



RIVNews

RIV in Transition: How funding changes will impact services.

Most of you are aware that RIV has recently experienced some funding changes. The District of Saanich and the Capital Region District, on behalf of Panorama Recreation, terminated their contracts with our non-profit partner, the Victoria Integration Society, and the remaining municipal partners. These changes take effect on June 30, 2019 for residents of the Saanich Peninsula, and August 31, 2019 for residents of Saanich.

How the change in funding will affect residents of the District of Saanich and the Saanich Peninsula (including Central Saanich (including Brentwood Bay, Saanichton), Sidney, North Saanich):

1. **Leisure Assistant's (LA) Pass** Our valued LA Pass will continue to be available to you and will continue to be accepted at all of the existing venues. However, if you live in the two jurisdictions named above, you will be charged an annual fee of \$20. We understand that both Saanich and Panorama will be developing a similar pass for their residents; for more information contact the municipalities directly.
2. **Leisure Assistance Service (volunteers)** If you are currently matched with an RIV volunteer and you live in the District of Saanich or the Capital Region District, your match will continue, and RIV will continue to support it. If the match with your volunteer ends and you would like a new volunteer, you will need to contact Saanich Parks and Recreation if you live in Saanich, or Panorama Recreation if you live on the Saanich Peninsula.
3. **Summer Inclusion Services** Families living on the Saanich Peninsula who require 1:1 support for a child or youth pursuing leisure interests this summer should contact **Melanie Alsdorf at Panorama Recreation (250-655-2174)**. For the summer of 2020, families in Saanich will need to contact **Kelli-Anne Armstrong at Saanich Parks and Recreation at (250-475-5424)**.
3. **Outdoor Equipment Loans** If you live in Saanich or on the Saanich Peninsula, you can still access RIV's outdoor equipment loan program, however, there will be a cost increase. The borrowing fee will be \$20/day or \$60/week for a piece of equipment.
4. **Information and Referral Services** Residents of Saanich, or on the Saanich Peninsula need to call Saanich Parks and Recreation or Panorama Recreation, respectively, if you require information pertaining to inclusive or accessible services.

RIV regrets that it cannot continue to offer the above services to you as it has in the past. With the District of Saanich and the Capital Region District terminating their partnership contracts, the loss of this support and funding means RIV is unable to make up the shortfall in funding; the cost of providing services must be passed on to our clients in these municipalities. We understand that Panorama is in the process of rolling out their accessibility and inclusion services, and Saanich will be announcing their new inclusion services in early August. Please contact the municipalities directly for more information about their plans.

For people residing in Victoria, Esquimalt, the West Shore, and Oak Bay, access and services will remain the same for now.

Thank you to everyone who contacted RIV expressing your support during this transition. We really appreciate it!

Funding provided by the Municipalities of Esquimalt, Oak Bay, Saanich, the City of Victoria, the Peninsula Recreation Commission, West Shore Parks and Recreation Society, Community Living British Columbia, the Ministry of Children and Family Development, and Service Canada

Volunteer Profile: Emilie Bourque

Hi, I'm Emilie! I am a 5th year kinesiology student at the University of Victoria (UVIC), a tree-planter, and a marathon runner. I am involved in the academic community of the kinesiology department as a lab assistant in a number of physiology and exercise measurement courses. This past semester I completed a directed study on orthopaedic movement analysis which I found very challenging and inspiring. The study involved analyzing a series of complex movements and developing multiple rehabilitation plans for some common injuries. During my years at UVIC I have flip-flopped between wanting to work as a Physiotherapist, a medical doctor, and an Occupational Therapist.

I have finally settled on occupational therapy, and have decided to start pursuing the steps to application seriously. This, and a desire to contribute more to my community led me to working with people with disabilities, and ultimately to volunteering at Recreation Integration Victoria (RIV). On top of volunteering at RIV, I volunteer at the Victoria Brain Injury Society (VBIS) on a regular basis. At VBIS, I have floated between a variety of roles including peer support, walk/run groups, and reception. I thoroughly enjoy the time that I spend volunteering at both RIV, and VBIS, as it allows me to give back to a community which has given so much to me. At RIV, I have volunteered with 2 people, and have found satisfaction and joy in our time spent together. Whether the outings/activities are big or small, there's always something to connect about, and space to share a smile. My favourite outing so far was going to the Shaw Ocean Discovery Centre. It was so fun to discover things together and learn about the marine biology that surrounds our beautiful island. I've also enjoyed walks along Dallas Rd. or simply sharing a coffee on a rainy day.

