



UPPER ISLAND SAFETY CONFERENCE

MAY 25-26, 2015

SPORTSPLEX—CAMPBELL RIVER, BC

AFFORDABLE LOCAL SAFETY TRAINING



IDEAL CONFERENCE FOR:

- Safety Committee Members
- Facility Supervisors & Managers
- Safety Officers & Professionals
- Safety Business Owners and Sales Reps
- Anyone who is Responsible for Safety at Work

HIGHLIGHTS:

- Meets JOHSC Training Requirements
- 2 Keynotes & 18 Educational Sessions to Choose From
- Includes Trade Show & Networking Opportunities
- Post Conference Session available on Strengthening Effective Communications



GENERAL INFORMATION

Welcome to the 6th annual Upper Island Safety Conference and Trade Show. The Strathcona Regional District is hosting the conference at the Campbell River Sportsplex again this year. We expect a great turnout at this very popular venue.

WHO SHOULD ATTEND:

- Safety Committee Members
- Facility Supervisors & Managers
- Safety Officers & Professionals
- Safety Business Owners and Sales Reps
- Anyone Employed in the Business of Safety
- Anyone who is Responsible for Safety at Work

BENEFITS OF ATTENDING:

- Network with other Delegates, Presenters & Trade Show Experts
- Learn about the Latest Safety Research, Trends, Regulations & Issues
- Get Motivated to Implement Change at your Workplace and Get Passionate About Safety Again
- 2 Keynotes & 18 Educational Sessions to Choose from
- Excellent Post Conference Session— Strengthening Effective Communications 
- Conference meets the Joint Occupational Health & Safety Committee Training Requirements under the WorkSafeBC Legislation
- Attendees may be eligible for BCRSP (12 technical hours) and EOCP (up to 2.4 related CEU's) Professional Designation Maintenance Points—call for more information.

CONFERENCE INCLUDES:

- Prize Draws & Conference Tote Bags
- Lunch is Provided on Both Days as well as Beverages & Snacks at all Nutrition Breaks
- Free Admission to the Strathcona Gardens Swimming Pool & Fitness Centre during the Conference



SCHEDULE INFORMATION

SCHEDULE OF EVENTS:

Monday, May 25th

8:30-9:30 AM	Registration & Trade Show Open
9:30-11:00 AM	Keynote—Move Better at Work
11:00-11:15 AM	Nutrition Break
11:15-12:45 PM	Educational Session #1
12:45-1:45 PM	Trade Show Luncheon
1:45-3:15 PM	Educational Session #2
3:15-3:30 PM	Nutrition Break
3:30-5:00 PM	Educational Session #3



Tuesday, May 26th

8:00-8:30 AM	Trade Show Open
8:30-10:00 AM	Keynote—Developing Resilience during Stressful Times
10:00-10:15 AM	Nutrition Break
10:15-11:45 AM	Educational Session #4
11:45-12:45 PM	Trade Show Luncheon
12:45-2:15 PM	Educational Session #5
2:15-2:30 PM	Nutrition Break
2:30-4:00 PM	Educational Session #6



New! **Post Conference Workshop (May 27—May 28)**
8:30-4:30 AM Strengthening Effective Communications

EDUCATIONAL SESSION OPTIONS:

Monday, May 25th

Session #1 – 11:15-12:45 PM	Session #2 – 1:45-3:15 PM	Session #3 – 3:30-5:00 PM
(1a) The Stress Free Driving Workplace	(2a) Are You Prepared?	(3a) Event Security Planning SOS
(1b) Introduction to Injury Claims Management	(2b) Conducting Difficult Conversations	(3b) Resolving Conflict in the Workplace
(1c) Fire—Reality at Work (option 1)	(2c) Fire—Reality at Work (option 2)	(3c) WHMIS GHS

Tuesday, May 26th

Session #4 – 10:15-11:45 AM	Session #5 – 12:45-2:15 PM	Session #6 – 2:30-4:00 PM
(4a) Improving Return to Work Outcomes	(5a) Safety Committee Responsibilities	(6a) Hanging around the Regulation
(4b) Respectful Communication	(5b) Dealing with Workplace Anger (Your Own and Others')	(6b) Leading with "YES" for Optimal Success
(4c) Electrical Safety Awareness	(5c) Accident Investigation—Part A—The Accident Scene	(6c) Accident Investigation—Part B—The Report



EDUCATIONAL SESSIONS

MONDAY, MAY 25TH KEYNOTE:

KEYNOTE—Move Better at Work... Improve Your Life at Home

Learning the best way to sit and move at work can have a tremendous impact on our well being. Using proper postures and movements throughout our work day can keep us strong and healthy. Isn't it time we used our work to feel better instead of spending our leisure time undoing the negative effects of work? Rob will bring his experience in industry to provide some practical ideas on how to make changes in your own life and those of your coworkers. To get the most out of life—we need our bodies to perform at a high level. Our work should allow us to stay strong and healthy instead of getting us closer to injury.

