



Burnside Gorge Community News

February 2020
www.burnsidegorge.ca

Winter Wonderland Comes to Out of School Care

We so rarely get snow it's easy to forget how much fun it can be and no-one enjoys the snow more than our Out of School Care teams! Check out the photos of kids and our staff making the most of the weather.



Selkirk Waterfront Festival 2020!

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. For more info please call Carter at 250-388-5251, or email carter@burnsidegorge.ca.

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.

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.



Community Meeting

Annual General Meeting

Monday, February 24, 2020

6:15PM - 6:30PM - MEET & GREET

~ LIGHT REFRESHMENTS PROVIDED ~

6:30PM - 8:00PM - MEETING

~ AGENCY BUSINESS ~

~ CONSTITUTION CHANGES ~

~ NOMINATION AND ELECTION OF BOARD ~

~ COMMUNITY CONVERSATION ~

We are thrilled to have some special guests in attendance at our AGM!



- ❖ Rob Fleming, Victoria-Swan Lake MLA
- ❖ Mayor Lisa Helps, City of Victoria
- ❖ Insp. Mike Brown, Victoria Police Department
- ❖ Cst. Sean Hand, Victoria Police Department



We hope you can join us for an engaging presentation and discussion around positive steps towards a healthy and balanced community in Burnside Gorge.

BURNSIDE GORGE COMMUNITY CENTRE @ 471 CECELIA ROAD

PLEASE RSVP TO BGCA RECEPTION

(250) 388-5251



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.

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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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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

It's Valentine's Month! So Love your Money too!

We all know what love requires:

- **Attention**
- **Affection**
- **Commitment**
- **Vision**
- **Challenge**



Think of how you feel and act when someone gives you the love you need. You most likely feel happy and generous, healthy and warm. You have more space to grow and be your best self! If you want your finances to grow and flourish too, then build a good relationship with them and treat them well. Your money will love you for it!!

- ♥ **Pay attention** to your money. Make time weekly to review what's working and what isn't.
- ♥ **Show a little affection** for your savings account and add to it whenever you can.
- ♥ **Commit** to a goal or two and stick with it for the long run, through good times and bad.
- ♥ **Envision a favorable outcome.** Daydream about it often. Feel good feels, have a little faith.
- ♥ **Challenge yourself** to reach your higher savings and debt reduction goals.

THE FAMILY SELF-SUFFICIENCY PROGRAM IS HERE TO SUPPORT YOU & WE'RE ACCEPTING APPLICATIONS!

If you want some support around your finances, we have just the program for you. You must have a housing subsidy and be living with at least one child. To find out more about the Family Self-Sufficiency program or discuss your eligibility, please call 250-388-5251 or see:

<http://www.burnsidegorge.ca/family-self-sufficiency-program>.



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, Feb 1, from 10am-12pm. Call the BGCA for info, 250-388-5251, or email 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



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 for Family Day on Monday, February 17.**

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

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.
Thursdays 5:30–8 p.m. Free

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

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 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

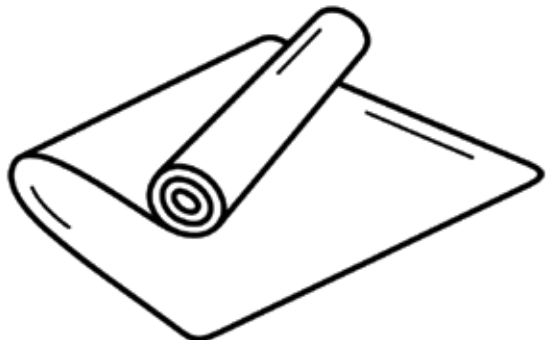
T Jan 21 – Mar 10 10:15–11:15 a.m. 8/\$64

YOGA

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

AFRICAN DANCE



Damba dance strives to provide a cultural experience that opens minds and hearts to the spirit of Africa. As a music and dance company, Damba celebrates not only the Dagbon tradition of Ghana, but also that of all traditions and backgrounds in which we share the common belief that as human beings, we are all one people. Through this, we celebrate the true spirit of Africa. By singing, dancing, and making music, we make the movement towards “one heart, one people”.

Join Sinbad on a journey to explore West African rhythm and movement through drumming, singing and dancing.

Sa Feb 8 1 – 3 p.m. FREE Trial Class
Sa Feb 15 – Mar 28 1 – 3 p.m. 7/\$84 \$15 Drop In

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

February Schedule:

Feb 6 Ben Ziegler - Seniors Entitlement Services Program
Cst. Sean Hand – Burnside Gorge Community Resource Officer
Feb 13 Sarah Hunn - Emergency Preparedness
Feb 20 Vicki Pilot - Seniors Serving Seniors
Feb 27 Kirstin Lane - Lets Move: Physical Activity for All

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



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.

