



Village Update

August 14, 2020

Updates from the Municipality



Here we are again in the longer, hotter days of summer. The really hot days of summer. Vancouver Coastal Health is encouraging us all to take care in the hotter weather; something we can all do with a few simple steps.

1. If possible, limit your most active time outside to the earlier and later parts of the day when the temperature is a little lower. This is especially important for the very young and the very young at heart.
2. Stay hydrated. Dehydration is sneaky and we are often dehydrated long before we even know it. Always keep a (reusable) bottle of water with you and drink from it often. Stay away from beverages that actually dehydrate you; coffee, tea, alcohol and carbonated beverages actually hurt more than they help.
3. If you have to be outside schedule breaks often and stay in the shade as much as possible.
4. Use a strongly SPF-rated sunscreen and avoid getting sunburned.
5. Be aware of the warning signs of heat-related illnesses. If you experience any of the following symptoms while outside in the heat go inside/into the shade, drink some water and lie down.
 - High body temperature (you feel like you're still hot even after you drank some water and sat in the shade for a while)
 - Feel flushed
 - Feel chills
 - Dizziness/confusion/light headedness
 - Weakness
 - Nausea/upset stomach
 - Excessive sweating

6. If you have gone inside, drank some fluids and rested but continue to feel unwell it is recommended that you consult a medical professional.

For more information please check out these useful links:

- Sign up for weather alerts at https://weather.gc.ca/warnings/index_e.html
- Vancouver Coastal Health's extreme heat page at <http://www.vch.ca/public-health/environmental-health-inspections/healthy-built-environment/air-quality/outdoor-air-quality/extreme-heat>
- Advice for staying cool at home during COVID-19 at <http://www.bccdc.ca/about/news-stories/stories/2020/warm-weather-safety-in-a-time-of-covid-19>
- Staying healthy in the heat (Government of Canada) at <https://www.canada.ca/en/health-canada/services/publications/healthy-living/fact-sheet-staying-healthy-heat.html>

We all want to get out and enjoy the sun, but we need to keep our safety in mind while we do it. And please, as usual keep your physical distancing in mind while enjoying the sunshine. Continue to wash your hands, keep your two metres distance from others, wear a non-medical mask if you cannot maintain your distance, and practice responsible respiratory etiquette.

Robert Whitney, Deputy Emergency Program Coordinator

BEAR SEASON IS HERE



Do your part to avoid human-bear conflicts



The Village of Lions Bay is a Bear Smart Community and has bylaws in place to help mitigate human-bear conflicts. One of the key measures enacted requires residents to place their waste at the street on collection days between 5:00 am and 7:30 am. This limits the time waste is left out before being collected. For full details on other measures, please see the [Village of Lions Bay Garbage and Recycling Collection Bylaw No. 455, 2013](#).

Bear Season Has Begun. Managing bear attractants is key to reducing human-bear conflicts and each resident of the Village of Lions Bay has a responsibility to manage attractants on their property. Improperly managed garbage, bird seed, unpicked fruit on trees, beehives, and other attractants are the primary cause of human-bear conflict. To help mitigate some of the risks see the helpful tips in the ["Bear Season is Here"](#) infographic.

Reporting a sighting does not mean Conservation Officers will automatically kill the bear. If a bear can be scared away from residential areas on its first visit, and attractants such as garbage are removed, the bear will be more likely to return to the mountains to forage for natural food sources.



Do you know the

WARNING SIGNS OF DROWNING

10 Signs of Drowning

- Head low in the water with their mouth at water level
- Head tilted back with mouth open
- Eyes glassy and empty, unable to focus
- Eyes entirely closed
- Hair that's flopped over the person's forehead or eyes
- Not using their legs but vertical in the water
- Hyperventilating or gasping
- Trying to swim in a particular direction but not making headway
- Trying to roll over on their back without success
- Appear to be climbing an invisible ladder

SAFETY TIPS & PREVENTATIVE MEASURES

- Never leave your child unattended: Eyes and ears on them at all times.
- Always have your child wear a life jacket until they've passed level 6.
- Do not allow them to go to the dock alone or with another weak swimmer.
- Stay in designated areas only.

