

## Clip & Keep Reference Numbers

**Bowinn Ma, MLA North Van-Lonsdale**

#50-221 W Esplanade, North Van, BC V7M 3J3  
604-981-0033 | Bowinn.Ma.MLA@leg.bc.ca



### NORTH SHORE SERVICES

**Family Services North Shore**  
604-988-5281

**Foundry – North Shore Youth Support**  
604-984-5060

**Harvest Project**  
604-983-9488

**Hollyburn Community Services**  
604-987-8211

**Impact North Shore (formerly Multicultural Society)**  
604-988-2931

**Lookout Shelter North Shore**  
604-982-9126

**North Shore Community Resources**  
604-985-7138

**North Shore Crisis Services Society**  
604-987-0366

**North Shore Disability Resource Centre**  
604-985-5371

**North Shore Legal Information**  
604-982-3310

**North Shore Neighbourhood House**  
604-987-8138

**North Shore Women's Centre**  
604-984-6009

**North Vancouver City Library**  
604-998-3450

**Older Adult Mental Health Team For Families and Caregivers**  
604-982-5600

**Seniors One Stop Help Line**  
604-982-3302

**Silver Harbour Seniors Activity Centre**  
604-980-2474

**Vancouver Coastal Health**  
604-736-2033

**Vancouver Coastal Health Patient Care Quality Office**  
1-877-993-9199

**WorkBC North Shore (YWCA)**  
604-988-3766

**Youth Against Violence Line**  
1-800-680-4264

### BC SERVICES

**BC211: Free Info & Referrals**  
Dial 2-1-1 or go to [www.bc211.ca](http://www.bc211.ca)

**BC Drug & Alcohol Information Referral Service**  
1-800-663-1441

**Gambling Support BC**  
1-888-795-6111

**BC Housing**  
604-433-2218

**BC Notaries**  
604-681-4516

**BC Ombudsperson**  
1-800-567-3247

**Employment Standards Branch**  
1-800-236-3700

**HealthLink BC (Health Advice)**  
Dial 8-1-1

**LandlordBC**  
1-888-330-6707

**Legal Aid BC**  
604-408-2172

**Medical Services Plan & Pharmacare**  
604-683-7151

**Mental Health Support**  
310-6789 (no area code required)

**Representative for Children and Youth**  
1-800-476-3933

**Residential Tenancy Branch**  
604-660-1020

**Service BC: Information on Provincial Programs & Services**  
1-800-663-7867

**Service Canada**  
1-800-622-6232

**TRAC (Renter's Advice)**  
604-255-0546

**VictimLinkBC**  
1-800-563-0808

**WorkSafeBC**  
1-888-967-5377

### OTHER GOVERNMENT

**City of North Vancouver**  
604-985-7761

**District of North Vancouver**  
604-990-2311

**District of West Vancouver**  
604-925-7000

**MP Jonathan Wilkinson**  
604-775-6333

**School District #44**  
604-903-3444

**Squamish Nation**  
604-980-4553

## New Pharmacist Services

People in BC can now see a pharmacist for 21 minor ailments, prescribed contraceptives, & some prescription renewals/adjustments.

### Minor Ailments:

- » Allergies
- » Cold sores
- » Fungal infections
- » Heartburn
- » Hemorrhoids
- » Headaches
- » Impetigo
- » Indigestion
- » Itching/bug bites
- » Menstrual pain
- » Mild acne
- » Nicotine dependence
- » Oral fungal infections
- » Oral ulcers
- » Pink eye
- » Shingles
- » Sprains and strains
- » Skin rash
- » Threadworms/pinworms
- » Urinary tract infections (UTIs)
- » Yeast infections

### Prescription renewal/adjustments

Pharmacists in BC can now:

- » Renew some prescriptions
- » Adjust dose or timing
- » Change the formulation of your medication (e.g. from tablet to capsule or liquid)
- » Substitute your medication for a similar one

### How you can renew your prescription

A pharmacist may be able to renew if:

- » You are stable, need to continue on your medication, and have been on the same medication at the same dosage for 6 months or longer with no concerns.
- » Your prescription is still valid and was issued in the past 24 months and the prescriber is still practising in BC.

Depending on the medication and the condition being treated, a pharmacist may also be able to issue you a new prescription.

