



**Health Matters Newsletter**

**June 6, 2014**

**Today’s Health Matters Includes:**

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* Meeting Schedules
* Community Meetings and Events
* Our Cowichan Small Grants Available
* Long List of Plastics Banned from Curbside Recycling
* E- Cigarettes- confusing regulations in Italy
* Attached – Great work from Social Planning Cowichan on Living Wage

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**Our Cowichan- Network Member Meetings-**

* **Next Asset Mapping and Research Committee meeting-** June 9 12 pm CVRD Rooms 213
* **Next Our Cowichan Network Meeting –**Thursday June 12, CVRD Board Room. Light dinner at 5:30 pm – Meeting starts at 6:00 pm
* **Next Admin Committee Meeting-** Wednesday June 18, 5:00 pm CVRD Committee Room 2
* **Next Communications Committee Meeting-** Wednesday June 25, 9:00 am CVRD Room to be announced
* **Next Grant Committee Meeting-** Wednesday October 1, 9 am to 11 am CVRD – Room to be announced

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**Upcoming Events/ Workshops/ Community Meetings**

* **Presentation: Native Bees of Vancouver Island, by Gord Hutchings** Saturday, June 7, 2-3 p.m., free admission, Duncan library. Hutchings is part of a growing movement questioning the wisdom of reliance on one non-native pollinator, the honeybee. Learn about native bees and how we can help them thriveC:\Program Files (x86)\Microsoft Office\MEDIA\OFFICE12\Lines\BD14996_.gif



Calls for Proposals

Cowichan Valley

C:\Program Files (x86)\Microsoft Office\MEDIA\OFFICE12\Lines\BD14800_.gifThank you for your interest in contributing to the health of citizens living in the Cowichan Region. Our Cowichan Communities Health Network (OCCHN) is pleased to provide a maximum grant of $2,000.00 toward eligible projects in the Cowichan Valley. Please read the following information to ensure your proposal meets the funding requirements.

Our Cowichan recognizes the health and well -being of our citizens is impacted by the 12 Key determinants of health within the context of healthy and supportive communities, organizations, families and relationships.

Our Cowichan has the opportunity to make a positive and meaningful contribution to our communities’ future. OCCHN is committed to helping all citizens of the Cowichan Communities enjoy good health.

**Project focus:**

Applications whose priorities for action respond to demonstrated community needs, gaps and priorities and that are evidence based and focus on the determinants of health will be accepted for review.

Application templates are available on our website [www.cchn.ca](http://www.cchn.ca) or contact Cindy Lise at [cindylisecchn@shaw.ca](mailto:cindylisecchn@shaw.ca) . Applications will be accepted up to October 1, 2014. Funding announcements will be made by October 15, 2014 or sooner.

* 1 copy must be submitted by email to: cindylisecchn@shaw.ca
* 1 hard copy must be mailed to:

Our Cowichan

PO Box 20106

Duncan BC,

V9L- 5H1

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# Long list of plastics now banned from curbside recycling

— image credit:

by  [Peter Rusland - Cowichan News Leader Pictorial](http://www.cowichannewsleader.com/staff_profiles/10868196.html)

posted May 29, 2014 at 7:00 AM— updated May 29, 2014 at 5:27 PM

Cowichan residents have been forced to adjust their recycling habits in the wake of the new province-wide recycling program.

The biggest change is that plastic grocery bags and other film plastics were banned, effective May 19, from all curbside recycling in Cowichan. That’s when provincially sanctioned firm Multi-Materials B.C. began governing B.C.’s recyclables.

But several items that were formerly off-limits at the curb are now being accepted.

Various plastics — including biodegradable and compostable — are banned as they have zero recycled value; pose problems in recycling-plant gear; and are labour-cost heavy to pick from huge loads of recyclables.

Some of these plastics are accepted at some local stores, and at the Bings, Meade Creek, and Peerless Road depots.

These stores take single-use plastic bags: Thrifty Foods, Mill Bay and Duncan; Country Grocer, Cobble Hill and Lake Cowichan; Duncan’s Save on Foods, Walmart Supercentre, and London Drugs; Chemainus Foods.

Other stuff goes into garbage cans until profitable markets are found or developed, regional staff explained, urging cloth-bag use and plastic reduction.

But these products are now taken curbside: hot/cold paper beverage cups and lids, milk cartons, Tetrapak boxes and cartons, frozen dessert boxes, aerosol cans and caps, spiral-wound cans and lids (eg. frozen juice), plastic garden plant pots and seed trays.

Most Cowichanians should have received lists explaining the plastics.

Those looking for more information can click [**here**](http://recyclinginbc.ca/program/can-recycled/#plastic-bags-film)**.**

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# We are not Alone- E-cigarette regulations in Italy: fluctuating and confusing (Lancet)

Original Text

[Lorenzo Capasso](http://www.thelancet.com/search/results?fieldName=Authors&searchTerm=Lorenzo+Capasso) [a](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(14)60908-9/fulltext?elsca1=ETOC-LANCET&elsca2=email&elsca3=E24A35F#aff1) [b](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(14)60908-9/fulltext?elsca1=ETOC-LANCET&elsca2=email&elsca3=E24A35F#aff2), [Maria Rosaria Gualano](http://www.thelancet.com/search/results?fieldName=Authors&searchTerm=Maria%20Rosaria+Gualano) [c](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(14)60908-9/fulltext?elsca1=ETOC-LANCET&elsca2=email&elsca3=E24A35F#aff3), [Maria Elena Flacco](http://www.thelancet.com/search/results?fieldName=Authors&searchTerm=Maria%20Elena+Flacco) [a](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(14)60908-9/fulltext?elsca1=ETOC-LANCET&elsca2=email&elsca3=E24A35F#aff1), [Roberta Siliquini](http://www.thelancet.com/search/results?fieldName=Authors&searchTerm=Roberta+Siliquini) [c](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(14)60908-9/fulltext?elsca1=ETOC-LANCET&elsca2=email&elsca3=E24A35F" \l "aff3" \o "), [Lamberto Manzoli](http://www.thelancet.com/search/results?fieldName=Authors&searchTerm=Lamberto+Manzoli) [a](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(14)60908-9/fulltext?elsca1=ETOC-LANCET&elsca2=email&elsca3=E24A35F" \l "aff1" \o ") [b](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(14)60908-9/fulltext?elsca1=ETOC-LANCET&elsca2=email&elsca3=E24A35F" \l "aff2" \o ")[Email Address](mailto:lmanzoli@post.harvard.edu)

