



Burnside Gorge Community News

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The Burnside Gorge Community Association
471 Cecelia Road, Victoria, BC V8T 4T4
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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

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

We are Opening up and Summer is Here

The Family Self Sufficiency Program wants to invite you to join us in creating a better future for you and your family. If you are a family with at least one dependent child & living in subsidized housing or receiving the RAP subsidy this program can support you to organize your finances and set your goals! Social Distancing Approved!!!!

Join us, as we move forward towards:

- Getting your budget together
- Creating Savings and reducing debt
- One to one support (safely distanced)
 - Financial Education
- Supporting you to achieve your goals



Call today to apply for this life changing opportunity

FSS staff can be reached at 250-388-5251

Point Ellice House reopens with new exhibit on history of waste and water in Victoria

By Dr. Kelly Black, Executive Director, Point Ellice House Museum and Gardens

In Victoria, fresh water has long been precious—and political. *Springs and Scavengers: Waste and Water in Victoria, 1842-1915* is a new exhibit at Point Ellice House Museum and Gardens that brings you up close (but not too close) to the story of water and waste management in early Victoria and the Burnside Gorge neighbourhood.

Through images, stories, and artifacts—including a spectacular collection of chamber pots—our new feature exhibit tells a story of basic human needs, and the struggle that early Victoria had in keeping up with them. Visitors will encounter the rapid expansion of the city's water works, from a few simple wells on the edge of town to the damming of Elk/Beaver Lake and its pipeline of swampy-smelling water to Victoria's fashionable homes. The exhibit showcases *night soil scavengers*—tradesmen who made a living manually removing sewage from the city's homes (sometimes dumping it in inconvenient places around town).

Springs and Scavengers connects the personal with the political. Visitors will peek into the water closets of the O'Reilly family, and learn of their business interests in the privatization of the city's water supply. Visitors will also discover how marginalized communities—Chinese, First Nations, and Black—were involved in waste and water matters, and how they were both denied basic amenities and criticized for the lack of them.

With Victoria's new wastewater treatment plant coming online later this year, the exhibit is timely. Through the creation of this exhibit, we learned that the history of waste and water in British Columbia is entangled with the history of public health, racism, and societal response to the spread of disease.

Point Ellice House Museum and Gardens will reopen on Saturday, July 4th. Admission is by appointment and visitors can book their visit on our website; PointElliceHouse.com. You or your group will have the new exhibit all to yourself!

Due to COVID-19 guidelines and our limited resources, the historic house is closed to the public. However, the heritage gardens remain open and visitors can experience an outdoor exhibit on the history of the home and its families.

We are excited to welcome the community back to one of Victoria's hidden gems. Please do not hesitate to contact us if you have any questions or concerns about an upcoming visit to Point Ellice House.



How would you spend \$50,000 to assist newcomers in Victoria?

Did You Know: Close to 20% of Victoria's population is composed of immigrants or refugees. Many face significant social and economic barriers to integration into Canadian society. To help alleviate these challenges, the City of Victoria and the Inter-Cultural Association of Greater Victoria (ICA) have come together to establish the 2020 Participatory Budget initiative.

What is Participatory Budgeting?

Participatory Budgeting is an innovative, democratic process that gives the entire community the opportunity to participate and to decide how to invest a portion of the City's budget. This initiative is part of the City of Victoria's citizen engagement plan. The 2020 Participatory Budget focuses on projects that work to improve life for newcomers in Victoria.

If you have an idea for a project, initiative or event that could enrich and enhance the lives of newcomers to Victoria, this is your opportunity! The Participatory Budget Steering Committee invites you to submit proposals. Eligible project proposals will be voted on by the public later this summer. Proposals can be for some, or all, of \$40,000, with an additional \$10,000 set aside for programs requesting \$2000 or less.

What kinds of projects are eligible?

In past years, projects have included a series of workshops to learn about up-cycling and altering unwanted clothes, an art and recreation program for underprivileged youth, and a 'Perfect Parenting' program for young parents. Basically, the project must address the needs of the community and have tangible results. Projects can be proposed by either individuals or community organizations and must have strong community support.

