



# Burnside Gorge Community News

March 2021  
www.burnsidegorge.ca

## Remembering John

We are saddened by the passing of John Sanderson, long time board member with BGCA and a stalwart community champion. John joined the Board of Directors in 2011, becoming Treasurer in 2012 and continuing until his retirement from the Board at the end of 2020 when his illness no longer permitted him to continue. We consider ourselves lucky to have had him as treasurer for as long as we did, for his pleasant company as well as his business insight and commitment to fiscal accountability.

John spent much of his life on the water, first as a fisherman and later for pleasure after his retirement. He was a passionate advocate for preservation of the working harbour and for the ongoing protection of the Gorge Waterway. He was also actively involved with the Victoria/Esquimalt Harbour Society and a keen supporter of the Gorge Swimfest. John lived an adventurous life and is well known and much loved by many.

Whether amusing staff with anecdotes on his weekly visits to the Centre to sign cheques, or bringing laughter to board meetings John brought a jovial energy to all he did. He will be deeply missed by all of us here who had the pleasure of knowing him.

To read more about John's life or to share condolences with the family please see his memorial page at: <https://www.mccallgardens.com/obituaries/john-gordon-sanderson>



## Community Virtuals at City of Victoria

Looking for inspiration to make your neighbourhood even better? The City of Victoria's Neighbourhood Team has created Community Virtuals, a series of Lunch and Learn sessions open to the community. Topics are centered around ideas to help build strong, resilient neighbourhoods, including personal connections within communities.

### Growing in the City

Planting season will soon be here! From home gardens to rooftops, to boulevards, community gardens and more - Join City staff and community garden coordinators, and guests from the Compost Education Centre and Pollinator Partnership Canada to learn about many ways to get involved, inspired, and start growing in the City!

Wednesday, March 17, noon - 1:30 p.m.

### Neighbours Helping Neighbours in Community Preparedness

Did you know your neighbours are often your first responders in an emergency? Preparing with your neighbours will help you respond and recover from emergencies. Join us for a session where we'll talk about why connecting with neighbours is important, learn about some great projects already happening in the City, and provide some resources to get started.

Wednesday, April 21, noon - 1:30 p.m.

### Placemaking Toolkit

Ever thought about improving your neighbourhood with a physical legacy? Join us in learning about how to enhance and create new public spaces as our panel of experts discuss all things placemaking, including the City's new toolkit for residents.

Wednesday, May 19, noon - 1:30 p.m.

Already have an idea to improve your neighbourhood? The 2021 My Great Neighbourhood Grant program will open April 1. Contact your neighbourhood advisor to start discussing your ideas.

Register for your free ticket and learn more about grants: [www.victoria.ca/neighbourhoods](http://www.victoria.ca/neighbourhoods). For more info email: [neighbourhoods@victoria.ca](mailto:neighbourhoods@victoria.ca)



## New Childcare Spaces Coming Soon!

BGCA is looking forward to opening a new licensed full day childcare centre on the grounds of Tillicum Elementary School for 30-month to school-age children.

Although we do not have a firm opening date as of yet we are taking contact information for parents and caregivers who are interested. We will have 16 spots available. We are currently collecting expressions of interest from families.

If you would like to be placed on a contact list for this project, please take a few moments to fill out this form. <https://forms.gle/28p666ihyxbbBdWw8>

For more information please call 250-388-5251.

## Get Growing, Victoria!

Get Growing, Victoria! is a free vegetable seedlings distribution program created by the City of Victoria. In partnership with over 50 community and non-profit organizations, 80,000 vegetable and herb seedlings, along with gardening education materials, will be distributed to support communities in 2021.

Get Growing, Victoria! partners with community organizations and neighbourhood associations to share seedlings with individuals and households in need through City of Victoria neighbourhood distribution days. Burnside Gorge Community Association is proud to be a partner in this program by acting as a distribution site for plants.

