



Health Matters Newsletter October 27, 2020

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings
- Impact of COVID 19 on the State of Air
- Canadian Mental Health Association on Line Auction for Youth Programs
- COVID Friendly Holiday Catering
- Inclusive Leadership Opportunities
- Tamarack Webinars
- Unbelievable Rebates on Improving Heat Sources in Your Home- ACT Now- *video about why not to burn*



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- ✓ Next Admin Committee Meeting **November 5, 4:30 pm- Location to be Determined**
 - ✓ Next Our Cowichan Network Meeting **November 12 In Person Meeting to be determined**
 - ✓ 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**
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The Impact of COVID 19 on the State of the Air

The Health Effects Institute has released their 2020 State of the Global Air Report:

<https://www.stateofglobalair.org/>

It includes a fact sheet on COVID and AQ, with a handful of general findings: [Air Pollution and COVID-19](#)



**Canadian Mental
Health Association**
Cowichan Valley

Youth Outreach Fundraiser Every night in the Cowichan Valley the experience of homelessness is a reality for 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:

- Lisa Reid Montgomery
- Laurie Harding
- Judy Bobke
- Coco Jones
- Stuart Pagaduan
- Mixed Metal Mimi
- Belina Jickling Photography
- Wild Renfrew Cottages
- Wilma Millette
- Excellent Frameworks
- Rho Elliott Photography
- Cheryl Bakke Martin
- Gillian Wale
- Shawnigan Vintage Barn
- Peter Huerter, Puddle Jump Bags

- James Richmond
- Hwiemtun Roland
- Lise Haddock
- Live Edge Design
- Lauri Guerdin
- Mirasol Studios
- Jen Charlie
- Riley Zane Customs
- Susan Kock Atelier
- Karen Severson
- Laurie Anne Milton
- Cathy Schmidge
- B MacKenzie
- Tracy Lewis
- Val Courfield
- Pipi Tustian Textiles
- Lesley Fountain Studio
- The Williams Family
- Madeline Joe
- Tammie Myles
- Brian Simons
- and several Anonymous donors - you know who you are ;)

Thank you for helping us to help others.

CMHA - Cowichan Valley Branch

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

Canadian Mental Health Association - Cow · 201 5878 York Rd, Duncan, BC V9L3S4, Canada

This email was sent to cindylisecchn@shaw.ca. To stop receiving emails, [click here](#).

You can also keep up with CMHA - Cowichan Valley Branch on [Twitter](#) or [Facebook](#).

Created with [NationBuilder](#), software for leaders.

If you are looking for COVID friendly holiday catering options Farms Gate Catering has a few options. We have attached them to this email. They are meant to be delivered and individually packaged (other than the food truck, which would have our staff on site but separate and still have the meals be individually packaged). We also have a "take and bake" option which would work great for a zoom meeting or staff party with everyone being able to pick up their meals from one location prior to the event.

Help Cowichan Residents Breathe a Little Better and check out the [awesome video](#) for Clean The Air Cowichan.

Unbelievable Rebates! What a great time to replace fossil fuel (and baseboard and woodstove home heating appliances) for heat pumps! Let's make our valley more climate and air quality "friendly".

CVRD offers a \$2,000 incentive for replacing woodstoves with a heat pump

Until Dec 31, residents can: access [double the rebates](#) on select upgrades for home energy improvements through the CleanBC Better Homes and Home Renovation Rebate Programs when they register for a promo code by December 31 2020 and complete eligible upgrades by March 31 2021. Applies to baseboard and fossil fuel systems.

Work together with one ore more homes, and get more money: Additional rebate offer that rewards groups of homeowners working together to reduce greenhouse gas emissions by switching from an oil, natural gas, or propane heating system to an air source heat pump.

<https://betterhomesbc.ca/rebates/gpr/>



Inclusive Leadership Co-operative is looking for a huddle.

by [ILC Coordinator](#)

It's not an easy time to have a vision of the future because we are in great flux all around the world. Even the world with it's once predictable rhythms is in great flux . Near the end of 2018, Inclusive



Leadership Co-operative had a vision for the following two years, and we have seen its manifestation in beautiful ways. So here we are approaching the end of 2020, in a changing world, with members who care about influencing this change toward Justice with Integrity, Peace and Respect. We often see, when a team has a sound and

practiced plan, they form a huddle just before putting that plan into action. It's a way of affirming connection, ensuring cohesion and raising energy so the plan unfolds smoothly and enjoyably.



Some of us might be in a position to rise high above our lives within the workings of the Co-op, as an eagle with its acute vision, scanning the field below to identify which direction to fly. Some of us would rather bring the tools and resources we know so well, and huddle to affirm one another in the ways each is living, learning and leading inclusively in each one's community. Either way, you're invited to come and share what you see in ILC, what you hope to offer, or what you request, and perhaps together we will formulate some next steps for the ILC community.

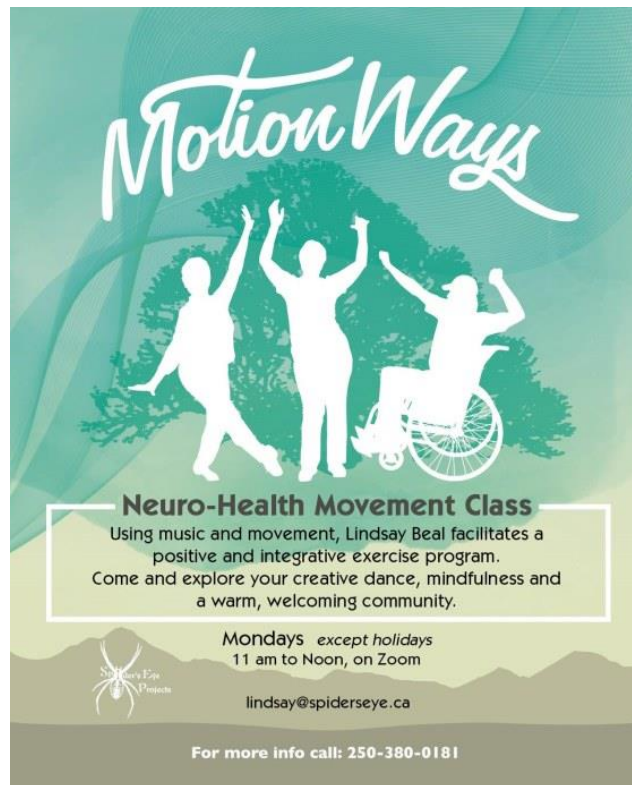
Saturday, November 14th, 9:30 - 12:00 noon Pacific Standard Time, on Zoom.

What to do to participate:

- Register right away with this link: [ILC Visioning Huddle](#)
- When you get an email confirmation with the meeting link, add the event to your calendar.
- Bring paper and a marker or two to jot down notes, or to enhance compassionate listening.
- Arrive 5 minutes early to "hang up your coat" and smile at others.
- Let others know if you cannot stay for the whole time.

IL Co-op Members in Action

Announcing the inclusive and allied programs that Inclusive Leadership Co-op Members are offering in their communities.



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