Local Residents Resort to Petitions to Make Voices Heard

At least four petitions have circulated at UBC (and the UEL) in the past year; they focus on a variety of issues, from minor to major. We review them here and provide contact where available.

Petition 1: Save Open Space in Wesbrook Village

This petition seeks to collect signatures in support of saving the second (building) lot on Birney Avenue near Mundell Park in Wesbrook Place. The other UBC lot would be developed as a community field.

Jennifer Douglas, Ursula Ellis, Desiree Wilson

Wesbrook Village is continually expanding, and the community is feeling some effects of overcrowding. The cost of living in Vancouver means that many of us are living in small spaces with no yards and people need room to spread out and play outside. Especially during the COVID-19 pandemic, as we collectively experienced restricted movement and the need to stay close to home even when outside, it has become increasingly clear that this community needs some large green spaces within its boundaries.

The existing four “pocket” parks (as they are termed in the Wesbrook Place Community Plan, last amended April 2020) and the splash pad are all lovely—but small—community spaces. In fact, they are so small that if one other group is playing badminton or frisbee or fetch with their dog, most of the available space is taken up. The soccer field and volleyball courts near the high school are nice amenities but a lot of people seem to drive here to use them, and they are not as useful for our local community; they seem to be mainly used by for-profit groups for specific purposes.

Unlike in other parts of Vancouver, where most neighbourhoods are in walking distance of large, expansive parks that allow multiple kinds of use, there is no large space where the rapidly increasing population of the university neighbourhood community can spread out, where kids can throw or kick a ball around, or where community members, especially children, can have an official off-leash area.

In this dense urban mixed-use community, there is a need to have loose open community spaces. While Jane Jacobs (author of The Life and Death of Great American Cities, a book that has inspired planners of urban mixed-use communities) advocated for bustling pedestrian ‘sidewalk life’, she also urged planners to resist the temptation to create over-planned and over-polished environments that are potentially sterile. While Wesbrook has an impressive network of sidewalks and some lovely well-manicured small parks with fixed equipment, there is precious little open space where community members, especially children, can define spaces for themselves.

With the conversion of the softball field at Nobel Park, we recently lost one of the kinds of loosely defined spaces we need, where people played baseball, soccer, frisbee, tag, and other impromptu games and where toddlers ran after bubbles and families met and had picnics. While the signs on this currently closed-for-public-use field indicate that it will be open soon, the space is not the loosely defined grass field it was before, and its re-configuration is sure to change what is considered an acceptable use of the field, and what activities will be privileged there. The loss of this more free, open space has underscored the need for more of it in our community.

Given the density of Wesbrook, and the increased density that is yet to come, we believe there is a need to reconsider the land use plans to ensure that they work for the people who live here. There are currently two large lots on Birney Avenue, one zoned for a school and one that is zoned for a 16-story market tower and townhouses (i.e. not faculty or staff housing). It’s entirely conceivable that this community will wait a decade or more for a school to be built, and when it is, its spaces will only be available for broad community use on evenings and weekends.

In May and June, we circulated a petition aimed to collect signatures in support of saving the second lot on Birney Avenue near Mundell Park to be developed as a community field. Recognizing the value of open green spaces to neighbourhoods, the City of Vancouver recently voted to create a large park in the still-developing Fairview neighbourhood; the petition we are circulating calls on UBC, UBC Properties, and the UNA to save this one, mid-sized field for mixed community use in Wesbrook Village.

Changes to the neighbourhood plan have been made before, as recently as April 2020, and we hope that some community advocacy will encourage planners to consider further changes that prioritize residents and members of the UBC community who are already living here.

UBC is a major employer in the Vancouver area, an area that is notoriously expensive and where affordable and liveable housing for working families, new professionals and students feels increasingly out of reach. It is in the university’s interest to ensure that members of its community find neighbours and homes that feel like home, where they feel like they can live well, and where they want to stay. As employees and students of the university and members of the UNA community, we hope others will join us in advocating for keeping our neighbour- hoods as liveable as possible.

This petition is open and can be viewed and signed at forms.gle/RvGztl3NT5DDzvxL7

Contact: Jennifer Douglas at jen[dot]douglas[at]gmail[dot]com

Petition 2: Prevent ‘Pot Shop’ from Doing Business Steps from UBC

This petition (was) to let the University Endowment Lands administration office know the concerns and effects it would impose on our community, with the approval of a cannabis store at 5784 University Blvd. We ask that the UEL administration office strongly consider how the cannabis poses unrelated to the university.

