

BC Black History Month



Photos by Beth Cruise

By Margaret Hunt

“Clap your hands, oh, ye people; clap your hands with the sounds of triumph!” I am sure many old hymns to God started with these words.

Now we have the chance to celebrate and be part of the B.C. Black History and Heritage Day in our city of Victoria. This will be taking place on Saturday, February 5, 2011. 1-4 pm; at the James Bay New Horizons Centre, 233 Menzies St.

The featured guest speaker is CRAWFORD KILLAN, author of *Go Do Some Great Thing*; the story of BC’s Black Pioneers. Tables and information will be available about local and BC Black History.

DID YOU KNOW?

- Nearly 800 free Black people left the oppressive racial conditions in San Francisco and settled here. Our Governor at the time, Sir James Douglas, invited them here. They still suffered a lot of discrimination and hardships in every area of life. Political, religious, and economic. Sir James Douglas overcame a lot of hardship himself. He knew what it was like to overcome prejudice. His father was Scottish, and his mother, Guyanese. He later became a hard-nosed fur trader, married a part-Cree wife, was accused of murder, and nearly provoked a war over

the San Juan Islands.

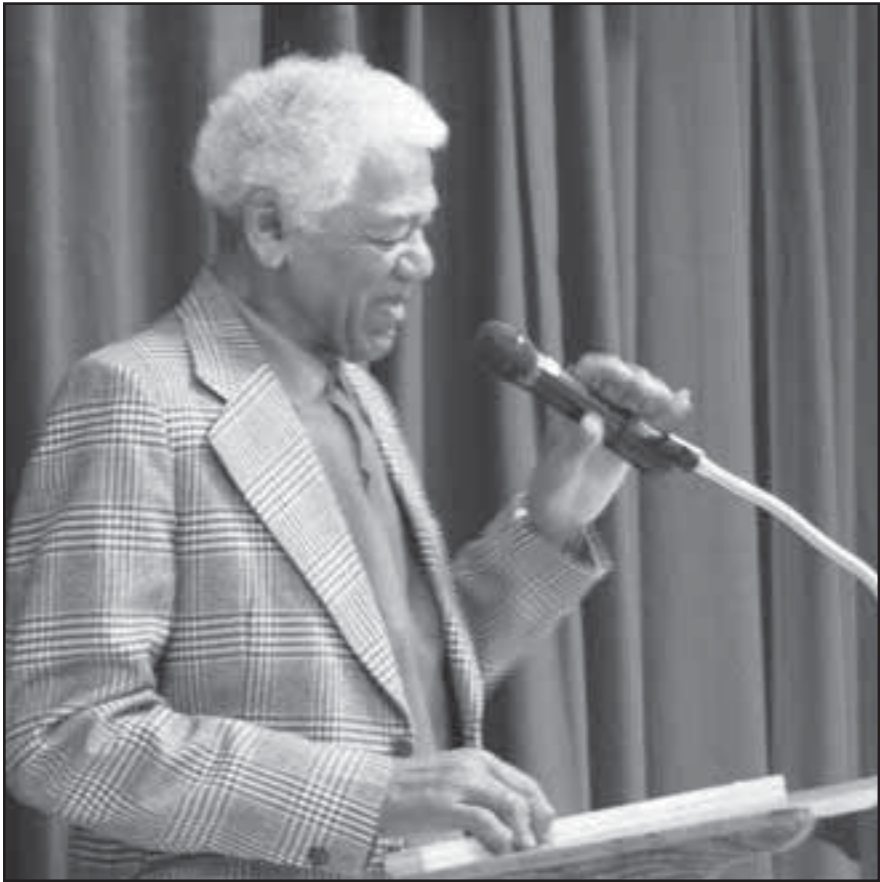
Many from that initial group are now well-known as part of BC History. For instance, Mifflin Gibbs, a prominent politician; Charles and Nancy Alexander, who began the Shady Creek Methodist Church; and John Dees, who established a salmon cannery. This group also formed one of the earliest colonial militia units, the Victoria Pioneer Rifle Corps.

- Then there was Seraphim “Joe” Fortes in the late 1800’s, who passed away in 1922. Born in Barbados, he eventually settled in Vancouver. He worked as a porter, and bartender; but, even more importantly, saved many lives and taught children to swim after becoming English Bay’s first official lifeguard in 1901. The city gave him a public funeral when he died, attended by hundreds of friends and admirers. A fountain was erected in his honour, using funds raised by the children of the city.
- Harry Jerome, (1940-1982), one of Canada’s leading athletes, became an Olympic athlete, winning a bronze medal at the 1964 Tokyo Olympic games, a gold at the Commonwealth Games in 1996, and a gold at the 1967 Pan Am Games. A statue to him was built on the seawall facing Coal Harbour.

Emery Barnes was elected to the BC Legislative Assembly in 1972, and that was only the beginning of his career.

- What about Rosemary Brown, the first Black woman to become a member of a Canadian legislative assembly here in BC? She was elected as a BC NDP MLA in 1972, and she didn’t stop there. In 1996, she received the Order of Canada.

Valin Marshall, Education Committee member of the BC Black History Awareness Society, reminds me that it isn’t just where we’ve been. It’s where we are now, and where we are going: Amen to that!



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Innovative Programming: Growth at JBCP

By Penny Coates

The Project has had a long history as an incubator of innovation and community development. Some may remember that over the years, JBCP helped to birth the Neighbourhood Environment Committee, the Beacon, the James Bay Community Market, the community garden, and Birdcage Housing. This past year, we have supported the growth and development of the Victoria Community Health Co-operative and successfully transferred our primary health clinic to them. Meantime JBCP has been exploring a number of new ways to respond to changing community needs and demographics.

We are therefore proud to declare ourselves a new member of the Safe Harbour Program. Safe Harbour is a "block-watch" style program that promotes an inclusive BC and celebrates strong, vibrant, and diverse communities. To promote and welcome diversity, JBCP commits to provide a safe place for community members who may be victims of discrimination and harassment. We also commit to three key principles: *equitable treatment, providing a "safe harbor," and prepared employees*. As a Safe Harbour location we now display a colourful Safe Harbour window decal at our entrance to publicly demonstrate our respect for all ethnicities, religions, ages, abilities, genders and sexualities.

Over this past year, in collaboration with the Inter Cultural Association of Greater Victoria (ICA) and their Demonstration Project to Support Senior Immigrants and Refugees, JBCP has hosted a series of seniors activities focused on intercultural exchange, honouring diversity, and supportive steps to integration. The ICA Seniors Immigrant and Refugee group has visited our agency four times over the past year to participate with JBCP seniors in activities ranging from sharing a meaningful personal object, preparing a communal meal, undertaking a "get to know your neighbourhood" scavenger hunt, to a collaborative mural project.

This fall, JBCP participated in a 3-month pen pal program hosted by ICA. Weekly letters were exchanged between an adult ESL class from ICA and 14 local community members recruited by JBCP. The intercultural relationship building process culminated in a wonderful "meet and greet" potluck

lunch. While ICA has been running this program internally for 6 years, this is the first time working with an outside agency on this program. The success of this experience has inspired us to look at how we can use letter writing in the work we do with other members of our community who may feel isolated because of health and mobility reasons.

Over the past three years, with a grant from the United Way, we have been piloting a program called S'Aging, whereby small peer-led seniors groups gather once a week in a subsidized apartment building or community setting. The groups share lunch and have a health and wellness presentation or activity. As we are approaching the end of our funding for this program, we are pleased to report that with our support, the group meeting at the Burnside Gorge Community Centre (called the Lunch n' Learn program) will continue under the direction of that agency.

From what we have learned in piloting the S'Aging program, we have modified the model and received funding from the federal New Horizons for Seniors Program: Community Participation and Leadership Funding. Still utilizing peer leaders and holding the group in subsidized seniors housing, weekly group activities will be held and then participants will be encouraged to build community connections by sharing versions of each weekly activity with neighbours, friends, and even strangers.

Recognizing that the needs and interests of seniors are changing as the "boomer/zoomer" generation moves into retirement, JBCP has established an advisory group to explore new strategies for continuing our commitment to health promotion and wellness. Recent research on brain plasticity suggests that it is very possible to keep the brain and body healthy and active throughout the senior years, but it requires a strong commitment to a healthy lifestyle, learning new skills, and remaining engaged in broader community life. Stay tuned for more information about innovative JBCP programming that supports brain fitness and complements our holistic approach to health, wellness, and community participation.

The brain plasticity research also confirms that the work of our family resource centre, with its early

childhood development, is absolutely essential. Supporting healthy, nurturing family environments where young children can learn, grow, and succeed with well informed, caring parental guidance, has positive ramifications for the whole community. With its multicultural, inclusive focus, the family centre program strives to provide children, parents and caregivers with the confidence and competence to thrive in our diverse world. In collaboration with other community partners, we look forward to piloting some innovative projects.

Our drop-in Youth Clinic is always on the cutting edge of meeting the health care, mental health and outreach needs of youth aged 12 – 24. In addition to our usual medical services, this year we are running a couple of youth-focused community kitchens and will be providing some financial literacy programming for young adults who need support with budgeting and financial planning.

Lastly, we have a number of new health promotion programs underway for 2011, including Chronic Disease Management, Baby Massage, and Women's Health. Also registrations are open for our Parent Child Mother Goose program, Baby Group, and an upcoming session of the Triple P Parenting program.

Have Fun at the Fundraiser for Beckley Farm Lodge

By Conni Attwell

Beckley Farm Lodge Auxiliary is hosting their Annual fund raiser at Samuels Restaurant on February 3rd. (See their Ad in this issue). This is a very worthwhile endeavor because the funds raised, contribute so much to the residents of the Lodge, such as better audio equipment for the hard of hearing, garden furniture for the enjoyment of the outdoors in the summer and personal gifts at Christmas. The ladies of the Auxiliary work really hard at fund raising, and with today's economy it is getting even harder. The meal and entertainment at Samuels is just excellent and a tax credit of \$25.00 is given on the purchase of a ticket to this event, so I urge you to take advantage of this fun night to start the year off well. It'll make you feel good!



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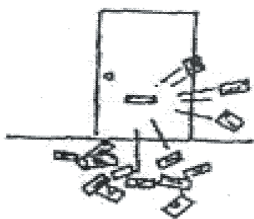
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New Horizons Lauded

Peter A. Morris.

JB Community School Choir Performance

Anita Bundy

JAMES BAY BEACON

February 2011

The James Bay *Beacon* is a community newspaper, open to anyone who wants to share information and offer an opinion of interest to the people of James Bay. Opinions offered are those of individual writers and do not necessarily reflect the views of the newspaper and its other contributors. **We gratefully acknowledge the financial support of the Province of British Columbia, and City of Victoria through Neighbourhood Development funds.**

A James Bay Business Association?