If you are facing barriers and interested in gardening you can sign up for seedlings in the form below. If you would like to learn more please contact us at [info@burnsidegorge.ca](mailto:info@burnsidegorge.ca).

**Sign up for Seedlings HERE**

<https://forms.gle/DPem7oCyP2uDStJp8>



Get Growing,  
Victoria!





## Burnside Gorge Community News

March 2021

Published by

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

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

### BGCA Board of Directors

Greg Arnold, Treasurer  
Sara Maya Bhandar, Director  
Elizabeth Cull, Chair  
Kirsten Mah, Director  
Michelle Peterson, Secretary  
Avery Stetski, Vice-Chair  
Christine Troskie, Director

### 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.

Editor: Rachel O'Neill

Email: [rachel@burnsidegorge.ca](mailto:rachel@burnsidegorge.ca)

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](mailto:info@burnsidegorge.ca)

## Local History on YouTube

By Christeah Dupont, Assistant Curator, Point Ellice House Museum & Gardens Over the last year Point

Point Ellice House Museum and Gardens joined thousands of museums around the world in efforts to increase online access.

We have been busy uploading hundreds of new images to our online catalogue, transcribing letters and diaries, and making the collection more accessible. One of the most accessible and engaging ways that we have been showcasing the numerous stories of Point Ellice House, Burnside Gorge, and Victoria is through our YouTube channel. [https://www.youtube.com/channel/UC\\_78vpLMYQphLNrZtj-mYtA](https://www.youtube.com/channel/UC_78vpLMYQphLNrZtj-mYtA)

Our channel has several playlists, each featuring a series of videos pertaining to topics such as conservation, the gardens, and local history. For example, did you know that Empress Hotel is built on the former James Bay mudflats which were once a dumping ground for the city's waste collectors? Our "Springs and Scavengers" playlist explains this and other historical details linked to the history of water and waste in Greater Victoria between 1842 and 1915.

The most recent addition to our channel is our "Room by Room" playlist which takes viewers through each room of the historic 1861/2 house. Although Point Ellice House is closed at this time, our Room by Room videos offer details about house construction and use, ongoing conservation, and an up-close look at the many artifacts on display.

Spend a few minutes on our channel getting to know the history of Victoria - and, as we say on YouTube, don't forget to like and subscribe!



## Be a Leak Detective!

By CRD Environmental Services

An intermittent drip from your faucet or showerhead can waste up to 35,000 litres of water per year! Enough to fill a bath tub 184 times!

Fix-a-leak week March 15-21 is the perfect time to track down household leaks! In the capital region, about 14% of indoor household water drips down the drain without being used. A growing population and changing climate, with longer summer drought puts pressure on our region's drinking water system. We continue to depend on the finite winter water stored in the Sooke Lake reservoir to supply our needs throughout the year and delay investment in costly infrastructure. Water wise habits like looking for leaks can easily reduce water waste and help protect our region's valuable water supply.

Take the 10 minute challenge to track down leaks:

- Check your toilet for silent leaks! Place food coloring in the toilet tank and then wait 10 minutes to see if the colour shows up in the bowl – if it does, you have a leak. A worn toilet flapper is common cause and can be quickly and inexpensively replaced.
- Use the 10 minutes waiting for your toilet to look for water wasting clues around the house like dripping faucets and shower heads. Tightening loose pipes or aerators and replacing leaky fixtures is a quick fix to save water. For larger leaks like water heater drips or malfunctioning water supply lines, consult with a licensed plumber.
- Locate your main water shut-off in case of an emergency water leak.
- Head outside and check your hoses and irrigation system for leaks like cracked and broken sprinkler heads. Contact an irrigation professional for advice on repair options.
- Watch your water bill, especially during the coldest months, for spikes. Water use is typically highest in the dry summer months, so if you're using more water than normal, it could mean you've sprung a leak.