UBC fosters a high density of minors, with an elementary school within 1 km and another elementary school within only 700 meters to the location of the proposed cannabis retail. The location of the cannabis retail store is a business plaza including a food court, supermarket, fast food chains, Staples office supply, banks and educational institutes which are family, business, and academic-oriented.

PETITIONS continued on Page 2
A petition was sent to the UEL administration. The resident requested that they leave ancient maple trees alone along Wesbrook Crescent, as they are not harming nor obstructing anything. Management had a budget for cutting down trees across the UBC Endowment Lands and the manager is scheduling to cut down a corridor of near 100-year-old maple trees along the corner of Wesbrook Crescent and College Highroad, right beside the UBC bus loop and exchange. When a UEL resident reached out to the UEL Office to inquire about the reason for this decision, the resident was apparently told that they have a budget for cutting down trees and it needs to be spent.

In a feature article in the Vancouver Sun on January 22, 2020, a resident was faced with the following comment, “The trees are located on public boulevards, are mature and of grand stature, but there has been a couple of near misses with major branches falling and a tree splitting in half. Dropping of these storms and disease are taking a toll.”

A UNA resident Chris Wall surrounded by maple trees near his UEL property.

There is no proof or sign of disease whatsoever in these trees, and cutting down each entire tree is unnecessary and extreme. These trees are not posing any threat to passersby nor obstructing any traffic or development. These trees have been around far longer than any of us and they are treasures to UBC and the University Endowment Lands. They are home to birds, insects, and entire ecosystems. They have been appreciated by residents and students for nearly 100 years and we need to fight to keep them around for the next century of students to appreciate.

The implementation of preventative measures includes the canceling of all face-to-face classes and instead implementing remote online instruction. While we applaud UBC’s initiative for putting the student’s health and safety as the main priority, it is important to consider the financial impact on the students, especially international students considering the tremendous difference between the tuition.

Currently, international student tuition at the University of British Columbia is roughly $28,000 per semester (depending on the program). When most students agreed to take on the financial burden of taking out loans to pay such an exorbitant fee, we did so because we expected to receive in-person face-to-face instruction, as well as the opportunity to seek out help from our professors during office hours. Because of the circumstances of this decision, this is no longer a possibility for students, and we are essentially stuck paying $28,000 for online classes. This does not account for fees for campus activity fees (activities which have all been canceled), lab fees, transportation fees, building fees (especially for the Sauder School of Business which takes around $690 as a building fee), facilities fees, etc. It is no longer fair to charge students for such amenities.

Petition 3: Save Ancient UEL Trees Along Wesbrook Crescent

Petition 4: Give Partial Refunds to UBC Students for Lost Fees

The University of British Columbia has decided to implement a number of preventative measures to reduce the likelihood of the virus spreading to the student population. Because of the financial impact of this decision, we are petitioning the University of British Columbia to give partial refunds to all students.

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Contact Irem Atalay, at www.change.org
Pacific Spirit Park Society Gathers Eagle Nest Data for Province-Wide Study

Eagles are so beautiful; volunteers feel as though participating in monitoring program, they are contributing to the health of eagle species and the trees in which they nest.

The bald eagle nest registry in the lower mainland is a province-wide program. The protection of nesting trees, and the trees in Pacific Spirit Park are very much a part of this program.

Laura Cottle, program coordinator for Pacific Spirit Park Society (PSPS), asks, “Did you know that in the 763 hectares of beautiful Pacific Spirit Park, lying on the doorstep of our University Neighbourhoods, there are at least 10 pairs of nesting eagles? And did you know that the non-profit PSPS has an eagle nest monitoring program?”

PSPS collaborates with Metro Vancouver Via their Regional Park Partners program, and as such, they run a number of park-enhancement activities involving stewardship, data collection and education. Directed by a volunteer Board of Directors, the society’s activities are coordinated by two part-time contractors who work with teams of community volunteers; one such team is the Eagle Nest Monitors.

PSPS volunteers cover a wide age range and variety of educational backgrounds. Previous “birding” experience is not necessary – only the dedication to visit an eagle nest at least once per week and record all activities. Families, UBC students, even retired UBC professors are involved. Each monitor covers one to several nests, many of which are located in the narrow strip of foreshore Park that fronts the ocean of the Point Grey Peninsula. “We wouldn’t be able to collect the extent of data without our wonderful team of eagle nest monitors”, notes Ms. Cottle.

Although PSPS has been running the program for a number of years, only this year has it really expanded vis-a-vis the number of volunteers involved (over 15 active volunteers compared to only a handful in 2020), and number of nests monitored (increased from 8 to 12 in Pacific Spirit Park). In comparison to the stewardship programs at Camosun Bog and their 2021 restoration project site, which often involve volunteers working relatively close together, Eagle Nest monitoring can be done alone or in very small, COVID-friendly groups.