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.



Thank You, Ralmax!

We would like to take a moment to thank our friends over at the Ralmax Group for their continued support of our Thursday Family Dinner program. Their generosity helps to ensure that families are able to come out each week and enjoy a free hot meal! Programs like this are a great way for families to connect with each other out in the community.



February Calendar Listings

Black History Month Kick-Off

Celebrate the launch of Black History Month with the BC Black History Awareness Society, African Arts and Culture Society and the African Heritage Association of Vancouver Island. Saturday Feb 1, 12-2pm (drop-in). Central Library Branch, 735 Broughton Street. Call 250-277-2545 for more info.

Let's Get Rolling! Cycling Workshop

Wondering about biking with your little or not so little ones? There are options for you to get active, be outside and make a change for the environment. No need for extra time, it is all about rethinking your commute. This workshop will cover some of the benefits of active commuting, talk about safety, budget, gear, and local resources. It will be of interest to those who want to take the family for a weekend spin as well as those contemplating a full transition from 4 to 2 wheels. Sun, Feb 2 from 1pm to 2:30pm.

Price is \$5 per family, registration required. Mothering Touch Centre and Birth Services 975 Fort St. For more information or to register: <https://www.motheringtouch.ca/product/cc2002030-lets-get-rolling-february-32020/>

Chinese Lunar New Year Lunch Special

Celebrate the Year of the Rat with a delicious Chinese lunch at Cook Street Village Activity Centre, 380 Cook Street. Friday, Feb 7, 11:30am - 1:30pm. \$10 adults (tix must be purchased by Feb 4). For more info call 250-384-6542 or executivedir@csvac.ca.

Regional Black Canadians Forum

Join a two-day forum exploring range of topics including: Black Ownership & Generating Wealth, Media Representation & Arts, Black Identity and more. Thursday & Friday, Feb 6 & 7, 9:30am - 5:00pm. Central Library Branch - 735 Broughton Street. Cost: \$0-\$15. For tickets or for information email vaccsociety@gmail.com.

French Family Movie (Les Petits Pieds du Bonheur/Happy Feet)

Make a Penguin Valentine's Day craft en Français with our volunteer French Immersion high school students from 10:15-10:45. Movie starts at 11:00am. \$3.00 non-members, free for members. Sun, Feb 9 from 10:30am to 12:30pm at Cinecenta, 3800 Finnerty Rd.

Victoria Comic Book Expo

Come and explore the wonderful world of comic books. From the hottest books of the day to hard-to-find treasures of the past. Buy, sell, and trade comic books, graphic novels and trade paperbacks. Toys, non-sports cards and other collectibles as well. Sun, Feb 9, from 11am to 4pm at the Comfort Hotel & Conference Centre, 3020 Blanshard St.

Painting with the Princesses

Join us at Fired Up! to paint pottery while you sip tea, eat snacks and mingle with the princesses from Enchanted Fables. All of our princess guests will receive a special gift. \$10 for ONE adult and one to two children, pricing does not include pottery. Sun, Feb 9 from 10am to 12pm at Fired Up! Paint Your Own Ceramics Studio, 1801 Fort St.

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

Sensory Play Day

Are you in the season of littlehood, with babes and/or tots (newborn through PreK)? Looking for a time of stimulation for baby/PreKer and a chance to get out of the house for you? Join us for our next sensory play on Monday, Feb 10 at Friendship Community Church. Drop in anytime between 9:30 and 1pm.

\$5/family at the door, cash only. Littles under 1yr are free. We will have interactive, stimulating stations set up for your to rotate through *WITH* your littles at your own pace. This month, the stations will be Valentines Day/ Love themed. Optional \$10 for a handful of professional photos of you and your littles by the talented Nellie Quail Photography. Note: Photographer is only on site from 10am-12pm and is on a first come first serve basis. Kid-zone .. Children's Ministry 7820 Central Saanich Rd.

