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Alberni Clayoquot Health Network

E-News October 2014

"Healthy & Connected People & Places"

Upcoming Events, Resources & More!

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Health Network Update:

Thankful for the Abundance of Our Region

October is a time of harvest and Halloween! On October 24th and 25th the Vancouver Island and Coastal Communities Traditional Foods Network will be holding it's 7th annual conference in Ucluelet hosted by Toquaht First Nation. This Conference is a great

opportunity to learn about and try the Traditional Foods in our region including seafood, land foods and medicines. As well, the Alberni Valley Agricultural Plan is now available on the [ACRD website](#) and throws light on the ability of the region to grow and sustain more of our daily food needs. And with Halloween just around the corner the opportunity to teach kids about healthy food and eating sugar in moderation is immense, not to mention all the physical activity and fun that can be had while out walking neighborhoods and attending celebrations. We have so much to be thankful for and lots more that we can do together to make our kids and communities as healthy as can be.

The Alberni Clayoquot Health Network it's excited to announce that it has formed it's new 'Table of Partners'! Stay tuned for more news from the health network about upcoming opportunities to get involved and events that will be happening around the region. Thanks to the following individuals for volunteering to help guide the Network over the next year and beyond with the aim of improving health outcomes across the region. (For more info about the health network contact Coordinator Tanis Dagert: tanisd@live.ca)

- Marcie DeWitt, Coordinator of the Coastal Family Resource Coalition
- Rebecca Hurwitz, Executive Director of the Clayoquot Biosphere Trust
- Peter Klaver, Director of Instruction - Human Resources, School District 70
- Ellen Brown, Site Director West Coast General Hospital, Island Health
- Josie Osborne, Director, Alberni Clayoquot Regional District & Mayor of Tofino
- Esther Pace, Manager, Child Youth & Family Services, Island Health
- Laurie Money, Team Leader, Ministry of Children and Family Development
- Eunice Joe, Regional Health Liaison - Vancouver Island, First Nations Health Authority
- Wes Hewitt, Administrator, Port Alberni Shelter Society
- Craig Summers, Executive Director Port Alberni Association for Community Living
- Matilda Atleo, Health Promotion Worker, Nuuchahnulth Tribal Council
- Julie Rushton, Alberni Children First Community Facilitator
- Penny Cote, Director, Alberni Clayoquot Regional District and Chair of the Health Network.

Upcoming Meetings, Events & Opportunities:

The **Alberni Valley Social Planning Committee AGM** will be held on Thursday Nov. 20th from 7-9pm at the Alberni Valley Employment Centre, 4805B Mar Street. Contact Bill Brown for more info: bbrown@avemployment.ca

The next meeting of the **Coastal Family Resource Coalition** is Wednesday Nov. 5th. Location t.b.a.. Contact Coordinator Marcie Dewitt for more info about the Coalition: marcie_dewitt@hotmail.com

Community Coat Share “Because Everyone Deserves to be Warm”

Donate your gently used winter outerwear to the Community Coat Share project. In the last seven years 2402 coats have been donated and distributed. Coats are cleaned & distributed throughout the community. Donations can be dropped off at any elementary school in Port Alberni, or the School Board office by October 23rd or Contact Coordinator Cathy Cross , Alberni Valley Community School 250-723-6251 ext. 2430

Vancouver Island Traditional Foods Conference Oct. 24th & 25th Ucluelet

Registration for the Vancouver Island Traditional Foods Conference October 24th & 25th, 2014, Ucluelet, BC, hosted by 'tuk'waa?ath First Nation is now open. For more info about this conference contact Norine Messer, Conference Coordinator norinemesser@hotmail.com and to register here: <http://www.indigenousfoodsvi.ca/register/>

Food Connections Gathering & Work Party Nov. 7th 9:00 AM to 4:30 PM, Ucluelet Community Center

“Grow” your understanding of the West Coast Food System. Features a Speakers Panel about Rural and Remote Food Issue and Concurrent Workshops to build your food skills and knowledge followed by an afternoon work party to get your hands dirty with a local project in the community! Refreshments and afternoon snacks will be provided. Hosted by the Clayoquot Biosphere Trust and the Island Health Food Security Hub Network . <https://www.eventbrite.ca/e/food-connections-gathering-tickets-13415344657>

Save the Date - November 19th for a Virtual 'Vancouver Island Food Connections' Conference

Titled Food Security in Rural & Remote Communities. Sessions to include: 1) Local Government Programs & Policies for Food Security in Rural and Remote Communities. 2) Tricks and Tools for Collaboration & Collective action in Rural & Remote Communities. 3) Grass Roots success stories for improving food security in rural & remote communities.

Childcare First Aid Course – Get on the List!

An invaluable course to take for parents, grandparents, babysitters, older siblings, and anyone with little people in their life. Alberni First Aid needs at least 6 people to run a class. If you are interested, please call Alberni First Aid as soon as possible at 250-723-0974 to add yourself to the list.