“Through our on going program this year with a couple of ‘Learning Sessions’ on Zoom, followed by a nest site visit with one of the ‘Eagles’ – a group of three lead volunteers”. Once the volunteers or volunteer family groups conducted their nest site visit, they were on their own to visit their designated nest(s) and monitor the eagle behaviour they observed. They then submit their eagle nest reports on a regular basis to Ms. Cottle who administers the program.

One such PSPS volunteer is Peter Ward. Peter is no stranger to bird studies, having been attracted to the discipline of birding by the abundant and colourful birds he encountered in Eastern Africa, where he lived as a teenager and in his twenties.

As a graduate student in California, Peter developed an interest in bird sound recording. When he moved to BC to take up a position of Assistant Professor in Civil Engineering at UBC, he had a pleasant surprise when he discovered fellow Faculty member Ken Hall also had an interest in bird sound recording.

So started a partnership of many years, whereas the two recorded bird sounds together throughout BC and Washington. Now some years retired, Peter noticed a message in the PSPS newsletter asking for volunteer eagle nest monitors. He has taken up the new bird study with great enthusiasm helping other Eagle Nest Monitors as a lead “Eagle”.

The new nests now included in the PSPS monitoring program are mostly thanks to Peter’s “eagle eyes”. Also, using his clever cell phone telescope mount, designed and produced on a 3D printer by his 12-year-old grandson, Peter is able to take some great photos and videos of the eagle nests.

Another long-time park user and enthusiast Kathy Eugster was drawn to the idea of monitoring eagles, from her love of both the park and its animals. Kathy, a retired child and family therapist, feels the monitoring program is “fantastic!”. She enjoys learning about eagles – seeing them regularly and becoming more familiar with their behaviour. And now watching the chicks flap their surprisingly large wings, she is thrilled: “By participating in this program, I feel as though I’m contributing.”

To what are the Eagle Nest Monitors contributing? How is the information that PSPS collects to be used?

Firstly, data about the locations of nests, and the productivity (number of chicks produced) of the nests helps inform Metro Vancouver Regional park managers. Secondly, the cumulated season’s data will be shared with the Hancock Wildlife Foundation. PSPS Eagle Nest Monitoring program furthers our understanding of eagle-human relationships. To read more about the various programs of the Hancock Wildlife Foundation, such as the Bald Eagle Tracking Alliance, please visit their website hancockwildlife.org. If you are interested in becoming an eagle nest monitor, please contact Laura at volunteer@pacificspiritparkersociety.org.

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Jane Kang is a writer and elected representative of UBC residents.

Story in both English and Chinese (below) by Ms. Kang

Jane Kang

Through the UNA Guidebook at myuna.ca or by visiting any UNA community centre.

As part of the Neighbours’ Agreement 2020, Central Building (6015 University Blvd.) and Focal Building (6111 University Blvd.) have been designated to become part of the UNA’s jurisdiction. Residents of these buildings can now transition from their UTown@UBC Cards to the UNA Card and enjoy all the services, facilities and amenities that the UNA offers.

As a well-educated and independent woman, I take pleasure in sharp exchanges of words in my own native language as much as I enjoy the witty humour of English. I like Persian poetry and Indian dance; Korean kimchi, Mediterranean lamb chops and Italian pizza.

As the only female Asian member of the Board of Directors of the University Neighborhood Association (UNA), I empathize with the petitions of residents of opposing perspectives and serve the community with integrity. So far as I understand the exchange of ideas and even conflicts in meetings, I believe in being fair and just in observing them. We accept the dark moments of history as a fact just as we are all impacted by the evils of the virus. We remember history, learn lessons and avoid the recurrence of tragedies. As Prime Minister Trudeau said this Canada Day on July 1: “We can’t change the past. If we lead with those core values of hard work, kindness, resilience, and respect—we can achieve reconciliation and build a better Canada.”

Jane Kang
I have been horrified by the confirmation of multiple burial sites of children at former residential schools over the past few months. I can only imagine the grief and pain that the families and communities of the missing children are feeling. UBC stands with First Nations seeking the truth about the missing children. We support having the children returned to their families and communities with proper protocols. May we honour their lives and the survivors, and never forget their stories.

Our thoughts are with the families, the communities, residential school survivors and all who mourn.

The Indian residential schools operated for more than a century as a partnership between the Canadian government and major churches, with the last school closing only in 1996. For much of that time, Indigenous children were forcibly removed to schools that sought to break their ties to their families, communities, and culture.

