



Neighbourhood News

BIG CHANGES AT TILLICUM CENTRE

Mall Expansion, Pearkes Renovation, Proposed Library

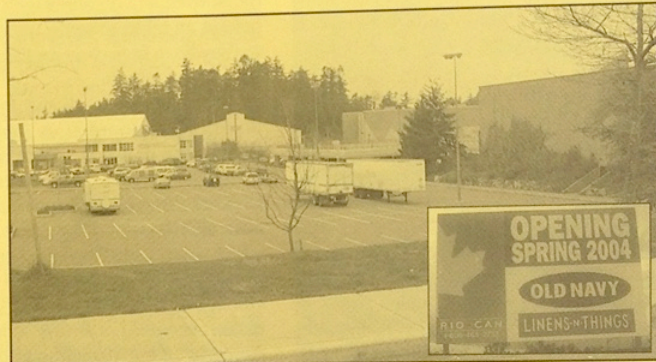
The Tillicum area is about to undergo quite a change in the near future with a \$7 million addition to Tillicum Centre and a \$2 million reconfiguration of Pearkes Recreation Centre. In addition, Saanich Council has agreed to apply for funding that would help finance a new library to be located at Pearkes.

On March 13, 2003 a representative from RioCan, the new owners of Tillicum Centre, presented a preliminary concept design to the Gorge Tillicum Community Association (GTCA) board for a 36,000 square foot addition. The addition was to be at the south end of the mall, next to Zellers, with a level entry from the upper parking area and supported on concrete columns at the rear with parking beneath.

The proposed new tenant for the mall expansion was to be "Linens and Things." Then in late March, RioCan informed the GTCA that another tenant (Old Navy) had expressed interest in leasing in the new addition, increasing the expansion to 45,000 square feet. A second meeting was held with the GTCA board on May 7, 2003 with a RioCan representative and their construction and landscape architects. Preliminary drawings were shown as artistic impressions only, showing the siting and massing of the new addition, delivery access, and screening features for the loading bay from Ker Avenue residents. Tentative plans were shown for the reconfiguration of Arena Way, and of the lower parking areas around Pearkes Recreation Centre.

A letter of support from the GTCA, in principle, was sent to the District of Saanich on June 9, 2003 with recommendations regarding parking, lighting, sidewalks, the reconfiguration of Arena Way including traffic calming, screening for Ker Avenue residents, landscaping including saving and replanting significant trees on the site, signage, upgrading transit on the site, pedestrian movements in general, and attention to improving road design and behaviour on Bodega Avenue.

On June 25, 2003 the new addition was approved, with recommendations, by the Saanich Advisory Design Panel. Before a Development Permit could be issued, RioCan and Saanich had to work out a new reciprocal access and parking easement agreement, which resulted in RioCan offering a cash settlement in consideration for amending the existing easement. This was passed by Saanich Council at a Committee of the Whole meeting on July 21, 2003. A building permit has now been issued and construction of the project will begin shortly, as the new tenants



Location of new expansion to Tillicum Centre, next to Zellers

hope to be open early in 2004.

At the same time, architects have been selected for renovations at Pearkes Recreation Centre, including a new weights room, office and maintenance improvements, new washroom and shower facilities, new cafeteria and seating, and relocation of the teen centre. The Saanich Minor Hockey Association is funding the construction of mezzanine seating in the Green Rink.

Finally, the proposed new Tillicum Library branch has been pencilled in for the near future on the Pearkes Recreation Centre site, although no firm decision has yet been made by the Greater Victoria Public Library board, or by Saanich to move ahead on this project. However, on July 7, 2003 a motion was passed by Saanich Council at a Committee of the Whole meeting to apply for a Canada and British Columbia Infrastructure Grant for \$2 million to assist in financing Tillicum's new "Library of the Future" branch. If successful, the grant will go a long way towards the \$3 million cost of a new library branch, with Saanich funding the remaining \$1 million needed from existing debt service room.

