

Recreation Integration Victoria is an inter-municipally funded service in partnership with the Victoria Integration Society and the Disabled Sailing Assoc. of BC, Victoria Branch.

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Federal Accessibility Legislation Alliance (FALA): My Canada Includes Me

Hello to everyone interested in the proposed Accessible Canada Act.

Second Reading of Bill C-81 and lively debates happened on September 19. Quite frankly, it was great to see so many people passionate about this proposed legislation. The criticism of the bill was no big surprise. The FALA Leadership Team has been working on developing recommendations to present to Minister Qualtrough and other important MPs and senators for October 1 and 2. Our draft recommendations are very similar to what we heard in the House of Commons.

Before our recommendations are finalized, we need your input.

With over 50 cross-disability organizations contributing to these recommendations, the government will be handed what they need to move this proposed legislation from good to great. Read over what we have come up with, and then get back to us (info@sci-can.ca) by Thursday, September 27 at 5 PM EDT with your feedback.

But, hey, make sure you have read through our plain language version of the legislation first, so you are giving an informed opinion. Here's the link: <https://bit.ly/2MyiYde>

Thanks in advance for putting in the time. We're all going to benefit from your efforts.

Background

In 2015, Prime Minister Justin Trudeau mandated the Minister of Sport and Persons with Disabilities, Carla Qualtrough, to develop new federal accessibility legislation. Minister Qualtrough moved to a different portfolio and first Minister Kent Hehr, and then Minister Kirsty Duncan helped to move the legislation along. Minister Duncan introduced the draft legislation to the House of Commons in June, 2018. A cabinet shuffle brought Minister Qualtrough back to us with the new title of Minister of Public Services and Procurement and Accessibility. You can find out more about Minister Qualtrough at: https://en.wikipedia.org/wiki/Carla_Qualtrough

Funding for the Federal Accessibility Legislation Alliance ensures that over the next 10 months (May 2018-March 2019), not-for-profit organizations across Canada will work together, and with the Government of Canada, to ensure there is strong, effective federal accessibility legislation.

The Purpose of the Federal Accessibility Legislation Alliance

- To advance access and inclusion through establishing new, and strengthen existing, partnerships among not-for-profit organizations in Canada.

(continued on page 8...)

Ryan was born and raised in Victoria B.C but moved to the Mainland for his career where he was posted for the last 15 years. In January, he transferred with to his job back to Victoria and is happy to be enjoying island life again. Ryan is married and has a son who just turned two.

Ryan leads a very active lifestyle with weight training and interval sprint conditioning five days a week. He also enjoys hiking and playing hockey. Ryan's favourite show to watch is Paw Patrol because his son won't let him watch anything else. Ryan became involved with RIV because he enjoys working with youth and thought it was a great opportunity to support and encourage a participant with their recreational activities.

Ryan and his buddy Justin have been hanging out since April and get together once a week for 3 hours. Justin is 15 years old and really enjoys playing basketball and baseball. Justin impresses Ryan with his basketball skills. Ryan said, "He can drain 3 pointers all day!" A highlight of Ryan's was playing a drop-in basketball game at Crystal Pool and seeing Justin compete against other kids, some much older than himself and he played really well! Justin and Ryan have also gone for hikes, watched a movie at the theatre and attended a Harbour Cats baseball game. Ryan said "RIV is an excellent opportunity to be a supportive and encouraging role model to a participant. There is a need for male volunteers so spread the word to friends and co-workers. Everyone on the waiting list deserves an opportunity to get out there and enjoy recreation!"



RIV wants to thank Ryan for his dedication to being a positive role model in Justin's life. We look forward to hearing more about what Ryan and Justin get up to! Go Ryan Go!

For more information about becoming involved in the Leisure Assistance Program please contact the **Leisure Assistance Coordinator, Ashley Wilder at 250-477-6314 ext. 205, or by email at volunteers@rivonline.org.**



We are pleased to announce a new partnership with Camosun College and RIV. A Camosun College Faculty member, Kerry Wadsworth and our Leisure Assistance Coordinator will be working together to match students in SPEX 255 (Introduction to Adapted Sport and Physical Activity) with participants on our volunteer support waitlist. Students will attend recreational and leisure activities with the participant they are matched with, in order to gain experience working with someone with disability. We are looking forward to supporting more participants and having students learn about inclusion in our community.



