



## Health Matters Newsletter October 20, 2017

### Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Data/ Research- Final Point in Time Homeless Count Report
- Active 4 Life Summit
- Cowichan Valley Launches Neighbourhood Air Quality Sensors
- October is Child Abuse Prevention Month
- Autism Community Support - Ladysmith



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### Our Cowichan- Network Member Meetings-

- ✓ Next Admin Committee Meeting- **November 2, 4:30-6:30** CVRD Committee Room 2
- ✓ Next Our Cowichan Network Meeting at **November 9 Ramada Silver Bridge**. Light dinner at 5:15 pm Meeting starts at 5:45 pm.

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### Community Events- Meetings

- **Community Response Team Meeting October 19, 9 am-11am** Meeting Room 213 at the CVRD
- **EPIC-Community Steering Committee** October 19, 1:30 -3:00 pm

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**Local Data and or Research-** 2017 Point in Time Homeless Report- Attached

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### Active 4 Life · A Physical Literacy Summit You won't want to miss this!

November 24 | 6:30 pm - 9:15 pm and November 25 | 8:00 am - 2:00 pm  
Island Savings Centre  
Registration fee \$25  
Includes lunch on Saturday  
What is Physical Literacy?

The motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life.

**Who is it for?**

These fun presentations are geared for parents, coaches, youth leaders, educators, health practitioners and recreation instructors working with children and youth.

**Why You'll Want to Attend**

- Learn practical activities you can use in your programs and lessons
- Includes tips and tricks for enriching your physical and health services
- Gain strategies to reverse the trends around inactivity in our community

For Session Information, visit [www.cvrld.bc.ca](http://www.cvrld.bc.ca)

To register, call or visit:

**Cowichan Lake Recreation at 250.749.6742 - Island Savings Centre at 250.748.7529**

**Kerry Park Recreation Centre at 250.743.5922**

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**News Release**

FOR IMMEDIATE RELEASE

October 16, 2017

**Cowichan Valley Launches Neighbourhood Air Quality Sensors**

**Duncan, BC** – The season of wood smoke in the Cowichan Valley has begun. Air quality can be poor during the fall and winter months because of fine particulate matter primarily from open burning and woodstove use. However, there is good news to share about progress being made.

The Cowichan Valley Regional District (CVRD) and partners have installed air quality sensors in neighbourhoods across the Cowichan region. The sensors are intended to build awareness for air quality, provide information on the distribution of wood smoke within our communities and identify opportunities to improve the air we breathe.

“Air quality is a problem that involves many players and has broad impacts across vulnerable groups in the Cowichan,” says Chair Jon Lefebure. “The neighbourhood sensor network will help the region develop a stronger awareness of the problems and work together to establish community change for an issue that has deep roots in our history and culture.”

For several years, the Cowichan Valley has had exceedances of the national fine particulate matter (PM2.5) standards based on measurements at the Duncan Cairnsmore and Deykin Avenue sites.

Everyone can be part of the solution by making informed decisions in their daily lives to lower the exposure of our communities to air pollution.

In response to growing air quality concerns, the CVRD and partnering organizations have supported healthier communities, through initiatives such as developing Cowichan's Regional Airshed Protection Strategy, forming the collaborative roundtable and exploring alternatives to older wood burning appliances and open burning.

For more information on the air quality problem, current conditions and how we can improve air quality, please visit: [www.cvrld.bc.ca/air](http://www.cvrld.bc.ca/air).

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# Burn Less, Burn Better



**“There is something about the smell of wood smoke and the warmth of heat from a fire that is comforting for people. In our region, it is part of our history of living off the land.**

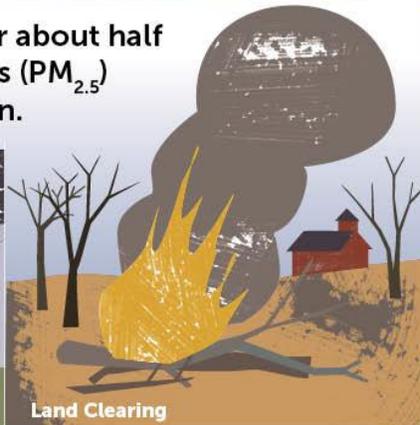
But today, we know about the health effects of wood smoke. **And today, the technology and practices exist to do it better.”**

— TW PATERSON,  
LOCAL HISTORIAN

**Open burning** accounts for about half of the harmful fine particles ( $PM_{2.5}$ ) being released in our region.



Residential Backyard Burning



Land Clearing



Agricultural Burning



Forestry Burning

## How to Burn Better

### BURN LESS

Recycle yard waste at CVRD dropoff locations. Start a backyard compost.

### BURN CLEAN

If you need to burn, burn only dry branches and sticks. Never burn garbage.

### CHECK THE VENTING INDEX

Choose a day when smoke disperses quickly.

### KNOW THE RULES

Municipal, regional, or provincial regulations may apply—sometimes more than one!

**Be air aware. Monitor your air quality and learn more at [www.cvr.bc.ca/air](http://www.cvr.bc.ca/air)**

## Cowichan Air Quality Partnership

A collaborative project led by local and provincial government, First Nations and local air quality stewards





## October is Child Abuse Prevention Month

Understanding the Context of  
**Woman Abuse** and  
its **Impact on Children**

### little eyes, little ears

**Children are changed by growing up with violence and abuse at home**

In these modules generously provided to the Early Years Professional Development Centre by the London Family Court Clinic, you can learn about

- woman abuse,
- how it affects parenting,
- how it impacts children from infancy to teens and what can be done to support women and children harmed by various forms of abuse

**More Information**

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

Send it to [cindylisecchn@shaw.ca](mailto:cindylisecchn@shaw.ca) and it will be included in the weekly

**Health Matters Newsletter**