

My Great Neighbourhood Grants Focus on Resiliency

By Gary Pemberton, City of Victoria Neighbourhood Team



In March 2020, COVID-19 was declared a world pandemic and the City of Victoria has taken many important measures to support residents, local business and the not-for-profit sector facing hardship during this time. Victoria's residents have also responded to the pandemic with grassroots initiatives to support each other. Many of the City's neighbourhood associations, community centres and seniors' centres have participated in these actions. The March 1, 2020 spring intake launch of the 2020 My Great Neighbourhood Grant Program was suspended by staff on March 20th due to the pandemic. Subsequently, city staff will be re-opening the program to include a new interim category of Community Recovery & Resiliency to reinforce community actions that support residents due to the impacts of COVID-19, as well as assist in the recovery period. The re-opening of the grant program will begin June 1st and introduce a rolling intake until the end of December.

Examples of what recovery and resiliency proposals could look like include:

- Formation of mutual aid groups at the block or neighbourhood level (beyond Block Watch)
- Engage ongoing neighbourhood response teams to provide tangible and emotional support to isolated individuals (e.g. seniors)
- Create/enhance more recreational opportunities to ease isolation and keep people active
- Create and promote more online connected youth groups/communities
- Support for programming that promotes public health and community conversation
- Design and build more sophisticated placemaking projects that offer both public and separate space

For more info contact Gary Pemberton at gpemberton@victoria.ca.

Some Messages from CRD Environmental Services

BE WATER WISE AND CONVERT YOUR YARD THIS SUMMER

In the dry summer months, water use in the region nearly doubles due to outdoor watering of lawns and gardens. As the most common residential landscape, lawns are the thirsty culprit, accounting for the most excess water use. Unfortunately, about 50% of outdoor water is wasted due to evaporation, improper irrigation design and over watering.

Water wise lawn alternatives like native plant and vegetable gardens can save you time and money, on top of your water savings. Forget mowing and costly lawn treatments. Native plants are adapted to our local climate and wildlife, requiring little to no watering once established and no herbicides or pesticides. They can also create an oasis for local birds, pollinators and beneficial insects.

Vegetable gardens with efficient irrigation use up to 66% less water compared to traditional lawns and provide fresh and delicious food on your doorstep. They also save the energy that's required to transport produce to the grocery store, and then to your home.

Convert areas of your lawn into garden with this quick and easy no dig method:

1. Add a layer of light excluding mulch material such as brown cardboard or three layers of newspaper on to your desired piece of yard. Make sure the cardboard or newspaper overlaps by several centimeters as weeds can sneak through any gap.
2. Water the cardboard/newspaper layer to help kill the grass and weeds.
3. Add a 10 cm layer of lightly patted down compost. Leave an edge of cardboard surrounding your new garden bed to prevent grass and weeds from growing back in.

Now you're ready to plant! Vegetables and herbs like kale, chard and parsley can be planted in the summer for fall and winter harvest. Native plant seeds can be planted in the fall for a spring bloom. Contact your community association for FREE vegetable or native plant seeds from the Capital Regional District.

Extend water wise practices to your lawn and go golden. Lawns naturally go dormant in the summer and will bounce back to green with the fall rains. To stay green, lawns only need an inch (2.5 cm) of water per week, even in the driest conditions.

The Sooke Lake Reservoir, our primary water source in the capital region, supplies over 418,000 people with clean and protected drinking water. The reservoir also provides protection against wildfire events and droughts and supports a vital habitat for many endangered species. Be water wise and convert your yard this summer.

Thank you for your continued water conservation efforts in the capital region.

PREVENT FIRES: KEEP HOUSEHOLD HAZARDOUS WASTE OUT OF THE LANDFILL

If you are doing some clean-up around your home and yard, ensure that you are doing it safely and disposing of household hazardous waste properly. Old chemicals, cleaners or other hazardous products don't belong in the garbage, where they can create serious problems and potentially spark landfill fires. While most of these fires are quickly contained by staff, there's always potential for a fire to grow to an unmanageable level, especially in the dry summer and early fall, before winter rains arrive.

In the capital region, the majority of landfill fires are caused by these items:

- **Household batteries** – These contain heavy metals like lead, cadmium, zinc, manganese and lithium that can be re-used if they're recycled properly. Drop your batteries off for free at one of more than 50 locations across the region that collect these items for recycling – visit Call2Recycle.ca to find the location nearest you.
- **Household electronics** – Electronics that contain most of these batteries are also easily recyclable – both at the Hartland Landfill recycling depot and at various other community sites.
- **Hot tub and pool chemicals** – The only safe place for pool chemicals is in your pool or hot tub. Unused or expired chemicals can be dropped off at Hartland Landfill for free, keeping them out of the landfill and away from potential fire sources.