Redner Jones

A Coordinated Christmas Display?

Helen Tuele

In Defence of James Bay Drivers

Don Hume

Thankful for the Breakwater

Claire-Laura Durocher

Lily Take Care!

Doreen Anderson

Letters continued on page 16

Send Us Your Letters

The ***James Bay Beacon*** is a monthly publication supported by the thriving community of James Bay. With a circulation of 7,500 and growing business support, we invite our readers to send in their “Letters to the Editor”, as well as their stories, ideas and opinions. Letters to the Editor should be no longer than 300 words, and all submissions should include the writer’s name, address and phone number where they can be reached for editorial confirmation or revisions. The paper does not wish to print letters that have been submitted to other publications. The ***Beacon*** reserves the right to edit all submissions for length and clarity. All articles, letters and submissions can be submitted by email at jbbbeacon@shaw.ca or mailed to us at:

James Bay Beacon
www.jamesbaybeacon.ca

#20 - 435 Simcoe St., Victoria, B.C. V8V 4T4 Phone/Fax 380-6090

James Bay Art Walk Artist Profile

The Remembering Garden: Laurie Ladmore

by Anne Hansen

You have until February 21st to enjoy *The Remembering Garden*, an art exhibit by Laurie Ladmore and Bryony Wynne-Jones. Complementing each other at the McPherson Playhouse gallery in downtown Victoria are Laurie's landscape works in oil and Bryony's bird and flower watercolours.

Laurie's canvases, inspired by local landscapes, are mixed with the slightly darker fairy tale forests and gardens of her mind. As a child, she made drawings of her imaginary worlds and immersed herself in colouring books.

Laurie says, "that which is sometimes hard to fully express in words, seems somehow mirrored perfectly in nature: the cycles of life, death and rebirth; joy and sorrow; self-expression and concealment. I'm usually drawn to things in the natural world as painting subjects, but I always want to put my own twist on it. If it's a landscape I want to make it into a bit of a fairy tale landscape. The florals are usually quite abstract and taken from details of a still life I've created and photographed from all angles. I usually start with something I have made an emotional connection with in the outer world. Through the journey of painting, it is transformed into a more interior landscape."

Laurie attended the Victoria College of Art from 1994 to 1996. Her artist husband David Ladmore has been a huge artistic influence, and they are champions of each other's creativity. "I really do love his work," she says. "He manages to strike a great balance between abstraction and realism, so you have this intriguing combination of colour, form and paint. Then it's brought into focus just enough to make you think you are walking through a forest, for instance, but you can also just get lost in the

brushwork and paint surface."

Laurie also admires James Abbott McNeill Whistler for his abstracts, and Gustav Klimt, Claude Monet, and Pierre Bonnard for their beautiful colours. The expressive landscapes of Vincent Van Gogh, the Group of Seven, and Emily Carr also speak to her. She loves the flowers of Piet Mondrian, the gorgeous fantasy worlds of Marc Chagall and Odilon Redon, and the exquisite illustrations of Arthur Rackham and N.C. Wyeth.

It's often not appreciated how much of an artist's time has to be allocated to "administration." A good chunk of Laurie's life is spent tending to the office needs of her and David's art. These tasks naturally conflict with studio time. They include preparing for shows, doing publicity, photographing subject matter, cataloguing works, carting delicate and heavy art up and down stairs, and maintaining a website.

Laurie says, "Actually finding the time to paint is the greatest challenge. Then getting my brain switched over into a creative space is the second greatest challenge. Sometimes it takes a while. I do a lot of photography and spend some time looking at the photos and imaging them as paintings and sometimes making sketches. Making my brain switch from administration to art and then back again is difficult. When I get into the art mode I start to see relationships between colours and shapes more clearly,

and then when I stop to make dinner or something, I find myself bumping into things because part of my brain is still in front of the canvas and not fully present in my body."



photo by Joan McCorry

Laurie Ladmore is also treasurer and a driving force in the James Bay Art Walk, held every September. Her works can be seen here: (<http://members.shaw.ca/laurieladmore/laurieladmore.html>)

New and previous artists wishing to get involved with the Art Walk art invited to attend a meeting on Wednesday February 16th, 7 pm, at the James Bay Community School, 140 Oswego. For information call: (250) 381-7313.

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James Bay Neighbourhood Association



Boom Boom

An on-going Beacon feature on land use & planning - to alert, inform, and prompt community action - and to celebrate success!

Safety and Policing

Community Resource Office, Constable Mike Russell, presented 2009 statistics for policing in Victoria at the January 2011 meeting of the James Bay Neighbourhood Association (JBNA). He reported that criminal activity in the downtown core has decreased since the 2007 report of the Mayor’s Task Force on Breaking the Cycle of Mental Illness, Addictions and Homelessness. He also reported that, overall, BC is experiencing the lowest crime rate in 30 years.

VicPD has about 100 members to deal with issues in Esquimalt (pop 17,500) and Victoria (pop. 79,000 residents). That is 14-20 police workers on patrol at any one time to handle calls for assistance. Approximately 1/3 of all liquor licences in the CRD are in the downtown core. VicPD responded to over 1000 calls in a 10 month period in 2009 between 11pm and 4am. 2/3 of those calls were after 1am.

How can You Help? There are several ways that we can assist one of the busiest police forces in the province.

Report suspicious activities! Sometimes just the appearance of a police car in a neighbourhood can prevent problems.

Lock your car! Auto-related theft is still high in James Bay, although bait cars have reduced these crimes of opportunity by 60% since 2004.

Perhaps the most unexpected way that we can help? **Do not abandon 911 calls.** An abandoned call occurs when 911 is called in error and the caller hangs up. VicPD must respond in person to that abandoned call if they cannot be assured that the call was made in error. Please answer those follow-up calls from the police and avoid an unnecessary call-out. In 2009 police responded to 260 abandoned calls from James Bay to the 911 emergency service.

Earthquake/Emergency Preparedness
At the December 2010 JBNA meeting Judith Taylor discussed creation of an emergency preparedness network to improve the resiliency of the James Bay neighbourhood to disasters, such as earthquakes.
Watch for more information on this topic soon.

GVHA
The Greater Victoria Harbour Authority (GVHA) has announced the next phase of the cruise ship terminal expansion at Ogden Point. Drilling and blasting of the seabed rock and sediment dredging is scheduled to occur Monday through Saturday from 7am to 7pm, between January 14 and February 28, 2011. The project, which is designed to allow larger cruise ships to berth, has been timed, at the request of Fisheries and Oceans, to occur between fish spawning runs in the area. Marine life will be temporarily moved to the breakwater and then returned to the dredged area at project completion.

Shoal Point
Designer JC Scott presented a proposed change of land use for the commercial areas at Shoal Point. The zoning change would permit offices currently on the 2nd floor to make use of the ground floor.

Parks
The play-sculpture commissioned for Holland Point Park should be installed near the Harrison Yacht pond by the end of February 2011.
City Parks is reconvening the Fisherman’s Wharf Park Advisory Committee to review options and alternatives for the Stream Concept”.

Air Quality Monitoring (MoE)
The air monitoring project recommended by the Vancouver Island Health Authority (VIHA) is moving ahead. The BC Environment Ministry (MoE) intends to initiate an on-going air quality monitoring program, with emphasis on sulphur dioxide emis-

sions from cruise ships.
The City has appointed Dwayne Kalynchuk, Engineering, as City liaison to the process.

Next Month
Join us on February 9th for a presentation on **BC Transit in James Bay**. The JBNA Board asked BC Transit to re-consider transit services within James Bay in response to comments submitted by James Bay residents as part of the 2009 JBNA James Bay Residents Survey. Residents reported that transit within James Bay was limited and did not fill day-to-day living needs.

BC Transit is eager to receive input on transit needs within and beyond James Bay. BC Transit will hold an information and consultation meeting at the February JBNA Meeting. To enable as many residents as possible to detail their transportation needs, BC Transit will also be hosting two Open House events on Saturday, February 19, from 10 am to 4 pm and on Wednesday, February 23 from 2 pm to 7 pm. The three meetings will take place at New Horizons, 234 Menzies St.
Residents are also invited to respond to an online survey at:
http://www.transitbc.com/transitfuture/jamesbay_future.cfm

JBNA Meeting Recording Secretary and other Board positions
Consider volunteering to be recording secretary for JBNA monthly general meetings. Duties would be confined to the general meeting minutes. You need NOT be a voting member to volunteer for this role.
The JBNA AGM is held in April. Board positions will be available. If you are interested in joining the Board, or just curious and want to know about Board work, please contact any member of the Board.

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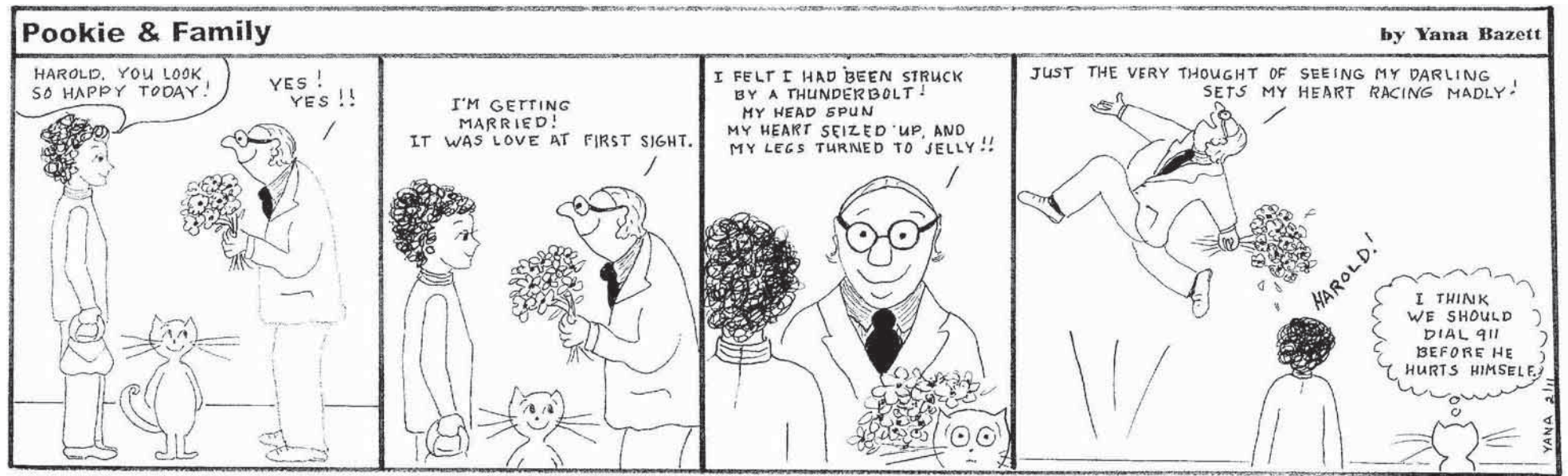
Seedy Saturday

Victoria's 18th Annual Seed & Garden Show

Saturday, February 19 • 10AM-4PM
Victoria Conference Centre Admission \$7, Under 12 free

Seeds, plants, food and garden products, seed exchange, Master Gardeners, kids' activities, Seedy Café and more!
Hosted by James Bay Market Society

11:30 AM Keynote Speaker: Adam Hart: Discovering the Power of Food
Complete speakers' schedule: www.jamesbaymarket.com



My Search for Optimum Health, Part X:

Simple Sweet Treats

By Lief Let USS

The following recipes are courtesy of Zosia. The first is her “brownie orbs,” bite-size truffle-like sweets (but not too sweet); the second is her raw apple pie. Both are yummy!