To help you track down household leaks, FREE leak detection kits are available for pick up at CRD Reception 625 Fisgard Street Victoria, BC V8W 2S6 from March 15 – 26, 2021. The kit includes leak resources, toilet dye tabs, low-flow bathroom faucet aerator, shower fixture flow rate testing bag and drip gauge. Thank you to all residents in the capital region for practicing water wise habits!

Learn more about how to find and repair household leaks at [www.crd.bc.ca/leaks](http://www.crd.bc.ca/leaks)

CENTENNIAL UNITED CHURCH  
621 David St.

Currently offering recorded services only  
with Rev. Alanna Menu  
[www.cucvictoria.com](http://www.cucvictoria.com)

Please call 250-384-6424 for updates  
as health orders change



Be a  
Leak Detective  
for



Fix a Leak Week

## 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](mailto: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

## MARCH PROGRAMS

Schedule is subject to change without notice – please call 250-388-5251 for the most current info.

### FAMILY 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](mailto:theresa@burnsidegorge.ca).

#### 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

### YOUTH CAMPS

#### CAMP SURVIVOR SPRING SERIES (10-15 YRS)

This camp is packed with exciting activities such as; paddleboarding, whale watching AND MORE! If you are looking for a week of adventure and fun, this is the camp that won't let you down. Register early, as spaces are limited. Call for more information: 250-388-5251

M-F	Mar 15 - 19	9 a.m. - 4 p.m.	5/\$175
M-T	Mar 22 - 26	9 a.m. - 4 p.m.	5/\$175

### 50+

The following COVID-19 protocols are in place to keep everyone safe:

- no shared equipment (yoga mats & blocks, weights, bands, etc)
- No drop in registration. Small class size to ensure safe distances
- Spaces are sanitized between each class.

#### STRENGTH, CONDITIONING & 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 abilities welcome.

Instructor Janice Arnot

Tu	Feb 23 – Mar 30	9-10:00 am	6/\$48
		10:30-11:30 am	6/\$48

#### SENIORS LUNCH NOW DELIVERS!

One of the many challenges of the pandemic is figuring out how to continue offering flexible programming that meets the needs of our community when we're unable to gather together.

Seniors Lunch n' Learn has been well attended for many years and we want to stay connected even when we're apart. We are thrilled to share that this program will now be delivery based! If you would like a delicious soup delivered to your door on Thursdays, please call today to book your spot! Registration is required.

Th 11:30 - 1:30pm

## Soup for Seniors



The Burnside Gorge Community Association is offering free soup for seniors in our community!

COVID Safe delivery will be Thursdays between 11:30 am and 1:30 pm beginning February 4

