



GORGE TILLICUM

# Neighbourhood

# NEWS

## Mudlarking: Treasure Hunting in the Gorge!

Who among us hasn't spent a few curious moments along the waterline in the Gorge at low tide, poking at the muddy shore, examining a bit of colourful ceramic, an odd stone or an old bottle?

*By some this is called "mudlarking." And Gorge-Tillicum local Bruce Campbell is perhaps one of Canada's most famous mudlarkers – although he prefers the term metal detectorist – and Bruce is a prolific discoverer of local treasure and history!*



Photo by Scott Karpes

**Bruce Campbell with an antique brass ear-trumpet he discovered in the Gorge**

Some folks may recall that Bruce made national headlines, and even international news, in early 2014 when he discovered a 435-year-old silver coin in the waters off Curtis Point in Gorge Park. The coin, an extremely rare Edward VI shilling, minted in London in the early 1550s, had historians and conspiracy theorists once again debating claims that Sir Francis Drake may have traveled to the Pacific Northwest from California during his 1579 world expedition, 200 years before Capt. James Cook. (Some believe this happened in secret but that Queen Elizabeth I had it covered up, wishing to avoid territorial confrontation with Spain at the time.) Theories of global colonization aside, this was a very rare find, one which left many others in this game full of envy.

A calm and cheerful fellow, Bruce describes his hobby as "the patient search for things that have been lost

while accepting that you will also find the things people throw away."

And boy, has his patience paid off! Bruce has a HUGE collection of neat stuff! Along with many other old and rare coins, Bruce has amassed interesting collections of various wonders – many of them, but not all of them, found in the Gorge – and each find comes with its own mystery. There are swim-house tokens, ornate military brass buttons, pocket knives, key rings, bullet shells, bells, antique spark plugs, brass lanterns, razors, collectable toys, metal figurines, cap guns – he once found a real gun, which he turned in to the police! – gold and silver jewelry, fishing lures, oar locks, unique cutlery, hat-pins, pocket-watch fobs, collectable bottles and engraved lockets, to name only some!

*continued on page 2*

### Inside This Issue

- 2 > Mudlarking cont'd
- 3 > A Few Words from the President
  - > Derelict Boat In The Gorge
- 4 > Native Friendship Centre Daycare
  - > Art On The Bridge Update
- 5 > Good Neighbours: Parking
- 6 > Green Space: Colquitz/Sooke Watershed Protection Act
  - > Gorge Park Community Gardens
- 8 > Celebrating Local Businesses: Top Shelf Bookkeeping
- 10 > Lights On The Gorge
- 11 > Upcoming Events
- 12 > G.R. Pearkes Recreation Centre
  - > GTCA Membership Form

## Calling our neighbourhood youth!

We want to hear your perspective on our community.

If you are you are interested in submitting some original content, please contact Christine Fedoruk at [christine.fedoruk@gmail.com](mailto:christine.fedoruk@gmail.com)



### Neighbourhood News

We welcome comments—please let us know what you think of your newsletter!

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Unsolicited articles welcome.

The deadline for submissions & advertising for the next issue is Feb.1, 2016.

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#### Distribution:

All 4,000 copies of this newsletter are delivered by volunteers, and we could always use more help. Please contact Ray Farmer at 250-382-1122.

Additional articles posted online at:  
[www.gorgetillicum.ca](http://www.gorgetillicum.ca)

Newsletter delivery help needed on Portage Rd.  
Contact Ray Farmer.



Photo by Scott Karpes

### An array of treasures pulled from the Gorge

Many of the pieces Bruce has found along the Gorge confirm our known history. For example, the silver long-handled cocktail spoons he's found in Esquimalt Gorge Park, near where the Tea Gardens were, are not a surprise. An old brass razor or an ivory-handled toothbrush speak to the historical camping spots along the Gorge. But most interesting to me were a pile of unfired 19th century (1870s/80s) Kynoch 44 caliber pistol rounds he found on the banks of Gorge Park, near where 'The Free' Swim-house once stood. Evidence, perhaps, of an old, and last, 'Indian Battle' that was

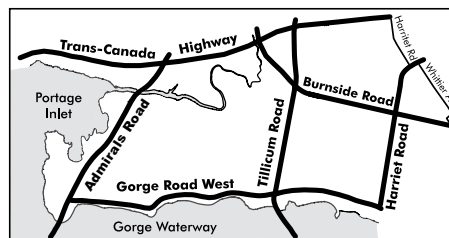
rumored to have taken place between warring tribes along that part of the Gorge.

