



Burnside Gorge Community News

May 2021
www.burnsidegorge.ca

Join the BGCA Team

CURRENT OPENINGS:

We are seeking a full-time Out of School Care Manager for our Burnside site. As part of the Child Care Services Team, the BOSC Manager oversees all aspects of Out of School Care programming at Burnside OSC including: enrollment, supervision of staff, program planning & delivery, and administration. As this program operates in a busy environment within shared spaces there is a strong focus on building positive, professional relationships with community partners and administration in addition to children and families, the broader BGCA team, and the general public.

The full job description is available on our Employment Opportunities page. The deadline to apply is May 10th.

<http://www.burnsidegorge.ca/opportunities/employment>

ABOUT US:

We are a group of (com)passionate, enthusiastic, hardworking people who also know how to have fun. Our teams are deeply committed to serving the children, youth, families and seniors in our community as best as they can and helping and caring for each other as well.

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.

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.

City of Victoria's Community Virtuals

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.

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. For more info email: neighbourhoods@victoria.ca



Update from the CAC

Submitted by Elizabeth Cull

The Burnside Gorge Community Advisory Committee (CAC) met on Tuesday, April 20th to discuss issues related to the supportive housing in hotels and the plan to relocate campers inside.

Camping in Parks

The City is working in partnership with the Province and BC Housing to deliver more than 220 transitional housing spaces for people currently living outside and to accompany them on a pathway to permanent stable housing. Since February, 114 people have moved inside from parks and other outdoor areas.

The City of Victoria has signed a Memorandum of Understanding with the province committing to end 24/7 camping in city parks as of April 30th. After that date, people who do not accept an offer will be required to take down, pack up and remove their tent and belongings daily by 7 a.m. It is expected that this agreement will take a bit of time to come fully into force. For example, campers who have been offered a space indoors and are preparing to move into the transitional housing locations will not be asked to pack up while they wait to be moved. Camping is not allowed at any time in Cecelia Ravine Park and city bylaw officers are working to remove tents that appear after April 30th.

People sheltering outdoors will begin moving into transitional housing in Vic West starting the first week of May and at the Tiny Homes Village near Royal Athletic Park the following week. Together these sites will house about 100 people. BC Housing will be offering people a spot in either location this week.

Mental Health Supports

Island Health reported that the \$330 million announced in the BC 2021/22 Budget released on April 20th will provide increased resources for those suffering from mental health and addictions, including new treatment beds.

Temporary Supportive Housing in Hotels

The temporary supportive housing at the Travelodge continues to raise concerns for many neighbours and the CAC brings all issues we hear about forward at each meeting. Additional security has been added to the site and a system has been put in place to ensure those entering the building are residents. BC Housing has committed to take no new tenants into the Travelodge which will be closed as a supportive housing location on December 31st. Current occupancy is 92 residents. Issues about security at Howard Johnson and the Travelodge were brought forward. We are now getting reports on the numbers of people who have transitioned from encampments, shelters and temporary supportive housing into other more permanent forms of housing, including subsidizing housing, market housing with rent supplements and residential treatment. In February 47 people were relocated.

The Burnside Gorge Community Advisory Committee (CAC) is composed of residents, service providers, Island Health, City of Victoria, BC Housing, VicPD, and our MLA. The CAC meets monthly.

The Community Centre
will be closed on
Monday, May 24.

We wish everyone a
safe and happy long
weekend!



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May 2021

Published by

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.

Editor: Rachel O'Neill

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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

Habits and Goals - differences that can make a difference.

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

In order to achieve your goals, you need to understand the difference between your goals and habits. Many of us confuse these two and can mean the efforts to achieve our goals is wasted.

Habits are actions and attitudes that get repeated with a reinforcing tendency. Many habits are so ingrained in our psyche that they become unconsciously performed and demand little brain energy. Some habits are life enforcing, others can be depleting or counter productive to our goals.

Goals, on the other hand, are made consciously and direct us to a specific outcome or objective. Goals can be broken down to specific achievable steps that lead us systematically to our desired outcome. A well thought out goal has a timeline and a clear and objective end. There is a beginning a middle and an end to achieving a particular goal. When you have achieved your goal, it is complete. Whereas habits reinforce themselves with ongoing patterns of behaviour that become ingrained over time. Some patterns of behaviors support our goals while others actually slow us down or actually impede our progress.

So why is it important to make the distinctions clear between goals and habits? The reason it is important has to do with defining clear & effective habits to achieve your goal. For example, let's say you want to save \$100 in a month. The goal is time-limited and it is easy to determine whether you achieve it or not within a month's time. The habits you need to establish to achieve this goal require you to keep track of your spending, especially on a tight budget. You need to know the categories of spending you have so that you can calculate how much you spend in each category and where you find savings to put towards your goal. This goal requires tracking your spending and making smart money decisions.

