VILLAGE OF PORT ALICE COUNCIL MEETING AGENDA



TO BE HELD WEDNESDAY May 8, 2019 at 7:00 pm IN THE PORT ALICE COUNCIL CHAMBERS

(1) CALL TO ORDER

We are privileged to acknowledge that this meeting is being held on the traditional territory of the Quatsino First Nations.

(2) RESOLUTION TO PROCEED TO CLOSED MEETING (5:30 pm)

THAT the meeting be closed to the public to consider matters pursuant to the following sections of the Community Charter:

Section 90 (1) (c) Labour relations or other employee relations;

Section 90 (1) (k) negotiations and related discussions respecting the proposed provision of a municipal service that are at their preliminary stages and that, in the view of the council, could reasonably be expected to harm the interests of the municipality if they were held in public;

RECONVENE

(3) ADOPTION OF AGENDA:

THAT the Agenda for the Meeting of the Village of Port Alice for May 8, 2019, be approved; AND THAT all delegations, reports, correspondence and other information set to the agenda be received for information.

- (4) DELEGATIONS: N\A
- (5) MINUTES:

Pg 3-5

Pg 13

- **a.) THAT** the minutes for the Regular Meeting held on April 24, 2019, be adopted.
- **b.)** February 25, 2019, Tourism Committee meeting minutes
- Pg 9 c.) March 18, 2019, Tourism Committee meeting minutes
- Pg 11-12 d.) April 3, 2019, Public Works & Recreation meeting minutes
 - (6) OLD BUSINESS: N\A
 - (7) COMMUNICATIONS: N\A
 - (8) NEW BUSINESS: N\A
 - (9) REPORTS:
 - a.) MIA Risk Management Conference
 May 2, 2019, Bonnie Danyk, CAO/CFO
- Pg 15 **b.)** <u>Fire Chief's Monthly report March 2019</u>
 March 30, 2019, report from acting Fore Chief Wayne Beckett
- Pg 17 **c.)** <u>Fire Chief's Monthly report April 2019</u>
 April 30, 2019, report from acting Fore Chief Wayne Beckett

VILLAGE OF PORT ALICE COUNCIL MEETING AGENDA



TO BE HELD WEDNESDAY May 8, 2019 at 7:00 pm IN THE PORT ALICE COUNCIL CHAMBERS

(10) BYLAWS:

Pg 19-20

a.) Tax Rates Bylaw for 2019

That the Tax Rate bylaw for 2019 be given fourth reading and adoption.

Pg 21-22

b.) Fees and Charges Amendment Bylaw 655

That the Fees and Charges Amendment Bylaw 655 be given first, second, and third reading.

- (11) QUESTION PERIOD:
- (12) ADJOURNMENT:

THAT the meeting of the Village of Port Alice Council held May 8, 2019, be adjourned.

INFORMATION ITEMS:

- 1. April 26, 2019, News Release from North Island College, re NIC names Port Hardy campus Mixalakwila
- 2. April 30, 2019, News Release from Island Health, re Tips for a safer grad season

VILLAGE OF PORT ALICE COUNCIL REGULAR MEETING MINUTES

Porf Alice
Gateway to the Wild West Coast

WEDNESDAY APRIL 24, 2019
IN THE PORT ALICE COUNCIL CHAMBERS

Present

Mayor Kevin Cameron Councillor Holly Aldis Councillor Bruce Lloyd

Councillor Angela Yunker

Absent

Councillor Warren Beatty

Staff

Bonnie Danyk, CAO / CFO

CALL TO ORDER: 6:30 pm

Mayor Kevin Cameron called the meeting to order at 6:30 pm

RESOLUTION TO PROCEED TO CLOSED MEETING:

43/19 Closed Meeting MOVED by Councillor Lloyd / Seconded by Councillor Aldis

THAT the meeting be closed to the public to consider matters pursuant to the following sections of the Community Charter:

Section 90 (1) (I) discussions with municipal officers and employees respecting municipal objectives, measures, and progress reports for the purposes of preparing an annual report under section 98 (annual muncipal report)

CARRIED

RECONVENE: 7:00 PM

44/19 Adoption of Agenda

ADOPTION OF AGENDA:

MOVED by Councillor Lloyd / Seconded by Councillor Yunker

THAT the Agenda for the Meeting of the Village of Port Alice for April 24, 2019, be approved: **AND THAT** all delegations, reports, correspondence and other information set to the agenda be received for information.

