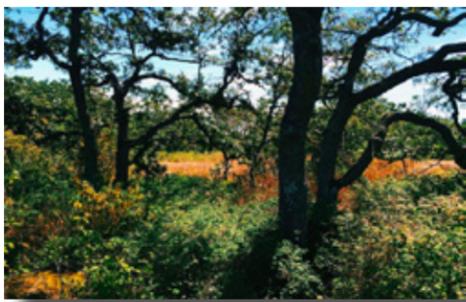


A Community Mapping Project

This community map was developed in cooperation with the Oak Bay community and the University of Victoria as part of my undergraduate Sociology honours thesis. The aim of the project was to highlight intergenerational assets within Oak Bay, Victoria. I decided to follow the community engaged stream because I wanted to go about this work *with* the community of Oak Bay, and through this work produce a resource that would be useful for the community.

Intergenerational engagement promotes community cooperation through purposeful and mutually beneficial social connections across different age groups. It is getting to know individuals from different cohorts within a community on a deeper, more personal level. With the support of local leaders, I used surveys, publicly accessible information, and my own personal engagement in intergenerational activities to investigate the potential benefits the 18 highlighted assets offer. The benefits people obtain from intergenerational engagement and sharing include making friends, learning new skills, exchanging culture, and obtaining social support.



Uplands Park

Additionally, this project is a response to the Oak Bay Age-Friendly Action Plan recommendations to promote the use of intergenerational spaces and to address social isolation and age segregation that may occur within Oak Bay.

Intergenerational Highlights

The following organizations are examples of a few intergenerational and age-friendly activities that occur within the Oak Bay community.

Memory Café: Meet the residents of Oak Bay Lodge at their memory café. This program is organized by the Greater Victoria Eldercare Foundation in partnership with Oak Bay Rotary Club, Oak Bay High School, and the University of Victoria. Here you can connect and share stories and memories over warm tea and coffee. Additionally, you can work on a joined art project that will be showcased in the 'Remembering Our Canada' event.

Friends of Uplands Park: FOUP is a volunteer organization, partnering with Oak Bay Parks, that provides opportunities for stewardship, education, and inspiration in Uplands Park. As a volunteer you can work on the removal of invasive plant species and replant native species in the globally endangered Garry Oak Ecosystem, and attend bird walks, public education programs, and participate in celebrations such as Camas Day and Tree Appreciation Day. This allows the community to reconnect with the environment through hands-on education and its restoration. Make new friends and experience the happiness and spirituality that comes with being outdoors.



Bowker Creek Brush-Up: The Oak Bay Community Artists Society hosts this annual event that features over 40 prominent artists demonstrating their artwork, trading their secrets, and sharing their passion for the arts. Aspiring artists or art-intrigued families can meet artists, learn new skills, purchase artwork, and take a stroll along Bowker Creek.

Intergenerational Activities in Oak Bay

Oak Bay's heterogeneous age population lends to the possibility of everyone benefitting from intergenerational sharing. Oak Bay is a culturally vibrant and socially active community. It is home to numerous art studios, natural parks, beaches, recreational centres, and annual community events. The ability for these spaces to provide age-friendly and socially inclusive atmospheres makes them the perfect opportunity for fun intergenerational engagement. Youth, families, and older adults meet one another through their involvement in art projects, lawn bowling, knitting workshops, volunteer work, and annual events. The 18 activities featured in this map do not encompass the entirety of age-friendly assets in Oak Bay, but highlight a few intergenerational opportunities of interest to the community.

My personal engagement in the intergenerational community has been a rewarding and valued experience. In the process of this project, I had the opportunity to meet new and interesting people, make friends, engage in new opportunities through these friendships, and develop a deeper connection to the community. I also learned new skills and got the opportunity to share this experience with others. Through public knitting nights at Hide + Seek Cafe, I got to share the current projects I was working on with others and receive advice and support from local knitters. This was the perfect place to make new friends with similar interests. Most importantly, I have learned that feelings of belonging and inclusion are strengthened through intergenerational community participation.



The Community Association of Oak Bay: For those looking to contribute to their community and to get to know their neighbours, the CAOB offers a variety of age-friendly events. These bring people together to learn about public issues, participate in community health and sustainability, and engage positively in a way that brings fun social and cultural vibrancy to the neighbourhood. Socialize, meet new people, add to a sense of belonging, and develop community connections with all ages.