All of these improvements tie in with the vision of making the Tillicum Centre site a viable urban commercial and public service centre for our community.

By Paul Gerrard

INSIDE.....

Members of the Gorge Tillicum community took part in a 'charrette' to help plan the future design of our community. It was an exciting weekend! Stories and photos, pages 6-7.

VOICES: You & Your Community Association

Once upon a time, in a far off place very much like our own, there lived a happy and trouble-free neighbourhood. The reason for the residents' contentment and satisfaction was that they were blessed with a magical Community Association, which was able to change land usages, amend development projects and solve traffic and transportation problems in such a way that everyone always lived happily ever after.

Unfortunately, we do not live in that place, and many of the decisions that affect our daily lives are not made and cannot be controlled at the local level. That some folk may believe that your Association can transcend that reality was brought home recently when a group of our neighbours, none of whom were members of the Association, became personally and publicly critical of us because we were not able to halt or impose unworkable restrictions on proposed additions to Tillicum Mall. The reality was that the mall owners, RioCan, were entitled to make the additions under their original development permit, and to straighten Arena Way to accommodate those extensions. The matter only became subject to a public hearing because RioCan asked for a reduction in the parking spaces required.

Your Board's advice to Council that we did not object to the plan was subject to conditions relating to the screening of the neighbouring properties and to an agreement on the hours that the loading bay could be used, issues that were extensively addressed by RioCan. A subsequent and controversial issue arose around the desire of BC Transit to re-site the bus stop, but this proposal was later withdrawn.

There was a glitch in the process leading up to the hearing, in that there was no separate meeting with the neighbours to let them know what was happening, a glitch for which we somehow were held responsible. In fact, both the Mayor and RioCan readily accepted that Saanich Council and/or RioCan had that responsibility and had dropped the ball. For our part, we should have made sure the con-

sultation happened rather than make the assumption, based on past practice, that it would. We have duly learned from this experience.

When all was said and done, the neighbours' interests were carefully protected by Council at the hearing, and two subsequent meetings with them were held in an effort to settle any differences, so they were in no way prejudiced by this procedural failure.

All of which leads me to the main point. Your Board tries very hard to address the concerns of the community, to make recommendations to Council, whether asked for or not, on issues as they arise and to defend the Local Area Plan, which was cobbled together after a lengthy public process and some often quite difficult negotiations with Council. We will not please everyone nor always understand the concerns of each neighbourhood, so we need to hear from you when these concerns arise, so we can help.

Our commitment is to act in what we believe to be the best interests of the whole neighbourhood, and that we will do so as well as we can, given the limitations we work under. We have earned the respect of Saanich Council because of what we have achieved and the way we conduct ourselves and our business, so we are able to work cooperatively to sort out some, and it will never be all, of these situations. We expect no thanks, just to be treated with the respect and goodwill that we show to those we have dealings with.

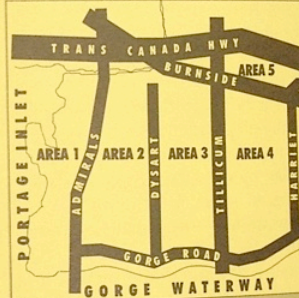
So if we do not measure up to the standard you expect of us, first, join us and become members, secondly, assist us to assist you by bringing your concerns to our attention at the earliest opportunity and, thirdly, consider whether your expectations are reasonable. Don't weaken our community by name-calling and mud-slinging. And, if at the end of the day you decide we are really just a bunch of no-hopers, chuck us out at the next AGM. We would wish you well as you take over the reins.

By John Hoole

GORGE TILLICUM COMMUNITY ASSOCIATION

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Gorge-Tillicum Community Assoc.
P.O. Box 44152, 2947 Tillicum Rd.
Victoria, BC V9A 2A0



TRAFFIC, ANYONE?



