

Recreation  
Integration  
Victoria Is an  
inter-municipally  
funded service  
in partnership  
with the Victoria  
Integration  
Society and the  
Disabled Sailing  
Assoc. of BC,  
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## It's not the destination, its the journey! Rise Above Barriers

Excerpt from the Rise Above Barriers Society Website: [www.riseabovebarriers.com](http://www.riseabovebarriers.com)

**Donations to the  
Rise Above  
Barriers, Base  
Camp of Everest  
Trek can be made  
through the  
[CanadaHelps.com](http://CanadaHelps.com)  
link on the  
Recreation  
Integration  
Victoria  
home-page:  
[www.rivonline.org](http://www.rivonline.org)**

**The TrailRider™  
used on this trek  
will be donated to  
RIV after the  
adventure.**

"The July 7th-8th weekend was very special indeed as family and friends met in Lake Louise, Alberta, to celebrate Becca and Mark's wedding at Station Restaurant. On Saturday we enjoyed a stroll along Lake Louise before heading up and over the "BeeHive", much to the chagrin of some. We had to bid adieu to Pippa and Penny at the lake but we knew that the next day we would all be hiking in the alpine together. ... At Helen Lake, Pip finally got "high" into the Rockies for the first time since she has been wheelchair-bound with Multiple

Sclerosis. This was made possible by the TrailRider™ and more importantly by the helping hands of the wedding party, including the bride and the groom. High above the tree line and surrounded by breathtaking mountain vistas we toasted the newlyweds with champagne.

The area brought back some good memories for Pip of a past full of back-country skiing and long hikes: "The TrailRider™ and the team made it possible for me to see the alpine meadows again. The brilliant colours of the

small, tough Indian Paintbrush, the Pasque flowers, and the Heather growing on the soft moss, against the stunning snow-covered mountain background, will stay with me forever."

To top off an already perfect day, we were treated to the sight of a black bear grazing in a valley on our way down.

Thank you to all those that gave their support and "muscles" to hike with Pip that day."



A tall ship just off Esquimalt

the sailboat and my son loves the powerboat". Olivia has been described as quite a proficient sailor herself. She claims to love sailing in the Martin 16 the best, joking that it's "because I don't have to sit by my dad!" She also enjoys the many different ocean mammals that can be seen at any given time in the Esquimalt Harbour.

Aaron's transition from participant to volunteer has provided him the opportunity to gain a different perspective of the program. He feels proud that he is able to pass on his experience to new participants who can also enjoy the benefits of the sailing program. He appreciates that every sail is different and there is always something exciting happening.

Throughout his time within the sailing program Aaron has learned how positively, a small effort can impact so many people. His personal philosophy of the sailing program and recreational opportunities is that being given the opportunity to participate in new activities and being able to do so with the help of instructors and volunteers is amazing. To Aaron, the sailing program is one of the best things he has ever done. He feels it is rewarding in many different ways, whether he was learning or companion sailing. The sailing program is something that he will continue as long as he can. He jokes, "the one drawback to the program is it makes the winter seem so much longer."

The sailing program runs from June to August. To get involved with the program feel free to contact us early next May. There are however many opportunities to get involved and help out Recreation Integration Victoria by volunteering in the Leisure Assistance program. The Leisure Assistance program is a volunteer based program where volunteers work one on one with people with disabilities to help them pursue an active lifestyle. For more information about the Leisure Assistance program, please call **Shelann @ 477-6314 ext 15**.

## Volunteer Profile: Aaron Burns

By Len Whittle

Aaron Burns, age 36, and his nine year old daughter Olivia are loyal volunteers with the Disabled Sailing Association of British Columbia (DSABC), Victoria Branch. Described by the DSABC staff as nothing short of "amazing", they have dedicated countless volunteer hours to the program.

Aaron began his experience with DSABC last year as a participant of the program. Having been assessed at the end of the year it was deemed that he was a proficient sailor. This year, Aaron decided to give back to DSABC by volunteering with the program. He found by volunteering with the program he was able to help people achieve their goals of learning to sail independently or simply enjoy a relaxing afternoon on the water. Aaron has gained something from the program that he did not expect. "It has become a family activity" Aaron states, "My daughter loves

# Places to go

## ...things to do

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

Many people are grumbling that we rarely saw the sun this summer and now we blink and it's fall. It is a truth that we need to adjust our wardrobe to accommodate warm sweaters and rain gear, but it doesn't mean that there is a lack of things to do in this great city to keep you leisurely active. Your municipal recreation and community centres are great places to begin looking when you are thinking of things to do. They offer swimming, skating, weight training, free park tours, family events, programs and classes to meet the interests of all age groups (eg, teens or seniors) and much more! There is also theatre, shopping, and other community events all geared towards luring you out your front door - just take a look!