Acknowledgement & Thanks:

We acknowledge that the land on which we gather is the traditional territory of the Coast and Straits Salish Peoples. Specifically, we recognize the Lekwungen-speaking people, known today as the Songhees and Esquimalt Nations, and that their historic connections to these lands continue to this day. I would also like to recognize how this research is the product of my participation in a colonial educational institution, and the power that comes with that.

I would like to thank everyone for their extensive help, cooperation, involvement, and guidance throughout:

Supervisors: Dr. André Smith (Department of Sociology) and Rhianna Nagel (Community Engaged Learning Coordinator)

Jaime Cassels Undergraduate Research Award

The Oak Bay community: All the organizations who participated, and Jill Croft for her endless support and permission to use the Oak Bay Community Green Map as a base for this project.

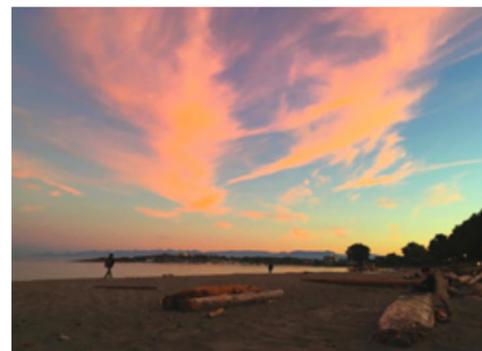
UVic Community Mapping Collaboratory/ Geography department: Ken Josephson

Photography: Julia Coley



A History of Community Mapping in Oak Bay

The Oak Bay Community Green Map was developed in 2012 in collaboration between the UVic Community Mapping Collaboratory and the Community Association of Oak Bay. The Green Map was designed to capture Oak Bay's natural and cultural heritage through the eyes of active citizens and neighbours. The Green Map highlights local assets, natural sites, noteworthy ecosystems, walking and bicycling paths, and culturally significant locations.



Willows Beach

This project could not be completed without the help of the original Oak Bay community mappers, who have kindly allowed me to build off their work. This map acts as an extension of the Green Map, but with an intergenerational focus. For more information in regards to the Green Map initiative, visit <http://crdcommunitygreenmap.ca/>

Similar to the Green Map, this project highlights natural green spaces, cultural organizations, and lively community spots – with this map focusing on all of those that are age-friendly. This project has been designed to promote the use of these spaces in order to facilitate the positive outcomes that are associated with intergenerational sharing and connections.