In my time off, I spend most of my time reading, running, and strength training at the gym. In the past 3 years I have completed two full-length marathons, a challenge that I never thought I'd be able to surmount! I plan to train for more marathons in the near future, as running has become a huge passion of mine. My interest in strength training has gradually been gaining momentum over the past 2 years, and just recently I completed the final step to becoming a Personal Trainer under the Canadian Society of Exercise Physiology (CSEP). This was a big milestone for me, as it will allow me to begin training clients both in the UVIC community, and in the Victoria community. I've been working at the UVIC Center for Athletics Recreation and Special Abilities (CARSA) since September 2018 as a strength trainer, and it is from this position that I hope to move into personal training.



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Leisure Assistance Coordinator: Saige Lawson

Saige is our LA Coordinator. Saige started working at RIV as the Leisure Assistance Coordinator in January 2019 and has decided to stay with us for the summer.

Originally from northern BC, she moved to Victoria after high school to attend University and is currently finishing up her last year at UVic studying Sociology. She became interested in RIV's services after completing a previous co-op at the Vancouver Island Health Authority, working on the policy side of things.

When she's not working you can find her jogging, baking, or spending time outside.

For more information about volunteering with RIV call Saige at: 250-477-6314 ext. 205 or e-mail: volunteers@rivonline.org

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My time at RIV has given me valuable volunteer experience, and has opened doors for me. Recently, I was hired at the Garth Homer Society as a support worker. The GHS is a support society for people with developmental disabilities. Had I not volunteered with RIV, I never would have been hired. I am delighted to be starting this new position, and I have the people who I've volunteered with to thank for it. Ultimately, I am grateful to RIV for providing such a strong support network for our community, and I feel fortunate to have been part of that network.

We want to thank Emilie for her commitment and dedication to our Leisure Assistance Volunteer Program. She is making a huge difference in our community. For more information about volunteering contact our **Leisure Assistance Coordinator, Saige, at 250-477-6314 ext. 205.**

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 venture out your front door and 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 your own neighbourhood may be just the place to start. There is always something to do, ways to challenge yourself and the opportunity to extend a kind "hello!" to someone. Just take a look...

JUNE

- **June 1-2: Oak Bay Tea Party.** This will be the 57th party and after so many years you can be sure they know how to throw an event! Traditions are important so again this year the party will begin with a pancake breakfast on Saturday and Sunday from 7-11am and a parade leaving Windsor Park at 10:30am on Saturday. Actually, the festivities start Friday night on May 31st with a Sock Hop from 6-8pm and a midway from 4-9pm. The midway, live entertainment, and music will continue throughout the week-end and an airshow is planned for Sunday at 2pm. Willows Beach Park is the place to be, bring your smile and you're ready. (Info: 388-4457 or www.oakbayteaparty.com)
- **June 8: World Ocean's Day.** Ensuring a healthy ocean involves raising awareness of how we can change our daily activities to improve our marine waters. Held from 11am-3pm at Esquimalt's Gorge Park, the event will highlight the importance of water stewardship and the effects our daily activities have on Gorge Waterway ecosystems and organisms, including various fish, and the Olympia Oyster. World Fisheries Trust and the Township of Esquimalt have lots planned, including interpretive walks, guided canoe tours,

sea creature touch tanks, crafts, games, live music and food! Many other local organizations that share an interest in our ocean will be joining the celebration with informative displays and ocean-related activities for all ages. Call 250-412-8500 for more info.

- **June 21st: First day of summer.** Whooooooo Hooooo! We deserve the longer days, and nature's wonderful displays of colour. The warmer weather seems to inspire rejuvenation and nurture our souls. So, don the sunscreen, grab your smile and fling open the front door. There are loads of fun and inexpensive things that you can do to mark this great day, or any summer day! Visit a beach, make a bird feeder by spreading pinecones with **unsalted** peanut butter and then coating them with sunflower seeds to hang in the yard, pull a board game out of the closet and set it up on a blanket at the park, create a huge sidewalk or lamp post mural with sidewalk chalk or plant a few pretty flowers in a pot for your front door or windowsill. Or, go for a drive with the windows down and the tunes cranked, have a paper airplane contest and the winner is boss for an hour, enjoy a chat and a stroll on the Galloping Goose Trail or simply lay out a blanket and relax on

your back lawn. So many things to do and the whole summer awaits. Come on, what are you waiting for? Ready, set, GO!

