



Burnside Gorge Community News

February 2021
www.burnsidegorge.ca

FSS Helps Families Build Financial Resilience

Finances can be a discreet, almost taboo topic. There is a pervasive myth that money, and our fears and feelings around it, shouldn't be talked about. This can create stigma and sometimes intimidation when beginning to take charge of your finances. That is why the BGCA's Family Self Sufficiency Program (FSS) was created and the program is currently **accepting new applications!** FSS is a safe and non-judgemental environment to explore your relationship with money, build on your inherent strengths, learn new skills and grow. Check out the poster below for a full list of eligibility criteria.

If you are ready to lower your debt & start saving, this is the perfect program for you! FSS offers a **Matched Savings Program** which is a great opportunity to give your savings a boost and help establish new money habits. If you participate in this program you will be paired with a Family Advisor who wants you to feel comfortable and prepared for each next step in your journey. FSS advisors have years of experience working with people that come from a variety of different backgrounds and they recognize the many barriers program participants may face when making the initial decision to reach out and begin.

There is no getting lost in the crowds with FSS. Through one-on-one coaching meetings, your Family Advisor will help to identify goals based on your individual needs and create personalized action plans to meet them. You will also receive financial education workshops and skill building opportunities which start with the basics and build up from there.

The Family Self Sufficiency Program is also committed to helping connect you to your local community and strengthening support networks in your life. As a former participant said:

"I do not know where I would be now if it wasn't for this program. I spent many months crying during my appointments with my family advisor. I felt such shame. I was in a mess and couldn't see any way out of it. I knew that I needed to get started looking at my money, it just took me a long time before I felt safe enough to start. Once my belief in myself grew - I took off and never looked back! Just before I graduated six years ago I began to do things that I never thought I was capable of. My confidence was really high. Today I am happy to share that my financial future has never looked better and I have been consistently saving for my retirement. I hope this program never ends. So many women need this kind of support as they try to get back on their feet after experiencing a divorce, health crisis, violence or some other set back. It allows them time to work toward changing the future for themselves and their kids. Thank you to Burnside and the staff in the FSS program!" -FSS Graduate

If you're ready the FSS team would love to hear from you and welcome you on board.

Family Self-Sufficiency (FSS) is currently accepting applications!

The FSS Program can support you to...

- Start saving with a matched savings program
- Gain more control of your money
- Face your financial fears and move forward
- Begin a debt reduction plan and reduce your debt
- Access supports that will assist you and your family as you move towards a brighter future

Are You:

- Receiving an eligible housing subsidy?
- Living with at least one dependent child?
- Surviving on a low income?
- Feeling overwhelmed about money?
- Struggling with debt?
- Worried about your finances?



We can help! Call the FSS program today at 250-388-5251
or visit www.burnsidegorge.ca to find out more.



FSS is generously funded by:



Join BGCA's Land Use Committee

Do you have an interest in developments in the neighbourhood? Did you know that the Burnside Gorge Community Association has a Land Use Committee (LUC)? The LUC plays a critical role in all applications for rezoning in the Burnside Gorge neighbourhood. LUC ensures community members hear about upcoming development proposals and have an opportunity to provide their views to the City of Victoria before decisions are made.

The LUC is looking for new members to join. The time commitment is 1.5 - 4 hours a month to attend LUC and Community Meetings as well as some additional time to review proposals and applications.

If you have a background in, or passion for, planning and development that is great but if not and you're keen to learn that's great too!

Some of the perks include a great team of committed residents, tasty snacks (when we're able to meet in person), as well as having a voice in community decision making and helping to shape the future of Burnside Gorge!

If you are interested in joining LUC please reach out to Avery Stetski, LUC Chair. He can be reached at Lucchair@burnsidegorge.ca.



Community Virtuals at City of Victoria

Looking for inspiration to make your neighbourhood even better? The City of Victoria's Neighbourhood Team has created Community Virtuals, a series of Lunch and Learn sessions open to the community. Topics are centered around ideas to help build strong, resilient neighbourhoods, including personal connections within communities.

The Power of Community Art

Wednesday, February 17, noon- 1:30

Join our Arts, Culture and Event team and community art organizations to learn about what's possible when thinking about getting more art popping up in your neighbourhood.

See <https://www.eventbrite.ca/e/133246151827> to register!





Burnside Gorge Community News

February 2021

Published by

The Burnside Gorge Community Association
471 Cecelia Road, Victoria, BC V8T 4T4
Phone: 250-388-5251
Website: www.burnsidegorge.ca

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

BGCA Board of Directors

Greg Arnold, Treasurer
Sara Maya Bhandar, Director
Elizabeth Cull, Vice-Chair
Kirsten Mah, Director
Michelle Peterson, Secretary
Avery Stetski, Chair
Christine Troskie, Director

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.