1) OK here is how I make them....2 cups macadamia nuts processed in the food processor. Add 1.5 cups dates, 1/4 cup cocoa powder, 1/2 tsp sea salt, 1/4 tsp vanilla powder, 1 tbsp maca root powder (this is a South American radish -like plant, the root of which is said to increase energy and stamina. It is available at most health food stores) and 1/2 cup soaked goji berries. The whole mixture is pretty gooey when done, so I put it into the fridge or freezer for a bit. This way it’s easier to work with the ‘batter’ and roll into balls. Afterwards, it’s nice to roll each ball in shredded coconut, cocoa powder or some ground nuts. Nice to have an assortment. I

haven’t experimented yet with other flavours, but powdered ginger comes to mind, as does fresh mint or a bit of hot chili. Don’t forget to keep them in the freezer, but don’t tell anyone where they are. :) Enjoy them.

2) My other treat is apple pie, which is also so simple. One cup of almonds soaked for 8 hours processed with 3/4 cup dates. Add 1 tsp vanilla powder and 1/4 tsp cinnamon. Pat into your pie dish. The filling for this pie I like because it is not rich but only tastes that way. I puree 1 banana and 5 apples. Add juice and zest from half a lemon. This is where you can get creative with your spices. I like to add 1 tsp powdered. ginger, 1 tsp cinnamon, 1 tbsp of maca root powder. and 1 tbsp psyllium (this firms up the pie nicely) Let the pie set in a cool place for awhile.

I have personally served the “brownie orbs” (the recipe makes 40 -50 dependent upon their size) at gatherings of those unfamiliar with raw food – where they disappeared in short order. You can also experiment with the recipe, if you wish, substituting cashews or brazil nuts for macadamias. You could also leave out the maca powder.

A creator of superb raw food sweets and desserts is Chef Jim Maurice from Salt Spring (<http://www.rawsomelivingfoods.ca/>). Jim will be the featured presenter at the next raw food potluck to be held on the evening of February 20 at Esquimalt Recreation Centre. Details are available at: <http://vivaraw.rd123.ca/> Or by phoning Linda at 250-380-6383.

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*11 am: Prayer Book in the church

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FEBRUARY

3 Rev. Dr. Rod Ellis - "The Best Cure For Loneliness"
10 Dr Sam Williams, Geriatrician - "How Safe Are Painkillers?"
17 Linda Hallett, R.N. - "Grandmothers to African Grandmothers":
helping grandmothers look after grandchildren orphaned by AIDS"
24 Heather Murray - "Cambodia – a Country in Recovery" (travelogue)

MARCH

3 Rev. Gary Bennett - "Faith Later in Life"
10 Steve D. Wallace - "Seniors Driving"
17 Prof. Sylvia Van Kirk -
"Pioneer Builders: Charles Hayward and Robert Jenkinson"
24 Janine Innis - "A call button that calls for help even if you cannot"
31 Jack Krayenhoff - " Northern England" (travelogue)

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Green Thumbs: Their Place In James Bay

By Victoria Adams

It's not surprising that the nationally recognized moniker, "*Victoria – The City of Gardens*" brings joy to the faces of dedicated and sometimes daring dig-this folks – especially when they can talk about crocuses sprouting and the blooming blossoms, while the rest of the country shivers or shovels the wretched six foot blanket of white crystals.

Traditional "green thumbs" and their more adventurous, if not sometimes unconventional urban-based "guerrilla gardeners," share one thing in common. They're both looking for opportunities to get their itchy fingers into the soil, plant all manner of things and watch them grow. Whether they're keen on beautifying private or public plots, planting crops to harvest in order to add zest to a home-cooked meal, finding frugal ways to reduce the cost of the ever-increasing weekly food bill, or perhaps just renewing their sense of communion with nature reflected in the changing seasons and cycles of life, they are all part of a thriving and vital community called James Bay.

With the growing density of population planned for the urban core and the existing densely populated neighbourhoods like James Bay, city professionals, politicians and lobby groups are having to grapple with operating budget shortfalls and capital budget constraints, not to mention increased demands by taxpayer user groups. These groups often focus on fitness/sports, recreation, arts/culture, environment, or include special interest groups such as canine-owners, all of whom are now seeking access to limited green space, parks, and community gardens.

These growing complexities have already been reflected in the redevelopment of a well-known and under-utilized green space, Fisherman's Wharf Park, in the western periphery of the neighbourhood. The delicate issue is how to balance the needs of different user groups such as dog-owners seeking a nearby

place to exercise their animals, families and children seeking a safe place to play or picnic, recreational enthusiasts seeking a place to enjoy a game on an informal basis, cultural groups seeking a place to perform, not to mention an often overlooked group, the "green thumb" apartment dwellers who may not have access to an empty spot of earth or the support of a property owner to allocate space for a garden.

James Bay, a rather eclectic mix of residents, has a rich tradition of finding creative, innovative, and resourceful ways to work together to solve problems. With the assistance of groups such as Lifecycles, the James Bay Community School, James Bay New Horizons, and modest charitable contributions as well as provincial and civic landowners, individuals and families have secured access to public lands for use as community garden plots. The allotment gardens on Michigan and Montreal Street are a living example of this form of cooperation.

The James Bay Community School, for example, has worked over the past five years with school family members and staff to construct and operate two small demonstration gardens as an effective tool to educate the younger generation about where food comes from, how to grow and harvest it, as well as learning how to compost and recycle in an urban environment.

The Superior Housing Co-Op is another example of a micro-community that offers its members the opportunity to use common areas for planting a variety of edible berries, not to mention designated small plots that can be used to cultivate flowers, herbs, and vegetables (with costs shared both individually and on a group basis).

Still other residents, many of whom are working professionals or seniors living in high-rise complexes, have nevertheless created a wide variety of balcony gardens, and some, with the permission

of building owners/property managers, may have already experimented with eco-friendly, low-maintenance rooftop gardens.

And, believe or not, there are some people who see the potential beauty in neglected places, and who, by relying on their own efforts and in cooperation with their neighbours, see a way to transform an old laneway into a "secret garden" -- full of mystery, joy, and serenity – a welcome spot for all those who seek a place of solitude to reflect on things and to remind them of their real place in the web of life that connects all living beings.

Judging from talk on the street, in backyards, and in cafes, there is a growing interest in exploring new or alternative ways to engage interested green thumbs of all ages. There may be certain private landowners who are willing to permit access under certain conditions to individuals, families, or organizations that offer mutually-beneficial ways to maintain or to improve the state of their property and to share the bounty of their green space or garden. Perhaps the city may be willing to explore access to low-use thoroughfares for seasonal or permanent use provided potential liability issues can be resolved, and long-term commitments for the care and maintenance of the designated areas can be negotiated with local users, that would also ensure that the allocated space meets certain design criteria and safety standards appropriate to the neighbourhood.

So, whether one is a backyard bed enthusiast, a first-time flower-arranger, a budding bee-keeper, a bird-watcher, a gastronomy-oriented green-thumb, a health-minded herbalist, a venerable vermiculturist, a wicked weed in a well-manicured lawn, or an artist like my mother who used her hands to create a living canvas of color, shape, and perspective, you may find you have more in common with your neighbour than you think. Maybe it's time to explore an unspoken passion and to find a sense of belonging through the comfort and connection with real things and ways of being that truly matter.

In to the Mystery Anyone Can Write

By Ken Steele

The process of committing our thoughts and feelings to paper is something that has had great appeal to a significant number of people. Writer's block seems to deter many. Two books that are excellent antidotes to writer's block are: *If You Want to Write: A Book About Art, Independence and Spirit* by Brenda Ueland and *The Right to Write: An Invitation and Initiation into the Writing Life* by Julia Cameron. Brenda Ueland's book is available from Amazon for about \$10, while Julie Cameron's paperback is available from the Greater

Victoria Public Library. These are my favourites despite Natalie Goldberg's *Wild Mind* and *Writing down the Bones*.

Brenda Ueland begins by asserting: "This book should be a great help in the freeing of your thoughts and the genius that is in all of us." She then goes on to write: "Everybody is talented because everybody... has something to express... (If you don't believe this) Try *not* expressing yourself for twenty-four hours and see what happens...Everybody is original, if he tells the truth, if he speaks from himself. But it must be from his *true* self and not from the self he thinks he *should* be."

Julia Cameron believes: "We should write be-

cause it is human nature to write. Writing claims our world... We should write because writing brings clarity and passion to the act of living... This book ... will be an 'into the water' book as we look at common blocks and some simple ways around them, common problems and some simple ways to solve them, common sticking points and some simple ways through them... This book will be a cheerleader for those trying the writing life... It is my hope that this book will help to heal writers who are broken, initiate writers who are afraid, and entice writers who are standing at river's edge, wanting to put a toe in."

Write about what you see. Write about what you know. But, primarily, write about what you feel.



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Ask Your Local Practitioner

Sciatic Nerve Pain is Just a Symptom

Question: I have had several bouts of hip and leg pain my physiotherapists says is sciatic nerve pain. It does go away with treatments but then can come back. Is there anything else I need to look at?

