

Burnside Gorge Community News

November 2020
www.burnsidegorge.ca

Support BGCA Christmas Hampers

This time of year is extremely busy and joyful at the Community Centre as we get ready for our annual Christmas Hamper program.

The families we support are currently involved with one of the many programs here at the Burnside Gorge Community Centre. Christmas Hampers include food cards for fresh produce, a box of non-perishables, and personal gifts for children to open on Christmas day.

How can you Help?

Helping looks different to everyone and no gift or offer of support is too small. There are many ways to give:

- Sponsor a Christmas Hamper with friends & family or a work or faith group;
- Raise funds through your respective group to make a cash gift to the BGCA and we will purchase gifts and food vouchers;
- Collect non-perishable food items and grocery gift certificates to include with Christmas Hampers;
- Purchase gifts or gift cards for the BGCA to distribute in hampers;

However you choose to give, we greatly appreciate your support and contribution. Tax-deductible receipts are available upon request, where applicable. For more information, please contact us at 250-388-5251.

If you are collecting non-perishable food items or toiletries, here are some of the items needed most.

- | | |
|---------------------------------|---|
| • Sugar, Flour | • Fruit cups, snacks, leathers |
| • Canned fish & meats | • Cookie/cracker snack packs |
| • Canned veggies | • Pudding packs |
| • Peanut Butter & jam, Nuttella | • Juice boxes |
| • Pancake mix & Syrup | • Laundry & Dish soap |
| • Cereal & Oatmeal | • Toothpaste, toothbrushes, floss, mouth wash |
| • Condiments | • Shampoo & conditioner |
| • Rice, Pasta & Sauce | • Toilet paper |
| • Instant Noodles, Kraft Dinner | • Diapers & wipes |
| • Granola / Cereal Bars | |



Donate to Coats for Kids

The Burnside Gorge Community Centre is currently accepting donations for our annual Coats for Kids program. We are collecting clean, new or gently used winter coats for children ages 5+ and teenaged youth. We would also be grateful for boots, snowsuits, snow pants, mitts and scarves. Please drop your donations off at the Community Centre, 471 Cecelia Rd. For more information, call us at 250-388-5251.



Community Meeting - Nov 16

BGCA invites all interested community members to join us for a conversation on Monday, Nov 16, from 6:30-8:00pm via Zoom. We will share thoughts and concerns and brainstorm possible solutions to be brought forward to upcoming Community Advisory Committee meetings. If you would like to sign up, please fill out the signup form at <https://forms.gle/kLe3qJXB1CiqosfU6> and the zoom link will be sent out to you. We look forward to seeing you there.

Save the Date!

In an effort to improve information sharing and engagement within the neighbourhood BGCA is resuming monthly community meetings starting in January. Meetings will be held on the third Monday of each month unless otherwise advertised.

Help us Cram the Cruiser

On December 10th please join us from 9am-11am at Colquitz Middle School for our annual Cram the Cruiser event. Each year students and staff from Colquitz partner with Saanich Police to collect donations of non-perishable foods and toys for BGCA's Christmas Hamper program. The event kicks off at 9am and at 11am police cruisers will deliver the proceeds to the Burnside Gorge Community Centre.

**IN PARTNERSHIP WITH SAANICH POLICE,
BURNSIDE GORGE COMMUNITY AND COLQUITZ
MIDDLE SCHOOL. WE ARE EXCITED FOR OUR...**

**7TH ANNUAL CRAM THE CRUISER
EVENT ON
THURSDAY, DECEMBER 10, 2020**

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Making a
difference
that
matters.

We are taking donations of non-perishable
items for CRAM THE CRUISER. Thank You!



Feeding our
Community!

**Starting Monday, November 16th, we are asking for donations
of non-perishable foods, new toys and or gift cards. On the
morning of Dec. 10th between 9-11 a.m. we will
CRAM THE CRUISER at Colquitz Middle School.**

**The Community Centre will
be closed on Wednesday,**



**Nov 11th, for
Remembrance Day.**



Burnside Gorge Community News

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

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

BGCA Board of Directors

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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

The Return of the Gift of Good Food Holiday Fundraiser

The Gift of Good Food, Fernwood NRG's annual fundraiser, kicks off again this year Monday, November 16th, 2020 until midnight December 31st, 2020. The Gift of Good Food raises funds to support local families in need across the Capital Regional District access Good Food Boxes every two weeks for an entire year.

