

## **YVRAPT NEWS**

April 30, 2025

M-F 0900-1900 | 604.270.5060 | www.district101.org

I can not but think of the events of this past weekend. My thoughts are with the victims and their families of the senseless tragedy that took place at the Lapu Lapu Day in East Vancouver. Senseless is the only word that can describe what took place; Emotional Roller Coaster our feelings - first of fear as our minds rushed to Terrorism. Then to Anger as we find that the suspect was "known to police" and now to Empathy as we find that he and his family were victims themselves of a murder of a family member just a year earlier.

I know that at least a handful of our membership have some connection to this tragic event as we are all connected by no more than six degrees of separation. A good friend had just left the festival a couple of hours earlier. I tend to avoid crowds, especially since my concussion several years ago and would have not been there but I know that things like this can happen anywhere - including here at work. Although it may be avoidable, we can try to keep ourselves safer by always practicing situational awareness.

As I reflect now, about halfway through my first term as District Chair, I never imagined just how much mental illness there exists. In many cases, perhaps because of the stigma associated with mental illness people suffer alone but it doesn't have to be. The Company does provide resources which are accessible through the UBY link on the Aeronet.

In solidarity,

Eric