Answer: Like all nerves, the sciatic nerve does not like to be compressed. From its origins, the sacral foramen or the openings in the tailbone, travels around or through many of the large muscles in your hip, buttocks and back of leg. If any of these muscles, or the fascia connecting these muscles impinges on the sciatic nerve, you will experience pain. Remember though, that the muscle's inherent tightness is partially determined by the bones they are attached to. And what will move these bones out of alignment? Remember as well that bones have no ability to move on their own; they are inert material. What moves them is other soft tissue, organs, muscles, fascia, tendons and ligaments. The pelvis is composed of two ilia or hip bones and the tailbone. As you walk, there is a rhythmical motion between these bones. If this motion is out of balance, the sciatic nerve can become irritated. From the Osteopathic model, several things need to be assessed: the functioning of your organs in the pelvis, i.e. colon, prostrate/uterus, bladder and the structural integrity- your posture and gait. Do you stand erect or are you collapsing forward? Do you sit a lot?

Lastly the sciatic nerve is the largest in the body. Near its origin, the tailbone or sacrum, it can be as thick as your small finger. As a result, if someone is toxic or overly acidic, the fluid that bathes the nerve can become irritating to the nerve and result in chronic flare-ups of pain. How is your diet? Do you eat a lot of meat and sugar? How is your water intake vs levels of coffee? Are you dealing with constipation? Is diabetes present?

Your sciatic nerve pain is just a symptom. To try and treat it as the main problem misses so much. Hopefully this helps you look at other possible solutions.

Cameron Moffatt D.O.(MP)
Osteopathic Practitioner

Question: In light of New Year's resolutions, how can I start anew with regards to my body and mind?

Answer: Deep within the model and philosophy, if you will, of structural integration and yoga is the truth that we can start anew at any time. We don't really need New Year's resolutions to begin anew. However this time of the year is symbolic for many of us to re-evaluate, re-align and resolve our own selves into the fullness and openness of our human potential. Within the model of structural integration there is encouragement for the individual to foster a new sense of innocence and an invitation to become more childlike. What this means is: see the world and your relationship to it differently; change your perception. In structural integration and yoga, we have an opportunity to embody this learning and to peak beyond the limits of a conditioned self. Children are not afraid to ask questions and nudge themselves into new spaces. Can we? *Be brave, go deep! Change your body about your mind!* Now that's a shift in perception folks!

Stephanie Needham B.A., B.Ed
Structural Integration Practitioner, Hatha Yoga Instructor

Please forward any questions to
'articles_jamesbay@hotmail.com'

Who's Peekin' at the Beacon?



That's Angie Cote, on a recent trip to the British Virgin Islands.

ANAGRAM # 16

By Jim Gerwing
Unscramble these letters to find common items in your bathroom.

- 1. TIE TOP LATER
- 2. ATE HOT POTS
- 3. ACME FACER
- 4. ROAD TO END
- 5. FETCH COAL
- 6. AT THE BOWL
- 7. WE LOCK ART
- 8. HAMS RANG VICE
- 9. WASHER TOLLS
- 10. ROOM HAS A HIP
- 11. MIND GAZE ALSO
- 12. AS DOLL FENDS

Answers to Anagram on page 17

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Victoria Community Health Co-operative - Update

By Shelley Gurvey, CCHC Manager

Thanks to all who joined us for our Open House Nov 27th at our new Co-op Community Health Centre (CCHC) in James Bay! The event was a resounding success with lots of great conversation and donations for our silent auction. Our CCHC continues to explore ways in which we can expand our services and programming in the New Year for the benefit of our community.

In January 2011, Dr. Mark Sherman will be holding another MSP funded *Creating Inner Peace* course for people in the community challenged by stress, anxiety and depression. The 8-week course focuses on mindfulness meditation and cognitive behavioral strategies. Please contact the CCHC for more info and to register. Please, watch our website www.victoriahealthcooperative.ca and the bulletin board in the CCHC for details of more CCHC education and health promotion programming in the coming months.

Our health centre staff and practitioners are always looking for ways to reduce wait times for ap-

pointments and to provide the best and most timely care for our community of registered patients. Our aim is to provide a same-day appointment with one of our physicians or nurse practitioner for any *child* patient who is unwell.

In addition, we are aiming to provide an appointment within 24 hours for any patient with an urgent health issue. As the New Year unfolds, we look forward to providing advanced access for all of our patients' concerns.

Our allied and complementary and alternative health care practitioners (CAM) are now accepting patients and clients! Our CCHC team includes fee-for-service practitioners in Homeopathy, Mental Health Counseling, Psychotherapy, Cranio-Sacral Therapy, Osteopathy, Energy Medicine, and Structural Integration Therapy, in addition to our MSP-funded midwife, physicians and nurse practitioner. Our team supports the optimization of your physical and emotional wellness. Make your appointment today with a CAM by calling the CCHC at 250-388-

6811 press 8.

As a service to those in our community **without a primary care practitioner**, the Co-op Community Health Centre staff will be accepting a limited number of patients in the New Year. If you or someone you know has lost their primary care provider when a practice closed, or has not been able to find a primary care provider since moving to Victoria, please contact the Health Centre Manager, Shelley Gurvey, to apply.

The Victoria Community Health Co-op is always looking for new members to become involved in bringing the best in integrative primary health care to people in our community. Anyone can join and become involved in Victoria's first publicly funded, community controlled health co-operative. For more information on joining and on the benefits of membership, please contact us at info@victoriahealthcooperative.ca or check out the website at www.victoriahealthcooperative.ca.

Jerry Seto: Philosopher and his Stones

By Elodie Adams

The Bent Mast, in the heart of James Bay, began the year with the sad loss of its publican, Jerry Seto, who died suddenly of an aneurysm December 30, 2010. Only 59 years of age, his death came as a shock to his parents, family, friends and the many patrons who frequented the local business.

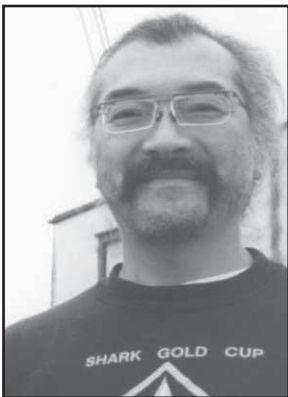
On entering the Bent Mast, one item stands out from the traditional, pub-like decor, yet could go unnoticed unless you let your gaze wander up the stairwell. A large, old Chinese lantern hangs down from the ceiling, bearing witness to Seto's Asian

origins. Having obtained his PhD in philosophy in Boise, Idaho, Seto loved to philosophize over a pint of beer. For fifteen years, he breathed life into the business he started with long-time sailing pal, Kate Thomson, with whom he used to race sailboats on Lake Ontario in the 80s. According to Thomson, Seto also loved to drive his car in the manner he raced sailboats, with "reckless abandon."

In contrast, he loved the solitude and silence of a walk on the beach. He looked for and collected rocks with jade in them, and was a great believer in homeopathic medicine.

Jerry believed in giving back to the community. Helen Tuele of the James Bay Community Project remembers his ongoing and generous support of the Project's annual spring silent auction fundraiser.

Judging from the comments entered in the restaurant's guest book, established after his death, Seto was "an amiable and generous host" whom everyone will miss.



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JAMES BAY

Cartoon by Ashley Richter



James Bay Community School Centre

New Season Brings Many Changes

By Darcy Topinka

I sincerely hope everyone created some special memories over the holidays while visiting family and friends. After Christmas and New Years people are either well rested or exhausted. If you were successful in achieving a healthy balance over the holiday season, I would guess that you maintained some kind of physical routine amongst all the chaos of shopping and socializing. Many of us tend to overindulge at Christmas. If guilt over crimes against your gastrointestinal system worries you, then it might be a good idea to ramp up your physical activity in the New Year. Our winter guide was issued to the community in late December. It is here where you will find a number of fitness and active choices in our program line up for 2011.

In our December scholastic Book Fair students and community members raised \$2,000.00 which will replenish books in the schools library. Thank you to all of our library supporters. A special thank you to Santa Claus; Santa Graham manages to finds us every year, and we are most appreciative of him taking time out of his busy schedule to make a special appearance here at the centre.

Believe it or not, Kindergarten registration is fast approaching. Administration staff will be on hand to answer your questions or register your child between 8:00 am to 3:30 pm the week of January 31 to Feb 4. In order to register your child, please bring with you proof of your child's age, citizenship status, proof of address, and BC care card.

Over the past couple of months the centre has embarked on a few small upgrades to improve our service to clients and users. The centre has installed an automated door system to make it easier for our visiting seniors and parents with strollers. A newly constructed washroom in our preschool space will facilitate smoother transitions between bathroom

breaks and program time. Additional storage has been installed in the form of cupboards in a couple of our child care spaces.

In February we will launch three new children's programs, which take place after school and Saturday mornings. These sport-focused programs will also have a parental component. Through our partnership with the Pacific Institute of Sport Excellence, we will assist parents in understanding the importance of healthy living choices for children and their families. Look for further information on our web site and advertisements through the school's newsletter.

Seniors in the neighbourhood are welcome to check out our popular 55+ dinners which run Tuesdays and Thursdays. Dinner is on the table by 5:00 pm, served up by our friendly community volunteers and centre kitchen staff. Menu selections are printed in advance and can be picked up at the front desk. Speciality dinners require tickets to be purchased in advance.

