



Burnside Gorge Community News

January 2020
www.burnsidegorge.ca

Starting the New Year with Gratitude

Christmas is an amazing time at the Community Centre, both in terms of Christmas spirit and the volume of work. In December alone there are three seasonal events and a number of initiatives to support families over the holidays. We are blessed with an amazing staff team who work incredibly hard to pull it all together but we don't do it alone. Our seasonal events and programming wouldn't be possible without the commitment and generosity of our volunteers and donors. We would like to start the new year off with some gratitude for all of the people who have helped make the magic of Christmas happen here at BGCA.

Christmas Dinner

Another year of community dinners wrapped up with our big Christmas Dinner on Dec. 5th. The evening ran smoothly with more than 175 meals served over the course of 90 minutes. We owe a huge thanks to everyone who helped to make this year's dinner a success. Cooking up 10 turkeys, 75 lbs of potatoes and 50 lbs of carrots is no small feat. Dedicated staff and volunteers went above and beyond to create a special evening for those attending. We would also like to extend a special thank you to our supporters, BC Pension Corporation & 1550's Pub Style Restaurant!



Santa's Pancake Breakfast

More than 200 people came out to celebrate the Christmas spirit at our annual Santa's Pancake Breakfast on December 7th! In addition to a delicious pancake breakfast families enjoyed a visit with Santa and an active Christmas craft station. Caleb Kennedy and the Weak Pa Trio kept the vibe festive with their seasonal song stylings. Donations from CFX Santa's Anonymous made sure that kids and families got a filling breakfast and left with a gift in hand. A very special thanks to the following people and groups for their contributions towards a successful event:

Volunteers

Barry & Lynn Kidd
Bobbie Moretti
John Reddick
Local 730 - Victoria Fire Department
Royal Roads University
Sarah Potts
Suzan Tschaplinski
Val Connach

Donors

CFAX Santa's Anonymous
Country Grocer Esquimalt
Island Savings #Simple Generosity
Japan Camera



Christmas Seniors Luncheon

Every year our Seniors Lunch & Learn program holds a Christmas Lunch to celebrate the holidays together before wrapping up for the year. On December 12th seniors were able to enjoy a delicious Christmas spread thanks to our hard-working volunteer team from Wellspring Support and the Esquimalt Ukulele Club provided a festive musical experience. We would also like to thank Island Savings for their generous financial support.



Christmas Hampers

Our Christmas Hamper program focuses on families who may not be able to provide a special Christmas experience for their children without assistance. The families we support are currently involved with one of the many programs here at the BGCA. This year we provided Christmas Hampers to more than 90 families with over 70 children. We would like to extend a huge thanks to all of the donors and sponsors who helped create a special holiday experience for families. We would also like to extend a special thanks to a number of organizations who supported food and toy drives to support hampers: United Way of Greater Victoria, Colquitz Middle School, Saanich Police Department, CFX Santa's Anonymous, and The Zone.

Coats for Kids

We would like to send out a special thanks to Bridgeman Heating & Plumbing for their dedicated support to our Coats for Kids program. These warm and cozy coats help to keep community members warm and dry throughout the fall and winter seasons, when extra money may not be plentiful in covering this extra expense.

How Can We Help?

In addition to our own programs and services we also have the privilege of being able to offer external services and supports here at the Community Centre. Here are some the offerings currently available at BGCA.

INCOME ASSISTANCE SUPPORT

Do you have questions about Income Assistance (IA) or Persons with Disability Assistance (PWD) or how to go about opening a file? We have an Employment & Assistance Worker from the Ministry of Social Development & Poverty Reduction at the Centre one day a week. Appointments are available on Thursdays. To book an appointment please call the Community Centre at 250-388-5251.

FREE LEGAL CLINIC

Do you have legal questions or need the services of a lawyer? The Burnside Gorge Community Centre hosts a free legal clinic every Tuesday between 2-3pm. All legal questions are welcome. 15 minute appointments are available by calling the front desk at 250-388-5251.

Thank you!