Presenter—Rob Fontaine

(1a) The Stress Free Driving Workplace

For thousands of British Columbians driving is part of their job. Whether delivering logs, pizza or school children or driving to meet a client or help a patient—each driver's state of mind directly influences how they drive. A stressed driver is at risk of making incorrect decisions and maneuvers that result in a crash. Discover how practical journey management plus driver and vehicle preparation will unload stressors. Apply effective trip scheduling and communications to avoid difficult driving circumstances. Learn easy ways you can manage distractions and not the other way around. Apply straight-forward techniques to optimize your driving workplace resiliency.

Presenter—Rick Walters

(1b) Introduction to Injury Claims Management Support Recovery and Manage Your Premiums!

This session introduces participants to the workers compensation system and an overview of the legislative requirements. Other topics include: the claims management process, initial notification, reporting procedures, investigation requirements and how to identify and deal with questionable issues. In addition, this session will focus on the benefits of reporting processes, early investigation, stay at work/RTW options and communicating with WorkSafeBC and the worker during the claim. Get tips that support recovery and reduce claims cost expenses! *Presenter—Laraine Ashpole*

(1c) Fire – Reality at Work

Fire safety at work is just as important as fire safety in the home. Learn about the fire safety requirements in the workplace including inspection requirements, responsibilities and training. Participants will learn about Fire Code & WorkSafeBC Requirements as they relate to the workplace. In addition participants will learn to use portable fire extinguishers, for the appropriate classifications of fire, in a controlled live fire scenario. Please note: live fire portion will be conducted outside—please dress appropriate for the weather. There is only room for 20 participants per session. *Presenter—Campbell River Fire Department*

(2a) Are you Prepared?

Are you prepared for a disaster at home AND at work? Disasters can happen anywhere, often with little or no warning. What can you do to protect yourself, your business, employees and customers? Where should you begin? Come to our Preparedness session and learn simple steps to get started and some tips to get better prepared.

Presenter—Howie Siemens

(2b) Conducting Difficult Conversations

There are a multitude of circumstances where supervisors need to deal with difficult situations. Inappropriate dress or behaviour, personal hygiene, misuse of social media/personal cell phones, absenteeism and safety violations are just a few examples. These situations can be uncomfortable, but supervisors can learn to successfully conduct difficult conversations that will yield constructive results. Attendees will leave feeling more confident in dealing with these difficult but necessary discussions. *Presenter—Connie Poulsen*

(2c) Fire – Reality at Work

Same as session 1c. Please note: there is only room for 20 participants per session. *Presenter—Campbell River Fire Department*

(3a) Event Security Planning SOS

Protect your staff and the public by being prepared for your next large event. Participants will learn the do's and don'ts of event security. Topics include: physical and asset security, volunteer vs paid security, hiring vs contracting out, including police and law enforcement, due diligence in regards to training/insurance/liability, dealing with the liquor inspector, bylaws, site planning and production scheduling.

Presenter—Kurtis Ingborg

(3b) Resolving Conflict in the Workplace

A substantial amount of supervisors' time is spent on resolving workplace issues. This workshop helps supervisors/managers identify their own conflict resolution approach and provides tools and tips for managing workplace conflict. The session focuses on real-life issues and solutions. *Presenter—Connie Poulsen*

(3c) WHMIS GHS

This session is designed to provide participants with information regarding the "new WHMIS" that is taking place through 2015. Participants will review the changes from the existing WHMIS to WHMIS GHS (Globally Harmonized System). WHMIS GHS has several differences from the existing system and worker training is going to be paramount in establishing and understanding the new system. Some items included in the new WHMIS GHS:

- Several new classes of materials
- Several new hazard symbols and a completely redesigned hazard symbol
- The MSDS becomes a SDS
- The SDS has several new categories of information
- The changes in the Supplier Label

Presenter—Terry Duncan



EDUCATIONAL SESSIONS

TUESDAY, MAY 26TH:

KEYNOTE—Developing Resilience during Stressful Times

Are you Feeling Overworked, Under Appreciated & Stressed Out? Instead of just managing stress after it begins, wouldn't you rather prevent stress altogether? You can! By identifying which attitudes and perspectives contribute to your distress, you can become more choiceful and adopt thinking patterns that calm you. High achievement does not have to come at the expense of your mood, emotions and well-being. You can engage the demands on your time and resources as you decrease your distress. Develop a personal guidance system to advance your low-stress life. *Presenter—Wallace Wilkins*

(4a) Improving Return to Work Outcomes

As disability-related costs increase, workplaces struggle with the issue of Return to Work (RTW) in attempting to reintegrate workers with disabilities. The struggle can be simplified by understanding that RTW is a Health & Safety issue that must respect the fundamental principles of human rights. Explore the paradigm shift from 'managing disability' to 'preventing work disability' and how investment in Health & Safety Systems will result in lower human and financial costs. The legal responsibilities of the employer, unions and workers in the accommodation process will be explained so that a collaborative approach can be adopted which in turn will foster improved relations. *Presenter—Al Bieksa*

(4b) Getting Real: Respectful Communication Starts with Myself

Interpersonal communication is a basic life skill. A person's ability to communicate largely determines personal happiness, supportive relationships and workplace success. However, many people do not recognize the simple basics essential for effective communicating – getting beyond the common knee-jerk assumptions, judgmental reactions and stereotyping that often disrupts otherwise effective interactions—personally and professionally. In this session participants will examine their own perception, engage their assumptions, re-examine their habitual thinking and explore how to take more responsibility for achieving better results in their life and working relationships.

Presenter—Michael Keller

(4c) Electrical Safety Awareness

Trades workers who work around high-voltage power lines, overhead or underground, will benefit from this session. Learn:

- The basics of how electricity behaves.
- How to spot overhead and underground hazards.
- How to plan your work and carry it out in a safe manner.
- What to do if equipment contacts a power line.
- What to do if you are working around a downed power line and how to escape from an area energized by a downed power line.
- How to meet WorkSafeBC requirements for working near power lines.
- How to keep yourself, your colleagues, and the public safe.
- How to evaluate risks, make decisions and take actions when working around electrical hazards.

Presenter—Tom Walker

(5a) Safety Committee Responsibilities

Joint Health and Safety Committees (JHSCs) are an important part of a safe and healthy work environment. Made up of people who represent the workforce (workers and managers), the goal of JHSCs is to identify potential health and safety problems in the workplace and bring them to the employer's attention. Learn about the legal responsibilities of the Safety Committee and get all of your questions answered.

Presenters—Branko Samoukovic & Dale Hills

(5b) Dealing with Workplace Anger (Your Own and Others')

Higher demands, time pressures and less personal control lead to greater frustration and shorter fuses. By identifying the one cause of anger that you can control 100% - you'll help yourself and others eliminate anger and disruptions in your team. This session will show you practical methods to deal with angry, disruptive employees. Let go of aggravating resentments and grudges. *Presenter—Wallace Wilkins*

(5c) Accident/Incident Investigations Part A—The Accident Scene

This session is designed to provide participants with a hands-on experience in gathering information after an incident. An incident scenario will be presented to participants and the session will take the participant through the process of gathering and analyzing information presented, photographing the incident scene, taking measurements of the scene and developing scene diagrams as well as interviewing witnesses to the event. *Presenter—Terry Duncan*

(6a) Hanging around the Regulation

The regulations for Rope Access are changing. The change will allow for the use of repelling equipment where it has not been permitted up until this point. This section of the Regulation came into effect on February 1st. If this may effect your workplace be sure to attend this session for more information.

Presenters—Paul Stephens & Norm Schlosser

(6b) Leading with “YES” for Optimal Success

Over-using the word, “No,” causes people to view you as negative. With that rejecting attitude, you'll miss opportunities for advancement for yourself and your team. This seminar will show you ways to communicate a genuine, can-do optimism to your team. You'll practice a powerful communication strategy that will make people eager to hear your message. Engage your future with an upbeat “Yes!”

Presenter—Wallace Wilkins

(6c) Accident/Incident Investigations Part B—The Report

There has been an incident, you have investigated the scene—now what? Use information gathered from the Accident Scene to develop an Incident Report and present the findings to the others in the session.

