



**Health Matters Newsletter
September November5, 2021
Today's Health Matters Includes:**

- OCCHN Meeting Schedule
- Community Meetings
- Get Vaccinated- Just Do It!
- It's Time to Take Open Burning Seriously
- Free Webinar Series - Home Energy Efficiency, Electric Vehicles, Heat Pumps and Rebates
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- Help Shape Transportation in the CVRD
- In Case You Missed Food Security Granting Opportunities are Available
- More Funding Opportunities
- Help Shape BC's Anti Racism Legislation Data



Lest we Forget



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- ✓ **Next Admin Committee Meeting December 2, 4:00 pm- zoom**
 - ✓ **Next Our Cowichan Network Meeting Location to be determined January 13, 5:30 pm**
 - ✓ **Next EPIC Committee Meeting- November18, 1:30 pm-3:00 pm zoom call**
 - ✓ **Cowichan CAT – November 25, 10 am -noon contact Cindy for access**
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Community Events- Meetings

Take Part in the Annual Clements Centre Sock Drive- poster attached

GET Vaccinated Everyone in B.C. must register with the [Get Vaccinated provincial registration system](#) once.



It is at this time of year that you will see a number of posts through Our Cowichan regarding air quality and open burning. It's unfortunate that open burning is still an issue in the Cowichan Valley. Simply put- It makes people sick.

PM2.5 levels were elevated over the weekend and into Monday morning. Whereas the high-pressure system and Halloween's fireworks were common factors throughout much of the province, wood burning may have been a key factor as well in the Cowichan.

If it wasn't for the change in weather on Monday, an air quality advisory would have been issued. This is serious stuff!

Editorial: Backyard burning should be left in the past

Your lungs and the lungs of all of us here in Cowichan, will thank you for it

- Oct. 28, 2021 7:00 a.m. Cowichan Valley Citizen

It's a serious health concern.

The Cowichan Valley Regional District has asked that people take their yard waste, for free, to the CVRD's transfer stations rather than lighting it on fire this fall. It's a perennial problem: smoky air pollution in Cowichan over the fall and winter months. But for some it's more than unpleasant. And for all of us it poses a risk to our health. The Cowichan Valley is just that, a valley. In the winter months the air often gets trapped between our mountains, holding all that pollution people put into the air close to the ground, where we all live and breathe.

We doubt it's a coincidence that Cowichan has higher rates of chronic pulmonary disease and asthma compared not only to the rest of the Island, but to the province as a whole. Smoke from outdoor fires can make these conditions well nigh unbearable, leading to hospital visits.

Some areas of the Cowichan Valley have taken the lead and banned outdoor burning altogether. These include the City of Duncan, Town of Lake Cowichan and the Town of Ladysmith. The rest still allow burning during specific windows (except for areas F and I, which have no restrictions on burning), usually arguing that rural properties have too much debris to take to a transfer station (though we'd certainly urge looking into composting and chipping, in most cases).



While there are rules for when people can burn (only when the venting index is “good”) far too many people don’t bother to follow them. Clouds of black, choking smoke are all too common a thing to encounter, even on rainy days when damp debris will burn only at a snail’s pace and with a whole lot of awful emissions that will clog the air for kilometres in every direction, leaving your neighbours cursing you.

How many people have you seen building burn piles right next to the property line, so the smoke won’t drift towards their house (even as it drifts towards the neighbour’s)? How many ignore the edict against burning leaves (though many experts now advise to leave them in place to replenish the soil over the winter)?

Backyard burning may be a traditional way to rid oneself of yard waste, but it’s a tradition we can well do without. There are far better alternatives that don’t leave our neighbours gasping for air. Be a good neighbour; don’t light piles of stuff on fire. Your lungs and the lungs of all of us here in Cowichan, will thank you for it.



Free Webinar Series - Home Energy Efficiency, Electric Vehicles, Heat Pumps and Rebates

Learn how you can help protect your home and your community from the impacts of climate change.