But beyond all this, Bruce takes the time to remove and recycle quite a bit of garbage and glass – all that he finds, in fact. And any lead he finds is melted down into a mold to make 12lb downrigger balls, or fishing weights, which he sells.

Bruce tells me he might be convinced to share more of his mysteries at our AGM in the spring!

**-Scott Karpes**

### Gorge Tillicum Community Association [www.gorgetillicum.ca](http://www.gorgetillicum.ca)



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The Gorge Tillicum Community Association is a non-profit organization that advocates for the Gorge Tillicum community. The Board meets at 7pm the first Thursday of each month from September to June at Pearkes Recreation Centre. You are welcome to attend. Please email us at least one week prior to the board meeting for any additions to the agenda.

# *a few words from the* **president**

As president of the Gorge Tillicum Community Association, I am a very lucky guy. I get to work with amazing folks that reflect the diversity of our community. Many of you may not be aware, but besides the 12 members of the GTCA Board we have individual committees for transportation, land use, community garden, community tables (Lights on the Gorge) and, of course, the granddaddy of them all, the Gorge Canada Day Picnic committee. Each one of these has members from the neighbourhood who are specifically interested in contributing their voices and time to the community.

While these committees have ongoing work and projects, there are many other tasks in which we have particular interest. One such task is the planning for the McKenzie interchange. This project will have significant impacts on our community, so we have formed a

task group that includes engineers, planners and other concerned neighbours to make sure the planning includes input from the GTCA. Of course our first concern is about how traffic will be managed during construction, which may take up to two years.

We have also been invited to join the Uptown Douglas Street Corridor advisory group and will be participating in that process, as well as helping with the BC Housing Development plan for the Nigel Valley across from Gateway Village.

A couple of rather urgent concerns have arisen lately: campers in our parks, particularly Cuthbert Holmes and Gorge Parks, and now derelict boats on the Gorge Waterway that are moving up from Banfield Park to Curtis Point at Gorge Park.

Thankfully we have folks like Dorothy Chambers, Julian Anderson and Scott Karpes, who have worked to keep Saanich staff and police informed. We are also working with the politicians in Saanich and across our borders to find solutions to these issues.

The work of your community association never stops, and if you can spare any time, I am sure we can find a place where your assistance will be appreciated. As usual, I encourage you to contact us anytime if you have any questions or observations about what is going on in Gorge-Tillicum. I am always happy to take part in conversations about our community. Give me a call.

**-Rob Wickson**

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## Derelict Boat in the Gorge

Some time in the second week of October, in the dark of night, a partially sunken trimaran arrived at Gorge Park. Witnesses reported seeing a powerboat with bright spotlights towing it up the Gorge to Curtis Point, where it was apparently tied to an existing buoy about 20 metres from shore. It was a startling sight. Mast down, decks strewn, covered with buckets, bike parts, tarps and other debris, it looked quite literally like a floating garbage dump. No one was living on the boat or indeed looking after it.

On Saturday, October 10, a storm came from the south and blew the decks clean, pushing most of these items into the waterway, and at high tide the boat itself was pushed up onto the muddy shore next to the point.

I need to mention that we, the GTCA, sent a letter to Saanich mayor and council three weeks prior to this boat's



Photos by Scott Karpes

arrival, asking that we prepare for a potential exodus of boats as the city of Victoria sought to expel “live aboards” from the Banfield Park area of the Gorge. (The city’s legal plans were widely reported in local media in September.) We received almost no response.

