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## Alberni Clayoquot Health Network

### E-News January 2013 *Happy New Year!!*

**Healthy & Connected People & Places. Participate in the network and be a part of healthy change!**

The Alberni Clayoquot Health Network is a mechanism for citizens working and living in the regional district to come together and speak with a collective voice on health issues and share ideas and resources to build healthy sustainable communities. Everyone is Welcome! **How can you participate?** It's simple!

**Email** and ask to join our network list: [slyle@acrd.bc.ca](mailto:slyle@acrd.bc.ca) **'Like'** us on **Facebook**  & receive on our ongoing newsfeed. **Attend** our meetings and regional sponsored events. **Join** our sub-committees. **Send** us your news & we'll share it! **Contact** Us! Tanis Dager, Network Coordinator [tanisd@live.ca](mailto:tanisd@live.ca) (250) 668-5159 or Shelli Lyle, Admin Assistant, [slyle@acrd.bc.ca](mailto:slyle@acrd.bc.ca) (250) 720-2700

**LOCAL NEWS**

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<b><u>ACHN Strategic Plan Update:</u></b>							
<p>On Dec. 13th, members of the ACHN Planning Group officially adopted their new Strategic Plan! The 'Plan' is now posted on the <a href="#">ACRD website</a> and is based on a member wide survey, stakeholder consultations, group discussions and a strategic planning process facilitated by the Social Planning Council of BC. The 'Plan' outlines priority goals and key objectives for the period June 1st 2012 to May 2014 as: 1) Network Development 2) Healthy Children and Youth (0 - 18) 3) Affordable and Accessible Regional Transportation 4) Affordable Housing 5) Health Literacy</p>							
<b><u>ACHN New Meeting Schedule &amp; Format. Mark Your Calendars!</u></b>							
<p>Network meetings will occur on a bi-monthly basis, on the 3rd Thursday of the month (except for September) and will be rotated around the region. All Network members are invited to attend the meetings. The first half of the meetings will focus on networking, discussions and updates about regional concerns and activities and will be followed by a 'Planning Group' agenda / decision making regarding the business of the network. (Broader network members are welcome to stay and observe). Stay tuned for invitations to meetings and locations. Our goal is to rotate the meetings around the region so and as such are looking for partners to help us host them.</p>							
<table border="0"> <tr> <td data-bbox="250 961 545 995"><b>Meetings dates: 2013:</b></td> <td data-bbox="1003 961 1081 995"><b>2014:</b></td> </tr> <tr> <td data-bbox="250 1003 906 1205"> <ul style="list-style-type: none"> <li>· February 21, 2013 (Location: ACRD Board Room).</li> <li>· April 18, 2013</li> <li>· June 20, 2013</li> <li>· September 26, 2013</li> <li>· November 21, 2013</li> </ul> </td> <td data-bbox="971 1003 1208 1121"> <ul style="list-style-type: none"> <li>· January 16, 2014</li> <li>· March 20, 2014</li> <li>· May 15, 2014</li> </ul> </td> </tr> </table>				<b>Meetings dates: 2013:</b>	<b>2014:</b>	<ul style="list-style-type: none"> <li>· February 21, 2013 (Location: ACRD Board Room).</li> <li>· April 18, 2013</li> <li>· June 20, 2013</li> <li>· September 26, 2013</li> <li>· November 21, 2013</li> </ul>	<ul style="list-style-type: none"> <li>· January 16, 2014</li> <li>· March 20, 2014</li> <li>· May 15, 2014</li> </ul>
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<b><u>ACHN selected to be a part of the United Way Public Policy Institute!</u></b>							
<p>From January to June 2013, the ACHN's Coordinator Tanis Dagert is joining with leaders from across BC's social and health related non-profit sectors to better understand and influence public policy through monthly learning sessions and online discussions. The Institute is led by former BC premier Mike Harcourt and other highly experienced faculty and explores topics related to evidence, policy options, engagement, implementation and evaluation, and includes a practical policy project component. Watch a short video 2 minute video with Mike Harcourt explaining the importance of NGO's learning about and getting involved in the formation of public policy, <a href="#">here!</a></p>							
<b><u>Port Alberni receives one of 27 'Age Friendly BC Grants' for the 'Creating an Age-friendly Alberni Valley' project (\$20,000).</u></b>							
<p>The project is being led by Barb Stevenson and her team at Fir Park Village/ Echo Village and will focus on the creation of an Advisory Committee and community consultation process to support the Alberni Valley to develop action steps to become an Age Friendly Community. An Age Friendly community is a community where older people are</p>							