Gorge Road is designated as a portion of the Saanich Commuter Bicycle Network. The District of Saanich will be restriping Gorge Road West between Dysart Road and Colquitz Avenue this fall in order to provide bicycle lanes in the area.



Traffic circles and speed humps have now been installed on Obed and Maddock Avenues as part of the Neighbourhood Traffic Calming Plan (see sidebar article on this page traffic circles). These traffic calming devices are considered temporary for 12-18 months. They will be then re-assessed as to their effectiveness and operation before a final decision is made to make them permanent. If it is decided to keep the traffic circles, they will be filled in and landscaped.



BC Transit has made some changes to the bus service in our area. One change is what used to be the #10 bus is now the #11. It is the same route from Tillicum Mall, through the neighbourhood, down Gorge Road, to downtown. But after that, it merges with the 'old' #11 route and goes through the Uplands to the University of Victoria.

The other change which we can take advantage of in our neighbourhood is the



Construction of the new parking area at Gorge Waterway Park and the Victoria Canoe and Kayak Club is well underway.

#24 bus. From Monday to Friday, at times from 7:00 AM to 4:00 PM, the #24 bus leaves Tillicum Mall, goes down Tillicum Road, turns right on Gorge Road, and then left on Admirals, all the way to Admirals Walk! This is a new addition, as it means you can take the bus over to Thrifty's or Canadian Tire (this service was not available before this September). Or how about walking one way and taking the bus back! Young children in particular like the adventure, but it's an adventure for all ages. For more information on Transit and routes, call the bus line at 382-6161.

By Julia Menard



Sidewalk construction on Obed Avenue between Harriet Road and Tillicum Road began in October. The GTCA met with the Saanich Engineering Dept. in June to address the general design. A public Open House was held at Parkes Recreation Centre in July. Comments and feedback from those meetings have determined the final design.



A student drop-off zone has been constructed on Admirals Road east of Craigflower School. The construction costs were paid for by School District 61 as the former inadequate drop-off situation was considered too dangerous to continue.



GOING AROUND IN CIRCLES?

Are you going in circles on Maddock and Obed Avenues? Is the experience making you dizzy and unsure of the protocol? Here are tips to avoid a dizzying experience:

- To prevent dizziness, approach the circle with caution. Yield to any spinners already traveling in the circle. Entering the whirl-a-gig at this point may cause a crash.
- If two spinners arrive at the circle at the same time, yield to the spinner on the right.
- Always enter into a circle to the right and move counter-clockwise or you may encounter other dizzy spinners. Navigate slowly to prevent any lightheadedness.
- Travel around the whirl-a-gig until you can swirl away on the road you wish. Do not cut corners or you may be on a collision course with another spinner.

If further lightheadedness is encountered, check your speedometer and limit the speed of rotation. Everything is right with the world if you turn right in a circle and yield to other righters.

By Christine Helmink



Susan Brice, MLA

Saanich South

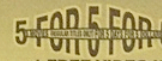
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WATERWAYS: What happens to all that Rain?

Next to the air we breathe, water is the most important element necessary for life. We are fortunate to live near Colquitz Creek, Portage Inlet and the Gorge Waterway. They provide wildlife habitat, beautiful scenery and places to play. But every day we dump pollutants and runoff from our urban developments into these same waters. We want to live near these water features but the act of development leads to their degradation. In order to help the environment and improve water quality it is important that we understand how our landscape functions now and how it should function. We can then set goals that will help guide us in improving our neighbourhood environment.

Our neighbourhood was once a forest landscape with a sponge like forest floor. Water from most rain events was intercepted by trees or absorbed by the soils. Only during large rainstorms did water actually flow across the lands. The water that infiltrated into the ground supplied water to local aquifers and fed Colquitz Creek during drought periods. Rainwater could take weeks or months to actually get to the stream. The forested landscape, its rich soils, and vegetation cover moderated stormwater runoff and sustained our local aquatic environments.