Presenter—Terry Duncan



POST CONFERENCE WORKSHOP

WEDNESDAY, MAY 27TH & THURSDAY, MAY 28TH

STRENGTHENING EFFECTIVE COMMUNICATIONS

BRINGING OUT THE BEST IN MYSELF...AND IN OTHERS

- Do you have difficulty communicating with certain coworkers or employees?
- Do you have employees or coworkers that just don't get along?
- Do you find communicating a sometimes frustrating experience?
- Do you want to learn how to communicate better?
- Do you want your staff or peers to learn how to communicate more effectively?

In this highly interactive, two-day session, participants will explore and document their own perception processes, recognize how their unique "lens" and "self-talk" can lead them into risky assumptions/judgments about others' motives. Through a variety of group activities, participants will examine the complex responsive processes of human 'meaning-making' and how it influences relating. Participants will be invited to step out of their comfort zone, to take a deeper dive into exploring ways to engage their problems 'as symptoms', re-examine habitual thinking, question apparent 'realities' and to take responsibility for achieving more quality in their life and working relationships.

Presenter—Michael Keller



KEYNOTES & PRESENTERS

Keynote— Rob Fontaine



Rob has a passion for movement safety and for helping people succeed. He combines these two passions in his career at ErgoRisk where he assists clients and his team in implementing movement safety principles. Rob plays to his strengths as a communicator, problem solver and innovator. Rob's experience spans the many roles required of a consultant including trying to add new subject matter into existing safety systems. His enthusiasm for movement

safety - and the possibilities for change - come through in all his communications.

Michael Keller

For 30+ years, Michael has been an innovative consultant, catalyst, and educator dedicated to building collaborative, multicultural relationships supporting personal, professional, and organization effectiveness. Michael's work is informed from having lived overseas, in Nepal and Tibet, for ten years. While overseas, he completed a Masters in Intercultural Communications and since 2001 he has been Associate Faculty member at Royal Roads University. He has been an consultant, teacher, facilitator and leadership coach...all with an emphasis on constructivist, experiential/adult/transformational learning applied in real-time, real-life work settings.

Terry Duncan

Throughout a 40+ year career in Industrial/Occupational Safety Terry has endeavored to protect and enhance worker safety through education, training and communication with a continuous focus and goal of moving safety forward. He has worked in a variety of industries including manufacturing, construction, forestry, pulp and paper and municipal and provincial governments. He has assisted dozens of organizations with their safety programs.

Al Biekas

Al is the Return to Work Program Co-ordinator for the BCFED Health & Safety Centre. For the past 20 years he was the Director of Training Services for the Ontario Federation of Labour's Occupational Disability Response Team (ODRT). Since the mid 1980's, Al has provided representation to injured workers in all matters from initial adjudication to the Workplace Safety and Insurance Tribunal. He has developed workers' compensation and RTW training for other jurisdictions including; Newfoundland Labrador, Northwest Territories, and Alberta. Al is also a Return to Work specialist often consulted by both employers and unions for the development of Return to Work programs. He is a licensed paralegal, a certified mediator and a facilitator for the National Institute of Disability Management and Research (NIDMAR).

Rick Walters

Rick works as the Fleet Safety Program Manager for Road Safety At Work, a not-for-profit joint initiative funded by WorkSafeBC and managed by the Justice Institute of BC. In that role, he undertakes research and collaborates with safety professionals and agencies to develop resources that help employers build or improve their road safety program. He also provides employers with practical advice about how they can achieve their road safety objectives.

Keynote—Wallace Wilkins, PhD

Wallace Wilkins serves as leadership coach, conflict mediator and organizational advisor. He is Master Trainer and Senior Consultant for the Resolution Resource Center. Wally speaks and writes about powerful strategies for individuals and organizations to create low-stress, low-conflict, high achievement. He actively collaborates with individuals and organizations to set high goals and to tailor-make strategies to achieve their goals. Globally, Wally's seminars and workshops have been well-received across Canada and the United States, as well as in Russia, Ukraine, Chile and Malaysia.



Connie Poulsen

Connie is a principle in Poulsen Management Training and Consulting, where she contracts with organizations as a professional speaker, trainer and consultant. Connie specializes in management and supervisory training. Connie also enjoyed a 25 year career at Xerox Corporation at which she held a number of positions including her last position as Manager of Education Industry Marketing in which she had world-wide responsibility for marketing programs. As an instructor at both Peninsula College and Olympic College, Connie develops and delivers seminars in management and supervision. Connie holds Bachelors and Masters Degrees in Business Administration from California State University. She also holds Marketing Management Certificates from Stanford University and Columbia University Graduate Schools of Business. She is also a graduate of the UBC's Executive Education seminar.

