



**Health Matters Newsletter
November 5, 2020
Today's Health Matters Includes:**

- Meeting Schedule
- Community Meetings
- The Impact of Backyard Burning and Land Clearing
- Canadian Mental Health Association on Line Auction for Youth Programs Closes November 15
- How Communities Across Canada Are Coming Together to Reduce Poverty
- Granting Opportunities
- Island Health Magazine Fall Edition
- Tamarack Webinars

I love the hidden treasures you find in the trails around Cowichan



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- ✓ Next Admin Committee Meeting **November 5, 4:30 pm- zoom**
 - ✓ Next Our Cowichan Network Meeting **November 12 – Cancelled-** Special zoom meeting to be held on **December 3 5:30 pm**
 - ✓ Next EPIC Committee Meeting- **November 19 1:30 pm-3:00 pm zoom call**
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Community Events- Meetings

- **Community Action Team (CAT) Meeting 9:00 am November 26, 2020, Contact Cindy for access**



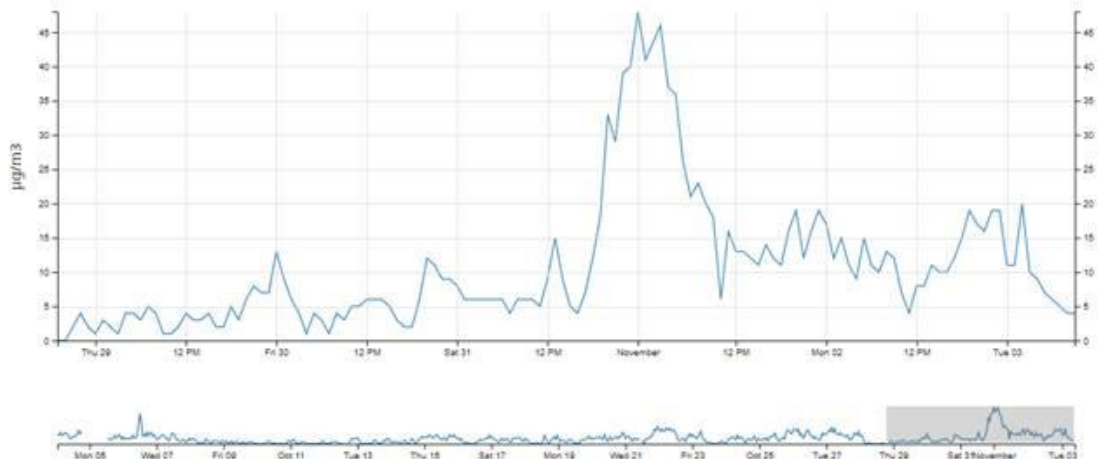
Open Burning and Its Impact on Your Health

Photos taken Sunday November 1 from Mount Tzouhalem. On a beautiful sunny day everyone would like to be outside. Due to many who did not look up the venting index and chose to burn on a poor venting day, this was the result. Dense low-lying smoke as far as the eye could see hovered just above the ground from one end of our valley to the other. Instead of being a wonderful day outside in the sunshine this day had the potential of making many people sick or at best resulted in them having to stay indoors. Please help to educate neighbours and yourselves on the impact of open burning and PM2.5 on your health. You can go to <https://www.cvr.ca/2180/Airshed-Protection> to learn more. This includes an air quality map and information regarding venting and if it is ok to burn on any given day. If you would like real time information on the air quality in your neighbourhood you can go to <https://www2.purpleair.com/>. Please think of others and make every effort to dispose of yard waste without burning. You can see the spike in PM2.5 from our air monitoring station in the graph below for this date and time too.

Duncan Deykin Avenue - Air monitoring station

Latest data at: **Tuesday 3 November 2020 09AM (PST)**. Current data is displayed below and you can select each one to view a 30-day graph of the analyser:

PM2.5	PM2.5 (24hr)	TRS	TRS (24hr)
4 µg/m ³	10.92 µg/m ³	1.0 ppb	0.8 ppb



How Communities are Coming Together to Reduce Poverty

Read the [Vibrant Communities - Cities Reducing Poverty 2020 Impact Report](#)

- Learn more about [Cities Reducing Poverty](#)
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Youth Outreach Fundraiser Closes November 15

Every night in the Cowichan Valley the experience of



homelessness is a reality for



**Canadian Mental
Health Association**
Cowichan Valley

many youth - whether they are couch-surfing, sleeping outdoors, or feeling unstable in their current situation. While shelter housing is available for adults at Warmland Shelter and the Women's Shelter, there are currently no shelter services for youth under 19.

The CMHA-Cowichan Valley Branch Youth Outreach Team sees many youth suffering from substance use, precarious housing and mental health issues. The Youth Outreach Team is there to meet them where they are, every step of the way. No matter what brings someone to our programs, they are always met with caring and

welcoming staff eager to offer support in whatever form is needed.

COVID-19 has presented us with many challenges. While we have continued to provide services to some of our community's most vulnerable youth, we have had to put our fundraising events on hold. To this end, we are reaching out to the community to support this 'pre-holiday' online silent auction to raise much needed funds for Youth Outreach Programs in the Cowichan Valley.

We thank the local artists, businesses and service providers that have generously provided donations and encourage you to support them when doing your shopping this holiday season. Please help us make a difference to the youth of the Cowichan Valley. Our silent auction link is below:

<https://www.32auctions.com/CMHA-Auction-Youth2020>

Thank you to our supporters:

Thank you for helping us to help others.

CMHA - Cowichan Valley Branch

<http://www.cmhacowichanvalley.com/>

Granting Opportunities

Vancouver Foundation Fund for Gender Equality

The Vancouver Foundation have launched their new [Fund for Gender Equality](#). It offers grants of up to \$40,000 to support organizations in BC that are working to advance gender equality through community-level initiatives.

[ESDC Child Care funding announcement](#)

The federal government have [launched a call for proposals](#) for projects that aim to improve the quality of early learning and child care across Canada. Priority will be given to projects that address the needs of families through the next phase of recovery from the pandemic.

Island Health Magazine Fall 2020

NOVEMBER 2, 2020

This issue offers COVID-19 safety tips, an article about prescribed opioid use, an introduction to Dawn Thomas, our new VP for Indigenous Health & Diversity, Equity and Inclusion, the first in our series from Public Health on Climate Change and much more.

Read it here:

[ISLAND HEALTH MAGAZINE Fall 2020](#)(link is external)



Tamarack Webinars

Innovation and Leadership

Date: November 4, 2020

Speakers: Shauna Sylvester, Brock Carlton, and Bill Young

Poverty Perspectives

Date: November 11, 2020

Speakers: Adaoma Patterson, Kerry Nolan, and Kate Gunn

Climate Change Champions

Date: November 19, 2020

Speakers: Lori Hewson, Mary Pickering, and Ana Gonzalez Guerrero

From 'For' People to 'With' People; Creating Equitable and Resilient Places

Date: November 25, 2020

Speakers: Afsaneh Tafazzoli, Marveh Farhoodi, Shanna-Kay Smith and Negar Hashemi

Health Matters Newsletter

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

Send it to cindylisecchn@shaw.ca and it will be included in the weekly
newsletter