James Bay Community Centre

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250-389-1470

ADULT PROGRAMS

Laughter Yoga			
Thu	Feb 10-Mar 31	6:30-8:00 pm	8/\$50
Strength & Stretch			
Fri	Feb 25-Apr 1	9:00-10:00am	6/\$35
Saturday Aerobics			
Sat	Feb 12-Mar 5	10:20-11:20am	4/\$20
Child minding available			
African Dance			
Tue	Feb 22-Mar 29	6:00-7:00pm	6/\$55
Child minding available			
Groove Fitness			
Wed	Feb 23-Mar 30	6:00-7:00pm	6/\$55
Adult Guitar Lessons			
Mon	Feb 21-Mar 28	5:30-6:15pm	6/\$50
Middle Eastern Hand Drumming			
Wed	Feb 23-Mar 30	6:00-7:00pm	6/\$60
Belly Dance			
Wed	Feb 23-Mar 30	5:30-6:30pm	6/\$48
Belly Dance Intermediate			
Wed	Feb 23-Mar 30	5:30-7:00pm	6/\$60
Creative Drawing NEW!			
Wed	Feb 23-Mar 30	7:00-9:00pm	6/\$60
Searching the Internet NEW!			
Tue	Feb 22	6:30-9:00pm	1/\$45
African Vegetarian NEW!			
Wed	Feb 9	6:00-8:30pm	1/\$43

ADULT DROP INS

Ping Pong Drop In		
Mon	11:00-1:00pm	\$2.00
Volleyball		
Mon	7:00-9:00pm	\$3.50
Basketball Drop In		
Wed	7:00-9:00pm	\$3.50
Badminton		
Thu	7:00-9:00pm	\$3.50
Indoor Soccer Drop In		
Fri	7:00-9:00pm	\$3.50
Low Impact Aerobics		
M/W/F	5:00-6:00pm	\$3.50
Walking Group		
Wed	9:00-10:30am	Free
Scrabble Night NEW!		
Thu	6:15-8:45pm	\$1.00

CHILD/YOUTH PROGRAMS

Guitar Lessons for Children (8-12 years)			
Mon	Feb 21-Mar 28	3:30-4:15pm	6/\$50
Guitar Lessons for Teens (13-15 years)			
Mon	Feb 21-Mar 28	4:30-5:15pm	6/\$50
Kids Karate (6-12 years)			
Tue/Thu	Feb 1-Feb 17	5:30-6:30pm	6/\$32
Tue/Thu	Feb 22-Mar 10	5:30-6:30pm	6/\$32
Youth Getaways (9-13yrs)			
Fri	Feb 4	Games Night	6:30-9:30pm 1/ \$6
Fri	Feb 11	Indoor Climbing Gym	6:30-9:30pm 1/\$10
Fri	Feb 25	Street Art	6:30-9:30pm 1/\$6

PRESCHOOL/FAMILY PROGRAMS

Saturday Kindergym			
Sat	Jan 15-Mar 5	9:30-11:45am	8/\$26
Drop In's Welcome			
Creative Dance (3-4 years) NEW!			
Wed	Feb 23-Apr 12	12:30-1:15pm	6/\$40
Creative Dance (4-5 years) NEW!			
Wed	Feb 23-Apr 12	1:15-2:00pm	6/\$40
Baby Rock (6m-2yrs)			
Fri	Feb 25-Apr 1	10:30-11:00am	6/\$30
Tot Rock (2-4yrs)			
Fri	Feb 25-Apr 1	11:00-11:45am	6/\$50
Music Sampler (3-5yrs)			
Fri	Feb 25-Apr 1	11:45-12:15pm	6/\$50

SPECIAL EVENTS

55+ Valentine's Dinner

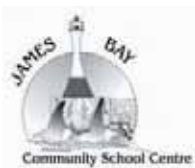
Thursday, February 10, 2011

James Bay Community School Centre

5:00pm

\$7.50

Ticket's on sale at the centre desk





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25 Turkeys:

Community Members

Family Centre:

Community Living Victoria – Satellite – toys
Community Members – money and toys

NEW PROGRAMS:

Qi Gong
Fridays 10:30 – 12:00
February 11 – March 18
\$3.00 drop in

Baby Massage
Wednesdays 10:00 – 11:30
February 23 – March 28

Chronic Disease Management
Starting in February for 6 weeks

*Please call 250-388-7844 and press ‘0’ for more details.



FAMILY CENTRE PROGRAMS:

Creative Play Drop-In
(birth to 5 years)
Monday, Thursday and Friday mornings
9:00 – 11:30

Toddler Time Drop-In
(birth to 30 months)
Tuesday mornings 9:00 – 11:30

Now taking registration for:

- Triple P Parenting program
- Parent/Child Mother Goose (starting April/May)

* Please call 250-388-7844 and press ‘0’ for more details.

James Bay New Horizons

ACTIVITY CENTRE

234 Menzies Street
Victoria, BC
Call us at 250-386-3035
for more information

Friday Forum
Fridays 10 - 11 a.m.
-- Refreshments --
Everyone welcome to attend!

Feb. 4th: A Humorous History of Highways in BC
with Dr. Patricia Roy

Feb. 11th: Rogers Chocolates

Feb. 18th: Meet the Candidates (board of directors, James Bay New Horizons)

Speakers and topics are subject to change without notice.

Next Blood Pressure Clinics
January 27th, February 10th & 24th
9:30 - 11 a.m.
DROP IN
(no appointment necessary)
Dr. Jade Chen will be here to give advice

Check out our new FACEBOOK page!
Have a look at photos of programs and recent events happening at the Centre at:
<http://www.facebook.com/pages/James-Bay-New-Horizons-Society/132370950153405?v=wall>

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Programs in 2011

New:

- ☐ Cane Masters Self-defence
- ☐ Chair Yoga for all ages and abilities
- ☐ Computers for Absolute Beginners
- ☐ Introduction to iPad, iPod and iPhone
- ☐ Java Music Club – therapist on duty!
- ☐ Mosaics - creating personal treasures
- ☐ Painting in Pastels
- ☐ Spanish – learn it through songs
- ☐ Wellness Tai Chi - going with the flow

Continuing:

- ☐ Current Affairs discussion group
- ☐ Favourite Book Club
- ☐ Handbells – ringing out in harmony
- ☐ Handicraft Ladies
- ☐ Guided Meditation – deep relaxation
- ☐ Old Tyme Dance
- ☐ Writing Workshop – your story in print
- ☐ Zumba Gold – vigorous exercises

Drop-in:

- ☐ Bingo
- ☐ Bridge (contract and duplicate)
- ☐ Carpet Bowling – it’s warm inside!
- ☐ Euchre
- ☐ Ping Pong

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Honest Talk About Bladder Control

For many, it's an embarrassing topic - and it shouldn't be. A bladder control problem can happen at any age although it's more likely if you're over 60, and commonly affects more women than men. The condition (also known as "urinary incontinence") basically means you have problems controlling your urination. Normally it's not a serious health threat and there's plenty you can do to cure or manage it.

Of the several types of incontinence, the most common, "stress incontinence", happens when the muscle that controls urine leaving the bladder weakens because of pregnancy, childbirth or being overweight. Leakage can happen when you laugh, run, cough or sneeze.

Simple lifestyle changes can help. Avoid drinking lots of fluid if you won't be near a toilet for two to three hours. If you feel a sneeze or cough coming on, try crossing your legs. Weight loss may help because extra abdominal weight puts extra pressure on the bladder. Try cutting out caffeine and alcohol too. Both irritate the bladder. If you regularly take medications, talk to your Live Well pharmacist or doctor as certain kinds, such as water pills (diuretics), antidepressants, sleeping pills and strong pain killers (opiates), may all cause incontinence. Your doctor can also rule out medical problems that may be the root cause such as diabetes, a urinary tract infection or even menopause.

One approach, called bladder training, teaches you to increase the length of time between bathroom visits. Some hospital physiotherapists specialise in incontinence exercises. Exercising your pelvic floor muscles (often called Kegel exercises) is frequently recommended for treating stress incontinence - and it's highly effective. Success rates can be as high as 90 percent.

Your doctor may also recommend medication that may help control incontinence that develops after menopause.

To keep you active and involved in life and for your own peace of mind, you might want to try disposable or absorbent undergarments or pads made specifically for incontinence to absorb any leaks and stop odours.

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Brighten Up Gloomy Winter Days

By Bev Ann Moynha

Victoria may have the best climate in all of Canada but winter can be a gloomy time of year. Are you looking for something to brighten up your days? Would you like somewhere to go where you can meet new friends and connect with old ones? James Bay New Horizons at 234 Menzies Street may be your answer. There are activities you can participate in every day or you can just drop in for a coffee (tea) and a chat.

If you like to read, there is a book club on Tuesday afternoons. This not the kind of book club where everyone has to read the same book. This is a book club with a difference. Everyone comes and shares the book they are reading. You not only get to hear about a great variety of books but you also get to know about the other people in the group and what their interests are.

If you like to sing, there is a choir called the

Saints and Singers. No auditions are necessary – this is a group that sings because they enjoy singing and they also get to share that enjoyment with others when they sing at special events from time to time. If you play a musical instrument you might want to join the Saints and Swingers or participate in the Handbell group. There are art classes, Spanish classes, bingo, board games and card games. The handicraft group gets together every week to work on their projects. Whether you knit, crochet or sew you are welcome to join them on Tuesday afternoons. Would you like to get more exercise but you don’t want to do it alone? There are groups that go walking, groups that dance and groups that participate in different kinds of organized exercises such as chair exercises, Tai Chi and Zumba Gold.

Twice a week a delicious hot lunch is served for the modest price of \$5 and every Friday morning at 10 there is a chance to learn something new at

Friday Forum. From time to time workshops are offered in things like beading, card making and writing. Discussion groups are available to talk about everything from politics and current events to life in general. Courses vary from season to season and we are always open to new suggestions for groups and activities.

Membership is a bargain at just \$40 for the whole year and membership has its privileges. Not only does a membership entitle you to participate in the programs at the centre, it also entitles you to coupons and discounts with some of the local businesses in James Bay.

Some of the upcoming events will include a Fashion Show and Sale, the annual “Dress Red” event in February, Spring Fling, a Casino night and a Wine Tasting night. Come in and pick up a copy of the Winter Activity Guide, the monthly calendar and the weekly bulletin to see what else is happening.

Come and check us out and join our growing family. Brighten your days with friends, old and new, at James Bay New Horizons.

Over the Top Schnockdurgle is Back!

By Will Combach-Comb

Tears streaming down his creased face, Dr. Sir Rodney Schnockdurgle stepped onto the tarmac at Victoria International Airport and reverently knelt to kiss the ground. Several reporters, having got wind of his return, surrounded him with their queries.

“Are you visiting, or have you returned to stay?”

“I missed James Bay so terribly that I could endure it no longer. I could scarcely breathe in the old country. My dear Waltraud will follow in due course after settling our affairs there.”

“What are your plans? Will you be back in the limelight?”

“I was approached by the two major political

parties to explore a possible run for the leadership. After the most circuitous musing, I told both that if recruited I would not demure, if nominated I would not pun, and if elected I would not swerve.”

“And...”

“To my utter dismay neither party responded positively.”

“So you did not return to pursue a political future?”

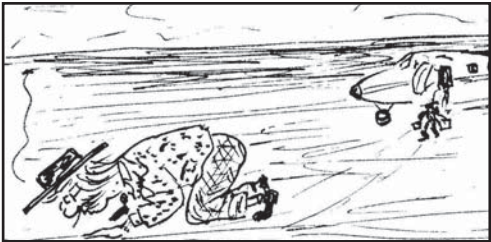
“That would be a gratuitous assumption.”

“Have you kept abreast of the news from Victoria during your absence?”

“Only what I could glean from the *Beacon*.”

“What about Schlumpie? Will he also be back?”

At this point the elderly fellow burst into a



torrent of tears. It took several moments before he could compose himself sufficiently to respond.