Call the Centre today to sign up!  
250 388-5251

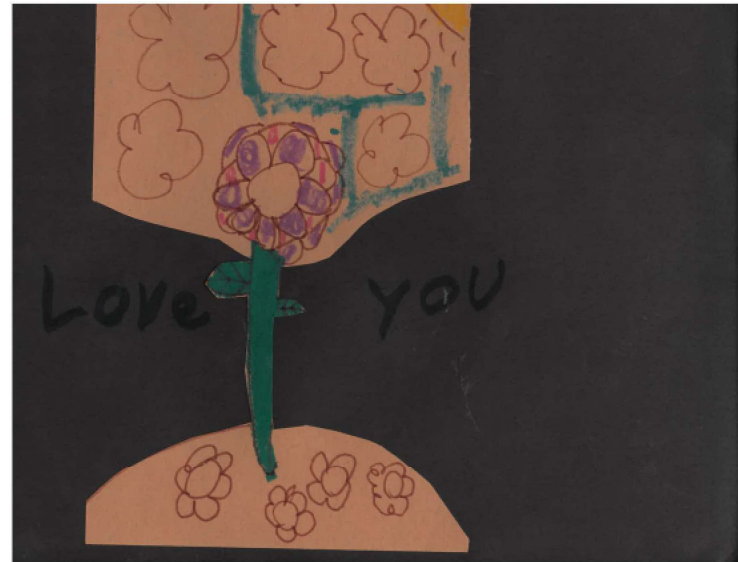
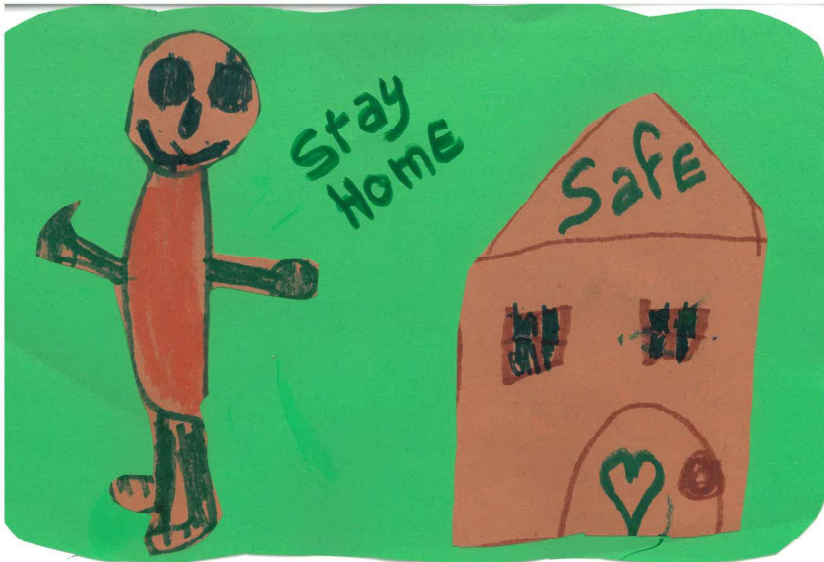
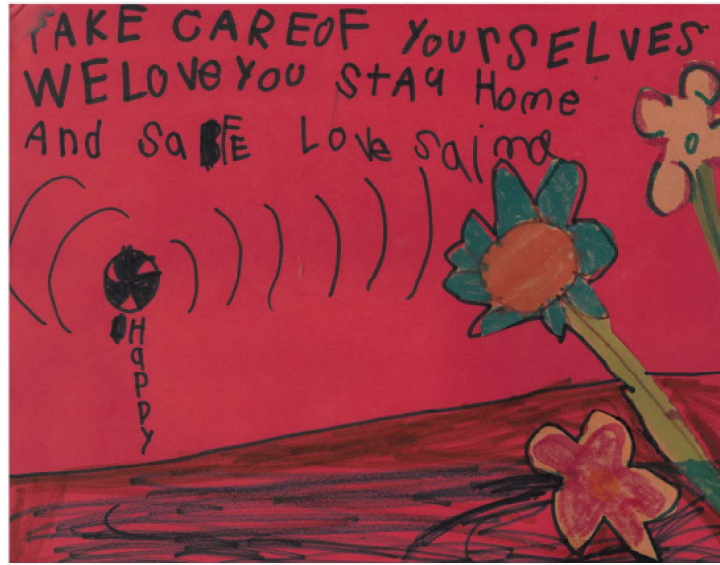
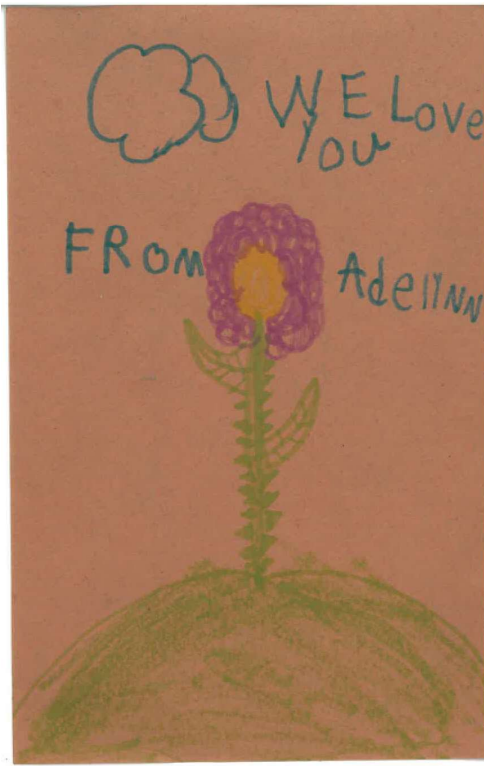




