

Community Bulletin Board

James Bay Beacon Planning Meeting: Tuesday **August 4**, 7 pm at our office #7-435 Simcoe St. Entrance off Croft St. All Welcome.

James Bay Community Project Board Meeting: Wednesday **July 8** at 5pm, 547 Michigan St. Open to community members.

James Bay Neighbourhood Association meets Wednesday **July 8** at 7 pm at James Bay New Horizons, 234 Menzies St. All Welcome. To join our email list: vanalstine@telus.net, <http://www.jbna.org>

CHURCHES:

Church of Our Lord (Blanshard & Humboldt). Sundays: Informal Café-style service in the hall at 9:30 am with Sunday School. Book of Common Prayer in the church at 11:00 am.

Wednesdays, Holy Communion at 9 am. Thursdays: Cridge Club for Seniors at noon. Fridays: Thrift Shop 9:30-1:30 pm. For information visit www.churchofourlord.org, Tel. 250-383-8915.

Capital Unitarian Universalist Congregation meets **every Sunday** morning at 10 am in the James Bay New Horizons Centre, 234 Menzies St. Call 250- 472-6262 for more information.

Church of Truth –Sundays at 11 am, 111 Superior St. Everyone welcome. Oneness Wednesdays will be taking a break for the summer. <http://cot.seedwiki.com> Rental space available. Call 250-382-5412

James Bay United Church, Sunday church service at 10:45 am. Thrift Shop, Fridays 10 am. – 2 pm. **Wondercafe**, Thursday **July 2**, 2:30 pm in the church hall: open ended discussion on things spiritual. www.pacificcoast.net/~jbuc

EDUCATIONAL AND CULTURAL:

Attention “British War Brides” – A university of Victoria history student is conducting a study on British War Brides’ experiences. War Brides from a British background willing to participate in a 1 to 2 hour interview or interested in more information may contact Kendra at 250-361-9818.

Big Gay Dog Walk, Saturday afternoon **July 4**, on Dallas Road near Clover Point. Games, contests and lots of dog fun.

James Bay Toastmasters Club, Thursdays **July 9 & 23**, 5:30 and 7 pm, James Bay Community Project, 2nd Fl. Boardroom, 547 Michigan, for more info 250-388-7844.

Organic Gardening and Lawn Care Saturday **July 11**, 9am-Noon, Oaklands Community Centre, 1-2827 Belmont Avenue (near Hillside and Quadra) Learn to work with natural processes to create healthy, vibrant lawns and gardens. Free workshop registration at www.crd.bc.ca/workshops or call 250-360-3051.

Scouts Canada – Active, value-based programs – Beavers (Tuesdays), Cubs (Tuesdays), Scouts & Ventures (Mondays) –Call 250-388-5946 for information.

Victoria Folk Music Society, Every Sunday in July at 7:30 pm, Norway House, 1110 Hillside Ave. Join us for a 1 hour Open Stage followed by a featured artist or group. \$5.00

Hiroshima-Nagasaki remembered: Thursday **August 6**, 7:30 pm, Craigflower Park / Kosapsom at Admiral’s Road and Gorge Road West. Lantern making starts at 7:30 pm, with songs of peace at 8:00pm, followed by floating the lanterns in the Gorge Waterway. Free to all.

SUPPORT GROUPS:

Al Anon Is your life affected by someone’s drinking? Call 250-383-4020.

Alzheimer Society - Caregivers Support Group will not be meeting in James Bay through the summer. Call 250-382-2052.

Big Brothers Big Sisters of Victoria For more information visit www.bbbsvictoria.com

Family Caregivers Support Group meets Monday **July 6 & Aug 3**, 7:00-9:00 pm. Family Caregivers’ Network Society, 526 Michigan Street. Drop-in group is facilitated by trained volunteer. For more info call 250-384-0408 or visit www.fcns-caregiving.org

Community Casual Labour Pool is open Monday to Friday 8:30 am to 12:30 pm. Carefully screened labourers can assist with gardening, cleaning, moving and more. Free booking service open to the general public. This is a program of the Victoria Cool Aid Society Call 250-388-9296 to place job order.

Council of Senior Citizens Organizations (COSCO) devoted to improving “Quality of Life” for seniors. For information call Ernie Bayer at 604-576-9734.

Dual Recovery Anonymous. Group meetings are held Tuesdays, 7:30 pm at 941 Kings Road. DRA is a spiritually based (12 step) group for those with both a psychiatric illness and a substance/behavioural addiction. Contact: john.dra@yahoo.com

Grandparents Raising Grandchildren weekly facilitated support group Please call 250-384-8042 for more information.

NEED Crisis & Information Line is looking for volunteers. Learn the fine “heart” of listening. Call 250-386-6328 or visit www.needcrisis.bc.ca.

Partners for Recycling A sign up sheet is posted at the James Bay Community Project for drivers and people looking for transport to the Red Cross site, Quadra and Fairfield, 3rd Saturdays of the month.

Police Victim Services. Working in partnership with the police in Greater Victoria, we provide emotional and practical support to victims of crime and trauma. Learn about rewarding volunteer opportunities. Call 250-995-7351 or visit www.gvpvs.org

Take Off Pounds Sensibly (T.O.P.S.) This friendly group meets **Fridays** at 9:00 am James Bay New Horizons.

Victoria Seniors' Advocacy Services, Blanshard Community Centre, King & Dowler, Tues. 9 am to noon, Thurs. 1 pm – 4 pm For more info call 250-388-7696.

SOCIAL:

Dialogue Strings Circle: A welcoming group of women gathering for meditation and discussion is no longer meeting at New Horizons on Menzies St. When a new public venue is located in James Bay, the Beacon Community Bulletin Board will list the details.

Mensa is a worldwide social group for intelligent people. Meet for weekly activities. For more info call Garrison 250-598-4725 or Lana 250-888-1036, or visit our website at <http://members.shaw.ca/victoriamensa/>

Women Over 50. Informal get-together **Saturday** morning 10:30-12:30, informal, New Horizons – 234 Menzies. We welcome over 50's for lively; stimulating discussions. \$1. Join us! For information call 250 381-5286.