



**Health Matters Newsletter**

 **June 27, 2014**

**Today’s Health Matters Includes:**

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* Meeting Schedules
* Community Meetings and Events
* Our Cowichan Small Grants Available
* Hospice Golf Tournament
* Opening of Cowichan Green Communities Urban Food Forest and First Anniversary of the Station
* Responsible Adult Child Care Training Opportunity

**Happy Canada Day!**



**Our Cowichan- Network Member Meetings-**

* **Next Our Cowichan Network Meeting –Thursday July 10,** CVRD Board Room. Light dinner at 5:30 pm – Meeting starts at 6:00 pm
* **Next Admin Committee Meeting-** Wednesday July 16, 5:30 pm CVRD Committee Room 2
* **Next Grant Committee Meeting-** Wednesday October 1, 9 am to 11 am CVRD – Room to be announced

**Upcoming Events/ Workshops/ Community Meetings**

* **Ladysmith Canada Day Celebrations-** Transfer Beach 1 PM to 5 PM
* **Cowichan Forest and Discovery Centre –** Reduced admission Canada Day
* **Chemainus Canada Day Celebration Water Wheel Park-** free entertainment and activities





Calls for Proposals

 Cowichan Valley

Thank you for your interest in contributing to the health of citizens living in the Cowichan Region. Our Cowichan Communities Health Network (OCCHN) is pleased to provide a maximum grant of $2,000.00 toward eligible projects in the Cowichan Valley. Please read the following information to ensure your proposal meets the funding requirements.

Our Cowichan recognizes the health and well -being of our citizens is impacted by the 12 Key determinants of health within the context of healthy and supportive communities, organizations, families and relationships.

Our Cowichan has the opportunity to make a positive and meaningful contribution to our communities’ future. OCCHN is committed to helping all citizens of the Cowichan Communities enjoy good health.

**Project focus:**

Applications whose priorities for action respond to demonstrated community needs, gaps and priorities and that are evidence based and focus on the determinants of health will be accepted for review.

Application templates are available on our website [www.cchn.ca](http://www.cchn.ca) or contact Cindy Lise at cindylisecchn@shaw.ca . Applications will be accepted up to October 1, 2014. Funding announcements will be made by October 15, 2014 or sooner.

* 1 copy must be submitted by email to: cindylisecchn@shaw.ca
* 1 hard copy must be mailed to:

Our Cowichan

PO Box 20106

Duncan BC,

V9L- 5H1



**Early Bird registration for Cowichan Valley Hospice’s 7th annual golf tournament ends soon!  Get your registrations in before 2nd July for $135 per golfer.**

Thank you to all our wonderful sponsors and auction donors who have generously given to help make our annual golf fundraiser a huge success!  Now, we need you and your friends to come out for a fun day on the greens...dress in your favourite 1950’s style or come as you are!  Prizes and contests, terrific silent and live auction, and a super dinner round out your day!

Please come support your local Hospice Society!  All proceeds stay in Cowichan to help families living with an advancing illness or grieving the loss of a loved one.

There’s still time to donate to our auction or sponsor the event!

Please share this email with your contacts or post the poster on your community boards.

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**For Immediate Release: June 18, 2014**

**Event**:The Station Celebration!

**When**: Saturday June 28, 2014 from 10am-2pm

**Where**: Cowichan Green Community – 360 Duncan Street, Duncan BC

**Contact**: Katie Gateley

**Tel**: 250-748-8506

**Email**: katie@cowichangreencommunity.org

**The Station Celebration!**

Join us to celebrate the grand opening of Cowichan Green Community’s Urban Food Forest and the first anniversary of The Station (360 Duncan Street, Duncan, BC), Saturday, June 28th!

After purchasing The Station one year ago, Cowichan Green Community (CGC) has transformed the old Phoenix Motor Inn into a sustainable and community driven space. Major renovations have created beautiful affordable rental suites and a bright commercial space for Cycle Therapy. The last of the interior renovations are underway to welcome Harmony Yoga as our final tenant at The Station.

The vibrancy and buzz of The Station has extended to the greenspace around the building with the installation of beautiful, productive, innovative landscaping. The Station’s Urban Food Forest is set to be an inspiring community demonstration site, highlighting the potential for transforming commercial urban sites into fruitful growing spaces.

“The food forest is growing into an enchanting place, where community can explore new perspectives on food production, creative land use, and urban sustainability,” states Tessa Stiven, Food Forest Project Supervisor. “Come join us to celebrate in the grand opening!”

Hosted by Cowichan Green Community, The Station Celebration and Food Forest Grand Opening will feature the local Tzinquaw Dancers, garden tours, children’s scavenger hunt, face painting, art showcase, pie walk, music, food and family fun!

This free, public, and family friendly event will run from 10am to 2pm on Saturday June 28, 2014 at The Station (360 Duncan Street). Opening ceremonies will commence at 10:00, with birthday cake being served in the early afternoon.

For more information on this event, please contact the Cowichan Green Community at 250-748-8506, or email katie@cowichangreencommunity.org or.

Visit our website [www.cowichangreencommunity.org](http://www.cowichangreencommunity.org) and follow us on Instagram @foodforest



*The Employment Program of British Columbia is funded*

*by the Government of Canada and the Province of British Columbia*



**Responsible Adult Course-Family Child Care Business Training**

**The Responsible Adult is a 20 hour course prepares participants for the following employment possibilities:**

* School Age Group Child Care Licensed)
* Occasional Child care
* As a replacement or substitute/casual on call for Early Childhood Education Assistant ( licensed group child care centre or preschools)
* This course also meets the training requirements for non ECE Child-minders in IIB funded Child-minding programs
* Other employment possibilities may include casual family drop-in programs, family child care assistant or other related positions.
* This is a non-credit course (cannot be applied towards the completion of a degree).

**Family Child Care Business training (10hrs**) focuses on: how to write policies & procedures, record keeping, budgeting & marketing. This is also a “stand alone” all day session.

**Registration starts on July 2, 2014**

**Fees: CCRR clients: $90.00 Non-CCRR clients $100.00**

Includes workbook. Course subsidized by MCFD

**Business training session only: $20.00**

Classes start on September 24, 2014 (evening)

For more info contact: 250-746-4135 ext 231 ormthompson@clementscentre.org

\*Developed by the Westcoast Child Care Resource Centre



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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