## To Seniors, With Love, from Childcare

A year into the pandemic it's easy to get discouraged by the many challenges this brings. There are also so many heartwarming moments, acts of kindness and caring that make the world a brighter place.

At the Community Centre we have the incredible privilege of serving people across the lifespan, from seniors' lunch to children's camps. When a group of children in our Quadra Out of School Care program learned that our seniors' lunch program had moved to a home delivery they decided to make cards to go out with the soups. They were too sweet not to share. We hope they warm your hearts as much as they've warmed ours.



## Temporary Supportive Housing Extended at Travelodge Until Dec 31

By Elizabeth Cull, BGCA Chair

The Board of the Burnside Gorge Community Association (BGCA) was disappointed to learn the Province is extending the lease of the Travelodge Hotel to be used for temporary supportive housing until Dec. 31, 2021.

It has been a challenging year for our neighbourhood and while this is not an outcome anyone hoped for, the board is committed to working with BC Housing, the City of Victoria and the minister responsible for housing, David Eby, to ensure there is a plan to address the on-going issues at the hotel and ensure those who need help get it and can transition to permanent housing.

The plan presented by BC Housing includes:

- Security at the site will be improved through building modifications, fire safety enhancements, external landscaping and more regular garbage removal and increased police presence;
- No new residents will move into the facility after the end of March. All residents will be transitioned to other housing options outside of Burnside Gorge by the end of this year; and
- Confirmation that the moratorium on new supportive housing in Burnside Gorge will be honoured.

To support the closure of the Travelodge, the Province is working to deliver permanent supportive homes and rental homes for people experiencing homelessness and those who might be at risk of homelessness. Nearly 360 of these homes have been completed since 2017, and approximately 340 are under construction or in development in the Capital Regional District.

Many Burnside Gorge neighbours have expressed concern that the hotel residents are not receiving adequate mental health and addiction support services. The Community Advisory Committee, co-chaired by BC Housing and the BGCA, will continue to work with Victoria Cool Aid Society and Island Health to address concerns as they arise and to advocate for the promised services to be delivered.

One exciting initiative the Board is pursuing is a process to facilitate better communication and understanding between hotel residents and their neighbours. The Board believes everyone, no matter what their circumstances are, wants to live in a neighbourhood that is safe and healthy. More information on this concept will be coming soon.

Over the coming months, the Board will continue to hold BC Housing accountable for their commitments to our neighbourhood and will work through the Community Advisory Committee to address issues as they arise.

In the meantime, if you want to see the location of all announced provincially funded housing projects in B.C., it is available online at:

<https://www.bchousing.org/homes-for-BC>



## Statistics Canada Hiring for 2021 Census

The next Census of Population will take place in May 2021. Census information is vital to communities for planning schools, daycare, housing, hospitals, emergency services, roads, public transportation and employment skills training. Knowing how many people live in a geographic area and having basic information about the population helps organizations and communities plan, develop and expand programs, services and infrastructure. For example, Census data may help determine whether a community is:

- **Growing** - this may influence planning for new roads, transit, water infrastructure and emergency services
- **Young**: this may help predict where new schools or daycare spaces are needed
- **Aging**: this may help estimate the need for health services and programs for seniors
- **Multicultural**: this may indicate a need for the creation or expansion of language programs



This is a substantial undertaking and to do this work Statistics Canada is hiring approximately 32,000 people across the country to work on the collection phase of the 2021 Census. Available jobs for the 2021 Census include supervisory and non-supervisory positions that require collecting census data from residents in your community, mostly on evenings and weekends. Start and end dates vary by position and location, but are between March and July 2021.