## Book an Appointment

Use the provincial online booking system to make an appointment with a pharmacist at: [bookapharmacist.gov.bc.ca](http://bookapharmacist.gov.bc.ca)

You can also visit a pharmacy without making an appointment. Services offered and pharmacist availability may vary.

**Bowinn Ma, MLA**  
North Vancouver - Lonsdale

**MLA UPDATE** Summer 2024



### COMMUNITY OFFICE LOCATION

#50-221 W Esplanade  
North Vancouver, BC V7M 3J3

### COMMUNITY OFFICE HOURS

**Walk-Ins:** Tues, Wed & Thurs, 9:30-4:30pm  
**By Appointment:** Mon & Fri

### CONTACT

**Phone:** 604-981-0033  
**Web:** [www.BowinnMaMLA.ca](http://www.BowinnMaMLA.ca)  
**Email:** [Bowinn.Ma.MLA@leg.bc.ca](mailto:Bowinn.Ma.MLA@leg.bc.ca)\*

*\*Include your postal code for a faster response*

This newsletter provides a snapshot in time just once a year.

Subscribe to our electronic bulletins to receive more timely & fulsome updates at: [BowinnMaMLA.ca/bulletins](http://BowinnMaMLA.ca/bulletins)

Follow me on social media:



*You're invited to our*

**OPEN HOUSE**

**Saturday, July 20 – 1:00-4:00pm**

**@ my Community Office**

Bring your family. Light refreshments provided.  
RSVPs appreciated. Walk-ins welcome.

## Message From Your MLA

As we reach the end of the current electoral mandate, I want to take this opportunity to thank you for the profound honour of serving you over the past seven years.

In addition to my role as Minister of Emergency Management and Climate Readiness, I've had the privilege of serving our North Vancouver-Lonsdale community as your MLA since 2017, and we've accomplished a lot together.

Together, we've taken action on the housing crisis with measures to address speculation, improve security for renters, and build more housing that people can afford. Our community has secured historic investments in critical infrastructure like hospitals, schools, and transportation, while also supporting one another with new and improved services like child care and expanded health care coverage.

Together, we've helped people with costs of living by eliminating MSP premiums, turning ICBC around, introducing free transit for kids, and expanding school meal programs. We've tackled climate change through CleanBC while supporting families with the Climate Action Tax Credit and moved boldly forward on reconciliation with Indigenous Peoples.

Most importantly, British Columbians have invested in our greatest collective asset: **you, the people of our province.**

These efforts have paid dividends and it's no wonder why people want to come live and put down roots in BC. However, the rapidly-growing number of people who live here are facing big challenges spurred on by high interest rates, inflation, a slower global economy, and climate change. Housing prices continue to be out of reach for far too many people and escalating costs of living are putting further pressures on families. These challenges are what make our continued efforts to support people and families all the more important.

There's more to do, but we can also take a moment to reflect on how far we've come in recent years together. So this edition of my annual mailout update is dedicated to **you** and our collective accomplishments as a community and as a province. From the bottom of my heart: **Thank you.**

Bowinn Ma, MLA  
North Vancouver-Lonsdale

# KEY ISSUES IN NORTH VAN-LONSDALE

Thank you to everyone who has shared with me their stories, suggestions, and thoughts on the issues that impact people in our community. My work as your MLA is far from over and there is still much more to do. Here are some of the actions taken so far on the issues you've told me matter most.



## Cost of Living

- Increased minimum wage from \$10.85/hr (2017) to \$17.40/hr (2024).
- Eliminated MSP premiums, saving families up to \$1,800 each year.
- BC Family Benefit provides tax-free monthly payments to eligible families with children under the age of 18.
- Transformed ICBC to deliver substantially lower-cost auto-insurance rates while dramatically improving care benefits for those injured in a crash.
- Child Care BC delivered more than 13,000 \$10-a-day child care spaces, reducing fees for parents by up to \$2,150 per month per child through the Child Care Fee Reduction Initiative and Affordable Child Care Benefit.
- Reduced child care fees for kids under 6 by an average of 50% from 2019 levels.
- Eliminated interest on British Columbia student loans.
- Introduced free transit for kids aged 12 and under.
- Expanded school food programs to feed kids.
- A single person can receive up to \$447 per year from the Climate Action Tax Credit, while a two-parent family can receive almost \$900 per year.
- Multiple cost-of-living benefits provided to British Columbians, including ICBC rebates, the BC Hydro Credit, and enhanced School Affordability Fund.
- Free Adult Basic Education and English Language Learning.