Editor: Rachel O'Neill

Email: rachel@burnsidegorge.ca

Phone: 250-388-5251



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

New Council Liaison for Burnside Gorge



BGCA would like to welcome Marianne Alto as the new Councillor Liaison for Burnside Gorge. A facilitator by trade (with degrees in law and science), and a lifelong community activist, Marianne vigorously advocates for equality, inclusion, and fairness for everyone. She owns and operates Azimuth Research & Consulting, a firm specializing in organizational change, and owns a home in Burnside Gorge.

A word from Marianne: "I'm excited to be the new councillor liaison for Burnside Gorge. I look forward to working with B-G residents and the BGCA to make a wonderful neighbourhood even better. Don't hesitate to reach out with your ideas, questions or concerns."

Marianne can be reached at malto@victoria.ca or for more info please see: <https://www.victoria.ca/EN/main/city/mayor-council-committees/marianne-alto.html>

Community Input Wanted - Submit your Photos!

A team of graduate students from the University of Oklahoma's (OU) Urban Design Program is working with the Gorge View Society and the Burnside Gorge Community Association on a vision and plan for the future of Chown Place. The OU team is currently collecting photo submissions from Burnside Gorge residents to capture the individual perspectives and lived experiences of residents.

Photos are being collected until February 15th, 2021. The following link will take you to the project website. Click on the "Photovoice" tab to learn more about the project and how to participate.

<https://fall2020studio.wixsite.com/chownplacedesign>. Photos will be shared with the project team and discussed to discover connecting themes. Narratives or stories explaining the significance of the pictures can be attached to the photographs and all efforts will be used to maintain confidentiality among research participants and researchers when results are shared with broader audiences. The aim of the project is to gain a deeper understanding of the community and feel the concerns and emotions of its residents.

Photovoice is open to all residents over the age of 18. If you have any questions about the project please contact Shawn Schaefer, Program Director at the University of Oklahoma, at sschaefer@ou.edu. If you would like more information about the development process for the Chown Place project, please reach out to Avery Stetski, BGCA Land Use Committee Chair, at lucchair@burnsidegorge.ca.

Childcare Registration for 2021/22 School Year!

We have made some changes to our registration process for licensed Before and After School Care for children attending Quadra and Tillicum Elementary Schools in 2021/22. This is **for new families only!** Families who are currently registered will be contacted directly by program staff.

- Quadra Elementary students: Registration opens Feb 1, 2021 at 11:00 am
- Tillicum Elementary students: Registration opens Mar 1, 2021 at 11:00 am

Once registration opens, please call our Front Desk team at 250-388-5251 with the following:

- Your name and contact information
- Your child(ren)'s name(s) and grade(s)
- What school your child(ren) go to
- What type of care you need (before and/or after school*)

You will then be connected with the appropriate childcare program manager to complete the registration package, pay registration fees, and apply for the Affordable Child Care Benefit if applicable. Childcare spots will be offered on a first come first serve basis. We look forward to meeting you and your family!

Community Technology Help Desk

The Community Technology Help Desk hours:
Monday to Friday 9am to 7pm

What kind of things can you help me with?

- My computer/phone/tablet says I need to update something. Help!
- My computer will not turn on. What should I do?
- How do I open this document?

To access the Help Desk, or for more information about the program, please call:
778-402-9244
Or email communityhelpdesk@sfrs.ca

This pilot program, hosted by the Sooke Family Resource Society, has been made possible through the generous support of the Federal Government's Emergency Community Support Fund in which United Way of Greater Victoria plays a pivotal role in managing and distributing funds locally.

CENTENNIAL UNITED CHURCH
621 David St.

Currently offering recorded services only
with Rev. Alanna Menu
www.cucvictoria.com



Please call 250-384-6424 for updates
as health orders change

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. 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 Travis Chater, Community Recreation Coordinator, at 250-388-5251 ext 225 or email travis@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

FEBRUARY PROGRAMS

Schedule is subject to change without notice – please call 250-388-5251 for the most current info.

FAMILY PROGRAMS

All Family Centre programs have limited spaces available and pre-registration is required. To sign up please call 250-388-5251 or email theresa@burnsidegorge.ca.

LOVE 2 LEARN (AGES 0-5)

Centred on fun, engaging, play-based learning Love 2 Learn focuses on making early learning activities transferable to the home environment. Weekly sessions will involve a story and share time as well as an activity kit to make and take home. At the end of each session families will set a goal to achieve during the week and explore it during the following group. Sessions will be held in the Family centre.