Ashley Wilder is the new Leisure Assistance Coordinator at RIV. She is a co-op student in her fourth year at the University of Victoria in the Recreation and Health Education program. Her future aspirations are to become a program planner in the recreation field in Victoria B.C. Ashley was born in the Kootenay's, spent her early childhood in the Okanagan, and has since lived in beautiful Victoria B.C. Ashley has been connected with RIV for many years now through volunteering, working as an Inclusion Facilitator, and this past summer she worked at RIV as the Summer Inclusion Services Coordinator. Please feel free to introduce yourself to her during her co-op September to December here at RIV!

Places To Go, Things To Do

We encourage you to ponder the word "adventure" and make a personal goal to seek one out during the fall season. It may be visiting a new restaurant, signing up for a course, or just getting in the car or on a bus and seeing where you end up. This fine city holds bountiful opportunities for adventure big and small. The following events are shared to spark your interest and motivate you to venture out of your home and embrace the possibilities that await you outside your front door. **Have Fun!**

SEPTEMBER

- **Sept 22: Children's Story Festival.** Help celebrate the 15th year of Esquimalt's Story Festival with another awesome line-up of great story-tellers. Held in Esquimalt's Memorial Park from 10:30am-1pm, this year's theme is cultural diversity in story-telling. Lunch, provided through a generous donation from Country Grocer, will be offered from 11am onwards. This is a free community event, with any donations gratefully accepted to help fund the Macaulay Literacy Program. Developing literacy allows children to use their imagination, dream big dreams and express themselves better. Storytelling provides a platform for growth and development and your family is encouraged to join in celebrating the many ways different cultures use and tell stories! For more info, call Robbie Young at 250-412-8515.
- **Sept 22: Light Up the Hills.** This family-friendly outdoor festival of light is presented by the West Shore Arts Council and Westhills. Held after dark (7:30-9:30pm), the festival of lights features illuminated artworks creating a spectacular glowing effect throughout the community. Walk along the designated path at your own pace to view a variety of performances and artwork, using hand-made lanterns to light the way if you wish. Light, art, dance, music and even circus artists collide in this evening of beauty. •Parking will be available at Belmont Secondary School and at the Westhills YMCA. For those with small children or mobility considerations, a trolley will be circulating from Belmont, the YMCA and past Westhills Park. For more info, call 250-478-1130.
- **Sept 30: Wheelchair Curling.** The Juan de Fuca Curling Centre between 1-3pm is going to be a busy (and fun!) place as they help Curl BC to offer this wonderful chance to check out wheelchair curling and meet other first-time curling enthusiasts too. Be prepared to fall in the love with this roarin' game! Warm, layered clothes that you easily move in are suggested. Register online at www.curlbc.wufoo.com/forms/intro-to-wheelchair-curling/ and contact Melissa Sim for more info at msim@curlbc.ca or 1-604-333-3620.

OCTOBER

- **Oct - Nov: ArtAbilities.** This new FREE program is being offered at the Victoria Disability Resource Centre, providing an opportunity for youth with disabilities (aged 12-25 yrs) to connect with art and also local artists. Participants will create art in many formats and amongst peers in a supportive and inclusive environment. Held each Thursday from 4:30-6pm between Oct 4th - Nov 22nd, the youth will also have the opportunity to submit a piece for exhibition at the 6th annual Artists with Disabilities Showcase in December. To register and for more info, please contact Tabettha Telford at 250-595-0044, ext. 113 or ArtAbilities@drcvictoria.com
- **Oct. 31: Closer to month's end, keep your eyes open on the nightly news, in local newspapers, on the radio, social media and your local municipal active living guides for details of ghoulishly grand plans for HALLOWEEN 2018.** Many local attractions such as Craigdarroch Castle and the Royal BC Museum plan special events or decorate. Many fire halls open their doors on Halloween night to trick or treaters. And there will be parties, bonfires, Halloween themed swims, and special events at the recreation centres and other municipal sites, all geared towards entertaining the family's ghosts and goblins in your house! A unique opportunity to ponder for Halloween, offered by Panorama Recreation is rather than candy, give out a healthy treat this year - a free swim or skate pass! The free passes are valid for youth 6-18 years and go on sale October 15th at Panorama Rec Centre. You can buy 5 passes for \$5 or 20 passes for \$20. Call 250-656-7271 for more info.

