

# RIV NEWS

A proud partner of the Active Living Alliance for Canadians with a Disability

Recreation  
Integration  
Victoria

An inter-municipally funded service in partnership with the Victoria Integration Society and the Disabled Sailing Association of BC, Victoria Branch

*Surfs up!  
Get active this  
summer.*



## Rise Above Barriers

In November 2007, Pippa Blake and her cadre of family, friends and volunteers are trekking to Everest Base Camp. Pippa and her family have been talking about trekking in the Nepal Himalayas for many years. In 1980, they booked their trip, got their shots but ended up taking a two year 'holiday' in New Zealand instead. Subsequently, Pippa was diagnosed with Multiple Sclerosis (MS) and as she moved from canes to walkers to wheelchairs the trek was put on hold as they struggled with how to move with her along the trails leading to the Base Camp of Mt. Everest. When they heard about the TrailRider™, which looks like a lounge chair with a wheel

underneath, the trek was back on.

The TrailRider™ has handles at both the back and front to allow it to be pushed and pulled at the same time. The one-wheel design makes it

### Contact RIV:

(250) 477-6314 phone (TTD)  
(250) 477-6046 fax  
[information@rivonline.org](mailto:information@rivonline.org) e-mail  
[www.rivonline.org](http://www.rivonline.org) url

4135 Lambrick Way  
Victoria, B.C.  
V8N 5R3



Pippa and her Rise Above Barriers volunteers out for a hike around Thetis Lake.

## Volunteer Profile:

### Brendan McAnn

Brendan McAnn has been an active volunteer with Recreation Integration Victoria (RIV) since August 2006. During his time with RIV Brendan has been working with an RIV participant in the Fitness Studio at the Gordon Head Recreation Centre. Brendan feels that over the past nine months the two of them have really had the chance to get to know one another and have been known to have lunch or head to Starbucks™ after their workout. Recently, Brendan has gone the extra mile as a volunteer by taking on some volunteer recruitment himself. After realizing that volunteer hours are required to get into grad school, he thought he would advertise RIV to some upper year courses at UVIC by standing in front of the class and telling them about the great experience he has had thus far. Brendan also advertised by putting up posters in the community advertising for Leisure Assistants.

Born and raised in Victoria, Brendan is currently attending the University of Victoria. He recently applied to the Kinesiology program at UVIC and is hoping to graduate in two years. As well being an active student, Brendan works part-time at the Ian Stewart Complex at UVIC and will be working for RIV this summer as an Inclusion Facilitator. Gaining a position with RIV over the summer is just one example of where volunteering can lead.

When asked what his motivations for volunteering were Brendan replied that he had heard from word of mouth that we provided an enjoyable experience, an opportunity to meet diverse people, and be rewarded by seeing how much the participants appreciate the help and time. Brendan's personal philosophy of recreation is that being active and doing things you enjoy is a fabulous way to spend your leisure time. As well as the benefits of enjoying his volunteer experience and gaining a position at RIV, Brendan stated that he has gained some great experience working in a rehabilitation position and hopes



Brendan taking a break at the Gordon Head Fitness Studio

to use his experience and volunteer hours to get into a physiotherapy post-graduate program.

It is through the countless hours that our volunteers put in that we can successfully run the Leisure Assistance program at RIV. The staff and Board of Directors at RIV would like to thank Brendan for his efforts in enriching the lives of our participants and sharing positive experiences with them. For more information about the Leisure Assistance Program, or to volunteer, contact **Len @ 477-6314 ext 15.**

---

**(Rise Above Barriers continued from page 1)**  
manoeuvrable over challenging, rough terrain. The chair has allowed individuals living with disabilities to: climb Africa's Mount Kilimanjaro; travel the northern half of the West Coast Trail on Vancouver Island; and explore other trails throughout British Columbia. Having tested a TrailRider™ and with some modifications and a lot of practice it will make the Himalayas accessible for Pippa.