The Good Food Box is Fernwood NRG's food distribution program and supplies fresh bags of produce to Gift of Good Food recipients. The Gift of Good Food partners with community-based organizations across the Capital Regional District so we can directly support people in need at the neighbourhood level.

You can get involved by donating online at the-goodfoodbox.ca/donate through November 16th – December 31st, 2020. Start a Fundraising Team with friends, family, or co-workers and reach a goal that supports people in your neighbourhood. Register your team online at fernwoodnrg.ca/fundraising-teams-ggf-2020/.

Do you own a business and want to choose a local fundraiser to support? Choose The Gift of Good Food us as your charity of the month where a portion of your sales will direct support community members access fresh food for a year. If you would like to get involved, but unsure how, send an email to melissa@fernwoodnrg.ca and we will work together to find a way for you to support the Gift of Good Food.

Stay tuned for more information about the Gift of Good Food annual fundraiser on thegoodfoodbox.ca/donate and Fernwood NRG's social media channels.



Photo by Tyler Cave

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

The FSS Program can support you to...

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

Are You:

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



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

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

FSS is generously funded by:



Little Free Libraries

Lending libraries have been installed at the Cecelia Cove Park and at the Sumas St & Manchester Road locations. Thanks to all those who helped with the projects, your community spirit enhances our neighbourhood. All are welcome to drop by and pick up a book or two that capture your interest. Or drop off those books that have been cluttering your shelves for the enjoyment of others. Walk over with a coffee and chat with a neighbour who's trying to decide which book to read next.



Responsive Neighbourhood Small Grants

Responsive Neighbourhood Small Grants (R-NSG) are available across the Greater Victoria region to support small scale individual-led community projects that comply with social/physical distancing guidelines in response to the COVID-19 pandemic. The grants are up to \$500 and available to individuals or family members from the same household or for those who are interested in building community strength and resilience, fostering community creativity and wellbeing, and in tackling social isolation.

What can I apply for?

The Responsive NSG Program supports projects that build community by finding ways to connect with people socially. An example of such a project is delivering care packages to elderly or immunocompromised people in the neighbourhood. Be sure to review all the grant criteria on our Eligibility & FAQs page.

Responsive NSG also supports projects that involve sharing skills or talents through online platforms. Examples include hosting a webinar on a topic you know well, teaching an exercise class, or a digital musical performance. Out of your entire project budget, you may spend up to \$350 providing honorariums for those sharing skills (this includes yourself).

Now more than ever, B.C. needs to stay connected with our neighbours and community members. The Responsive NSG Program will help to keep our communities resilient.

How to Apply

Applications will be accepted on a rolling basis. Applications are reviewed as they are submitted. You can [start your application here](#). Please contact Alex Norfolk at nsgproject@quadravillagecc.com if you have questions about the Responsive NSG stream.



Neighbourhood
Small Grants
Victoria

Do you have an idea to
bring people in your
community together?

Small grants. Beautiful ideas. Apply for a \$50 to \$500 grant to bring your project to life.



APPLICATIONS OPEN UNTIL NOVEMBER 30, 2020!

For information or help applying, contact NSG Coordinator Alex Norfolk at: nsgproject@quadravillagecc.com, or visit www.victoriafoundation.bc.ca/nsg.

Applications are open to everyone living in the Greater Victoria region. Youth-led projects are encouraged!



#NSGBC

How to Support BGCA

THRIFTY FOODS SMILE CARDS

Do you shop at Thrifty's? Did you know that BGCA is part of the Smile Cards program with Thrifty Foods and that you can support our youth programs just by doing your regular shopping? Just load up a Smile Card and then shop as you normally would. Thrifty Foods will donate 5% of the funds loaded onto your card to BGCA.

Cards are available for pick up at the Community Centre, just call us at 250-388-5251 to get a card and start supporting BGCA today.

FINANCIAL DONATIONS

Your donation can help change a family's life or improve the community you live in.

The Burnside Gorge Community Association relies on the support of individuals, businesses and government to provide services to our community. Your donation helps us continue providing a high level of service to families in need in our communities. The Burnside Gorge Community Association is a registered charity in good standing with the Canadian Revenue Agency. We will issue a charitable tax receipt for eligible donations.

Make a secure online donation through Canada Helps <https://www.canadahelps.org/dn/4326> or contact us directly at 250-388-5251.

We gratefully accept donations of cash, non-perishable food and personal hygiene items (diapers, soap, etc.). We welcome in-kind donations of services and goods from businesses or individuals. If you have any questions about supporting the work that we do, please don't hesitate to get in touch.