BG

**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





Burnside Gorge Community News

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The Burnside Gorge Community Association
471 Cecelia Road, Victoria, BC V8T 4T4
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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, Director
Elizabeth Cull, Vice-Chair
Michelle Peterson, Secretary
John Sanderson, Treasurer
Avery Stetski, Chair
Jamie Van Delft, 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

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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

Save the Dates!

Annual General Meeting

We look forward to seeing you at BGCA's Annual General Meeting on Monday, February 24th. The agenda is still to be determined but please check our web and social media sites for updates shortly.

www.burnsidegorge.ca

Selkirk Waterfront Festival

Please join us on Sunday, May 24th, for our annual Selkirk Waterfront Festival from 10am – 3pm in Selkirk Green Park. This fun-filled multi-cultural family event offers something for everyone. Enjoy exciting activities in the Family FUN Zone, world cuisine in the international food court, and unique arts and crafts in our colourful street market. Come join us for some great entertainment and activities!

VENDOR APPLICATIONS are now being accepted for food service and the artisan craft market. Call Carter at 250-388-5251, or email carter@burnsidegorge.ca for information.

VOLUNTEERS NEEDED!

Volunteers are needed for many areas of the festival including vendor assistants, café crew, parking crew, stage assistants, children's fun zone leaders, and set-up and take-down crew. If you are interested in being a volunteer, call Carter 250-388-5251.



2020 A FRESH START

Are You:

- Receiving a 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?

You may be eligible for the Family Self-Sufficiency Program...

- Face your financial fears and move forward!
- Gain more control of your money!
- Start Saving!
- 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!

Contact the FSS program today at the Burnside Gorge Community Centre, 250-388-5251 or visit www.burnsidegorge.ca to find out more. Currently accepting applications.




Personalized Service ♦ Quality Vitamins ♦ Supplements
100% Organic Produce ♦ 100% Non-GMO Groceries ♦ Natural Body Care

Dedicated to Healthy Lifestyles in Our Community



LIFESTYLE MARKETS

Victoria 2950 Douglas St. 250.384.3388	Cook Street 343 Cook St. 250.381.5450	Sidney 9769 Fifth St. 250.656.2326
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We're Online Anytime: LifestyleMarkets.com




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

WINTER 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 DROP-IN

****Family Centre programs will be closed from Dec 4, 2019 - Jan 3, 2020. Regular programming will resume on January 4, 2020.**

WIGGLES AND GIGGLES (PARENT AND TOT, 2-4 YRS)

Join us for active play in the Burnside Activity Centre. Get the wiggles out with this new interactive program that includes games, movement, and fun! The program includes organized games, movement, exercise, and free play. Best suited for ages 2-4 yrs; all children under 5 yrs are welcome. Caregiver participation is required. Family Centre will not be open during program time.

M Jan 6 – March 23 9:30-10:15 a.m. Drop-in/Free

FUN FOR LITTLE ONES (2-5 YRS)

Enjoy singing, movement, reading and fun with your little ones. The program encourages child development through singing, movement, stories and bonding between child and caregiver. **Caregiver participation is required.**

Tu Jan 7 – Mar 24 9:30 - 10:15 a.m. Drop-in/Free

TODDLER ARTS AND CRAFTS (2-5 YRS)

Explore your creative side! Each week features a different craft designed with the preschooler in mind. Smocks and soap provided. Creative activities can be messy, so please dress children appropriately. **Caregiver participation is required.**

W Jan 8 – Mar 25 9:30-10:30 a.m. Drop-in/\$1 per family and daycare child

PARENT AND TOT PLAYGROUP (0 TO 5 YRS)

This is an opportunity for young children and their caregivers to meet and play in an informal atmosphere with toys, and books. Snacks provided. Groups may not meet on school holidays and Professional Development Days. Drop-in/Free

M Jan 6 - Mar 23 10:15 a.m.-12 p.m.

T Jan 7 - Mar 24 10:15 a.m.-12 p.m.

W Jan 8 - Mar 25 10:30 a.m.-12 p.m.

Th Jan 9 - Mar 26 5:30-6:30 p.m.