Yeah! You achieved your goal and have \$100 saved. The real bonus besides the savings is that you have begun to develop a system of tracking your money that can support many other goals, if you continue to practice it. Once the goal is achieved the habit that supported you reaching that goal can continue.

"Keystone habits are small changes or habits that people introduce into their routines that unintentionally carry over into other aspects of their lives." -Charles Duhigg, The Power of Habit

Keystone habits create a "domino effect" that change every area of your life. They create a feeling of success and mastery and self-confidence as you begin to reach goals you set for yourself. Identify your own keystone habits that meet these criteria and suit your lifestyle and goals. If you're still struggling to think of suitable examples, here are some more:

- Making your bed in the morning
- Cleaning your room
- Meditation
- Journaling
- Spending quality time with your friends and family
- Exercising /going for walks 3 times a week

These habits help to support the structure of your daily life. In doing so they free up energy to go towards creating goals in other areas of your life. Keystone Habits can support lasting change as you set and achieve important goals in your life, big or small!

If you're looking to make positive change in your own life, the Family Self Sufficiency program (FSS) is an innovative and comprehensive three-year financial literacy and asset building program for low income families receiving housing subsidy in the Capital Region. FSS is all about identifying those Keystone Habits that create ongoing positive change. Join us in that journey. Program information and applications are available on the BGCA website at

<https://burnsidegorge.ca/family-programs/family-self-sufficiency/>



Photo by Stephanie Cook on Unsplash

Call FSS today to learn the ropes and reach new heights!

CENTENNIAL UNITED CHURCH
621 David St.

Currently offering recorded services only
with Rev. Alanna Menu
www.cucvictoria.com

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



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

MAY 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.

READY SET GROW

Learn about gardening, from germinating seeds to transferring into our community garden. Families will help maintain the garden throughout the season and also enjoy the fresh vegetables that they have grown. Spaces are limited to ensure safe distances and registration is required.

Mondays 9:30-11am

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 9:30-11:30am

HEALTHY TOGETHER

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. Spaces are limited to ensure safe distances and registration is required.

Wednesdays 9:30-11:30am

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

55+

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



HEALTH & WELLNESS

ALL ABILITIES DANCE GROUP (VIA ZOOM)

You are invited to join a community dance group, focused on collaboration, creativity, and fun! No prior dance experience is needed.

The group is for adults of all abilities, all disabilities, all backgrounds, and all genders. Ages 18 to 90+. We will explore inclusive dance concepts, improvisation scores, and ways of creating dance on Zoom.

Participants have the option of being performers: in June the dance will be video recorded on Zoom and edited to create a short dance film.

Instructor: Joanne Cuffe who who has facilitated dance groups full-time since 2013 with people with myriad ways of moving, perceiving and communicating.

Mondays May 10 - June 28 (No class May 24) 1:15 p.m. - 2:40 p.m. FREE

Register online at <https://burnsidegorge.ca/health-and-wellness/> or call 250-388-5251.

LICENCED DAY CAMP (5-11 YEARS)

Enjoy activities and great field trips in a safe, licensed facility where children are treated as individuals. Every week will include a combination of arts and crafts, sports and outdoor activities, and trips to a variety of places across Victoria!

What We Offer

- Quality, licensed care for children aged 5-11.
- A safe environment where children are treated as individuals.
- Exciting activities, great field trips and a nutritious daily snack.

What to 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
- Smile

Weekly Rates & Hours

- Extended Care: Monday thru Friday, 7:30am - 5:30pm, \$200/5-day week, \$160/4 day weeks*
- Regular Care: Monday thru Friday, 8:30am - 4:30pm, \$185/ 5-day week, \$148/4 day weeks*
- Daily Drop-in: \$45 (subject to availability, please speak with a manager)

June 28 - July 2* (4 days): Mad Science

Explore the amazing world of mad science! What fantastic experiments, explosions, and creations will we discover?

July 5-9: Mini Olympics

Try out new sports, games, and puzzles to earn points and claim olympic gold. Take your team to victory with some friendly competition.

July 12-16: Splash-a-palooza!

Dive into our water-themed week! Enjoy local beaches and water parks, water relay races and games, and ocean themed crafts.

July 19-23: Superhero Spectacular

Leap into action and take part in a week filled with superhero adventures! Transform into heroes and participate in exciting games and activities.

July 26 - 30: The Great Outdoors

Explore local trails and parks this week as we discover about the natural world just outside our doors.

August 3-6* (4 days): Spaceships & Aliens

Outer space! Stargazing! Build solar systems & rocket ships! The options are as limitless as the universe this week!

August 9-13: Wild Wildlife

Discover the creatures and critters of our community and connect with nature in this fun-filled week!