JULY

- **July 1: Canada Day.** How fortunate we are to call this beautiful place "Home". There are many events honouring our beloved country being planned throughout all the municipalities and we encourage you to browse newspapers closer to the date, keep your ears tuned to local radio stations and eyes focused on the TV, and review your municipal activity guides or their websites for information of events. One example of an event planned for this special day is Saanich's free Gorge Canada Day Picnic. Held from 8:30am-4pm along the Gorge Waterway, the day starts off nicely with a pancake breakfast. With a full belly, you'll be ready to check out the family parade and stage entertainment, visit the buskers' corner, see classic cars, explore the Canada Day market, have strawberry tea and even go for a canoe ride or play street hockey. For more info visit www.gorgetillicum.ca Don't be hesitant to sing "Oh Canada" in your loudest and proudest voice.
- **July 2nd – August 27: Yoga.** The word "free" is so nice isn't it? Ajna Yoga and Recreation Oak Bay Instructors will lead FREE yoga classes at Willows Beach on Tuesday evening from 6-7pm. It won't cost you a cent, but the gains will be significant - fresh air, the company of other great community members, increased lung capacity, increased energy level and lower stress level. Come on now, ya know you want to check it out. Please do! More info: 250-595-7946.

DID YOU KNOW?

Please take a moment to "like" Recreation Integration Victoria on Facebook. We routinely post various community events as they are approaching, and share interesting disability related articles or videos. It's just one more way to keep in touch with us and stay connected!

- No matter what your age or interests, CRD Parks, Recreation and Culture has a nature outing, event, venue, park or trail waiting for you to explore! From indoor concerts to outdoor guided tours there is lots to keep you busy. We encourage you to check out

AUGUST

- **August 17-18: Pet-A-Palooza.** This is the West Coast's largest outdoor pet friendly pet festival for dogs. It's free and the most fun you'll have with your pet all summer. Bring your canine BFF to sample treats, food, accessories, toys and get hooked up with loads of FREE swag. Located in a new location this year in Bullen Park, there will be oodles of exhibitors ranging from holistic pet products, to amazing pet accessories and services, and an off leash area to let the pooches get some exercise. Entertainment includes a mud run that you can do with your dog, wiener dog races, a puppy stampede, and the running of the bull's (bull dog races). Check out www.petapaloozawest.com for more info.
- **Aug 25: Victoria Comic Book Expo.** Come and experience the wide and varied universe of comic books from 11am-4pm at the Comfort Inn and Conference Centre (3020 Blanshard Street). Admission is free and you'll be able to view 1000s of comic books on display. From the hottest books of the day to the rare, hard-to-find treasures of the past this promises to be an interesting day. Whether you are coming to buy, sell, trade or just browse and mingle, give yourself time to also look at the toys, non-sport cards and other collectables that will also be on site. Held quarterly, this expo has run like clockwork since 2003 and they can't wait to welcome you. Follow the expo on Facebook and visit www.victoriacomicbookexpo.ca for more info.

their website at www.crd.bc.ca/prks-recreation-culture, pick up one of their nature program guides (available at libraries and local community venues) or call 250-478-3344 for more information regarding what awaits you.