Many spent their entire childhoods in the schools and many died there, as we have been starkly reminded the mortality rates at some schools at times surpassed 60 percent. Most suffered emotional or mental abuse, and many suffered physical and sexual abuse. The devastating legacy of the Indian residential school system has affected nearly every Indigenous family and the effects on communities are still here today.

Universities, including UBC, bear part of the responsibility for this history, not only for having trained many of the policy makers and administrators who operated the residential school system, and doing so little to address the exclusion from higher education that the schools so effectively created, but also for tacitly accepting the silence surrounding it.

We have made mistakes, and we cannot presume that we will not make more in the future. However, our commitment is to learn from our mistakes, and, together, to continue to move forward. Our commitment, as a university, and as a community of many members, must be strong, and must always result in meaningful action. That is our realization, and it is our duty to act.

The University of British Columbia, through its Indigenous Strategic Plan (ISP), is committed to addressing the impact of colonialism within the university and across both its campuses. The ISP is our guiding framework to help us collectively take action to advance the implementation of Indigenous peoples’ human rights at UBC. (You can learn more about the Indigenous Strategic Plan at indigenous.ubc.ca.)

Now, more than ever, we must make our voices collectively heard that much more needs to be done to address the significant and long-standing colonial structures and systems, which have so negatively impacted many of our community members. We are committed to doing this work and moving forward with meaningful reconciliation with Indigenous peoples.

Santa J. Ono
President and Vice-Chancellor
The University of British Columbia

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Reconciliation Pole at Main Mall. Photo credit: Hover Collective.

Letter from UBC President
Moving Forward with Meaningful Reconciliation with Indigenous Peoples

OFFICE OF THE PRESIDENT
The University of British Columbia
Vancouver, BC
July 26, 2021

Dear Students, Faculty, Staff,

I have been horrified by the confirmation of multiple burial sites of children at former residential schools over the past few months. I can only imagine the grief and pain that the families and communities of the missing children are feeling. UBC stands with First Nations seeking the truth about the missing children. We support having the children returned to their families and communities with proper protocols. May we honour their lives and the survivors, and never forget their stories.

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Motorists are reminded that July is Safe Driving Month; serious figures can be attached to dangerous driving statistics

RCMP Staff Sergeant Chuck Lan attended the July meeting of the UNA Board of Directors and brought with him some serious comments about drunk driving.

First of all, Staff Sergeant Lan reminded directors—and residents—who attended the meeting by Zoom that July is “Safe Driving Month”. In fact, the entire month of July is dedicated to the Summer Counter-Attack Month”. In fact, the entire month of July is “Safe Driving Month”.

Staff Sergeant Lan noted impairment means more than just alcohol impairment—it also means impairment by illegal drugs or prescription medication. In BC, an average of 67 people are killed every year in collisions where alcohol, drugs or medications were contributing factors.

“Too often our officers are put in the position of having to notify a family that they have lost a loved one due to an impaired driving collision,” says Supt. Holly Turton, Officer in Charge of BC Highway Patrol, in a news release. “We want people to enjoy the summer but we also want people to make good decisions and choose to drive sober every time they get behind the wheel.

If you do plan to drink alcohol or consume drugs of any kind, have a designated driver or plan alternate ways home.”

Staff Sergeant Lan said: “We also want to remind all motorists that the COVID-19 pandemic is not an excuse to disregard the law. Our officers are committed to road safety and there will be times when we have to encroach on personal space to fulfill our duties, like conducting roadside sobriety tests, for example. COVID-19 does not exempt anyone from complying with a lawful demand, nor will it prevent our officers from performing their duties as required.”

Motorists can expect to see an increased presence on our highways throughout the province during this enhanced enforcement campaign, and may also experience short delays. Police are asking motorists to drive safely and obey the directions of officers at any check-stop. Please drive safely every time you get behind the wheel.
UBC Softball Starts Up on UNA Land Once Under-Used

Collings Field.

The Nobel Park Softball Diamond, re-named Collings Field, is now open for pub- lic use after renovations.

The softball field will be shared by the community of campus residents with the UBC Women’s Varsity Softball team.

Field installations and upgrades include safety nettings surrounding the field, roofs on dugouts, new in-field and warning track, upgrades to fencing and re-alignment of field to meet NCAA requirements includ- ing two bullpens.

The field upgrades were completed back in April and it entered the Grow-In Phase of UBC development to allow the turf to re-establish. The team has announced the Grow-In Phase is now completed and it is expecting the UBC Women’s Varsity Softball team to start practicing in Sep- tember. (For bookings and information, please email bookings@myuna.ca.)