The Cowichan Valley Regional District has partnered with the Regional District of Nanaimo to offer a **free webinar series**. The webinars run from October 27 to November 24 and cover home energy efficiency, electric vehicles, heat pump technology and available rebates.

This series will help you discover more about:

1. the numerous rebates and financial incentives available for a variety of energy-efficient renovations;
2. how to lower your home energy consumption;
3. the costs and benefits of electric vehicle ownership; and,
4. how to build a climate-resilient, comfortable new home.

For more information on the webinars and to register, visit: <https://www.rdn.bc.ca/2021-fall-webinar-series>

We hope to see you there!

Leading a Collective Impact Initiative

Virtual Workshop Series | January 18, January 25 and February 1, 2022

This three-part virtual workshop is designed specifically to build the capacity of Collective Impact backbone staff and leaders. Participants will gain a solid understanding of the theory and practice of Collective Impact, as well as the necessary tools and resources to launch and lead a successful Collective Impact effort.

Join us and invest in strengthening your own capacity to lead, facilitate and sustain your Collective Impact initiative as a catalyst to create a community-wide movement for change.

Invest in Your Capacity to Lead



Help Us Shape the Future of Transit in the Cowichan Valley

BC Transit and the Cowichan Valley Regional District (CVRD) want your feedback on transit service and infrastructure priorities in the Cowichan Valley Regional District Transit System.

To provide your feedback between October 28 and November 25 and to access our online survey, visit engage.bctransit.com/cowichanvalley2021.

Paper surveys are available for pickup at:

- Shawnigan Lake Community Centre
- Kerry Park Recreation Centre
- Cowichan Community Centre
- Cowichan Lake Sports Arena
- CVRD Head Office
- Ladysmith Resources Centre Association

Please consider sharing this Email with your networks and, if appropriate, printing a copy of the attached poster for display.

Your assistance and feedback are greatly appreciated. If you have any questions, contact the CVRD by sending an Email to transit@cverd.bc.ca.



Food Infrastructure Grant

The application for the **Food Infrastructure Grant** is now open! For full details about the grant please visit our website <https://uwbc.ca/foodsecurity/>. Please note that this is a two-step application process - [register here](#) to receive the full application.

About the Food Infrastructure Grant

United Way British Columbia – working with communities in BC’s Interior, Lower Mainland and Central & Northern Vancouver Island and the Ministry of Health are looking to collaborate with community food-based organizations to address the unique food access and availability challenges of **rural, remote and Indigenous communities in BC**. This one-time funding is available to support the **development, implementation, or improvement of food infrastructure** that impacts year-round, long-term procurement, storage and distribution of fresh, traditional, and other food and enhances community well-being.

- Applications will be accepted **October 4th, 2021 – December 15th, 2021** via online form, phone or video interview (UWBC staff will be available to assist).
- \$5,000-\$20,000 can be applied for by a single applicant, OR \$5,000- \$30,000 can be applied for in a co-application between multiple groups.
- Available to any community food-based organization located in any rural, remote and/or Indigenous community of British Columbia OR; BC First Nations Band or Tribal Council.
- All funds must be expended – and activities completed – by March 31, 2022.

If you have any additional questions, please contact:

Alžběta Sabová (Food Security Initiative Manager) AlzbetaS@uwbc.ca or
Heather Escobar (Food Security Coordinator) HeatherE@uwbc.ca






Food Security Funding

https://cfccanada.smapply.ca/prog/good_food_access_fund_round_8_huitime_ronde_de_financement_du_fabn/

Deadline Nov 19th.

Let me know if you need any support with an application.

