



NORTH OAK BAY

COMMUNITY ASSOCIATION

UPCOMING SPEAKER & POTLUCK LUNCH

The Emmanuel Baptist Church, through Pastor David Dawson, has again kindly offered to provide meeting space and to provide soup. We call it a pot luck luncheon because quite a few community members like to contribute some baking or other finger food, but this is not a requirement for attendance.

AGING AND LIFELONG HEALTH

A presentation about the scope of research, and community relevance of studies on lifelong health and aging. This will be of interest to all age groups. There will be sufficient time to meet neighbours and for questions and answers.

WHEN: Saturday Jan. 27
TIME: 12:00 Noon

WHERE: Emmanuel Church.
SPEAKERS: Dr. Scott Hofer & Lois Holizki



Dr. Scott Hofer is the director of the UVic Institute on Aging and Lifelong Health, and Professor and Harald Mohr, M.D. and Wilhelma Mohr, M.D. Research Chair in Adult Development and Aging in the Department of Psychology. Scott is an expert in longitudinal research, focusing on aging-related changes in cognitive and physical capabilities, the identification of lifespan factors and health-related causes underlying change in functioning, and evaluation of differences across birth cohorts and countries.



Lois Holizki is the manager of the UVic Institute on Aging and Lifelong Health. As the manager, she gets to marry her interests in numbers, research and people. Lois especially enjoys research of an intergenerational nature and spearheaded the University of Victoria's bid to become an Age-Friendly University.

Block Watch News

Donna Dowling

On November 24, 2017, the Oak Bay Police Department (OBPD) hosted a dinner for Block Watch Captains and Co-captains. Donna Dowling and Tara Douglas had the pleasure of attending the event. We learned that there are 58 separate Block Watches in Oak Bay, (only 7 in North Oak Bay), and that police continue to find them very helpful in spotting and preventing crimes.

The Chief of Oak Bay Police, Andy Brinton, spoke about how "public safety" now not only includes policing, but the well being of the community, and that a "coordinated approach to problem solving" is necessary. By having a unified commitment through Block Watch, communities can be proactive in promoting safety for themselves, their families, and

their neighbours, and reduce the opportunity for property offences.

If you are interested in joining a Block Watch, or in starting one for your street, please contact Donna Dowling at donnadowling@gmail.com, or you can contact Rebecca Cobb, the Block Watch Co-ordinator at OBPD, directly at obblockwatch@oakbaypolice.org, or (250) 592-2424.

Belonging to a Block Watch is easy, and helps you to get to know your neighbors a little. It's simply a communication chain with a block map of names, numbers, and addresses. Neighbours keep a look out for each others homes and report suspicious activity to each other and to police.

<http://oakbaypolice.org/community/block-watch/>

The OBPD would also like to remind everyone to please ensure that your house number is visible from the street!

PRESIDENT’S MESSAGE

Pieter de Groot

On behalf of the NOBCA executive, I would like to wish all North Oak Bay community members a happy and healthy New Year! I also hope that it will be a year in which you experience a sense of belonging to your street, neighbourhood and larger Oak Bay community, and feel that you live in, and are an active part of, a caring community. There are many people who actively contribute to their North Oak Bay community’s wellbeing by helping out in one way or another. This might include shoveling snow for an elderly neighbour, picking up a neighbour’s mail when they are absent, doing minor repairs, lending a ladder, or driving a neighbour to an appointment, or delivering NOBCA’s quarterly newsletter to about 50 houses*. Without the latter volunteers it would not be possible for NOBCA to reach every household.

In the previous paragraph I used the words “belonging” and “a caring community” because they underpin much of what NOBCA works towards. That we are not alone in our efforts is reflected in the Victoria Foundation’s Vision of achieving: “A vibrant, caring community for all”. When community members have a sense of belonging, it often means that they have strong connections and relationships with their neighbours. For some this happens quickly, for others it takes a longer time.

A 2014 report by the Victoria Foundation reports that definitions of “belonging” vary, but all come back to the essence expressed in the following: “Belonging is about feeling an accepted and contributing part of a community... strong relations, a sense of engagement and a desire to contribute define what it means to belong ... strong relationships are a common denominator for belonging, as is a sense of engagement”. My early career’s work experience as a consultant in the preventive social services area, as well as other community involvement has made me aware that many community members are very willing to contribute actively to their community’s betterment, but often do not know how to get involved.

