



**Health Matters Newsletter  
November 27, 2020  
Today's Health Matters Includes:**

- OCCHN Meeting Schedule
- Community Meetings
- Take Care of Yourself Check List
- Important Information for Harm Reduction and Overdose Response During COVID Pandemic
- You Can be a Part of the Municipality of North Cowichan Official Community Plan Update- Survey and Photo Project
- Public Health Agency Grant for HIV and Hepatitis C
- Round 2 No Immunity BC Nonprofits and the Impact of COVID 19 Survey
- Quamichan Lake Water Monitoring Program Webinar
- Hospice Tree Lighting Ceremony in Honour of Those We Have Lost
- Job Postings
- We Need Your Help With Salmon Sightings in Somenos Watershed



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- ✓ **Next Admin Committee Meeting** **January 7, 4:30 pm- zoom**
  - ✓ **Next Our Cowichan Network Meeting** **Special zoom meeting to be held on January 14, 5:30 pm**
  - ✓ **Next EPIC Committee Meeting-** **December 17 1:30 pm-3:00 pm zoom call**
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**Community Events- Meetings**

- **Community Action Team (CAT) Meeting 9:00 am December 17, 2020, Contact Cindy for access**
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## Take Care of Yourself Check List

### Before you go home

- ✓ Take a moment to think about your day.
- ✓ Acknowledge one thing that was difficult during your work day – Let it go!
- ✓ Consider three things that went well.
- ✓ Check on your colleagues before you leave – Are they ok? Are you ok? We are here to support you.
- ✓ Now switch your attention to home – Rest and recharge. mindfulness



*Mindfulness and mental health matters*

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## Important information for Harm Reduction and Overdose Response during the Pandemic

Be informed

<http://www.bccdc.ca/Health-Info-Site/Documents/COVID19-harm-reduction.pdf>

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## From the Municipality of North Cowichan- You Can Help with Updating the Official Community Plan

Welcome!

We are updating your North Cowichan Official Community Plan, and we want to take a closer look at the many communities and neighbourhoods that make up our community. Your feedback will help us understand the unique character of these communities and neighbourhoods in future plans and policies. We are asking you to tell us about the places that make the communities and neighbourhoods in North Cowichan special so that we can ensure these qualities are sustained into the future. What makes each community or neighbourhood interesting? Think about notable landmarks, like buildings, public spaces, streetscapes, parks, natural spaces or any other places in this community where memorable and even everyday experiences can happen. We encourage you to visit and photograph these landmarks in person, so that you can show us your own unique perspective through photos or drawings! We want to make it easy! Expected time to complete is approximately 15 minutes. You can also fill out the survey: ·

Online: at [www.northcowichan.ca/ocp](http://www.northcowichan.ca/ocp) or connect on PlaceSpeak · Please submit your completed survey to Municipal Hall by leaving this survey in the drop box at the lower entrance or by mailing it to: Community Planning, 7030 TransCanada Highway, Duncan, BC V9L 6A1. · You can also scan and email your completed survey to [communityplanning@northcowichan.ca](mailto:communityplanning@northcowichan.ca). All surveys must be submitted by January 17, 2021.

*In light of new restrictions, we are trying to limit the number of people at Municipal Hall as much as possible. There are now three options:*

1. *Fill it out online:*  
<https://survey123.arcgis.com/share/55cc4b24cb634bddb231c7b5b39c365c>
2. *Print a PDF version of the survey and return to Municipal Hall via mail or in the drop box*
3. *You may call Municipal Hall at 250-746-3263 to request a copy of the survey be mailed to you.*

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## **Round 2 No Immunity BC Nonprofits and the Impact of COVID 19 Survey**

You may recall earlier in the summer seeing the province wide survey report: [No Immunity: BC Nonprofits and the Impact of COVID-19](#). The report revealed startling information about the state of the sector as well as provided recommendations for targeted interventions.

They are now re-launching with a 6-month "pulse check" of the non-profit sector to understand the ongoing impacts of the COVID-19 pandemic. This survey is designed to take no more than 10-15 minutes, and we are encouraging as many organizations from our region to participate as possible so we can get a better understanding of the impact here. It will be open until December 2.

**PLEASE TAKE A MINUTE TO DISTRIBUTE THIS SURVEY THROUGH YOUR NETWORKS:** <https://www.surveymonkey.com/r/NoImmunityNonprofitSurvey>

*A few key things about this survey:*

- *This survey is ANONYMOUS and will take 10-15 minutes to complete.*
  - *This survey is best completed on a desktop or laptop.*
  - *We will be giving away 50 gift certificates to London Drugs - each worth \$50 - to be drawn on December 10th, 2020. Instructions are at the end of the survey.*
  - *Please ensure that only one person from an organization completes the survey.*
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CLEAN WATER ACTION PROJECT  
ONLINE PRESENTATION



# QUAMICHAN LAKE WATER MONITORING PROGRAM

A PRESENTATION BY DR. DAVE PREIKSHOT  
SENIOR ENVIRONMENTAL SPECIALIST  
MUNICIPALITY OF NORTH COWICHAN

THURSDAY DECEMBER 3, 2020  
11 AM VIA ZOOM  
PLEASE RSVP BY EMAIL TO RECEIVE ZOOM LINK

[info@cowichanlandtrust.ca](mailto:info@cowichanlandtrust.ca)





*30th annual*  
**TREE LIGHTING CEREMONY**  
*in honour of those who have died*

**VIRTUAL GATHERING**  
**Wednesday, December 2nd**  
**6:00 pm**

**Facebook.com/CowichanHospice**  
No account or registration required

All are welcome to join this online ceremony to honour those who have died, hosted by Cowichan Hospice and Cowichan District Hospital. To participate, simply go to [Facebook.com/CowichanHospice](https://www.facebook.com/CowichanHospice) at 6 pm on Wednesday, December 2nd.