### SEPTEMBER

\* **Sept. 15 - Climate Action Day.** This free event held in the Cameron Bandshell in Beacon Hill Park is intended to inspire the public to make meaningful and lasting changes in their lives with respect to the climate change crisis. Starting at 3pm, speeches, musical performances and a multimedia presentation will powerfully illustrate the challenge ahead. Call 813-3552 for more info.

\* **Sept 22 – Fort Rodd Hill Annual Lantern Tour.** Historic re-enactors portray different periods from the Fort's past for this very special after-hours event. Small groups leave with a guide every 15 minutes beginning at 7pm for a 75 minute tour. Visit [www.pc.gc.ca/fortroddhill](http://www.pc.gc.ca/fortroddhill) or call 478-5849 for more details.

\* **Sept 24- 28 – Active Aging Program Sampler.** Join the folks at Panorama Rec Centre this week to explore their many programs focused on active aging for seniors (50 yrs+). Each day there will be a different program you can participate in for free with a pass you receive with your advance registration. Try shallow or deep water aquafit, explore the weightroom and learn about its equipment use and protocol, or take a 1km trail walk. Give it a try! Call 656-7271 or drop by the Rec Centre for more details or to register.

### OCTOBER

\* **Oct. 14: 5<sup>th</sup> Annual Children's StoryFest.** Families are invited to attend this perfect day for children to explore the magic of books and inspire a life long love of reading. There will be storytellers, crafts and contests plus a FREE lunch for the children. Adults can enjoy free coffee and pick up tips from experts on reading with their little ones. Held from 10:30am-1:30pm at the Esquimalt Recreation Centre, you can call 414-7103 for more info.

\* **Oct 17: "Oak Bay's Unusual History: Myths, Ghosts and Folklore".** As part of Oak Bay's Heritage Lecture Series, local historian John Adams will speak on some very fascinating and rather unusual aspects of

Oak Bay that you may not know otherwise! John Adams is a historian by trade, storyteller by nature, and this lecture promises to be a good one. Join him in the Windsor Pavilion from 7 –8:30pm.

\* **Oct. 20: Emergency Preparedness.** Held at Cedar Hill Rec. Centre from 12:30 –3pm, this free workshop offers the chance to learn details and strategies of how to plan and prepare before disaster strikes. Call 475-7121 for more info and to register (required). This same workshop will be offered again at Gordon Head Rec Centre (475-7100) on November 17<sup>th</sup> and Pearkes Rec. Centre (475-5400) on December 15<sup>th</sup> at the same time.

\* **Mid October through November: Salmon Run.** Head for Goldstream Provincial Park (2930 Trans Canada Highway) to see this spectacle of nature. Salmon arrive in the streams for about 9 weeks to spawn and end their life cycle. Bring along hot chocolate if it's chilly and respect for another of nature's wonders.

\* **All month - Capital Arts Festival.** This showcase of regional professional arts events celebrates dance, music, literary, performing and visual arts. This year's festival represents over 750 practicing professional artists held in traditional and non-traditional venues, including the Canadian Pacific Ballet's production of Victor Hugo's La Esmeralda ~ The Hunchback of Notre Dame, performed at the McPherson Playhouse; to small and intimate dining establishments, such as the Seahorses Café. Visit [www.capitalartsfestival.ca](http://www.capitalartsfestival.ca) or call 886-1035 for more info.

\* **Check out your local recreation centre's leisure guide for details on their ghoulishly grand plans for Halloween 2007.** There will be parties, bonfires, halloween themed swims, and special events all geared towards entertaining the little ghosts and goblins in your community!

### NOVEMBER

\* **Nov. 11: Remembrance Day Skate.** The Juan de Fuca Arena is proud to offer this fun event from 1-2:45. Come out and have some fun on this special day. Call 478-8384 for more info.

\* **Nov. 16-17: Antique Show & Sale.** Furniture, quilts, glass, linens, woodenware, paintings, jewellery, dolls, china, clocks, rugs vintage collectibles and more will be featured at Pearkes Recreation Centre on Friday (5-9pm) and Saturday (10am-4pm). Call 475-7124 for more info.

Nov. 17: **Island Farms Santa Light Parade.** Here we go again – colorful lights, bands, holiday cheer and the jolly guy from up North. Always fun! Starting at 5:30pm, this evening parade will travel through downtown Victoria along Government Street between Belleville and Chatham Streets. Dress warmly and

maybe bring a thermos of hot chocolate. Call 382-3111 for more info.