On Sunday, October 18, after two weeks of worry and dozens of emails and news stories, the owner finally

arrived to deal with the situation. George, the boat’s owner, has claimed that someone else moved the boat here while he was away, and he promised to do his best to move it ASAP. At the time of our print deadline, the boat is still there, stuck in the mud, and Saanich is now scrambling to find solutions to what could become a serious problem in times to come.

**-Scott Karpes**



# Victoria Native Friendship Centre to offer much needed childcare spaces

You may have noticed the construction work and workers in the Victoria Native Friendship Centre's backyard, adjacent to Hampton Park, over the past couple of months. The Centre is in the process of building its newest addition, the XaXe SƧELITƧEL- Daycare Centre.

The daycare will provide culturally respectful and much needed childcare for up to 70 children aged infant to five years. The name XaXe SƧELITƧEL comes directly from the local SENCOTEN language of the Saanich People and translates to mean Sacred and Precious, which speaks to the integral Indigenous value of children.

It has long been the hope and vision of the Centre to build its own

childcare setting of excellence, to provide a safe, affordable, culturally diverse and respectful setting where children and families will benefit in many ways.

The Native Friendship Centre and the new daycare centre are located at 231

Regina Avenue, just beside Hampton Park. For more information call (250) 384-3211.

For more information about the Victoria Native Friendship Centre visit [www.vnfc.ca](http://www.vnfc.ca).



## Art on the Bridge Update



Last spring we told you that a new art installation would be going in at the east end of the Craigflower Bridge, near the old schoolhouse. By the time you'll be reading this, the sculpture should be in place, and you'll be able to go for a walk and see it!

I'm happy to report that the art jury was quite unanimous in choos-

ing Vancouver's Blake Williams and his concept design of 'Bridging Perspectives'. Blake came out to the Gorge Canada Day Picnic and met with the neighbourhood to share his concept and to gather ideas for text and words to be included in his piece. It was partly for this combination of community interaction and the use of

thoughtful, locally-based text that Blake was chosen.

His piece has a wonderful, playful shape to it and has something to see on both sides. Photos above illustrate the intricacy of the work.

Take a stroll and check it out!

**-Scott Karpes**

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# Good Neighbours: Parking By The Book

**Many residents in the Gorge Tillicum area have expressed concern regarding the increasing number of vehicles being parked on the streets. Following is a summary of how Saanich regulates overall vehicle parking within the municipality.**

## **Why do we have bylaws?**

The Saanich bylaws set a minimum standard for our neighbourhoods and aim to ensure that all Saanich residents live in safe, clean and healthy communities.

## **What restrictions on vehicle parking exist?**

To keep our streets and neighbourhoods safe, the Streets & Traffic Regulation Bylaw prohibits parking of any vehicle:

- On or over a sidewalk or boulevard.
- In front of or within 1.5 m of each side of a driveway entrance abutting a street.
- Within 5 m of a fire hydrant.
- Within 6 m upon the approach to stop sign or traffic control signal.
- On or over a bicycle lane.
- On the left side of a street.

## **Are unlicensed vehicles allowed to be parked anywhere?**

In order to park on a street, your vehicle must have current registration and be licensed, insured, operable and properly equipped. An unlicensed vehicle is not allowed to be parked on any street or boulevard.

## **Do any restrictions on vehicle parking on a street overnight exist?**

Parking of a vehicle weighing more than 4000 kg or longer than 7 m is not allowed overnight on any street.

## **Is trailer (e.g., a utility trailer, recreational vehicle or boat) parking prohibited anywhere?**

No trailer can be left on a street if not connected to a vehicle. No trailer can be parked upon any boulevard or grass in any street in Saanich.

## **What is meant by boulevard?**

Boulevard means the portion of any roadway right-of-way other than the paved, improved or main travelled roadway, driveway or sidewalk. It includes the grassy or landscaped median in front of residents' houses, between the private property line and paved roadway.

## **Are any vehicles allowed to be parked upon boulevards?**

No vehicle (including a utility trailer, recreational vehicle or boat) is allowed to be driven or parked upon any boulevard or grass in any street in Saanich.

## **What are the parking requirements for a legal Secondary Suite?**

One additional on-site parking space for the occupant of the secondary suite must be provided on the private property. Tandem parking on the driveway is permitted.