FAMILY DINNER & DROP-IN (FAMILIES/CHILDREN 0-18 YRS)

Families are invited for a delicious dinner prepared by staff and volunteers every Thursday evening. After dinner, stay and have a play in the Family Center. Assistance with set-up and clean-up is appreciated. Dinner is served at 5pm. Suggested donation \$2 per family.

Th Jan 9 - Mar 26 Dinner: 5-6 p.m. Drop-In: 5:30 p.m. - 6:30 p.m.

DAD'S GROUP (0-6 YRS)

Welcome all Dads and your children under 6 to a new program designed just for you! We offer a friendly atmosphere to learn together with other Dads to follow your child's lead in play. Learn about your role in your developing child's life, discuss parenting successes and challenges with fellow Dads, and enjoy free time, play, coffee, and snacks with your little one.

Sa Jan 4 - Mar 28 1-3 p.m. Drop-in/Free

FAMILY CENTRE - REGISTERED

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:

- 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
- help prevent family violence

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

F Feb 7 – Mar 13 10 a.m.-12 p.m. 6/Free (registration required).

Active Living Active Minds

Active Community

YOUTH

YOUTH YOGA (12 - 18 YRS)

This vinyasa style yoga class is a great way to increase body awareness, physical and mental health, and mindfulness. Increase flexibility, balance and strength while focusing on your breath. Leave the class feeling energized and calm. No experience required for this class – each class will include descriptions and technical explanations. Come ready to have fun and move your body!

Th	Jan 16 - Jan 30	2:45-3:45 p.m.	3/ FREE Classes
Th	Feb 6 - April 9	2:45-3:45 p.m.	10/\$80 or \$10 Drop-in

CLIFFSIDE YOUTH DROP-IN (8 - 16 YRS)

Bring your friends or meet new ones at the Cliffside Youth Centre. Activities include pool, air hockey, and foosball. Watch movies on a big screen in our unique theatre or join us on an out-trip to places about town. For more information on the Youth Drop-In nights contact Jaz Young, Youth Recreation Coordinator, 250-388-5251.

Th	Sept 12- Dec 19	5:30-8 p.m.	Free
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CAMPS

CAMP SURVIVOR SPRING SERIES (10-15 YRS)

This camp is packed with exciting activities such as; rock climbing, paintball, swimming and more! If you are looking for a week of adventure and fun, this is the camp that won't let you down. Registration packages will be available in the new year. Call for more information: 250-388-5251

M-F	Mar 16 - 20	9 a.m.-4 p.m.	5/\$175
M-T	Mar 23 - 27	9 a.m.-4 p.m.	5/\$175

SPRING BREAK CAMP (5-11 YRS)

Wondering what to do with your kids over Spring Break? Enjoy exciting activities, great field trips, and a nutritious afternoon snack. This licensed care facility offers quality care in a safe environment where children are treated as individuals. Please bring: Picnic style lunch, hat and sunscreen, water bottle, running shoes (no flip flops, clogs or high heeled shoes), appropriate clothing for the day's weather, bathing suit & towel.

Hours: 7:30 a.m.-5:30 p.m. daily

Week 1	March 16-20	\$175/week
Week 2	March 23-27	\$175/week
	Daily Drop-in	\$40/day (subject to availability)

ADULT - HEALTH AND WELLNESS

STRONG BY ZUMBA

Perfect for those who want to party, but put extra emphasis on toning and sculpting to define those muscles! The challenge of adding resistance by using Zumba® Toning Sticks (or light weights), helps you focus on specific muscle groups including arms, core and lower body. This class is open to everyone, no previous dance or Zumba class experience necessary. Instructor Sylvie Dowse

W	Jan 15 - Mar 4	5-6 p.m.	8/\$80 \$12 Drop In
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ZUMBA

Join us for one of the fastest growing Latin dance-inspired fitness crazes across the world! People of all ages are falling in love with its infectious music, easy-to-follow dance moves and body-sculpting benefits. Come dance to the rhythms of Salsa, Merengue, Mambo and other Latin beats. This is a fitness class you will not want to miss! Instructor Ximena Londono