NOVEMBER

- **Nov 4: Tree Appreciation Day.** Join Oak Bay Parks' staff from 10am-Noon for this wonderful fall outdoor activity. You'll plant Garry Oaks, pot your own acorn, learn about tree banding for the winter months, enjoy the fall displays and join in a nature walk with the "Friends of Upland Park" members. You're encouraged to bring your gardening questions and enjoy the refreshments that will be available during the morning. Visit www.recreation.oakbay.ca in October to find out the confirmed location of the event and to gather more details.

- **Nov 24: Video Fair Trade Fair.** Held in the First Metropolitan United Church Hall from 10am-4pm, over 30 Fair Trade vendors will be selling unique, ethically sourced products from around the world at VIDEA's Fair Trade Fair! It is a fun all ages community event with music, coffee and tea. Admission is by donation. Info: www.vida.ca

DECEMBER

- **Through December: Annual Eagle-Extravaganza.** Bald Eagles gleefully volunteer each year to "clean-up" after the fall salmon run in Goldstream Provincial Park. Hundreds of eagles are often counted - sometimes hundreds a day (!) as they enjoy their winter feast. This is one of the very best opportunities to see these magnificent birds up close in their natural environment during one of nature's truly fascinating annual events. Special programs and exhibits focusing on birds of prey are planned for a variety of age groups in the CRD visitors centre. Helpful hint: the best time to view eagles feeding is during low tide (usually mornings) when the salmon bodies are exposed. Bring binoculars and a camera if you have them. Check out www.goldstreampark.com/bald_eagles.htm or call 250-478-9414 for more info.

DID YOU KNOW?

- Yoga is a VERY popular leisure pursuit and a valuable activity contributing to better health and even emotional regulation for people of all ages. It's exciting to share news of a new **Inclusive Teen Yoga** class being offered between Oct 20-Nov 24 from 10:30am-11:15am each Saturday! The instructor, Olivia Leyser describes this yoga class for teens aged 13-18 years as a fun program for those of all abilities to help them get connected to their bodies through movement, games and breath work. Program participants will develop tools for self-regulation, reduce stress and gain confidence in a structured, safe environment. Held at Greenglade Community Centre, you can register through Panorama Recreation at www.crd/bc/ca/panorama or 250-656-7271 using program code 22543. 5 classes/\$50.
- Wow. The folks behind the scenes in Saanich have been busy. **Rainbow Park had a recent facelift** with an updated play area, expanded sport court with basketball hoops and hockey nets at both ends, new furniture and a pathway. This fall, **Rosedale Park** will also get lots of TLC when they replace the playground. You can check out the concept plan at <http://bit.ly/Rosedale-Park> and see what's in store! Don't get caught thinking playgrounds are just for kids or families. They are wonderful spots for everyone to find a nice bench during a fall stroll, take lovely photos of the trees and park greenery, gather some friendly smiles and "hellos" from your neighbours and just soak up a bit of natural vitamin D. Look around in your own local community and scope out a nice park to take a yummy thermos of warm hot chocolate, coffee or tea (or nothing at all if it doesn't suit your fancy) and simply enjoy being outside. **Here in RIV's own neighbourhood, plans are underway for improved lighting, pathways and other accessibility features.** Next time you visit our office to get a renewed Leisure Assistant's Pass or to chat about what service we can support you in, we hope you take notice of the changes!
- On the first Wednesday of each month, Canada Scooters offers a **free service at the James Bay New Horizons Community Centre for anyone with a scooter or walker that requires a bit of attention.** Held between 10-11am, work is done on a first come, first serve basis with minor repairs and assessments tendered. You can call 250-383-7383 for more info!
- We all seem to accumulate more and more "stuff" (without the room to put it) and friends or family sometimes get stuck for gift ideas to compliment our individual sense of style, taste or shirt size. Problem solved! **You can directly play a hand in promoting active living and influencing someone's physical and mental health by giving a gift card for one of the many municipal recreation centres** in the Greater Victoria area. These cards can be used for nearly anything: drop-ins to the pool or weight-room, courses, court rentals, lessons and merchandise (such as swim goggles or reusable swim diapers). As they are used, the purchase value is removed from the amount on the card until you have used it all. Pick a gift card up, for any amount you wish over \$10, at any rec centre reception desk.
- **CRD Regional Parks** hopes you'll tick off as many of their **Top 10 Things To Do This Fall in A Regional Park.** 1 - Watch for spawning salmon at Sooke Potholes Regional Park. 2 - Catch a CRD mushroom identification program. 3 - Attend the annual Hawk Watch event to celebrate the local raptors' fall migration. 4 - Check out the diversity of seaweeds at Island View Beach Regional Park. 5 - Drop in to their Spook-tacular Halloween program at Francis/King Regional Park. 6 - Visit Beechey Head in East Sooke Regional Park to view turkey vultures kettling. 7 - Enjoy the lush mosses and fall colours along Elsie King Trail in Francis/King Regional Park. 8 - Hike up one of the hilltop parks, like Horth Hill and Lone Tree Hill Regional Parks. 9 - Challenge yourself to explore a new regional park or trail. 10 - Celebrate the return of buffleheads, and other overwintering waterfowl, at Witty's Lagoon Regional Park. Whew! That's quite a list and should keep you busy for a while. For more info on all CRD nature outings and events, or view the Fall