BOTTLE RETURNS

Did you know that the Burnside Gorge Community Association is now an approved charity of the Bottle Depot? It's never been easier to support your local Community Centre. Returnable containers can be brought into to any Bottle Depot location. Let the cashier know at the beginning of the transaction that you would like to donate your returns to Burnside Gorge Community Association and the value of your bottle returns will be put into our account. Bottle Depot has three locations:

- Downtown - 655 Queens Ave.
- Glanford - 4261 Glanford Ave
- Quadra - 3961 Quadra St

For more information about supporting BGCA call our office today, 250-388-5251.



Photovoice Activity Coming Soon

Submitted by University of Oklahoma Urban Design Studio students

Hello, Burnside Gorge Community from the University of Oklahoma Urban Design Studio in the United States. We are a team of graduate students pursuing the Master of Urban Design at the Gibbs College of Architecture. Our studio uses an approach called service-learning where we ask community partners to provide us a learning opportunity, and in exchange we hope to provide something of value to the community. This year we are working with the Gorge View Society and the Burnside Gorge Community Association on a vision and plan for the future of Chown Place. If you wish to learn more about this project you can follow our website: <https://fall2020studio.wixsite.com/chownplacedesign>

Currently, we find ourselves in the Empathize Phase of our project. The purpose of the Empathize Phase is to listen and understand the perspectives of all the people that might be affected by the project. This effort relies heavily on community engagement and involvement. Reaching out to residents is an important activity that will occur throughout the project. A variety of engagement techniques will be used to triangulate with different people and groups. Since this project is being conducted remotely, a variety of techniques may be tested and explored. Next month, we want to engage the community by doing a Photovoice activity.

Photovoice is a participatory photographic research method. It asks neighbors to take photographs that represent their individual perspectives and lived experiences. These pictures are then shared back with others and discussed to discover connecting themes. Narratives or stories explaining the significance of the pictures can be attached to the photographs, but all efforts are used to maintain confidentiality among research participants and researchers when results are shared with broader audiences. Students will reflect on all the data they collect with the hope that they gain a deep understanding of the community and feel the concerns and emotions of its residents.

In the next December Newsletter, we will send further instructions and information on how you can participate in this activity and help us learn more about the Burnside Gorge Neighborhood. This activity is open to all residents over the age of 18. If you have further questions or concerns you can reach our Director Shawn Schaefer at sschaefer@ou.edu.

BURNSIDE GORGE
COMMUNITY CENTRE
RECREATION PROGRAMS

PROGRAM
REGISTRATION

We have an exciting line-up of programs for all ages, from toddlers to seniors. To register for a program call 250-388-5251 or drop by the Centre in person. Pre-registration is required for all programs. The Front Desk hours are 8:30am-5pm, Monday to Friday. We are closed on statutory holidays and weekends, unless noted otherwise.

Payment is required at the time of registration and can be made by cash, cheque, credit card (VISA & MC), Debit or City of Victoria LIFE credits.

REGISTER EARLY
TO AVOID
DISAPPOINTMENT!

Programs may be cancelled or postponed if there are not enough registered participants. Decisions to run or cancel a program are usually made two days prior to the first class.

REFUND POLICY:

- For a full refund, request for withdrawal must be received at least 1 day prior to the first class.
- A full refund will be issued if BGCA cancels a program.
- If a participant withdraws after the first class, they will be refunded the pro-rated cost of the program.
- Withdrawing after the second or third class, the participant will be refunded the pro-rated cost of the program minus a \$5 administrative fee.
- No refunds for withdrawals after the lesser of the 4th class or 50% of the course has been completed.

GET IN TOUCH

Do you have an IDEA for a program that you would like to see offered at Burnside Gorge Community Centre? Are you an instructor interested in running a program with us? Contact Travis Chater, Community Recreation Coordinator, at 250-388-5251 ext 225 or email travis@burnsidegorge.ca.

FACILITIES

The Burnside Gorge Community Centre is located just outside downtown Victoria at 471 Cecelia Road, between Burnside Road East and Gorge Road East. Outdoor public facilities include the Cecelia Ravine Park, Sport Court and Bike Skills Park, adjacent to the Centre.

The Community Centre is readily accessible by public transit: buses #8, 11, 21 and 22 routes on Gorge Rd East, Jutland Rd and Burnside Rd East, run parallel or border Cecelia Road. It is also easily accessible by the Galloping Goose Trail, which is adjacent to the Centre.



