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Alberni Clayoquot Health Network

E-News February 2013

Healthy & Connected People & Places. Join 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 **'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 Dagert, Network Coordinator tanisd@live.ca (250) 668-5159 or Shelli Lyle, Admin Assistant, slyle@acrd.bc.ca (250) 720-2700

Sad News: Death of Clyde Hertzman, World Leader in Early Childhood Development

Deemed one of Canada's greatest researchers in the world of population health and child development. Hertzman was a Canada Research Chair in population health and human development, and a professor in the School of Population and Public Health at UBC. He was awarded the Order of Canada in January, and a friend and inspiration to many folks working in the ECE field in the region. Read a tribute to him by Seth Klein [here](#).

The Coastal Family Resource Coalition's 'Coming Together Forum', Wednesday April 3rd

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. Registration, refreshments & networking starts at 9am and the Forum begins at 10 with a traditional welcoming and opening prayer, finishing by 4:30 pm. Lunch and snacks will be provided for all participants. Contact Marcie Dewitt for more details. marcie_dewitt@hotmail.com (The ACHN's Shelli Lyle is making a list of folks interested in carpooling to this event from Port Alberni: syle@acrd.bc.ca)

Pacific Care Advisory Session: Wednesday, February 27th, 12:30 to 2:30 PM

Pacific Care is looking for input, views, suggestions for the future, and to answer any questions. ~ Snack & refreshments served ~ @ Kiwanis Hilton Children's Centre 4325 Neill Street (Corner of 10th and Neill). Please RSVP to Scott Beam, Child Care Consultant sbeam@pacific-care.bc.ca or (250) 735-3022

Free Workshop: "What Every Child Needs to Succeed" with Keith Pattinson, Thursday March 7th, 7 to 8:30pm at the ADSS Theatre

Keith is a passionate advocate of strength-based approaches in working with children, teens and families. He is convinced that we need to get back to the basics and that at its core, the whole notion of raising healthy kids is not based on money or programs or material things. It has more to do with sharing life experiences and relationship and finding the time to build them together within our families, organizations, neighborhoods and communities. Parents, grandparents and youth are invited to join in on this free workshop and become inspired to give the young people in your life what they need to succeed. Sponsored by the Alberni District Parents Advisory Council.

Workshop: CBT: Get a Grip on your thoughts! Monday, March 4, 7 – 9 pm Westcoast Community Resources Society Ucluelet

How can your thoughts limit your outlook on life? What can you do about thoughts that make you feel bad about yourself? This workshop introduces CBT (Cognitive Behavioural

Therapy) theory and skills. By modifying unhelpful thoughts, you can change how you respond to situations and people. Be prepared to try written exercises. For details, or help with transportation, call 250.726.2343

Here We Come! To the Wild West Coast.

Here We Come! is an interactive early years screening event for 3 to 5 year olds. Any and all pre-schoolers along with their care-givers are invited to come to Here We Come! events for fun-filled activities led by qualified leaders from community related and health organizations. Research shows that over 75% of a child's brain actually develops after his/her birth - most of that in the first five years. The early years are critical in shaping a child's ability to think, to love, to trust, and to develop a strong and positive sense of themselves. The first five years have a profound impact on a child's emotional, social and intellectual development. Early identification means that potential issues can be caught before they have a chance to create larger problems, and, in many cases, can prevent problems from ever developing. For more info contact Tracy at (250) 731-6241

When & Where: (Time 3:30 - 5:00pm)

Monday March 11th, Howitt Elementary

Monday April 8th - Maquinna (with Bamfield friends attending!)

Tuesday April 16th - Ucluelet (5 to 8pm) Wednesday April 17th - Wickaninnish Community

Monday May 6th - Eight Avenue

Monday May 27th - Wood Elementary

Ready Set Learn!

Another early learning event for pre-schoolers & their families is being sponsored by John Paul II Catholic School on March 5th from 3:30 - 5pm.

Search & Rescue Training Course Coming to Bamfield!

The Port Alberni Ground Search and Rescue (GSAR) has offered to run a SAR orientation/training course in Bamfield. The training will give individuals the basics of SAR and teach how to search in an organized/systematic fashion. The training would take place over 2 weekends in April, dates to be determined. The hope is that the basic training will be combined with local knowledge to form a first response team in Bamfield. If you are interested in having your name added to the list please contact Catherine at 1220 or 3800 or by email bcsa.ct@gmail.com

FREE Suicide Prevention & Support workshop: Strengthening Protective Factors in Community

The Vancouver Island Crisis Society is offering a FREE Suicide Prevention & Support workshop, highlighting suicide prevention strategies for youth, adults, and those bereaved by suicide. **Dates:** Monday March 18th from 9 - 12 at the Botanical Gardens in Tofino and from 1:30 - 4:30 at the Community Centre in Ucluelet. Thursday March 28th from 9 to 12

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at the Hospitality Inn in Port Alberni. Seats are limited. Call to register 1-877-753-2495 or visit www.viccrisis.ca Open to anyone interested in learning current research-based

information about suicide prevention & includes interactive presentations, discussions, exploration and practice.

