

Navigating Change, Cultivating Gratitude

a·dapt·a·bil·i·ty
/əˌdaptəˈbɪlədē/

noun: adaptability
the quality of being able to adjust to new conditions.



Adaptability is one of BGCA's core values. The Association was formed in response to community need and that responsiveness has driven our growth as an agency since. The COVID-19 crisis is challenging us to adapt the way we work and provide service and how we interact as a team. With the support of our donors we are able to continue providing a wide range of services to children, youth, families, and seniors in our community.

Thanks to the Rapid Relief Fund initiated by the Jawl Foundation, Victoria Foundation, and the Times Colonist, we have been able to create a large food access and distribution program. Through this we are able to keep families and seniors connected with fresh food and prepared meals. On average we are delivering 70 hampers to families and seniors each week with food and other necessary supplies.

This funding also helps to subsidize our childcare programming along with support from the Ministry of Children and Family Development. Thanks to this financial aid we are now able to offer free school-aged childcare until the end of June for parents working in essential services.

We are deeply grateful for all of the support we've received that allows us to adapt to our community's needs during this difficult time.



Get Your Garden Off to a Good Start with Free Mulch & Compost!

Get your home garden off to a healthy start with free leaf mulch and compost from the City of Victoria. Leaf mulch and compost produced at the Parks yard in Beacon Hill Park will be dropped off at four community locations for pick-up from May 8-14, 2020.

This program is open to all Victoria residents. Please bring your own container and shovel. Please see further information about the free leaf mulch and compost program here. <https://www.victoria.ca/EN/main/residents/parks/leaf-collection.html>

In order to abide by COVID-19 safety standards of physical distancing, registration to pick-up garden materials is required. If you are unwell or experiencing symptoms, please stay home.

Residents are advised to register with the location closest to their neighbourhood listed below:

Pick-up location	Pick-up dates	Neighbourhoods serviced
Fernwood - William Stevenson Park	Fri, May 8 Sat, May 9	Fernwood / Oaklands / South and North Jubilee / North Park
Vic West - Banfield Park	Sun, May 10 Mon, May 11	Vic West
Fairfield - Porter Park	Tue, May 12 Wed, May 13	Fairfield / Harris Green / Downtown / Rocklands / Gonzales / James Bay
Burnside Gorge - Cecelia Ravine Park	Wed, May 13 Thur, May 14	Burnside Gorge / Quadra Hillside

PICK-UP LOCATIONS AND DATES

William Stevenson Park in Fernwood:

<https://signup.com/client/invitation2/secure/3262226/false#/invitation>

- May 8, 10 a.m.-4 p.m.
- May 9, 10 a.m.-2 p.m.

Porter Park in Fairfield:

<https://signup.com/client/invitation2/secure/3262245/false#/invitation>

- May 12, 10 a.m.-4 p.m.
- May 13, 10 a.m.-2 p.m.

Banfield Park in Vic West:

<https://signup.com/client/invitation2/secure/3262150/false#/invitation>

- May 10, 10 a.m.-4 p.m.
- May 11, 10 a.m.-2 p.m.

Cecelia Ravine Park in Burnside Gorge:

<https://signup.com/client/invitation2/secure/3262251/false#/invitation>

- May 13, 10 a.m.-4 p.m.
- May 14, 10 a.m.-2 p.m.

The City of Victoria would like to acknowledge *Can You Dig It*, administered by the Public Health Association of BC, for supporting the coordination of volunteers and logistics. The City would also like to thank the following community organizations and their community garden volunteer coordinators:

- Burnside Gorge Community Association via the Cecelia Ravine Community Garden
- Fernwood Neighbourhood Resource Group Society
- Vic West Community Association and the Vic West Food Security Collective
- Fairfield Gonzales Community Association via the Fairfield Food Forest





Burnside Gorge Community News

May 2020, Volume 34, No. 05

Published by

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

BGCA Board of Directors

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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

Camosun Service Learning Project

In January, we were approached by a group of students in the Community, Family, and Child Studies program at Camosun, looking to do a project with a local program. After discussion to glean their interests and the ways that they could work with programs, it was decided that working with the Youth Self Sufficiency (YSS) program to raise funds and household items for youth who are moving out on their own would be a project that they would feel good about and we could use to assist our youth. This group was comprised of five students (Cheryl, Madeleine, Emma, Kimberley, & Graeme) who both reached out to their contacts to receive donations of everything from personal hygiene products to cleaning supplies to new bedding, to kitchen utensils, dishes, and small appliances as well as received funds to purchase some of these items new. The group also put together tip sheets to give to youth about resources in the community as well as directions for things like 'how to' apply for housing, get a life pass, buy a bus pass, etc., etc., (directed by YSS staff).

