

Prefer to read this email online? [Click here.](#)

You receive this email because you are a member of the Duncan-Cowichan Chamber of Commerce or have expressed an interest in the Chamber. Canada's AntiSpam Laws require us to document express consent from everyone receiving the Chamber eNews and other electronic correspondence. Follow the links below to signal your express consent to continue receiving Chamber news, events, offers and member information. Don't forget to add chamber@duncancc.bc.ca to your address book so we'll be sure to land in your inbox.

You may [unsubscribe](#) if you no longer wish to receive our emails.

**Connect. Engage. Achieve.**

**Nov.7, 2014**

## Duncan Cowichan Chamber of Commerce eNews

Follow us



**Protect your business from the usual suspects.**



**BUSINESS INSURANCE**  
**IslandSavings**

[What's going on in the Cowichan - Check out Festivals Cowichan](#)

### BC Chamber News

[BC Chamber Advocacy](#)

[BC Chamber Latest News](#)

[Public Affairs Update](#)

[BC Chamber Network Link](#)

### In the News

[Tourism Cowichan Newsletter](#)

[Economic Dev in BC](#)

[BC Economic Dev Assoc News](#)

[BDC In Business Newsletter](#)

[BBB News & Events](#)

[Latest Infoline BC Stats](#)

### Local News On-line

### Chamber Events

#### **The Benefits of Sleep - Michelle Conville - Thurs. NOV 13, Noon - 1:00 pm**

How much sleep do you need? Do you snore? Are you tired all the time? Sleep is essential for everyone's well being yet millions of people do not get enough sleep. Sleep deprivation may result in stress, continuing access to technology, work long hours or just poor sleep hygiene. There are more than 80 sleep disorders that can affect our overall health and well-being. One such disorder is Obstructive Sleep Apnea and is estimated to be present in 1 out of 4 adults with associated risk factors. Left untreated can contribute to serious medical conditions. Find out how to improve your sleep and your vitality. Attend this Lunch 'n Learn on Nov. 13.

#### **The Benefits of Sleep with Michelle Conville RMT**

Thurs. Nov. 13, Noon - 1:00 pm

Location TBA, but accepting RSVP's now.

RSVP to [chamber@duncancc.bc.ca](mailto:chamber@duncancc.bc.ca) | 250.748.1111

*Michelle Conville is a Registered Respiratory Therapist for Independent Respiratory Services. She has worked in the field of Respiratory Therapy for 16 years and currently specializes in the field of Sleep, focusing on Obstructive Sleep Apnea diagnosis and treatment.*

#### **Digital Media Advertising, Tool & Strategies, Tuesday, NOV 18, 4:30 - 6:00 p.m. - FREE workshop and a chance to win a Microsoft Surface**

Details are coming together for this digital workshop, facilitated by a digital marketing team from Yellow Pages. Join us for this free workshop which is part of our

[89.7 JuiceFM](#)

[Cowichan Valley Citizen](#)

[Cowichan News Leader](#)

[TasteCowichan](#)

[Cowichan Valley Voice](#)

[Shaw goIsland South Van. Isl](#)

## Benefit Providers

[News About Chamber Merchant Services from First Data](#)

[BC Chamber Benefits Overview](#)



## Funding for Business

[Listing of Wage, Training & Other HR Funding](#)

[Global Vocational Wage Subsidy Program](#)

[Western Diversification Funding](#)

## Business Resources

[WorkSafe BC AntiBullying](#)

[Respect Group AntiBullying Training](#)

[How to Update Your Member Profile](#)

[CVRD Meetings](#)

[Small Business BC - Webinars & More](#)

[Tourism Vancouver Island Strategic Plan 2015/17](#)

[BDC FREE Website Analysis Tool](#)

of a roadshow, brought to you by the BC Chamber of Commerce. We hope attract 40 - 60 participants to this FREE Workshop. All attendees will be entered in a draw to win a Microsoft Surface.

[Stay tuned for more details here](#)

### Digital Marketing

Tuesday, November 18, 4:30 - 6:00 p.m.

Duncan Meadows Golf Course

6507 North Road

RSVP to [chamber@duncancc.bc.ca](mailto:chamber@duncancc.bc.ca) | 250.748.1111

[November Monthly Luncheon - Caring for the Cowichan Watershed, Thursday, November 20, noon - 1 p.m.](#)

[Registration now open](#)

### Save the Dates for these Upcoming Events:

[Duncan Cowichan Chamber AGM - Nov. 25, 5:30 pm The Quamichan Inn](#)

[Mixer at Chemainus Village Computer Centre - Dec. 2, 5:30 pm](#)

[How to Save on Cell, Phone & Data Charges with Schooley Mitchell - Dec. 3, No](#)