The regulation of electronic cigarette (e-cigarette) sales and use in public places largely varies by country and within countries.[**1—3**](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(14)60908-9/fulltext?elsca1=ETOC-LANCET&elsca2=email&elsca3=E24A35F#bib1) In view of the scarcity of the evidence on e-cigarette's efficacy, safety, and ability to pollute indoor environment, any approach around e-cigarettes is likely to generate a debate.**[1,3—5](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(14)60908-9/fulltext?elsca1=ETOC-LANCET&elsca2=email&elsca3=E24A35F" \l "bib1)**

The Italian legislation on e-cigarette use in public places turned over three times within 6 months, during which time the evidence on the indoor pollution related to electronic smoking did not vary substantially. In June, 2013, e-cigarettes were banned from public places by a law decree. In September, 2013, a new law allowed e-cigarette smoking both indoors and outdoors, with the exclusion of schools. 3 months later, the Italian Parliament approved another e-cigarette ban, together with a 200% increase in taxation. Finally, because of controversies around norms included in the Government decree, unrelated to smoking, such regulation was then withdrawn by the government.

Fluctuating approaches are likely to create confusion in the population and among health-care professionals, and decrease the trust in and adherence to regulations. More caution is required by governments in issuing of policies on e-cigarette smoking, and, once a strategy is decided, this should be maintained until solid confuting evidence is available.[4](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(14)60908-9/fulltext?elsca1=ETOC-LANCET&elsca2=email&elsca3=E24A35F" \l "bib4" \o ") Certainly, further data are eagerly awaited.

We declare no competing interests.

**References**

[1](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(14)60908-9/fulltext?elsca1=ETOC-LANCET&elsca2=email&elsca3=E24A35F#back-bib1) Hajek P. Electronic cigarettes for smoking cessation. *Lancet* 2013; 382: 1614-1616. [**Full Text**](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(13)61534-2/fulltext) | [PDF(186KB)](http://download.thelancet.com/pdfs/journals/lancet/PIIS0140673613615342.pdf?id=laavzaLK_Oy9r5HiDSnzu) | [PubMed](http://www.ncbi.nlm.nih.gov/sites/entrez?db=pubmed&cmd=Search&term=Lancet%5bJour%5d+AND+382%5bVolume%5d+AND+1614%5bpage%5d)

[2](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(14)60908-9/fulltext?elsca1=ETOC-LANCET&elsca2=email&elsca3=E24A35F#back-bib2) McCarthy M. New York city votes to ban e-cigarettes from public places. *BMJ* 2013; 347: f7677. [PubMed](http://www.ncbi.nlm.nih.gov/sites/entrez?db=pubmed&cmd=Search&term=BMJ%5bJour%5d+AND+347%5bVolume%5d+AND+f7677%5bpage%5d)

[3](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(14)60908-9/fulltext?elsca1=ETOC-LANCET&elsca2=email&elsca3=E24A35F#back-bib3) Yaqub F. A New York bill for regulation of electronic cigarettes. *Lancet Oncol* 2013; 15: e56. [**Full Text**](http://www.thelancet.com/journals/lanonc/article/PIIS1470-2045(13)70602-8/fulltext) **|** [**PDF(188KB)**](http://download.thelancet.com/pdfs/journals/lanonc/PIIS1470204513706028.pdf?id=laavzaLK_Oy9r5HiDSnzu) **|** [**PubMed**](http://www.ncbi.nlm.nih.gov/sites/entrez?db=pubmed&cmd=Search&term=Lancet%20Oncol%5bJour%5d+AND+15%5bVolume%5d+AND+e56%5bpage%5d)

[4](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(14)60908-9/fulltext?elsca1=ETOC-LANCET&elsca2=email&elsca3=E24A35F#back-bib4) The Lancet. E-cigarettes: closing regulatory gaps. *Lancet* 2014; 383: 1438. [**Full Text**](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(14)60700-5/fulltext) | [PDF(149KB)](http://download.thelancet.com/pdfs/journals/lancet/PIIS0140673614607005.pdf?id=laavzaLK_Oy9r5HiDSnzu) | [PubMed](http://www.ncbi.nlm.nih.gov/sites/entrez?db=pubmed&cmd=Search&term=Lancet%5bJour%5d+AND+383%5bVolume%5d+AND+1438%5bpage%5d)

[5](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(14)60908-9/fulltext?elsca1=ETOC-LANCET&elsca2=email&elsca3=E24A35F#back-bib5) Caponnetto P, Campagna D, Papale G, Russo C, Polosa R. The emerging phenomenon of electronic cigarettes. *Expert Rev Respir Med* 2012; 6: 63-74. [**PubMed**](http://www.ncbi.nlm.nih.gov/sites/entrez?db=pubmed&cmd=Search&term=Expert%20Rev%20Respir%20Med%5bJour%5d+AND+6%5bVolume%5d+AND+63%5bpage%5d)

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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