*NOBCA relies on a cadre of 14 volunteers who each deliver our quarterly newsletter to approximately 50 houses. Without them we would not be able to connect with all our community members.

This is also characteristic of urban communities where newcomers are more likely to initially join “a community of interest” type of organization, such as a golf or chess club, rather than become involved in a neighbourhood organization. The flip side is that community organizations do not know who is able and willing to get involved. This also applies to NOBCA which currently only has anecdotal information about the needs and aspirations of the North Oak Bay community. That is why during the next few months, we will work to develop a short community self-survey instrument to obtain feedback from as many residents as possible about issues, needs, shortcomings and advantages of our community. I am probably stating the obvious, but even responding to a community self-survey means making a positive contribution to one’s community betterment.

While North Oak Bay is always a community in transition with (often) older residents moving out and younger families or couples moving in, by and large we are not a

“younger” community consisting largely of young couples and families with children who soon get to know each other through their children’s relationships. Our older daughter lives with her family in a new neighbourhood in Squamish - many families there get together for social events, block parties and an

amazing Halloween treasure hunt in the woods for dozens of children. In North Oak Bay, new younger families have less chance to meet each other because their children do not go to the same local school, as used to be the case when the Uplands Elementary School was in existence. We do not know whether parents of younger children would be interested in getting to know each other, and have their children know other children in our community. NOBCA would be pleased to help facilitate a Spring “meet and greet” get together of younger families. (This could be held at the Emmanuel Baptist Church, which has offered its kids’ friendly space for such events). We also know of older residents who would be pleased to get to know a younger family in the community. Please e-mail us your thoughts about younger family and inter-generational connectiveness.

I would like to end with a quote, indeed aspirational message, from Adrienne Clarkson, Canada’s Governor General from 1999-2005:

We are most fully human, most truly ourselves, most authentic individual, when we commit to the community. It is in the mirror of community - the street, the neighbourhood, the town, the country, that we find our best selves.

NOBCA Executive

Pieter de Groot	President
Tara Douglas	Vice President
Pete Rose	Treasurer
Roger Kitson	Newsletter
Jason Khehra	Website https://northoakbay.ca
Email	northobca@gmail.com

These lights look great in colour - check them out on our web site northoakbay.ca/newsletter/



Christmas Lights

Pete Rose

For the last 20 years I have lived in North Oak Bay, I have always enjoyed the Christmas lights and display at Bill and Joyce Nicolson’s house at the corner of Cardiff and Redwood Avenue. Recently I had the pleasure of talking to Bill about living in north Oak Bay and the evolution of their Christmas light display.

They purchased their lot in 1959 and moved into their newly built house in 1961. The first string of lights went up that year, and slowly increased over the years until they reached the pinnacle in the early 2000s when they won twice the best Christmas light display for greater Victoria. Bill, trained as a mechanic, is a craftsman, and over the years his creative talents emerged in his Christmas lightening displays. This was a family affair, as his son helped him build displays, and the family is included in the whole process of making, putting up, and storing all the decorative pieces. My favourite piece over the years is the two moose built out of plywood that Bill constructed long ago from a pattern in a magazine. I smile every year when they go up on his lawn. I also loved seeing Bill’s old cars in the display. Bill is a member of the Model A Club and I enjoyed seeing his Model