“My dear little pet succumbed to the ravages of time and place. He is buried in the convent grounds where he was

born. In his place my otherwise wise Waltraud has, to my everlasting horror, brought home a cat that must have been spawned in the very depths of hell. Her name is M..., Me....”

He could not finish. Dr. Schnockdurgle again broke down in a fit of weeping. He was unable to reply to any more inquiries, and stumbled toward the baggage area, shoulders slumped, leaving behind him a veritable river of salty tears.

Greater Victoria Harbour Authority 2011 Public Board Meeting Schedule

February 18, 2011
April 15, 2011
June 17, 2011

August 19, 2011
October 21, 2011
December 16, 2011

Please refer to our website www.victoriaharbour.org to review agenda and confirm location. Meetings start at 9am.

Vision

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Invasion: House Guests

By Whitney Hanna

Many of us had the pleasure (or the nuisance) of sharing our homes with friends or family over the holiday season. These people invaded our living rooms, kitchens and bathrooms and left us feeling as though a tornado has passed through our lives. But when the dust has finally settled and the rest of the long winter has set in, we might miss the merry company that the season had created with such magnificent disarray. The Mallards on Goodacre Lake are currently sharing their lives with an annual houseguest: a flock of Widgeons has come for the season. Go and take a look while they're here — the American Widgeon has descended on Beacon Hill Park. You need not be an ornithologist to find them; they are not hard to identify. These pretty birds are smaller than our usual Mallard ducks. The males have a smooth, graceful head that is white down the front and green on the sides. The females have neatly adapted a fashionably neutral brown colour that keeps them hidden while nesting. Amongst the newcomers you might spot one or two Eurasian Widgeons, these birds are similar to their American cousins but the males have a charming chestnut coloured head.

Yesterday, my husband and I went to the park in the afternoon. The pond was frozen over except for a portion in the middle where the fountain had kept the water moving enough so that it did not freeze. The birds were all floating in this spot, perhaps wondering why they had had a whole pond to swim in just a few days before and now the space they had to share had shrunk to such a diminutive size. Just think if while we were sharing our houses, they shrunk to just a portion of what they had been the day before. Some brave Mallards would hop up on

the icy surface and attempt to walk about, looking for something to eat. Mallards are already known for their over-pronating gait but on a slippery surface they take the term "pigeon-toed" to a new level. One orange webbed foot takes an inward pointing step. The next foot, also inward pointing, is placed so close to the last one that it almost touches. In this awkward pace, the Mallard does not slip on the ice. One foot is always there to catch the last one. How interesting, that in Victoria (a city that almost closes down in ice and snow) our resident birds have so quickly learned how to deal with it.

I believe that they have adapted out of great necessity. You see, it is only the Mallards that seem to venture out onto the ice. The Widgeons, lovely, petite and graceful but ultimately just guests, are splashing and swimming in the still fluid portion of the pond. Our resident Mallards need their space, need to escape the din and difference created by these out-of-towners. They venture out onto this newly formed and unknown substance due to an essential need to get away. The Mallards take their time, their many uncomfortable steps across the ice and realize that this solitude may not be what they had hoped. For one thing, there are sticks and bumps in the ice that create a tripping hazard. For another thing, these birds are window shopping; the algae that they see is behind an impenetrable layer of glassy ice and not at all edible.

Suddenly the confusion and chaos back in the water doesn't seem so bad. The visitors swarming by the fountain are not aggressive, they are quiet and humble, they just take up room. Back in the water there is not only shared space but also shared food and company in a familiar environment. The resident

Mallards do not stay out on the ice for long. They head back to the common water where there is little room but that's ok, there are still plenty of provisions to go around. Soon enough the Widgeons will be gone and everything will be as it was before. It will definitely be less crowded but maybe just a little bit lonesome.

Mystery House

Do you know where this house is in James Bay? The answer will appear in the next issue.



The December Mystery House was at 667 Beacon Street

Photos by Barry Behnke



The Future of Transit in James Bay

This is your chance to help create a new transit system serving James Bay. BC Transit planning staff wants your input.

Open Houses

James Bay New Horizons	234 Menzies St
Saturday, February 19	10 a.m. – 4 p.m.
Wednesday, February 23	2 p.m. – 7 p.m.

Your input will be used to guide the design charrette planned for March.

Visit www.bctransit.com, click Transit Future and use the online survey to send us your comments.



Victoria Regional
Transit Commission

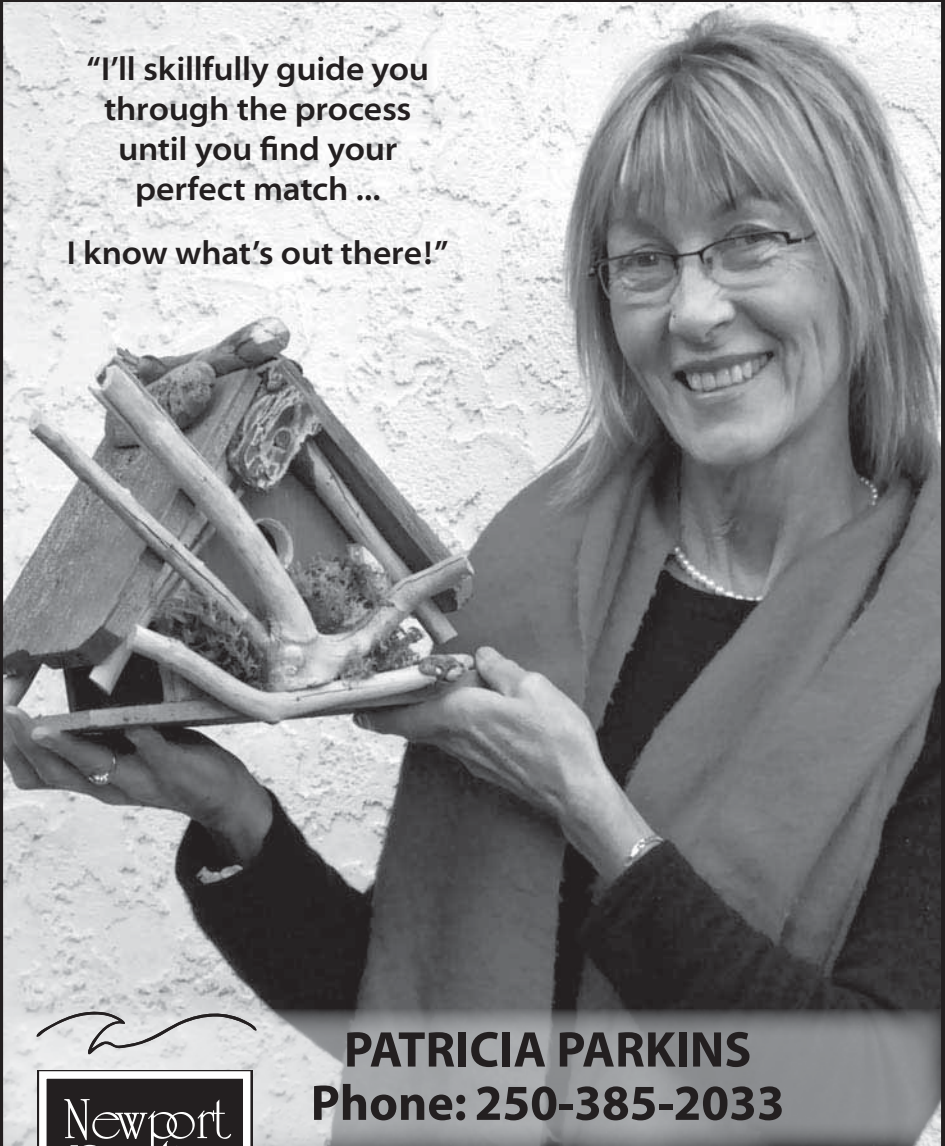


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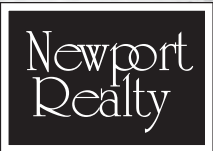
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Travelling into the Future

By Doreen Marion Gee

Victoria has a new vision for moving people around on public transit. The Victoria Regional Rapid Transit Project (VRRTP) is developing transit options that will provide safe, reliable and green alternatives to car travel in the Capital Region. This is the wave of the future that will put Victoria on the map as a frontrunner in comfortable, fast public transit with a very small carbon footprint.

The new transit project is the vision of three organizations: The BC Ministry of Transportation and Infrastructure, the Capital Regional District and BC Transit. Rapid Transit is a unique form of travel that provides frequent high-capacity service that runs every day, all day. It is specifically designed to improve speed and reliability along an exclusive right-of-way. Proponents of Rapid Transit maintain that our region is long overdue for a high-tech system that can handle our increasingly high transit demand. It is meant to complement our present bus systems and commuter rail.

Rapid Transit technologies being considered for the Capital Region are an Express / Rapid Bus, Modern Streetcar, Bus Rapid Transit (BRT) and Light Rapid Transit (LRT). No decision has been made on which option will get the green light, but all transit alignments being considered will be capable of incorporating any of these technologies. With the



Photo courtesy of BC Transit

new “Clean Sheet” approach, the priority is getting people to where they want to go. The actual vehicle design follows.

With a heavy increase in traffic from the West Shore to Victoria in recent years, transit planners have sought new ways to transport people into our city. In early 2008, the proposed Douglas Street Busway Plan - with dedicated bus lanes – was rejected by the public. A more integrated and comprehensive regional transportation strategy was clearly needed. The release of the Provincial Transit Plan provided a framework for better conceived and more thorough transportation options – thus, the VRRTP was

born. Amongst its guiding principles are the desire for environmentally responsible low-impact transit, an attractive alternative to the single automobile, sustainability and affordability.

In October 2010, Las Vegas loaned BC Transit their Wright StreetCar Rapid Transit Vehicle Hybrid to show Victorians what the future looks like. The super-bus can hold up to 104 passengers. It boasts three doors, two wheelchair positions and two interior bike racks. Best of all, it uses low levels of fuel.

BC Transit and government planners have proceeded to the Detailed Design and Technology Evaluation stage of the project, which will lead to a business case for approval and implementation. There has

been a lot of community consultation at all stages of this project and this public involvement will continue into 2011. Feedback from citizens will be considered in the final decisions about Rapid Transit for Victoria and the Capital Region. Please stay tuned at www.bctransit.com/vrrt, where contact information is also provided.

It is time that Victoria joined its counterpart across the strait in bringing public transit into a future of chic, comfortable and green public travel.

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Tickets available only at Beckley Farm Lodge Reception
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MLA Report

A Time for Reflection

By Carole James

The New Year is a time for reflection. As I look back over 2010, I am so proud to be part of a community that works hard to address the environmental, economic, and social challenges we face. Our community office is here to assist the extraordinary individuals and organizations that do that work, as well as serving the constituents in Victoria Beacon Hill.

