

COMMUNITY NEWSLETER // SPRING 2019

HAVE YOU HAD YOUR SOIL TESTED?

Soil Management Program

In 2019, we are expanding our soil testing and remediation program. We offer soil testing and, in qualifying yards, replacement of soil or improvements to ground cover on a prioritized basis. Our aim is to identify and offer soil testing to all residential properties with children under 12 years old. Properties in Trail and Rivervale will be given priority.

Following soil testing, we'll prioritize properties for soil management based on:

- 1 The presence of children in key age groups,
- 2 The presence of ground cover, such as grass, and
- 3 Lead levels in soil.



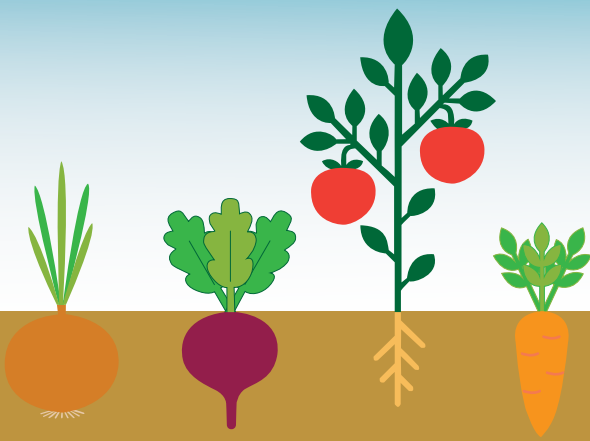
What's new?

Major improvements have been made to lower metal emissions from Teck Trail Operations, resulting in improved air quality. We are now focusing more on addressing the historical impacts to soil from past emissions. You may already have noticed this work taking place in yards in Trail.

Our immediate focus will be on those properties that are expected to have higher levels of metals in the soil, such as those nearest the smelter; and the presence of children under the age of 12 in the home.

If you have children under 12, contact us to learn more.

For more information or to ask about getting your soil tested, please visit our downtown Trail Community Program Office at 1319 Bay Avenue, call **250.368.3256** or email **programs@thep.ca**. You can also visit us online at **thep.ca**.



Tips: Vegetable gardens

People have been growing vegetables in the Trail area for many decades and have enjoyed gardening and eating homegrown produce as part of a healthy lifestyle. New research has shown that even at low levels, metals in soil and dust may end up in vegetables grown in that soil.

There are things you can do to minimize exposure to metals in garden produce:

- Always wash fruits and vegetables before eating them.
- You can also choose what to grow. The fruit parts of plants (e.g. tomatoes, cucumbers, berries, beans etc.) have shown they absorb the lowest amount of metals from soil.
- Root vegetables should be peeled before eating. Leafy greens have the highest level of metals. Washing them gets rid of some, but not all of it.
- In addition, there are soil amendments you can make to help reduce metal uptake. Call the program office to learn more.



Tips: Living with metals in soil

For most people, the risks associated with metals in soil are low, particularly where soils are covered by grass or other materials; however, bare soils may increase exposure to metals and contribute to elevated lead levels in children.

There are a number of ways residents can minimize their exposure. These include:

- Covering bare soil areas in your yard by improving lawn areas, mulching gardens or covering exposed areas with landscape fabric and rock;
- Following good hygiene practices, including washing hands after playing outside and before eating;
- Taking shoes off at the door, and having floor mats at entryways;
- Vacuuming, wet dusting and mopping frequently; and
- Hosing off decks and patios and wiping down outdoor play equipment and furniture.



Landscaping and excavating soil

If you are planning to excavate soil in your yard or have a landscaping project, please contact our Community Program Office at 250.368.3256. We also have materials available on the Lead Safe Renovation section of our website, including Video 6: Soil Excavation.



FAMILY HEALTH

Healthy Habit Tip: Washing Hands



Washing hands is the best way to get the dust, dirt and germs off to prevent illness.

Wash hands often and always before eating and after playing outside.

How long do you wash for? Sing happy birthday and you are done.



Kindergarten immunization clinics in Trail May and June 2019

- As you enroll your child in Kindergarten for September 2019, remember to make an appointment for your child's Kindergarten booster immunizations.
- **All immunization clinics are being held at Kiro Wellness Centre in Trail 250.364.6226.**
- It is suggested that your child's vaccination booster be given prior to school entry in the fall.

FAN and UBC partner for Children and Families in our Region

Did you know that 22% of children entering Kindergarten in 2017 throughout the Kootenay Columbia School District (#20) did so with vulnerabilities in one or more critical areas of development? The Family Action Network, working closely with UBC's Human Early Learning Partnership (HELP), wants to change that story for our children.



If you have a child between the ages of 1 and 2 years old THIS is for you!

Beginning April 1, 2019, FAN and UBC's Human Early Learning Partnership are embarking on a two-year project to gather critical information on the developmental health of children between ages 1 and 2 years old and on the well-being of their families. You can help by participating at one of our community partners or by calling FAN. Families will fill out two questionnaires – the Ages and Stages questionnaire, which gives parents an immediate snapshot of their child's development, and the Toddler Development Instrument, which is a parent questionnaire seeking information about the experiences and needs of children and their families both at home and within their communities.

Visit the FAN site to learn more: <https://familyactionnetwork.ca/projects/fan-and-ubc-partner-for-children-and-families/>



Join other families on Wednesday, June 19 from 10am–12pm at Gyro Park in Trail for the 13th annual Teddy Bear Picnic – a free, fun-filled event for children six and under featuring entertainment and local information about services and programs.

HOME RENOVATION SUPPORTS

In Trail and Rivervale, and in homes built before 1976 in any community, dust stirred up by renovations can expose people to lead and other hazards. It is important to protect children, pregnant women, workers and others from exposure to renovation dust.

Plan ahead and organize a FREE on-site visit to help set up your work area or demonstrate specific lead-safe techniques for your project.

We also offer FREE lead safety supplies and equipment.



Meet Mayor Lisa Pasin, Chair of the Trail Area Health and Environment Committee

Mayor Pasin is honoured to take on the role of Chair after participating on the THEC the past four years as a Trail City Councillor.

“I was born and raised in Trail and had a wonderful childhood growing up in our small town, surrounded by family and friends who have a deep connection to our community. After completing my education and building my career in Vancouver, I chose to return to my roots and make Trail my home. My goal was to become an active participant in my community, to help capitalize on the great work that has been done in the past by our community members and elected officials, and to build our City of Trail into a city of opportunity for all who choose to live, work and visit here.

My background in health and wellness, including my current role as the Director of Development of the Kootenay Boundary Regional Hospital & Health Foundation, has given me a unique perspective into the work of the THEC. The program is one more step in improving the health of our community and working towards a better future for everyone, especially our children.

As someone who is heavily invested in making Trail the best it can be for generations to come, I look forward to chairing the THEC and providing leadership to the committee as we work together to build a sustainable, healthy community.”

For more information



Visit our Office
1319 Bay Avenue



Call
250.368.3256



Email
programs@thep.ca



Website
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