## **How else are we responsible for our streets?**

Property owners/occupants are generally responsible for their property and the adjacent boulevards and sidewalks. It is their responsibility to clear and remove snow and ice from municipal sidewalks in front of their property. Complete removal of snow and ice means down to the bare pavement. If snow is not removed it makes walking difficult and dangerous for neighbours, particularly the elderly. Failure to do so can result in the property owner/occupant receiving a fine(s).

Note: only the most relevant information has been included. For more detail, please visit [www.saanich.ca/living/pdf/traffic8382.pdf](http://www.saanich.ca/living/pdf/traffic8382.pdf)



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## Colquitz/Sooke Watershed Protection Act

Recently in our neighbourhood, Karen Devitt, Program Coordinator for Bird Studies Canada, based in Delta, put on a workshop to talk about ways communities can get involved in bird conservation and a new project about Coastal Waterbird Disturbance.

*BC's coastline provides important wintering habitat for birds and also falls within the Pacific Flyway – a major route for migratory birds that extends from Alaska and the Canadian North all the way down to South America.*

Millions of birds rely on BC's coasts to rest, feed and nest. Many of the areas that are important for coastal birds are also popular for human recreational activities. The mud-flat, narrow estuaries of the Colquitz River, Craigflower Creek, Gorge and Cecelia creeks and the shores of Portage Inlet are very important feeding areas for shorebirds that are being disturbed by motorized and non-motorized boaters, canoes, kayaks, and paddle boarders coming in close proximity to them.

**Recreational activities can disturb waterbirds while they nest, rest and fuel up for migration.** Disturbance to waterbirds from recreational activities can negatively impact birds

by displacing birds from preferred habitats, disrupting important foraging and breeding behaviour, and increasing energy expenditure when birds should be resting. This area, being a Federal Migratory Bird Sanctuary, is particularly impacted.

Preventing disturbance to coastal waterbirds is important to reduce negative impacts on bird populations.

**-Karen Devitt,  
BC Program Coordinator,  
Bird Studies Canada**

### FEATURED MIGRATORY BIRD: GREATER YELLOWLEGS



Greater Yellowlegs are fairly common migrants to our region, arriving in July. A few linger in winter. In British Columbia they nest in the Cariboo-Chilcotin region. Photographed in the Colquitz estuary.  
Photo and description by Angela Wyatt.

**Become a volunteer  
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## Your Parks Need Your Help

The GTCA has become aware of activities in our parks which affect the cleanliness and biodiversity of these spaces. Camping, campfires and garbage dumping are of particular concern. We have been meeting with Saanich Police and Saanich Parks to address these concerns, but we need your help.

To help, the Police and Saanich Parks need you to report any unwelcome activities in the parks.

Please call the Saanich Police non-emergency number at:  
**250-475-4321**

## Gorge Park Community Gardens

### What a difference a year makes!

In October 2014, a grassy field in Gorge Park began being transformed into garden space by Edibella Organic Landscapes. In August 2015, allotment beds in Gorge Park Community Gardens were lush with produce, thanks to hundreds of hours of work by volunteers and careful tending by their holders. The gardens have recently been a stop on the Urban-Food Garden tour and the Gorge Tillicum Urban Farmers tour. Design work is underway on the next stage of garden creation.

To become a member or to volunteer your time, email [gorgegardens@gmail.com](mailto:gorgegardens@gmail.com).

-Kay Stewart



# Celebrating Local Business:

*In this new series of profiles we are focusing on business members of the Gorge-Tillicum Community Association. We invite other local businesses to join the Association and invite our readers to support the businesses in our area. The arts form an important part of our identity as a neighbourhood, but so does business, and especially businesses that are firmly rooted in our locality.*

## GTCA Business Membership Incredible value at \$25 per year!

Any business located within the GTCA boundaries is eligible to become a business member. This includes home-based businesses!  
(see boundary map on page 2 of this newsletter)

### Membership Benefits:

- Annual listing in our newsletter (we produce 3/year, each issue is distributed to over 4,000 homes and businesses in the neighbourhood)
- Listing, including logo, on our new website
- Profile on the GTCA Facebook Page

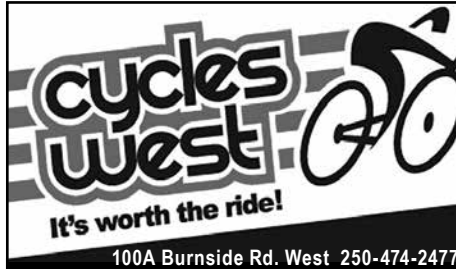
It's easy to join.