Tuesdays January 12 - February 23 9:30-11:30am

HEALTHY TOGETHER

This innovative and unique family education program brings families together to learn to make healthy choices and build healthy relationships. The sessions will involve group discussions to share ideas around choices to support physical and emotional health as well as how to make an easy, healthy meal each week. Participants will receive educational materials as well as the food items needed to make the weekly meal together. Families will also practice setting achievable healthy goals each session to be shared and reflected on the following week.

Wednesdays January 13 - February 24 10-12:00pm

FAMILY DINNER

Families need to register for dinner by Tuesday at 4pm by calling the front desk at: 250-388-5251. Thursday between 5 and 5:45pm, pick up dinner to take away for an easy, nutritious weekday meal for your family. Maximum 25 families.

Thursdays 5-6pm

NOBODY'S PERFECT

Nobody's Perfect is a place where parents can:

- MEET with other parents of young children (ages 0-5)
- SHARE questions or concerns and ideas about being a parent
- LEARN about child development, safety, health and behaviour
- TALK about real-life parenting experiences
- WORK together with the support of a trained facilitator
- DISCOVER ways of positive parenting

Within a group setting, parents participate in facilitated sessions that will: promote positive parenting; increase parents' understanding of children's health, safety, and behaviour; help parents build on the skills they have and learn new ones; improve parents' self-esteem and coping skills; increase self-help and mutual support; bring them in contact with community services and resources; and help prevent family violence. Childcare will be provided during sessions.

This is a registered program. Call today to book your spot, 250-388-5251.

Fridays Feb 12 – Mar 12 10 a.m.–12 p.m. 6/Free (registration required)

YOUTH CAMPS

CAMP SURVIVOR SPRING SERIES (10-15 YRS)

This camp is packed with exciting activities such as; paddleboarding, whale watching AND MORE! If you are looking for a week of adventure and fun, this is the camp that won't let you down. Register early, as spaces are limited. Call for more information: 250-388-5251

M-F	Mar 15 - 19	9 a.m. – 4 p.m.	5/\$175
M-T	Mar 22 - 26	9 a.m. – 4 p.m.	5/\$175



ADULT RECREATION

The following COVID-19 protocols are in place to keep everyone safe:

- no shared equipment (yoga mats & blocks, weights, bands, etc)
- No drop in registration. Small class size to ensure safe distances
- Spaces are sanitized between each class.

XL YOGA

For those living in large bodies taught by a person living in a large body. The benefits of yoga – increased balance, flexibility, stamina, and relaxation – are wonderful for everybody. We'll make the poses work for everyone using modifications and props (bolsters, blankets, and straps). Our classes are fun and light-hearted. If you do not have your own equipment please email the instructor jillxyoga@gmail.com and she can loan you what you need for the class series. *Instructor Jill Moran*

Th Jan 14 – Feb 18 7-8:00 pm 6/\$72

50+

The following COVID-19 protocols are in place to keep everyone safe:

- no shared equipment (yoga mats & blocks, weights, bands, etc)
- No drop in registration. Small class size to ensure safe distances
- Spaces are sanitized between each class.

STRENGTH, CONDITIONING & 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 abilities welcome.

Instructor Janice Arnot

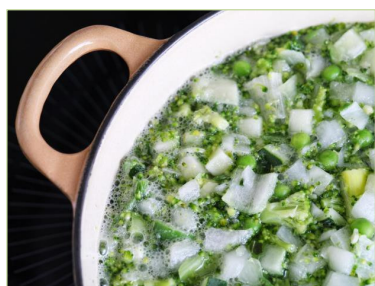
Tu Jan 12 – Feb 16 9-10:00 am 6/\$48
10:30-11:30 am 6/\$48

Seniors Lunch Now Delivers!

One of the many challenges of the pandemic is figuring out how to continue offering flexible programming that meets the needs of our community when we're unable to gather together.

Seniors Lunch n' Learn has been well attended for many years and we want to stay connected even when we're apart. We are thrilled to share that this program will now be delivery based! If you would like a delicious soup delivered to your door on Thursdays, please call today to book your spot!

Soup for Seniors



The Burnside Gorge Community Association is offering free soup for seniors in our community!

COVID Safe delivery will be Thursdays between 11:30 am and 1:30 pm beginning February 4

Call the Centre today to sign up!
250 388-5251



Bill's Bag Lunches Come to Rock Bay

Submitted by Kyra Reine, BGCA staff

Friday, Jan 8th, was the first official lunch distribution from Bills Bag Lunches to the unhoused communities residing in the Rock Bay area. This initiative was started by Bill to help provide a weekly meal to folks in need and has since gained support from many local businesses to make this idea become a reality. I talked to Bill to find out the story behind Bills Bag Lunches.