W	Nov 13 - Dec 18	6-7 p.m.	6/\$48
W	Jan 15	6-7 p.m.	Free Trial Class
W	Jan 22 - Mar 11	6-7 p.m.	8/\$64

ZUMBA GOLD AND YOGA

Always wanted to Zumba but thought it might be too much for you? This class combines gentle Zumba Gold dance and fitness moves with yoga stretches, breathing exercises and deep relaxation. It is ideal for beginners, active older adults and other participants who may need program modifications. Instructor Ximena Londono

T	Jan 14	10:15-11:15 a.m.	Free Trial Class
T	Jan 21 - Mar 10	10:15-11:15 a.m.	8/\$64



YOGA

ALL LEVELS YOGA

With a focus on linking breath with movement, this class is designed to ground and energize students. This vinyasa style class includes meditation so you can come back to the present moment and experience stillness. Come ready to build strength, flexibility and stamina!

T	Jan 14 - Mar 3	5-6 p.m.	8/\$80 \$12/Drop In
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RESTORATIVE YOGA

Longer holds in seated and reclined postures will bring the body into a state of conscious rest. Developed to help with fatigue, insomnia, stress, grief and loss as well as self-care. Complimentary to active movement practices. Beneficial to all.

Sa	Jan 18 - Mar 7	1:30-2:45 p.m.	8/\$80 \$12/Drop In
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XL-YOGA

Yoga for large people taught by a large person. The benefits of yoga – increased balance, flexibility, stamina, and relaxation are wonderful for everybody. We'll make the poses work for our bodacious and strapping bods using modifications and props (bolsters, blankets, and straps). Instructor Jill Moran

Th	Jan 9 - Feb 27	7-8 p.m.	8/\$80 \$12 Drop In
Th	Mar 5 - April 23	7-8 p.m.	8/\$80 \$12 Drop In



LEARN FOR LIFE

THE SCIENCE BEHIND HABIT MASTERY

There are many myths about habits. The market's full of claims of how to strengthen useful ones or obliterate bad ones. Join us for a serious examination of the science behind habits. We'll unpack research into methods for the workplace, at the dinner table, at school, in relationships—just about any situation imaginable. In Week 1, we'll walk through at least one promising technique. In Week 2, we unpack the results.

M	Jan 13 & 20	6:30-8 p.m.	2/\$60
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HOW PROCRASTINATION, INNER CRITICS & CREATIVE INDECISION REALLY WORK - AND HOW TO FIGHT BACK & WIN!

This will be a wild and funny adventure, exploring our daily lives as we look at how these 3 “uglies” get in the way. Whether it's for your writing, your art or just for everyday living—like when you can't see your way past defrosting the pizza for dinner, there are some great tools to try out. Come along so you can leave these undesirables behind!

M	Jan 27	6-8 p.m.	1/\$40
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HAND MESSAGES FOR YOUR HEALTH

Receiving a hand massage can provide you with significant health benefits. Hand massage typically is quick, relaxing and provides you with immediate health benefits, such as improved finger and wrist range of motion, enhanced circulation and reduction of your trigger points—hyperirritable nodules—in your hand muscles. According to Reflexology-Research.com, your hands contain many acupuncture and reflexology points, which are associated with your organs and certain parts of your body.

You will receive a 15-20 minute hand massage and learn why you have soreness/tenderness in certain parts of your hands.

W	Jan 15 - Feb 19	6-7 p.m.	6/\$45
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CATENOS JUNTOS CHOIR

In Spanish this means “Let's Sing Together” Are you learning Spanish or studied it in the past and would like to practice it? Is Spanish your native language? Come and join Marcelina and her guitar in an adventure into the Spanish and Latin America music culture. Let's get together to sing songs from our folk and popular repertoire.