In 2010 my office continued the important work of helping our most marginalized community members obtain basic identification – something that most of us take for granted. In October, we participated once again in *Project Connect*, a service fair that helps the homeless with basic services that they cannot normally afford, such as haircuts, medical care, and in our case, replacing lost identification. I am proud to report that this fall we helped over one hundred people obtain their birth certificates, bringing the total to over one thousand since we began the project in 2007.

On October 6th, in collaboration with Rob Fleming, MLA for Victoria-Hillside, I hosted an *Our Province, Our Future* event in Victoria – an initiative of the Official Opposition to engage British Columbians in a dialogue about the economic, social and environmental renewal of our province. The event was hugely successful, with leaders from all sectors of our community discussing the future direction of the province. Two of the central messages heard were that sound economic decision-making must focus on the future as well as the present, and that the impact on community health and the environment must be key considerations. I look forward to integrating these ideas into my work at the local and provincial level.

In November I said “goodbye” to my long-time

constituency assistant, Connie McCann, who literally sailed away into retirement. I wish her all the best in her latest adventure. I also welcomed my new constituency assistant, Joanna Groves, who brings her experience in teaching and in the student movement to serve you in my community office.

On December 9th, I hosted my annual Holiday Open House. Several hundred people joined me at my community office for hot apple cider and appetizers, and it was fantastic to see so many members of the community, and to have a chance to listen to the issues important to them. The next day I was pleased to serve lunch at the Our Place *Family Christmas Luncheon*. The line-up for the free lunch extended around the block, and reminded me of the huge problem of poverty in our community, and the important work left to be done in eliminating it. There is much to look forward to in 2011. This month, the Legislative Assembly will sit for the first time since June of last year, providing an opportunity to hold the government to account on everything from seniors care, affordable housing, funding for transit, to the HST. I am also looking forward to continuing to serve my community as MLA for Victoria-Beacon Hill. I feel truly fortunate to be able work for the community that I call home, and truly humbled by the support I continue to receive from so many of my constituents.

Letters continued from page 3

Are You the Tom Thumb B.C. needs?

I dreamt that the four fingers on my left hand had an argument so loud and clear that it woke up “Tom Thumb.”

Tom asked, “What is going on here? Why so much noise?”

Together they replied, “We are arguing as to who is the most important, who is the best, and who does

the best work.” And then they asked, “Will you tell us what you think? Will you decide who is the most important? Who has the best ideas?”

Tom Thumb thought for awhile, then said, “Each one of you tell me why you think you are important, the best, the wisest. Now – Peter Pointer, you go first.”

Peter said, “Because I point out the important things, I am the most important.”

Tom said, “Thanks,” and called on Timothy Tall to give his story. Timothy replied, “I am the most important because I am big, strong, and tall. I have a great reach.”

“Thanks,” said Tom, and he asked Ruby Ring to speak. Ruby replied, “I am the most important because I am a lady – and I carry on me the symbol of the greatest thing in the world – LOVE.”

Tom once again said “thanks,” and asked Little Finger to speak. Little Finger replied, “I am important because I am the “socialite” of the group. Every time women get together for a cup of tea and lift their cups, I am the one who stands out.”

Tom thanked Little Finger and told the group, “You all have good reasons to feel important.” He thought and thought and then told the group that there was a book on the table, and he wanted them to lift it. Whoever lifted it the highest would be the winner – the most important one.

They all tried – and they all failed!

Tom then told all of them to get under the book and he would lie on top, and at the word “GO” the book came up!

The question to all Liberal and NDP candidates: Are you the Tom Thumb that British Columbia needs???

This story was told to me when I entered my chosen profession over 60 years ago. ALL ideas are important.

Rev. Ronald D. Johnstone

Carole James, MLA



Gung Hay Fat Choy

Wishing you and your family a happy and prosperous Year of the Rabbit.

Happy Lunar New Year!

carole.james.mla@leg.bc.ca

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Building the Future of Transit in James Bay

By Joanna Linsangan

As part of creating the 25-year vision for transit in the Capital Region, in February, BC Transit will conduct an in-depth review of how transit operates in James Bay. The goal of the review is to ensure that transit meets the needs of the James Bay neighbourhood and to look for ways to make short-term improvements. The vision, Transit Future, will lay out the steps to help create more livable communities and a more sustainable future in James Bay, and all other communities in the Capital Regional District.

Short-term improvements could mean including new routes, new types of services, different vehicles, connections to communities such as Fairfield and Oak Bay, and other possibilities.

In order to have the most accurate information possible, residents of the James Bay community are encouraged to participate and help shape the future of transit.

There are a few ways to learn more and to give your input - watch our presentation to the James Bay Neighbourhood Association, fill out a survey or visit an open house:

- Presentation to James Bay Neighbourhood Association
 - February 9, starting at 7:00pm
 - James Bay New Horizons, 234 Menzies Street
- [Online Survey](#)
 - Please provide us with your opinions on

transit service in James Bay. This survey is for individuals that live, work or attend school in the James Bay neighbourhood.

- Visit the site: <http://www.surveymonkey.com/s/jamesbaytransitfuture>
- Open House
 - Come and join us at our upcoming [open houses](#) at James Bay New Horizons, 234 Menzies Street. We want to hear from you:
 - February 19, 10:00 - 4:00 pm
 - February 23, 2:00 - 7:00 pm

The information gathered will be presented at an interactive workshop scheduled in March. Final information will then be available for public comment in April, and any recommended changes would tentatively come into effect December 2011.

To stay updated on the project, visit www.bctransit.com and click on ‘Transit Future’.

from page 8

ANAGRAM # 16

THE ANSWERS:

- | | |
|-----------------|-------------------|
| 1. Toilet paper | 7. Towel rack |
| 2. Tooth paste | 8. Shaving cream |
| 3. Face cream | 9. Shower stall |
| 4. Deodorant | 10. Hair shampoo |
| 5. Face cloth | 11. Old magazines |
| 6. Bath towel | 12. Dental floss |

Chasing Rainbows:

Art not an Elusive Talent

By Sarah Playle

There is a place art takes you, a place outside your own head, where all the cares and problems of life drift away as you become immersed in this other realm – a realm of nothing but color and pure spontaneous expression.


I write this while sitting in my new favourite cafe. I have ordered just a plain small coffee that I have sipped for the last hour. Some country music plays on the speakers and people walk by me constantly, as I sit near the main doors. There is the clatter of dishes, laughter of visiting friends, voices of Barista’s taking orders, and to me, it is all background noise as my mind silently slips into a creative trance that allows my heart and soul to relax.

I come here this afternoon after a stressful morning of trying to figure out how to pay a large bill that was meant to be paid by money expected that day...only to have it not come. Phone calls were made, people were talked to, and all doors were slammed shut, leaving me tired and frustrated and fleeing to where I sit now as I write this.

And in amongst this comforting coffee shop cocoon, I let my troubled mind drift away in the art I am creating; in the carefully outlined ink shapes and the large swatches of color pencil. And when I look up an hour later, the fatigue and frustration is gone. I feel relaxed, at peace. Art is not just creating an ‘interesting’ picture, but it is a way to mentally escape the chaos of North American life.

I have always disliked it when someone tells me, “I can’t draw even a stick figure, I just don’t have the talent.” Art is not about some elusive ‘talent’, but

continued on page 18



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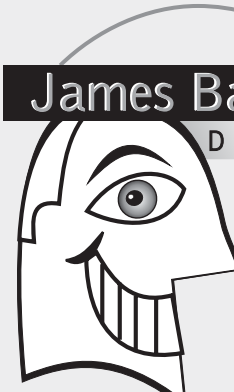
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Sunday Services in February 2011

Feb 6th Rosemary Kinley - “Food for Thought”
Please join us for a discussion on how food choices impact upon our body, mind and spirit as well as the environment. Rosemary Kinley is a new member of Capital. She was a member of the Unitarian Universalist Fellowship of Kamloops for 10 years. She is enjoying being back in Victoria after 30 years in Kamloops. She has two grown children, is a doula and a behavioural consultant and looks after two children affected with autism.

Feb 13th Peter Scales “St Valentine’s, Love and Weddings”
Who was Valentine and why is February 14 the saint’s day? If romantic love leads to a wedding, as it often does, why must there be a legal contract? When a Unitarian lay chaplain performs a wedding, what goes on? Why did the Greeks have several words for love? Come and be reminded of the importance of love! Peter is a historian, and one of Capital’s two lay chaplains.

Feb 20th Muriel Buchner “Echoes from the Past - Warnings for the Future”
All around the world traces of ancient civilizations have been found long since abandoned and forgotten. What happened to these people that impelled them to leave what were sometimes centuries of their building and culture? Could the same thing happen to us today? Muriel is a member of Capital and is currently sitting on the Board.

Feb 27th Jessica Rourke “Is Forgiveness an All-encompassing Phenomenon, or Do There Exist Unforgiveable Acts?”
Jessica is a Ph.D. candidate at the University of Victoria. She has studied forgiveness since 2002 and has researched it from the perspectives of both the victim and the perpetrator.

Every Sunday we have a Children’s Program.

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Conni's Cooking Corner

Vegetarian Recipes

By Conni Attwell

Here are three vegetarian recipes (by request) to keep you warm and comfy in February. Bon appetit!

BARLEY SOUP

This barley soup recipe from Sicily is a perfect vegan alternative to chicken soup when you're feeling under the weather.
Yield 4-6 servings
Time 1 hour

- * 6 c vegetable stock
- * 2 c water
- * 1½ pounds of tomatoes, peeled, seeded, and chopped
- * 1 c pearl barley
- * salt
- * pepper
- * fresh herbs, minced (optional)

Combine stock and water in the pot, bring to boil over high heat, and stir in everything but the herbs. Return to boil, reduce heat to low, stir well, and cover. Simmer, stirring occasionally, until barley is tender - about 45 minutes.
Sprinkle optional herbs on top and serve

APPLE BURGERS

Sweet, tart, and slightly crunchy, these apple burgers might sound weird, but they definitely taste good.
Yield 4-6 burgers Time 15 minutes

- * 2 tart apples, grated
- * 1 c onion, minced
- * 2 c bread crumbs

- * 1 green pepper, seeded and chopped
- * 1 T fresh ginger, minced
- * 2 c brown or white rice, cooked (leftover is fine)
- * 6 T rolled oats, ground
- * ½ t salt
- * black pepper
- * 1-2 T vegetable oil

Squeeze some of the juice out of the apples, then place in bowl with onions, bread crumbs, green pepper, ginger, rice, 3 T oats, salt, and pepper. Mix well. Heat the oil in the frying pan, over medium heat. Shape mixture into patties, adding more bread crumbs if necessary. Coat with remaining 3 T of oats.
Fry in 1 T oil over medium heat until golden brown, 2-3 minutes per side.

