



Burnside Gorge Community News

June 2020
www.burnsidegorge.ca

Veggie Starts Distribution Day!

BGCA is proud to be a distribution partner with the City of Victoria's Get Growing program. Veggie starts, seeded and grown by the City's parks team, will be available on Saturday, June 6, from 10am-2pm. Time slots have been reserved based on eligibility criteria:

- 10am - 11am - reserved for seniors and immunocompromised folks
- 11am - 1pm - reserved for folks who are financially impacted by COVID-19 or other barriers
- 1pm - 2pm - free for public distribution

Some of the plants that will be available include: cabbage, cucumber, zucchini, squash, tomatoes, kale, mustard greens, etc. Everything is first-come, first-serve and there may be limits on the number of plants available per household. We thank you for taking only what you need so there can be plants for everyone!

We look forward to seeing you there but to keep everybody safe we ask that you please abide by the following safety protocols:

- if you are sick, please stay at home
- please respect proper social distancing measurements - 2m minimum
- please sanitize your hands at the beginning and end of the seedlings pick-up (hand sanitizer onsite)
- please bring your own tray or carrying mechanism to take home the plants
- please do not pick up or touch plants you are not taking home; take the first one you touch

For more information please email info@burnsidegorge.ca or call 250-388-5251. If you would like to learn more about growing your own food in the region, please see <https://www.growingfood-together.com/>



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 to 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.

Camp Survivor Returns for Summer

This action-packed adventure camp for youth aged 10-15 years will take you outdoors for kayaking, zip-lining, motocross, swimming and more! If you are looking for a summer full of adventure and fun, this is the camp for YOU! Register early, as spaces are limited.



Camps run Monday to Friday, 9am - 4pm. 5/\$175, prorated to 4/\$140 for short weeks. *Please note that scheduled activities are subject to change based on availability and recommendations from public health.

Week 1 - Stoked to Start Summer: Jun 30 - July 3 *No camp July 1

Summer 2020!! Activities include kayaking, BBQ Lunch and skim boarding! Four day week - No camp Wed July 1

Week 2 - To the Extreme: Jul 6-10

Test your limits. This week we try slacklining, paintballing and extreme beach lounging!

Week 3 - Swim, sail & soak up the sun: Jul 13-17

We'll spend more time wet than dry this week! Get ready to paddleboard, slip 'n slide and explore some cool shorelines.

Week 4 - The Wild, Creepy & Cute: Jul 20-24

Wild rides, wild animals and wild fun! This week, we'll ride motocross bikes, visit some animals and explore some enchanted woods.

Week 5 - Fitness Fun: Jul 27-31

You'll be having so much fun you'll forget you're exercising. Enjoy yoga in the park, epic hikes and Flying Squirrel Trampoline Park.

Week 6 - Forest Explorations: Aug 4-7 *No camp Aug 3

From above and below the trees will put on this week's show. Enjoy a day at Wildplay and visits to local giant old growths.

Week 7 - Sports Madness: Aug 10-14

Calling all Sports Fans! Soccer games, tennis lessons and motocross riding all in store for this week.

Week 8 - A Very Epic Adventure: Aug 17-21

A week with endless opportunities to create lasting memories. We'll go paintballing, rock hunting and bike riding.

Week 9 - Wacky and Wonderful: Aug 24-28

A little of everything... paddle boarding, zip lining and Frisbee golf to cap off a summer of fun!

For more information or to register please call 250-388-5251 or email travis@burnsidegorge.ca.





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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

Victoria 3.0 Coming to Burnside Gorge

As council liaison to Burnside Gorge it is clear that this is a well-loved neighbourhood with caring residents that want to ensure that this is a safe and thriving community for all. The impacts of COVID-19 have brought new concerns to the neighbourhood and it's now time, more than ever, to ensure this *can be* a thriving neighbourhood for all. It's time to invest in Burnside Gorge.

This month Victoria released its economic action plan [Victoria 3.0 - Recovery Reinvention Resilience](#). The first action envisions an Innovation District in Burnside Gorge. Defined as a hub of high quality spaces where new high-value jobs are created, it will be an amenity-rich place in which small businesses can thrive and benefit from the concentration of economic activity. Planning with the neighbourhood is to begin this year — and we want to hear from you. Stay tuned for next steps.

What else do you envision for your neighbourhood? What elements of the [2017 Burnside Gorge Neighbourhood Plan](#) do you want to move forward? Connect with me at spotts@victoria.ca:

- to share your big ideas
- to learn about community granting opportunities
- to get connected with other community builders and their ideas — from night markets to park improvements!
- to sign up for upcoming community drop-in meetings

Looking forward to hearing from you!

Sarah Potts
Victoria City Councillor



A Letter from MLA Rob Fleming

Dear Burnside-Gorge Residents,

I wish to thank all the members of our community who have shared their concerns with me about the recent measures taken by BC Housing to acquire safe shelter for people living in large encampments in Topaz park and along Pandora Avenue. I would like to take this opportunity to provide everyone in the Burnside-Gorge neighborhood with an update.

Emergency measures were taken in the face of two serious public health crises - the COVID-19 pandemic and the ongoing overdose crisis. To combat these significant health and safety concerns, BC Housing worked quickly to find willing hotel partners to move people indoors on a temporary basis. As you know, some of the temporary shelter is in the Burnside-Gorge community.