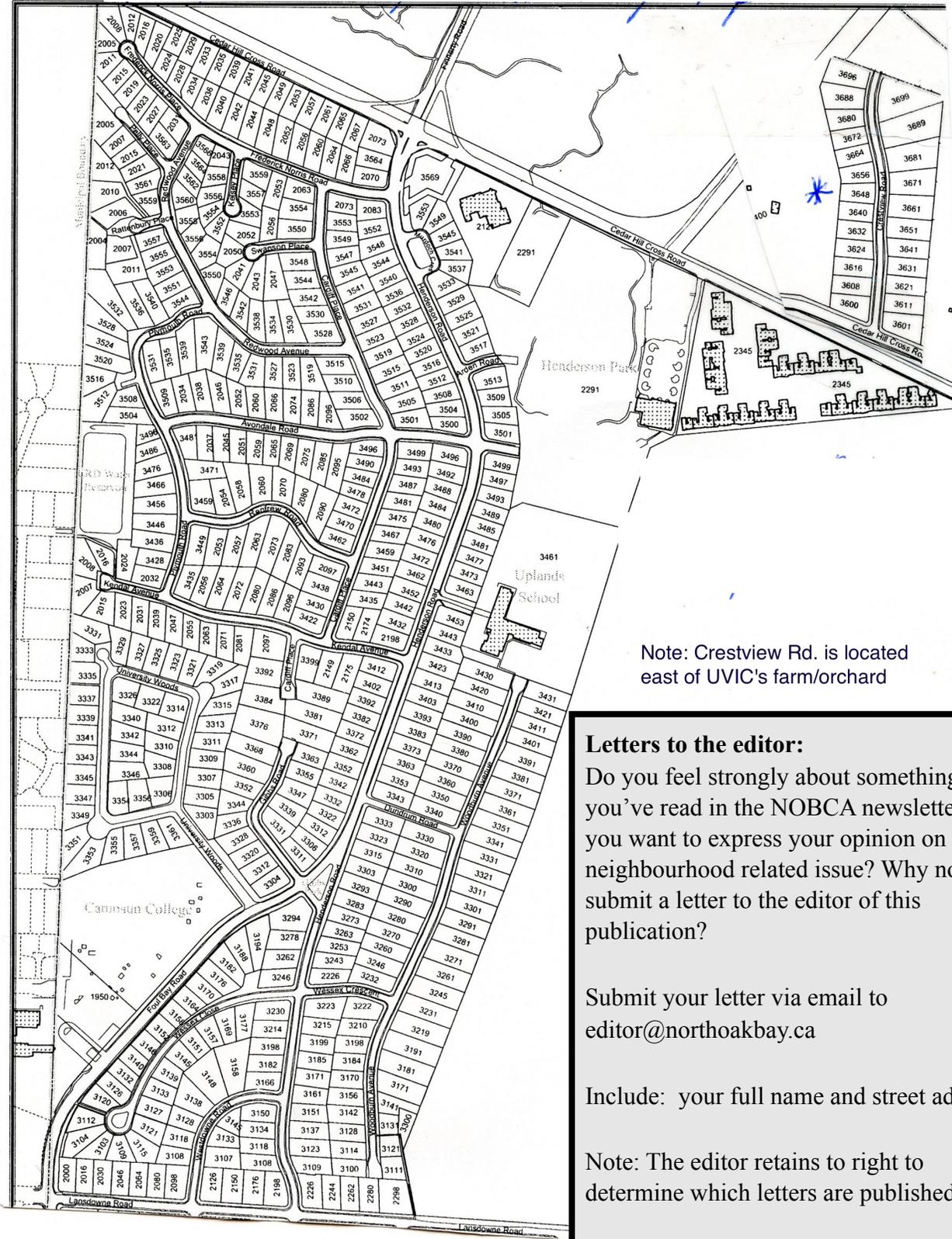
A pickup covered in Christmas lights and being driven by his daughter’s large Panda bear.

The Nicolson’s love Christmas as displayed by their beautiful creche seen inside the house, along with their village of miniature snow covered houses on their mantelpiece. This year we almost did not see their Christmas display, as they like the rest of us, are aging, but with the encouragement of their daughter the wonderful display went up again for 2017. This year’s display was great, but certainly not up to the level of the early 2000s when everyone had more energy to put into putting up those large pieces of sculpture. I remember the long displays of cars slowing down to look at the display, but I still see cars slowing down, and children exclaiming in wonder at all the lights. Bill’s son, who lives in Gordon Head now has the large pieces from past years, and is carrying on the tradition of putting on a good show for his neighbors.

Bill tells me he puts on the display for the community to enjoy and to celebrate the spirit of Christmas. And I, as a neighbor, love and enjoy Bill and his family’s creativity as the Christmas display brings a sense of joy as the lights shine brightly over the dark chilly evenings before the celebration of Christmas.



North Oak Bay Community Map



Note: Crestview Rd. is located east of UVIC's farm/orchard

Letters to the editor:
Do you feel strongly about something you've read in the NOBCA newsletter or, do you want to express your opinion on a neighbourhood related issue? Why not submit a letter to the editor of this publication?

Submit your letter via email to editor@northoakbay.ca

Include: your full name and street address

Note: The editor retains to right to determine which letters are published.