When the UBC Thunderbirds Softball team began playing at their new home on campus, the field itself was not unfamiliar but the name will certainly not be. Thanks to a significant gift from the Collings Stevens Family Foundation, UBC Athletics’ newest facility will become a reality, and will also bear the name of the program’s head coach and biggest champion, Gord Collings.

Gord’s younger brother, Al Collings, also a UBC alumna and former UBC Thunder- bird soccer player, and his wife, Hilary Ste- vens, through their Collings Stevens Fam- ily Foundation, have ensured that Collings Field at Nobel Park will serve as a lasting legacy for the dedication and tireless ef- forts of the T-Birds’ softball coach who has guided the program since 2013.

Established in 2010, the UBC Softball pro- gram has been without a true home field on which to practice and play. The team has hosted their league home games at Softball City in Surrey, requiring student-athletes and coaches to make the commute from Point Grey on a regular basis. That extra time has only added to the existing chal- lenges of juggling a full course load of studies along with the rigorous training, competition, and travel schedules.

Upgrades to the existing Nobel Field, lo- cated at the south end of campus in West- brook Village, will include a resurfaced field. Collings Field at Nobel Park will also provide close proximity to other UBC Ath- letics facilities, vastly improving softball student-athletes’ access to training, thera- py, and academic services while serving up a true home field advantage.

There is a strong argument to be made that without the new facility’s namesake, the program wouldn’t still be here today. Since his arrival at UBC in 2013, Collings has navigated his team through numerous hur- dles including a tumultuous sport review that threatened the team’s very existence.

The naming of Collings Field not only honours Gord’s time as the head of UBC’s softball program, but a lifetime of service to education and sport.

Graduating from UBC with a Bachelor of Science degree in 1975, Gord received his teaching certificate the following year and returned to Point Grey to complete his mas- ters in education in 1985. He was a teacher and administrator for 33 years in the Delta school district.

After coaching at the community level for decades, Gord became the head coach of the Douglas College softball program in 2008, a position he held for five years, cul- minating with an appearance in the North- west Athletic Association of Community Colleges Championship Final in 2013, just before joining UBC.

Well respected and admired in the UBC Athletics family and the greater softball community across B.C. and Canada, Gord’s championing of amateur sport at numerous levels makes the naming of Collings Field a very fitting tribute.

The project was made possible with sup- port from the University, and a fundraising campaign spearheaded by volunteers from the softball community. Rick O’Connor, Bill Sherritt, Deron Freer and Scott Jones worked to gather donations from over 70 individuals and businesses to raise valuable funds to begin the construction.

How the Pandemic Shaped the Sex Lives of Canadians

At the start of the pandemic, there were ample predictions that more time at home would lead to more time between the sheets.

But a new UBC study, recently published in the International Journal of Sexual Health, uncovers a more nuanced picture of how COVID-19 has shaped the sex lives of Can- adians.

“Sexual health is really complex,” says the study’s lead author Dr. Lori Brotto, a UBC professor of obstetrics and gynaecology and executive director of the Women’s Health Research Institute.

The study—which surveyed more than 1,000 Canadians ranging in age from 19 to 81—examined the pandemic’s impact on various facets of sexual health (desire, be- haviour, compliance and coercion) at four time points between April and August 2020.

At the very beginning of the pandemic, the researchers found higher levels of COVID- 19-related stress actually led to higher levels of sexual desire for a partner.

“Generally, sexual desire decreases with stress, but at the very start of the pandem- ic, when lockdown measures were at their strictest, the kind of stress people experi- enced was immediate. And that acute stress kicked off a fight-or-flight response, which we know can create anxious arousal that can be misinterpreted by the body as sexual arousal,” explains Dr. Brotto.

But that libido boost didn’t necessarily trans- late to people having more sex, she notes.

The high levels of early pandemic stress also led to higher levels of self-reported sexual coercion.

“While overall rates of sexual coercion were low in this study, consistent with what we’ve seen in past pandemics, CO- VID-19-related stress did lead to increased rates of sexual violence,” says Dr. Brotto.

“These results are alarming when you consider the possible long-term effects of stress persisting post-pandemic.” As the pandemic progressed, the researchers observed falling rates of sexual desire for a partner. Despite this decrease, over the summer months as public health restric- tions eased, there was an uptick in sexual activity—but only among those without a live-in romantic partner.

Meanwhile, sexual activity among partners living under the same roof continued to wane.

“Over time, COVID-19 became a chronic stressor on relationships,” says Dr. Brotto.