If you're interested in helping your community to plan for the future, and meeting new people while earning extra income, then this might be the right opportunity for you! Apply online on the census website, <https://census.gc.ca/jobs-emplois-eng.htm>.

## Trauma & the Relationship to Money

By Colleen Wolfe, FSS Family Advisor, M.Ed. Counselling Psychology, CCPA

Traumatic events can and do cause stress. This can become long-term and chronic, impacting everything in our lives from our health to relationships to our sense of the future and last but not least our financial wellbeing and a sense of control in our lives. It is disempowering.

Some of the causes of trauma include: Child abuse, neglect, divorce, poverty, illness, assault, a devastating accident. If you have experienced one or more life-threatening events, you may be more likely to make destructive money decisions.

Research sheds light on the negative results and neurological impacts of trauma such as Post-Traumatic Stress. Trauma alters the way a person thinks and responds to situations, including financial behavior.

If you are making money choices that spin you out of control and into debt it may have a direct correlation to past traumatic experiences. "I see too often how people utilize money and the objects it buys to self-medicate away the emotional pain that is left in the wake of their trauma," says Paul Hokemeyer, a Manhattan therapist and traumatic events expert.

Over time the burden of debt reinforces negative beliefs. Those negative beliefs and feelings can trigger uncontrolled spending as a counterbalance to feeling overwhelmed financially. But, of course, the emotional backlash of uncontrolled spending reinforces the feelings it was trying to avoid, creating a vicious cycle.

The good news is that there are courses of action that can support you to move toward a healthy relationship with your decisions concerning money. You can respond to negative beliefs with positive actions and the cognitive behavioral approach is to train your brain to believe in you.

The goal is to redirect the feelings of powerlessness into other activities - to restore a feeling of personal agency and "restore a sense of importance," says Pandora MacLean-Hoover, a clinical psychotherapist. Activities such as physical exercise, reading, artwork or socializing with friends are examples of positive ways to redirect spending urges. Even the process of budgeting can restore a sense of power; It provides a basic strategy and defense against poor spending choices.

There is also a series of questions you can ask yourself before you commit to spending your money:

- How do I feel right now?
- What is causing me to react this way?
- Why do I feel the need to buy this?
- Do I really need it?
- How will I feel after I buy it?
- How will I feel when I have to pay for it?

These questions provide a form of self-generated cognitive therapy. The questions give you tools to help connect the cause-to-action dots. Making it a practice to ask yourself these questions before spending will create a road map for making better financial decisions. As you ask and then answer the questions they will guide you to make deliberate, healthy actions not based on past hurts, but on present needs and sensibilities.

"You don't have to let a traumatic event continue to haunt you or harm your economic security, says Dr. Stephen Lesavich, an award winning and best-selling author and certified life coach. "By making a choice to not react to them, you will help yourself to create a prosperous financial future for you and your loved ones." Feeling more confident and empowered to understand the underlying emotional impulses to spend will direct you towards a path of healing.

The Family Self-Sufficiency Program offers on-going and continued support in tackling your financial worries and concerns. The program is currently accepting applications. Program information and applications can be found at <http://www.burnsidegorge.ca/family-self-sufficiency-program> or call the Burnside Gorge Community Association for more details 250-388-5251.

### 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](http://www.burnsidegorge.ca) to find out more.



FSS is generously funded by:



## BC'S COVID-19 IMMUNIZATION PLAN

Here's what you need to know about the BC Government's COVID-19 immunization plan:

### Group #1:

Seniors living in independent living or supportive housing and people with in-home care support.

You do not need to call to book a vaccine appointment if you are:

- A senior or high-risk person living in independent living or senior's supportive housing
- Staff in independent living or senior's supportive housing
- Home-care support clients and staff

Your health authority will reach out to you or your housing operator to book your appointment for you or organize a mobile clinic.

