



COMMUNITY WELLNESS SOCIETY

VISION & INTENT



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ENVIRONMENTAL ACTION
HEALTH & WELLNESS

PORTFOLIO

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THE ACTIVITY OF DESTINY

Our population increases, our needs change, now is yesterday's future. Welcome to NOW!

Sifu Moonfist

Sooke Moon Wellness Community Society

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ALL-AGES ATHLETIC WELLNESS & COMMUNITY CENTRE YOUTH CENTRE – SENIORS CENTRE

*The Single Most Concrete Statement of Intent for Seniors,
Young People and Sports Enthusiasts in Sooke*

A proposal for the construction and operation of the Sooke region's first multi-purpose, centrally located "All Ages Athletic Wellness & Community Centre" featuring a central practice and teaching space for a variety of disciplines, including martial arts, aerobics, yoga and more taught by area instructors. Other affiliated component areas will now include separate, purpose-built activity centres for young people and adults aged 55 and older.

"Southern Vancouver Island – wow! Our community is growing and significant. I have a vision that is practical and realistic. Its intent is to bring increased vitality, health and wellness to people of all ages in town. The project is in the early planning and discussion stages. It will be in the Town Core and will provide seven-days-per-week service to two underserved groups – namely teenagers and adults aged 55-plus – who need a central spot to get involved in energizing activities and build positive connections and new community.

I'm distributing these initial thoughts and talking points to a few of the many encouraging, supportive members of the community I've spoken to about this project over the last year. Now I'm wondering who among you want to get more fully involved. The message I've heard time and again from hundreds of residents is that a wellness centre that also features Youth and Senior Activity Centres is needed in our Community NOW! It is now happening! ☺

Sifu Koshin Moonfist-Colbert
President, Sooke Moon Wellness Community Society





Our Projects



(i) Wellness Centre Practice Space

This proposal begins both metaphorically and literally with a rock solid foundation, namely a minimum 25' x 45' poured concrete floor. This will be the space for the ***“All Ages Athletic Wellness & Community Centre”***.

This centre will focus on movement exercises and athletic disciplines suitable for a full range of age groups – young people, teens, adults and senior citizens.

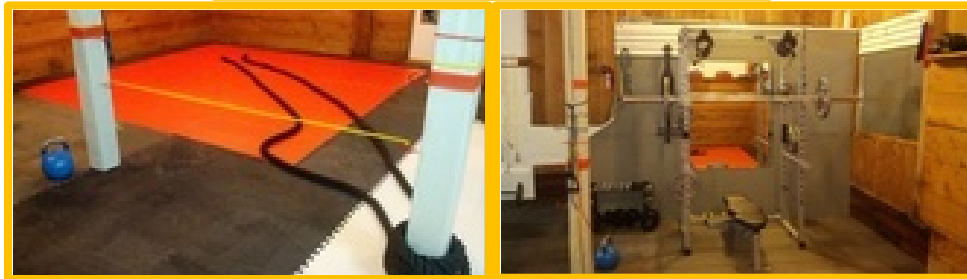
Responsible Athletic Training – No Head Hits Allowed

The following disciplines will be taught in this space: Martial Arts (hard and soft styles including but not limited to Ving Tsun, Qi-Na, Qi-Gong, Tai Chi, Jujitsu, Karate) and a variety of other sports and embodiment practices – aerobics, yoga, meditation, rhythm dancing and the practice of soft moving (aka Waking On Clouds), among others.





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A central, easily accessible location at **the corner of Church and the Sooke Road** is available for the non-profit Wellness Centre and, hopefully, Sooke's first purpose-built youth and senior centres.

The goal is to provide a full schedule of activities throughout the week – all ideally within walking or biking distance for many residents in Sooke's evolving downtown core.

Please note that this space will add to the range of athletic activities available to residents and will even complement existing independent businesses providing fitness and wellness activities in town.





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(ii) Sooke Youth and Senior Centres

With health, wellness and community spirit at its heart, this project can be expanded in a number of directions that fills existing needs in Sooke.

This includes two of Sooke's most significant shortfalls at the moment: separate, purpose-built community centres for young people and adults aged 55+. Given the town's size and tax base this is not surprising nor unprecedented. Yet with the District of Sooke growing at a steady clip, youth and senior centres are inevitable and needed. They will serve local residents, dramatically improve essential services and make Sooke more appealing to potential newcomers.

Through a modular building plan and a variety of strategically built common-use areas, the project is capable of serving the needs of each of its component parts.

Sooke Moon Wellness Community Society intends to work closely with such groups as the Sooke Youth Council and various local senior activity organizations during the planning process. This will ensure all parties have a full say in identifying user needs and issues related to construction, maintenance and administration of the centres.

Once building is complete, full control will be passed into public hands for the co-operative use of the various spaces.





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Both candidates for mayor in the 2011 municipal election noted that youth and senior centres were on their long-term list of priorities. There was talk during the election of combining the two centres under one roof – with seniors having use of the facility during the day and young people after schools out. The proposal here intends that these two very different groups have dedicated spaces of their own at all times.



