

# Central Saanich Community Association



[csca@shaw.ca](mailto:csca@shaw.ca)

September 19, 2020

Dear Central Saanich Mayor and Council:

As an executive member of the Central Saanich Community Association I am writing to express my support with regards to the Central Saanich Community Gardens Society's initiative(s) to bring community gardens to the district.

Community gardens support connecting people to the source of their food, build community, build food security and sovereignty, and provide opportunities for learning. They can provide people with a low income an affordable opportunity to grow their own fresh, healthy food when they might otherwise go without. It also provides residents living in housing without a garden, like apartments and condos, the opportunity to acquire garden space.

People living in residences with gardens will also be provided with an opportunity to expand their capacity to grow food, and to teach their children about community. It will provide ways for people living alone or in isolation to connect and engage with others and can improve their mental and physical health. For those struggling with stress, depression, anxiety and other emotional challenges, research shows that gardening helps improve their health. Physical activity, in general, combined with positive social contact and community engagement through a community garden would benefit members and any visitors of the garden.

I support their dedication to inclusivity; accessibility and their intentions of applied universal design best practises their garden space(s). I believe that this project will have an overall positive impact on the community of Central Saanich and its residents.

I hope that the Central Saanich Council will also support this worthwhile initiative. Like all new initiatives there is always concerns but we will not make our community grow and support our fellow citizens by looking for reasons why



this effort will fail. We need leadership and vision to see how this initiative will succeed and enrich our community. A lot of dedicated effort has been spent to get to this point and all that is needed for a successful outcome is support from our Council.

Yours Truly:

Bruce D Elliot,  
Central Saanich Community Association