August 16-20: Creative Kids

Creativity is the word of the week! We'll explore local art and try our hands at working with clay, painting, and more.

August 23-27: Survivor Week

Enjoy fun team challenges & battle for top spot on the podium as we adventure to local parks and beaches!

Please see our website for a registration package.

<https://burnsidegorge.ca/day-camps/>



CAMP SURVIVOR SUMMER CAMPS (10 - 15 YRS)

Join us for Camp Survivor this Summer! Registration is now open for the Summer series of youth and teen Camp Survivor! These action-packed adventure camps for youth 10-13 years and teens 14 - 15 years take you outdoors for paddle boarding, paintballing, motocross riding, zip lining and more! If you are looking for a full week of adventure and fun, this is the camp for YOU!

Camp runs Monday thru Friday from 9am-3pm, \$175/week. Short weeks are pro-rated, prices are included in descriptions below. Extended care is available for 10-13 year olds, 8:30 am until 4:30 pm, for an additional \$15/week.

Subsidies are also available. Please visit our website or call the Community Centre to receive registration packages and subsidy applications.

We're offering our first ever Teen Weeks this year, with activities and adventure specifically for youth aged 14 & 15!

Camp Survivor Summer: 14-15 Years

June 28 – June 30: School's Out, Summer's In!

Come on in and join three days of exploring including rock climbing & laser tag! \$120/3-day week

August 3-6: Runnin' Wild

Join us as we take on a series of thrilling outdoor activities around town. Activities include paintball & swimming! \$160/4-day week

Please see our website for a registration package.

<https://burnsidegorge.ca/youth-recreation/camp-survivor/>

Camp Survivor Summer: 10-13 Years

July 5-9: Outdoor Explorers

Explore local trails, forests, and parks this week as we take on the great outdoors involving Wildplay! \$175/5 days

July 12-16: Challenge Week

Get your game face on for this week full of friendly competitions. Try out new sports, games, and activities such as Flying Squirrel & rock climbing! \$175/5 days

July 19-23: Sportszilla

Do you like to play sports? Well, Game on. This is your week to shine on the podium! Activities include mini-golf, tennis, & bowling. \$175/5 days

July 26 – 30: Water Works

Get ready to dive into our water-themed week! Enjoy some of the best local beaches and lakes in Victoria. Activities include swimming & paddle boarding! \$175/5 days

August 9-13: Adrenaline Rush

Are you adventurous? Do you like the challenge? Take the plunge this week as we take on some exhilarating activities such as motocross & ziplining! \$175/5 days

August 16-20: Swim & Sail

Join us for a fantastic week by the water as we partake in a wide-range of water-based activities such as swimming & paddle boarding! \$175/5 days

August 23-27: Final Countdown

Time to end summer with a bang! This week, our trips will take us to a mix of local parks and beaches. Activities include kayaking & mini golf! \$175/5 days

Please see our website for a registration package.

<https://burnsidegorge.ca/youth-recreation/camp-survivor/>



Celebrating Biodiversity in the CRD

Submitted by CRD Environmental Services

JOIN THE CRD'S INATURALIST BIODIVERSITY CHALLENGE MAY 21-24!

The capital region lies in one of Canada's biodiversity hotspots, bursting with an incredible diversity of plants and wildlife. Nestled among our neighbourhoods and workplaces are salmon-bearing streams, Garry oak meadows, vibrant wetlands and dynamic shorelines. In our backyards and local parks we can find pollinating insects, migrating birds, native wildflowers, and towering trees. This incredible abundance of life, or biodiversity, supports clean air and water, food security, recreational and cultural opportunities, and is key to the high quality of life we enjoy in the capital region.

Join the CRD in celebrating local species and ecosystems by participating in the 2021 iNaturalist Biodiversity Challenge, in honor of the International Day for Biological Diversity (May 22). Over a four day period, May 21 through 24, photograph and document local biodiversity in the CRD using the free iNaturalist Canada website or app, and help to build a record of the nature that surrounds us.

Participating in the CRD's iNaturalist Biodiversity Challenge is simple:

- Find nature in your backyard, neighbourhood, or favourite park or beach. Observations of plants, animals, fungi, insects, tracks, or even scat are all welcome.
- Ideally, photograph your observation from different angles and capture different features. Use a digital camera or smart phone.
- Upload your observation to the iNaturalist app or website.
- Identify your finding to the highest level that you can.
- Interact with iNaturalist community members online to confirm the identification of your observation.

iNaturalist is a free app that is designed for use by nature newcomers as well as more seasoned naturalists. By uploading photos of local biodiversity to iNaturalist between May 21 and 24 you will join a large community of local nature lovers who are helping to inventory and celebrate the capital region's amazing flora and fauna. Observing and learning about the natural world that surrounds us can boost mental health and wellbeing, and is a key step in conserving nature for future generations.