The expedition will take them to the Base Camp Everest through the Everest Region of the Nepal Himalayas. This is a trek that normally takes 14 days, but they have scheduled it over 21 days since the speed of travel with a TrailRider™ is slower than

without. They have a competent guide who is assisting them with the trip details in Nepal. They will be staying in Kathmandu 2 to 3 nights prior to and after the trek, so their time in Nepal will be close to a month. The plan is to start the trek around November 5<sup>th</sup>, which will require them to begin travelling to Kathmandu by the end of October (31<sup>st</sup>) and they will not return home until November 29<sup>th</sup> (these dates are approximate).

Long distance trekking is not an easy endeavour, especially for someone living with a physical disability. Therefore, they have assembled a great team of committed volunteers or 'Sherpas', and with much practice on trails on Vancouver Island and the

Lower Mainland this summer they will prevail. As Pippa's daughter Ollie says "...Pippa is always ready to take on a new adventure as long as she has her commode and a couple of beanbags to keep her!" Rise Above Barriers has partnered with Recreation Integration Victoria to raise \$60,000 to finance this expedition. A legacy of this trek will be the donation of their TrailRider™ to Recreation Integration Victoria's inventory of Outdoor Equipment. If you would like to make a tax-deductible donation to the **Rise Above Barriers** expedition, you can through Recreation Integration Victoria. Please make the cheque payable to the **Victoria Integration Society**, our non-profit partner, and write "Rise Above Barriers" on the memo line of the cheque.

## PLACES TO GO, THINGS TO DO...

How wonderful to turn our face up to the sun and feel her warm rays on our cheeks. Summer beckons you to fling open your front door and venture out into the community for some sun fun. We encourage you to try something new or rekindle an old interest! Your local recreation centre, park, community club or mall may be just the place to start. There is always something to do and ways to challenge yourself. Just take a look...

## MAY

**Now until July 29: Rodin & His Contemporaries.** From famous and beloved sculptures such as The Thinker, The Kiss and over 60 other bronzes to etchings, photographs and documentaries, the Art Gallery of Greater Victoria presents this retrospective that tells the story of the "father of modern sculpture".

Call 384-4101 or visit [www.aggv.bc.ca](http://www.aggv.bc.ca) for more info.

**May 20: 70<sup>th</sup> Annual Highland Camp.** A pancake breakfast kicks off a full day of Scottish family entertainment in **Esquimalt's Bullen Park** (behind Archie Browning Centre). Bagpipe, highland dancing, drumming and caber toss competitions are complimented with a beer garden (for big boys n' girls) and a kids entertainment area (for little boys n' girls), historical displays, food, bands and tons more.

Info: 598-0120 or [www.victoriahighlandcamp.com](http://www.victoriahighlandcamp.com)

**May 26: Fractured Fairytales** at the Bruce Hutchison Branch Library (in Commonwealth Place, 4636 Elk Lake Dr). Think you know how the story ends? 6-10 year olds will be entertained with new spins on traditional tales in this hour of stories and games from 10 - 11 a.m. Who knows? You may live happily ever after! Info and registration: 727-0104. Also, the Central Branch Library (735 Broughton St) offers **Origami Fun** as they celebrate Asian Heritage Month. 6-10 year olds will learn origami with guru Stephen Tran from 2:30-3:30 p.m.

Info and registration: 413-0365.

\*These are only 2 examples of many free scheduled activities scheduled year-round at libraries throughout Greater Victoria.

## JUNE

**June 7– Aug. 30: Sidney Summer Market.** Over 150 vendors sell gifts, fresh produce, crafts and other creations from 5:30 – 8:30 p.m. each Thursday evening. The market lines the main street of Beacon Avenue, between 1<sup>st</sup> and 5<sup>th</sup> Streets with entertainment on every block. Now considered one of the best destination events in the Sidney area. Info: 655-6433 or [www.sidney.ca](http://www.sidney.ca)

**June 9: Garagellenium.** Attention all garage sale addicts! Oak Bay is planning a municipal-wide garage sale. Held from 9 a.m. to 1 p.m., there will be signs up throughout the area to guide you to all locations participating.

