**CALENDAR OF EVENTS**

**Cedar Hill Arts and Recreation**
See article on page 3 for of upcoming Arts and Recreation events at Cedar Hill Rec Centre

**Sept 23 – QCHCA General Meeting**
See article on page 2 for details. Cedar Hill Rec Centre, Seniors’ wing – 7:00 pm

**Playfair Park Invasive Pulls**
See Our Parks news update article on page 3

**Oct 25 –Bowker Creek clean-up**
Bowker Creek behind Cedar Hill Rec. Centre - 9:30 to 12:00. See article page 3

**Nov 6 – QCHCA All Candidates Meeting for the Municipal Election**
See articles on page 2. Garth Homer Centre, 813 Darwin Ave. - 6:30 pm

**Nov 15 – Municipal Election Day !!!!**

**Nov 25 – QCHCA General Meeting**
Cedar Hill Rec Centre, Seniors’ wing – 7:00 pm

**Dec 11 – QCHCA Christmas Party**
Cedar Hill Golf Club – 6:00 pm. $25/person (pay at the bar), half price for 12 and under.

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**A FABULOUS summer.....**

**John Schmuck – President’s message**

Our community has enjoyed a wonderful summer. On behalf of the Quadra Cedar Hill Community Association, I am happy to bring you the fall issue of Community Roots in which we look back on the great events we have sponsored through this period. This issue of Roots also provides a look forward to coming events in the fall and winter seasons including the Saanich Municipal election, our all candidates meeting on November 6th, and our QCHCA general meetings on September 23rd and November 25th as outlined in the Calendar of Events.

The primary purpose of our association is to advocate and to work for our community to make it an even better place to live. Please consider getting involved as described in the Membership section of this issue. Your participation makes all the difference.

Highlights for this summer include:

**QCHCA Playfair Picnic:** Our annual picnic was held under sunny skies with record numbers attending including all the children who came to enjoy sports events, the bouncy castle, hot dogs, soft drinks and tug-of-war event. Please go to our website www.qchca.org for pictures of the event. Many thanks to our sponsors: Thrifty Foods at Cloverdale and Saanich Center, Megson Fitzpatrick Insurance, Bank of Montreal Cook & Quadra Branch, Saanich Parks & Recreation, Bay Shoreline, Noble Car Buyers, Hansbraun Investments, Seaspán International, Braefoot Park Association. Special thanks to Dennis Sanders for his invaluable contribution every year and to all the volunteers who make this event so enjoyable.

*Cont’d page 2........*
A Fabulous Summer: Continued from page 1...

Music in the Park: QCHCA sponsored two performances at Rutledge Park and our first joint event at Braefoot Park. Enthusiastic attendees enjoyed great music and beautiful park venues. Many thanks to our sponsors Ron & Betty Otke, Saanich Parks & Recreation, Mega Power Installations, Saanich Legacy Foundation, Thrifty Foods, Remax Camosun, Capital City Lions Club, and Tim Hortons. Special thanks to our volunteers and to Chris Bartlett, our coordinator for this year’s events.

Saanich-wide committee involvement: The on-going work of QCHCA as representatives of our community continues on the Bowker Creek Initiative, Shelbourne Valley Action Plan, UVIC Community Association Liaison Committee, Saanich Community Association Network, Friends of Blenkinsop Creek and Friends of Cedar Hill Park.

Saanich Municipal Election: The municipal government has the most direct effect on our lives in Saanich through all the services it provides and the broad direction it establishes for the community. We applaud the citizens who put themselves forward as candidates; it’s a tough job with modest financial reward.

It’s in the community’s interest that voters select those candidates best able to guide our municipal government. To this end, your Quadra Cedar Hill Community Association will be hosting the All Candidates Meeting at 6:30 pm on Thursday, November 6th at Garth Homer Centre auditorium and we encourage you to attend. Please see the Saanich Municipal Election article summarizing the current election status on this page. Make your vote count on November 15th!

QCHCA General Meeting
Next General Meeting is September 23rd at 7:00 pm, Cedar Hill Park Recreation Centre, Seniors’ wing.

Speaker: Cory Manton, Saanich Parks and Recreation
Cory will provide an overview of the new Tree Protection Bylaw. He will also introduce the Pulling Together Program for volunteers working in the municipal parks in Saanich to remove invasive species and restore park natural areas.

In memoriam – Jim Bates
We mourn the loss of long time QCHCA member Jim Bates who passed away in June 2014. Jim was a huge supporter of all our association activities and he will be sorely missed. We extend our sincere condolences to Jim’s wife, Pat, and family.
Cedar Hill Arts and Recreation

Francine Mooney: What’s new……..

The Arts Centre at Cedar Hill invites you to the following events and classes. For more information visit www.cedarhillarts.ca or call 250-475-5557.

Arts Sampler Week Sept. 8-14: Sample free of charge a selection of upcoming classes – ceramics, painting, drawing, dance and music!

Fall for the Arts Expo Sat. Sept. 13 12-5pm The Arts Centre & the Community Arts Council of Greater Victoria invite you to explore what the arts have to offer in Victoria. Includes displays, demonstrations and Paint in the Park!