CARRIED

DELEGATION:

MOWI Canada

Chris Read, Communication Manager did a presentation showing an overview of MOWI activity in Northern Vancouver Island, including achieving Aquaculture Stewardship Council certification, working with First Nations and the new ship for treating sea lice infestations.

45/19 Fishing Closure Regan Hickling re proposed fishing closures in our area.

MOVED by Councillor Lloyd/ Seconded by Councillor Aldis

THAT staff ask DFO to come to a future Council meeting to speak about proposed fishing closures.

MINUTES:

46/19 Minutes Apr 10, 2019 MOVED by Councillor Aldis/ Seconded by Councillor Lloyd

THAT the minutes for the Regular Meeting held on April 10, 2019 be adopted as amended CARRIED

OLD BUSINESS:

a) Request to keep Dragon Boat at public dock.

April 2, 2019 Letter from Andrea Keenan, Community Paramedic

MOVED by Councillor Lloyd / Seconded by Councillor Aldis

47/19 on the inside

THAT: The Dragon Boat be permitted to tie up at the Rumble Beach Marina on the inside of the loading finger.

CARRIED

NEW BUSINESS:

- a) Swearing in of Bonnie Danyk as Chief Administrative Officer
 Signing of Oath of Office as Chief Administrative Officer
- b) Appointment of Tanya Spafford as Deputy Corporate Officer and Deputy Finance Officer

48/19 Deputy Officer MOVED by Councillor Lloyd / Seconded by Councillor Aldis

THAT Tanya Spafford be appointed as the Deputy Corporate Officer and Deputy Finance Officer for the Village of Port Alice.

CARRIED

REPORTS:

<u>Summary of Revenue and Expenses for March 2019</u> April 15, 2019 Report from Bonnie Danyk CAO/ CFO

Accounts Payable Listing for March 2019.

April 15, 2019 Report from Bonnie Danyk CAO/ CFO

Financial Statements for Fiscal Year 2018

MOVED by Councillor Aldis / Seconded by Councillor Lloyd

49/19 Financial Statements

THAT the Financial Statements for Fiscal Year 2018 be approved.

CARRIED

BYLAWS:

Village of Port Alice Financial Plan 2019-2023 Bylaw No. 651, 2019

MOVED by Councillor Aldis/ Seconded by Councillor Lloyd

50/19 Financial Plan Bylaw 651

THAT the Village of Port Alice Financial Plan 2019-2023 Bylaw No. 651, 2019 be given fourth reading and adoption.

CARRIED

Village of Port Alice Rates &	Fees B	ylaw No.	652-2019
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51/19 Rates & Fees Bylaw 652 MOVED by Councillor Lloyd/ Seconded by Councillor Yunker

THAT the Village of Port Alice Rates & Fees Bylaw No. 652-2019 be given fourth reading and adoption.

CARRIED

Water Use Restrictions Bylaw 653

52/19 Water Use Restriction Bylaw 653

MOVED by Councillor Yunker / Seconded by Councillor Lloyd

THAT the Water Use Restrictions Bylaw 653 be given first, second and third reading.

<u>CARRIED</u>

53/19 Tax Rate Bylaw 654

MOVED by Councillor Yunker / Seconded by Councillor Lloyd

THAT the Tax Rate Bylaw for 2019 (Bylaw No.654) be given first, second, and third reading.

CARRIED

ADJOURNMENT:

54/19 Adjournment MOVED by Councillor Lloyd / Seconded by Councillor Aldis

THAT the Regular meeting of the Village of Port Alice held April 24 2019, be adjourned at 8:00 pm

<u>CARRIED</u>

I hereby certify the preceding to be a true and correct account of the Regular meeting of the Village of Port Alice Council held April 24, 2019.