You can mail in the form found on the back page of this newsletter,  
or you can join online at

<http://www.gorgetillicum.ca/site/index.php/membership>



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# Top Shelf Bookkeeping

Brian Ritchie, founder and owner of Top Shelf Bookkeeping, doesn't look like your average businessman. Bearded, and dressed in a black short-sleeved shirt and rumpled blue denim shorts, he looks like he'd be more comfortable at a music festival than behind a ledger. Later I discover that the look is deliberate. Reflecting the firm's slogan, "Casual People, Professional Results," Top Shelf's success is built on providing a friendly environment for people who might initially be nervous about coming into an office to discuss their financial affairs.

The origins of this orientation come from Brian's history in the Gorge-Tillicum area. Coming to British Columbia in 1988 to establish a firmer connection with his birth and adoptive parents, Brian found work doing accounts for an agricultural operation involved in the growing and selling of flowers. In 1989 he moved to Obed Avenue and established an accounting business in his house for neighbours and clients he had met while working for the agricultural firm. Many of these were new Canadians who were nervous about the whole business of tax and accounts and felt more comfortable discussing these in a family house than in a downtown high-rise office.

His business eventually became far too big for his house, and in 2007 he moved to the office we are meeting in, on Gorge Road West between Qu'Appelle and Wascana streets. Outgrowing this office almost as soon as he moved into it, he opened a second

office in Esquimalt a couple of years later.

Presently the firm employs seven people full time in the two wings of the business: bookkeeping (filing GST and PST returns, payroll, electronic deposits, ledger keeping, looking after receivable and payable items) and tax preparation (including personal, corporate, charitable, and trust accounts).

*Brian's philosophy is to hire people who find accounting as much fun as he does, with the result that most of the people he has hired are still with him.*

He regards coming to Gorge-Tillicum as a "happy accident." He was drawn by the parks, green space and water but particularly values watching the children of his neighbours grow up and have children of their own, some of whom have become his clients too. Everything about the area works for him, except for the speed of the traffic on the section of Gorge Road West outside his office, the way the cars and trucks race down the hill from the lights at Harriet Road.

Just as I'm concluding the interview, a voice comes from the waiting room behind me. "Brian gets lots of



Brian Ritchie at his Gorge location

referrals; did he tell you that?" The voice belongs to a smartly dressed young Indo-Canadian man who had obviously been listening carefully to the later part of our interview. When I ask him to explain, he says that his father knew Brian at the flower farm where both worked. "And now I live in Alberta, but I still come here, just like my dad. Top Shelf is the best." I look at Brian enquiringly. "I'm grateful to the South Asian community for helping me get my business off the ground; they've been some of my biggest supporters," he says. The young man opens the door for me, and I head off for home, full of appreciation for a firm that seems to have combined success, inclusion and love of neighbourhood in a most impressive fashion.

—Chris Bullock

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# Upcoming Events

## Lights on the Gorge

Sunday, December 20th  
1:30 - 6:00 pm



Photo by Kay Stewart

Quicksbottom Morris return to Lights on the Gorge this year with their popular Mummers' Play. Tree decorating outside Victoria Canoe and Kayak Club will begin the festivities. Crafts, music, readings, and the mummers' play will follow. Then it will be time to illuminate the tree and light up the Gorge with a lantern procession.

Gorge-ous Coffee will host some events.

To donate or volunteer, contact Kay Stewart at [kay\\_stewart@shaw.ca](mailto:kay_stewart@shaw.ca) or 250-384-8236.

