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January, 2014

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ISSUE 01-04

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The Gift of Good Morning

Author: Kai Barlow, winner in Humanitarian category

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of

asked if he could have a hug. I was a little surprised, and in retrospect it might not have been the more prudent response, but without hesitating I said - 'Sure. Why not? Hugs are free. They're meant to be given away.' So I gave him a hug, but when I went to step back, he held on tightly, so I just relaxed and let it be."

He hugged her for well over a minute.

start a chain reaction in Robin that led to such a dramatic change in his life?

For a lot of the people who live on the streets, loneliness is a huge challenge. Sometimes they look dirty or act strange. Other people on the street might know their name - or their "street" name, but people in the mainstream community seldom do - or care to know. So day after day they never hear someone say their name and most people don't talk to them. But

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which have the potential to turn a life around." Leo Buscaglia

In my grandmother's work at a Beacon Community Services Thrift Store, as a volunteer, she says 'good morning', chats with the customers, and often exchanges jokes and stories while she helps them find what they're looking for. One man, who I now know as Robin, used to come in on the last Wednesday of every month. My grandmother always said good morning, but he seldom looked up and never made eye contact or answered her greeting.

And then one day to her surprise, after months of her always saying good morning to him and never getting a response back from him, he raised his eyes and made eye contact with her and said good morning back. She smiled, made some chatty comments and off he went. After that my grandmother noticed that he came in more often, smiled, and even began to initiate a greeting. One day to my grandmother's surprise while she was joking with a customer he joined in the conversation and told a joke of his own.

And then she said with a bit of a smile to me, **"I was delighted and encouraged him to speak more, and before he left the shop that day he**

In the months following all the volunteers that grandma talked to came to know him as Robin, a homeless man who lived in the bushes around Elk Lake. And they noticed that he had changed and was smiling, friendly, and exchanged pleasantries with them. In fact, he would linger in grandma's store for a long time and always asked her for a hug before he left.

Then there came a long time when she didn't see him until she had bumped into him at the Sidney Street Market one summer evening. He filled grandma in on what was going on for him. He now had a case worker and was living in a subsidized rent-free apartment in Victoria while attending classes at Camosun College. With an annual bus pass he was able to come out to Sidney for the market which he always enjoyed, but was in class on Wednesdays so couldn't go out to see her at the Thrift store anymore.

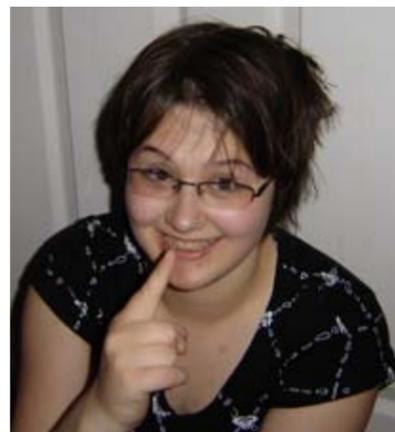
Grandma and I still see Robin from time to time. Both of us are glad to know he's been off the streets for a couple of years now and doing well, now that he has built his own support network to help him through the hard times.

So why did that simple greeting

many homeless people are hungry for contact, for someone to just acknowledge their humanity and value as a person.

We should not take the people that we know for granted. Many people do not get even a simple smile or a sign of acknowledgment. So when you are going about your day and see someone, give them a smile and even a simple, 'Nice day we're having isn't it?' It can make all the difference to them. It sure made a difference in Robin's life.

Good Morning. Good afternoon. Good evening. Nice day we're having isn't it?



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Where: 1703 Keating Cross Road. (Opposite the Municipal yard)
When: January 2nd, 3rd, 4th, 5th, 11th & 12th, 2014 Time: 9:00am-4pm
By Donation: All funds raised will go towards supporting local organizations such as the Saanich Peninsula Hospital Foundation, Shawnigan Lake Kids Camp, Mount Newton Center, Victoria Therapeutic Riding Association, Sidney Food Bank and local sports teams, to name a few.

