

# Between The Bridges

*Special COVID-19 Bulletin #6 | May 1, 2020*

*A publication of the False Creek South Neighbourhood Association*

As a community response to the COVID-19 emergency, **Between The Bridges** is publishing a series of bulletins providing information of local interest within the False Creek South neighbourhood. *The Bulletin* is for sharing! Please send your ideas and news to [newsletter@falsecreeksouth.org](mailto:newsletter@falsecreeksouth.org). You can also find resources and supports at [falsecreeksouth.org/special-covid-19-bulletins](https://falsecreeksouth.org/special-covid-19-bulletins).

## **COVID-19 GOT YOU DOWN? THERE'S HELP**

Half of Canadian adults say their mental health has deteriorated in the past several weeks and a significant segment of that group say it has worsened a lot, according to a recent Angus Reid poll. As we continue to self-isolate, it's not surprising. However, there are services available if you are feeling stress, anxiety, or uncertainty due to the pandemic. Free telephone consultation is offered 7 days a week at 604-827-0847 through the BC Psychological Association. More help is available on their website at <https://www.psychologists.bc.ca/covid-19-resources>. And a wide variety of resources and tools for dealing with anxiety are offered by Anxiety Canada at <https://www.anxietycanada.com/>.

## **HERE'S AN IDEA: SCAVENGER HUNT**

After walking the same seawall loop for six weeks, Fiorella, her son Marcelo (4 years old) and her daughter Renata (1.5 years old) decided to get creative. They painted rocks that they found on the side of the road, and hid them around the neighbourhood. Then they shared clues with other parents and kids via text. Parents took pictures of their kids as each rock was found. What a great way to get outside and get a little off the beaten path!

## **DESIGNER MASKS ARE RIGHT IN FASHION**

Considering ways to be a little more careful about spreading the virus? Here's a local option: The Cutting Room, a fashion design production studio, is located just west of False Creek South, along First Avenue at Cypress. The studio integrates The Cut Fashion Academy, providing accredited training for the industry within a professional environment. In response to the Covid 10 emergency, owner Liza Deyrmenjian has also recently set up a production line for well-crafted, colourful and attractive facemasks, available for sale at the facility and online. Reasonably priced, fully washable and made from lined, tightly woven cotton, the masks come in shaped and pleated versions, the shaped version with pockets for additional filtering material.

Liza is especially pleased that her masks are associated with charitable purposes. Some portion of sale proceeds goes to the Greater Vancouver Foodbank for much-needed supplies (including masks!) as well as to Mom2Mom, a charity supporting mothers with young children living in poverty. Another way to pull together while staying apart! <https://www.the-cuttingroom.com/>

### **NO COUCH POTATOES HERE**

What do active kids do to keep their fitness levels up when the schools and gyms are closed? The solution for a few teens who all live in the same strata enclave, Marine Mews, is easy: commandeer the kiddies' playground area that their younger selves used to play in. With a few mats and under the watchful eye of their mother, Kathleen MacDonald, sixteen year old twins Colin and Kate McKellar along with their cousins, Iain, 14, and Claire St. Arnault, 12, make sure their cardio, weight training and yoga regimens continue unabated – with appropriate physical distance, of course.

### **BREWING HOME DELIVERY**

Those hankering for a burger and a beer on Granville Island will have to postpone the burger for awhile yet, but Granville Island Brewing is happy to provide the beer. Delivery has now been added to the online order and pick-up service. (You will be asked your age before you can order). Check it out at <http://www.gib.ca/>.

### **RENEWED PLAYGROUND COMING UP**

Unlike the other city playgrounds yellow-taped in COVID-19 bondage, the fence that completely encircles the playground north of the school is there for a different reason. Almost the entire playground is being replaced with new equipment.

Built in the mid 70's along with the brand new False Creek community, the old then state-of-the-art climbing structures resulted in possibly the first “destination playground” within the city. Children of regular visitors to Granville Island often begged their parents for a final stop at Charleson Park before heading home.

Last month, all the original structures were removed. Remaining is one set of climbing bars that post-date the 70's. Also left intact are the more recent teeter-totter/sea saw (that school kids named The Thing) and sandpit nearby. The newly-equipped playground is expected to open in late August.

Join us on social media! Share your COVID coping strategies, springtime pictures and 7pm cheers with us!

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