



**Health Matters Newsletter
September October 29, 2021
Today's Health Matters Includes:**

- OCCHN Meeting Schedule
- Community Meetings
- Get Vaccinated- Just Do It!
- CVRD Asking Residents to Avoid Backyard Burning
- Free Webinar Series - Home Energy Efficiency, Electric Vehicles, Heat Pumps and Rebates
- Food Infrastructure Grant
- Food Security Funding Opportunity
- Tamarack Learning Opportunities
- Help Shape Transportation in the CVRD



Happy Halloween!

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- ✓ **Next Admin Committee Meeting** December 2, 4:00 pm- zoom
 - ✓ **Next Our Cowichan Network Meeting** Location to be determined November 4, 5:30 pm
 - ✓ **Next EPIC Committee Meeting-** November 18, 1:30 pm-3:00 pm zoom call

Community Events- Meetings

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

The Cowichan Valley Regional District is asking residents to avoid backyard burning as a way to keep the air cleaner and keep people healthier. Residents can bring organic materials to recycling centres or try “leaving the leaves” for the benefit of gardens and pollinators instead.

Higher rate of lung disease in Cowichan Valley linked to poor air quality

[Carla Wilson](#) / Times Colonist

OCTOBER 24, 2021 06:00 AM

Cowichan Valley residents are being asked to refrain from burning woody debris, as their neighbours face higher-than-average rates of chronic obstructive pulmonary disease and asthma.

Such health concerns make people more vulnerable to the effects of wood-stove smoke and outdoor burning, said Dr. Shannon Waters, medical health officer for the Cowichan region of Island Health.

Residents are being encouraged to use other ways to get rid of yard waste.

The valley’s air quality deteriorates in the fall and winter because wood stoves are used more frequently and outdoor burning of yard waste and wood debris increases as well.

Those practices happen elsewhere but the topography and local weather often trap smoke in the valley, the Cowichan Valley Regional District said in a statement.

Ladysmith Mayor Aaron Stone, board chair at the regional district, said that as people are increasingly exposed to wildfire smoke in the summers, “it is extra important that we do what we can to reduce the exposure to smoke in the winter.”

The main concern is the amount of particulate matter released into the air by burning wood waste.

At a certain level, it is linked to lung and heart disease, including heart attacks, and asthma, the district said.



Island Health data collected in 2018 show that in the south part of the Cowichan Valley, chronic obstructive pulmonary disease is affecting 90.2 out of 1,000 individuals. That's higher than in the rest of the Island Health region, where the rate is 52.5 out of 1,000, while the rate for B.C. is 51.1.

The rate is even higher in the west side of the Cowichan Valley at 102.2. In the north end of the valley, the rate falls to 66.4, but it is still above typical rates for the Island and for B.C.

Reducing particulates in the air will help contribute to better health, Waters said.

Alternatives to open burning of wood and yard waste outside include dropping off wood waste free of charge at regional district recycling centres.

Woody debris can also be chipped, while leaves can be left on the ground and in garden beds — an environmentally friendly practice creating places for pollinators and other helpful garden bugs to spend the winter.

For those who feel they must burn, the regional district said it is critical to check the venting index, which must be classified as “good” in the area before burning is allowed under the regional district’s bylaw.

If the index is at “poor” or “fair,” yard waste smoke will not disperse. It stays close to the ground where it can affect the health of residents.

The district notes that the area’s weather and topography mean the venting index is rarely in the “good” category in the fall and winter.

Under the district’s bylaw, burning in the region’s nine electoral areas is only permitted between Oct. 15 and Nov. 15, and from March 15 to April 15.

- Only untreated natural wood pruning and branches can be burned.
- Leaves and green debris are not allowed to be burned because it creates too much smoke.
- Burns can not be larger than two metres squared and must be at least 10 metres from all property lines.
- Burning is allowed only between 7 a.m. and sunset on the same day.
- For more information, go to CVRD [Burning and Air Quality | Cowichan Valley Regional District \(cvrd.ca\)](https://www.cvrld.ca/burning-and-air-quality)
- The venting index is at: envistaweb.env.gov.bc.ca/aqo/files/bulletin/venting.html.

There are year-round bans on burning in Duncan, Ladysmith, and Lake Cowichan. The District of North Cowichan has its own burning regulations.

cjwilson@timescolonist.com

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!

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

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

Turf, Trust and Virtual Collaboration

Virtual Workshop | February 22

This interactive virtual workshop focuses on the core leadership competency of trust-building. Collaborative success requires the engagement and commitment of partners to the common

cause. Lack of trust can take collaborative efforts off track. But little attention is paid to actions that build trust, create connections and deal with mistrust.

Participants in the workshop will walk away with ideas, tools and approaches to effectively engage diverse community partners and intentionally build trusting relationships and collaborative impact. Come prepared to share your experiences and insights on how to build trust.

Learn to Build Trust in Your Collaborative

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@cprd.bc.ca.

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