Nature Events brochure call 250-478-3344 or visit www.crd.bc.ca/docs/default-source/parks-pdf/fall-nature-outings-and-events.pdf?sfvrsn=d546efca_4

• With each season, all local municipalities distribute their [Active Living/Leisure Guide](#) to homes in their community. They are also available at all recreation/community centres, libraries and on-line. RIV strongly encourages you to thoroughly go through them as they become available because they are a wealth of information about regional programs, activities and services close to home! Especially now as the weather becomes more chilly and the nights get longer, it's important to stay motivated and informed of what fun and energizing activities await you in our amazing local municipalities.

CHRISTMAS CRAFT SHOWS

Don't miss these great opportunities to discover that perfect little gift for someone during the holiday season. Craft shows are great places to find your own Christmas decorations and gather ideas for your future craft projects too! Admission costs range from being free to \$9.00 for a multi-day pass. Contact numbers and/or websites are provided if you need more info. Be sure to check your local newspapers, and municipal leisure guides for other holiday themed craft shows in your local community. The following is a tiny list, just a sprinkling of many that will offered. Have fun!

- **Nov 3-4: First Chance Christmas Craft Fair** at Mary Winspear Centre in Sidney. www.firstandlastchance.ca or 250-743-1213
- **Nov 9-11: Creative Craft Fair** at Parkes Rec. Centre: www.creativecraftfairs.com or 250-658-0971
- **Nov. 16-18: All Sooke Arts & Crafts Show** at Sooke Community Hall: www.allsookeartsandcrafts.com
- **Nov. 17-18: Winter Fair Stop & Shop.** Tillicum Shopping Centre. 250-381-7123
- **Nov. 23-25: Out of Hand Craft Fair** at Crystal Gardens: www.outofhand.ca or 250-737-1788
- **Nov 30-Dec 2: A Touch of Salt Spring** at Saanich Fairgrounds in Saanichton. www.crd.bc.ca/panorama or 250-655-0967
- **Dec 8-9: Last Chance Christmas Craft Fair** at Mary Winspear Centre in Sidney. www.firstandlastchance.ca or 250-743-1213

Announcement

IMAX Victoria is pleased to participate in the Leisure Assistant Pass program once again for 2019 and wish to outline the revised terms and conditions of their participation:

•IMAX® will provide 1 complimentary admission per visit for one attendant with the purchase of a regular full priced admission when the Leisure Assistant Pass is presented at Box Office.

•The program is not available with the purchase of a discounted admission or for special events.

•The IMAX® Victoria Annual Pass is heavily discounted, therefore admissions acquired with the Annual Pass are not eligible for complimentary attendant admission*

***IMAX® Annual Pass Holders** who also hold a Leisure Assistant Pass please note that for 2019 you're required to register at the link below to receive benefits in 2019.

For full details on IMAX® Victoria's Leisure Assistant Pass program participation, IMAX® Annual Pass registration and accessibility at the theatre, please visit imaxvictoria.com/accessibility.