If we move forward in time, we see a big change in our landscape. Gone are most of the trees and rich soils. In their place are roads, buildings and parking lots.

These impervious surfaces do not allow rainwater to seep into the soil. Consequently, we began to flood our homes and roads. We installed ditches and drains to convey excess water into the nearest stream. Now instead of having a slow, constant release of water into the stream we have a very fast flood of water with every rain shower. To make matters worse, pollutants that collect on the roads and rooftops are picked up and carried in the runoff and deposited in the Gorge Waterway and Colquitz Creek.

Scientists know that urban development impacts local aquatic habitats but now that our neighborhood is built, what can we do about it? We can't get rid of our roads, tear down our houses and live in the trees! The first step in solving any problem is to understand what is causing the problem. We need to figure out where the stormwater from our houses and roads goes and how that system functions. We will never return this place to its original condition but we can do things to steer us in a more sustainable direction and that will help to create a beautiful and functioning neighborhood.

By Scott Murdoch, an aquatic resource specialist and environmental planner/designer. Scott is currently working on several projects that integrate Stormwater Best Management Practices into urban developments. This is the first in a series of articles that will look at water in our area.

the GREEN SPACE

Gorge Waterway Park Update

Development of Gorge Waterway Park has been ongoing for the last three years. The main activity for this year focussed on constructing the new public parking area off Gorge Road (see photo page 2) as well as major improvements to the driveway area in front of the Canoe and Kayak Club at 355 Gorge Road West. One more of the houses was demolished, 327 Gorge Road, in October. Drainage has been a high priority item and as a result, a special below ground infiltration gallery has been installed under the parking area to minimize the amount of storm water run off. Virtually no water from the parking lot will end up in the Gorge Waterway.

The Parks division hopes to complete the park plan in 2004 by installing the paving in the new parking and driveway areas, installing additional trees and shrub plantings, adding signage and completing the irrigation and lighting systems. With the assistance of the Engineering Department, a new separated concrete sidewalk will be constructed along the front of the park and permanent concrete driveways will also be installed at the new parking entrances. *By Gary Darrah, Saanich Parks*


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Craigflower Kosapsom Park Update

Craigflower Kosapsom is a small but popular park located at the intersection of Admirals and Gorge Road. To compliment the existing beach area, new play equipment is being installed in a relocated playground for 2-5 year olds. Improvements to the existing trail from the corner of Admirals and Gorge Roads will continue down to the start of the Gorge Waterway and through the park up to the Craigflower School House. The walkway will be paved, and additional furniture and an ornamental planting display will be installed. These improvements are planned to be completed early in the spring of 2004. *By Dianne Murray, Saanich Parks*



Christmas Bird Count

Each year, the Victoria Natural History Society (VNHS) co-ordinates the Christmas Bird Count in the Victoria area. This event is part of a North American wide count started by the Audubon Society in 1900 to counter the 'Christmas Hunt', a sport hunting challenge to see who could kill the most animals. Victoria joined the count in 1924. Birds are counted in a precisely defined circle of 15 miles in diameter. Victoria's circle extends from Witty's Lagoon to Brentwood Bay to Clover Point, including the offshore waters. Results of the count are shared with the Audubon Society and Bird Studies Canada and help monitor bird populations in the area.

The Gorge and Portage Inlet is one of the 23 areas where counting takes place in Victoria. Last year, a total of 57 different species and 3900 birds were counted in

our area. Numerous ducks, geese and gulls were counted along with herons, hawks and hummingbirds. Also counted were a Hermit Thrush, a Barred Owl and a Merlin (a type of falcon). There was even a rare bird spotted—a Redhead Duck—the only one spotted in the whole area last year.

This year's Christmas Bird Count will be held on December 20th. Birders of all levels are invited to join in the fun. Participants can take in a birding field trip during the fall to hone bird counting and identification skills. Novices will be partnered with experienced birders on the day of the count. For more information, please visit the VNHS website: www.vicnhs.bc.ca or contact Ann Nightingale at 652-6450.