**Saanich and the Great War:** Friday, November 6, 2:00 – 3:00 pm, Saanich Centennial Library. Join John Azar, founder of the CEF100 Commemoration Society, for an overview of the roles played by the men and women of Saanich during and after WWI. Register at [gvpl.ca](http://gvpl.ca) or call 250-940-GVPL (4875) for more information.

**Tillicum Elementary School's Annual Christmas Craft Fair:** Friday, November 6, 4:00 – 7:00 pm and Saturday, November 7, 10:00 am – 4:00 pm, at 3155 Albina Street.

**38th Annual Creative Craft Fair:** November 6 – 8, at Pearkes Rec. Centre. More information at [www.creativecraftfairs.com](http://www.creativecraftfairs.com)

**Annual Teen Christmas Craft Market:** Saturday, November 7, 10:00 am – 4:00 pm at Pearkes Rec. Centre. More info. at [www.saanichrec.ca](http://www.saanichrec.ca)

**Saanich Remembrance Day Ceremony:** Wednesday, November 11, 10:45 am – 12:30 pm at the Cenotaph in front of Saanich Municipal Hall at 770 Vernon Avenue. More info. at [www.saanich.ca](http://www.saanich.ca)

**Magic of Christmas Gift Fair:** Saturday, November 14, 10:00 am – 3:00 pm, Burnside Gorge Community Centre, 471 Cecelia Road. More info. at [www.burnsidegorge.ca](http://www.burnsidegorge.ca)

**Emergency Preparedness Begins with You Workshop:** Wednesday, November 18, 7:00 – 8:30 pm at Pearkes Rec Centre. FREE. Register online at [www.saanichrec.ca](http://www.saanichrec.ca)

**The 2015 Curbside Leaf Collection Program** is scheduled for the Gorge-Tillicum area for Nov. 19 – 27 and Dec. 14 – 18. Guidelines are posted online at [www.saanich.ca/services/garbage/leaf.html](http://www.saanich.ca/services/garbage/leaf.html)

**National Jersey Day Skate:** Friday, November 20, 5:45 – 6:55 pm at Pearkes Rec. Centre. Show your love and support for sport by wearing a jersey, team or club uniform to school, work or play. Wear your jersey and get in FREE to this Everyone Welcome skate. More info. at [www.saanichrec.ca](http://www.saanichrec.ca)

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# Upcoming Events

**RBC Sports Day Skate:** Saturday, November 21, 12:25 – 1:35 pm at Pearkes Rec. Centre. RBC Sports Day in Canada is a national celebration of sport, from grassroots to high-performance. Celebrate the power of sport to build community and get Canadians moving and have a chance to win great prizes. More info. at [www.saanichrec.ca](http://www.saanichrec.ca)

**Hampton Concert Orchestra Christmas Concerts:** Sunday, November 22 at 2:00 pm and Monday, November 23 at 7:30 pm at Les Passmore Seniors' Centre, 286 Hampton Rd. Refreshments will be served at intermission. Admission by donation. More info. at [www.hamptonconcertorchestra.ca](http://www.hamptonconcertorchestra.ca)

**Youth Dance Expo 2015:** Saturday, November 28, 11:00 am – 6:30 pm at Colquitz Middle School. Victoria's fourth annual Dance Expo. One day of fun and inspiring special guest instructors teaching jazz, hip hop and street jazz. Everyone is welcome. For more info. visit [www.danceexpo2015.com](http://www.danceexpo2015.com)

**Saanich Silver Threads Special Christmas Dinner:** Wednesday, December 2, 12:00 – 2:00 pm at Les Passmore Seniors' Centre, 286 Hampton Rd. Enjoy a traditional turkey dinner and toffee fudge cake for dessert, followed by entertainment by the Greater Victoria Police Chorus and the cost is \$15 per person. Get your tickets early for this popular event. More info. at 250-382-3151.