BANANA TREAT

Simple, delicious, and very refreshing: frozen banana puréed into something that's quite like ice cream, without the dairy and calories.
Yield 2 servings
Time 2-3 hours (to freeze)

- * 2 ripe bananas
- * ½ c walnuts, chopped

Peel and chop bananas, wrap in plastic, and freeze for several hours.
Unwrap and process in juicer or blender. Stir in walnuts and serve.

continued from page 17

is about expression, and *everyone* has something to express in their own unique way. Art should not be viewed as a privilege for a special elite talented few, but should be a right for any human. There are so many classes out there that teach the 'technicalities' of the various forms of art, but where are the classes that teach creativity and self-expression? *Those* are the classes that are needed; classes to teach a person how to reach into their own heart and express what is inside in whatever form they feel inspired to.
So to anyone who has ever even considered trying art, I say, go ahead, pick up a pen, get a piece of paper and draw – doodle – make stick figures and lines or smush finger paint together. Do whatever your heart calls for and regain your innate right to be an artist.

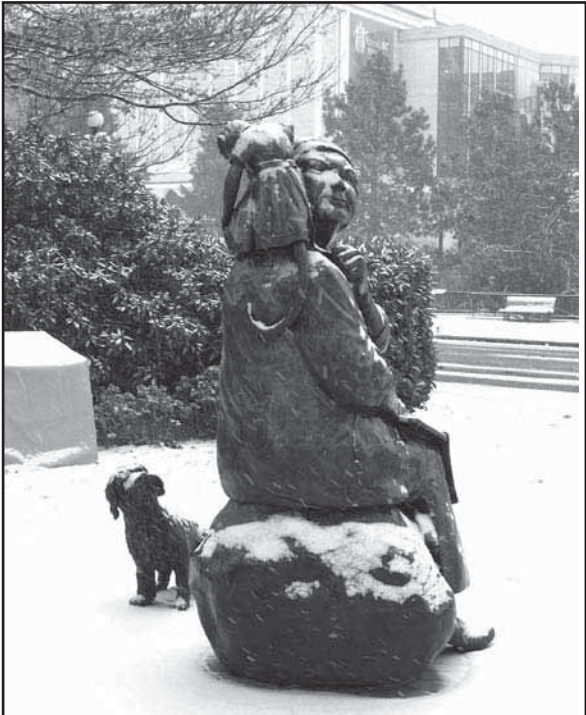


Photo by Ann Lee Switzer

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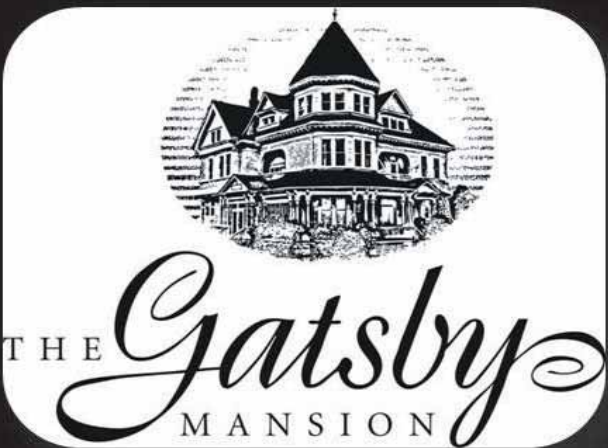
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Adults \$21.95
Children 6-12 \$15.95
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Community Bulletin Board

James Bay Beacon Planning Meeting: Tuesday **February 8**, 7pm at our office #7-435 Simcoe St. Entrance off Croft St. All Welcome.

James Bay Community Project Board Meeting: Wednesday **February 2**, at 5pm, 547 Michigan St. Open to community members.

James Bay Neighbourhood Association meets Wednesday **February 9**, at 7pm 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 9:30am with Sunday School. Book of Common Prayer in the church at 11:00am. Wednesdays: Holy Communion at 9am. Thursdays: Cridge Club for Seniors at noon. Fridays: Thrift Shop 9:30-1:30pm. Visit www.churchofourlord.org, Tel. 250-383-8915.

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

Centre for Inspired Living, a Community of Spiritual Celebration, 108 Niagara Street. The New Thought – Ancient Wisdom spiritual centre meets every Sunday. Meditation at 10am. Service at 10:30am. Concurrent youth program. Visit: centreforinspiredliving.org or call 250-590-0150

Church of Truth, Community of Conscious Living - Sundays at 11am, 111 Superior St.
Oneness Wednesdays: “Our Common Purpose: Souls Journey” with Blair Little at 7pm on Feb 2, 9, 16, and 25. All welcome. Rental space available. Call 250-382-5412 or visit <http://cotvictoria.ca>

James Bay United Church, 511 Michigan. Sunday church service at 10:45am. **Thrift Shop**, Fridays 10-2pm.

EDUCATIONAL AND CULTURAL:
Alzheimer 5 week Educational Series starts Saturday **February 5** from 10-12:30pm at the Yakimovich Wellness Centre, 1454 Hillside Avenue. Each Saturday session is free. Family and caregivers are encouraged to take the entire course. Please register in advance by calling 250-370-5641.

BC Black History Day will be held Saturday **February 5**, 1-4pm at the James Bay New Horizons, 234 Menzies. Guest speaker, Crawford Kilian, author of *Go Do Some Great Thing*, the story of the Black Exodus from San Francisco to Victoria in 1858 will begin at 2pm. Admission is by donation.

BC Spirit Festival will be held in Langford from **February 11-13**. Activities will link us to the First Nations history of the Metchosin region.

Book Club, Thursday **February 8**, 3-4pm at the James Bay Community Project, 547 Michigan.

Downtown Winter Farmer’s Market, Saturday **February 19** from 11am to 3pm in Market Square
James Bay Toastmasters Club, Thursdays **February 10 & 24**, 5:30pm, at James Bay Community Project, 2nd Fl. Boardroom, 547 Michigan. 250-388-7844.

Old Cemeteries Society will hold its AGM on Wednesday **February 16**, 7:30pm at James Bay New Horizons with guest speaker Jacques Marc from the Underwater Archaeological Society of BC. A Black History tour of Ross Bay Cemetery on Sunday, **February 27**, will begin in front of Starbucks (Fairfield Plaza) at 2pm. For the full monthly schedule visit www.oldcem.bc.ca

Science on Tap: Monthly talks to quench your interest. On Tuesday, **February 1**, learn what happens to the brain after a stroke. Dr. Craig Brown speaks at the Strathcona Hotel at 6:30pm. On Tuesday **March 1**, Dr. Juan Ausio looks at the topic: “Is it all in your Genes?” Visit www.uvic.ca/cbr
Seedy Saturday: Saturday **February 19**, from 10-4pm. at the Victoria Conference Centre will be your chance to purchase seeds and plants (some rare and exotic) as well as fresh local produce. The \$7 entry fee covers the day long schedule of educational speakers on everything from ornamental gardening to better food production. Visit www.jamesbaymarket.com/seedysaturday

Victoria Historical Society welcomes everyone on Thursday **February 24**, at the James Bay New Horizons at 7:30pm. Susan Mayse will speak on her book, *Victoria: Crown Jewel of British Columbia*.

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

Empower Your Sober Self: James Bay Life Ring meets every Thursday evening at 7pm at the James Bay Community Project, 547 Michigan St.

Family Caregivers Support Group meets Monday **February 7**, 7:00-9:00pm at the Family Caregivers’ Network Society, 526 Michigan Street. The drop-in group is facilitated by trained volunteers. For more info call 250-384-0408 or visit www.fcns-caregiving.org

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

Scooter Help, Wednesday **February 2**, 10 am at New Horizons, 234 Menzies St.

Take Off Pounds Sensibly (T.O.P.S.) Meets Fridays at 9:00am at James Bay New Horizons.

SOCIAL:
Victoria Women’s Newcomers’ Club meets for lunch each month at the Cedar Hill Golf Club. Enjoy hearing educational speakers and meeting others new to Victoria. Call 778-430-1892 to reserve.

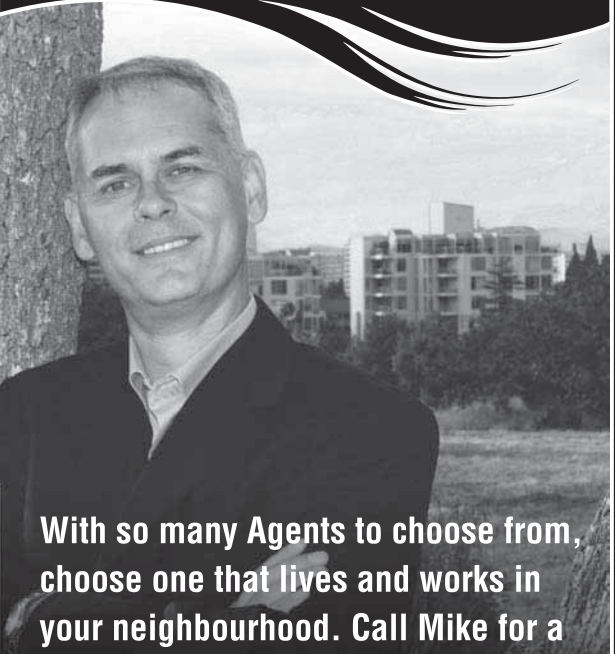
Victoria Evening Newcomers’ Club for Women. Join us for dinner at a different restaurant each month. You will meet new friends and enjoy interesting speakers. Call 778-430-2457.

Women Over 50. Informal get-together Saturday mornings from 10:30-12:30, at New Horizons, 234 Menzies. We welcome over 50’s for lively discussions. \$1. Join us! Call 250 381-5286.

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Business Card	3 1/4" w x 2 " h	\$ 35.
Double Business Card	3 1/4" w x 4 " h	\$ 60.
1/8 page	3 1/4" w x 6" h 5" w x 3 7/8" h	\$ 95.
1/4 page	5" w x 8 1/8' h 10 1/4" w x 4" h	\$167.
1/2 page	5" w x 16 3/8' h 10 1/4" w x 8 1/8" h	\$310.
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Ad Deadline: Thursday, February 10, 2011
Distribution: March 2, 3, 4



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