“Existing conflicts were only aggravated by new COVID-19 stresses associated with ev- erything from working from home to child- care and financial difficulties.”

Unlike desire for a partner, desire to mastur- bate was neither hampered nor boosted by easing restrictions, although people mastur- bated less as restrictions lifted.

According to Dr. Brotto, with the arrival of COVID-19 vaccines, safe sex practices are more important than ever.

“For some, there will be a sense of invincibil- ity once they’re vaccinated and a real sense of longing to engage in that part of their life again,” says Dr. Brotto. “In regions of the world where people are fully vaccinated, we’re starting to see a massive resumption of sexual activity, with people even listing their vaccine status as one of their dating profiles. If we’re not careful, we could see a rise in unprotected sex and sexually transmitted infections.”

On the flip side, Dr. Brotto says there may be new anxieties around sex after COVID-19.

“For those who really struggled with anxiety during the pandemic, we’re going to need to increase sexual health supports and encour- age people to engage in activities like mind- fulness to re-cultivate their sexual health.”

Republished from news.ubc.ca.

Dr. Lori Brotto. Photo credit: Sheri Koop.
Monitoring Fire Danger on UBC Campus

“High”!

This is the comment you will hear if you dial the fire danger number of the Provincial Government, with this glorious sunshine around us.

There is only one level higher. “Extreme”!

For this reason, people living in the UBC area have good reason to keep a weathered eye on the thermometer.

UBC residents will by now know of events in the area that have given cause for concern:

• On the morning of June 29, an approximately 150 square meter fire broke out on steep and difficult terrain within Pacific Spirit Regional Park, near the top of Trail 5 between the museum of Anthropology and Wreck Beach.


• On Thursday July 8, there was another small fire on the UBC peninsula. It was extinguished quickly by Vancouver Fire Department, with support from Metro Vancouver Parks and Watershed Protection crews. The fire was approximately 0.6 hectares in size and was located on Ross Drive near TRIUMF Centre (the 1st fire was extinguished thanks to the combined efforts of responders, including Vancouver Fire Department, Metro Vancouver, and BC Wildfire Service. The fire was contained by 11:00 am).

“The incident is a good reminder of how careful we each need to be in these hot, dry months,” Jen McCutcheon, Electoral Area A on the Board of Metro Vancouver, said. “Please be vigilant when outdoors especially when in the forest.”

• On the morning of July 4, a 9.6 hectare fire broke out in the Powdermill area of UBC. The fire was located in a remote area in the vicinity of the Powdermill B Professor’s House, and was extinguished thanks to quick and thorough efforts of responders, including the Vancouver Fire Department. The fire was extinguished thanks to the combined efforts of responders, including Metro Vancouver Fire Department, Metro Vancouver, and BC Wildfire Service.

“High”!

If you notice a fire report it to 9-1-1.

Smoking is prohibited in all Metro Vancouver Regional Parks, except in designated smoking areas. Check the Pacific Spirit Regional Park web page frequently for the latest fire rating information and for current restrictions on outdoor cooking appliances. Once again on July 8, the Metro Director Ms. McCutcheon said, “This fire serves as a very real reminder of the risk of fire in our parks and other green spaces during the dry summer months.”

At its website, the Provincial Government states how weather has a significant impact on wildfires—in how they start, how aggressively they spread, and how long they burn. Readers may find out the current fire danger in their area and other information regarding fire weather. The BC Wildfire Service operates about 260 weather stations which sends reports on an hourly basis. These hourly weather observations, supplemented by data from other agency stations, support fire weather forecasting.

Temperature, relative humidity, precipitation, wind speed, and wind direction are recorded by the fully automated stations. This data is transmitted to BC Wildfire Service Headquarters every hour from April to October. Data from other agencies’ weather stations is also used.

The fire danger rating (i.e., the risk of a wildfire starting) for the province is updated daily at approximately 2:00 p.m. What the danger class ratings mean:

• Low: Fires may start easily and spread quickly but there will be minimal involvement of deeper fuel layers in the ground or larger fuels.

• Moderate: Forest fuels are drying and there is an increased risk of surface fires starting. Carry out any forest activities with caution.

• High: Forest fuels are very dry, and the fire risk is serious. New fires may start easily, burn vigorously, and challenge fire suppression efforts. Extreme caution must be used in any forest activities. Open burning and industrial activities may be restricted.

• Extreme: Extremely dry forest fuels and the fire risk is very serious. New fires will start easily, spread rapidly, and challenge fire suppression efforts. General forest activities may be restricted, including open burning, industrial activities, and campfires.