Helpful Resources:

BC Community Health Profiles

The *BC Community Health Profiles* provide an introduction to community health data and present data at the lowest geographic level available (census sub-division or local health

area level, whenever possible). Profiles have been generated for 130 incorporated municipalities in B.C. (all communities that had sufficient data available) and are not meant to replace the comprehensive local health area profiles that are developed by regional health authorities. Find your Community Health Profile at:

<http://phsa.ca/HealthProfessionals/Population-Public-Health/community-health-data/community-health-profiles.html>

The Alberni Valley Agricultural Plan 2011-2031

Located on the ACRD website. "The valley produces between 5 and 11% of the food consumed locally." Located here: <http://www.acrd.bc.ca/398>

Alcohol & Pregnancy Signage Toolkit

The Province of BC has released a toolkit for local governments considering signage bylaws for point-of-sale fetal alcohol spectrum disorder (FASD) warnings. The purpose of this information kit is to provide city councils in British Columbia with the rationale for point-of-purchase FASD warning and prevention sign bylaws, as well as details on the political requirements for enacting such bylaws under the public health component of the Community Charter Act. Located at: http://www.health.gov.bc.ca/women-and-children/pdf/fasd-warning-signage-info-kit-booklet-web.pdf?utm_source=The+Compass+-++October+8%2C+2014&utm_campaign=October+8&utm_medium=email

Health in a Changing Climate - Impacts and Opportunities for Canada and BC Webinar Recording

The first webinar in a free interactive series exploring the health implications of a changing climate, and proactive approaches that communities and organizations are taking to prepare for health risks and opportunities. Link to recording: <https://momentum.adobeconnect.com/a832732884/p5ldq450azy/?launcher=false&fcsContent=true&pbMode=normal>

Become a Patient Partner in the Patient Voices Network!

The Network is a community of patients, care givers, family members, and others who are using their experiences to transform health care in BC. www.patientvoices.ca or email: connect@patientvoices.ca for more info on how to get involved.

BC Elders' Guide

The First Nations Health Authority and the Ministry of Health released the first edition of the BC Elders' Guide. This unique health and lifestyle resource is based on the BC Seniors' Guide and is specifically designed for First Nations and Aboriginal Elders. The BC Elders' Guide provides information on provincial and federal programs and community and local resources, with sections on health, lifestyle, housing, transportation, finances, benefits, safety and security, and other services. At: <http://www.fnha.ca/eldersguide>

Competencies for First Nations Relations

The BC Public Service has launched a new resource aimed at employees who relate to and interact with Aboriginal customers and partners. The website contains tip sheets, implementation guides, planning sheets etc. and outlines 17 competencies designed to help employees improve their “individual and collective abilities to appreciate and empower the Aboriginal people of BC.” Check out [Aboriginal Relations Behavioural Competencies](http://www2.gov.bc.ca/myhr/article.page?ContentID=55246cff-6276-7a2d-e7e3-71356191492f) located at: <http://www2.gov.bc.ca/myhr/article.page?ContentID=55246cff-6276-7a2d-e7e3-71356191492f>

Nominate a Community Champion for the British Columbia Community

Achievement Awards

This program honours people who have made a significant contribution to their community through a unique achievement or outstanding service – either as a volunteer or in the course of their work – in any area that provides a benefit to the community, such as sports and recreation, arts and culture, environment, multiculturalism, environment, healthcare, education, civic duty, business innovation, community volunteerism, and youth or seniors' leadership. However, neither the nominations nor the awards are limited to these suggested categories. Nominations close November 15th.

<http://www.bcachievement.com/community/info.php>

Funding Opportunities:

'Find Grants' Tool: Ministry of Jobs, Tourism and Skills Training

Grants are a rich resource for funding. Use this grant search tool to connect with a wide range of funding opportunities. You can narrow the search by grant description, name, subject area or the application deadline. Located at

<http://www2.gov.bc.ca/gov/topic.page?id=9095899D4E384EB3B64FB38E6BFB3709>

First Nations Health Authority Winter Wellness Grants

FNHA is excited to offer Winter Wellness grants to encourage the development of innovative, culturally grounded health promotion events and campaigns. Communities, organizations and agencies engaged in direct health service delivery to BC First Nations and/or Aboriginal people may apply. Eligible Challenges will be based on the four wellness streams of Being Active, Healthy Eating, Nurturing Spirit, and Respecting Tobacco. The challenge can run over an extended period of time or be a single event. The **deadline** for applications is **October 27 at 4pm**. Challenges must take place between: November 21 and December 21, 2014 Visit: www.fnha.ca

2015 Age-Friendly Funding

Local governments are invited to apply for up to \$20,000 to help them prepare for an

aging population. The 2015 Age-friendly Community Planning & Project Grants program provides funds for projects that help seniors live active, socially engaged and independent lives through policies, services and structures designed to support them. With funding supplied by the Province, the UBCM has provided support for seniors since 2004 through its Seniors' Housing & Support Initiative. Funding has assisted the creation of Age-friendly assessments, physical fitness and nutrition programs, community gardens, and seniors' information services. A maximum of 25 grants will be available with applications due by **October 31, 2014**. See: <http://www.ubcm.ca/EN/main/funding/lgps/current-lgps-programs/seniors-housing-support-initiative.html>