Digital Distraction and the Developing Brain with Dr. Paul Mohapel

The PAC's of Doncaster and Braefoot Elementary schools are pleased to host Dr. Paul Mohapel for his presentation of the Impact of Digital Distraction on the Developing Brain. Wednesday, Feb 12 from 6:30- 8:30pm at École Élémentaire Doncaster Elementary, 1525 Rowan St. Free

Valentine's Lunch

Love is in the air, so come share the love by socializing over a fabulous Valentine's Day themed lunch with friends and loved ones. We recommend picking up your ticket by Tuesday, Feb 11 to secure your seat as there will be limited tickets available at the door. Fri, Feb 14 from 11:30am to 1:30pm at the Cook Street Village Activity Centre, 380 Cook St. Cost: \$10.

Victoria Seedy Saturday

Victoria Seedy Saturday is the official Start to the gardening season in Victoria. It is your one stop place to find the LOCAL Seeds, and Plants, tools and information to make 2020 your best growing season yet.

A full program of presentations and workshops take place throughout the day. 60+ vendors and exhibitors to answer your questions and supply your gardening needs. Gardeners can trade seeds at the Seed Exchange. It's a great place to meet other gardeners and trade growing tips as well as expand your gardening repertoire. Bring your garden books and trade them at the Book Exchange.

The Seedy Café is open from 11 to 2 on site and there is a children's activity area. Admission is \$8, children under 16 are free. Saturday, Feb 15, 10 am to 4 pm Victoria Conference Centre, 720 Douglas St. For more info see <https://www.victoriaseedysaturday.ca/vss/>

Issamba - Your Unforgettable Journey Through African Rhythms

Enjoy an evening of African rhythms and dance with Issamba. Saturday, Feb 15, 7:30-10pm at the

Dave Dunnet Theatre, Oak Bay High. Tickets start at \$25. For tickets or for information email Pulchérie at vaccsociety@gmail.com.

Integrated Dance Forum February 16

The InterdepenDance Collective invites the public to learn about and experience mixed-ability dance. Dance artists will share ways for increasing access, inclusivity and cross-disability leadership in the arts. The day will also build connections among people involved in dance on the island and encourage future collaborations. The forum is FREE, and open to the public.

Sunday, Feb 16, 10:30am-4:30pm at the Gordon Head Recreation Centre, 4100 Lambrick Park Way. The day includes: introductory workshops, a short performance, a panel on accessibility in dance, topic tables during lunch with various ways to participate, an introvert space and a multi-sensory space.

<https://www.creativemoment.im/dancing/forum/>

Womens' clothing swap fundraiser

Come swap the clothes and accessories that no longer spark joy, for new-to-you items that do! Bring 1 bag of clean and quality used items. Please bring a reusable bag to fill with new-to-you cloths from the swap. \$10 cash at the door (all proceeds to Gorge Tillicum Refugee Sponsorship Group). Learn more about our group here: <https://gtrsg.wordpress.com>

Sun, Feb 16 from 12:30pm to 3:30pm at Pearkes Recreation Centre 3100 Tillicum Rd.

Black History Month: World Music Concert

Join this evening of music and poetry in celebration of Black History Month. Monday, Feb 17, 7-8:30pm at the Belfry Theatre, 1291 Gladstone Ave. Tickets by donation. For more info see <https://bcblackhistory.ca/bcbhas-events/>

FREE! Family Day in Esquimalt

We have all sorts of excitement in store for our 2020 Family Day celebration! Join us for Kindergym, skating, swimming as well as a variety of games and activities that you can do as a family – and do it all for FREE. Mon, Feb 17 from 10am to 1pm, Esquimalt Parks and Recreation, 527 Fraser St.

Family Day at the Legislature

Visitors are welcome to join us for free family friendly activities, such as crafts and scavenger hunts, at the BC Parliament Buildings. Mon, Feb 17 from 10am to 3pm. Legislative Assembly of BC, 501 Belleville St

Family Arts Festival

This free family event is a celebration of imagination, creativity and discovery. Kids of all ages will enjoy a wide variety of activities led by Arts Centre staff and guests from Greater Victoria's arts community.

Explore the world of art, dance, music, theatre and other creative arts through hands-on stations and performances. Mon, Feb 17 from 11am to 3pm at Cedar Hill Rec Centre, 3220 Cedar Hill Rd.

Try a Little Love!

Join us to celebrate February's theme: Try a little love, tales that explore Love, Life and Friendship.

All stories are told live, without text or props. We also share tea and treats at the break.

Drop by for \$5 or, for \$25 join the Victoria Storytellers' Guild for a year of stories. Mon, Feb 17 from 7:30pm to 10:30pm, 1831 Fern St Victoria.