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supported to live active, socially engaged and independent lives through policies, services and structures designed to support them. Download the World Health			
Organizations <a href="#">Global Age-friendly Cities: A Guide</a> to find out more about the 'Age Friendly' movement.			
<b><u>VIHA &amp; School District #70 begin discussions on 'Comprehensive School Health'</u></b>			
On Monday January 21st, key staff of mid-island school districts, VIHA and others (like the ACHN) came together for a day long 'learn in' and discussion about the topic of Comprehensive School Health. According to Dan Reist at UVic's Centre for Addictions Research, Comprehensive School Health is an ecological approach that addresses a variety of protective factors that help build kid's resilience (the ability to bounce back) and aim to change the school environment, cultures, structures, policies and procedures to operate in a healthy way and thereby promote 'health'. Comprehensive School Health involves attention to 3 inter-connected areas: healthy environments in which to learn & grow; healthy relationships and connections with peers, teachers and other school staff; exposure to learning opportunities to gain knowledge and skills to maximize health & well-being. "Schools are eco-systems," said Reist "and connectedness is the #1 quality in a healthy eco-system".			
<b><u>Congratulations to Josie Osborne, New Mayor of Tofino!</u></b>			
Osborne is the founder of Tofino Botanical Gardens, has worked as a fisheries biologist for First Nations communities, is the Chair of Tourism Tofino and a member of the Green Party of Canada. "As a small village that is the gateway to a globally significant UNESCO Biosphere Reserve, I believe we have an opportunity and an obligation in Tofino to think 'outside the box' on social, environmental and economic issues, from transportation and housing to business diversity and entrepreneurship," said Ms. Osborne.			
<b><u>Save the Date! Wednesday April 3rd for the Coastal Family Resource Coalition's 'Coming Together Forum'</u></b>			
The ACHN is proud to be sponsoring this day long forum designed to bring stakeholders and service providers together to discuss critical and emerging issues, strengthen relationships and create innovative solutions for building healthier and more resilient communities on the West Coast. The forum will be held at the Ucluelet Hall. Stay tuned for more details.			
<b><u>Planning is underway to replace the Port Alberni Valley Shelter</u></b>			
Led by shelter project coordinator Myron Jespersen, the Port Alberni Shelter Society, community members and partner agencies are coming together to create designs for a replacement to be located across the street from the current shelter on 8th Avenue in Port Alberni. The new building could potentially accommodate a variety of rooms from private, to dorm style, to wheelchair accessible, to 'family' rooms as well as meeting spaces for service providers to 'co-locate' at the shelter. Also a couple of multi-purpose rooms could			

operate in the winter for the 'extreme weather program' (or as needed in case of a tsunami etc.) The project aims to create a 'Good Neighbor Agreement' to address the concerns of

nearby residents and is looking for 'funding' in addition to financing in order to bring dreams for a new shelter that will serve the entire regional district to fruition.

### **Good Food Box Program Now Available in Port Alberni! Only \$12!**

The Salvation Army has partnered with Nanaimo Foodshare Society to take orders for and distribute the 'Good Food Box' program to Port Alberni residents. The Good Food Box helps you stretch your food dollar and feed your family better. They buy fresh produce in bulk from wholesalers and local farmers and then volunteers pack it into 'boxes' so that you get more good food for less! **Just drop into the Salvation Army with \$12 and then on the second Wednesday of the month come back and get your box!** The Alberni Salvation Army Centre is located at 4815 Argyle Street, Tel: 250-723-6913

## **LEARNING & RESOURCES**

### **Upcoming free Talk Series in Victoria**

Making Cities Healthier: it's not about health care! 7:30 PM, Legacy Art Gallery, 630 Yates Street, Victoria (free!)

--February 28: Toward the Healthy City: People, Places, and the Politics of Urban Planning ((Jason Corburn)

--March 21: The Challenge of Improving Urban Health Equity Globally (Sharon Friel)

### **In Connection: Helping People Find Their Way**

Check out Vancouver Island Crisis Society's latest edition of it's 'In Connection' newsletter. Includes research presented at the Canadian Association for Suicide Prevention Conference, comprehensive listing of emergency shelters on VI, a report of Suicide Prevention School Programs and poetry, located [here](#).

### **Homelessness and childhood sexual abuse lead youth to injection drug use according to recent studies.**

Two first-of-a-kind studies from the BC Centre for Excellence in HIV/AIDS reinforce need for addiction treatment and prevention for homeless youth. Read all about it in their latest publication 'Forecast' available [here](#).

### **Good resource for anyone who thinks they might retire on a low income.**

The document "Planning for Retirement on a Low Income" includes information on: When to take CPP early retirement, When to avoid an RRSP, When to buy a TFSA, When to buy an RRSP etc. and can be downloaded from the Vibrant Communities Canada website located [here](#).