Laraine Ashpole

Laraine is an Employers' Adviser with the Ministry of Jobs, Tourism and Skills Training and Responsible for Labour. Her role is to provide independent advice, assistance, representation and training to employers concerning workers' compensation issues. She has a diverse background that includes working in public service, private business and non-profit organizations. She has a Masters in Leadership & Training from Royal Roads University. Laraine has a passion for supporting employers to build their internal capacity to manage occupational health and safety, disability management and related WorkSafeBC issues. Laraine is committed to learning and supporting others to achieve their goals. She has been resource to employers in central and upper Vancouver Island for 7 years.

Paul Stephens & Norm Schlosser

Paul Stephens has been a Safety Officer with WorkSafeBC since 1998. Prior to that he worked in commercial/industrial/highrise construction for 15 years. Paul has chaired WorkSafeBC's Provincial Construction Advisory Committee for the past 3 years.

Norm Schlosser has spent over 17 years with WorkSafeBC as a Prevention Safety Officer. His primary inspection focus is the construction industry including residential, commercial and industrial. He has also been responsible for inspections in other industries including heavy manufacturing, forestry and general industry as well as conducting serious injury and fatality investigations. Prior to working for WorkSafeBC he was a safety coordinator for a privately owned industrial construction company and worked in the industry for 15 years as an electrician and sheet metal worker. Norm has put his diploma in Occupational Health and Safety from BCIT to good use.



PRESENTERS & VENDER INFO

Branko Samoukovic & Dale Hills

Branko Samoukovic has been an Occupational Safety Officer with WorkSafeBC since 2007. He has a Bachelor degree in Forestry and is a Registered Forestry Technologist. He has over 30 years of combined experience in the construction and forestry sector within different jurisdictions. Branko comes with extensive exposure to Safety Committee functions—from a worker safety representative to a co-chair in industry camps and operations administration offices.

Dale Hills is a health and safety professional employed as an Occupational Safety Officer with WorksafeBC. His health and safety career started following graduation with a MSc in Occupational and Environmental Hygiene from UBC in 1997. He then worked for 17 years in heavy manufacturing before entering regulatory enforcement with the Workers' Compensation Board of the NorthWest Territories and Nunavut. He is currently with WorkSafeBC and holds a Certified Industrial Hygienist designation from the America Board of Industrial Hygiene.

Kurtis Ingborg

Kurtis has been in the security field for over 25 years. For the last 15 years he has been a Licensed Security Consultant and Asset Protection Officer. He has been responsible for managing event security for a number of large events including the Vancouver Island Musicfest for the past 12 years. During his time as Security Liaison Officer and Security Consultant Kurtis has helped numerous business and non-profit groups develop their special event security plans.

Howie Siemens

Howie is the Emergency Program Coordinator for the Strathcona Regional District and City of Campbell River. He trained in emergency management from the Justice Institute of BC, is a certified Justice Institute ESS Trainer and has 17 years (and counting) with Emergency Management BC Emergency Social Service as a Level 1 responder, program director and as a Provincial Mobile Support Response team member. He has spent 6 years with Ground Search and Rescue as ground searcher and director. He also worked as a programmer with the City of Surrey Parks, Recreation and Culture and as a member of the Health and Safety committee.

Tom Walker

Tom has a lengthy Electrical/Utility/Construction background in both Administration and Linework with the major focus on training, safety and individual development. He has led the revamping of apprentice training for BC Hydro and established a trades upgrading system. Tom has instituted successful programs for Supervisory and Crew Leader upgrading. Working with managers and workers in planning and implementing safety and training programs is a particular strength that he brings to his instruction. Tom regularly facilitates the BC Hydro/EETG Public Safety programs for both trades workers and first responders throughout the province.

TRADE SHOW BOOTH & GOLD LEVEL SPONSOR INFORMATION

We are still accepting vendors for our trade show at the Upper Island Safety Conference. If you are interested in setting up a booth or becoming a Gold Level Sponsor please contact Susan Bullock at 250-287-9234 ext. 248 or via email at sbullock@strathconard.ca.