Info: 593-7275 or [www.oakbaycommunitycorner.ca](http://www.oakbaycommunitycorner.ca)

## June 10: 5th Annual Rick Hansen Wheels in Motion.

Mark your calendar today to wheel, bike, skate, run or walk in this popular and FUN annual event which raises awareness and funds to help Canadians living with a spinal cord injury. Head to Ogden Point to participate on your own, with a friend or form a team of 10 or more. You can pre-register online or on the day of the event. Call 386-7425 or look up [www.rickhansen.org](http://www.rickhansen.org) for more info.

**June 16-17: Afro Carib Carnival.** This outdoor festival celebrates authentic African and Caribbean culture through music, dance and food. Held at the Selkirk Waterfront (2940 Jutland Road) this is a free event! Call MeKon at 727-6454 for more info.

**June 21: First Day of Summer** - Yipeeeee! The warmer weather seems to inspire rejuvenation and naturally lifts our spirits. You could mark the day with a nice walk, take a drive with the windows down and the radio turned up, or plant a few pretty flowers in a pot for your front door or windowsill. Or, why not pull a board game out of the closet and set it up on a blanket at the park or simply find a nice bench in a sunny spot and soak up the warmth. Come on, what are you waiting for? Grab your smile and head outside!

## JULY

**July 1: Canada Day.** There are many activities planned throughout the day by local recreation centres, parks and facilities. As the day approaches, listen to your radio, snoop through a newspaper, or contact **Tourism Victoria at 953-2033** or [www.tourismvictoria.com](http://www.tourismvictoria.com) for details on these events. One example of celebrations planned in through Panorama Recreation: Sidney Day is held from noon to 4 p.m. at the Mary Winspear Centre.

You can enjoy lots of family fun with hop balls, an inflatable obstacle courses and bubbles of fun play area. There will food, music and lots more!

Info: 656-7271 or [www.crd.bc.ca/panorama](http://www.crd.bc.ca/panorama)

Put on your best smile, sing Oh Canada in your proudest voice and be thankful that you call this great land "Home".

**July 15: Gyro Park Sandfest.** Head to the giant octopus in Cadboro Bay and enjoy sand sculpting masters at work

while you enjoy a day at the beach and in the park. Why not bring your own shovel n' bucket and be a copy cat?  
**Info: 475-5424.**

**July 21: 8th Annual Luminara Victoria.** The pathways and waterways of Beacon Hill Park & St. Ann's Academy sparkle with handmade lantern displays of every imaginable design, enhanced by dazzling performances of live music, giant puppets, stilt walkers, dancers and acrobats. Hundreds of volunteers, musicians, dancers, thousands of feet of bamboo strips plus over 6,000 tea light candles are all part of this magical FREE visual feast. You're encouraged to dress in costume, and carry your own lantern with the magic beginning at dusk. Please be prepared for large crowds and take your time!  
**Info: 388-4728 or visit [www.luminaravictoria.com](http://www.luminaravictoria.com)**

## August

**Aug. 5: Kiwanis Salmon BBQ.** No excuse is needed to head to the beach but here's extra motivation! From 11a.m. – 4p.m. you can partake in a culinary delight as folks from the Kiwanis Club serve fresh BBQ'd salmon at Willows Beach in Oak Bay at the corner of Beach Drive and Dalhousie Street. Bring a beach blanket, relax, soak up a few rays (after putting on your sun screen of course) and enjoy the day. **Info: 593-7275**

**August 4: Active Session: A Taste of Waterfit.** "Active Communities" is focused on increasing activity levels of British Columbians by 20% by the year 2010 – "Everyone Active. Every Day". Municipalities throughout the region are promoting this initiative with some very fun activities and events. For example, Esquimalt Recreation Centre encourages you explore the benefits of Aquatic Fitness through this invigorating and energizing session! Waterfit instructors will take you through a taste of each WaterFit class they offer – Shallow Fit, Deep Fit, Senior's Fit, WaterWorks and Aqua Yoga. Held from 8:30 - 11 a.m. you can have your questions answered by their instructors afterwards so you can explore what best suits your needs and abilities to lead that active lifestyle.  
**Info: 412-8500 or [www.esquimalt.ca/recreation](http://www.esquimalt.ca/recreation)**