T	Jan 21 - Mar 10	1-3 p.m.	8/\$60
T	Apr 7 - May 26	1-3 p.m.	8/\$60

55+

SENIORS LUNCH 'N LEARN

Socialize with other seniors in the community while enjoying a delicious and nutritious homemade meal. This program features a mix of guest speakers, social activities and theme activities during the holiday seasons. Call 250.388.5251 for more information.



Th Sep 5 – Mar 26 12–1 p.m. Drop-In /\$5

January Schedule:

- Jan 2 Jasmin Largoza - Foot Care
- Jan 9 Maureen Thorpe, historical fiction author – “To the Manor Born”
- Jan 16 Ben Ziegler – Seniors Entitlement Services Program
Cst. Sean Hand – Burnside Gorge Community Resource Officer
- Jan 23 Eric Wilson – Hollywood Ghosts
- Jan 30 Dr. Edward Ishiguro - Inflamm-aging: A New Area of Aging Research

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

Tu Jan 7 – Mar 3 9–10 a.m. 9/\$54



RENTALS

**Burnside Gorge Community Centre
Room Rentals**

For meetings, conferences, parties and family gatherings, we have a wide variety of rooms available to suit your needs. We offer wireless internet, tea & coffee service, and A/V equipment rentals, all at affordable prices. Nestled in Cecelia Ravine, our rooms also offer outstanding natural views and are accessible from the Galloping Goose Trail.

Activity Centre: max 120 guests \$65/hr \$240/half day \$400/full day	Board Room: max 8 guests \$35/hr \$110/half day \$180/full day
Education Centre: max 40 guests \$55/hr \$180/half day \$300/full day	Group Room: max 10 guests \$35/hr \$140/half day \$220/full day

Non-profit rates are also available. Call today to book or view our spaces, 250.388.5251 ext.224.



Burnside Gorge

Friends of Cecelia Ravine Work Party

Join us for a work party in Cecelia Ravine Park. Work will focus on invasive species removal. Please bring work gloves and wear sturdy shoes and weather-appropriate clothing. Snacks and refreshments will be provided after the work party.

The Friends of Cecelia Ravine meet the first Saturday of each month at the Burnside Gorge Community Centre, 471 Cecelia Road. The next work party will be held on Saturday, January 4, from 10am-12pm. Call the BGCA for info, 250-388-5251, or email at info@burnsidegorge.ca.



ESTABLISH YOURSELF AS A COMMUNITY SUPPORTER

Advertise with the....



1000+ E-COPIES DELIVERED MONTHLY

AD SIZE	DIMENSIONS (inches)	COST (per issue)
Business Card	3.3 w X 2.2 h	\$20.00
1/12 page	6.8 w X 2.2 h OR 3.3 w X 4.5 h	\$29.00
Banner	10.25 w X 2.2 h	\$39.00
1/4 page	10.25 w X 4.1 h OR 5.1 w X 8.1 h	\$59.00
1/2 page	10.25 w X 7.8 h	\$79.00
Full page	10.25 w X 16 h	\$99.00

Deadline for purchasing ads is the 15th of each month prior to publication.

To book your ad today or for more information call 250-388-5251 or email info@burnsidegorge.ca

IS THERE A PROGRAM OR WORKSHOP THAT YOU'D LIKE TO SEE OFFERED AT BGCA?

PLEASE LET US KNOW!

WE'RE ALWAYS INTERESTED IN YOUR FEEDBACK. OUR COMMUNITY RECREATION PROGRAMMER, CARTER LAFONTAINE, CAN BE REACHED AT 250-388-5251 OR BY EMAIL AT CARTER@BURNSIDEGORGE.CA.

January Calendar Listings

Chip In For The Kids: Christmas Tree Recycling

Recycle your live Christmas trees and donate to Easter Seals! Chip In for the Kids is back for January 2020. For a donation to Easter Seals your Christmas tree will be disposed of in an environmentally-friendly manner. It's a great way to end the holiday season of giving! Choose a drop-off location - see below for locations. Only live, cut Christmas trees can be accepted (no artificial or potted trees) and all decorations and tinsel must be removed. Victoria Locations:

- Tillicum Shopping Centre
- Broadmead Village Shopping Centre
- Save-On-Foods - Fort & Foul Bay
- Westshore Town Centre
- University Heights Shopping Centre

Saturday & Sunday, Jan 4 & 5, from 10am to 4pm. Suggested donation of \$20. For more info call 250-370-0518.