Visit www.crd.bc.ca/biodiversity for more information on biodiversity in the CRD and the iNaturalist challenge, including details about prizes and iNaturalist resources that will help you get started.



City of Victoria's Bylaw Enforcement Strategy Supports People Moving Inside

City Council has released a closed meeting report containing a strategy for enforcement of prohibited daytime sheltering as of May 1. The report outlines an individualized approach to support people who have accepted indoor spaces.

People who accept an offer and are preparing to move from parks will not be required to pack up daily. Bylaw officers will allow time for moving into the transitional housing locations and will assist with downsizing belongings. When indoor spaces are ready, Bylaw and outreach workers will assist people with packing their items in totes and helping people move.

Effective May 1, people who do not accept an offer will be required to take down, pack up and remove their tent and belongings daily by 7 a.m. Any tent or property unlawfully left in place after 7 a.m. will be subject to impound and can be retrieved through Bylaw Services.

Council has approved the enforcement strategy and authorized the City Manager and City Solicitor to proceed with a court injunction to enforce the Parks Regulation Bylaw should voluntary compliance not be achieved. This provides the City with flexibility to respond to evolving situations quickly and effectively.

People sheltering outdoors will begin moving into transitional housing in Vic West starting the first week of May and at the Tiny Homes Village near Royal Athletic Park the following week. Together these sites will house about 100 people. BC Housing will be offering people a spot in either location this week.

The City is working in partnership with the Province and BC Housing to deliver more than 220 transitional housing spaces for people currently living outside and to accompany them on a pathway to permanent stable housing. Since February, 114 people have moved inside from parks and other outdoor areas.

The report can be found in the Rise and Report section on the Thursday, April 22 Council

<https://pub-victoria.escrimemeetings.com/Meeting.aspx?Id=87dc8f59-c0d2-4ae0-91b7-4962017f50b6&Agenda=Merged&lang=English&Item=43&Tab=attachments>

May 2021 Calendar Listings

James Bay Community Market

This Farmers Market will be open every Saturday May 1st to October 2nd from 9:00 a.m. to 3:00 p.m. on the corner of Menzies and Superior in James Bay. Come out to support your local farmers, food producers and artisans.

Saturday's May 1st to October 2nd

<http://www.jamesbaymarket.com/>

Mother's Day Musical Virtual Garden Tour

Celebrate Mother's Day, spring gardens, and the love of music with the Victoria Conservatory of Music (VCM) 39th Annual Mother's Day Musical Virtual Garden Tour. Get an exclusive look at some of Victoria's most beautiful private spring gardens online and listen to the wonderful music of our VCM students.

April 25, 2021 to May 9, 2021 By Donation

<https://vcm.bc.ca/victoria-garden-tour/>

Lego Brick Exhibition

The Sidney Museum's annual LEGO Brick Exhibition has been extended. Now running until May 31, the exhibition showcases LEGO kits from a wide range of themes and subjects. Please see the Museum's website for more information on health and safety protocols and to book your entrance time online.

Daily, 10am-5pm

<https://sidneymuseum.ca/>

Spring Organic Plant Sale

The Compost Education Centre (CEC) is hosting their 10th annual all-organic spring plant sale! The Spring Organic Plant Sale features local farmers offering a wide variety of organically grown vegetable, flower and herb seedlings to get you off to a successful start this growing season.

Saturday May 8th, 10am-2pm

<https://www.eventbrite.ca/e/10th-annual-spring-organic-plant-sale-tickets-133512642909>

Bridging the Digital Divide—Community Technology Help Desk

To bring the concept of a virtual community help desk program to life, United Way of Greater Victoria partnered with The Coalition of Neighbourhood Houses Capital Region to help guide work to bridge the digital divide in the region and identify potential opportunities for coordination of resources and services.



Community Technology Help Desk

This community help desk program supports vulnerable individuals, families, seniors and non-profit service providers with computer and internet challenges.

The Community Technology Help Desk hours:

Monday to Friday

9am to 7pm

To access the Help Desk, or for more information about the program, please call:
778-402-9244
Or Email:
communityhelpdesk@sfrs.ca



\$50,000 Matching Challenge

ALL DONATIONS MATCHED

May 17 - 31

Cool Aid's \$50,000 Matching Challenge is back! As COVID-19 prevents us from holding our annual Homecoming Gala and Fundraiser, our generous partners combined their support to offer \$50,000 to match **your** donations. From May 17-31, all donations made online, by mail, or by phone **will be matched dollar for dollar**. Funds will support Cool Aid's work to help those in the community who are affected by poverty, homelessness, disability and mental health issues.

Please donate anytime during **May 17-31** and your gift will be doubled.

Thank you for your support!

You may donate at coolaid.org/donate or call 250.383.1977

Thank you to our generous matching partners



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