Making the Most of Your Chamber Mobile Listing Webinar - Dec. 2, 10 am

~~~~~  
*Thank you to our Chamber members who share their time, expertise and hospitality with the business community.*

## Consider advertising in upcoming Chamber News



[News Leader Chamber News - NOV 19 - Front Page Exposure & Centre Spread](#)

The News Leader is showing their support for the business community and pulling out all the stops to offer Chamber members enormous exposure at the lowest available prices. The quarterly [Chambers News](#) appears in the

[Nov. 19 Cowichan](#) News Leader. And for the first time - **it will be a centre spread, with prime placement for your ads.** And still at those all time low, just for-member prices. The November Chamber News in the News Leader will feature the Chamber's processes and success in advocating for business. Booking deadline: Nov. 15 for the Nov. 19 issue.

[Chamber News Leader, Centre Spread in the Cowichan News Leader](#) - Nov. 19

Booking Deadline - Nov. 15

Contact a News Leader Representative about your ad:

[Shelley Hoover](#)  
250.856.0050

[Kim Grant](#)  
250-856-0052

[Wendy Henderson](#)  
250.856.0054

[Jex Trithart](#)  
250.856.005

## Destination BC launches new video - The Wild Within

[Official Trade & Investment Site for BC](#)

[Mentorship BC](#)

[Province of BC - Business Management Tools](#)

## Opportunities

[TasteCowichan Job Opening](#)

[Chamber Job Board](#)

[Global Vocational Job Board](#)

[CVRD Tenders & RFP's](#)

[How to Do Business with BC Gov't](#)

[Provincial Bid Opportunities on BC Bid](#)

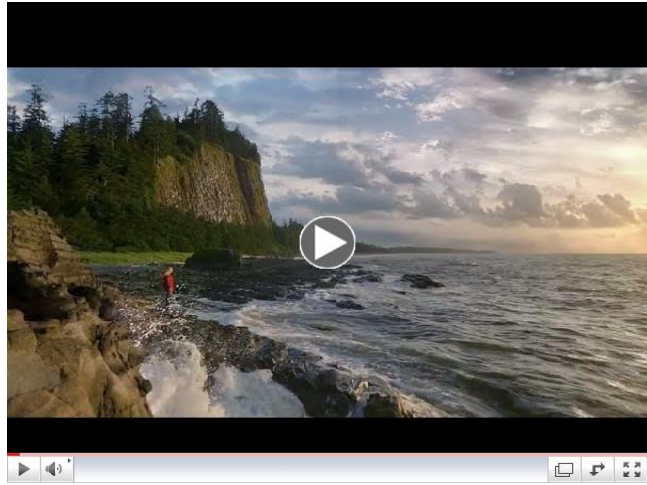
[Government of Canada Tender Notices](#)

## Quick Links

[Join the Chamber](#)

[Business Directory](#)

[Chamber Events](#)



The Wild Within: British Columbia, Canada

## Destination BC's new brand

[Destination BC's November newsletter with new brand](#)

## Member News & Events

[Seasonal Promotion with new member The Cedars Escape and Spa Cedar Spa NOV & DEC special](#)

[Genesis Pure offers Chamber Members special Give the Gift of Health this Christmas](#)

[Heritage Pawnbrokers celebrating 20 years with early Christmas sales!](#)  
Oh No, it's almost Christmas!! at Heritage Pawnbrokers and our sales are NOW ON!! Jewelry up to 50% OFF, Tools at 40% OFF, All Black Guitar Sale at 50% OFF Layaways are available. We have: video game systems, stereo and surround systems, TVS, lots of fishing gear, power and hand tools and much, much more!! We're celebrating 20 years of providing collateral loan financing and great deals gently used items to Vancouver Island. Drop in to visit your local Pawn Stars!!!

Heritage Pawnbrokers  
430 Whistler St, Duncan  
250-746-9810.

[St. John Ambulance - 25 % off Therapy Dog Package](#)  
[Poster - offer ends NOV 9](#)

[Annual Open House at Monet Spa](#)

Thursday, November 20th, 5 p.m. - 9 p.m. Stop by for some pampering and sample the latest in nails, make-up and skin care. [Monet Spa](#) Valley View Centre, #10-1400 Cowichan Bay Road, Cobble Hill

[The Art and Science of Successful Collaborations Workshops brought to you by Leadership Vancouver Island November 14 and November 28, Community Futures Boardroom](#)

### [Leadership Vancouver Island Poster](#)

[Help Sherlock Solve the Latest Mystery at the Chemainus Theatre Festival Gala Fundraiser Nov. 15](#)

The Chemainus Theatre Festival presents the annual Gala Fundraiser, *Sherlock's Masquerade*. The fundraiser takes place in the Playbill Dining Room at Chemainus Theatre Sat. Nov. 15, 7 - 10 pm. Sherlock's Masquerade includes an intriguing mystery, fabulous themed canapés and beverages, games, and prizes for costumes and clever sleuthing. Host Bernard Cuffling plays your host Mr. Sherlock Holmes, plus:

- Live music by the Dave Liefertz Combo
- Performances by Vanessa Croome
- Silent and live auction items including tickets to Chemainus Theatre's Royal Downtown Abbey-ish evening

#### [Sherlock's Masquerade - Chemainus Theatre Festival Gala Fundraiser](#)

Sat. Nov. 17, 7 - 10 pm

Playbill Dining Room, Chemainus Theatre

Tickets are \$40 or include a Venetian Mask for \$70

Call the Theatre Box Office for tickets: 250-246-9820

All proceeds from this event support the Chemainus Theatre ongoing operations and is generously sponsored by:  
[Coastal Community Credit Union](#)      [Orchard & Co.](#)      [Island Savings](#)      [Willow Street Ca](#)

[Dynamic HR Solutions: Fall Lunch & Learn Skills Builder Series Thursday's - November 20, 2014](#)