Support Network for Indigenous Women & Women of Colour

Join the Support Network for Indigenous Women and Women of Colour (SNI-WWOC) for a meal and conversation. Thursday, January 9, 6:30-8:30pm at the Central Library Community Room, 735 Broughton Street. For more information or to register please call 250-940-4875.

Traditional Indigenous Storytime for Families

Join Surrounded by Cedar Children & Family Services for a monthly storytelling group for families featuring traditional storytellers, art and songs. This event is held on the second Saturday of each month at the Bruce Hutchison Library Branch, 4636 Elk Lake Dr. The next offering is January 11th, 10:30am-11:30am. To register, please contact counselling@sccfs.com.

6th Annual Welcome Day Celebration

This is a free, family-friendly event celebrating Victoria's newcomers and showcasing diverse arts and culture through food, music, fashion, and more! Sunday, Jan 12, 11am - 4pm at Victor-Brodeur School, 637 Head Street. To register or for more info contact welcomedaycelebration@gmail.com or 250-800-1601.

What's That Evergreen - Guided Walk

Come take a closer look at the survival strategies of our local evergreen plants. With a CRD Regional Parks naturalist, you'll learn common species and discover what keeps these plants green year-round. Meet at the information kiosk in the parking lot off William Head Road. BC Transit #54 or #55. Suitable for ages 5 years+. Jan 12th, 1pm-2:30pm, at Devonian Regional Park. For more info call 250-478-3344

Mini Franco-Fun

These weekly drop-ins are free to attend. Come with your child, ages 0-5, to speak and play in French in a warm and welcoming environment at La Société Francophone de Victoria, 1218 Langley Street, Suite 2. Monday, Jan 13th, 9:30am-11:30am, repeating on Mondays until June 29th. Free Drop-In <https://downtownvictoria.ca/event/mini-franco-fun-3/2020-01-13/>

City of Victoria's Witness Reconciliation Program

Learn about the City's Reconciliation Program in which the City is making the culture, history and modern reality of local Indigenous Peoples from the Songhees and Esquimalt Nations become present and apparent throughout Victoria. Guided by councillor Marianne Alto. Tuesday, Jan 14, 6pm - 8:30pm at the Central Library Community Room, 735 Broughton St.

Under the Bird Tree- Guided Walk

Birds are fun for little ones - especially when they are by a winter bird feeder! Join a CRD Regional Parks naturalist and look for our fine-feathered friends, make a bird seed craft, and enjoy a short exploration in the woods. Wheelchair accessible. 5 years and Under Jan 15th, 10am-11am. Francis King Regional Park. FREE but pre-registration is required by January 11 as space is limited. Call 250-478-3344

Family Sunday

Art Gallery of Greater Victoria is kicking off the New Year with a very special Family Sunday. Local artist, Jesse Campbell, will be joining us and sharing a bracelet making activity and stories connected to his Metis and Cree roots. Learn new stories through this activity and celebrate unique perspectives. Family Sunday is included with admission. Children under 5 are always free! AGGV offers discounted admission to military families and complimentary admission to Indigenous peoples. Sunday, Jan 19, 2pm at the Art Gallery of Greater Victoria, 1040 Moss St.

City of Victoria's Reconciliation Dialogue #3 - Newcomers and Reconciliation

Along with Indigenous artist, Carey Newman, the City's Reconciliation Program will be explored as to how it relates to newcomers, as Victoria builds awareness of local Indigenous Peoples' history and culture. Guided by councillor Sharmarke Dubow.

Monday, Jan 20 6pm - 8:30pm at Crystal Garden - Conference Centre of Victoria. Register in advance at 250-940-4875.

Robbie Burns Day Luncheon

Enjoy this theme dinner recognizing Scotland's national poet, Robbie Burns. The program includes a Piper, address to the haggis, entertainment, & beer tasting. All ages welcome!

