



Health Matters Newsletter April 24, 2015

Today's Health Matters Includes:

- Meeting Schedules
- Community Meetings and Events
- Cowichan Community Health Profile Community Presentations
- Cowichan Communities Health Profile Presentations
- Board Meets Board – Exploring Intentional Leadership
- The Case for Increasing Minimum Wage
- BC Arts Council Scholarship
- Cowichan Collective Impact team
- Article- Putting Team in Collective Impact – Sylvia Cheuy
- Help Our Children Play- Physical Literacy Workshops



Our Cowichan- Network Member Meetings-

- ✓ **Next Our Cowichan Network Meeting –Extra Meeting- Wednesday May 6- 5:30 pm in CVRD Board Room**
- ✓ **Regularly scheduled Our Cowichan Network Meeting May 14, 2015, CVRD Board Room. Light dinner at 5:30 pm – Meeting starts at 6:00 pm**
- ✓ **Next Admin Committee Meeting- May 6, 4:00 pm to 5:00 pm CVRD Committee Room 2**

Workshops and Events

- **Cowichan Communities Health Profile Presentations- with Dr Paul Hasselback**
 - **Arbutus Ridge –May 4th 2:30 -4:30 pm-** Arbutus Room (in the Arbutus Village- Cobble Hill)- check in at security before proceeding to the hall.
 - **Lake Cowichan May 4th 7-9 pm** Cowichan Lake Curling Lounge – 311 South Shore Road
 - **Ladysmith May 5th 3pm to 5 pm-** Frank Jameson Community Centre 810 6th Ave

- **Board Meets Board- Exploring Intentional Leadership in the Cowichan Valley**

When: Tuesday, May 5 from 5:30 - 8:30 pm

Where: Clements Centre 5856 Clements St. Duncan BC

Dinner is provided. \$15.00. Discount for Board Voice Society of BC Members

To register click on the following link

<https://www.eventbrite.ca/e/cowichan-board-meets-board-a-board-voice-society-of-bc-boards-in-action-event-tickets-16668124810>

In The Case for Increasing the Minimum Wage economist David Green reviewed the academic research into minimum wage increases and debunked some of the stereotypes about who makes the minimum wage and who stands to benefit from a bold increase to \$15. He found no evidence of the catastrophic job losses often predicted by opponents of higher wages. See the [full report](#) and [infographics](#). Listen to David Green's [interview](#) on CFX (starts after the news).

BC Arts Council scholarships for students – apply by April 30

The [BC Arts Council Scholarship Program](#) supports the development of B.C.'s future professional artists by assisting with pre-professional training of outstanding B.C. students of the arts.

The scholarship program provides funding of up to \$6,000 per year to outstanding arts students studying at the post-secondary level. B.C. residents attending full-time studies in a fine-arts diploma or degree program at a recognized college, university, institution or academy, in any country, are eligible to apply. Half-day high school dance programs may also be eligible. Recognized disciplines include arts administration, community-based arts practice, museology, conservation, dance, media arts, theatre, music, curatorial practice and visual art.

Application deadline: April 30

[Find out more](#)



The Cowichan Contingent who travelled to Calgary for Collective Impact Training

If you want to learn more about how Collective Impact can guide your initiative - you can contact any of the team members: (left to right- Melie De Champlain Island Health, Kathy Easton Island Health, Jennifer Jones Cowichan Tribes, Cindy Lise Our Cowichan, Kathleen Sheppard Social Planning Cowichan, Valorie Nicol Cowichan Division of Family Practice



Putting Community in Collective Impact

BY: SYLVIA CHEUY

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Considerable attention is being paid to the role and importance of community engagement in successful collective impact efforts. The recent paper entitled [*Putting Community in Collective Impact*](#) by Richard Harwood and published by the Collective Impact Forum, dives more deeply into this important issue and concludes that, "civic culture matters for Collective Impact. Big Time!" Civic culture refers to the unique characteristics that describe "how a community works: how trust is formed, why and how people engage with each other; and the degree of readiness for change amongst leaders." Each community has its own civic culture and paying attention to it, makes it possible to accelerate and deepen collective impact efforts.