	-
Mayor	Chief Administrative Officer

VILLAGE OF PORT ALICE TOURISM ADVISORY COMMITTEE MEETING MINUTES

Monday February 25, 2019 Village Office Council Chambers



Present

Councillor Angela Yunker Louisa Moore Michael Basran

Staff

Bonnie Danyk, Finance Officer

CALL TO ORDER

Councillor Angela Yunker called the meeting to order at 4:00 pm

APPROVAL OF AGENDA

TAC 04/19 Agenda MOVED by Louisa Moore / Seconded by Michael Basran

THAT the Agenda for the Tourism Advisory Committee be approved; AND THAT all delegations, reports, correspondence and other information set to the agenda be received for information.

CARRIED

MINUTES:

TAC 05/19 Minutes MOVED by Louisa Moore / Seconded by Michael Basran

THAT the minutes for the Tourism Advisory Committee meeting held on February 25, 2019 be approved.

CARRIED

REPORTS:

February 21, 2019 report from Finance Officer, Bonnie Danyk regarding cost to move Tourism back to Heritage office.

COMMUNICATIONS:

Neighbourhood Small Grants Program

The Village of Port Alice is not eligible for this grant. Bonnie will pass the information on to the Community Garden as they may be able to use it.

DISCUSSION:

Round table discussion

- a) Banners too expensive
- b) Painted Rocks maybe have the school paint some, geo-cache or scavenger hunt?
- c) 2019 Tourism Merchandise- sea otter stuff, t-shirts
- d) Port Alice business stake-holder involvement with local tourism- Fam Tour? Meeting with local businesses at CC, maybe a golf package with both courses or a charter tour?

- e) Port Alice pamphlet listing community events Rumble sheet
- f) Installing a porta-potti at the Welcome to Port Alice sign- too expensive
- g) Wooden otter for photo opportunity are there grants, would an artist donate?
- h) Possible events- Port Alice Festival, Tri-Port Car Rally, Block Party Dance, AVT Club May long Weekend event *Bike Group comes in July, Poker Run, Car Clubs*
- i) 2019 Tourism Grants keep watching to see what comes up
- j) 2019 Tourism survey do a better job to make sure they are filled out.
- k) Oscar Hickes Tournament events already in place by local groups
- I) Signage on Seawalk: First Nations and or Historical Information First Nations signs along seawalk, would like to do something similar to what's in Old Quatsino.

ADJOURNMENT:

THAT the Tourism Advisory Committee meeting held February 25, 2019 be adjourned at 4:45 p.m.

hereby certify the preceding to be a true and correct account of the Tourism Advisory Committee meeting of held February 25,2019.

Chair

Chief Administrative Officer

VILLAGE OF PORT ALICE TOURISM ADVISORY COMMITTEE **MEETING MINUTES**

Monday March 18, 2019 **Village Office Council Chambers**



Present

Councillor Angela Yunker

George Fraser

Michael Basran

Mayor Kevin Cameron

Bonnie Danyk, CAO / CFO

Staff

CALL TO ORDER:

Councillor Angela Yunker called the meeting to order at 4:00 pm

APPROVAL OF AGENDA:

TAC 06/19 Agenda

MOVED by Michael Basran / Seconded by George Fraser

THAT the Agenda for the Tourism Advisory Committee be approved; AND THAT all delegations, reports, correspondence and other information set to the agenda be received for information.

CARRIED

MINUTES:

TAC 07/19 Minutes

MOVED by Michael Basran / Seconded by George Fraser

THAT the minutes for the Tourism Advisory Committee meeting held on February 25, 2019 be approved.

CARRIED

DISCUSSION:

Round table discussion

- a) 2019 Tourism Merchandise: Logo for Sea Otter Capital run contest in Rumble Sheet
- b) Council has asked for a presentation from the ATV Club.
- c) Port Alice business stake-holder involvement: Invite local businesses to a meeting to discuss mutual tourism opportunities. When to have the meeting?- Third week in April in the CC at 6:30 pm. Send invitations via Business License listing. Discussion regarding what to do at the meeting, have a questionnaire for input, interest in packages, work together, accommodations.
- d) Put a sign on Marble River bulletin board listing services available in Port Alice.

ADJOURNMENT:

THAT the Tourism Advisory Committee meeting held March 18, 2019 be adjourned at 4:35 p.m.

I hereby certify the preceding to be a true and correct account of the Tourism Advisory Committee pleeting of held March 18, 2019.