By Leona Smith

New TLC Gorge Restoration Project

TLC The Land Conservancy has a long-term vision and commitment to the cultural and ecological protection of the Gorge Waterway. As opportunities arise and resources become available, TLC looks at options to purchase and/or place conservation covenants on lands adjacent to the Gorge Waterway as a means of protecting this aquatic ecosystem. TLC has partnered with the City of Victoria in this vision of a progressively naturalized Gorge waterway. Their first partnership project

was initiated in the fall of 2002 with the purchase of 508 Selkirk Road in Esquimalt.

TLC purchased the property, subdivided it, resold the piece adjacent to Selkirk Road and donated the Gorge waterfront portion to the City of Victoria. TLC registered a conservation covenant on the waterfront and a 'Waterfront Restoration Agreement' was added to the covenant whereby TLC agreed to restore the waterfront to as near as practical its natural condition in the following two years.

TLC will be working in conjunction with the Gorge Waterway Action Society, interested community groups, the School of Environmental Studies and the Restoration of Natural Systems Program at the University of Victoria to facilitate a course to be offered this January called 'Restoration of the Gorge Waterway'. The increasing interest in restoring the Gorge Waterway creates an excellent educational opportunity for students to do an on-site restoration project. The Selkirk Avenue site will then be used as a model for other properties along the Gorge Waterway to undergo similar restoration initiatives. If you have any information or suggestions for the course, are knowledgeable about the Gorge and could speak to the class, please contact Paula Hesje at 479-8301 or via email at paula@conservancy.bc.ca.

Of Days Gone By

This old photograph, courtesy of Beautiful British Columbia magazine, portrays the busy marine activity found at the Gorge Boathouse in 1970. The large craftsman style house on the extreme right was designed in 1923 by prominent architect Samuel Maclure for Eric and Alice Hamilton. A former manager of the tramway amusement park on the opposite shore, Hamilton also ran the first bus service along Gorge Road. In 1924, he sold the house to the Rodd family who expanded the facilities to allow construction of various marine craft, from simple wooden kayaks to inboard pleasure cruisers, largely designed by the elder of five sons, Gwyn Rodd. In addition, they also rented out rowboats and canoes—allowing young courting couples to go "canoodling" on a fine summer evening up to the secluded wooded shoreline then found along Portage Inlet. Strumming a ukulele under a full moon guaranteed a romantic setting but many a love besotted couple found themselves mired in the mud if attention wasn't paid to the outgoing tide. Rescue then came towards midnight when one of the Rodds arrived in a gasoline launch to tow the wayward canoeists back to the boathouse. The Rodds also operated a cabinetry shop, pumped gas on the roadside for passing motorists and rented out adjacent waterfront cabins. Brief tenants included Emily Carr and the

notorious rumrunner Johnny Schnarr. After the Rodds' departure in the 1940s, the boathouse (just visible behind the willow tree) continued in operation until Saanich purchased the site. Only the main house remains, leased presently to the Victoria Canoe and Kayak Club. Recent construction seemingly has destroyed a concrete block on the site inscribed with "Rodd Brothers 1924".

By Dennis Minaker





CANADA DAY KUDOS

Another beautiful day on the Gorge and a fantastic turn out for the 5th Canada Day Picnic. Estimates put attendance for the day at between 8,000 and 10,000 people making it the biggest event in the Saanich Sunfest calendar and among the largest July 1st celebrations in the CRD. Our favourite activities, the pancake breakfast and the strawberry tea, sold out and the new salmon barbeque was also a huge hit.