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**BC Healthy Communities January Newsletter**

Includes interesting articles, stories and resources on projects and activities undertaken by this provincial organization, located [here](#).

**Funding Opportunities**

The Aboriginal Sports Recreation and Physical Activity Partners Council (Partners Council) is accepting applications from Aboriginal youth ages 14-24 (as of March 19, 2013) to participate in the **2013 Sport & Active Living Leadership for Aboriginal Youth (SALL) program** that will be launched as part of Gathering Our Voices Aboriginal Youth Conference, March 19-22, 2013 in Penticton. A total of 18 Aboriginal Youth will be selected to participate in this year's program, with 3 youth selected from each of the 6 Partners Council Regions (North West, North East, Vancouver Coastal, Fraser, Interior, Vancouver Island). Two youth alternates per Region will also be identified. The year-long program will begin with a series of SALL specific workshops presented during Gathering Our Voices. Participants will also be able to take part in some of the general workshops being delivered by Gathering Our Voices and encouraged to attend the Career Fair, Cultural afternoon, Youth Dance, and Youth Talent Showcase. Successful applicants will have registration, travel, accommodation, and meals paid for by the Partners Council and Chaperones will be provided for those applicants age 14-17 years of age. Requirements:

- 1) Each applicant must identify/name a mentor within their community who will help support their SALL activities throughout the year.
- 2) Successful applicants will be required to participate in all SALL related activities (inclusive of a community project, teleconferences, email communications, and other opportunities) conducted throughout the year and must commit to serving as a youth representative on their corresponding Partners Council Regional Committee for a minimum of 1 year ending March 31, 2014.

Application Deadline: 5 pm, Monday, February 11, 2013 Contact: Joe Akerman tel: 250.388.5522 [jakerman@bcaafc.com](mailto:jakerman@bcaafc.com) for info on how to apply.

**Creative Communities** aims to carry on the spirit of community celebration that played such a major role in the cultural success of the Vancouver 2010 Olympic and Paralympic Winter Games. Eligible applicants include BC non-profit arts and/or cultural organizations, First Nations band councils or friendship centres. The application deadline is 1 p.m. on Friday, February 15, 2013. The British Columbia Ministry of Community, Sport and Cultural Development, with help from other public agencies, will assess applications and recommend funding. More info & application guidelines available [here](#).

**New Relationship Trust K-12 Education Grants** - Funding for Kindergarten to Grade 12 projects that are delivered by First Nations in BC at the community level. These grants are for 3 categories: English and literacy; math; and science. Examples of funded projects includes: reading workshops with parent involvement; purchasing educational

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games or supplies; and educational field trips

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<http://www.newrelationshiptrust.ca/funding/for-first-nations/k-12-education-grants>

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**BC Multiculturalism Grants** - Grants of up to \$5,000 are available for organizations to promote multiculturalism in British Columbia. Funding is available under two streams:

Cultural Expression: Projects will be supported which raise awareness about British Columbia's rich multicultural identity through cultural events and/or resource tools. This could include festivals, community forums or cultural celebrations and materials that support positive expressions of culture and traditions in a community; and Capacity Building: Projects will be supported which strengthen the capacity of cultural organizations to participate in civil society and enhance the multicultural identity of the province through operational supports such as resource tools and materials. Applications are being accepted until February 15, 2013. For more information, visit <http://www.pssg.gov.bc.ca/gaming/grants/multiculturalism.htm#two>

**Mountain Equipment Co-op** - [MEC](#) helps keep space for adventure by conserving ecologically and recreationally important places and by inspiring and enabling Canadians to be active outside. MEC's commitment to conserving ecologically and recreationally important places is reflected in the granting themes of: land acquisition, capacity building, advocacy and awareness, and access and activity. The upcoming deadline for the Spring Cycle is March 10, 2013.

**Athletics for Kids (A4K)** is a privately funded charity that aims to help low-income families have their children participate in organized sports. The support of A4K is available province-wide for children ages 5 to 18 who are currently enrolled in school. Basic registration fees are paid for a multitude of approved sports, up to an annual maximum of \$600 per child. Application eligibility and forms are available [here](#).

**KidSport™** (a Sport BC program) provides assistance (\$150 to \$400 in grants) to families of children in need to help kids participate in local activities they otherwise could not afford to participate in. For information about how to apply, see the KidSport™ section of the Sport BC website [here](#).

**Teen Physical Activity Grants.** If you are part of a community organization, recreational facility, or a school that provides teens with the grounds, facilities, equipment, instructors, expertise or leadership to support a physical activity program, be a part of the ParticipACTION Teen Challenge: [register here](#) to join the program and to be eligible to apply for a Teen Physical Activity Grant – funds that can be used to get teens moving in innovative and motivating ways.

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