Putting Community in Collective Impact outlines five key characteristics of civic culture and how paying attention to them can enhance rather than undermine the successful implementation of a Collective Impact effort. The five characteristics are:

1. **Ownership by the Larger Community** - Successful Collective Impact efforts must value public knowledge as well as expert knowledge. Engaging shared public knowledge enables a Collective Impact effort to provide an opportunity for people "to engage as *citizens*, with true aspirations and agency, not merely as passive consumers or claimants, making demands on limited resources."
2. **Strategies that Fit the Community** - This characteristic focuses on ensuring that the aligned strategies within a Collective Impact effort "fit" the local community context. Fit is created by using the community's public knowledge to drive the definition of the common agenda and to understand what strategies are relevant to the community.
3. **A Sustainable Enabling Environment** - This characteristic is focused on paying attention to the "underlying conditions within a community that need to be present for change to occur - and for the community itself to change how it works together." Nine leadership factors contribute to building public capital. The magic is to develop collective impact strategies that simultaneously strengthen the community's public capital.
4. **A Focus on Impact and Belief** - As important as it is for Collective Impact efforts to focus on "impact" - demonstrated progress on issues that people care about - equal attention needs to be paid to people's belief that they can get things done, together. Belief is that intangible factor that pushes people to become engaged. It arises when people believe they are part of something larger than themselves. While impact can be demonstrated with data, belief emerges from passion, meaningful relationships and confidence that change is possible.
5. **The Story a Community Tells Itself** - The key hidden factor in whether a community moves forward or not is its narrative: the story the community tells about itself. Like a parable whose lesson is embedded into a story, a community's narrative shapes people's mindsets,

attitudes, behaviors and actions. Communities need "can-do" narratives to successfully implement Collective Impact efforts, but these cannot be imposed. Rather they must emerge from the community's genuine efforts and progress of working together in new ways.

Keeping community at the center of Collective Impact is key to the successful implementation of Collective Impact. By "turning outward" to remain focused on how our Collective Impact effort remains relevant and significant to the life of the community and its unique civic culture, we will succeed in finding "the way forward."

Learn More:

- Download [Putting Community in Collective Impact](#) by Richard Harwood
- Find more resources for [community engagement](#) at www.tamarackcci.ca
- Visit the [Collective Impact Forum](#) for the latest thinking on Collective Impact

Community Organizing or Organizing Community: Exploring Intentional Leadership in the Cowichan Region

Meaningful and deep conversations about what makes for lasting and positive change in communities is essential. You are invited to join **Heather Gardiner**, interim adviser for Cowichan United Way, to learn about developing leadership capacity to increase the vibrancy and well being of the Cowichan region.

Learn about what is happening in the Cowichan region, why things are changing and how developing leadership capacity will increase the vibrancy and well being of the Cowichan region.

Heather Gardiner is committed to community engagement. Backed by years of experience in leading organizational change, she helps community leaders and board directors to achieve greater impact for communities and the people they serve.

Who should attend: board directors and executive directors of community social benefit sector, service groups, local government and local business.

When: Tuesday, May 5 from 5:30 - 8:30 pm

Where: Clements Centre 5856 Clements St. Duncan BC

Dinner is provided. \$15.00. Discount for Board Voice Society of BC Members

To register click on the following link

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We look forward to seeing you on May 5th!

Help our children play. For Life.

Childhood obesity is a national issue. On average, our children watch one screen or another for hours every day. Children are not getting the activity they need. One of the main reasons is a lack of physical literacy.

Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life.

Physical literacy is just as important as the ability to read and write. Physical literacy provides a solid foundation for children and youth to develop the skills, knowledge and attitudes they need to enable them to engage with poise and confidence across a wide variety of activities.

Please. Learn more.

Island Health, School District 79, KidSport, Success by 6, Our Cowichan Communities Health Network, Pacific Sport, Ladysmith Parks and Recreation, North Cowichan Parks and Recreation, South Cowichan Recreation, Cowichan Lake Recreation, and the Island Savings Centre are working together, to bring a workshop to Cowichan we all believe in. It's for our kids. And really, it's for everybody.

The poster is attached. We hope you'll come.

Thank you.

John Elzinga,
Chair, Cowichan Region Physical Literacy Initiative.

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