B.C. Pensioners and Seniors Organization

2012 Sooke Region Chamber of Commerce Presidents Choice Award





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Youth Centre

The Sooke Youth Council will be invited to participate in brainstorming ideas for the Youth Centre. It will host activities and amenities tailored for the town's youngsters and teenagers, perhaps within a two-storey design featuring an upstairs loft area. Elements might include a lounge, games room (pool, foosball, ping-pong), a screening room for movies, study and reading areas, and a computer lab.

A dedicated youth centre is important in Sooke. The town lacks a cinema, bowling alley, all-ages concert venue, video arcade and other diversions that teens elsewhere take for granted. This lack of entertainment options is believed by many to be a contributing factor to social problems involving local teens. A well-managed and administered (by adults working with the SYC) purpose-built centre for Sooke's young people would certainly be welcome.

Seniors Centre

The Seniors Centre would be a one-level (hopefully at street level), easily accessible facility also with its own range of amenities (i.e., activity rooms, reading/library corner, billiards room, computer lab, card game area, etc.).

It would operate as a cozy drop-in centre and fill an existing need for such a space. Since 2001, the Sooke Seniors Drop-In Centre has relied on the generosity of the Sooke Volunteer Firefighters Association and have utilized its lounge above the Sooke Fire Hall.

It's generally felt by local seniors that they'd like a purpose-built space of their own. The Canadian population is aging, and Mayor Milne has stated an intention to promote the District of Sooke as an ideal spot for new retirees from other parts of Canada. A modern Seniors Centre will be essential in backing up that message.





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(iii) Tea Shop

A self-sustaining revenue generator for the non-profit Athletic Wellness Centre is an important element in the overall project (with or without the youth and senior centres). A tea shop would be a first in Sooke, which has its share of coffeeshops yet lacks a funkier, Sooke-style version of Silk Road in Victoria or Urban Tea in Vancouver. It would serve hot drinks and baked goods, and serve as a meeting place for users of the athletic centre, the youth & senior centres, and other drop-in, walk-in customers.





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About the Sooke Moon Wellness Community Society

The society was launched in 2010 by Sifu Koshin Moonfist-Colbert. Its mandate and mission:

1. To contribute to environmental enhancements relative to safety and beautification in our community.
2. To act as a point of interaction for members to the community.
3. To promote and provide athletic, health and holistic training.
4. To provide similar and related services as determined by the membership.

The society is guided by a foundational belief in morals, unity, open communications, the spirit of friendship and the need for action right now for the benefit of all beings.

To date, the society is best known for its extensive and dedicated hard work in collecting trash discarded on area roads, parks and school playgrounds. The effort is intended to beautify our roadways and natural environments while also inspiring drivers to think twice before tossing litter out car windows. Moonfist and his colleagues are a familiar sight to area motorists as they work tirelessly on a year-round schedule to collect bags of trash on major and secondary routes. They also sweep potentially hazardous materials (rocks, nails, screws) off the road.

Sponsors, Champions & Supporters in Principle

- * Dave Evans @ Stick in the Mud Coffee House
- * Butler Brothers Supplies Ltd.
- * Mark Ziegler - – retired federal economist and marketing specialist
- * Ken & Mike Winter - SDL - Sooke Disposal Limited
- * Area builders and contractors





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About Sifu Moonfist & the Sooke Moon Boxing Club

Sifu Moonfist has been a resident of Sooke since 2007. Prior to retiring from his professional life, he worked as a network security analyst in Ontario for Bell Security Solutions Inc. in the information technology sector. He was also an assistant general manager in the transportation field and, at the start of his working life, a restaurant sous-chef.



He is president of the Sooke Moon Community Wellness Society and has become known for his roadside clean-up work in Sooke and now all the way to Langford and Colwood. Moonfist ran for council in the last municipal election, finishing with 1074 great votes after living here for only 4 years...

Sifu Moonfist has been involved in Chinese Marital Arts for more than 30 years as part of the Canadian-Cantonese community. His teacher is Sifu Sunny Tang of Toronto, of the Ip Man lineage. Moonfist is a Gold Sash Sifu/Teacher/Master in the traditional Chinese Martial Art of Ving Tsun Kung Fu, Level 6 Master, Coach. He is certified as a Coaches BC Community Coach. He has Vulnerable Sector CRC (criminal record check) Certification from the RCMP.

Moonfist's discipline teaches fighting abilities, is athletic and is safe to learn. His honours include: 1996 Canadian Chinese Martial Arts Tournament CCKSF; and Canadian Chinese Kuo Shu Federation 1st place division champion, chi-sao sticky hands sparring.

Moonfist has taught boxing & Kung Fu in Sooke over the last five years. One of the guidelines he has implemented is that students are no longer allowed to use head shots in their training. Head shots produce concussions, which can seriously affect a person's life, especially a young person. "No Head Shots" will be the rule during training at Sooke's ...

All Ages Athletic Wellness & Community Centre

