

Youth for Community back in action this summer in the Valley

NORTH COWICHAN – North Cowichan Youth Outreach is excited to once again offer the Youth for Community program in Chemainus and Crofton this summer.

Thanks to the support of Coast Capital Savings, CUPE Local 358, Mid-Island Co-op, and the Royal Canadian Legion branch 191, youth will be back in action helping out local seniors through July and August.

Youth for Community will employ young people between the ages of 12 and 18 in Crofton and Chemainus that have regularly participated in the Youth Outreach programs. The youth team's primary focus this summer will be to assist seniors within the community with tasks such as gardening, watering plants, small paint jobs, household chores and other odd jobs.

Youth participating in the program will not only earn a wage, but will also gain employment experience and on the job skills. They will also have the opportunity to participate in employment workshops and learn from the mentorship and supervision of the Youth for Community Program Coordinator.

Laura Chappell, Youth Outreach Programmer for North Cowichan, says there are multiple benefits coming out of the program.

"We are so excited to be able to bring this program to Chemainus and Crofton for the third year! Having the youth and seniors working together helps foster a unique community connection, while serving the needs of both groups," Chappell says.

"We are so grateful for grants we have received for this program, each donation means we can assist more



It's summer and the Youth for Community crew is ready to help seniors with all their chores including mowing, weeding, watering and other odd jobs. (Photo by Warren Goulding)

youth with in their first steps of employment."

Funding for the Youth for Community program was provided by a \$10,000 grant from Coast Capital Savings, \$2,000 donation for CUPE Local 358, and two \$500 donations from The Royal Canadian Legion branch 191 and Mid-Island Co-op. Grants will fund youth wages, employment workshops, and tools for the youth partici-

pating in the Youth for Community program.

Youth for Community will begin in July and run through until the end of August. If you are over the age of 55, living in Chemainus or Crofton, and have an 'odd job' a youth could help with please contact North Cowichan Youth Outreach. Call 250.246.4217 or email youthoutreach@northcowichan.ca for more information



Chemainus Secondary teachers Jennie Hittinger and Brent Pinnell practice their Automated External Defibrillator (AED) skills. (Photo by Warren Goulding)

Valley teachers receive AED training

Teachers throughout the Cowichan Valley School District received training in the use of Automated External Defibrillator techniques at a workshop held at Chemainus Secondary School.

The Advanced Coronary Treatment (ACT) Foundation is working in partnership with the Emergency and Health Services Commission, British Columbia Ambulance Service (BCAS) and community partners to bring this program to the communities of Chemainus, Duncan, Lake Cowichan and Mill Bay.

This training will result in 650 students trained annually by their teachers to use these lifesaving skills.

The teacher training was provided by British Columbia Ambulance Service paramedics and CPR instructors Sheree and Natalie Hunt, volunteering their time to teach the workshop.

With eight in 10 out-of-hospital cardiac arrests occurring at home or in public places, empowering youth with CPR training as part of their high school education will help increase citizen CPR response rates over the long term. Early CPR, combined with early defibrillation, can increase survival rates for cardiac arrest victims by up to 75%, according to the Heart and Stroke Foundation.



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