YSS thanks these individuals for all the hard work they put into this project and for the compilation of all of the wonderful items that will go to youth in need in the coming months.



Be Water Wise This Summer

By the CRD Environmental Protection Team

Blue skies have arrived in the capital region, summer is on the horizon, and it is time to prepare your yard and garden. It also means the Capital Regional District (CRD)'s Residential Watering Schedule will be in effect starting May 1 until September 30. Lawn watering can take place from 4–10 am and from 7–10 pm, for even-numbered addresses on Wednesdays and Saturdays and odd-numbered addresses on Thursdays and Sundays. Established trees, shrubs, flowers and vegetable gardens can be watered by sprinkler any day from 4–10 am and 7–10 pm or any time with hand watering or micro/drip irrigation.

Here on the "wet" coast, the winter months bring the rain, filling up the CRD's water reservoirs for the entire year. In summer months, water demand doubles with little-to-no precipitation to replenish reservoir levels. About half of all water use in summer is done outdoors. By conserving water outdoors, we can ensure there is enough available to meet drinking water demand, for fire protection and to support fish and ecosystems, especially through the dry, hot months. Use these water-wise tips to save you time and money this summer:

1. Plant native plants, adapted to our dry summers and drought tolerant. They require little to no watering and no fertilizers, pesticides or herbicides. Native plants also attract butterflies, hummingbirds, beneficial insects and bees to pollinate your garden.
2. Let your lawn Go Golden. Lawns naturally go dormant in the summer and will bounce back to green with the fall rains. If you choose to irrigate, remember your lawn only needs 25 mm (one inch) of water each week.
3. Irrigate efficiently using the cycle and soak method. Irrigating in short cycles allows water to soak into your lawn and reduce water waste and nutrient runoff, which can damage your lawn.
4. Add mulch, like bark chips, compost, grass clippings or pebbles, around your plants to save water by keeping moisture where the garden needs it in the soil. This helps reduce evaporation, keep soil cool and reduce weeds.
5. Avoid power washing your driveway and sidewalk. Use a stiff broom to clean them just as quickly.

Learn more at: www.crd.bc.ca/water. Thank you to all residents in the capital region for being water wise this summer.

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



A Scottish Brick in Victoria

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

As part of the south garden rehabilitation at Point Ellice House, we have been uncovering various pieces of historical archaeology – particularly bricks, which the O'Reilly family used to create walkways and line borders and paths. Most bricks uncovered so far have not had any markings, making it difficult to identify the manufacturer and date. This week, however, we found a fully intact brick with the marking “GARTCRAIG.”



[GARTCRAIG bricks were manufactured near Glasgow, Scotland between 1876 and 1927.](#) Victoria had a number of brickyards during this period, so

how did a brick from Scotland find its way into the Point Ellice House gardens? Bricks were often used as ship ballast, so it is possible the brick was found (possibly along the Point Ellice House shoreline) and repurposed for use in the gardens. Another interesting possibility is that this brick came from a shipment of GARTCRAIG bricks that arrived in Victoria in 1906. In a 2016 report on the historic Highlands lime kiln, heritage consultant Stuart Stark explains that “Robert Ward Co. imported a large quantity of GARTCRAIG firebricks and Fireclay from Scotland to the Victoria market. He sold this shipment over a period of around six months.”

Peter O'Reilly died in 1905, and his daughter Kathleen spent the next few years adding her own touches to the gardens. Did she purchase bricks from Robert Ward and Co. in 1906? Perhaps she repurposed the brick from somewhere else? Maybe it was found along the shore and added to the south garden border? We can't be sure – but finding this brick adds another piece of the puzzle to our ongoing efforts to better understand the historical landscape at Point Ellice House.

Do you have brick pathways in your gardens? Do you re-use found materials in the yard? Have you come across a GARTCRAIG brick? Please leave a comment on our [social media pages](#), or get in touch via email (info@pointellicehouse.com) – we'd love to hear from you.



A Message from Rob Fleming

Dear Community Members,

Thank you all for making the necessary adjustments in your daily lives in order to keep our community safe during this unprecedented time. I want to express my sincere gratitude to our front-line healthcare and essential service workers, whose tireless efforts have kept our province moving throughout this pandemic.

Our actions are making a real difference. Through physical distancing and closely following the advice of our provincial health authorities, we are beginning to become cautiously optimistic about the future. Continuing to follow these measures is absolutely essential if we are to flatten the curve in British Columbia and keep our loved ones safe.