The Lower Mainland is considered part of Coastal region for purposes of fire control, and at noon of July 22, the danger rating for Pacific Spirit Park—which is surrounded by the University of British Columbia was high to extreme.

Monitoring Fire Danger on UBC Campus

Teens Breathe a Sigh of Relief Over Lifted COVID-19 Restrictions

Nicole Duane
Grade 11 student, Lord Byng Secondary School

Summer of 2020 came and went unevenly for many teenagers. Mostly confined to their homes, it was difficult not to let boredom creep in; the extent of social outings were masked, as were walks around the neighbourhood or perhaps a bike ride.

Time passed by slowly, whether dedicated to online school, gaming, or sleeping in. At the same time, summer of 2021 seemed to have arrived in a blur—did COVID restrictions really begin over a year ago?! It is likely that many students have felt robbed of their teen years and social lives, and are looking forward to making the best of this school break.

Even now, with Canada’s ban on non-essential international travel, a lot of the usual summer activities are off the table; teens still do not have the option to visit family abroad, or visit foreign cities and tourist destinations. While many actually prefer to stay at home, there’s no doubt that a vacation with friends or family could often be the highlight of their year.

But this summer, many of Vancouver’s entertainment classics are coming back. These are the places that many teens look forward to during their school year, and visit religiously every summer. The Richmond Night Market, for example, has announced its opening for July 23, 2021. At its peak in pre-pandemic times, the market saw over 30,000 visitors every single day, and hosted hundreds of booths offering novel Asian dishes and trinkets. Playland at the PNE is also running this year, featuring dozens of rides for adults and children alike. Although both events are operating at limited capacities, many Vancouver teens will still find a slot for their visit—especially since they had to remain home the year before.

In addition, teens are flocking to long-missed social scenes. For the first time in months, their feasible weekend activities can include movie theatres and shopping trips at the mall. While many are still a bit apprehensive at the thought of public indoor settings, the idea of returning to their pre-COVID lives is tantalizing. Many facilities around the neighbourhood have also opened its doors for the public: you can book admission for a dip in the UBC Aquatic Centre, or visit the skating rink at UBC Thunderbird Sports Centre.

On the other hand, it is perhaps not these events and places that are most enticing for teens. Perhaps it is as simple as a household visit; it is being allowed to enjoy a sleepover at a friend’s house, or share a birthday cake with a group over their kitchen table. The pandemic had taken away these channels for social connection, and at the end of the day, perhaps we miss them more than shopping trips or rollercoasters.
Researchers Reflect on Who Beats the Heat—Inside and Out

Staying cool and safe in the heat may be challenging. Here, two UBC experts share some tips and practices for warm weather safety.

Dr. Sarah Henderson is an associate professor of population and public health at UBC, and the scientific director of environmental health at the BC Centre for Disease Control. She researches the impacts of air pollution and extreme weather events. Dr. Adam Rysanek is an assistant professor of environmental systems at UBC, a healthy building expert who is working on alternative means of cooling indoor and outdoor spaces without relying on traditional air conditioning.

What are the challenges and risks associated with extreme heat?

Henderson: The primary risk associated with extreme hot weather is overheating, which can lead to heat stroke. When the external temperature is high, the body must work much harder to keep the core temperature at 37 degrees. Certain groups are at higher risk of overheating, including infants and children, older adults, outdoor workers, and anyone whose health is compromised.

Rysanek: To be frank, for a generation we’ve abandoned the design and construction of buildings that have some natural resiliency to extreme heat. Simultaneously, we haven’t taken up “indoor cooling” as an essential building service. A heat wave will always be a big challenge for a city of glass, but recurring climate change-induced heat waves is an emergent public health risk that requires us to change how we renovate and design new buildings.

How can people ensure safety and minimize discomfort?

Henderson: The best way to protect yourself during hot weather is to help your body stay cool. Drink plenty of water—even more than you think you need. Your body needs to be well-hydrated to produce sweat. As sweat hits your body at all times. Slow down and cool down if you are feeling unwell. Seek emergency care for symptoms of heat stroke such as flushed, dry skin, confusion or fainting. The BCCDC has some good resources on hot weather safety. Wear loose, breathable clothing. Seek shady, breezy places outdoors, especially those near to natural water sources or water features. Spend time in air-conditioned spaces if you can, especially during the hottest hours of the day, and limit the use of stoves and ovens to reduce the amount of heat generated indoors.

