



Health Matters Newsletter October 16, 2014

Today's Health Matters Includes:



- Meeting Schedules
- Community Meetings and Events
- Cowichan Community Policing- We want to see more of you campaign
- Planning a Successful Emergency Department Visit
- Indigenous Men's and Women's Gathering
- Ladysmith Health and Community Services Fair

This is how easy it is to bike on the trans Canada Trail – Start at the Glenora staging area and head towards Skutz falls and you can experience this too. Or turn the other way and bike to the Kinsol Trestle. The entire trail is only a 3% grade. You can do it!

Our Cowichan- Network Member Meetings-

- ✓ **Next Our Cowichan Network Meeting –November 13**, CVRD Board Room. Light dinner at 5:30 pm – Meeting starts at 6:00 pm
- ✓ **Next Admin Committee Meeting-** Wednesday October November 19, 5:30 pm CVRD Com. Room 2

Upcoming Events/ Workshops/ Community Meetings

- **Board Meets Boards- Learn about the Social Policy Framework** – October 21-5:30-8:30 pm Clements Centre Society. \$15.00 Call Victoria at 250-746-4135 ext 228 to register
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Cowichan Community Policing and Crime Prevention WE WANT TO SEE MORE OF YOU CAMPAIGN

As announced at the CVRD Safety Advisory meeting – Crime Prevention has personal reflective tags available while supplies last at the three CPOS (Duncan 149 Canada Ave, Chemainus 9847 Willow St, and Cowichan Bay 1721 Cowichan Bay Rd). We have partnered with ICBC again this year to promote pedestrian safety and visibility in the North Cowichan Duncan Cowichan Bay areas.

Cowichan Community Policing encourages you to share this with your friends and family and come on down to the CPO to pick up your reflector.

On Oct 16th - Boss's Day - we encourage Employers to distribute reflectors to their staff as your staff are a reflection of your business, and we want to keep them safe as they walk to and from their workplace. Businesses were invited through the Chamber and BIAs to participate by contacting me at 250-701-9146.

Please note: This is not a Halloween promotion for children - rather we are focusing on the "everyday" walker out and about.

Safety tips and updates are posted on our **Facebook page - Cowichan Community Policing and Crime Prevention**- check it out and like us to keep updated on crime prevention.



Planning a Successful Emergency Department Visit- Caregiver information session

Presented by Dr. Belinda Parke

Learn about:

- Emergency Department Processes;
- How to prepare for a successful visit before arriving
- What questions to ask before leaving

October 21, 2014-10-17 1:00 to 2:30 pm
In the Board Room at the Cowichan District Hospital

RSVP Allison Logan 250-370-5614




Save-A-Seat Deposit

**2015 Indigenous Men's & Indigenous Women's Gathering
 May 4 & 5, 2015 Men's, May 6 & 7 2015 Women's
 Lekwungen Territory, Victoria BC**

Name Click here to enter text. Telephone Click here to enter text.
 Organization Click here to enter text. Fax Number Click here to enter text.
 (if applicable)
 Mailing Click here to enter text. Postal Code Click here to enter text.
 Address
 E-mail Address Click here to enter text.

SAVE-A-SEAT DEPOSIT DEADLINE IS OCTOBER 24, 2014

Number of Seats To Be Saved	\$150 Fee Per Seat Saved	5% GST	Amount Payable
<input type="text"/> Click here to enter text.	\$150.00	Exempt	<input type="text"/> Click here to enter text.
GST Registration Number 832804231		Total Due	\$ <input type="text"/> Click here to enter text.
Cheque Payable To: Marcia Dawson Consulting 1758 Bay Street Victoria BC V8R 2C1 Tel: 250.590.9190		Credit Card Payments using PayPal & E-transfers to naamehl@shaw.ca 	

Save-A-Seat & Payment Can Be Made On-line at www.marcia-dawson.com or by paper using this form.

Please register me/us for the following conference (please ✓ only one)

Indigenous Men's Gathering May 4 & 5, 2015 Indigenous Women's Gathering May 6 & 7, 2015

Yes! Please Add Me To Your E-newsletter! Click here to enter text.