I understand the frustration and uncertainty this move has caused for members of our community. There are legitimate concerns that Burnside-Gorge is sharing far too much of the load in supporting vulnerable populations, especially those with mental health and addiction issues. I appreciate that this community, for years, has been very generous in lending a hand in times of need, to those in need. I fully support and share the community view that post-pandemic there should not be an unfair concentration of the low-barrier, supportive housing in one neighbourhood in one of the 13 municipalities in the capital region.

In 2018, my office worked with the Burnside Gorge Community Association, service providers, community members and BC Housing to establish a Community Commitment Agreement (CCA) stating that no more low-barrier, supportive housing would be built in the Burnside Gorge community. BC Housing is still committed to that agreement and has recently assured myself and the community association that the hotels recently acquired to move people from the encampments are only temporary leases. I want to assure you that I view the CCA as a binding provincial document, and as your MLA, I will ensure it is upheld.

At present, our government's priority is to limit the spread of COVID-19 and safely navigate this pandemic, but that does not resolve the government of previous commitments. I have heard directly from the Minister of Social Development and Poverty Reduction, Shane Simpson, and from the CEO of BC Housing, Shayne Ramsey, that there is an exit plan for the people taking temporary refuge in Burnside-Gorge.

The Burnside Gorge Community Association has held a virtual Community Town Hall meeting, as well as a Community Safety Forum since BC Housing took action. Meetings have included representatives from Island Health, BC Housing, Victoria City Council, Victoria Police and local residents. These engagement opportunities are important first steps in listening to and addressing community concerns and working towards creative and lasting solutions. Details about future meetings will be posted first at <http://www.burnsidegorge.ca/>, and my office remains a source of information for any events to come.

I will continue to push BC Housing to accelerate building and locating permanent supportive housing, through a truly distributive model shared around the capital region. Other municipalities should provide and share the same support that Burnside-Gorge has been repeatedly asked to provide. To ensure the safety and security of the community while these temporary shelters are in operation, there will be a Victoria Police liaison officer assigned to each location as well as security, medical, and cleaning staff onsite 24/7.

Together, we've made progress managing COVID-19 because we worked together to flatten the curve. With all the additional challenges you face today, it is wise to remember Dr. Bonnie Henry's words, "this is not forever, this is just for now." I hope you, your family and your friends will continue to be well in these unprecedented times.

Any future questions can be directed to my office or to BC Housing at communityrelations@bchousing.org. My staff and I remain committed to advocate for the health and safety of the Burnside-Gorge community.

In your service,

Rob Fleming
MLA Victoria-Swan Lake



MLA Rob Fleming
Victoria-Swan Lake

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



Want to Grow Your Money?

To have a garden you must first make a space, have a plan, and then plant some seeds. Then you water and fertilize regularly and pull weeds that interfere with the flourishing of your garden. Growing your money is similar! We can guide you through the steps you need to take to grow the financial garden that suits you best.

The FSS Program can support you to...

- Face your financial fears and move forward
- Take control of your money
- Begin a debt reduction plan
- Access resources & supports
- Start Saving

To apply you need to be...

- Receiving a housing subsidy (not all housing providers qualify)
- Or receiving a 'rental assistance program' (RAP) subsidy
- Living with at least one dependent child

Call today to apply for this life changing opportunity. For more info on FSS see <http://www.burnsidegorge.ca/family-self-sufficiency-program> or call 250-388-5251.



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

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/>



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/>



Cool Aid Health Services respond to the Pandemic

Cool Aid's nurse Katie Leahy (left) and Dr. Fraser Black (right) consult with a palliative care patient who is living outside.

"So far, COVID-19 has not hit the streets of Victoria," said Dr. Chris Fraser, an infectious diseases expert.

"But we are very concerned that if the virus were to hit our vulnerable population – people with lung-related illnesses, who are malnourished, who are active in addiction, or who are immunocompromised, such as those living with HIV – they would be hit hard.

And because people who are homeless or under-housed can't self-isolate in the same way, we were afraid this would contribute to the rapid spread of the disease and overwhelm our healthcare system," he continued.

Dr. Fraser is one of Cool Aid's physicians – he works with a team of over 50 healthcare professionals.

We have been providing primary health and dental care in Victoria for 50 years. The Cool Aid Community Health Centre at 713 Johnson Street serves over 7,000 patients, many with chronic conditions.

Our doctors and nurses also provide health outreach with walk-in and

drop-by hours in the Burnside Gorge neighbourhood at Cedar Grove, the former Tally Ho, and the Rock Bay Landing emergency shelter. We even provide palliative care for people who are dying while homeless (pictured above).

Cool Aid delivers health care where it is needed. And the pandemic is no exception.

Dr. Chris Fraser has been paying close attention to COVID-19 research from around the world and providing Cool Aid and the community with expert medical advice.

"We immediately moved to provide healthcare by phone and email, and Dr. Morgan Price set up virtual medical kiosks at Rock Bay Landing and Mount Edwards Court seniors housing for telemedicine appointments. As well, we have implemented physical distance, protective gear and other protocols within our Community Health Centre and other Cool Aid sites," said Dr. Fraser.

As a result of the pandemic, the Health Outreach Team is now growing rapidly.

Cool Aid is delivering medical and health services to most of the indoor locations where people are living who were previously tenting in encampments.

Cool Aid continues responding to the COVID-19, housing and opiate crises by focusing on long-term solutions such as permanent housing with healthcare and other support services for people who have been struggling without a home, in many cases for years.



Dr. Chris Fraser
Cool Aid
Health Clinic



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