I know these are uncertain and challenging times as the situation around COVID-19 continues to evolve in our province. Through my website and weekly newsletter, my staff and I will endeavor to update you on any major changes as they come.

Information on financial and other support can be found at <https://robflamingmla.ca/>

A few key supports currently available can be found here:
Hydro bill relief <https://news.gov.bc.ca/releases/2020PREM0018-000611>
BC Emergency Benefit: <https://www2.gov.bc.ca/gov/content/employment-business/covid-19-financial-supports#BCEBW>
Temporary rental supplement <https://www.bchousing.org/COVID-19>

As always, my office remains a source of information and assistance during this time. My staff can be reached by email at Rob.Fleming.MLA@leg.bc.ca or by phone at 250-356-5013.

It is now more important than ever that we stay vigilant and work to mitigate the spread of COVID-19 in our community. Let's look out for one another.

Sincerely,

Rob Fleming
MLA for Victoria-Swan Lake
P: 250-356-5013 | 1020 Hillside Avenue Victoria BC V8T 2A3
COVID 19 UPDATES - <https://news.gov.bc.ca/>



Garden Resources

During this challenging time we are seeking the silver linings wherever we can. One positive impact of the COVID-19 crisis is the increase in people with the time and desire to start home gardens. We have received numerous inquiries about plot availability in the Cecelia Ravine Community Gardens. While our plots are full with a wait list, there are a number of initiatives happening in the region for anyone looking to expand their personal food security and grow their own food.

Compost Education Centre's Organic Plant Sale

With a smaller number of growers and special COVID protocols in place, the event is on Saturday May 9th, 10am-2pm at the CEC demonstration site at 1216 North Park Street.

The Spring Organic Plant Sale features local farmers offering a wide variety of organically grown vegetable, flower and herb seedlings to get you off to a successful start this growing season.

<https://www.facebook.com/events/489582588643403/>

My Fed Farm

An initiative of the Food Eco District, My Fed Farm will deliver everything you need to start a small food garden on a deck or patio, free of charge. Priority is those who have been impacted by COVID-19.

<https://www.get-fed.ca/myfedfarm>

Growing Together

A community hub of garden resources, education and references. Whether you're an avid gardener or just starting out there is something for everyone.

<https://www.growingfood-together.com/>

Farmers Market

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/>

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/>

Responding to the Pandemic at Rock Bay Shelter



Coping with the COVID-19 pandemic is hard on all of us. But the impacts on Cool Aid's clients are compounded. Imagine being homeless during this crisis – just like everyone at Rock Bay Landing emergency shelter. The housing crisis most impacts the more than 1,500 people in our community who are homeless. Indeed, the COVID crisis underscores the integral connection of housing to health.

Imagine multiple public health crises impacting someone you know all at the same time. Many Victoria residents are living in the centre of several public health emergencies – homelessness, the opioid overdose crisis, which continues to take lives in our community; and, the COVID-19 pandemic, where the homeless have nowhere to isolate and protect themselves and others.

Most of the city's temporary winter shelters are now closed and the permanent shelters that remain open, like Rock Bay Landing, are unable to support as many people as usual in order to increase physical distancing and reduce potential virus spread.

The sad, but predictable, response has been more people in tents – including on Ellice Street. Given the current health crisis, the City of Victoria is not enforcing tent bylaws at this time. Mayor Helps continues to pursue options, including housing people in hotel rooms while new housing is built. However, in the meantime, we can expect that a significant number of homeless residents will be living in tents close to where homeless services are offered.

Unless these people can be rapidly housed or moved into hotel rooms while housing is built, we will continue to see high numbers of people living in tents in our community for the foreseeable future. At Cool Aid, we continue to work with by-law officers and city public works to clean Ellice Street daily and

await municipal/provincial support to better address the campers' needs.

We are helping our vulnerable clients as best we can with limited services at Rock Bay Landing:

- Drop-in at Rock Bay Landing for showers, washrooms and toiletries, are operating on reduced hours from 9 am-11 am and 1 pm-3 pm.
- Some common rooms have been closed down, while others remain open but reconfigured to help us keep physical distance from one another.
- Special programs have been cancelled, such as community meals, arts programs, outings and drop-ins.
- Community meetings are temporarily suspended, including Narcotics Anonymous, PEERS and St. John Ambulance.

To learn more about how Cool Aid is responding to the COVID-19 pandemic, visit CoolAid.org/covid. To make a donation to help your neighbours in need visit CoolAid.org/donate.

We are asking that visitors and volunteers do not come to Cool Aid sites to drop off donations or gifts at this time to reduce potential virus spread.

“The COVID-19 crisis underscores the integral connection of housing to health.”



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