Save – A-Seat Deposit Rate \$325.00* Early Bird Rate \$375.00 Regular Rate \$475.00 Final Rate \$575.00

About The Host

2015 Indigenous Men's Gathering and Indigenous Women's Gathering is hosted by Indigenous Innovations Consulting (operating name) and Marcia Dawson Consulting (legal name) Contact Tel: 250.590.9190 or marciadawson@shaw.ca for more information or visit www.marcia-dawson.com

Waiver and Release of Liability

1. RELEASE Marcia Dawson Consulting and all partners, volunteers, servants, agents, employees and other participants of the Event (all of whom are hereinafter collectively referred to as the "Releasees"), from any and all claims, actions, costs, demands and expenses arising out of or in consequence of any loss, injury, death or damage to me or personal property incurred while attending at or participating in the Conference, notwithstanding that any such loss, injury, death or damage may result from the negligence of the Releasees. In addition, permission is granted to administer any medical treatment that may be required.

2. WAIVE ANY AND ALL CLAIMS that I, my heirs, executors, administrators, insurers, successors and assigns have or may have in the future against the Releasees.

3. GRANT to the Marcia Dawson Consulting (legal name) and Indigenous Innovations Consulting (Operating name), the right to use, without payment of any fee, charge or compensation of any kind, including royalties, and all written information, and/or any and all photographs, video tape, other visual media or quotes of me taken during the workshop sessions for promotional purposes, company website, resources and promotional videos and I also agree to waive any right to approve such use.

I confirm that I am of 19 years of age or older and I have read this release of liability and assumption of risk agreement, and fully understand its terms. I understand that I have given up rights by signing it, including the right to sue and sign freely voluntarily, without any inducement.

I have read and agree to the terms and conditions.

Print Name: _____ Signature: _____ Date: _____

Registration, Cancellations and Refunds

1. Save-A-Seat Deposit guarantees each registered and paid participant a savings of \$50.00 off the Early Bird Registration fee.
2. Full payment of the balance of the registration fee must be paid on or before the Early Bird rate deadline or the full Early Bird Rate will apply.
3. Registration Confirmation – full payment is required to confirm a seat at the gathering. Registered participants will receive a receipt and notification of confirmation by e-mail. Registration does not include travel and accommodations, participants are responsible for booking their own travel and accommodation. There will be no onsite registration.
4. Accepted methods of payment are Credit Card (via PayPal), E-mail Interac Money Transfer, Money Order, and Cheque. Payments must be received by the deadlines for the rate to apply and for confirmation of the conference seat. Should payment not be received within 10 calendar days of registration, the registration will be nullified and the seat will be released.
5. NSF – Dishonored Cheques – There is a \$75.00 fee for cheques that are returned as insufficient funds or dishonored. This amount must be added to the registration fee. Payment by money order, certified cheque, credit card via PayPal or e-mail money transfer will be required.
6. Cancellation and Refund Policy - Written request for cancelled registrations must be submitted to our office. There is a \$50.00 Administration Fee for All Refunds. 100 % refund (minus admin fee) if request received between August 15, 2014 to January 30, 2015. 50% (minus admin fee) refund if request received between February 1, 2015 to March 31, 2015. No Refunds after March 31, 2015. No refunds for No-Shows. Only cancellations received in writing will be processed. Allow 14-days processing time.
7. We reserve the right to cancel due to low registration or unforeseen circumstances in which case all paid registrations will be refunded 100% with no administration fee. The host/organizer is not responsible for fees or costs incurred by the participant such as travel, airfare, hotel as a result of the cancellation of the session/event.
8. Substitutions – registrants who wish to cancel their attendance may replace their conference seat with a substitute person to attend instead at no charge.
9. Light refreshments and light lunch will be served each day and is included in the cost of registration; delegates who do not attend the lunch and coffee breaks provided will not be reimbursed for the equivalent cost of the meals.
10. Send written requests for cancellations or substitutions to Marcia Dawson at marciadawson@shaw.ca



Ladysmith Health & Community Services Fair
November 7, 2014 2:00 pm – 4:30 pm
Ladysmith Agricultural (Aggie) Hall, 1st Ave

Information Booth Application

Name of Organization/Service: _____

Contact: _____

Phone: _____

Email: _____

Not for Profit (no charge)

Business:

\$25.00 payable to:

Ladysmith Community Health Centre

ATTENTION: Heather Dunne

Booth Requirements:

Table

required _____

of chairs _____

Power needed? **Yes** **No**

Other (attach page if needed)

Can you contribute an item to our door prize **Yes** **No**

Return by October 18th to:

Heather Dunne @ heather.dunne@viha.ca or

Ladysmith Community Health Centre

PO Box 10, 1111-4th Ave.

Ladysmith, BC V9G 1A1

NEED MORE INFO? 250-739-5777 or heather.dunne@viha.ca

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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