



Health Matters Newsletter
October 28, 2022
Today's Health Matters Includes:

- OCCHN Meeting Schedule
- Community Meetings
- Sunday Sandwiches
- Invitation to Region Wide Community Engagement on Resiliency- Attached
- Burning Ban Lifted- please check local regulations
- Souper Seniors- LAST Week
- Cowichan Neighbourhood House Change of Email Contact and Seeking Volunteers



Community Meetings

- ✓ **Next Admin Committee Meeting** November 3- 4:00 pm zoom call
- ✓ **Next Our Cowichan Network Meeting** November 10 Cowichan Board Room – IN PERSON
- ✓ **Next EPIC Committee Meeting-** November 17, 2022, 1:30 pm-3:00 pm zoom call contact Cindy cindylisecchn@shaw.ca for access
- ✓ **Cowichan CAT –** November 24, 2022, 10 am -noon- contact Leah Vance leahlvance@gmail.com

Omicron Continues to Circulate Please GET Boosted

Vaccination Clinics are open again at the Cowichan Community Centre for Flu and COVID Vaccines.

Sunday Sandwiches. Sandwiches will be served in the backyard of the Cowichan Valley Basket Society building each Sunday. They also plan to serve sandwiches on Statutory Holidays that we are closed.

Lunch is served from 12 to 1. They have coffee, tea, water, juice, sandwiches, boiled eggs and treats.

Region Wide Invitation to Series of Workshops Regarding Community Resiliency- Attached

We would like to invite you to participate in a series of workshops to explore and define hazards, risks, vulnerabilities and resiliencies across the Cowichan. We are looking for people from all backgrounds – local government, non-government, community representatives, support groups, responders – to help inform the project. Please see the attached invite for details.

The first workshop is on November 15 at 9 a.m. Please register at <https://CowichanHRVAEngagementSessions.eventbrite.com> If you are unable to participate please consider sharing this invite with someone else from your organization/department/society who may be able to lend their time and thoughts.

Open fires to be allowed again in Coastal Fire Centre Please check local regulations and consider composting or delivering yard debris to local recycling depots.

Particulate matter from wood burning causes serious health impacts.

Category 2 and Category 3 open fires have been prohibited throughout the Coastal Fire Centre's jurisdiction since July 15, 2022, with a set end-date of October 28, 2022. This prohibition is being allowed to lapse due to current and expected rainfall, along with a return to seasonal temperatures.

The ending of the prohibition applies to all public and private land, unless specified otherwise (e.g., in a local government bylaw). People are asked to check with local government authorities for any other restrictions before lighting any fire.

Specifically, this change will allow the following activities:

"category 2 open fire" which means an open fire, other than a campfire, that

1. burns material in one pile not exceeding 2 m in height and 3 m in width,
2. burns material concurrently in 2 piles each not exceeding 2 m in height and 3 m in width, or
3. burns stubble or grass over an area that does not exceed 0.2 ha.

"category 3 open fire" which means an open fire that burns

1. material concurrently in 3 or more piles each not exceeding 2 m in height and 3 m in width,
2. material in one or more piles each exceeding 2 m in height or 3 m in width,
3. one or more windrows, or
4. stubble or grass over an area exceeding 0.2 ha.

Also allowed will be the previously prohibited activities listed below (*Wildfire Act, Section 12*):

- Fireworks, including firecrackers;
- Sky Lanterns;
- Binary Exploding Targets;
- Burn Barrels or Burn Cages of any size or description; and,
- Air Curtain Burners.

The campfire prohibition within the Coastal Fire Centre was lifted on September 20, 2022. This applies to campfires that are a half-metre high by a half-metre wide or smaller, or to cooking stoves that use gas, propane or briquettes. Anyone lighting a campfire must maintain a fireguard by removing flammable debris from around the campfire area and have a hand tool or at least eight litres of water available nearby to properly extinguish the fire.

A poster explaining the different categories of open burning is available online:

[openburningregs_2022update.pdf](#)

The Coastal Fire Centre covers all the area west of the height of land on the Coast Mountain Range from the U.S.-Canada border at Manning Park, including Tweedsmuir South Provincial Park in the north, the Sunshine Coast, the Lower Mainland, Vancouver Island, the Gulf Islands and Haida Gwaii.



SOUPER SENIORS
Give a Senior a hot meal

Volunteer Cowichan
In collaboration with:
United Way Healthy Aging
Social Prescribing

Some other non-perishable food items accepted (no glass containers, please check expiration dates)

- Canned meat (Chicken, tuna)
- Canned vegetables
- Canned fruit
- Ensure/Boost
- Carnation instant breakfast
- Peanut butter/Jelly
- Low salt, nutritious items are preferred

WHY?
Many of our seniors live at or below the poverty line and need some food security support. Seniors are hesitant to reach out and ask for help. They were often the volunteers at the heart of local organizations.
Soup is easy to prepare and serve

HOW IT WORK?
Start collecting and dropping off tins of soup Challenge your neighborhood and community organizations or schools.

WHEN?
September 7th to October 30th

DROP OFF SITES:

- **Vancouver Island Regional Library:**
 - Cowichan: 2687 James Street, Duncan
 - South Cowichan: 2720 Mill Bay Rd #310
 - Lake Cowichan: 68 Renfrew Av.
- Canco Supermarket - 550 Cairnsmore St, Duncan
- Volunteer Cowichan - 149 Canada Ave #1, Duncan
- Galletto Market & Deli - 1602 Joan Ave, Crofton
- Pharmasave - 3055 Oak St #101B, Chemainus
- 50+ Activity Centre - 55 Coronation Street, Lake Cowichan

For those unable to drop off items in person, monetary contributions are accepted and appreciated to buy shelf-stable items and support seniors nutritional needs.
To make a Donation or more information call
Carol-Ann: 250-748-2133

Cowichan Neighbourhood House is Seeking Volunteers- Contact the Office for more information. Please note the main office email will be changing from cnhaoffice@gmail.com to info@cnha.ca. I'll send from the postings my new email chris@cnha.ca, so if you see that it's actually from us at Neighbourhood House.

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