## OTHER NOTABLE HAPPENINGS:

**Oak Bay Tea Party.** June 2-3:  
**595-7946 or [www.oakbayteaparty.com](http://www.oakbayteaparty.com)**  
**Esquimalt's Buccaneer Days.** June 8-10:  
**412-8500 or [www.esquimalt.ca/recreation](http://www.esquimalt.ca/recreation)**  
**Jazzfest International.** June 22-July 1:  
**388-4423 or [www.jazzvictoria.ca](http://www.jazzvictoria.ca)**  
**Saanich Sunfest.** July 1-29:  
**475-5424 or [www.saanich.ca](http://www.saanich.ca)**  
**Moss Street Paint-In.** July 21:  
**384-4101 or [www.aggv.bc.ca](http://www.aggv.bc.ca)**  
**Symphony Splash.** Aug. 5:  
**385-9771 or [www.victoriasymphony.ca](http://www.victoriasymphony.ca)**  
**Dragon Boat Festival.** Aug. 17-19:  
**472-2628 or [www.victoriadragonboat.com](http://www.victoriadragonboat.com)**

## DID YOU KNOW?

• **Juan de Fuca Recreation** is pleased to offer "**Roving Play Parks**" this summer for children aged 6-12 years. One day each week from 11 a.m.-3:30 p.m. their Roving Playground Summer Leaders will arrive on site and offer a variety of arts, crafts, camp, sports and songs. They have a van load of fun planned and best of all its FREE. Locations will vary and parents must be prepared to spend time filling out appropriate paperwork when children are dropped off. 10 -11 a.m. of each day will be dedicated to free fun for pre-schoolers, with parents participation mandatory. **Check out page 26 of the JDF Summer Activity Guide, [www.jdfrecreation.com](http://www.jdfrecreation.com) or call 478-8384 for more info.**

• **June 16-17: Happy Birthday Beacon Hill Park!!** The Cameron Bandshell Stage is the place to be for celebrations with music, entertainment and a cake cutting at 1:30 p.m. on the 16<sup>th</sup> to mark 125 years as the "people's park". This lovely landmark continues to provide a wide range of recreation and leisure opportunities for people of all ages.

• Saanich offers something new! **Concerts in the Park** is a great way to spend an evening as each week different world musical entertainment is scheduled with other activities such as face painting for the kids. Held on **Tuesdays from 6 - 8 p.m.**, Rudd Park (3259 Irma St.) is the place to be on July 24<sup>th</sup>, or visit Majestic Park (4380 Majestic Dr.) on July 31st or Rutledge Park on August 7<sup>th</sup>, 14<sup>th</sup>, and 21<sup>st</sup>. **Info: call Julie at 475-5408.**

• **Summer in the Square** begins June 22 through to Sept. 3rd with free afternoon events each week-end, daily weekday noon-hour performances and some evening concerts in downtown's Centennial Square. Brown bag lunch concerts, kids day on Fridays, cultural celebrations with food, dance and music, YouthFest and other assorted concerts are only samples of many planned events. **Info: 361-0388 or [www.victoria.ca/2007summerinthesquare](http://www.victoria.ca/2007summerinthesquare)**

• We often get enquiries about walking clubs in Greater Victoria. Here are two: the first is the **Hearts In Motion Walking Club** - This fun and social club meets Tuesday and Thursday mornings from 9 - 10 a.m. to enjoy the natural beauty of the Juan de Fuca Chip Trail and the Galloping Goose. Offered in co-operation with the Heart and Stroke Foundation and Juan de Fuca Recreation, membership is \$10 per year. Call 478-8384 for more info. The **Gentle Walk and Talk** program is a free drop-in program on Thursday mornings from 9:30 – 11 a.m. for those interested in shorter, social walks through Saanich Parks. Bring binoculars if you have them and enjoy a leisurely ramble around such places as Rithet's Bog, one of Saanich's precious wetland habitats. These are easy, low-impact walks with no steep grades or rough terrain and are intended for those of all walking abilities. For further **info. call 475-5522** on this or any other free Saanich park program.