Friday, Jan 24, 12pm - 2:30pm at the Cook Street Village Activity Centre, 380 Cook Street.

Cost: \$15 adults, \$7:50 youth/child (must be purchased by Jan 21). For more info: 250-384-6542 or executivedir@csvac.ca

Coding For Kids Open House

Come by and meet the instructors at Under the GUI (gooey!) Academy, see the classrooms and learn the curriculum. Get a feel for the place, play some games, and even try some coding!

Sat. Jan. 25th from 9:00am-3:00pm Free, but you need to register at: <https://www.eventbrite.com/e/open-house-coding-for-kids-under-the-gui-academy-victoria-tickets-86231993213>

Wonderful Woodpeckers- Guided Walk

Discover all of the tricks of the woodpecker trade. What makes them so good at what they do? Join a CRD Regional Parks naturalist and learn how to identify different woodpeckers by sight, sound and habits on this fun guided walk. Meet at the information kiosk in the parking lot off Atkins Avenue. BC Transit #53. Jan 26th, 1pm-2:30pm, at Mill Hill Regional Park. For more info call 250-478-3344.

Chinese New Year Celebration 2020

Celebrate the Year of the Rat. Lion dance parade and Kung Fu demonstrations in Chinatown. Sunday, Jan 26 12pm-3pm at the Gates of Harmonious Interest (corner of Fisgard & Government).

Winter Wildlife

This is an admission by donation drop-in event at the Swan Lake Sanctuary. Join the Nature Centre as they learn about migration, hibernation, and other ways animals deal with the challenging winter season. With different activities, crafts and games you'll be sure to have fun at this educational drop-in! Jan. 26th, 12pm-3pm. <https://www.swanlake.bc.ca/event/winter-wildlife/>

Black History Month Launch

Join the BC Black History Awareness Society and the City of Victoria for the launch of Black History Month. Tuesday, Jan 28, 7pm at Victoria City Hall. Cost: Suggested donation \$10. RSVP to silvia.mangue@shaw.ca



Do you have an event coming up that you'd like to see in our Calendar Listings? Please forward it to info@burnsidegorge.ca for inclusion!



Every year, Project Connect provides many needed items and services to people who are experiencing homelessness, from foot health treatments, to obtaining ID and warm clothes, food treats and a good meal, tax returns, information about the many services in Victoria, connection with old friends, and much more.

In consultation with people with lived experience of homelessness, it was determined that this year's Project Connect will take place after all the festivities and giving of the December holiday season have wound down.

Give a little. Help a lot.

January 21, 2020
12 pm - 7pm
Kirk Hall, 680 Courtney

January can be a particularly long month for people experiencing homelessness and poverty, so Project Connect 2020 will be held on Tuesday, January 21 from 12 to 7 pm at Kirk Hall, 680 Courtney Street. It is shaping up to be a day of shared conversation, learning, arts, fellowship, food and entertainment.

Thanks to generous support from the community, the Project Connect team has been able to reach its donation quota for socks and toiletries but they are still in need of the following items as well as volunteers to help on and before the day:

*Traveler Mugs • Protein Bars • Granola Bars • Gum • Candy • Instant Coffee
Hot Chocolate • Emergence-C (vitamin sachets) • Band Aids • Notebooks
Pens • Puzzle Books • Gift Cards • Colouring Books • Underwear
Gloves • Toques • OR anything you would like to add*

Victoria Cool Aid Society and many other local organizations participate in and contribute to Project Connect. Donations can also be dropped off at Rock Bay Landing emergency shelter, 535 Ellice Street, in the neighbourhood.

For more information visit: victoriahomelessness.ca/projectconnect

To donate, volunteer or learn more, please contact: Janine Theobald of the Greater Victoria Coalition to End Homelessness at 250-217-3709 or jtheobald@victoriahomelessness.ca

VicCoolAid Victoria Cool Aid Society
Cool Aid is working hard each and every day to improve the **quality of life for everyone** in our community.

CoolAid
everyone deserves home