Thanks to all of you who joined in the fun. A huge thank you to our Sponsors (District of Saanich, Vancouver Island News Group, Fairway Market, Tillicum Centre, Canadian Tire View Royal, Thrifty Foods, Times Colonist, Canadian Heritage), our Partners (Optimist Club, Moka House, Burkhart Graphics, Softies Ice Cream, Brass and Woodwind Shop, Victoria Canoe and Kayak Club) and Supporters (Arts Bakery, Greater Victoria Cycling Coalition, Mr. Tube Steak, Christine's Creations, The Land Conservancy, Selkirk Station, Russ Hays The Bicycle Shop).

And finally none of this could have been produced without the Picnic Organizing Committee: Donna Roth, Rob Wickson, Ann Genuist, Paul Gerrard, Bob June, John Hoole, Ray Farmer, Zuzana Capeau, Judy Ker, and Harry Lewis.

Thanks everyone and see you all next year!



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VISIONS FOR OUR FUTURE

WEEKEND CHARRETTE

on Transportation and Land Use in our Neighbourhood

The Gorge Tillicum community is a great place to live and do business. It includes a range of attractive housing options, excellent regional access, an active retail core, and a variety of community amenities. Yet there are opportunities to improve the community by addressing issues such as heavy traffic, a lack of facilities for pedestrians, cyclists or transit, and low-intensity land uses. To address these issues, the Gorge Tillicum Community Association (GTCA) partnered with Smart Growth BC and the District of Saanich to coordinate a weekend 'charrette.' The results of this work will become part of the Action Plan for the Gorge Tillicum community, which is currently being prepared by Saanich.

On the weekend of October 17th to 19th, a dedicated group of community leaders (including residents, local property owners, developers, and other citizens) came together to create a plan to apply smart transportation solutions in the Tillicum Road and Burnside Road corridors. This intensive weekend was called a 'charrette', a collaborative event that brings together people who have an interest in their community. In an atmosphere of trust, professional architects and planners help these stakeholders make their own design decisions through a process of building consensus. The highly interactive and collaborative process has been used throughout BC to create community visions and identify opportunities to achieve those visions.

The charrette event for the Gorge Tillicum community was facilitated by Franc D'Ambrosio (D'Ambrosio architecture + urbanism) and his staff, along with Patrick Condon (UBC, Landscape Architecture). With their assistance, the

charrette participants worked hard over the entire weekend to prepare plans for the Tillicum and Burnside corridors and three urban villages at the major intersections (Tillicum/Gorge, Tillicum/Burnside, and Burnside/Harriet). Key recommendations included:

- Improving the opportunities for walking, cycling, and transit by slowing traffic and enhancing infrastructure such as sidewalks
- Increasing the variety of housing choices available in the community, particularly through redevelopment along Tillicum Road and Burnside Road
- Enhancing the village ambiance of the area by improvements to the appearance and function of several key sites

An open house was held at the end of the charrette event to present the draft plans to the public. Over 40 residents, property owners, and other interested persons came to view the plans, ask questions, and provide feedback to the representatives who participated in the charrette.

D'Ambrosio architecture + urbanism will transform the draft plans into final form, based on input received at the public open house. The final plans are expected in early 2004 and will then provide valuable input into the Action Plan process of the District of Saanich. Keep an eye on the Smart Growth BC website to see the final plans (smartgrowth.bc.ca).

Smart Growth BC is a province-wide non-governmental organization that works with citizens to create more liveable communities. Smart Growth is a collection of urban development strategies that enhance our quality of life, protect our environment, and use tax revenues wisely.

Funding support for the Gorge Tillicum charrette was generously provided by the Gorge Tillicum Community Association, the Victoria Foundation (Willard & Elva Dawson Fund), Moving on Sustainable Transportation (a program of Transport Canada), the District of Saanich, and Smart Growth BC.

By Jody Siu, Smart Growth BC



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DIARY OF THE TILLICUM BURNSIDE CHARRETTE

October 17–19th

Friday evening: What an interesting group of people to be working with this weekend—politicians, architects, property owners, developers, housing and transportation experts, and community members—all with an interest in the future of the Gorge Tillicum area. We get to know each other over dinner and then a series of presentations about planning, transportation, recreation, environment, real estate, transit and financing. Whoa! Stumble home with head full of ideas and information

Saturday 3:30 AM: Oh oh! Awake, mind buzzing with ideas.