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Where: Iroquois Park
When: Jan 4th Time: 10am - 4pm
By Donation: restoration of Tulista Park playground equipment.
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Is CRD's Sewage Plan the Solution?

Author: Ingrid Strauss

There is a lot of talk about the CRD's proposal for sewage treatment. But are they talking about the right things and why should folks in Saanich care?

The CRD are proposing a centralized secondary treatment solution with one part at McLoughlin Point and the other part, the sludge part, at Hartland Road. This solution is expected to meet the region's needs until around 2030 when another treatment plant will be built, likely in the Western Communities. According to Green Party MLA Andrew Weaver, the solution doesn't match the problem. Richard Atwell of theriteplan.ca doesn't think it's the right solution either. Both think a distributed system of smaller facilities is the answer.

A centralized treatment solution, such as the one proposed by CRD, is most efficient and cost-effective when the waste management site hosts digesters, waste water treatment and sludge disposal together, with the sludge disposal producing a value added component like biogas or electricity. McLoughlin Point was purchased for the region's waste management facilities, but the site is too small for all the components. The sludge treatment has to be done somewhere else.

Viewfield Road in Esquimalt was considered for a sludge treatment site, with the CRD going so far as to purchase the land. Esquimalt residents strenuously objected to the noise,

smell, dust and traffic associated with an industrial-sized sludge treatment plant close to homes and schools. Now the plan is to pipe the sludge 18 km to the Hartland Road landfill site for further processing.

The answer to the region's waste management problem, according to Weaver, Atwell and others, lies in developing a distributed system of smaller facilities. Appropriate sized facilities are built where the need is and when it is needed, each one adapting to new technology or local issues. That way taxpayers don't pay interest charges on capital borrowed to build large expensive plants and don't pay operating costs on a facility that is under utilized for many years. According to Atwell, under a distributed system, developers could even build a waste treatment facility as part of their development. Docksider Green is a local example.

CRD Director Judy Brownoff says the CRD looked at the decentralized model, including going on a fact finding mission to Sweden. They concluded that the potential for each facility to vary its technology and other "widgets" (Brownoff's term) would cause problems overall.

In a distributed system, the facilities perform tertiary level treatment, provide heat and water re-use and don't have the noise and smell issues associated with large centralized facilities. They can fit into a building that looks part of the neighbourhood. During Voice of BC, MLA Andrew Weaver described a treatment facility "house" near Windsor Park that blends in so well that it has interested potential house buyers.

Brownoff says the CRD's proposed treatment plant will have flexibility built in so it can upgrade beyond the initial secondary treatment later. Once

the plant is up and running treatment components can be added if monitoring reveals a need, ozonation and oxidation are examples.

"Tertiary treatment with the CRD's centralized design fails to maximize the benefit of water re-use", says Richard Atwell. "The huge volume of water from that wastewater treatment plant will simply be flushed into the ocean by virtue of its end-of-pipe design and new marine outfall. By comparison, smaller distributed facilities placed closer to where there is a demand for water re-use will serve to extend the lifespan of our water reservoir deferring the huge cost of expanding it."

But what about the sludge? According to Brownoff, the sludge from distributed systems will end up at Hartland Road, joining the sludge from Central Saanich and Sooke that is currently adding ammonia and other toxins to the hazardous waste area of the landfill. Brownoff isn't looking at all this sludge converging at Hartland Road as a problem, rather she is excited about potential waste to energy opportunities that are possible given economic volumes of sludge. She is convinced that centralized resource recovery is key to having the volumes needed for options such as biogas production and phosphorus recovery to be financially feasible.

Does Brownoff think a large central waste treatment plant at McLoughlin Point and a sludge treatment facility at Hartland Road is the best plan? "No plan is perfect but it's the best we can do at this time", says Brownoff. She is concerned about having a plan to move ahead to meet federal funding timelines.