- This summer if you have a rumbly in your tumbly, head to the Colwood Waterfront on Ocean Boulevard Road - a.k.a. Esquimalt Lagoon. Beginning May 31st, a variety of local food trucks will be on site from noon to 7pm each Friday and Saturday so you can satisfy your appetite while enjoying the fresh air and beautiful water view. Live music is planned from 5-7pm too. It's a great excuse to get outside, support local business and take in the beach vibe. Held all summer until September 7th make a point of following the Facebook Page ("Beach Food Fridays & Saturdays") or visit www.colwood.ca/news-events for more info.
- RIV invites YOU to share your summer leisure experiences and would be thrilled to see a picture of the fun! We love hearing from community all-stars - folks are taking the step to getting out and about, engaging in their community, trying something new and simply having F• U• N•!
Email fcawsey@rivonline.org with your stories and pictures - who knows you may see yourself in our next newsletter or on Facebook (with your permission of course).
- Langford Lanes is excited to announce that "Kids Bowl Free" is back this summer from July 2nd to August 30th. Youth 15 years old and younger can bowl 2 FREE games each and every week day, excluding statutory holidays Monday-Friday between 10am-5pm (6pm on Mondays and Wednesdays). \$3.25 shoe rental not included. To register, go to www.kidsbowlfree.com, scroll down to select the Province of BC, select the Langford Lanes Bowling Centre in Victoria, answer a few easy questions to register and you're ready to roll! Call 250-391-1738 for more info.
- Water + slide + fun = Panorama Rec Centre's accessible waterslide. The waterslide features an elevator from the pool deck to the top with breathtaking views to take in before heading down the slide. Lifts at the top and bottom are available for patrons needing assisted entry and exit. For those patrons who are unable to support themselves or require significant support, assisted double riding is also available! Please be aware, before heading up the slide there are waivers needing completion by the parent/caregiver/patron which can be picked up at the rec centre reception desk or download them from their website before arriving at the rec centre. More info? Check out www.panoramarecreation.ca or call 250-656-7271. Have a great time!
- Now - September: We are lucky to live in an area well known for an abundance of community markets. They offer a relaxed and friendly excuse to mingle with others from near and far. You can sample tasty treats, gather craft ideas, marvel at the talents of creative artisans, scoop up yummy treasures from local farmers and soak up the warmth of the summer weather. Many local markets are offered during the day or on week-ends but the Islands largest outdoor market takes place each Thursday evening 5:30-8:30pm. Held on Beacon Avenue in Sidney, the road is blocked to traffic so you are free to wander and chat, listen to music, maybe grab a cold drink or hot pretzel and simply enjoy the sights, smells and sounds of the huge variety of vendor stalls. Other public and farmer's markets are also getting started for the summer season. Each one has something a little different to offer and now would be a great time to check one out! Here are just a few to consider...
 - a) **Goldstream Farmers Market** – at Veterans Memorial Park: Saturdays from 10am-2pm,
 - b) **Government Street Market**: Sundays from 11am-5pm downtown on Government St. from Pandora Ave to Fisgard Street,
 - c) **Moss Street Market**: May - October on Saturdays from 10am-2pm,
 - d) **Speedway Swap & Shop**: Sundays from 6:30am-Noon at Western Speedway,
 - e) **Esquimalt Farmers Market**: Thursdays from May-Sept, 4:30-7:30pm in Memorial Park on Esquimalt Road,
 - f) **Bastion Square Market**: Thursdays to Sundays from 11am-4:30pm,

g) **Oak Bay Night Market:** every 2nd Wednesday beginning June 12th from 4-8pm in Oak Bay Village,
 h) **James Bay Market:** Saturdays from 9am-3pm on "the grassy area on the corner of Menzies and Superior Street",

i) **Ship Point (Inner Harbour) Night Market:** June–September on Fridays and Saturdays from 6pm-10:30pm,
 j) **Metchosin Farmers Market:** Behind the fire hall on Happy Valley Road on Sundays from 11am-2pm.

Summer Break 2019

The following is a SAMPLING of Summer Camp programs being offered by your Municipal Park and Recreation Departments from July 2 – August 30, 2019. For complete details of Summer Camp programs being offered, drop by your nearest recreation centre to pick up a copy of their Leisure Guide or view it online.

Esquimalt Recreation

Dumbledore's Army
 (6 -7 yrs. & 8 -11 yrs.)
Bullen Park

Harry's scar has twinged again – does this mean You Know Who is gaining power or is some other dark force at work? Become a member of the DA and receive training in defensive and offensive spells, advanced potions, wand making, and dueling. Need to discover your Patronus? The DA can help you on your way to greatness! Take a break with some Quidditch practice and immerse in a week-long adventure into the magical wizarding world. Don't forget to tap – Mischief Managed!

Date: Jul 8 -12 & Jul 15 -19
 Time: 9:00 a.m. – 4:00 pm
 Cost: \$175/ 5 days

Musical Theatre Camp Experience (10 -14 yrs.)
L'école Brodeur

Have you ever wanted to be in a musical? Now is your chance! With instructor Maeve Poulin, you will go through the entire musical theatre experience – auditions, rehearsals and the performance! In one week, you will put on an entire 1 act show "You're a Good Man Charlie Brown". Your chance to be a star awaits you.