### Group #2:

Seniors over age 80 or Indigenous persons over age 65

If you're a senior born in 1941 or earlier or an Indigenous (First Nations, Métis and Inuit) person born in 1956 or earlier and you don't live in independent living, you will have call to book a vaccine appointment over the phone. When you can call is based on your age. Please do not call before your age group is scheduled.

#### If you are:

- born in 1931 or earlier (90+) OR
- Indigenous and born in 1956 or earlier (65+)

Please call the week of March 8

#### If you are:

- born in 1936 or earlier (85+)

Please call the week of March 15

#### If you are:

- born in 1941 or earlier (80+)

Please call the week of March 22

The number to call is **833-348-4787**. When you call your health authority, you'll be asked for:

- First and last name
- Date of birth
- Postal code
- Personal Health Number

You can find your Personal Health Number on the back of your B.C. driver's licence, BC Services Card or CareCard.

**The government will NOT ask you for your SIN, driver's licence number or banking and credit card details.**

### Group #3:

People between the ages of 60 and 79 will begin in mid-April.

The vaccine will be prioritized based on five-year increments, starting with people aged 75 to 79 and Indigenous people over 60, who can start registering for an appointment at the end of March. People will be expected to register through a two-step online registration and booking system with a provincial call centre to help those who need it. More information will be available then.

Finally, those under 59 will receive their vaccinations between July and September, again based on five-year increments, going from oldest to youngest.

For more information go to:

<https://www2.gov.bc.ca/gov/content/covid-19/vaccine/plan>

## March Calendar Listings

### Drop In Therapeutic Art Sessions

Tues evenings from 4-7pm and Thurs mornings from 8:30-10:30 am  
This drop-in program is a place to express your unique creativity and find support in each other, through community, in these difficult and isolating times. All ages are welcome. No art experience is necessary! More information at <https://batemanfoundation.org/drop-in-therapeutic-art-sessions/>

### Trivial Tuesday

Tuesdays 7:00pm - 9:30pm (\$5.00 Per Person). A Fun Spin on Trivial Pursuit with Sixty Watt Trivia. Build a team of up to 6 players. Packed with a mixture of different categories including audio questions, Trivial Tuesday is a new and competitive format designed specifically for the Board with Friends Cafe! <https://downtownvictoria.ca/event/trivial-tuesday/2021-03-02/>

### Greater Victoria Flower Count

March 3rd-10th is the 46th Annual Greater Victoria Flower Count. This year Flower Count will also be used to share a virtual bouquet with the rest of Canada during this time of challenges and remind them that spring is coming soon and with it a season of rejuvenation. <https://flowercount.com/>

### What Does Sustainability Really Look Like?

Tuesdays, 2-4pm - March 9, 16, 23 & 30 The Now or Never Coalition is offering a four-part online workshop. If you are tired of hearing about massive environmental problems and feel unclear about the solutions that are within your reach, this is for you. To register email: [kimkendal@protonmail.com](mailto:kimkendal@protonmail.com). For more info: <https://www.nowornevercoalition.org>

### From Seed to Seedling

March 13th 1pm-3pm (\$0-\$20) - A happy garden needs a good start! Learn how to grow your own healthy seedlings, and how to successfully transplant them into your garden. Tickets and More information at: <https://www.eventbrite.ca/e/from-seed-to-seedling-tickets-131382423365>

### Urban Farmer Workshop

March 15th 5pm-8pm - Learn about the basic skills needed to run a successful urban farm during this free virtual 3-hour workshop on Urban Farming. Reserve your spot today at <https://www.eventbrite.com/e/urban-farmer-workshop-tickets-135903560207>

### Umbrella Society - Support Groups

Virtual and in-person groups to support people struggling with addiction and/or mental health. <https://www.umbrellasociety.ca/program/groups/>

#### Umbrella AIR - Mondays, 12pm to 1pm.

Anxiety in Recovery (AIR), is a recovery group for individuals struggling with anxiety. No registration is required. This group is offered via ZOOM.