ECE Bursary Program

The Early Childhood Educators of BC has received funding from the Ministry of Children and Family Development to establish a bursary fund for students enrolled in early childhood educational programs. To respond to identified needs, priority will be given to: Aboriginal students; Students attending early childhood educational programs with an Aboriginal focus, and; Students working to achieve an infant/toddler educator designation. Students will be able to apply for up to \$300 per course, to a maximum of \$1,500 per semester. Bursary applications due by **Friday, November 7th**. Applications are available: http://www.ecebc.ca/programs/files/ecebc_student_bursary_application.pdf

Tire Stewardship BC's Community Grant Program

Registered non-profit organizations, local governments, schools, and First Nations may now apply to Tire Stewardship BC (TSBC) for a matching grant of up to \$30,000 for community improvement projects that will use BC recycled tire products. To be eligible for a TSBC grant, projects must use BC recycled rubber and be fully public and wheelchair accessible. Projects include but are not limited to, pour in place or rubber tile surfacing for playgrounds, water parks or fitness areas, walkways, running tracks, or playing fields. The application intake period will remain open until December 31, 2014. To apply, visit the website: <http://www.tsbc.ca/grant.php>

Home Depot Community Grants

The Home Depot Canada Foundation believes that good neighbours make great neighbourhoods. The Foundation is dedicated to sharing our time, knowledge and resources to support affordable housing and build strong communities for Canadians in need. Community Grants - provides registered Canadian charities with funding for affordable housing and community based improvement projects that benefit Canadians in need and encourage hands-on service through volunteer engagement. <http://www.homedepot.ca/content/foundation/how-we-help/grant-programs/#grant-programs> for more information. Continuous intake.

Inter-Action - Multiculturalism Grants and Contributions Program

Administered by Citizenship and Immigration Canada (CIC). The Program

supports CIC's mandate, as well as the *Canadian Multiculturalism Act*, by assisting in the socio-economic integration of individuals and communities and helping them to contribute to building an integrated and socially cohesive society. Applications are accepted year round. <http://www.cic.gc.ca/english/multiculturalism/funding/index.asp>

Community Celebrations Fund

To celebrate Canada hosting the Pan & Parapan American Games 2015 Games. The Fund can support a wide variety of projects related to the 2015 Games, including: commemorative activities and events, community events that celebrate local athletes, learning materials, plaques and monuments, theatrical and musical performances, artwork, etc. Eligible funding recipients include: Canadian not-for-profit organizations; Canadian business corporations, where projects are non-commercial in nature; Canadian schools; Canadian municipal, provincial and territorial governments, and their institutions. <http://www.pch.gc.ca/eng/1386084225521>

Healthy Eating, Active Living, Tobacco Cessation:

The '**Port Alberni' Healthy Living Guide**' can be viewed on the City's Website at www.portalberni.ca or picked up at Echo Centre.

The **Tofino Parks and Recreation Guide** can be downloaded here: <http://www.tofino.ca/content/tofino-recreation-programs>

The **Ucluelet Parks & Rec Guide** can be viewed here: http://issuu.com/khodder/docs/fall_supplement_2014

Online Chronic Disease Self-Management Program

The Online Chronic Disease Self-Management Program is a fun and practical online workshop which can help people with chronic conditions overcome daily challenges and maintain an active, fulfilling life. Participants learn about healthier ways to live, gain confidence and motivation to manage their health, and feel more positive about their lives. They are provided with information, strategies and techniques so they will have the tools they need to help themselves. The program is FREE for BC residents with all levels of computer skills, who are experiencing chronic conditions. Caregivers, friends and family members. <http://www.selfmanagementbc.ca/onlinechronicdiseaseprogram>

Tobacco Free Tuesdays!

The first Tuesday of every month is Tobacco Free Tuesday. Take the pledge and enter to win prizes. www.tobaccofreetuesdays.com

Shapedown BC Program

10 week program designed for children/adolescents between 6-16 with a BMI (Body Mass Index) greater than 95%. Physician referral is required and at least one parent/ guardian must attend the twice weekly sessions with their child. Contact the Central Island Healthy Weights Program in Nanaimo at 250.755-7955 for more info.

Join the network & 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! Attend our meetings and regional sponsored events. Send us your news & we'll share it!

Email and ask to join our network list: slyle@acrd.bc.ca
Join us on Twitter: [ACHealthNetwork](#)

'Like' us on [Facebook](#) & receive on our ongoing newsfeed.

Contact Us! Tanis Dagert, Network Coordinator tanisd@live.ca (250) 668-5159 or Shelli Lyle, Admin Assistant, slyle@acrd.bc.ca (250) 720-2700