Chief Administrative Officer

VILLAGE OF PORT ALICE COUNCIL MEETING MINUTES



Wednesday April 3, 2019 Village Office Council Chambers Public Works and Recreation Committee Meeting

Present

Mayor Kevin Cameron Councillor Holly Aldis Councillor Bruce Lloyd Councillor Angela Yunker

Staff

Bonnie Danyk, Finance Officer Jason Yunker, Public Works Foreman Louisa Moore, CC Coordinator Rick Lee, Arena Foreman

CALL TO ORDER

Mayor Kevin Cameron called the meeting to order at 3:15 pm

APPROVAL OF AGENDA

PWR 13/19 Agenda MOVED by Councillor Aldis / Seconded by Councillor Yunker

THAT the Agenda for the Public Works and Recreation Committee be approved with the addition of the Report from Arena Foreman, Rick Lee; AND THAT all delegations, reports, correspondence and other information set to the agenda be received for information. CARRIED

MINUTES:

PWR 14/19 PW/Rec Minutes 2019-03-13 MOVED by Councillor Yunker/ Seconded by Councillor Aldis

THAT the minutes of the Public Works and Recreation Committee Meeting held March 13, 2019 be adopted.

CARRIED

REPORTS:

<u>Community Centre Coordinator Monthly Report – March</u> March 25, 2019, Report from Louisa Moore, CC Coordinator

MOVED by Councillor Aldis / Seconded by Councillor Yunker

THAT Staff send a letter to Port Alice Minor Hockey requesting that the vending machines be removed from the Community Centre.

CARRIED

Oscar Hickes Report

April 3, 2019 Report from Arena Foreman, Rick Lee

Public Works Foreman's Monthly Report - March

March 25, 2019, 2019, Report from Jason Yunker, Public Works Foreman

Signage at Transfer Station

March 29, 2019 Report from Bonnie Danyk, CAO / CFO

DISCUSSION:

Spring Clean-up

It was agreed that the 2019 Clean up would take place the week after Easter.

ADJOURNMENT:

MOVED by Councillor Aldis/ Seconded by Councillor Yunker

THAT the Public Works & Recreation Committee meeting of the Village of Port Alice held April 3, 2019 be adjourned at 3:50 p.m.

CARRIED

I hereby certify the preceding to be a true and correct account of the Regular meeting of the Public Works and Recreation Committee Meeting held April 3, 2019.

Mayor

Chief Administrative Officer



VILLAGE OF PORT ALICE REPORT TO COUNCIL

To:

Mayor & Council

From:

Bonnie Danyk, CAO / CFO

Date:

May 2, 2019

Subject:

MIA Risk Management Conference

l attended the Municipal Insurance Association Risk Management Conference in Vancouver from April 16-18, 2019. This Conference is funded by MIA though a risk management grant.

I attended the following sessions:

Tuesday April 16 – Risk Management for Frontline Staff: Recognize and Safely Address Risk Scenarios.

- Power of Community
- Purpose Fuels People: Why a Meaningful Role and Purpose-Driven Organization Matters.
- Bike Trails and Bike Parks: Making it Fun and Managing the Risks.

Wednesday April 17 - Construction Risk Management

- Slippery Summary Trials and Tribulations
- Demystifying Cyber Liability

Thursday April 18 - Public Works Think Tank Session

- Forecasting the Future of Claims and Cannabis
- The Raptor's Room

All the sessions were very interesting and informative. This a great conference as it's attended by employees from all departments including Public Works, Recreation and Administration so you get different perspectives on issues and challenges.

Respectfully submitted,

Bonnie Danyk CAO / CFO

VILLAGE OF PORT ALICE

Port Alice Volunteer Fire Department

Fire Chief's Monthly Report For the month of March, 2019

Active Members	15	Number Of False Alarms	2
On Leave	2	Mutual Aid Calls	0
Rescue Calls	0	Lift Assist Calls	0
Fire Calls		Public Relation Events	1 (in 3 days)
Honourary Members	1		

Practices:

Date	Attendance	Purpose	
March 5 8		5 Man Rotation	
March 12	8	Hydrant Orientation	
March 19	5	HazMat Practice	
March 19	1	Arena Alarm – False Alarm	
March 20	4	Arena Alarm – False Alarm	
March 26	8	Truck Checks & Association Meeting	111-
March 29	6	Oscar Hickes Beer Gardens Volunteering	
March 30	7	Oscar Hickes Beer Gardens Volunteering	
March 31	8	Oscar Hickes Beer Gardens Volunteering	
	-		

VILLAGE OF PORT ALICE

Port Alice Volunteer Fire Department

Fire Chief's Monthly Report For the month of April, 2019

Active Members	15	Number Of False Alarms	0
On Leave	2	Mutual Aid Calls	0
Rescue Calls	2	Lift Assist Calls	2
Fire Calls	0	Public Relation Events	1
Honourary Members	1		

Practices:

Attendance	Purpose	
7	Rescue 42's and Organize Truck #3 + Air Tools	
6	Pre-Incident Planning	
1	Lift Assist	
5	CPR/Ambulance Call-Out	
4	Lift Assist	
9	Car Wash Fundraiser	
4	escue Call – Logging Truck In Ditch	
8	ose & Truck Practice	
7	-Incident Planning	
8	ick Checks & Association Meeting	
	7 6 1 5 4 9 4 8 7	

Public Relations Events:	1
Situation Responses: // /	R3 1 X
Fire Chief:	Sw for
Administrator:	

VILLAGE OF PORT ALICE BYLAW NO. 654, 2019

A Bylaw for the Levying of Property	Tax Rates for the Year 2019.

WHEREAS, under section 197 of the Community Charter, each year after the adoption of the financial plan, but before May 15th, Council must impose property value taxes for the year by establishing tax rates for:

- a) the municipal revenue proposed to be raised for the year from property value taxes, as provided in the Financial Plan, and
- b) the amounts to be collected for the year by means of rates established by the municipality to meet its taxing obligations in relation to another local government or other public body.

NOW THEREFORE, the Council of the Village of Port Alice, in open meeting assembled, enacts as follows:

- 1. The following rates in Schedule "A", attached to and forming part of this Bylaw are hereby imposed and levied for the year 2019.
- 2. The minimum amount of taxation upon a parcel of real property is \$1.00
- 3. This Bylaw may be cited for all purposes as the Village of Port Alice Annual Tax Rates Bylaw No. 654, 2019.

Read a first time this 24th day of April, 2019.

Read a second time this 24th day of April, 2019.

Read a third time this 24th day of April, 2019.

Reconsidered and finally adopted this 8th day of May, 2019.

Mayor

Chief Administrative Officer

Certified a true and correct copy of Bylaw No.654, as adopted by Council on the 8th day of May 2019.

Chief Administrative Officer

Annual Tax Rates (2019)

Bylaw No. 654

SCHEDULE 'A'

PROPERTY CLASS		MUNICIPAL	REG. DIST. MT. WADD.	MT. WADD. REG. HOSP. DIST.	Totals
	Residential	7.20799			
	Library	0.19668			
1	Total Residential	7.40468	0.77668	0.31015	8.49150
2	Utilities	25.91637	2.71839	1.08552	29.72029
4	Major Industrial	14.06889	2.64073	1.05451	17.76412
5	Light Industrial	25.91637	2.64073	1.05451	29.61160
6	Business	11.10702	1.90288	0.75986	13.76976
8	Recreation	7.40468	0.77668	0.31015	8.49151
	TOTALS	91.81800	11.45609	4.57469	107.84878

VILLAGE OF PORT ALICE

BYLAW NO. 655

BEING A BYLAW TO AMEND THE VILLAGE OF PORT ALICE FEES AND CHARGES BYLAW NO. 652, 2019

WHEREAS the Village of Port Alice operates the Port Alice Municipal Marina;

AND WHEREAS the Council of the Village of Port Alice desires to implement fees and charges relating to the operation of the Marina:

NOW THEREFORE the Council of the Village of Port Alice enacts as follows:

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(a) This bylaw may be cited for all purposes as the "Village of Port Alice Rates & Fees Bylaw Amendment Bylaw No. 655, 2019".