Rysanek: Hot weather on the West Coast is usually dry, which means that water can evaporate easily and that’s good news! When sweat or water evaporates off your skin, it cools your skin in the process. This is the primary mechanism that your body has for cooling itself. Some people may be familiar with the technique of blowing a fan over a bowl of cold ice water. Another tip is to put on a damp shirt or apply a wet cloth to your skin, and then blow a fan over you. When this artificial sweat evaporates, you’ll get a real cooling boost beyond just the feeling of the cold water on your skin. Outdoors, wear a hat or stay in the shade. Indoors, we still want to be mindful of balancing air quality vs. the heat, and everyone’s situation is different.

What else do we need to know?

Henderson: Do not allow stigma to keep people out of cool spaces or to prevent offering assistance—marginally housed people have died in Vancouver during previous extreme hot weather events. Check on people who are chronically ill or live alone and may need help in the hot weather. And never leave children or animals in a parked car—temperatures can rise rapidly in enclosed vehicles.

Rysanek: By all means take it easy and do what you can to keep your metabolism low and slow. If you’re not a marathon runner, this is not the weekend to do your first practice.

Useful links:
- Weather warning safety in a time of COVID-19 (bchyke.ca)
- Factsheet: Staying healthy in the heat (canada.ca/en/health-canada)

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Updated UNA Restart Plan

After receiving updates from the Provincial Health Office and the BC Recreation and Parks Association (BCRPA), the UNA has updated their UNA Restart Plan that was recently shared. Beginning July 5, 2021, the following changes will be implemented:

Westbrook Community Centre and Old Barn Community Centre
- Front desk services, common spaces, washrooms (including lockers and change rooms at the Westbrook Community Centre) will be reopened.
- Lending of equipment and toys will resume.
- Room bookings and birthday party bookings will remain suspended and resume soon.

Westbrook Fitness Centre and Old Barn Fitness Centre
- Drop-in system to restart (pre-booking workout slots will no longer be necessary and pre-COVID capacities will be in effect)
- Reminder: Please sanitize all fitness centre equipment immediately after use.

UNA Main Office
- To re-open for general service to the public on Tuesdays and Thursdays from 2-4 p.m.

Recreation Programs
- Normal class sizes will resume
- Physical distancing will no longer be required
- Verbal health screening will no longer be required
- Buffer times between classes will no longer be required
- Sharing of equipment will resume
- Normal cleaning standards will be implemented

General Safety
Wearing a mask while visiting/working at any UNA facility will be optional, however, it will be recommended in public indoor settings for all people ages 12 and older who are not yet fully vaccinated. Some people may choose to continue to wear a mask after they’re fully vaccinated and that’s okay. If you are feeling sick or have symptoms of COVID-19, please stay home and visit our facilities when you are feeling better. As part of our Step 3 safety measures and to conform with Provincial Health Orders and WorkSafe BC guidelines, we will be replacing our COVID-19 Safety Plan with a Communicable Disease Prevention Plan. This plan will be shared at myuna.ca.

The above changes will be in place until the Province implements Step 4, at which point, we anticipate a full return to normal operations and service levels. We are excited to welcome the community back into our facilities and we hope to see you soon!

Facility services beginning July 5:

Westbrook Community Centre
- Community Centre hours of operation will remain unchanged; weekdays: 8:30 a.m. – 8:30 p.m., weekends: 8:30 a.m. – 5:30 p.m.
- Common spaces will reopen
- Fitness Centre will return to drop-in system; weekdays: 7 a.m. – 8:30 p.m., weekends: 8:30 a.m. – 5:30 p.m.
- Room rentals will resume soon.
- Washrooms, change rooms/lockers will reopen.

Old Barn Community Centre
- Community Centre hours of operation to align with summer camp operations; weekdays: 8:30 a.m. – 5:00 p.m., weekends: closed
- Common spaces will reopen
- Fitness Centre will reopen and return to a drop-in system; weekdays: 8:30 a.m. – 5:00 p.m., weekends: closed
- Room rentals will resume soon.
- Washroom access will remain available

UNA Main Office
- The UNA Main Office will re-open for general service to the public on Tuesdays and Thursdays from 2-4 p.m.

Board & Committees
- Board Meetings to restart at Westbrook Community Centre starting in September.
- Executive Committee Meetings to restart at Westbrook Community Centre starting in September.

Dr. Sarah Henderson

Dr. Adam Rysanek

What else do we need to know?

Henderson: Do not allow stigma to keep people out of cool spaces or to prevent offering assistance—marginally housed people have died in Vancouver during previous extreme hot weather events. Check on people who are chronically ill or live alone and may need help in the hot weather. And never leave children or animals in a parked car—temperatures can rise rapidly in enclosed vehicles.

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Program Guide

The Old Barn & Westbrook Community Centres

Look for a copy online and in mailboxes in the coming weeks!

myuna.ca/recreation