



Region 2 East

Ambulance Paramedics of BC

August 2017

What you may have missed...

Your invite to convention.

Summer is in full swing, and hopefully everyone has had a chance to soak up some sun. I'd like to thank all the members that took time out of their busy summer schedules to join us at our

standing with union is welcome, and encouraged, to participate. Although only delegates can vote, members at large can speak for or against resolutions and motions. It is your chance to

"Your RVP's would like to extend a cordial invite to every member of our region to attend this year's convention."

regional union meeting on July 13. Although we did not achieve quorum, the meeting generated valuable discussion and provided your RVP's with some great direction.

It was brought to our attention that many members are not aware they are welcome to attend convention as a member at large. As such, your RVP's would like to extend a cordial invite to every member of our region to attend this year's convention. Anyone in good

ask questions, and have your voice heard. To facilitate the involvement of our members, and based on the great ideas shared at the meeting, we are looking at organizing transport to convention for those interested in attending. The plan is to co-ordinate this for the night of the retirement dinner, allowing people to attend both events. Ticket prices have not yet been announced for the dinner, so stay tuned. If you are interested please email 2ERVP@apbc.ca.

Have you met Kat?

Katinka Goossen of station 205 is our new Region 2 East Public Education Director. Kat is responsible for arranging the representation of our union at public events. She works to increase public awareness of paramedics and highlight our role in the community as health care providers.

Kat is an avid promoter of our profession, and when she is not busy playing paramedic, she is out teaching basic first aid and volunteering with various organizations including the Cadets.

Kat will be keeping you informed with regular updates in our newsletter. You can also check out her posts on Facebook by joining the [BCAS Fraser Valley Group](#) and [BC Paramedic Volunteers](#).

Please don't hesitate to contact Kat if you have any questions, ideas, or events you would like APBC to be a part of in our region. Email Catharina.Goossen@apbc.ca or katinkagoossen@hotmail.com.

Nominations for PEC and Standing Committees

First and second call have gone out for nominations for the Provincial Executive Committee and Standing Committees. All [nominations](#) must be received and [accepted](#) no later than August 23rd. The list of available positions (including provincial president, negotiating committee and many more) can be found in the recent [memo](#) sent out by email. Your delegates are responsible for voting on these positions at convention this year. For a detailed job description of each position check out the [APBC Bylaws](#). If you are interested in a position make sure to get yourself nominated!



Resolutions

There is still time to get your resolution in! The deadline for resolutions is August 10. If you submit your resolution after this date, it may not get debated on the Convention floor. There are three types of resolutions: Bylaws, Policy and Negotiation. The Bylaws and Resolution Committee will review your resolution and determine which category it falls into, and edit it if necessary, so it follows proper 'legal' structure. Valid resolutions are presented at Convention and voted on by the delegates. Resolutions are your opportunity to direct how our union does business. It is a way to take your good ideas and turn them into positive change. For more detailed information and to submit a resolution check out www.apbc.ca/members-area/information/convention/submit-a-resolution/.

Critical Incident Stress

The program in a nutshell by Linday Kellosalmi (APBC CISM Coordinator)

Recently APBC and BCEHS came to an agreement to hire two regular part time coordinators and six on-call, paid after hour coordinators. The two lead coordinators work rotating shifts, 7 days/week from 1000-1800 and the after-hour coordinators cover the pager in the evening. This went into effect during the first week of May 2017.

Anyone can activate the team after a critical incident, not just dispatch or supervisors. If you hear of a difficult call happening on the street or have concerns about a colleague, I encourage you to call the pager. You can remain confidential and our team will connect a suitable peer to reach out to the individual. Participation is voluntary and no one should ever feel pressured to use our program. In June, our CISM program was activated 70 times.

Our peers are the first point of contact for many of our colleagues, but we realize that the stressors of the job leave us needing further support. We now have a network of almost 50 clinical counsellors and psychologists throughout the province that any paramedic or dispatcher can access through our peer program. These counsellors are vetted by our clinical advisor, Dr. Georgia Nemetz to ensure they have enough experience working with trauma and first responders. The expense is paid for by BCEHS, but your confidential client rights remain private. In June, we had over 40 referrals to this network!

If you have questions or concerns about the CISM program, please email lindsay.kellosalmi@apbc.ca or call 778-214-4600.

CISM Pager 1-855-969-4321

IMPORTANT DATES TO REMEMBER

August 10 Resolution for convention submission deadline

August 23 Nomination for PEC and Standing Committee Deadline

September 4 Annual Labour Day Picnic & BBQ at Mill Lake (Volunteers needed. Email Catharina.Goossen@apbc.ca)

September 9 [Touch a Truck](#) Event (Volunteers needed. Email Catharina.Goossen@apbc.ca)