If you have an item that you are unsure of, simply bring it to the Hartland public drop-off where staff have experience safely identifying and dealing with potentially hazardous items.

To learn where you can drop off these items and many others, visit www.myrecyclopedia.ca. To learn more about household hazardous waste visit crd.bc.ca/hhw.



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Note: Written contributions do not necessarily reflect the opinions of the BGCA or its staff.

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To Advertise

Establish yourself as a community supporter with an ad in your community newsletter.

The deadline to purchase ad space is the 15th of each month prior to the month of publication. Please contact us for current rates.

Contributions

The BGCN welcomes submissions. Submissions are subject to editing as required for clarity and brevity. Please note that submission does not guarantee publication. Contact us for submission guidelines and deadlines.

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About us

Founded in 1991 in response to community need, the Burnside Gorge Community Association provides a continuum of programs and services that strengthen the lives of children, youth and families in Greater Victoria.

Programming includes: a range of childcare programs for ages 3.5 to 11; community and school based youth and family services; housing and asset development supports for youth and families; community recreation and special events for all ages; and a variety of community development initiatives.

As a non-profit organization, we rely on the support of individuals, businesses and partner organizations to continue providing a high level of service to our communities. If you're passionate about the work that we're doing there are a number of ways that you can get involved.

Join our team!

Want to join a fun and dynamic team? BGCA is a great place to work. To see current opportunities please see our website at: <http://www.burnsidegorge.ca/opportunities/employment>

Volunteer!

Do you have some time to spare and a passion for community? We're always looking for volunteers to help out. Current opportunities are listed at:

<http://www.burnsidegorge.ca/opportunities/volunteer>

Become a member!

Are you interested in being a part of our mission? Become a member and take an active role in shaping our community. For more information contact the BGCA directly at:

info@burnsidegorge.ca

Save the Date - Gorge Waterway Cleanup

Our Gorge Waterway Cleanup will be returning on Saturday, September 19th. This event is a great way to give back to our beautiful community by pitching in and helping collect garbage and debris from along the trails, shorelines, and parks in the Burnside Gorge area. We are still finalizing details to ensure a safe event for everyone. Registration information will be available on our website soon. Stay tuned! In the meantime here's a look at years past.



Neighbourhood Rides

In lieu of regularly scheduled events the Bike to Work Society and Greater Victoria Cycling Coalition have designed a series of summer Bike Activities to keep you riding safely despite Covid-19. These activities include:

SCAVENGER HUNTS

These will see you, either riding solo or with members of your household, zipping around a neighbourhood finding notable spots and solving short clues.

DISCOVERY RIDES

Like the scavenger hunts, the discovery rides are neighbourhood based, but follow a suggested route passing by several places of interest around the neighbourhood highlighting different aspects of Victoria's natural and cultural history. The discovery rides are less about testing your knowledge and more about giving you a leisurely ride where you can learn the history of your community.

RIDE THE DISTANCE

These are longer routes ranging in distance from 16km to over 60km, taking you on some beautiful rides around Greater Victoria.

Where will the day take you? To learn more about this fun and active program please see <https://gvcc.bc.ca/theme-rides/rides/>



Farmers Markets

Identified as an essential service there are a number of Farmers Markets that are up and running, all with strict COVID-19 protocols in place.

Esquimalt Farmers Market

Esquimalt Farmers Market runs weekly on Thursdays from 4:30-7:30pm in Bullen Park, behind Esquimalt Rec Centre. Offers online ordering.

<http://esquimaltmarket.com/>



Topsoil

Just a short bike or walk across the trestle, Topsoil in Dockside Green is open Tuesday through Friday 10am – 4pm and Saturdays from 10am – 2pm. 395 Harbour Road (just off the Galloping Goose trail)

<https://www.topsoileatlocal.com/market/>



James Bay Market

The James Bay Community Market runs on Saturdays, May 2 - September 26, from 9am-1pm. Located at the corner of Menzies & Superior. Rain or Shine.

<https://jamesbaymarket.com/events/james-bay-market/>

Moss St Market

Moss St Market runs every Saturday, May through October, 10am to 2pm, rain or shine. Offers online ordering.

<https://www.mossstreetmarket.com/>



Centennial United CHURCH

Worship Service 10:55 am
Sunday School, Nursery, Senior Choir
Everyone Welcome!

649 Gorge Rd. East (at David St.)
Wheelchair ramp on Gorge Rd.

250-384-6424
www.cucvictoria.com



Your Dreams Are Closer Than You Think!

The Family Self-Sufficiency program offers one-on-one support to help you get back on track with your finances.

Learn about budgeting basics, making goals, action plans, and saving for your dreams. Enjoy the support of fellow participants in workshops and have some fun while you're at it!

Join us for an information session if you are a family with at least one child living in subsidised housing or on the Rental Assistance Program.