Vic West Parents Education: Antibullying Workshop

Bullying behaviours are no longer acceptable in our society and schools are working hard to do something about this. This introductory session on antibullying will include the definition, the bullying triad, the cycle of bullying, and the signs to watch for if your child is being bullied. Participants will also learn and share strategies for bully-proofing children and schools. This Vic West Parents Education Workshop is presented by Winona Waldron of the BC Teachers' Federation. Wed, Feb 26, 6pm at the Library @ Victoria West Elementary school 750 Front St.

Bee Day: Our Future Flies on the Wings of Pollinators

This event includes a series of talks by leading pollinator and conservation scientists, designed as a kick off for the Youth Pollinator Leadership Team Program. The Youth Pollinator Leadership Team is a group of young adults that will be leading a pollinator monitoring and outreach program in the City of Victoria. While the day is part of the training process for the leadership team, we are pleased to open this up to the public so that more people can learn about our wonderful and diverse pollinators.

All ages are welcome. February 22, 2020 9:00 am to 2:15 pm, Royal BC Museum, Free

<https://royalbcmuseum.bc.ca/visit/events/calendar/event/109690/bee-day-our-future-flies-wings-pollinators>

FOR THE LOVE OF FOOD: A Multicultural Plant-Based feast

This is a multicultural potluck where you can share your favourite plant-based recipes with your community and learn different plant based approaches from a variety of cultures! Help create a multicultural recipe book. Please register ahead of time <https://www.eventbrite.ca/e/for-the-love-of-food-a-multicultural-plant-based-tickets-89916768475?aff=ebdssbeac>. February 22, 5-8 PM at Cook St. Village Activity Centre, 380 Cook St.

Introduction to the Basics of Word & Excel

Free one day workshops that will help you learn the basics of Microsoft Word and Excel. No experience necessary. Helps build fundamental skills. Snacks provided! Westshore Academy of Learning.

Saturday, Feb 22, 10am-2:30pm at Westshore AOLCC Campus. 715 Goldstream Ave. For more information call 250-391-6020

Cultural Perspectives Training (Indigenous Perspectives Society)

This training aims help individuals and organizations deepen understanding and develop actionable ideas to respond to the Truth and Reconciliation Commission of Canada's Calls to Action.

Tuesday, Feb 25, 9am-4pm, Indigenous Perspectives Society, 664 Granderson Rd. Cost is \$250. For more info see <https://ipsociety.ca/> or call 250-391-0007.

Victoria Seed Library Member Orientation

In this free orientation you'll learn how to borrow seeds from the Seed Library. You'll also learn how to dry seeds at the end of their season. Pick up tips and tricks from others and once you complete this orientation you'll be able to participate in seed swaps. Win-win-win! Sat, Feb 29th 10:00am-11:30am at the Central Library Branch – Community meeting room, 735 Broughton St.

<https://www.eventbrite.ca/e/victoria-seed-library-member-orientation-tickets-85534569199?aff=ebdssbdestsearch>

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!



Cedar Grove Redevelopment Update

The redevelopment of Cool Aid's Cedar Grove apartments was approved by City Hall last June, and Cool Aid is now working to build an additional 51 affordable apartments at 210 Gorge Road East.

Here is our estimated timeline:

February to March 2020

Detailed construction drawings and site plans are completed.

Spring 2020

Tenants move from Cedar Grove. The Mayfair Motel (650 Speed Avenue) will be purchased by Victoria Cool Aid Society to provide temporary, supportive housing for the tenants while the site is redeveloped. We will make an application to the City of Victoria for a temporary use permit for this purpose. In the longer term, the Mayfair will be permanently rezoned for affordable housing, and after the tenants move back to 210 Gorge, the apartments will be available as affordable rental housing.

Spring to Summer 2020

The two old motel buildings currently on the 210 Gorge property will be demolished and the site will be prepared to accommodate underground parking and other improvements, including a coffee shop and community garden.

2020 to 2022

The new, purpose-built apartment building will be constructed.

2022

Cool Aid's tenants move back to 210 Gorge from the Mayfair and get a new apartment at the same affordable price they used to pay.

There will be no net increase of supportive housing in the Burnside Gorge neighbourhood as a result of this redevelopment. Following residents' return to 210 Gorge, Cool Aid will operate the Mayfair apartments as regular affordable rental housing.

When construction is complete at 210 Gorge, 51 new tenants will be welcomed into affordable apartments there, and another 23 affordable rental apartments will be available at the Mayfair.

If you have any questions, ideas or concerns feel free to contact:

Deanna Bhandar
Director of Real Estate
Development

250-383-1977 ext. 143 or
 dbhandar@CoolAid.org

CoolAid.org/210



   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