Date: Aug 12 – 16
 Time: 9:00 – 4:00 p.m.
 Cost: \$210/ 5 days

Recreation Oak Bay

Ocean Discovery Camp (8 -12 yrs.)
Oak Bay Recreation Center

Dive-in to an exciting week of ocean exploration! Campers will spend their

days discovering coastal habitats and underwater ecosystems while learning about sustainable choices, eco-footprints, and conservation. Explore the ocean by kayak, visit Shaw Ocean Discovery Center, and jump into Fun Swims at the Oak Bay pool to make this week an unforgettable adventure! This year they have extended hours of this camp favourite to pack in more fun! Prerequisite: Campers must be 8 years old by the first day to register for this camp and must have passed Swim Kids 2 or equivalent.

Date: Jul 8 -12, Jul 22-26, Aug 6-9 & Aug 19-23
 Time: 8:45 a.m.- 4:15 p.m.
 Cost: \$250/ 5 days

Saanich Recreation

Splash Camp (5 ½ - 8yrs)
Saanich Commonwealth Place.

This popular camp for your child includes daily swim lessons, fun swims, games, crafts and lots of wild, wet fun! Children must have completed Kindergarten. Extended Camp hours available.

Date: Weekly, July 2 – Aug 30
 Time: 9:00 a.m. – 4:00 p.m.
 Cost: \$175 / 5 days or \$140/ 4 days

City of Victoria

Burnside Fun 'N Sun Camp
Burnside Gorge Community Centre

Enjoy summer activities and great field trips in a safe, licensed facility where children are treated as individuals. Every week will include a combination of arts and crafts, sports and outdoor activities, and trips to a variety of places across Victoria. Join them as one of their Lil'

Explorers (K -2) or Sun Seekers (3 -5) for one week or all eight!

Date: Weekly camp from July 2 – Aug 23

Time: 7:30 a.m.- 5:30 p.m.

Cost: \$175/ week or \$140/ short weeks or \$40/day

Youth Summer Camp in Fairfield (10 – 14 yrs.)

Fairfield Community Place

Join them for a week of discovering all that Greater Victoria has to offer.

Days will include indoor and outdoor games and activities that will help everyone form a cohesive group, focusing on teamwork and fun!

Date: Aug 19 -23

Time: 10:00 a.m.- 4:00 p.m.

Cost: \$120/ 5 days

West Shore Parks and Recreation

Summer Sizzlers (7 – 9yrs)

Juan de Fuca Rec Galleon Room

Put some sizzle into your summer!

Join their leaders for games, crafts,

swimming, sports, beach trips, theme weeks and much more. Sizzlers is a great way to spice up summer vacation, make new friends, and gain new experiences. Register for full or partial weeks.

Date: July 2 – Aug 30

Time: 8:00 a.m. – 5:00 p.m.

Cost: \$38/ day

Empowerment through Movement Camp (9-12 yrs.)

Centennial Center Oak Room

Boost confidence, make new friends, and grow together! In this camp we will explore a bunch of awesome classes and activities.

Yoga, GROOVE dance class, outdoor experience, crafts and group work designed to empower children and youth and encourage them to be confident, positive, supportive and creative leaders in their community.

Date: Aug 12 -16

Time: 12:00 p.m. – 4:00 p.m.

Cost: \$110/ 5 days

Other Programs to Explore

Visit the following programs and centres to discover other spring break options this year:

- Pacific Institute for Sport Excellence Summer Camps
- Vikes Recreation Summer Camps
- Science Venture Summer Camps
- Boys & Girls Club Summer Camps
- 4Cats Summer Camps
- Kids Klub Summer Camps
- And many more!

Equipment Loan Program \$15/week

Do you love physical activity and recreation? Are you interested in living an active lifestyle and trying something new? Do you simply need adaptive equipment to continue doing the things you love? We have a variety of specially designed and adapted pieces of equipment available for loan. From hand cycles, to trail riders, from joggers to all-terrain wheelchairs; our equipment is available for anyone in the community with a need. To find out more about this service, please call us or visit and view our inventory of equipment in the Services section of our website.

Times Colonist 10Km Team TrailRiders™

On Sunday April 28 Recreation Integration Victoria joined together with volunteers from Power To Be and PISE (Pacific Institute for Sport Excellence). The TrailRider 10k Team is composed of these three local organizations involved in the promotion and delivery of inclusive sport, recreation, leisure or physical literacy opportunities in Victoria. These non-profit organizations, all dedicated to creating more active and inclusive communities, serve people of all ages and abilities. As well, we regularly partner to provide better service delivery to our community. It was a beautiful day to walk, run and wheel two trailriders together across the finish line. Amazing teamwork and awesome fans helping cheer us on made all the difference. A big thank you to our fantastic volunteers!



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