Check out the website: <http://www.burnsidegorge.ca/family-self-sufficiency-program>. We can be reached at 250-388-5251 if you have questions.



ATTENTION BUSINESSES: BURNSIDE GORGE NEEDS YOU!

Submitted by the Burnside Gorge Business Improvement Association Organizing Committee

Dear Burnside Gorge Business Owner:

This has been a challenging time for businesses in Greater Victoria, particularly in the Burnside Gorge neighbourhood, where our community has been recently selected once again by BC Housing to host former tenters from Topaz Park and Pandora Avenue. We are seeing increased crime and social disorder, making it more important than ever that our community of businesses comes together to build a better future for us all.

As Victoria's most diverse neighbourhood, Burnside Gorge is home to 1,400 businesses that employ 14,000 people. It is an extremely important part of the local economy and we must protect it. More than 92,000 vehicles travel through our neighbourhood each day into downtown, creating all types of opportunities for our business community.

Life has indeed been difficult of late and it has been challenging to conceive of anything beyond basic survival. However, the community has been coming together. The residents are now working collaboratively to create a safer, more liveable neighbourhood for everyone. The business community must do its part alongside the residents to safeguard our neighbourhood. It is time to work together.

A BURNSIDE GORGE BUSINESS IMPROVEMENT ASSOCIATION (BIA)

We are proposing the formation of a Burnside Gorge Business Improvement Association, which will serve businesses within the municipal boundaries of Burnside Gorge. (See map below) As a group of like-minded business owners in Burnside Gorge, we believe that this organization is the key to building a better and stronger community.

A business improvement association is a benevolent organization, funded entirely by property taxes. Business operators who own their premises contribute through their property taxes. Those who rent their premises contribute through their land lease payment.

A Burnside Gorge Business Improvement Association will work hard to support and promote Burnside Gorge as a safe, vibrant and diverse place to shop, play and live.

The BIA will promote economic resiliency by attracting customers and new businesses to Burnside Gorge through:

- Community revitalization and beautification
- Increased safety and security
- Sponsored community events and promotional activities, and
- A strong voice at City Hall.

The social well-being of our community is of equal importance. Many Business Improvement Associations have programs to address homelessness, graffiti, crime prevention, safety, transportation, accessibility, density, and green spaces, among other issues. Once established through a municipal bylaw, a Burnside Gorge Business Improvement Association will have the ability to determine the organizational priorities and projects that are best suited to our community.

PLEASE JOIN US!

We are beginning our outreach phase by asking the business community to indicate their interest in making Burnside Gorge a better place to shop, work and live through the creation of a BIA. Join us as we explore the opportunities opened up by banding together - send an email today to bbowes@shaw.ca and include the following information:

- Your name, email address and phone number
- Your business name and address
- Type of business activity (i.e., auto dealership, retail, brewery, restaurant, healthcare, etc.), and
- Whether you own or rent your premises. If you rent your premises, please also pass this email on to your landlord for their response as well.

Business improvement associations create stronger communities. Please help us reach a much wider audience by forwarding this email to five additional business people in Burnside Gorge. Thank you for joining us in building a better community!

~Burnside Gorge BIA Organizing Committee

BURNSIDE GORGE COMMUNITY CENTRE RECREATION PROGRAMS

PROGRAM REGISTRATION

We have an exciting line-up of programs for all ages, from toddlers to seniors. To register for a program call 250-388-5251 or drop by the Centre in person. Pre-registration is required for all programs except those specified as drop-in. The Front Desk hours are 8:30am-5pm, Monday to Friday. We are closed on statutory holidays and weekends, unless noted otherwise.

Payment is required at the time of registration and can be made by cash, cheque, credit card (VISA & MC), Debit or City of Victoria LIFE credits.

REGISTER EARLY TO AVOID DISAPPOINTMENT!

Programs may be cancelled or postponed if there are not enough registered participants. Decisions to run or cancel a program are usually made two days prior to the first class.

REFUND POLICY:

- For a full refund, request for withdrawal must be received at least 1 day prior to the first class.
- A full refund will be issued if BGCA cancels a program.
- If a participant withdraws after the first class, they will be refunded the pro-rated cost of the program.
- Withdrawing after the second or third class, the participant will be refunded the pro-rated cost of the program minus a \$5 administrative fee.
- No refunds for withdrawals after the lesser of the 4th class or 50% of the course has been completed.

GET IN TOUCH

Do you have an IDEA for a program that you would like to see offered at Burnside Gorge Community Centre? Are you an instructor interested in running a program with us? Contact Carter Lafontaine, Community Recreation Coordinator, at 250-388-5251 ext 225 or email carter@burnsidegorge.ca.

FACILITIES

The Burnside Gorge Community Centre is located just outside downtown Victoria at 471 Cecelia Road, between Burnside Road East and Gorge Road East. Outdoor public facilities include the Cecelia Ravine Park, Sport Court and Bike Skills Park, adjacent to the Centre.