\*\* For any of these walking excursions listed, be sure to wear suitable clothing and footwear for the weather.

• **2 important web-sites to check out!** [www.fitness.ca](http://www.fitness.ca) offers fitness information for Greater Victoria, including the new self managed HIGHWAY TO HEALTH PROGRAM. Also, [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca) is the place to be to get your copy of the new Canada Food Guide for Healthy Eating.

## Summer Programs 2007

The following is a SAMPLING of summer programs being offered by your **Municipal Park and Recreation**

**Departments.** For complete details of Summer Programs being offered, drop by your nearest recreation centre to pick up a copy of their summer Leisure Guide.

Recreation Integration Victoria will endeavour to assist children with disabilities in accessing these programs through a no fee one-to-one summer staff support person. Please contact us at 477-6314 for details.

The DEADLINE for your request is JUNE 8th.

### CITY OF VICTORIA:

**Call 361-0732 for more information**

**Crystal Pool**

**Junior Summerscope / Senior Summerscope**

Add some sizzle to your summer! This camp offers a variety of activities that will provide excitement along with camp, crafts and swimming. Explore your city and surrounding areas on our Camp Bus. We get out and stay out with plenty of outdoor activities and water-based adventures.

**Ages:** 6-9 Junior 9-12 Senior

**Dates:** July 3– Aug. 31

**Times:** 9 a.m. – 4 p.m.

**Cost:** 5 days / \$125 4 days/ \$99.

### ESQUIMALT RECREATION CENTRE:

**Call 414-7120 for more information**

**Summer Playgrounds 2007**

**Fun Seekers**

**Ages : 5-6 yrs.**

**Dates:** July 3- Aug. 24 (program runs Monday to Friday except for holidays)

**Times:** 9 a.m. - 3 p.m.

**Cost:** 5 days/ wk \$60 - 4 days/ wk \$48.

**Playcamps 'R' Us**

**Ages:** 7-9 yrs.

**Dates:** July 3- Aug. 24 **Times:** 9 - 3 p.m.

**Cost:** 5 days/wk. \$60.. 4 days/wk \$48

**Adventure Kids**

**Ages:** 9-12 yrs.

**Dates:** July 3- Aug. 24

**Times:** 9- 3 p.m.

**Cost:** 5 day/wk \$60 4 day/wk \$48.

Parents and kids rate our above camps #1 because: excellent energetic caring playground leaders, with program access to pool, gymnasium and skating, 3 separate age groups to ensure better programming, beautiful parks within walking distance, special guest and theme days, surprise out trips, daily crafts, games, and great fun, target ration on 1 staff to 10 children, excellent staff with current first aid, CPR, criminal record checks, child protection training, excellent leadership skills and experience working with children.

Please make sure that your child has a sun hat, sunscreen, beach shoes, healthy lunch, bathing suit and towel, and plenty to drink.



### JUAN DE FUCA RECREATION: For more information call 478-8384

**Cool Capers Kids Camp**

**Ages:** 5-7

**Dates:** July 3 – Aug. 31

**Times:** 9- 3:30 p.m.

**Cost:** \$105. /5 day week \$84. / 4 day week

For action, fun and adventure! Join other cool Capers kids for a week of sports, arts, crafts, games, music, swimming, field trips and more! Quench your thirst for extreme fun this summer!

**Sunraiders Day Camp**

**Ages:** 8-12

**Dates:** July 3- Aug. 31

**Times:** 9-3:30p.m.

**Cost:** \$105 / 5 day week \$84 / 4 day week

Adventure and excitement await ! Have a blast in an action packed camp full of new and exciting themes. Each week will include arts, crafts, games, sports, swimming and an outstanding outing. For great times and great friends, join us for a summer full of fun.