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How Did This Happen In Our Backyard?

Author: Ken Marriette

You've seen it on TV, read it in the papers and heard about it on the radio. Another environmental disaster! "Smog kills hundreds in China", "a fuel truck crashes and spills its load into Goldstream Park", "Japan's nuclear plant leaks into the Pacific Ocean" and "an Ontario town experiences serious health issues from an abandoned nickel mine".

Well, as harsh as these realities are, we in Central Saanich are experiencing our own environmental disaster; albeit on a much smaller, but equally serious, scale. Ours originates from a well-intended, but poorly thought out, policy.

In the interest of extending the useful life of the Hartland landfill facility, the CRD Waste Management Committee proposed that, as of 2015, no organic food waste would be allowed at the site. Plans were developed in advance of this self-imposed deadline, and embraced by several CRD communities, with enthusiasm and optimism. Investments were made in 'green' collection bins for organic kitchen scraps (including meat, fish and

poultry), new collection trucks ordered and public education informing that, as of 2015, Hartland would no longer accept organic food waste.

Yes, once again the Greater Victoria communities were ahead of the curve, a la the "blue box program"..... or so they thought!! Hold on.... how and where is the CRD going to dispose or process potentially tens of thousands of tons of annual organic food waste? Why not compost it on local farms?

Thus begins the tragic saga of our own environmental disaster.

In the next issue:
What's that putrid stink?
Plus: What are we doing about it?

Excellence and Environment at Elk Lake

Author: Jacob Koudys

More often than not people driving on Patricia Bay Highway fail to observe the flotilla of rowing boats on its daily plough up and down Elk Lake. Elk Lake is not only home to a vibrant local rowing scene, it's also the home of the Canadian men's international rowing team. Rowing is Canada's most successful summer Olympic sport, and much of that success has emanated from Elk Lake.

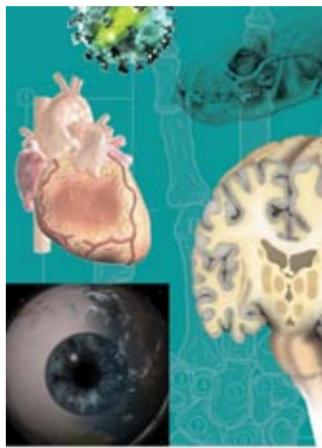
Benefitting from the federal government's investment through Own The Podium, Rowing Canada has qui-

etly developed international renown on Elk Lake. A small dedicated group of athletes and coaches work daily on the lake, relentlessly covering the thousands of kilometres necessary for the pursuit of their Olympic dreams. Up to twenty male athletes are based in Victoria at any one time. Their female counterparts are based in London, Ontario. It's not a requirement to have two separate training centres, more an evolutionary development because the demand for resources along with the additional medical/scientific services required for the whole team is larger than can be supported at one facility.

The Pacific Institute for Sport Excellence (PISE), based at the Camosun College campus on Interurban Road plays a critical role in athlete preparation and training. It's here that sports scientists work to support a number of Canada's national teams;

rowing, rugby, swimming, and cycling are amongst the teams supported by these dedicated professionals. In addition to their time on Elk Lake, the rowers train on rowing machines and in the gym at PISE where sports scientists monitor every physiological change during training. In the world of international sport, every opportunity for progress is considered, measured, tested, and evaluated.

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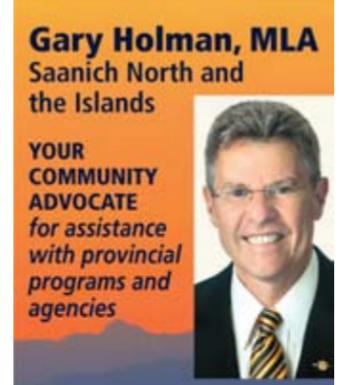
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