The Community Centre is readily accessible by public transit: buses #8, 11, 21 and 22 routes on Gorge Rd East, Jutland Rd and Burnside Rd East, run parallel or border Cecelia Road. It is also easily accessible by the Galloping Goose Trail, which is adjacent to the Centre.



Burnside Gorge Activity Guide

SUMMER PROGRAMS

All programs held at Burnside Gorge Community Centre, 471 Cecelia Rd, unless otherwise noted. Schedule is subject to change without notice – please call 250-388-5251 for the most current info.

FAMILY CENTRE

STROLLER WALKING GROUP

Get moving and into the fresh air with our stroller walking group this summer! Being Covid responsible, we'll take a different route each week for approximately 2 hours (don't worry breaks included!). Child must be stroller age and 'ready to roll' to attend. Please register for the weeks you would like to attend by calling: 250-388-5251 ext 248. Maximum 6 participants. Free.

Tuesdays 10am-12pm July 7, 14, 21 & Aug 11, 18, 25

PARENT/TODDLER PARK PROGRAM

Join us in this registered program to enjoy Wednesday mornings at Cecelia Ravine Park from 10am - 12pm. Please remember to bring sunscreen, a hat, and your own water bottle! Limit of 5 families. Register by calling 250-388-5251, ext. 248.

Wednesdays 10am-12pm July 8, 15, 22 & Aug 12, 19, 26

VIRTUAL ARTS & CRAFTS AND STORY TIME (VIA ZOOM)

Pick up a craft kit from BGCA on Friday afternoon and join Theresa in a virtual program that will run on the following Monday morning. Registration mandatory, space for 12 families. Free.

Craft kit pick up: Program Dates:

August 7 August 10

August 14 August 17

August 21 August 24

FAMILY DINNER

Family Dinner at BGCA is Back - but different! Families need to register for dinner by Monday at 4pm by calling the front desk at: 250-388-5251. Thursday between 5 and 6pm, pick up dinner to take away for an easy, nutritious weekday meal for your family. Maximum 25 families. Free.

Registration deadline: Dinner pick-up:

August 10 August 13

August 17 August 20

August 24 August 27

50+ RECREATION

STRENGTH, CONDITIONING AND BALANCE FOR 60+

The first step is the most important! This well rounded program will focus on activities to improve strength, balance, mobility and cardiovascular fitness. A certified BCRPA instructor will use light weights, resistance bands, fitness props and a fun selection of agility games to improve overall fitness. Have fun, make new friends and feel good about yourself. All levels of ability welcome. Instructor Janice Arnot

We will be taking the following precautions to ensure each participant's health and safety.

- No shared equipment will be used. Participants are asked to bring their own weights and bands. The instructor has these for sale at a substantially discounted price. Please phone Travis 250 388 5251 to inquire about purchasing.
- No drop in registration. Class size has been reduced to ensure all participants can have ample space to stay at least two metres from one another.
- The space will be sanitized in between each class and new chairs used for each class.

Tuesdays July 21 – Aug 25 9:00 am – 10:00 am 6/\$48
10:15 am - 11:15 am 6/\$48

SENIORS TEA AND TALK

Join us Monday afternoons on our beautiful rooftop garden and enjoy a socially distant, outdoor sitting of delicious tea (and coffee) and a biscuit. Each week, a special guest will attend to talk about various topics. Tea (and coffee) will be served accordingly with guidelines and orders from the Provincial Health Office. Space will be limited, so please call ahead to be added to the list for each week.

Mondays July 6 - Aug 31 1-2pm FREE





12,000
people helped
each year




343
Clients earned
\$111,040
through the Labour Pool




352,000
Meals served

96%
successfully housed
after 1 year




CoolAid
everyone deserves home

Serving Greater Victoria
since 1968



44,215
Medical & dental
appointments


12,015
Visits to the
Downtown
Community Centre




1 in 5
Tenants
are Indigenous



8,301
Visits to REES
Support Services



78,191
Visits to Overdose
Prevention Unit




7,000
Health and
dental patients

2,872
Counselling
appointments




225
Apartments being developed



582
Apartments

250-383-1977

101-749 Pandora Avenue, Victoria BC, V8W 1N9
society@CoolAid.org • Charity # 12820 5069 RR0001

CoolAid.org

The Victoria Cool Aid Society does a lot more than just housing and emergency shelters



Facebook Instagram Twitter @VicCoolAid LinkedIn Victoria Cool Aid Society

We also provide primary health and dental care, a casual labour pool (employment services), the Downtown Community Centre and other support services for our many clients. This Infographic gives you

a snapshot of the many people and ways that Cool Aid has contributed to our community in 2019/20 to improve everyone's quality of life. If you want to know more please visit coolaid.org and feel free to contact us anytime.