



Health Matters Newsletter

March 6, 2014

Today's Health Matters Includes:

- Meeting Schedules
- Community Meetings and Events
- Inclusive Leadership workshops
- Council of Canadians Town Hall
- Call for Applications- Car Seats Program
- BC Healthy Communities Blog Spot Newsletter
- Early Life Early Death – Support for child health lasts a life time- Article
- UBC Learning Circle On Line Webinar
- Nominate Youth Leaders of Tomorrow.



Our Cowichan- Network Member Meetings-

- ✓ **Next Our Cowichan Network Meeting –March 12, 2015**, CVRD Board Room. Light dinner at 5:30 pm – Meeting starts at 6:00 pm
- ✓ **Next Admin Committee Meeting-** Wednesday March 18 – Date and Location to be announced

Upcoming Events/ Workshops/ Community Meetings

- **Help us spread the word! The Inclusive Leadership Co-operative still has space in "Experiential Education in Facilitating and Mentoring Inclusive Leadership"**

When: Wednesday April 22 to Friday, April 24, 2015

Where: Cowichan Lake Education Centre - accessible learning facility set in 44 acres of forested lake-front on Vancouver Island, BC

For: Everyone who is passionate about building welcoming and inclusive communities based on respect for social diversity and biodiversity:

- Professionals, volunteers, students and other leaders from diverse cultures, generations and leadership backgrounds.
- *"Every individual, family, organization, and community has a vital role to play."* (Earth Charter)
- Come on your own, come in inter-generational teams, come with colleagues, friends, and family members.

What: Share leadership within a diverse, inclusive and welcoming learning community. Build awareness, develop skills, and create positive and possible action plans for facilitating and mentoring Inclusive Leadership in schools, organizations, work-places and communities.

Featuring: A full day of compassionate communication with international educator and coach - Raj Gill OR a full day of the Building Bridges steps for building welcoming and inclusive communities with Dr Linda Hill.

Hosted by: The Inclusive Leadership Co-operative

Co-facilitated by: Linda Hill, Raj Gill, Kix Citton and Linda McDaniels: 4 co-founders of the Inclusive Leadership Co-operative)

Cost: The ILC offers Inclusive Leadership in the spirit of generosity. The all-inclusive cost of **tuition**, 2 nights **accommodation** and 6 delicious **meals** is \$400 private room, \$350 shared room, \$300 dormitory and \$200 for commuters. (The all-inclusive cost of tuition, meals and dormitory for anyone who faces economic barriers is \$200)

For more information and to register: <http://inclusiveleadershipco-op.org/coming-events/facilitating-and-mentoring-inclusive-leadership/>

Or contact us the ILC at: inclusiveleaders@gmail.com or [250-746-6141](tel:250-746-6141)

You can also support Inclusive Leadership by ordering our books. 50% of book sales goes to our Inclusive Leadership Sponsorship fund:

- <http://inclusiveleadershipco-op.org/resources/books-to-buy/>

And, you can extend your learning by participating in an Inclusive Leadership practicum opportunity at the OUR Ecovillage Youth and Community Convergence April 24 to 26.

Inclusive Leaders are transforming schools, organizations, work-places and communities by embracing diversity in all living beings as gifts that enrich our world.

Inclusive Leadership Co-operative

Website: <http://inclusiveleadershipco-op.org>

Phone: [250-746-6141](tel:250-746-6141)

Mailing address: 3291 Renita Ridge Road, Duncan, BC, V9L 5J6

Click here <http://inclusiveleadershipco-op.org/casl/#subscribe>

to update your contact information or to unsubscribe from our email list

- **The Council of Canadians Cowichan Valley Chapter is holding a Town Hall Meeting, Threats to Health Care, "It's Your Business"** It will be a frank discussion to help people understand what the decline of health care will mean to them. We will have two speakers from the BCNU.
Jo Salken will speak about the privatization of health care and the Health Accord.
Chris Vanlambalgen will speak about hospital cutbacks and how this affects patient care.
The talk will be held in the United Church Hall in Duncan on March 11th from 7-9pm. The event will be free but donations gratefully accepted. We will have refreshments available.

Contact Donna Cameron at [250-748-2444](tel:250-748-2444) or Kelly Woywitka on Facebook.

Founded in 1985, the Council of Canadians is Canada's leading social action organization, mobilizing a network of 60 chapters across the country.

Through our campaigns we advocate for clean water, fair trade, green energy, public health care, and a vibrant democracy. We educate and empower people to hold our governments and corporations accountable.

The Council of Canadians is a registered non-profit organization and does not accept money from corporations or governments. Our work is sustained by the volunteer energy and generous donations of people like you.

Call for Applications – Community Child Car Seats Program

The BCAA and United Way of the Lower Mainland (UWLM) are once again working together to enhance the safety and well-being of children in BC. As a result, BCAA and UWLM are launching the 2015 Community Child Car Seat Program (CCCSP).

The CCCS Program is for a non-profit agency or a community program that falls under that agency (not both). An agency or community program that supports families with children under the age of nine are invited to apply for child car seats. Successful applicants will receive child car seats at no cost for use within their program and/or for distribution to families in need.

The deadline for applications is **March 22, 2015**.

For information about the Community Child Car Seat Program and the application form go to: [Community Child Car Seat Program](#)

Marg Deibert

Child Passenger Safety Program

BCAA Community Impact

604-297-2155 (direct)

604-785-8105 (cell)

604-298-6497 (fax)



BC Healthy Communities Blog Spot

<http://bchealthycommunitiesca.blogspot.ca/>

Early Life or Early Death – Support for child health lasts a lifetime- Article

<http://journals.uvic.ca/index.php/ijcyfs/article/view/13499/4312>

UBC Learning Circles – On line Webinars

This session will be hosted by **Raymond Deleary** and **Michael Martin** of NNAPF.

NNAPF is committed to working with First Nations and Inuit to further the capacity of communities to address substance use and addiction. We promote a holistic approach to healing and wellness that values culture, respect, community, and compassion. Our top priority is developing a continuum of care that would be available to all Aboriginal people in Canada.

Everyone welcome to attend!

Date: Wednesday March 11, 2015

Time: 9:30 am – 11:00 a.m. (PST)

Where: Participate live via videoconference **OR** computer webinar.

Click button below for more information and to register! See you there!

Click here for more
information & to register

CALL FOR NOMINATIONS!

Nominate a youth for Leaders of Tomorrow Award!

This is your opportunity to nominate youth (age 6 to 24) that demonstrate leadership through volunteerism. Volunteer Cowichan is seeking nominations for the Leaders of Tomorrow Awards.

Deadline for nominations is March 27, 2015.

The awards event will be held April 17, 2015 at the Island Saving Center.

For more information

www.leadersoftomorrowcowichan.com

or email: anne-marie@volunteercowichan.bc.ca

[Nomination Form](#)

Many thanks to our community sponsors

Celebrate National Volunteer Week - April 12-18, 2015 April 10-17, 2016

Volunteers: Passion. Action. Impact

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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