Trade Show Vender Information:

Vendors will receive the following benefits for attending the Upper Island Safety Conference & Trade Show:

- 10 ft x 10 ft Booth Area to Promote your Business & Services
- Your Business Contact Information will be included in the Delegate Package
- Your Business can have Promotional Materials put in the Delegate Grab Bags if you are supplying giveaways (i.e. gloves, pens, etc.) or prizes for the silent auction (i.e. safety jacket, gift basket, golf package, etc.).
- Full Delegate Privileges for up to 2 Staff that will be working at the Trade Show Booth at no additional cost including: Access to the Keynotes/Educational Sessions, Networking Opportunities, Lunch & Snacks and Free Admission to the Strathcona Gardens Swimming Pool & Fitness Centre

Gold Level Sponsor Information:

We are looking for additional Gold Level Conference Sponsors. In addition to receiving the full delegate/vender benefits for up to 4 staff they will also receive the following additional benefits:

- A Company Banner may be posted on the Stage for all Keynote Addresses
- You will receive 5 Minutes to Promote your Business to all of the Delegates before or after one of the Keynote Addresses
- Your Promotional Materials will be placed in all Delegate Grab Bags
- You will be Listed as a Conference Sponsor on all Future Promotional Materials for the 2015 Upper Island Safety Conference
- You will receive the Business Mailing Addresses of all of the Delegate Organizations



GENERAL INFORMATION

ACCOMMODATION INFORMATION:

There are many local hotels and bed and breakfasts to choose from. Please contact the Visitor Info Centre for more information at: 1-877-286-5705 or visit their website at www.visitorcentre.ca. The two establishments below are offering discounts to Upper Island Safety Conference & Trade Show delegates and exhibitors.

Coast Discovery Inn & Marina 975 Shoppers Row, Campbell River, BC 1-800-663-1144 or 250-287-7155

Comfort Room - \$95

- Amenities includes continental breakfast, hot tub, weight room, restaurant/lounge & spa on site
- Quote the following code (GFC1811) when you are booking your room (release date April 24th)

Painter's Lodge 1625 MacDonald St., Campbell River, BC 1-800-663-7090

Garden View - \$99

Ocean View - \$119

- Amenities includes outdoor pool, pub/ restaurant/ lounge, kayak/scooter rentals & outdoor adventure tours
- Contact Laurie at ext. 6526 to receive the conference rate (release date April 7th)

SOCIAL CALENDAR:

Monday, May 25th

12:45-1:45 PM Trade Show Luncheon

Tuesday, May 26th

11:45-12:45 PM Trade Show Luncheon
12:30 PM Silent Auction Closes

Wednesday, May 27th & Thursday, May 28th

8:30-4:30 PM Post Conference Workshop—Strengthening Effective Communications



SILENT AUCTION:

Many of the trade show exhibitors and several local businesses/organizations have donated a variety of items for the silent auction. Delegates and exhibitors can view the items until 12:30 PM on May 26th when the bidding is closed. Be sure to check out all of the silent auction items at the first booth and bid on some great golf, kayaking and safety gear. You MUST be at the conference lunch at 12:30 PM on Tuesday, May 26th to claim/pay for your items. The funds raised from the silent auction help support this annual conference.

STRATHCONA GARDENS RECREATION COMPLEX:

The Aquatic & Fitness Centre is generally open Monday to Friday from 6:00 AM to 9:00 PM. A variety of public swimming sessions, drop-in weight room sessions and aquatic fitness classes are available. Please view our schedule at www.strathconard.ca for an exact listing of times and services. Please note your conference ID tag will allow you free access to all public sessions from May 25-28, 2015.



COMMUNITY INFORMATION

COMMUNITY INFORMATION & RESOURCES:

Campbell River offers many amenities and boasts a scenic oceanfront on the eastern shore of Vancouver Island. As the third largest city on Vancouver Island, "the Salmon Capital of the World", has lots to offer in terms of outdoor adventures, resorts/spas, golf courses and pubs and entertainment. Please contact the Visitor Info Centre for more information at: 1-877-286-5705 or visit their website at www.visitorcentre.ca.

CONTACT INFORMATION:

Strathcona Gardens
Recreation Complex
225 South Dogwood Street
Campbell River, BC
V9W 8C8
250-287-9234 Phone
250-287-3252 Fax
sbullock@strathconard.ca
www.strathconard.ca

CAMPBELL RIVER MAP:

This map just provides a quick layout of the Campbell River area. For a more information on Campbell River including discounted coupons for many local businesses check out: www.whatsondigest.com.

Conference Location:

Campbell River Sportsplex—
1800 South Alder St.

Distance/Driving Times:

- Sportsplex to Coast Discovery Inn & Marina is 5.7 KM/9Minute Drive
- Sportsplex to Painters Lodge is 11.5 KM/16 Minute Drive

Please give Strathcona Gardens a call at 250-287-9234 ext. 0 if you have any questions on how to get here, things to do etc.