### RECREATION OAK BAY:

**Call 595-7946 for more information**

**Summer in the Park-Carnarvon**

**Ages:** 6-12

**Dates:** July 3- Aug. 31 **Times:** 9-4

**Cost:** 5 days \$75. 4 days \$60.

Campers will have a blast at this fun and affordable outdoor based camp that may include: games, craft projects, theme activities, water-park time, a trip to the beach, and walking out-trip to Oak Bay swimming pool each week ! In case of inclement weather, an inside space be available for use. Don't forget your hat, sunscreen and water bottle for this active camp!

### **Dance – Oak Bay High School**

**Ages:** 6-12

**Dates:** July 3 – Aug. 3

**Times:** 9 a.m. – 4 p.m.

**Cost:** 4 day \$118 5 day \$147.

If you love to dance or are eager to learn new dance styles then this is the summer camp for you! Our dance camp combines 15 hours of instruction in various dance styles with fun choreographed routines. Crafts, active games, and swimming will all be included in this camp. Parents are invited to attend the Friday performance at 12:30 p.m. that will conclude the week.

### **PANORAMA RECREATION:**

**For more information call**

**656-7271**

#### **Sunseekers Camp**

**Ages:** 5-7

**Dates:** July 3 - Sept. 1

**Times:** 9-3 p.m.

**Cost:** 5 days / \$135. – 4 days \$108 or \$32 / day

#### **Adventure Unlimited Camp**

**Ages:** 8- 11

**Dates:** July 4 – Sept. 1

**Times:** 9-3 p.m.

**Cost:** 5 days / \$135 4 / days / \$108 or \$32 / day

These exciting action-packed camps including out-trips, games, crafts, group activities, swimming at Panorama and Friday Funday! On Friday Funday Sunseekers, Adventure Unlimited and Outdoor pursuits will join forces for an afternoon of crazy group games and activities, costume party with prizes and lunch!

### **SAANICH:**

#### **SUMMER NEIGHBOURHOOD PLAYGROUND PROGRAMS**

Saanich Neighbourhood Playground Programs are high-quality, affordable, and accessible day camp programs delivered in a park setting with plenty of active, imaginative play. Programs are safe, well supervised and activity filled. Through costumed characters, exciting games hilarious songs and a little creativity we bring the

summer to life for your children. This unique program receives additional funding to help keep fees low for parents. (Indoor facilities available in poor weather). Saanich playground Leaders are all enthusiastic and highly motivated. They have current first aid, criminal record checks and have received training in child protection procedures, leadership diversity and cultural awareness. All have experience working with children.

**Weekly theme park programs :** Register at your local Recreation Centre or online@[www.saanich.ca](http://www.saanich.ca)

**Ages:** 5 1/2 to 11

**Times:** 8:30 to 3:30

**Dates:** July 3- Aug. 30

**Park Programs offered in :**

**Copley, Lochside, Majestic, Meadow, Reynolds, Marigold, Copley, and Horner Parks**

**Cost :** 4 Day/wk\$52. 5 Day/wk \$65.

Day drop in passes \$15. day

For more info , look in your Saanich Leisure guide on page 24



#### **Cedar Hill Recreation Centre:**

**For more information call 475-7121**

#### **Camp All Sorts**

**Ages:** 6-9

**Dates:** July 03 – July 27

**Times:** 9 a.m. - 4 p.m.

**Cost:** \$150 / 5 days \$120 / 4 days

Do you like to keep busy and try lots of different activities? Camp All Sorts is full of adventure, sports, art and out trips. Don't worry about lunch, we have it covered. You don't want to miss this action filled week!

#### **Commonwealth Camp**

**For more information please call**

**475-7600**

**Ages:** 6-9

**Dates:** July 3 –Aug. 31

**Times:** 9-4 p.m.

**Cost:** 5 days/\$125 4 days \$100

Let our qualified and energetic leaders keep your child active this summer. Great weekly themes, camp, sports, crafts, outdoor fun, out trips, and swimming are all part of this popular camp. (All children must have attended kindergarten)

#### **Gordon Head - Camp Sun Dance**

**For more information call 475-7100**

**Ages:** 5 1/2 – 8

#### **Gordon Head Camp 9-12**

**Dates:** July 3- Aug. 31

**Times:** 9 a.m.- 4 p.m.

**Cost:** 5 days /\$125 4 days/ \$100. Our energetic qualified instructors will keep your child active in this camp. Great weekly themes, camp sports crafts outdoor fun out trips and swimming are all part of this popular camp. (All children must have attended kindergarten).