**Deck the Hall: Winter Lights Festival:** Saturday, December 5, 5:00 – 8:30 pm, Saanich Municipal Hall. Kick off your holiday season at the Hall with a festive lights display and a variety of seasonal activities. FREE. More info. at [www.saanich.ca](http://www.saanich.ca)

**Christmas Storytime:** Saturday, December 12, 11:00 am – 12:00 pm at Saanich Centennial Branch Library. For young children and their families. Ho, Ho, Ho! Enjoy a festive storytime, a craft and a tasty holiday treat in anticipation of Christmas Day. Register at [gvpl.ca](http://gvpl.ca) or call 250-940-GVPL (4875) for more information.

**GVPL Drop-in Christmas Craft:** Saturday, December 12, 2:00 pm – 3:00 pm at Saanich Centennial Branch Library. What's December without a little (okay, a lot) of sparkle and trim? We supply the materials and samples, and you supply the imagination and enthusiasm! No registration required.

**GVPL Holiday Open House:** Saturday, December 12, 2:00 pm – 4:00 pm at Saanich Centennial Branch. To celebrate the

holidays, and to say "thank you" for using and supporting your library this year, we'll have free festive refreshments at all branches from 2:00 – 4:00 pm. Drop by for a treat and a chat!

**Greater Victoria Cycling Coalition Christmas Lights Ride:** Saturday, December 12, 6:00 – 8:30 pm. Join us on a new night route, viewing colourful award-winning Christmas lights displays on both sides of the Gorge, visiting Burnside, Esquimalt and Vic West. The ride begins and ends at the Burnside Gorge Community Centre, with free refreshments and door prizes following the ride! The ride is approx. 20 km. Decorating your bike is encouraged. More info. at [gvcc.bc.ca](http://gvcc.bc.ca)

**A Day with Santa:** Sunday, December 13. Join us for a FREE full day of family-orientated holiday activities: 10:00 am – 11:30 am: a movie at Silver City; 12:00 – 1:20 pm: skate and/or kindergym with Santa at Pearkes Rec. Centre; 1:30 – 2:30 pm: Christmas craft at Tillicum Centre. More info. at [www.saanichrec.ca](http://www.saanichrec.ca)

**Lights on the Gorge:** Sunday, December 20, 1:30 – 6:00 pm, at the Victoria Canoe and Kayak Club and Gorge-ous Coffee. An informal, local, multicultural celebration of light will be back on the day before Winter Solstice this year: tree decorating, making crafts, music, readings and more. To help/volunteer, contact Kay Stewart at [kay\\_stewart@shaw.ca](mailto:kay_stewart@shaw.ca) or 250-384-8236. For more information keep checking the GTCA website at [www.gorgetillicum.ca](http://www.gorgetillicum.ca)

**January 1, 2016: Happy New Year!** It is time to renew your Gorge Tillicum Community Association membership (\$5.00 for individuals, \$10.00 for couples and \$25.00 for businesses)!

**Spring Bridal Exhibition 2016:** Sunday, January 17, 10:00 am – 4:00 pm, Pearkes Rec. Centre. More info. at [www.bridalexhibition.ca](http://www.bridalexhibition.ca)

**Victoria Health Show 2016:** January 23 – 24 at Pearkes Rec. Centre. More info. at <http://10times.com/victoria-health-show>

**Kids Mega Sale:** Saturday, February 13, 9:30 am – 12:30 pm at Pearkes Rec. Centre. More info. at <https://sites.google.com/site/vanislandmultiplebirthsasn/kms-sales>

**Victoria Boat and Fishing Show:** February 19 – 21, Pearkes Rec. Centre. More info. at [www.victoriaboatshow.com](http://www.victoriaboatshow.com)

**Hallmark Heritage Society Special Movie Night:** On Monday, February 22, 2016 it will be five years since the second devastating earthquake at Christchurch, New Zealand. To commemorate the occasion, the Hallmark Heritage Society will be showing the acclaimed two-hour documentary movie "When a City Falls, The People's Story" at Craigflower Schoolhouse, 2755 Admirals Rd. Show time is 7:00 pm. Limited seating is available. First 35 to RSVP will be seated. Call the office at 250-382-4755 and leave a message, or email the office at [office@hallmarksociety.ca](mailto:office@hallmarksociety.ca) to reserve your seating.

