



Health Matters Newsletter
April 1, 2022
Today's Health Matters Includes:



It's time to get your climb on! The trail at Genoa Bay leads to this magnificent view. It's up, up and more up!

- OCCHN Meeting Schedule
- Community Meetings
- Nanaimo- Cowichan Express Bus Route Now Operating
- Cowichan Women Against Violence 101 Community Heros Campaign
- CMHA Youth Safe Space Fundraiser
- Burning and Air Quality Know the Rules
- Smoke Pollution and Your Health
- Job Posting- Cowichan Hospice Society
- Job Posting – Cowichan Tribes

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- ✓ **Next Admin Committee Meeting April 7- 4:00 pm zoom call**
 - ✓ **Next Our Cowichan Network Meeting April 14 5:15 pm Providence Farm** Send RSVP to Cindy
 - ✓ **Next EPIC Committee Meeting- April 21, 2022, 1:30 pm-3:00 pm zoom call** contact Cindy cindylisecchn@shaw.ca for access
 - ✓ **Cowichan CAT – April 28 2022, 10 am -noon** contact Leah Vance leahlvance@gmail.com for access

- ✓ **Extreme Weather Shelter Planning- April 11- 1 pm** zoom contact Cindy cindylisecchn@shaw.ca for access

Omicron Continues to Circulate Please GET Boosted

Cowichan Women Against Violence 101 Community Heros Campaign

The 101 Community Heroes Campaign is a grassroots donor drive aimed at helping ensure the survival of Charlotte's Place Women's Shelter, run by Cowichan Women Against Violence Society (CWAV). Charlotte's Place is a 24-hour, low-barrier shelter for women and women-identifying individuals who are experiencing homelessness. CWAV is seeking 101 individuals to become monthly donors at \$20 a month, with all proceeds going directly into the operational support of the shelter. A donation to this campaign ensures safety, shelter, access to community supports, and a lifeline to new possibilities for some of the most vulnerable members of the Cowichan community.

And here is a link to the campaign on

FB: <https://www.facebook.com/CWAVSociety/photos/a.745488052130540/5253284871350813>

And directly to the Donation Form: <https://www.canadahelps.org/en/dn/71125>

BC Transit Launches the New Nanaimo to Duncan Express Route

Here's where you can [find the schedule and fares.](#)

SAFE SPACE for Youth Fundraiser

The CMHA Cowichan Valley Branch is proud to be partnering with Shaw, the Cowichan Capitals, and the BCHL again this year on Brighter Communities powered by Shaw, a quick and easy fundraising campaign to support our work with youth.



Anyone with a cell phone can text CVKIDS to 41010 and donate \$10 to CMHA Cowichan Valley Branch. To make these generous contributions go further, Shaw will match donations, doubling the amount raised to help youth in our community. People can donate as many times as they like until May 31. Organizations like ours rely on the generosity of our community and we need support now more than ever. Funds raised from this campaign will be directed to a capital account to [create a safe space and programs for homeless youth](#) in the Cowichan Valley.

The donations and matched contributions raised through this initiative will help ensure that charities like ours will be able to increase support for at-risk youth in the Cowichan Valley. Thank you in advance to all our donors, and to Shaw, the BCHL and the Cowichan Capitals for their generous support.

As a staff member, board director or community partner, we wanted to take a moment to share this information so that you might feel inclined to share with your networks. A \$10 donation, made by many and doubled by Shaw, can help us get closer to our goal.

Thank you for your consideration.

Anne Marie

Burning and Air Quality

Open burning in CVRD Areas A, B, C, D, E, and G is restricted to between March 15 and April 15, and October 15 to November 15. Burning in Areas F, H, and I is regulated by the [Ministry of Environment](#); residents should check the current bans and restrictions before starting a burn.

For all Areas, when burning is permitted:

- Check the 4:00 [BC Venting Index](#) projection for **Southern Vancouver Island** before you burn (or call 1.888.281.2992)
 - Open burning is only allowed when the Southern Vancouver Island Venting Index is rated **GOOD for 4:00 pm** on the day you want to burn
- All burning must occur between 7:00 a.m. and sunset of the same day
- Open burning is limited to only one hand piled fire not greater than two metres wide and two metres high and must be continually supervised
- Only untreated natural wood, prunings or branches can be burned (NO leaves, grass clippings, garbage or construction waste)
- Open burning must be located at least 10 metres from all property lines

There are alternatives to open burning:

- The CVRD provides **free yard and garden waste drop-off** at local [Recycling Centres](#)
- Private waste management facilities offer free or low-cost yard and garden drop-off
- Chip and reuse material on site

For more information, visit our [Know the Rules](#) page

Smoke Pollution and Your Health

Smoke pollution from open burning can seriously impact your health, as well as the health and well-being of your family and neighbours. The CVRD and partners have set up a network of air quality sensors for residents to [check out real-time air pollution levels in the Cowichan region](#).

Chemicals found in backyard burn smoke or improperly used woodstove smoke can include dioxins, furans, arsenic, mercury, PCBs, lead, carbon monoxide, nitrogen oxides, sulphur oxides, hydrochloric acid and fine particulate matter (PM2.5).

To protect and improve air quality in the Cowichan Region, the CVRD has [drafted two bylaws](#) that regulate backyard burning and land clearing debris burning. Want to promote healthy hearts and lungs instead? Visit our [Alternatives to Open Burning page](#).

If you heat your home with a wood stove, you may be eligible for a rebate through the [Woodstove Replacement Program](#).

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