Participants will be invited to collectively light a candle from their own location and may post names, photos and remembrances of those they are honouring in the comments section of the video.



For more information, please contact Lisa at [lichleen@cowichanhospice.org](mailto:lichleen@cowichanhospice.org)



30th Annual Tree Lighting Ceremony in honour of those who have died  
Wednesday, December 2<sup>nd</sup> 6:00 pm  
[Facebook.com/CowichanHospice](https://www.facebook.com/CowichanHospice)

**[Click Here on December 2nd at 6 pm OR to view later!](#)**

## Public Health Agency Grant for HIV and Hepatitis C

The Public Health Agency of Canada has launched open and competitive solicitations for time-limited project funding under the HIV and Hepatitis C Community Action Fund and the Harm Reduction Fund. These two funding programs support community-led projects to implement evidence-based programming to reduce the health impacts of sexually transmitted and blood borne infections (STBBI) in Canada. [Funding opportunities to address sexually transmitted and blood-borne infections \(STBBI\) - Canada.ca](#)

- The HIV and Hepatitis C Community Action Fund (CAF) is investing \$26.4 million annually to support community-based projects that address HIV, hepatitis C and other sexually transmitted and blood-borne infections (STBBI).
- The Harm Reduction Fund (HRF) is investing \$7 million annually to support community-based projects serving and supporting people who share drug-use equipment (inhalation and injection equipment such as needles and pipes) to prevent the transmission of HIV, hepatitis C and other STBBI

While this announcement has been widely distributed amongst past, present and potential stakeholders, we ask for your support in sharing the invitation to submit an LOI through your networks and with any organizations that may be interested in applying for funding that may not have received the invitation.

### **Supporting the community response to sexually transmitted and blood-borne infections (STBBI) in Canada**

Government of Canada efforts to address STBBI in Canada are guided by the [Pan-Canadian Framework for Action on STBBI](#) and the [Government of Canada Five Year Action Plan on STBBI](#).

#### **HIV and Hepatitis C Community Action Fund (CAF):**

The Public Health Agency of Canada (PHAC) invests \$26.4 million annually to support time-limited projects across Canada to address HIV, hepatitis C and other sexually transmitted infections (e.g. chlamydia, gonorrhoea, syphilis) through the **CAF**.

Organizations can apply for a maximum of **5 years of project funding**.

#### **Harm Reduction Fund:**

PHAC invests \$7 million annually to support time-limited projects across Canada that will help reduce HIV and hepatitis C among people who share injection and inhalation drug-use equipment through the **HRF**.

Organizations can apply for **3 or 5 years of project funding** for a maximum of \$250,000 per year. PHAC may accept requests for larger investments depending on the scope and scale of the project.

Please contact us should you have any questions about this matter.

We thank you for your collaboration.

Sincerely/Sincère,

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t | 604-666-0372 c | 343-551-7512  
[praneeta.chandra-stalzer@canada.ca](mailto:praneeta.chandra-stalzer@canada.ca)

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## JOB Postings

### Cowichan Housing Association is Hiring-

Click on images below to download current job descriptions.

**We're Hiring**

Cowichan Housing Association is hiring two outreach workers.

The following 2 positions provide outreach services and trauma informed support for individuals who have multiple risk factors:

- 🏠 Youth Outreach Worker - high risk youth, aged 18-25, at the youth tenting site
- 🏠 Outreach Worker - homeless individuals at the Ramada Hotel and outdoor tenting sites

Submit resume or enquire at [admin@cowichanhousing.com](mailto:admin@cowichanhousing.com)

Full job description at [www.cowichanhousing.com](http://www.cowichanhousing.com)



**We're Hiring**



**Youth Outreach Worker**

**CLICK HERE**  for job description

**We're Hiring**



**Outreach Worker**

**CLICK HERE**  for job description

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## Somenos Salmon Sightings!

Have you spotted Salmon in our watershed?



### **We need your help!**

If you see Salmon in the Somenos Watershed we want to know! The Somenos Marsh Wildlife Society is interested in finding out where the salmon are going within our watershed. The Somenos watershed has three main tributaries; Richards Creek, Averill Creek, and Bings/Menzies Creeks, historically these have served as spawning grounds for both Chum and Coho salmon. They travel from the Ocean up the Cowichan River to Somenos Creek, ending up in Somenos Lake, where they make their way into the different tributaries. Due to the overwhelming amount of Parrot's Feather growth in Somenos Creek this year, we are concerned about the impact this will have on migrating salmon. Knowing that salmon can return to the Somenos watershed will help us to better understand the impact that Parrot's Feather is having on Salmon travel up Somenos Creek. Observations submitted to us will contribute to our ongoing watershed wide fish monitoring program, If you spot salmon in any of the creeks named above please let us know by clicking the button below or emailing us at [programs@somenosmarsh.com](mailto:programs@somenosmarsh.com)  
Please share this far and wide to see how many sightings we can get this year!

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[Submit a Sighting!](#)

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### **Health Matters Newsletter**

**Do you have a resource, event or information you would like to share?**

Send it to [cindylisecchn@shaw.ca](mailto:cindylisecchn@shaw.ca) and it will be included in the weekly newsletter