Kyra: *How did this project start for you?*

Bill: Well, it started in the summer. My wife was, at the time, working for The Number in Rock Bay. She'd just gone back after maternity leave and I was dropping her off with my son and daughter in the car. My daughter, who was three at the time, was asking why there were people living in tents on the street. We explained to her the various reasons people could live on the street; mental health, perhaps drugs or addiction, or other circumstances. I thought it might be a good idea to create a more human experience for her and suggested that we make them lunch. A couple days later I bought a bunch of groceries and we made them lunch together, the two of us, and we took them down there, and it was great! She enjoyed the experience and I thought 'I could do this all the time, on a weekly basis.'

Kyra: *So you had the idea in the summer; how has the process been getting it started from then until January?*

Bill: It was pretty seamless. We approached The Number in September to fund the project and they sent out information to the Rock Bay Business community. Around the same time my acupuncturist let me know that there was a grant from the city, the My Great Neighbourhood grant, so I followed up with that and through donations from the business community we got enough money to go apply. It kind of all fell into place when we got the first few donations. The response from the business community was really great and it didn't take very long for people to get on board.

Kyra: *That's awesome! So how was the launch that you guys had on the 8th?*

Bill: It was good! I went from tent to tent asking people if they were hungry and wanted a bagged lunch and it didn't take long to get all of them delivered to someone who wants one.

Kyra: *How can people in the community get involved in bills bagged lunches? Are you accepting donations, volunteers or anything like that?*

Bill: At this point I'm doing everything myself, Once a week on Friday I'm doing 20 bagged lunches which consists of a sandwich, a fruit, a snack and a bottle of water. We also have some other businesses that will be donating snack portions, so we do have a lot of resources coming in. That said, any money that is brought in surplus to the budget for the year would go toward running the program in 2022 or even to expanding the program to different areas. I think in time it would be great to grow the program so that it could do other areas of the city. At this point if you're interested [in getting involved] just reach out and say that you are and I'll keep a list and we'll see how it grows over the course of the year.

Kyra: *Is there anything else you'd like our readers to know?*

Bill: It's something that started from a simple idea and it's been really exciting to take it from having this idea and experience with my child and then putting that into a bigger kind of thing that's actually real and the community has gotten involved. It's great to have the support of the City of Victoria through this grant and that kind of acknowledged the program as something that's worthwhile doing.

Follow @billsbaglunches on Instagram to follow the journey of this great initiative.

.....

• The Community Centre •
• will be closed on •
• Monday, February 15th, •
• for Family Day. •

.....

Employment Opportunities - Statistics Canada Hiring for 2021 Census

The next Census of Population will take place in May 2021. Census information is vital to communities for planning schools, daycare, housing, hospitals, emergency services, roads, public transportation and employment skills training.



Knowing how many people live in a geographic area and having basic information about the population helps organizations and communities plan, develop and expand programs, services and infrastructure. For example, Census data may help determine whether a community is

- **Growing** - this may influence planning for new roads, transit, water infrastructure and emergency services
- **Young**: this may help predict where new schools or daycare spaces are needed
- **Aging**: this may help estimate the need for health services and programs for seniors
- **Multicultural**: this may indicate a need for the creation or expansion of language programs

This is a substantial undertaking and to do this work Statistics Canada is hiring approximately 32,000 people across the country to work on the collection phase of the 2021 Census. Available jobs for the 2021 Census include supervisory and non-supervisory positions that require collecting census data from residents in your community, mostly on evenings and weekends. Start and end dates vary by position and location, but are between March and July 2021.

If you're interested in helping your community to plan for the future, and meeting new people while earning extra income, then this might be the right opportunity for you! Apply online on the census website, <https://census.gc.ca/jobs-emplois-eng.htm>.

Cool Aid is Building for the Long Term

You can help with a gift in your will

Cool Aid provides housing, healthcare and support services for 12,000 people in Greater Victoria experiencing homelessness and living in poverty.

WE PROVIDE recreation and training activities at the Downtown Community Centre, employment opportunities, and help 7,000 locals each year with support services.



WE PROVIDE housing and support for over 700 people, most of whom were previously homeless, and we are building 228 new affordable apartments for the community.



Cool Aid responded to the COVID-19 pandemic with a new Health Outreach Team that provides medical and health care for hundreds of our neighbours at temporary housing sites and large encampments.