Keys To Literacy Workshop March 13th at 7pm - Sponsored by PacificCARE

This training focuses on enhancing the language development and early literacy skills of young children by incorporating an interactive and experiential process of learning spoken and written language skills that begin in early infancy. Presentations from: Cynthia Low, Speech-Language Pathologist School District #70, Maggie Hodge Kwan, Children & Youth Customer Services Librarian and Scott Beam, Child Care Consultant with PacificCARE. Nominal cost. Contact Scott at PacificCARE, Port Alberni 250-735-3022 or sbeam@pacific-care.bc.ca

Expression of Interest Call: PALS

Once again Literacy Alberni and Alberni Children First is supporting PALS (parents as literacy supporters) across the Alberni Valley in programs and classrooms that work with children under 6 years with funding of up to \$300 per PALS session. If you are interested in hosting any PALS sessions within your organization/school between now and the end of May, please respond to julie@albernichildrenfirst.ca by March 1, 2013. Tell us 1. Who you are 2. What organization/school you are from 3. How many sessions you wish to do and 4. Your proposed session dates. We will follow up with those that express interest with more information and a required Memorandum of Agreement with the terms and conditions that go along with the funds. There will be a maximum of 5 sessions funded per organization/school for the 2012/2013 year. Please talk with your colleagues to ensure an equitable distribution of these limited funds.

Mark Your Calendars! Walk With Your Doc Event: May 9th in Port Alberni

This BC Medical Association initiative is an annual event celebrating World Health Organization's Move for Health Day. Last year Port Alberni hosted the largest event in the province with 18 physicians and 591 patients walking around a large track. Stay tuned for more details on the Port Alberni event and/or encourage your Doc to host one in your community: [website](#).

REPORTS

Training and Retention in the First Nations ECE Sector: A Report from the

Frontlines is the result of research that gathered first-hand information from professionals working in the field of Aboriginal Early Childhood Education (ECE). The research generated recommendations to guide strategic planning and policy changes to encourage new Aboriginal educators to join the field, to reduce barriers to training, and to retain qualified staff. Research found that:

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<ul style="list-style-type: none"> • An overwhelming majority of the respondents were managers or supervisors of ECD programs (71%) 			
<ul style="list-style-type: none"> • The ECE workforce in First Nations communities is aging as 50% are over the age of 40 • There is a wide variation in wages in on reserve programs; and seniority, training, and education do not always translate into higher wages • Large numbers of staff in child care programs have not completed ECE certification (35% in the interior and 85% in the North) 			
<p><u>First Call BC's - 2012 Child Poverty Report Card.</u></p>			
<p>The Report Card makes 15 public policy recommendations that would help reduce the child poverty rate to seven percent or less by 2020. Find the report here. Key findings include:</p>			
<ul style="list-style-type: none"> • BC had an overall poverty rate of 15.5 percent in 2010 – the worst rate of any province in Canada using the before-tax low income cut-offs of Statistics Canada as the measure of poverty. • BC had the worst poverty rate at 11.6 percent of any province for children living in two-parent families. • In 2010, 43 percent of the poor children in BC – 41,300 children – lived in families with at least one adult working full-time, full-year, exposing the problem of low-wage jobs. • Most poor families with children live many thousands of dollars below the poverty line. Poor two-parent families had incomes \$13,800 below the poverty line on average 			
<p><u>LEARNING OPPORTUNITIES:</u></p>			
<p>WEBINAR: Promoting Healthy Weights Using Population-based Interventions in Canada: Insights from an Evidence Brief and a National Stakeholder Dialogue/ Webinar Next Thursday February 27th via McMaster University.</p>			
<p>“Leading the Way” Youth Summit on Sustainable Urban Transportation is looking for youth delegates 18 - 28 years old with a keen interest in transit and sustainable transportation, for the 'Leading the Way Youth Summit on Sustainable Transportation' taking place May 10-12, 2013 in Calgary.</p>			
<p><u>Diabetes Prevention through Traditional Plants and Foods Train the Trainer Opportunity March 25-27, 2013 from 10-4:00</u></p>			
<p>Explores the nutritional, medicinal, ecological, and cultural significance of foods and medicines that are traditionally used by indigenous people in the Pacific Northwest. The focus is specifically on traditional foods and medicines that might help prevent or reduce the effects of diabetes and other insulin-resistant disorders. At the Victoria Native Friendship Centre Amphitheatre, Vancouver Island, Canada Cost is \$150 including curriculum materials Register here. For additional information contact Elise Krohn at 360-485-3848 or elise@cwis.org</p>			

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FUNDING FOR HEALTHY LIVING:

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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