MYTHS ABOUT DROWNING

Myth 1: Drowning people will yell for help.

Drowning people are physiologically unable to call out for help. The mouths of drowning people are not above the surface of the water long enough for them to exhale, inhale and call out for help.

Myth 2: Drowning people will wave wildly. Nature instinctively forces them to extend their arms laterally and press down on the water's surface.

Myth 3: Drowning takes a while. Drowning victims are only able to struggle on the surface of the water for 20 to 60 seconds before submersion occurs.

Myth 4: Kids who are drowning will make noise. Children playing in the water make noise, children drowning go quiet.

WHAT TO DO

- If you are a strong swimmer and know the proper steps to perform a water rescue - take immediate action
- Call for help for assistance
- Perform CPR
- Call 911

BE KNOWLEDGABLE

For more information, classes and testing your own level of water safety and awareness visit this

link to the
[Canadian Red Cross](#)



Council and Committee Meetings

Regular Council Meeting - September 22nd at 7 p.m. via [zoom](#)

Meeting Calendar

Note: We are changing the way we do Council meetings to meet physical distancing requirements. Video conferencing is available for public participation via [Zoom](#). Instructions on how to attend and publicly participate in a meeting can be found [here](#).

We thank you for your patience as we learn new ways of conducting Council meetings and navigate through new technologies.

Public Viewing Etiquette

- *Public participation is still available on Zoom, during the Public Participation section of the agenda. Please read the instructions*
- *Silent viewing only, until you are called upon to speak (if desired). Please do not interrupt Council discussion*
- *Limit background distractions by muting your microphone and keeping video turned off until such time as it's your turn to speak (if applicable).*
- *If interruptions are repeated, the participant will be removed from the meeting*

It is still possible to attend meetings in-person but please be advised that seating is limited to five (5) seats maximum for the general public in order to meet physical distancing in Council Chambers, and will be offered on a first come, first served basis.

What's Happening in Lions Bay

ThaiThanic Food Truck August 21st from 5 - 8 p.m.

August 21, 2020 - Start thinking of your Friday Thai Food order! Pre-order before or on the evening, you know the drill!
5-8 p.m. Text Don **604-908-5335** include your name and order specifics.

1. Pad Thai (chicken or tofu)
2. Green Curry (chicken or tofu)
3. Red Curry (chicken or tofu)
4. Panang Curry (chicken or tofu)
5. Kao Soi
6. Pad Pakrow
7. Tom Ka Kai Soup (with prawn)





WORLD TALES

- SHORT STORY COMPETITION -

Calling all Lions Bay residents age 12-18

UNESCO has extended the short story contest called Once Upon A Time in My Future.

Climate change, human rights violations, conflicts, racism and discrimination are among many threats to our present and future. In the face of adversity and the manifold consequences of the COVID-19 pandemic, creative young minds need to be encouraged to find innovative solutions.

Extension of deadline for submission: 15 October 2020 at midnight (CET).

Write a very short story (250-500 words) to win some awesome prizes. Details are [here](#).

Lions Bay Arts is offering three local prizes to encourage local entries. The top Lions Bay entry will win \$100 from Lions Bay Arts, and two runners up will win \$50 each. Details for this contest, including some short story writing tips to get you started, are [here](#).

The deadline for both contests is OCTOBER 15, 2020. Good luck to all entrants!



2021 Lions Bay 50th Anniversary Calendar

Lions Bay Arts is beginning work on the 2021 Lions Bay Commemorative Calendar to celebrate Lions Bay's 50th Anniversary as a Village.

We welcome photos depicting the beauty and vibrancy of Lions Bay from all residents. If you are including photos which depict people, we will require a release in order to publish in the Calendar.

Photos need to be landscape format, with at least 1MB of resolution. You may submit as many photos as you like. We will be selecting more photos for this calendar as we will have a number of months that include a collage of photos.

Deadline for photo submission is October 31, 2020.

Please submit your photos to calendar@lionsbayarts.ca

Visit our Website! | www.lionsbay.ca