2. ENACTMENT

- (a) This bylaw is in effect May 15, 2019 or upon the date of adoption, whichever is later.
- 3. SCHEDULES
 - (a) Schedule N attached to and forming part of this bylaw is hereby adopted.

4. SEVERABILITY

If a court of competent jurisdiction declares any portion of this bylaw invalid, then the invalid portion must be severed and the remainder of the bylaw is deemed valid.

Read a FIRST time this 8th d Read a SECOND time this 8th d Read a THIRD time this 8th d FINALLY ADOPTED this th day	ay of <u>May</u> , 2019
Mayor	Chief Administrative Officer
Certified a true copy of Harbour By theday of2019.	/law No. 655, 2019 adopted by Resolution#or
Chief Admi	inistrative Officer

VILLAGE OF PORT ALICE BYLAW NO. 655

SCHEDULE N - MARINA RATES

The following fees and charges shall be in effect at the Port Alice Municipal Marina and designated parking lots:

Rates Include Applicable Taxes

Daily Moorage Rate for Recreational Vessels per foot per day	\$ 1.00
Monthly Moorage Rate for Recreational Vessels per foot	\$ 12.50
Daily Moorage Rate for Commercial Vessels per foot per day	\$.50
Monthly Moorage Rate for Commercial Vessels per foot	\$6.25
Vehicle parking permit - Daily (Includes Boat Launch)	\$10.00
Vehicle parking permit – Annual (Includes Boat Launch), Residents Only*	\$80.00
Service Charge: Any service undertaken to resolve a vessel related	\$150.00 plus
emergency or nuisance at the Marina shall be charged to the owner of the vessel at actual costs plus \$150 and shall not be less than \$150.	actual costs
Replacement Annual Pass	\$5.00
Secondary Annual Pass	\$5.00
Slip Reservation Fee to be paid annually in advance	\$1,260
Trailer Parking after 24 hours	\$5.00 per day
*Resident means a person who is:	
a) a resident as defined under the Elections Act: or	
b) A sole shareholder or senior shareholder of corporations that own real property within the Municipal boundaries.	



Gateway to the Wild West Coast

INFORMATION ITEMS

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April 26, 2019 FOR IMMEDIATE RELEASE MR19-032

NIC names Port Hardy campus Mixalakwila

NIC has been gifted a Kwak'wala name for its Port Hardy/Mount Waddington Regional campus. The campus will now be known as Mixalakwila, meaning "maker of what's been dreamt about."

Elders from several communities and Chief George Hunt participated in a series of gatherings to choose the name. The conversations included rich discussions of what NIC and access to education means to First Nations communities and Indigenous learners.

The Elders chose Mixalakwila because they believe the College is a place where your dreams for the future can come true.

"I want to thank the Elders and community members who have honoured us with this new campus name," said NIC President John Bowman. "NIC's first Indigenous campus re-naming is a historic event for the college. It signals a permanent, ongoing commitment that Indigenous Education is a priority and that we value the relationships established with First Nations communities."



NIC college and campus administrators joined local Elders and community members to celebrate the naming of NIC's Mixalakwila campus in Port Hardy.

The naming is in alignment with NIC's strategic plan

Plan2020, which includes a commitment to enhancing Indigenous-centred services, learning environments, student and community spaces and learner success.

"Naming the NIC campus in Kwak'wala recognizes and honours the traditional territory of the Kwagu'ł and is an important step towards reconciliation," said Sara Child, NIC's Aboriginal Education Facilitator. "We hope the new campus name will feel welcoming, especially for those who may have previously felt excluded from higher learning and create a place where their Indigenous identity and knowledge are respected."

The campus will officially be known as the Mixalakwila campus or NIC's Mixalakwila campus in Port Hardy.

NIC offers free Kwak'wala language courses at all its campuses including Introduction to Kwak'wala I & II (KWA-096 & 097) and Introduction to U'Mista Orthography (KWA-098) and is also in the process of developing a new certificate in Indigenous language which will be a certificate in fluency building.

The United Nations Declaration on the Rights for Indigenous Peoples (UNDRIP) and the Truth and Reconciliation Commission (TRC) have established the rights of Indigenous peoples to communicate, develop and share culture and be educated in their own languages, but there is a shortage of support for Indigenous language learning opportunities, noted Child.