Pottery Sale November 22, 11:00am-3:00pm: Our popular Annual Pottery Sale returns this year! Join us at the Arts Centre and see works available for purchase, created by our studio artists and instructors.

The Recreation Centre at Cedar Hill has the following events and classes:

Watch professional and amateur tennis players from around the world at The 5th Annual South Island Indoor Challenge - October 14th – 20th. Qualifying Draw -free viewing, October 14-15; Main Draw October 16-20. Ticket information at www.islandtennis.net

Fitness is important for people of any age and brings enormous health benefits as well as just making us feel great! New for fall……

Tension Release: Learn a series of fluid movements and exercises that release tension in the entire body's connective tissue, or fascia. Join Flo Bongiovanni-Russell Tuesdays Sept 16-Nov 4, 1:15pm- 2:15pm. 8 sessions for $96. Program inquiries call Flo at 250-475-7134.

Dance for Well Being is a new class that brings the opportunities of dance to people of all abilities in a supported and encouraging environment. Move in new ways and release tension through a variety of fun, guided dance movement activities. Adaptable to seated or standing positions; all abilities welcome and no dance experience needed! Wheelchair-accessible. Class starts September 22 and runs until November 3, 1:45-2:45 6 sessions for $55.

Check out our new fall classes, our regular programs and registration information: www.saanich.ca

Our Parks… a news update

Susan Haddon:

Cedar Hill Park: Bowker Creek appeared to breathe a sigh of relief as thirty people from Friends of Cedar Hill Park, QCHCA and others spent a Saturday morning clearing out invasive species along its banks adjacent to the Rec Centre. This was the first Saturday clean-up event organized by the Friends in conjunction with Saanich Parks. Our next Saturday clean-up around Bowker Creek is October 25th from 9:30 am to 12 noon.

Our regular park clean-up activities are on Monday mornings from 9am to noon as part of the Saanich Pulling Together program to remove invasive species throughout the park. For more information email: friendsofcedarhillpark@gmail.com

Kings Pond: At the north end of Cedar Hill Park, residents worked hard to save a wetland area from development. This resulted in an agreement between the District of Saanich and Cheenaht Holdings to secure almost 60% of the property at 3745 Ascot Drive for the expansion of Kings Pond Park. The purchase will preserve the wetland and surrounding eco-system for future generations. A restoration plan will be developed by Saanich staff with the participation of the community and the Quadra Cedar Hill Community Association.

Blenkinsop Creek: Friends of Swan Lake Watershed organized several guided walks along Blenkinsop Creek in June with a park steward to learn more about the creek and riparian area and identify restoration opportunities. Swan Creek and Blenkinsop Creek, with Swan Lake in the middle, flow into the lower Colquitz Creek system. The Friends group is focused on stewardship of the watershed area and developing a restoration plan including an integrated storm water management plan for the Swan Lake Watershed. An update on the restoration plan was presented at the June meeting of the Saanich Community Association Network (SCAN).

Playfair Park: QCHCA will continue its on-going efforts to remove invasive species from Playfair Park on Monday, September 29th and November 17th and Saturdays: Oct 18th; Oct 25th; Nov 1st; 8th; and 22nd. Please email John Schmuck johnschmuck@shaw.ca for more information.
Your membership contributions allow us to publish this newsletter and to bring many other services to our community including our website, annual events (Picnic, Music in the Park, general meetings, park clean-ups, etc.) and advocacy to Saanich Council, Administration and all the other community groups active in Saanich.

Please support your Association’s work through your continuing membership. Please tell your neighbours about the Association and encourage their membership. Join or renew your membership by completing the form below and mail it with your membership fee, to me at the address indicated on the form. Alternatively, bring the form to the General Meeting on September 23rd.

Many thanks to the 200 members who have already renewed this year!

Sincerely,
Rikki Bowman, Membership
250 382 6197 email: rikkij@shaw.ca

QCHCA Website... needs your help

Kevin House: QCHCA Webmaster

The Association’s new website www.QCHCA.org has huge potential as a relevant and usable resource for our community. We are always seeking new content, short articles and ideas and we welcome community-oriented groups to have their events included in our web event calendar. Please contact Kevin House (kevin.house3003@gmail.com)

QCHCA Membership Report

Rikki Bowman: Membership

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Sincerely, Rikki Bowman, Membership
250 382 6197 email: rikkij@shaw.ca

Community Roots Newsletter...

Is published by the QCHCA twice annually in the Spring and Fall. Please contact the Newsletter Chairs as noted above if you have suggestions or contributions. Many thanks to the Island Print Group and Aristos Mail and to all our volunteers who bring Community Roots to your mailbox.

QCHCA Membership Application and Renewal Form

Name........................................................................................................................................................................
Address......................................................................................................................................................................
Postal code...............Phone .........................Email ......................................................................................................
Area of special interest? .................................................................
Membership fee is $10 per person per year. Payment enclosed $..................................................

Please send completed form and payment to: QCHCA c/o Rikki Bowman, 4 - 1164 Palmer Rd, Victoria BC V8P 2H6