



Health Matters Newsletter January 9, 2014

Today's Health Matters Includes:

- Meeting Schedules
- Community Meetings and Events
- E –Cigarettes pose a variety of real dangers
- Little Things Matter- Video on impact of chemicals on brain development
- BCLLA seeking participants for research on food security
- New Initiative- Networking for Non Profits
- Articles and Links regarding Poverty

The mighty Cowichan River is flexing its muscles at Skutz Falls



Our Cowichan- Network Member Meetings-

- ✓ **Next Our Cowichan Network Meeting –February 12, 2015,** CVRD Board Room. Light dinner at 5:30 pm – Meeting starts at 6:00 pm
- ✓ **Next Admin Committee Meeting-** Thursday January 22, 5:30 pm CVRD Com. Room 2

Upcoming Events/ Workshops/ Community Meetings

- Networking for Non-Profits launches on **Wed, Jan.21 from 10-12:00** at Sands Reception Room on Trunk St. in Duncan. After a discussion about the group's vision and plans, Rick Juliusson of FreeRange Consulting will lead a training workshop on Donor Cultivation. Doors open at 9:40 for coffee and networking.

For more information, or to register for the event and/or mailing list, visit:
www.FreeRangeConsulting.ca/Network

This is the article suggested by Robin regarding E- Cigarettes.

- <http://www.timescolonist.com/opinion/op-ed/1.1662117>
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- **Little Things Matter**- A video describing the impact of chemicals on children’s brain development- Well worth viewing!
 - <https://www.youtube.com/watch?v=E6KoMAbz1Bw&feature=youtu.be>
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BCCLA Research Project on Food Security for Families – Seeking participants

The [BC Civil Liberties Association](#) (BCCLA) is undertaking a research project on the impact that insecure access to food has on children in British Columbia. A key component of this study is to gather qualitative data from individuals who experience food insecurity directly and can speak to the impact it has on themselves and their families.

BCCLA is seeing participants for this study, either through the populations you work with or through other contacts you have in the community. We aim to complete in-person interviews in various locations around BC before the end of the year.

Participants in this study are parent(s) or guardian(s) of at least one child under the age of 18 who primarily resides with the participant. Participants are individuals who may be on some form of income assistance (not required) but should be interested in speaking to the BCCLA confidentially about their experience in obtaining adequate food for their families.

For more information, contact Raji Mangat at raji@bccla.org

A new initiative is being launched to bring non-profits, co-ops, governments, and all social service folk together to share resources, training and networking opportunities.

"Networking For Non-Profits" is open to anyone in the Cowichan Valley-who believes that we can serve the community better through communication and sharing resources. This "new" initiative is actually a merger of three similar groups: Leading Edge (for Executive Directors), Volunteer Management Group, and Cowichan Fundraisers Exchange.

Members will meet about 8 times/year for training on a variety of issues identified by members, as well as time for networking and sharing resources. A \$5 -\$10 donation is requested to cover refreshments and a small stipend for speakers. The group is also planning social evening mixers, and a joint event in April during National Volunteer Week.

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Recent Links on recent articles related to Poverty

CBC News: [Child poverty on rise in B.C., says First Call coalition report card](#)

Globe and Mail: [Rate of child poverty in B.C. has climbed above national average](#)

Vancouver Sun: [Opinion: BC needs a poverty reduction plan](#)

Times Colonist: Editorial: [Editorial: Province needs a poverty plan](#)

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

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