## CFSA HONOURED

In October 2006 the Canadian Forces Sailing Association, Esquimalt Squadron (CFSA) was one of three recipients of the BC Rehab Foundation's "Standing Ovation Award". This award recognize British Columbia organizations "...have helped improve the lives of people with physical disabilities." "These three organizations really have gone the extra mile to improve the lives of others," said BC Rehab's Chair Ian Muirhead. DSABC, Victoria concurs, Bravo Zulu CFSA.



## Sailing, it'll blow you away!

"Believe me, my young friend, there is nothing -- absolutely nothing -- half so much worth doing as simply messing about in boats."

Kenneth Grahame  
Wind in The Willows

## SAILING PROGRAM VOLUNTEERS

We need  
volunteers.

DSA Victoria is looking for assistance with their summer sailing program for people with disabilities. Volunteer responsibilities may include running the safety boat, sailing as a companion, or boat maintenance. Some training is available, however experience is preferred. An orientation will be held on June 5<sup>th</sup>.

For more information contact our Head Instructor Matt Kerr at 477-6314 ext. 13 or 812-8467.

INSTRUCTION	RECREATION	RACING	QUALITY OF LIFE	REGISTRATION
	What could be better than harnessing the wind and guiding a boat around the harbour just for the fun of it?	DSABC, Victoria provides opportunities for sailors of all levels to race.	"Recreation, parks, fitness, sports, ... enhance life satisfaction levels." (CPRA, 1997)	May 30 <sup>th</sup> , 31 <sup>st</sup> , & June 7 <sup>th</sup> at CFSA 1001 Maplebank Road.

May 2007

# ZEPHYR

The Disabled Sailing Association of BC, Victoria Branch in partnership with Recreation Integration Victoria is proudly hosted by the Canadian Forces Sailing Association, Esquimalt Squadron



## SAILING SEASON RETURNS

The Disabled Sailing Association of BC, Victoria Branch (DSABC, Victoria) is excited about the upcoming season. Sailing will continue this year for people of all abilities and experience. Back from last year are Assistant Instructors David Mills, Haley Jenkins, and Evan Rankin with Matthew Kerr returning this year as the Head Instructor. Sailing will commence this year on **June 6<sup>th</sup>** with limited sailing, regular hours will start **June 26<sup>th</sup>**. We are again offering 2 hour sessions, 3 times a day:

- **Tuesday, Wednesday, Friday, and Saturday**
  - 10:00 a.m., 1:00 p.m., and 3:30 p.m.
- **Thursday**
  - 12:00 p.m., 3:00 p.m. and 5:30 p.m.

**Registration** for 2007 will be located at the **DSA Office** located at the Canadian Forces Sailing Association at **1001 Maplebank Road**. Registration will take place on **Wednesday May 30<sup>th</sup> from 2:30 — 5:30 p.m., Thursday May 31<sup>st</sup> from 4:00 — 7:00 p.m., and June 7<sup>th</sup> 1 p.m.— 6:30 p.m.**

Please register on these days so that you can meet the staff and pay your \$10 registration fee. If you can't make it on one of these days, please contact Matthew.

As a registered CYA sailing school, we offer certification for those interested in sailing lessons. Recreational sailing is still a main focus for those just wanting to get on the water. If you are interested in racing, please ask to be scheduled on the race nights to get as much racing practice as possible. Theory classes for both recreation sailing and racing will take place throughout the summer.

We are also hosting a Pre-season Orientation Day on **Saturday June 16<sup>th</sup> from 10:00 a.m. to 2:00 p.m.** at our Esquimalt location. We encourage you to come down with your family or caregivers and meet the staff and check out the docks and boats. We will have demonstrations throughout the day.

**For more information call Matthew at 477-6314 ext. 13 or e-mail: [dsa@rivonline.com](mailto:dsa@rivonline.com).**