*A family of four earning \$60,000 has had their provincial taxes reduced by up to 60% compared to 2016, putting more than \$2,500 back into this family's pocket. A family of four earning \$80,000 has had their provincial taxes reduced by up to 43%.*



## Climate & Environment

- Over \$1.5B in CleanBC plan to lower emissions by 40% by 2030.
- Unprecedented investment in healthy watersheds through the Watershed Security Fund.
- Cleaned up more than 6,400 km of BC's coastline through Clean Coast, Clean Waters initiative.
- "Right to Charge" legislation to help remove barriers to EV charging in stratas.
- Expanded active transportation networks.
- Installing more than 5,500 electric vehicle charging stations across BC.
- Helping people and businesses make the switch to zero-emission vehicles (including e-bikes) with PST exemptions and rebates.
- Taking action to preserve 30% of BC's natural landscapes by 2030.
- Planted two billion trees.
- Partnering with Indigenous communities to replace diesel power, reduce greenhouse gas emissions, & increase energy independence for First Nations.
- Changing how forests are managed to protect more old growth and put the full health of our forests first while keeping people working.
- Ended the grizzly bear hunt in BC.
- Protecting communities through Disaster Risk Reduction investments and building back better from climate-related disasters like fires and floods.



## Housing

- Speculation & Vacancy Tax turns empty units into homes for people.
- New BC Home-Flipping Tax on profit made from selling residential property within two years of buying it.
- Expanded & increased the Foreign Buyers Tax.
- Cracking down on criminal activity in real estate.
- First-of-its-kind Land Owner Transparency Registry to help close tax loopholes, fight tax evasion, and stop money laundering.
- New unexplained wealth orders to seize proceeds of crime.
- Homebuyer Protection Period to better protect home buyers.
- Expanded first-time home buyers exemption saves new buyers up to \$8,000 in property transfer tax.
- New restrictions help turn short-term vacation rentals into homes for people.
- Residential Tenancy Act changes to improve security for renters.
- Capping rent increases at well below inflation.
- New Renters Tax Credit of up to \$400.
- Building 12,000 student beds at schools throughout BC.
- 78,000 new affordable homes complete or underway in BC so far.



## Health care

- Delivering better cancer care with more prevention and detection services such as vaccines, cervical and hereditary cancer screenings, and ensuring people get lifesaving treatment services like radiation and chimeric antigen receptor T-cell therapy, faster.
- Expanding pharmacist care to treat minor ailments and prescribe birth control.
- Setting minimum nurse-to-patient ratios and creating new incentives to recruit and retain more nurses.
- New physician payment model to recruit and retain more family doctors.
- Training more doctors and establishing a new medical school at SFU.
- Getting more internationally trained family doctors working sooner.
- Over 700 new physicians and 6,157 nurses added to our health care system in 2023 alone.
- Free birth control and emergency contraceptives.
- New cost-free coverage of in-vitro fertilization.
- Helping more seniors get home health care support for daily activities.
- Creating and expanding mental health and addictions treatment and recovery programs.
- 34 new and expanded hospital projects complete or underway in BC.



New Lions Gate Hospital Acute Care Tower will be completed later this year.



Urgent Primary Care Centre opened in 2019.



- New Cloverley Elementary School underway.
- 144-student expansion of Lynn Valley Elementary underway.
- 100-student expansion of Westview Elementary underway.



- New Argyle Secondary School opened in 2021.
- New Handsworth Secondary School opened in 2022.
- Seismic upgrades at MountainSide Secondary School completed in 2023.



New playgrounds built at 11 elementary schools in North Vancouver.



\$186 million invested into child care on the North Shore since 2017. \$90 million in fee reductions for parents.



362 new student beds & 1300+ provincially-funded homes for low-to-middle income individuals and families on the North Shore.



Metrotown to North Shore corridor selected by TransLink for priority implementation of rapid transit.



- New SeaBus launched in 2021. Ten-minute sailing frequency and expanded service hours.
- New Main-Marine R2 RapidBus launched in 2020.



- New Phibbs Transit Exchange opened in 2024.
- Lonsdale Quay Transit Exchange Upgrades completed in 2020.

This is just a snapshot! Want to see more? Visit [BCNDPcaucus.ca/TakingActionForYou](https://bcndpcaucus.ca/TakingActionForYou)