Burnside Gorge Activity Guide

NOVEMBER 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 – REGISTERED PROGRAMS

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

ACTIVE PLAY (AGES 0-5)

Free play for the little ones, ages 5 and under, and a chance to chat with other moms/dads.
Mondays 9:30-11:30am.

LOVE 2 LEARN (AGES 0-5)

Centred on fun, engaging, play-based learning Love 2 Learn focuses on making early learning activities transferable to the home environment. Weekly sessions will involve a story and share time as well as an activity kit to make and take home. At the end of each session families will set a goal to achieve during the week and explore it during the following group. Sessions will be held in the Family centre.
Tuesdays Oct 13 – Nov 24 9:30-11:30am

HEALTHY TOGETHER (VIA ZOOM)

This innovative and unique family education program brings families together to learn to make healthy choices and build healthy relationships. The sessions will involve group discussions to share ideas around choices to support physical and emotional health as well as how to make an easy, healthy meal each week. Participants will receive educational materials as well as the food items needed to make the weekly meal together. Families will also practice setting achievable healthy goals each session to be shared and reflected on the following week.
Wednesdays Oct 14 – Nov 25 10-11:30am

FAMILY DINNER

Families need to register for dinner by Tuesday at 4pm by calling the front desk at: 250-388-5251. Thursday between 5 and 5:45pm, pick up dinner to take away for an easy, nutritious weekday meal for your family. Maximum 25 families.
Thursdays 5-6pm

DADS' GROUP

Dads' Group offers a friendly atmosphere for fathers and their children 0-6. Learn together about your role in your developing child's life and share parenting successes and challenges. Follow your child's lead in play and enjoy free time, play, coffee, and snacks with your little one. Registration is required. Call today to book your spot, 250-388-5251. All dads with children aged 0-6 are welcome!
Saturdays Oct 24 - Nov 28 1 – 3 p.m. free


SPECIAL EVENTS

CHRISTMAS DINNER

This year Christmas Dinner will be available for take-out only with pre-registration. Dinner will consist of roast turkey, ham, mashed potatoes, stuffing, veggies and cranberry/gravy. There is a suggested donation of \$5. The deadline to register is Thurs, Nov 26th. Please call front desk 250-388-5251 to register. Max 125 families.
Thursday December 3 Pickup 5-5:45pm



SANTA'S PANCAKE BREAKFAST

 Santa's Pancake Breakfast is going ahead but with some changes. Breakfast will be available for pick up only and registration is required. In addition to a delicious pancake breakfast, registration will also include a crafting kit with a link to an instructional video as well as a gift for the kiddos. Registration will open as of November 16th by calling the centre, 250-388-5251. The deadline to register is Dec 4th.
Saturday Dec 12th pickup from 9-11:30am

ADULT – HEALTH & WELLNESS

XL YOGA

For those living in large bodies taught by a person living in a large body. The benefits of yoga – increased balance, flexibility, stamina, and relaxation – are wonderful for everybody. We'll make the poses work for everyone using modifications and props (bolsters, blankets, and straps). Our classes are fun and light-hearted.

Instructor Jill Moran

Due to Covid 19, props will not be available at the Community Centre. Please bring your own yoga mat, blocks, a strap (belt, scarf, bathrobe tie) and a blanket. If you do not or cannot get these items, email the instructor jillxlyoga@gmail.com and she can loan you what you need for the class series.
Th Nov 5 - Dec 10 7-8:00 pm 6/\$72



Facebook Twitter Instagram @VicCoolAid LinkedIn Victoria Cool Aid Society

For only **\$25** you can feed a person for a week.



When you donate to Cool Aid, you are helping the most vulnerable people in our community: people with mental and physical health challenges, people suffering from substance use, and people on the road to recovery. Every donation you make to Cool Aid brings hope for the future.



A donation of just \$25 will help feed a person who is challenged with food insecurity for an entire week. Through Cool Aid's grocery card program hundreds of people are shopping for their own groceries and cooking their own meals. In this time of great need, you are not only providing food for those who are hungry, but giving the gift of independence.

Please visit coolaid.org/giftcards to support vulnerable people.



"So far I've had the privilege of providing grocery cards to some of Cool Aid's palliative patients. These are so appreciated that several clients have burst into tears when they received them."

— Katie Leahy RN BScN, Cool Aid Community Health Centre

To Make A Donation Please visit coolaid.org/giftcards or by phone 250-383-1977