#### All Things Gratitude - Tuesdays 7pm to 8pm.

This group is open to anyone wishing to discover the benefits of living their life with gratitude. No registration is required. Via ZOOM.

#### Rainbow Group - Tuesdays 7pm to 8pm.

Facilitated by two Umbrella peers, this is open to anyone who identifies as LGBTQ2S+ and is in recovery. In person and by ZOOM. In person limits are in effect and pre-registration is required at 250-380-0595.

#### SMART Recovery - Wednesdays 12pm to 1:30pm.

Two trained SMART facilitators from Umbrella will guide group attendees through the tools of this program. No registration is required. Via ZOOM.

#### Behavioural Addiction Group - Thursdays 7pm to 8pm.

Facilitated by two Umbrella peers, the Behavioural Addiction Group is a recovery group for individuals struggling with various addictions beyond substance use. No registration is required. This group is offered via ZOOM.

#### Weekly Check In - Fridays 1pm to 2pm.

Each week an Umbrella team member will be available for support, connection and guidance. No registration is required. Via ZOOM.

#### Comfortably UN-Numb

A 4-week psycho-educational group for those early recovery wishing to explore topics like forgiveness, relationships, communication, and much more. Registration required. This group is offered in person at Umbrella's office.

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Do you have an upcoming event or class? We'd love to hear about it. Send a note along to [info@burnsidegorge.ca!](mailto:info@burnsidegorge.ca)



## Community Technology Help Desk

The Community Technology  
Help Desk hours:  
Monday to Friday 9am to 7pm



### What kind of things can you help me with?

- My computer/phone/tablet says I need to update something. Help!
- My computer will not turn on. What should I do?
- How do I open this document?

To access the Help Desk, or for more information about the program, please call:

778-402-9244

Or email [communityhelpdesk@sfrs.ca](mailto:communityhelpdesk@sfrs.ca)

This pilot program, hosted by the Sooke Family Resource Society, has been made possible through the generous support of the Federal Government's Emergency Community Support Fund in which United Way of Greater Victoria plays a pivotal role in managing and distributing funds locally.

## You Gave Sarah Back Her Smile

Healthy teeth are something that many of us take for granted. But for people experiencing poverty, homelessness, addiction, or chronic mental health issues, dental problems are all too common.

Missing and damaged teeth, cavities, gum disease, and other dental issues can wreak havoc on a person's health and wellbeing.

Poor nutrition, exposure to the elements, and addiction can all wear away at teeth and gums. Toothpaste and a toothbrush might be out of reach—let alone a regular place to brush teeth. Mental health issues, feelings of embarrassment and distrust can also stop people from seeking dental care. Cultural and language barriers may also play a role.

Cool Aid's Dental Clinic has been working hard to break down these barriers and deliver



the dental care that everyone deserves. The dental health team treats around 400 patients per month in the Victoria area.

Linda Ferris (left), the Clinic's Coordinator, knows first-hand how much of an impact proper dental care can make in someone's life.

"We had a patient, Sarah, who was getting back on her feet after years of struggling with addiction. Street drugs had had a huge negative impact on her health and the aesthetics of her teeth. She would cover her mouth when she spoke. She couldn't find a job, because people judged her because of the way her teeth looked."

At the Clinic, Sarah's life was changed. Her remaining teeth were repaired, and she was fitted with partial upper and lower dentures.

"To see her confidence soar, to

see her smile, hands free, for the first time was inspiring for all of us!" Linda says.

Sarah has since found a job as a house cleaner. Her future—and her smile—are so much brighter, thanks to the Clinic's team—and generous supporters like you.

Linda and her team are so thankful for your help.

"We couldn't provide the level of care that we do without you. Thanks so much for your support!"



To help someone like Sarah get their life back, please consider making a donation to Cool Aid's Dental Clinic. For more information please visit [coolaid.org](http://coolaid.org) or call 250.388.1977