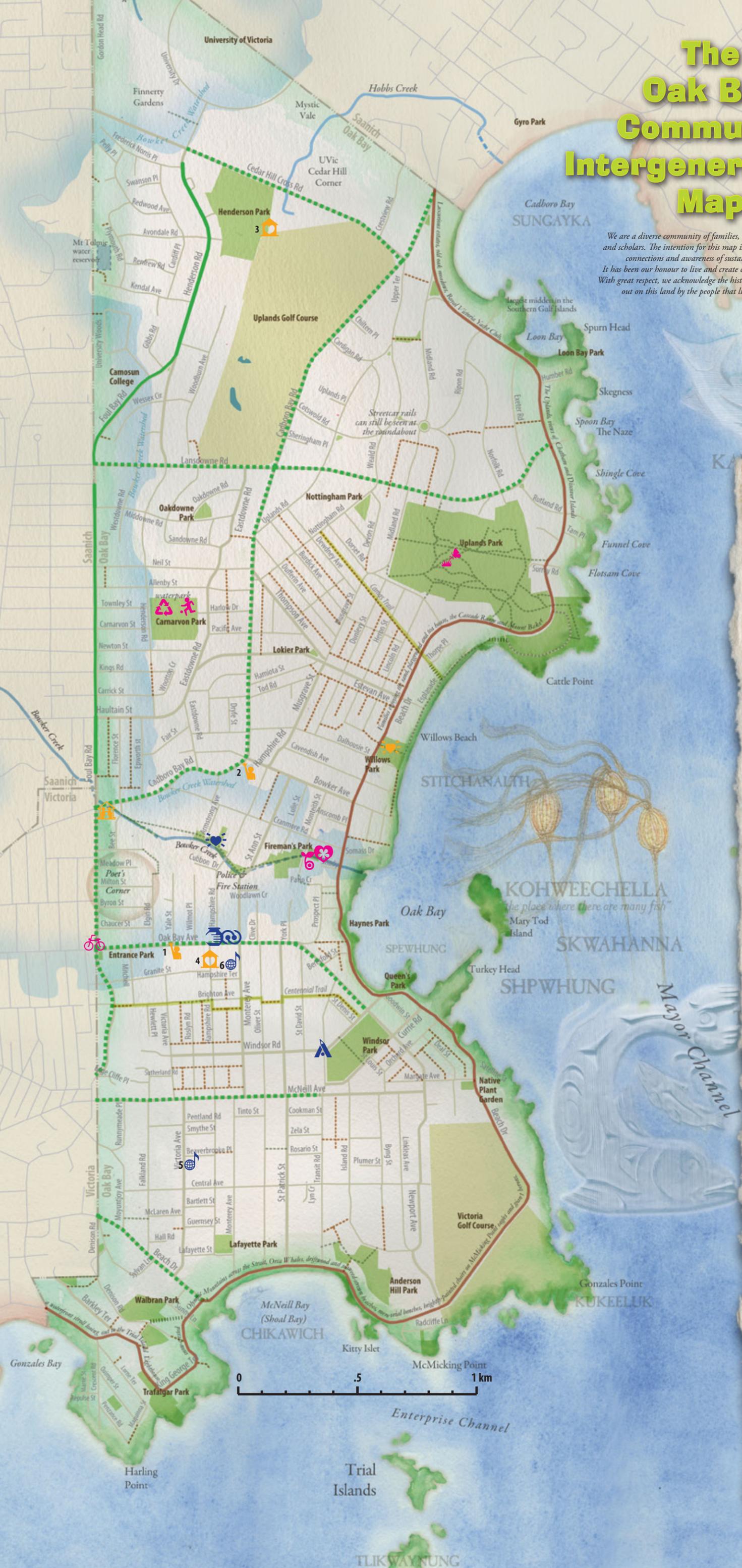
The Oak Bay Community Map: Age-Friendly Activities & Events



The Oak Bay Community Intergenerational Map



We are a diverse community of families, elders, artists, students, and scholars. The intention for this map is to promote community connections and awareness of sustainable initiatives. It has been our honour to live and create community on this land. With great respect, we acknowledge the history and traditions carried out on this land by the people that lived here before us.



Mapped sites

Community and Heritage

- 1 Oak Bay Volunteer Services
2167 Oak Bay Ave
- Oak Bay Tea Party: annual event
Willow Park (Beach Drive)
- Community Association of Oak Bay
138-2017A Cadboro Bay Rd
- 2 Oak Bay Lodge: memory cafe
2251 Cadboro Bay Rd
- 3 Henderson Recreation Centre: sport drop-ins & family-fun gym time
2291 Cedar Hill X Rd
- 4 Monterey Recreation Centre: adult workshops
1442 Monterey Ave

Outdoor Activities

- Friends of Uplands Park
Uplands Park (Beach Drive)
- Allotment Gardens
Monteith St (across Fireman's Park)
- Oak Bay Green Committee: recycling initiative
2801 Henderson Rd (Carnarvon Park)
- Monteith Indigenous Plant Area
Monteith St (next to allotment gardens)
- Carnarvon Lawn Bowling Club: public bowling
2190 Harlow Dr (Carnarvon Park)
- Oak Bay Bicycles: group rides
1990 Oak Bay Ave

Arts and Culture

- Bowker Creek Brush-Up: annual event
Bowker Creek (Hampshire Rd & Armstrong Ave)
- 4Cats Art Studio
2201 Oak Bay Ave
- Oak Bay Art Club
2451 Windsor Rd
- Hide + Seek Cafe: public knitting
2207 Oak Bay Ave
- 5 Oak Bay Music Society
2189 Beaverbrooke St
- 6 WeJam: annual event
1442 Monterey Ave (Monterey Recreation)

Transportation

- Separate Bicycle Lanes
- Marked Bicycle Route
- Lanes
- Stairs
- Trails