Winter Programs 2018

The following is a SAMPLING of winter programs and/or events being offered by your **Municipal Park and Recreation Departments**. For complete details of fall programs being offered, drop by your nearest recreation centre to pick up a copy of their Fall Leisure Guide.

City of Victoria

Winter Break Adventure Camp

Join our fantastic fun leaders for a wonderful winter adventure this holiday. Hop on the camp bus and enjoy awesome out-trips. Swimming, games, and crafts are included too!

Crystal Pool and Fitness Centre

Date: December 27-28 and January 2- 4

Time: 9:00 a.m. – 4:00 p.m. (Before and after care available 8-9 a.m. and 4-5 p.m.)

Cost: 2 days / \$60 and 3 days / \$90

Oaklands Winter Break Camp (5-12 yrs)

Come join us for an action-packed week over the winter break. Swimming, going to the movies and lots of games are a few of the activities we like to plan for these camps. Visit oaklandscommunitycentre.com for complete camp details and schedule.

Oaklands Community Centre

Date: January 2- 4

Time: 7:30 a.m. – 5:30 p.m.

Cost: 3 days / \$105

Did you know? Crystal Pool offers swimming lessons inclusive to all abilities. They have a variety of options for lessons for children and youth with disabilities including inclusive group lessons, adapted aquatic lessons or private lessons. To inquire what lesson is the right fit, call Kelly Graham at 250-361-0712.

Esquimalt Recreation

Jolly Jingle Story Mingle (Family)

Throw on your PJs and come on down to sit around the fireplace with a cup of hot chocolate (please bring your own cup) and enjoy some interactive secular holiday storytelling. This is the first year that Ali's energetic storytelling paired with "Raw B Dee Art Live" will be showcased as part of our Holiday line-up. The energy is awesome, the storytelling is engaging and the painting is out of this world. These two are sure to get your whole family in the holiday spirit.

Esquimalt Recreation Centre

Date: December 14

Time: 7:30 p.m- 8:30 p.m

Cost: Free

Panorama Recreation

'Polar Express' Winter Break Camp (K-12yrs)

All aboard! Hop on the Panorama Polar Express for loads of fun and excitement during your holiday break. We're full speed ahead with games, activities, crafts, swimming, skating and much more! Activity schedules are available one week prior to camp.

Greenglade Community Centre (Room 7 or 9)

Date: December 24, 27 or 28

Time: 9:00am-4:00pm

Cost: \$38

Pro-D Day Adventures (K-12yrs)

Looking for a fun way to spend your day off of school? Join us for a themed day of colourful crafts, outrageous games and swimming or skating at Panorama! Activity schedules posted on website one week prior to camp. Children currently in kindergarten may register.

Greenglade Community Centre (Room 7 or 9)

Date: October 19 (Adventures in Wonderland) or November 23 (Mighty Jungle)

Time: 9:00am-4:00pm

Cost: \$38

Recreation Oak Bay

Pro-D Skidaddle (5-12yrs)

Come and spend your Pro-D day at Skidaddle! There are tons of fun activities planned for you including swimming, arts and crafts, games, and lots more fun! Don't forget your swimsuit, towel, and a quarter for a locker. Children must attend kindergarten or higher to attend this course.

Neighbourhood Learning Centre

Date: September 17, October 19 or November 23

Time: 8:15 a.m – 5:15 p.m

Cost: \$43/1

Winter Break Skidaddle (5-12yrs)

Spend your Winter Break with Skidaddle! This action-packed daily registration camp features out trips, outdoor adventures, games, festive crafts, swimming, sports, and much, much more! You will be divided into groups by age. As bus out trips begin in the morning, we ask that you arrive no later than 9:00am. Sign-in: 8:15-9:00am; Sign-out: 4:15-5:15pm. Children must be currently registered in Kindergarten or older to register for this camp.

Neighbourhood Learning Centre

Date: December 27, 28, 31, January 2, 3 or 4

Time: 8:15 a.m – 5:15 p.m

Cost: \$43/1

Saanich Recreation

Winter Holiday Camp (5.5 -11yrs)

Join in the fun as our experienced leaders help you celebrate the season. Activities may include swimming, indoor and outdoor games, and arts and

crafts. Extended camp hours available only at Saanich Commonwealth Place for an additional fee.