Judy Stafford
Executive Director
Cowichan Green Community

 [250-748-8506](tel:250-748-8506)
 cowichangreencommunity.org
 360 Duncan St., Duncan, BC, V9L 3W4

FUNDING OPPORTUNITIES

Inclusive Community Initiatives Grant

DEADLINE: NOVEMBER 5

Inclusive Community Initiatives (ICI) is part of the Federation of Canadian Municipalities' Canadian Women in Local Leadership program. A total of 20–25 projects of \$5,000–\$10,000 will be funded to strengthen the capacity of women to run for elected office and hold leadership positions, enhance the capacity of municipal stakeholders to address gender-based violence and harassment, and mobilize knowledge and share best practices across municipalities. [More details.](#)

Farm to School BC Grant

DEADLINE: NOVEMBER 14

Farm to School BC offers two types of grants: Start-Up Grants of up to \$3,000 and Scale-Up Grants of up to \$1,000. Start-Up Grants are for school communities with a clear vision for their farm to school project and who have a team of supportive stakeholders in place. Scale-Up Grants are for schools with existing farm to school programs that want to build upon their farm to school vision. [More details.](#)

UBCM Evacuation Route Planning Grant

DEADLINE: NOVEMBER 19

This funding stream supports eligible applicants to develop Evacuation Route Plans for communities that would otherwise be challenged to successfully undertake an evacuation operation during an emergency. This is a planning stream and funding cannot be used for construction work. The maximum available funding is \$25,000. [More details.](#)

BCCC Community Cycling Grant

DEADLINE: NOVEMBER 22

This grant supports small scale regional/community-based projects that may include advocacy, education or outreach relating to Highway/Roadway safety, Safe Passing, Motor Vehicle Act Reform, Cycle Tourism, Active Transportation, and Infrastructure Improvements such as cycle highways. It may also be used to defray campaign expenses including staffing or related administrative and organizational capacity

building tasks. The grant provides up to \$15,000 of funding per year, with a maximum of \$5000 per project. [More details.](#)

Vancouver Fdn Indigenous Priorities Granting Program

DEADLINE: NOVEMBER 29

Vancouver Foundation is committing \$750,000 to the Indigenous Priorities Granting Program (IPGP) to provide flexible, one-time grants to First Nation, Inuit and Métis communities, and Indigenous-led organizations operating in the lands now known as B.C. Grants of up to \$50,000 will support Indigenous-led initiatives that encourage community inclusiveness, belonging, and healing. [More details.](#)

Northern Resilient Communities Grant

DEADLINE: NOVEMBER 30

Northern Resilient Communities Grants provide funding to community organizations, service agencies, Indigenous organizations, schools, municipalities, regional districts and other partners with projects that support community resiliency. This funding supports groups and organizations who need assistance adapting, maintaining or establishing practices in response to emerging community health and wellness needs. [More details.](#)

B.C. Community Gaming Grants - Human & Social Services

DEADLINE: NOVEMBER 30

Community Gaming Grants provide \$140 million annually to not-for-profit organizations throughout B.C. to support their delivery of ongoing programs and services that meet the needs of their communities. Human and Social Services grants are for organizations that deliver programs to improve the quality of life in a community by supporting the well-being of its members. [More details.](#)

United Way British Columbia Food Infrastructure Grant

DEADLINE: DECEMBER 15

United Way British Columbia and the Ministry of Health are looking to collaborate with community food-based organizations to address the unique food access and availability challenges of rural, remote and

Indigenous communities. This one-time Food Infrastructure Grant (\$5,000–\$30,000) will fund the development, implementation, or improvement of food infrastructure to support year-round, long-term procurement, storage and distribution of fresh, traditional, and other food and enhance community well-being. [More details.](#)

Help shape B.C.'s anti-racism data legislation

The Province is seeking public input to guide the creation of anti-racism data legislation. This legislation will help better identify where gaps and barriers exist in order to better tackle systemic racism, hate and discrimination. Information gathered will shape the way services are delivered in sectors like policing, health care and education. Public consultation is open until November 30.



[Participate here](#)

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 Friday Newsletter