



## SJNA Meeting—AGM

Tuesday June 7 @ 7:00 pm  
On-Line Zoom Meeting

1. Update from City Staff and Council Liaison
2. Report from Treasury
3. Community Coordinator Hiring
4. Year in Review - SJNA President
5. New Board Elections
6. CALUC Election
7. Bank St. School Update
8. Get Growing & Gardening Update
9. Parkfest Planning
10. Goals for 2022/2023

If you would like to attend, the Zoom link will be posted soon on our website <https://southjubilee.ca/> under “Next SJNA Meeting” and on our social media accounts.

## Get Involved!

The SJNA annual general meeting is coming up on June 7. A few people are moving on from their time on the board, so we are looking for new people to join the team that manages our small neighbourhood association. Time commitment is approximately 1 or 2 hours per week.

Are you a person who loves building community, and making the area you live in a more vibrant part of the city? We would love to have you join the board (elections will be held at the AGM when more than 1 person is interested in a position) and/or one of our active committees for Community Land Use Committee, Greening Committee, Redfern Festival Committee, Bank Street School Redevelopment Committee, as well as new committees we hope to start up to take on new projects. You can either email the board in advance to express your interest ([board@southjubilee.ca](mailto:board@southjubilee.ca)) or just participate in the June 7 meeting,

Our neighbourhood association gets stronger with your involvement! ~ Murray Gudmundson



**Get Growing** is back for another year, thanks to the City of Victoria.

Free vegetable seedlings will be available for pickup. There's a list of what vegetables are available on our website at <https://southjubilee.ca>

There won't be any soil or mulch available this time.

Staff from the [Compost Education Centre](https://compost.bc.ca/) (<https://compost.bc.ca/>) will be there to answer any questions.

Date: **Saturday, June 4**  
Time: **11am - 2pm**  
Where: **Bank Street School Parking Lot  
(Corner of Leighton and Bank)**

Bring a container to carry your seedlings. No registration required. Hope to see you there!

### Next Neighbourhood Recycle

**Saturday, June 11th 10am—noon**  
**Bank Street School parking lot**  
(Bank Street +Leighton).

Go to <https://southjubilee.ca/recycling> for updated list of accepted materials. Payment is by donation.

After about 18 months of construction and renovation **Papa John's** and **Togo Sushi**, both on Fort St at the end of Davie Street, are near to opening. Should be soon as rumour is all they need is an occupancy permit from the City of Victoria.

## How to Cope with Bad News

If war, cost of living and climate change are straining your mental health, try some of these ideas.

- 1. Put the kettle on** - Tea may lower levels of the stress hormone cortisol.
- 2. Manage your media diet** -Doomscrolling through social media or watching endless news is best avoided. Limiting news consumption is advisable.
- 3. Take positive action**—Focus on positive action you can take to break out of powerlessness and stasis, even if it's just a small thing.
- 4. Breathe deeply**—A deep breath triggers part of the nervous system, lowers cortisol and adrenaline, and raises oxytocin and dopamine
- 5. Activate your brain**- Activating the brain to move past bad news and towards a solution, or positive response, is key.
- 6. Mindfulness over matter** -We are hardwired to read the worst into bad news and leap to unhelpful assumptions. You can find comfort, connection, even joy in difficult times. With a growth mindset, you can come through terrible situations.
- 7. Sleep on it** -When we sleep, memories from the day are processed and moved from our emotional to our narrative mind. We can then think about them and make decisions using the intelligent part of our brain.
- 8. Shake it out** - Our innate bodily reaction of shaking or trembling in immediate response to trauma should be encouraged. We should trust our body wisdom.
- 9. Prepare for aftershock** - Response to bad news may not always be as instant, or as visible, as a case of the shakes. You don't always have to keep soldiering on, and can allow yourself self-compassion.
- 10. Talk about it** -Reaching out to friends and family for support, or finding professional help helps us avoid falling unhealthy coping mechanisms.

Excerpted from Positive News <https://www.positive.news/society/media/how-to-cope-with-bad-news/>

## CALUC News

**1900 Richmond**—Milliken Developments are the developers and joint owners, with Amica Senior Lifestyles, of the under construction seniors' care community (125 suites of assisted living and memory care) at Fort and Richmond. They expect construction to be complete by July, 2023.

They are now proposing 'Phase 2' consisting of a six storey 88 unit independent living building on Ashgrove Street, a residential street where the proposal would remove 4 houses. It would connect with the building currently under construction. Community meeting date to

be determined.

**1514-1520 Foul Bay** — The planning department's Design Guidelines suggested the developer explore street facing townhouse units. In some locations this makes good sense. The developer put in considerable effort, hiring architects and engineers, trying to make the project street facing. However, in the end, engineering challenges of driveway grade and safety of sidewalk pedestrians unique to this site made it untenable.

The challenges resulted in increased costs making the units much less affordable. The developer is reproposing the original Zebra design with some adjustments recommended by planning staff. The Zebra design offers 8 units instead of 5 and more directly addresses the needs of reasonably priced "missing middle" the city is seeking.

In discussions with the neighborhood, the feedback was very positive toward the Zebra design that can be seen at [https://southjubilee.ca#Foul\\_Bay\\_Orig](https://southjubilee.ca#Foul_Bay_Orig)



## Jubilee Resident's New Book Gets Nod

"It's a lovely book. An affirmation of life and all of Nature," said actor Alan Arkin

During the pandemic, local resident Wayne Foster spent hours everyday writing a book on the wonders of nature and human connectedness called *Being Connected: Finding Your Self in the Beauty of Nature*.

"The sheer beauty and connectedness in nature were incredibly inspiring to discover," said author Wayne Foster. "We are much more connected than we think."

A few of the nature photos came from Victoria-based Neil Dickie, Murray Sharratt and Hinda Morris.

The book is available at Bolen's Hillside and Ivy's Books on Oak Bay Avenue. You can see a video trailer of the book and get the author to sign one at [www.beingconnectedbook.com](http://www.beingconnectedbook.com)

Proceeds go to a charity.