Saanich Commonwealth Place

Date: December 27, 28, 31, January 2, 3 or 4

Time: 9:00 a.m – 4:00 p.m

Cost: \$38/1

Gordon Head Middle School

Date: January 2 - 4

Time: 9:00 a.m – 4:00 p.m

Cost: \$96/3

Ice Camp (5-12yrs)

Enjoy daily skating lessons, ice-themed activities, sports, crafts, games and fun! Participants walk to and from Pearkes arena for a 45 minute skate lesson each day followed by a fun skate. Skate rentals included. Participants must bring their own helmet. A properly fitted bike helmet is acceptable.

G.R Pearkes Recreation Centre

Date: January 2 -4

Time: 9:00 a.m – 4:00 p.m

Cost: \$99/3

West Shore Parks and Recreation Licensed Pro-D Days (Kindergarten – Grade 6)

A full-day program filled with action packed activities such as games, crafts, sports and more. Please bring a lunch, snack, bathing suit, towel, and dress for the weather.

Clubhouse Lounge (Kindergarten – Grade 1) or JDF Galleon Room (Grade 2 -6)

Date: Sept. 17, Oct. 19, Nov. 23 or Dec. 3

Time: 8:00 a.m – 5:30 p.m

Cost: \$38/1

Pop-up at Camp Pringle

Recreation Integration Victoria called a meeting of agencies on hearing the Lions Easter Seal Camp Shawnigan would not be operating in 2018. Power to Be, Pivot Point, FIVE Behaviour Consulting, Community Living Victoria, and RIV came together to form the Summer Services Committee.

The committee spent time searching for a camp, securing a camp, and organizing the weekend. We were lucky to have Camp

Pringle agree to host the camp, as well as arranging bursaries from the United Church of Canada to cover each camper's registration fees. The committee organized a fundraiser with AdrenaLINE and a Go Fund Me page to help cover the costs for a Camp Coordinator and other support staff. The Camp Pringle Pop-Up Camp took place from August 3rd – 5th 2018 where 22 participants and numerous support workers and volunteers spent a fun weekend together at camp.



The Camp Pringle staff helped to support participants in a number of different activities over the weekend including rock climbing, free swim, and archery. Special acknowledgements to: Camp Pringle and the United Church of Canada for the use of their facilities and their bursaries; to Mo and Frannie for coordinating the entire weekend; Kezia and Camp Pringle staff for their efforts setting up and supporting the weekend; and to the volunteers and support staff for making this weekend a success.

The Camp Pringle Pop-Up Camp is a great example of community agencies working together to address a community need. A magical weekend at camp was shared by all.

(...FALA continued from page 1)

To provide individuals who feel excluded within our communities the opportunity to express their views and priorities relating to the proposed federal accessibility legislation, and the impact it will have on their lives.

- To prepare and broadly disseminate information and resources related to the impact of the federal accessibility legislation.

The Leadership Team

Led by [Spinal Cord Injury Canada](#), the Leadership Team includes the following organizations:

- British Columbia Aboriginal Network on Disability Society
- Canadian Association of the Deaf - Association des Sourds du Canada
- Communication Disabilities Access Canada
- Canadian Hard of Hearing Association
- Council of Canadians with Disabilities
- Native Women's Association of Canada

Partners

The list of partner organizations continues to grow. We welcome organizations wishing to take part in the Federal Accessibility Legislation Alliance. Please [contact us](#) if your organization would like to get involved. Please follow this link for a full list of the partners to date: [Federal Accessibility Legislation Alliance Partners](#)

The Federal Accessibility Legislation Alliance is funded by the Government of Canada

RIV Volunteer Appreciation BBQ 2018

The annual RIV BBQ took place on August 16th, 2018. This event was organized by RIV's Leisure Assistance Coordinator, Katie Gamble. This event allows for volunteer Board members, Leisure Assistant volunteers, Summer Inclusion Staff, DSA Staff, RIV Staff and guests to get to know one another and be appreciated for all they do for our programs. Ten prizes were donated by various local organizations to be distributed as draw prizes amongst the volunteers. There were also burgers, snacks, and cake graciously donated by Cobs



Bread, Market on Yates, Thrifty Foods, and Costco. A big thank you to everyone who donated, attended the BBQ and all of those who continue to support RIV. We are very grateful for all you do.