XRbzJazKUnmFoskQ0Zla7qa)

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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