"This program is intended to be a small step to fill the gap and support the aspirations of the nations we serve," she said. "Our Elders have been warning us for decades and demanding that actions be taken to support the resurgence of our languages and restoration of our wellness. I am honoured to say that the college is not only listening but taking action. What is reconciliation if it's not about responding to the voice of the Indigenous communities we serve?"

The United Nations has also declared 2019 as the International Year of Indigenous languages.

For more information on NIC's Aboriginal Education programs and courses, visit https://www.nic.bc.ca/aboriginal-education/.

Media Contact Elizabeth Young

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info@portalice.ca

From:

Bloxham, Cheryl < Cheryl.Bloxham@VIHA.CA > on behalf of Island Health

Communication < Communication@viha.ca>

Sent:

Tuesday, April 30, 2019 9:30 AM

To: Subject:

Island Health Communication
Island Health News: Tips for a safer grad season

islandhealth.ca/news



FOR IMMEDIATE RELEASE April 30, 2019

Tips for a safer grad season

Island-wide - Grad season is a time to celebrate and Island Health wants young people, their families and friends to make sure the experience is one to treasure.

- 1. It's best to avoid drugs and alcohol. If you do use, know how to stay safer.
 - Follow the <u>Low Risk Drinking Guidelines</u> and never leave your drink unattended so it can't be spiked.
 - Take one substance at a time and don't mix.
 - Choose <u>safer ways to use cannabis</u> avoid smoking cannabis, inhaling deeply and holding your breath, <u>go low/go</u> slow with edibles.
 - Make sure your friends are with you and tell them what you think you have taken.
 - <u>Know the signs</u> of an opioid overdose, how to respond, and carry a Naloxone kit. If you suspect an overdose, call 911 immediately and give breaths every five seconds until help arrives.
 - You can't be arrested for helping someone, even if you are carrying drugs.
 - And plan a safe ride home. Driving high is driving impaired.
- 2. You always need a 'YES!' for sex. Consent is 'yes' and everything else is not. You can't give consent if you've consumed alcohol or drugs. Sexual assault can happen to anyone, regardless of their gender and sexuality. Trust yourself. If you or a friend think you have experienced sexual assault or violence, get help.
- 3. **If you're sexually active, make condoms a part of your party planning**. If you have had unprotected sex, find out <u>where to get tested</u> for sexually transmitted infections (STI). You also can visit your school wellness centre or an <u>Island Health youth clinic</u> for emergency contraception, STI testing and more.

4. Take steps to manage stress around graduation time.

- Take some time out to do what relaxes you, whether it is listening to music, getting active, or spending time with a
 pet.
- Healthy eating can help your body deal with stress. Eat regular meals and snacks based on the <u>Canada Food Guide</u>.
- It's ok to ask for help. No matter how you are feeling, you are not alone. Talk to someone you trust, whether it is a friend, family member, teacher or coach. If you are in crisis, you can reach the 24 hour Vancouver Island Crisis Line at 1-888-494-3888.

"Graduation is a wonderful achievement, and young people are savvy about celebrating safely – they do not buy into media portrayals of drug and alcohol-fuelled parties as the only way to mark this important accomplishment," said Dr. Richard Stanwick, Island Health Chief Medical Health Officer. "Unlike times past, you can count on a digital recording of the celebration – good or bad. I want young people to know that there are steps they can take to have a safe grad season, to create great memories of the event and to understand that there is help available if they find themselves in a difficult situation."

About Island Health:

Island Health provides health care and support services to more than 793,000 people on Vancouver Island, the islands in the Salish Sea and the Johnstone Strait, and mainland communities north of Powell River. With more than 21,000 staff and over 2,000 physician partners, 6,000 volunteers, and the dedicated support of foundations and auxiliaries, Island Health delivers a broad range of health services, including: Public health services, primary health care, home and community care, mental health and addictions services, acute care in hospitals, and much more across a huge, geographically diverse region.

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Media inquiries Cheryl Bloxham 250-370-8878 Cheryl.bloxham@viha.ca

This Island Health notice has been sent to media, MPs, MLAs, mayors, Island Health leaders, foundations and regional hospital distric chairs on Vancouver Island. View online at www.islandhealth.ca/news.

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