Saturday 5:15 AM: Oh oh! Same.

Saturday 7:32 AM: Wake up tired, ready for a busy day ahead.

Saturday morning: We're split into three groups looking at different sections of the Tillicum Burnside corridors. I'm with six others walking down Tillicum Road, towards Gorge Road. We're struck by the unfriendly pedestrian environment as vehicles whiz by just feet away. How many lanes do we need in front of Tillicum Mall anyway? How are seniors supposed to cross here to the very services which are so close yet so far away? There are some obvious spots along Tillicum Road which cry out for upgrading and/or redevelopment. Wouldn't it be great to have some recognizable 'entrance way' as people and vehicles come into the Gorge Tillicum 'village' from the bridge. And what an unappealing streetscape it is heading north up Tillicum—we really need some separation between pedestrians and vehicles, and more greenery to soften the cement and blacktop. There are lots of other observations and discussion as we head back to the Passmore Centre and lunch.

Saturday afternoon: The three groups exchange observations and then its back to discuss, draw, write, argue, analyse, organize, plan, revise, visit, and plan again our vision for developing a better Tillicum corridor. What should it look like? What is economical for property to develop and business to thrive? What can we do with the roadway? What does the Regional Strategy say? Just how much can we play around with? Is this real?

Saturday 5:45 PM: Adjourn to Gorge Pointe Pub for sober reflection on the days activity!

Sunday morning: Hectic work to put all the visions together for Tillicum and Burnside Roads in pictures, powerpoint, drawings and words in time for the afternoon Open House. Remarkably, it all comes together as the walls of the Passmore Centre gym become papered with graphics and overlays, vision statements

and presentations, under the guidance of our leaders from Smart Growth BC.

Sunday 5:00 PM: It's over! In two days we met new people, exchanged ideas, voiced frustrations, made suggestions, listened, learned, tested and revised, dreamed and delivered! A vision for the future was created, now it's time for it to be shared with you as we work to make the Gorge Tillicum neighbourhood a better place to live. Please take the opportunity to seek out the charrette report when it becomes available late November–December.

Thanks to everyone who made my weekend a rich exercise in cooperative community planning. *By Harry Lewis*



LOCAL HEROES

This month's column acknowledges not one or two heroes, but three!

Firstly, the GTCA wants to acknowledge the recently retired director of the Silver Threads, Joan Grivel. Joan was director of the Les Passmore Seniors Activity Centre for 13 years and developed a reputation for being a hands-on manager who got the most out of people who worked with her. She also had a reputation for maintaining her composure even under trying circumstances (burglaries and break-ins). Joan readily worked with our association as we sometimes used the centre for events and generously made tables and chairs available for our Canada Day picnics. True to her nature, Joan will continue to volunteer at the centre even in retirement but not before enjoying her

fall passion for baseball and the World Series. The GTCA wishes Joan well on her retirement along with our gratitude for her service to seniors in our neighbourhood.

Our other local heroes are George and Vicki Blogg who have been recently recognized by the B.C. Crime Prevention Assoc. for their long term support of the Saanich Neighbourhood Block Watch program. These Portage Inlet residents were actively involved in the community association some years ago and continue to work with PISCES, a local environmental group. George and Vicki illustrate the commitment required by those who take an active interest in the well being of their community and as such earn recognition as Local Heroes.

By Harry Lewis

At the Centre

G.R. PEARKES RECREATION CENTRE



Building Blocks For Raising Successful Young People

The Search Institute, an independent non-profit organization whose mission is to provide leadership, knowledge and resources to promote healthy children, youth and communities, has identified the building blocks of healthy development that help young people grow up healthy, caring and responsible: support, empowerment, boundaries, and constructive use of time. As a recreation department, we are training our staff, educating the public and encouraging everyone to consider these building blocks every time they interact with young people.