Proposals and Project Submissions

More details on proposal submissions can be found on the City of Victoria Participatory Budgeting webpage: <https://engage.victoria.ca/participatory-budgeting/>. The webpage includes links for the two-step application process and the Participatory Budgeting Rulebook; please review the Rulebook before starting your application. Support for development of proposals can be found through Virtual Participatory Open House sessions to be held on July 7 and July 11, 2020, and through the Outreach Team: pbvictoria.outreach@gmail.com

Given that we are living in a time of physical distancing, virtual projects are encouraged! Get your ideas in by 4 pm July 31st, 2020!



Want to improve the lives of newcomers in Victoria?

Apply for up to

\$50,000

#pbvic

Mental Health Resources

Wellness Together Canada

Wellness Together Canada offers a range of free mental health supports to Canadians including: wellness self-assessment and tracking; self-guided courses, apps, and other resources; group coaching and community of support; counselling by text or phone.

<https://ca.portal.gs/>

Umbrella Society

If you are in need of substance use recovery support Umbrella Society offers regular groups, family counselling and SMART recovery meetings. For more information please email wecanhelp@umbrellasociety.ca or call 250-380-0595. <https://www.umbrellasociety.ca/>

WE Well-being

WE Well-being empowers youth, educators and families with tools and resources to promote their own well-being and the well-being of their community. Serving youth, educators and families, WE Well-being is equipping people of all ages with the tools they need to foster social, emotional, physical and mental well-being.

<https://www.we.org/en-CA/get-doing/activities-and-resources/wellbeing/>

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. To support safe physical distancing the market has expanded to Porter Park and Brooke St Park. Offers online ordering.

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



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

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:

July 3	July 6
July 10	July 13
July 17	July 20
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:

July 6,	July 9
July 13	July 16
July 20	July 23
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	1:00 pm - 2:00 pm	FREE
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Dr. Ishiguro will be our honoured guest on July 6th and will be speaking about his research and perspectives on the COVID - 19 virus. A full schedule of guests will be available soon. Please call Travis to inquire or to be added to the weekly attendee list 250 388 5251.



LOW HAMMOND ROWE ARCHITECTS

154 Affordable Apartments for Burnside Gorge

Residents in the Burnside Gorge neighbourhood have been calling for more affordable housing for over a decade; for students, seniors on a fixed income, single parent families, low income workers, people living with disabilities and the unwaged.

Cool Aid is pleased to announce that our proposed development, Crosstown (3020 Douglas) has now been approved by the City of Victoria. It will add 154 new, affordable rental apartments to Burnside Gorge for households with a mix of incomes and be ready for occupancy in late 2022.

We know the Burnside Gorge neighbourhood continues to be under pressure, as the BC government has moved quickly to help Victoria's homeless to find stable shelter in the midst of the COVID-19 pandemic. Crosstown represents no net increase in supportive housing in the neighbourhood, while also adding 102 additional new, affordable apartments for rent to Victorians.

Cool Aid's key design principles for Crosstown are rooted in the feedback

neighbours gave us, and as a result includes a daycare, training café along Burnside, a welcoming plaza fronting a tree-lined, pedestrian walkway between Burnside and Douglas, plus over 30,000 square feet of commercial space.

We are grateful that neighbours invested their time and ideas to help create a common vision for Crosstown. It has been a true collaboration from day one and will act as a model in British Columbia of a new kind of mixed development that takes into account both the needs of the neighbourhood and those of people needing affordable and supportive homes.

The 154 apartments will include attractive studio and one-bedroom suites, plus nine 3-bedroom, and four 2-bedroom apartments for families, with a daycare on site.

When Crosstown is complete, our 52 tenants at the former Tally Ho will be relocated to their newly built homes and will continue to have access to support services such as access to health care, meals, social service referrals, medication monitoring and counselling.

Cool Aid expects to begin demolition and construction in October, and continue building through to late 2022. The project, managed by TL Housing Solutions, will employ up to 200 workers during construction, at a time when the economy also needs rebuilding.

Our professional housing workers are there for our tenants – and for you – 24/7:

- At the former Tally Ho, 778-265-0014
- Administration, 250-414-4789 (weekdays)
- If you need help with litter, graffiti or discarded syringes the Burnside Gorge Neighbourhood Clean Team may be able to help, 250-383-1951 ext. 1



Facebook Twitter Instagram VicCoolAid LinkedIn Victoria Cool Aid Society