## DECEMBER

### Through December: Annual Eagle-Extravaganza

The Bald and Golden Eagles gleefully volunteer to "clean-up" after the fall salmon run in Goldstream Provincial Park. Over 275 eagles are often counted – per day (!) as they enjoy their winter feast. Special programs and exhibits focusing on birds of prey are planned for a variety of age groups in the CRD visitors centre. Check out [www.goldstreampark.com](http://www.goldstreampark.com) or call 478-9414 for more info. Helpful hint: the best time to view eagles feeding on salmon is during low tide (usually mornings). Bring binoculars if you have them!

\* **Dec 12: In the Spirit of Giving:** West Shore Parks and Recreation would like to celebrate the spirit of giving with you and your family. This free holiday event with interactive stations, stories, activities and crafts from 5-8pm at the Juan de Fuca Rec Centre. You can also skate from 6:15-7:20pm at the Juan de Fuca Arena or workout from 7:30-9:30pm in the Juan de Fuca weightroom for free!

## DID YOU KNOW?

\* At the time of printing, the **CRD's Fall Nature Park Guide** was not released yet. But you can check out their website at [www.crd.bc.ca](http://www.crd.bc.ca) in the upcoming weeks to discover what they have in store! A wide variety of guided nature walks, children's drop-in programs, presentations and special events are geared towards enticing you to explore a local park, trail, beach or forest and foster your appreciation for all the creatures and critters that call them home.

\* RIV's Leisure Assistant Pass is not formally accepted at movie theatres in the Greater Victoria area. **BUT, Access 2 Entertainment** is a program providing free admission for support persons of people with disabilities into member movie theatres across Canada. The program defines a support person as an individual who accompanies a person with a disability to provide those services that cannot be provided by theatre employees (eg. administering medications and assisting with personal care). An application form is completed and is then verified by a registered health care professional (physician, physio or occupational therapist, psychologist, etc.) known to the applicant. Cards are issued for free and are valid for 5 years from time of issue. Check out [www.Access2.ca](http://www.Access2.ca) for more info and download the application form.

### \*\*\*CHRISTMAS CRAFT SHOWS\*\*\*

Don't miss these great opportunities to discover that perfect little gift for someone. They're great places to find Christmas decorations and gather ideas for your own holiday craft projects too! Admission costs range from free to approx. \$8.00 for a weekend pass.

Contact numbers are provided if you need more info. Nov. 16-18: All Sooke Arts and Crafts Show at Sooke Community Hall: 642-2425

Nov. 3-5: "First Chance" Craft Show, AND Dec 9-10: "Last Chance" Craft Show at Mary Winspear Centre in Sidney. 656-0275

Nov. 2-3: "Ups and Downs" Christmas Craft Fair at Langford Eagle Ridge Community Centre on the Langford Parkway Nov 2<sup>nd</sup>:5-9pm, Nov 3<sup>rd</sup>: 10am--4pm. Stock up on home baking and crafty creations by many talented artisans. Proceeds benefit the G.V. Down Syndrome Society. 727-7379 or 721-2916.

Nov 17: The 13th Annual Eclipsing Star Craft Fair at the Victoria Association for Community Living (3861 Cedar Hill Cross Rd). All proceeds support individuals with disabilities. The apple cider will be flowing, and the music will be festively playing! 9:30am-3:30pm 477-7231

Nov. 22-25: Out of Hand Craft Fair at Victoria Conference Centre: 572-1151

Nov. 10-13: Creative Craft Fair at Pearkes Rec. Centre: 658-0971

Also check out [www.mondaymag.com/monday/craft.htm](http://www.mondaymag.com/monday/craft.htm) for many more craft shows!

## A FEW FUN AND EASY THINGS TO DO THIS FALL:

\* Rearrange your bedroom. Or living room. Or any room.

\* Mail a friend or family member a letter.

\* If you have any spare Christmas lights, string them up along your bed's headboard or trim your bedroom closet.

\* Visit the library and borrow a video, CD, or talking book (for in the car or your walkman while you garden, cook or do housework).

\* Cut up old Christmas cards to use as gift tags

\* Gather a blanket or two and all the pillows in the house to make a "nest" in the family room. Make your favorite treat – hot chocolate, popcorn, etc. then settle in the middle of this marvelous nest, munch to your hearts content and enjoy a holiday themed movie.

## Summer 2007

The 2007 Summer Inclusion Service was a success! Over the summer we provided 80 weeks of service for children and youth at both residential and day camps. Older teens who partook in the program participated in "independent weeks", in which the teen and the Inclusion Facilitator would plan out a week's worth of community based leisure and recreation. Activities included whale watching, touring the fire station, yoga, and weightlifting. We would like to thank all of the participants in the program, as well as all of the summer staff for helping to create many lasting summer memories. For more information on the Summer Inclusion Service please contact RIV at (250)-477-6314. Requests for service for the Summer of 2008 will be taken commencing in the New Year.