Support needs to be given through families, schooling and even from neighbourhoods. Family life can provide high levels of love and support when parent(s) and youth communicate positively and the young person is willing to seek advice and counsel from parent(s). Support from non-parent adults also feeds this need as does a caring, encouraging school environment.

Empowerment means that a young person perceives that adults in the community value them and that they are not viewed negatively. Youth who are given useful roles, perhaps serving the community in a helpful manner one or more hours per week, experience feelings

of empowerment. A safe environment at home, in school and in the neighbourhood help a young person to take the risk out of extending themselves within the community.

Families and schools are encouraged to provide clear and reasonable boundaries and expectations along with reasonable consequences. Parents, adults and the young person's best friends need to model positive, responsible behaviour if we want our kids to do well and achieve the high expectations we set for them.

Also important is the need for young people to use their time constructively. Constructive use of time means that the youth engages in lessons or practice in music, theatre or other arts at least three hours per week and another three hours a week in sports, clubs, or other school or community organizations. The institute also suggests that hanging out with friends is limited to two or fewer nights a week.

Please take the time to incorporate these four building blocks into your approach with youth as we do at The Coredoor Youth Activity Centre and within our other youth programs. To find out about more opportunities for youth, please contact Gaileen Flaman at 388-6664 or visit www.saanichrecreation.ca.

CRAFT CO-OP

Craft Co-op is a free program through Saanich Recreation for dedicated teens ages 12 and up who want to create various art and craft products while learning about marketing and entrepreneurship. The Co-op takes place every Thursday between 3:00 and 5:00 PM at The Coredoor Youth Activity Centre at Pearkes Recreation Centre. Some of the benefits of joining the craft co-op are:

- Working in a friendly environment with other teens who love art and crafts
- Share ideas and learn new projects
- Chance to make money

Job skills you will acquire include how to:

- Handle cash and deal with the public
- Make, package and price a product
- Work with a team

For more information, call Gaileen Flaman at 388-6664 ext.32.

Christmas Craft Sales

Santa's Saanich Workshop

Saturday, November 8th

11:00 AM - 4:00 PM

Pearkes Recreation Centre

Youth vendors showcase

original artistic creations!



Tillicum Elementary's 7th Annual

Saturday, November 8th

10:00 AM - 4:00 PM

Sunday, November 9th

11:00 AM - 3:00 PM

3155 Albina St.

Over 40 craft and artisan vendors, bake table, babysitting, raffle draws!



Sharing THE Possibilities

WWW.SAANICHRECREATION.CA



General Hours of Operation

Nov 1st - January 31st
 Mon-Fri 6:30AM-10:00PM
 Sat-Sun 7:00AM-10:00PM

Stat Holidays

Dec 25th & January 1st Closed
 Dec 24th & 31st 6:30AM-12:30PM
 Dec 26th 10:00AM-4:00PM

Pearkes Recreation Centre
 3100 Tillicum Road

Ph: 388-6664 or 24hr Info Line: 475-5576



SKATE WITH SANTA

Dec 14th 1:00-3:30PM
 \$6.00 PER FAMILY
 Lots of games, prizes, refreshments and of course, SANTA!

CHRISTMAS AEROBATHON

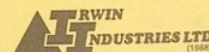
Dec 20th 10:00AM-Noon
 Come ready to participate in a showcase of aerobics classes. Prizes and refreshments. Admission free with Mustard Seed donation.

MINDFUL COMMUNICATION

Nov 22nd 10:00AM-4:00PM
 Improve your communication skills with Rachelle Lamb, author of "Steps to Conscious Living". Cost is \$55.

FREE BLOOD PRESSURE CLINICS

Every 2nd Thursday
 10:00AM-Noon



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