Bring your lunch and join us for 60 min. of valuable learning, networking & discussion about HR-related topics.

Nov. 6: Making the Most of Your New Hires Probationary Period - **Facilitator:** Ginger Brunner, Dynamic HR Solutic

Nov. 13: Change Management & Resistance to Change - **Facilitator:** Ginger Brunner, Dynamic HR Solutions

Nov. 20: Whistle While You Work: Being Healthy & Happy in the Workplace - **Facilitator:** Wendy Bowen, Start Link Health & Wellness Group

#### [Lunch 'n Learn Skills Builder Series at Dynamic HR Solutions](#)

Thursdays - Now through Nov. 20, Noon - 1:00pm

204, 64 Station St.

\$25.00/per person (plus tax) | Includes Handouts & Coffee/Tea/Water

[Register Online](#)

Contact us for details on these & other sessions E: [jassica@dynamichrsolutions.com](mailto:jassica@dynamichrsolutions.com) | T: 250-597-1901

[Aboriginal Entrepreneurship Training NOV 24 - DEC 5](#)

This workshop is being held at VIU's Cowichan Trades Centre, and is free to Cowichan Tribes members. Non-members are welcome - \$750. Participants will learn: Cost effective ways to market and advertise, how to come up with a business plan, how to do market research and more...More information on the link below:

[Aboriginal Entrepreneurship Training](#)

[Vancouver Island University - Upcoming Continuing Education Courses](#)

Navigating Board Membership: Financial Literacy  
Thu, Nov 13; 6-9pm

[Certificate Programs...](#)

[First Nations Housing Manager](#)

Medical Office Assistant - September 2015

Vancouver Island University - [Community Extension & Contract Services](#)  
Register in person, [online](#) or by phone 250-746-3519  
[Fall-Winter Courses Online](#)

## Elections - Saturday, November 15

The Chamber salutes everyone who has stepped up and are standing for election in the upcoming November municipal, regional and School Trustee elections. We encourage everyone to participate, become familiar with issues, candidates' platforms - and of course to VOTE on November 15.

Available contact information for the candidates can be found by [searching Civic Info BC](#)

[Municipality of North Cowichan](#) | [CVRD Election Information](#) | [City of Duncan](#) | [SD79 School Trustee Elections](#)

### Cowichan Sportsplex - Referendum

The November 15 CVRD election will contain a question on the ballot regarding the structure of funding for the Cowichan Sportsplex. Voters in the CVRD are asked to consider reclassifying the annual Sportsplex funding from a Grant-in-Aid, to a budget line item. Backgrounder below:

[Cowichan Sportsplex Referendum](#)



What would \$25,000 mean to  
your business?

BUSINESS BANKING  
IslandSavings

## It's Nomination Time

### Small Business BC Awards Recognize BC's Small Business Owners Deadline Nov. 30

Nominees have the chance to win \$1500 cash, SBBC All-Access Pass, Mentorship, Extensive Media Exposure. From October 1 - November 30, nominate your business or business you love in any of 10 categories. [Nominate for the Small Business BC Awards 2015](#)



### Nomination Open - 15th Annual Vancouver Island Business Excellence Awards - Deadline Dec. 12

Calling all Island companies which have had a good year of growth, expansion, or introduction of new products and/or services. The Awards Gala is set for January 22, 2015. Hayes Stewart Little and Company and RBC are major sponsors of the event. To nominate a business, visit [www.businessvi.ca/events](http://www.businessvi.ca/events) and click on Vancouver Island Business Excellence Awards to download a nomination form.

[Duncan Cowichan Chamber of Commerce](#)

2896 Drinkwater Road  
Duncan, BC V9L 6C2

E: [chamber@duncancc.bc.ca](mailto:chamber@duncancc.bc.ca) | T: 250.748.1111 | F: 250.746.8222

The Chamber eNews runs alternating Editions. This week is a combined Chamber and Member Edition. Please send your news to [chamber@duncancc.bc.ca](mailto:chamber@duncancc.bc.ca) by noon on Thurs. for the Fri. eNews. Fifty word maximum, please be sure to include pertinent information like time, location, and price as appropriate. We include links, contact information & social media. Items may be edited for brevity & clarity. Items should be suitable for thumbnail size.

**[Forward this email](#)**



This email was sent to chamber@duncancc.bc.ca by [chamber@duncancc.bc.ca](mailto:chamber@duncancc.bc.ca) | [Update Profile/Email Address](#) | Rapid removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).



Try it FREE today.

Duncan Cowichan Chamber of Commerce | 2896 Drinkwater Road | Duncan | BC | V9L 6C2 | Canada