**Victoria Early Spring 2016 Home Renovation & Decor Show:** February 26 – 28 at Pearkes Rec. Centre. More info. at [www.homeshowtime.com](http://www.homeshowtime.com)

**Victoria Women's Show:** March 5 – 6 at Pearkes Rec. Centre. More info. at [www.victoriawomensshow.com](http://www.victoriawomensshow.com)

**11th Annual Senior Expo:** Tuesday, March 22 at Pearkes Rec. Centre. More info. at [www.seniorlivingmag.com/expo](http://www.seniorlivingmag.com/expo)

MLA Victoria-Swan Lake  
**Rob Fleming**  
Working for you  
1020 Hillside Avenue  
250 360.2023  
[rob.fleming.mla@leg.bc.ca](mailto:rob.fleming.mla@leg.bc.ca)  
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Gorge Tillicum Community Association,  
 P.O. Box 44152, Victoria, BC V9A 7K1  
[www.gorgetillicum.ca](http://www.gorgetillicum.ca) | [f/GorgeTillicum](https://www.facebook.com/GorgeTillicum)

## Membership Application

We thank the many members who have renewed or joined for 2015. It's not too late! Though our membership year runs January 1 to December 31, our renewing members remain in good standing for one year after renewal. Join or renew by mail or online on our website!

- New Membership(s) or  
 Renewing Membership(s)

DATE: \_\_\_\_\_

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
 \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_

\*EMAIL ADDRESS: \_\_\_\_\_

\*This will be added to our distribution list for occasional emails regarding upcoming events or community issues.

If you are paying for other members of your household, please list the other Members' names:  
 \_\_\_\_\_  
 \_\_\_\_\_

### PAYMENT:

Please enclose payment and mail to above address

Individual: \$5/each x \_\_\_\_\_ memberships = \$ \_\_\_\_\_

Couples : \$10/each x \_\_\_\_\_ memberships = \$ \_\_\_\_\_

Business: \$25/each x \_\_\_\_\_ memberships = \$ \_\_\_\_\_

Donation: Your extra support helps offset Newsletter and other costs. Thank-you! + \$ \_\_\_\_\_

Total Payment Enclosed = \$ \_\_\_\_\_

### DETAILS:

Per GTCA By-law #3: Membership is open to any resident or property owner who is 19 years old or older living within the area defined in Article 5 of the Constitution, and persons engaged in business within the Association territory.

Per GTCA By-law #5: Membership is from January 1 to December 31 of the year. New membership shall be valid from the time of payment of membership fees to December 31 of the same year.

Per GTCA By-law #7: Membership is available in two categories:

- (a) Single is open to individuals and carries the right to one vote at meetings.
- (b) Corporate is open to businesses operating in the Association territory as defined in Article 5 and carries the right to one vote at meetings.



## At the Centre G.R. PEARKES RECREATION CENTRE



### Low-Impact Ice Skating: Great for Everyone's Health

Ice skating is a great form of exercise. It is easy on your joints because it is low impact, and it improves your balance and coordination. You use a lot of small stabilizer muscles that don't get a workout in day-to-day life, in particular those around your hips, knees and ankles. You are also toning larger muscles in your legs, butt and core as you propel yourself on the ice.

Ice skating is an aerobic exercise that aids in weight loss. Recreational ice skating burns between 250 and 810 calories per hour. Competitive ice skating burns even more calories, approximately 450 to 1080 per hour. You will build muscle tone if you ice skate regularly. By building muscle, you get the added benefit of increasing your metabolic rate, meaning you will lose more weight, even while asleep.

You will also increase your endurance if you ice skate regularly. Over time you will notice that you are able to maintain a constant steady pace. This endurance will spread to other parts of your life, and you may notice that you have more energy to complete tasks that used to fatigue you.

Please come and enjoy a skate with us. Check out [www.saanich.ca](http://www.saanich.ca) for the public skate schedule. Helmets are highly recommended for all skaters.



PARKS & RECREATION  
 Pearkes Recreation Centre

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PEARKES RECREATION CENTRE | 3100 Tillicum Road | Phone 250 475-5400