



Burnside Gorge Community News

June 2021
www.burnsidegorge.ca

Community Meeting Notice

BGCA is hosting a community meeting on Monday, June 21, at 6pm. Kristie Signer, the City of Victoria's Climate Action Outreach Coordinator with the Climate Action Program, will be delivering a presentation on how the City is taking action on climate change. Time permitting, Kristie will also be taking questions and guiding a discussion at the end of this presentation.

We hope you can join us on Monday, Jun 21, 2021 at 6:00 PM

Join Zoom Meeting

<https://zoom.us/j/97133107659?pwd=WTJCbR0SU90U1k2ay9ncXVJNGdqZz09>

Meeting ID: 971 3310 7659

Passcode: 017500

Neighbourhood Boundaries: Have Your Say

Submitted by City of Victoria

Victoria City Council is seeking resident feedback on proposed changes to boundaries in the following neighbourhoods: Fernwood, Oaklands, Jubilee, North Park, Fairfield, Downtown, Harris Green and Burnside Gorge.

Residents are also asked to provide feedback on other proposed changes such as neighbourhood land use review committee structures for Rockland, Fairfield and Gonzales, neighbourhood merging for Downtown and Harris Green, and merging the north and south Jubilee neighbourhood associations.

In 2019, Council introduced an action to “resolve anomalies in neighbourhood boundaries” in the Strong, Liveable Neighbourhoods section of the City's Strategic Plan. In February of this year, Council held a workshop and made several observations including:

- possible reconciliation of geographic anomalies that may fit better in an adjacent neighbourhood
- opportunities to better match boundaries with where residents perceive themselves to belong
- some village centres are divided between neighbourhoods

The City would like to hear from all residents regarding these proposed adjustments. Engagement is open from May 10 to June 7.

Results pertaining to specific neighbourhoods will be provided to the neighbourhood associations to inform their submission to the City on boundary changes. Full survey results will be included in the staff report to Council in September 2021 and will be made available to the public at that time.

If approved, the changes would be formally adopted and the Official Community Plan and Local Area and Neighbourhood Plans would be amended in 2022. To see maps of the proposed boundary adjustments, and to have your say, visit: <https://engage.victoria.ca/>

Join the BGCA Team

CURRENT OPENINGS:

- Camp Leader (full-time, temporary)
- Family Service Worker (full-time, permanent)
- Out of School Care Manager (full-time, permanent)

Full job descriptions and application details, including, deadlines to apply can be found at:

<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.

VTAG (Victoria Together Against Graffiti) Returns

Submitted by City of Victoria

The City of Victoria is pleased to announce that this volunteer coordinated effort to remove unsightly graffiti tags on BC Hydro equipment in your neighbourhood has resumed operation. The City and BC Hydro have recently signed off on an annual agreement to allow volunteers to “Own the Block” and remove tags on both power poles and utility boxes owned by BC Hydro. The agreement means that citizens can once again use a graffiti removal carrying kit, replete with two colour matched paint cans for pressure treated and non-pressure treated poles, a brush, opener, stir stick and set of gloves to remediate tags in their neighbourhood.

The City is currently looking for volunteer coordinators in every neighbourhood to help conquer the massive accumulation of graffiti in the past year and a half. If you are interested in giving back to your community, getting some exercise and meeting your neighbours, the VTAG Coordinator duties include:

- Coordinating other volunteers to “own the block” and paint out tags on BC Hydro poles and/or utility boxes
- Liaising with City Neighbourhood Advisor regarding supply needs
- Possible distribution of materials and supplies for graffiti removal
- Promoting volunteer recruitment for the program via email and social media
- Connecting volunteers with the Community Centre for paint kit pick up

For more info on this position or how to get connected with VTAG and access your kit, contact gpemberton@victoria.ca.



Reporting Back: Community Engagement

On May 17, 2021, the BGCA Board invited community members to join us for a conversation about strengthening connections between the agency and community. We brainstormed ideas for working more closely together, strengthening community connections, and communicating more frequently with one another.

There were a lot of great suggestions for events to bring community together, some of which BGCA is already doing such as the annual Gorge Waterway Cleanup held each year in September. Other suggestions included: foodie events such as a food truck festival and neighbourhood tasting tours; a neighbourhood swim team; community potlucks; and neighbourhood garage sales. These are all exciting ideas with some requiring more resources and organization than others.

There was also some great discussion about communication strategies that we look forward to continuing at future meetings. The level of engagement at the meeting was great and we hope to carry that forward as we will need the help of community members to turn these ideas into reality.

Thanks to everyone who came out. If you missed it, we look forward to seeing you at our next meeting which is currently being planned for July (we'll be sharing details soon). See you there!



Burnside Gorge Community News

June 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

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

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

From the desk of your council liaison Marianne Alto

Many of you have talked with me about Council's ideas for adjusting neighbourhood boundaries throughout the city.

Historically, there have been periodic talks about neighbourhood boundaries long before this current round. Many issues have driven the conversations over the years – the actual and future land use of adjoining areas, residents' use and association with, or "feel" for, these areas, and the "common sense" of the boundaries, to name a few.

Some folk point to what they consider "obvious" anomalies, like the "sliver" of North Jubilee that extends north along the edge of Oaklands on Shelbourne (on the east side of the street to the depth of one property), or the increasingly dense and commercial use of the northwest corner of Fairfield (where the neighbourhood boundary includes the predominantly commercial block bounded by Blanshard, Fort, Quadra and Broughton), or the blocks between Bay and Haultain and Cook and Shelbourne, which include Haultain Corners, a feature destination for Oaklands folk which they consider very much part of their own neighbourhood, and which is divided in half between two neighbourhoods, with the north corners in Oaklands and the south corners in Fernwood.

In Burnside Gorge, one idea includes considering the area south of Bay Street and west of Blanshard Street as part of downtown. That concept arises from a sense that most of the land use in that part of Rock Bay is commercial or industrial, although there is a high-density residential component emerging as whole blocks in the south end of that area are developed into urban housing. But some say that only a few blocks at that south end (like those south of Discovery or Pembroke streets) reflect a residential density that complements the downtown core, and that the blocks from Bay to Discovery or Pembroke are the industrial/commercial business core of Burnside Gorge, which supports its vibrant and resilient economic base.

Most importantly, these are simply ideas, none of which are cast in stone. Once residents' feedback is collected, city staff will return to Council with that information, which council will then consider before coming to any conclusions. Add your thoughts at <https://engage.victoria.ca/neighbourhood-boundaries>, until June 18.

For my part, I've expressed support for the suggestions about Oaklands – having lived in the neighbourhood for a stint of 19 years, I believe it has routinely included both the "sliver" of North Jubilee and the blocks between Haultain and Bay in its programs, activities, events and neighbourhood "feel". Having said that, for Oaklands and all the other possibilities, in my mind they are all still just suggestions, a living dialogue open for adaptation, adoption or rejection.

If you're interested in hearing the last city council conversation about boundaries, you can watch the whole discussion at the video record for that Council session, which you can find by clicking on Item G at this link:

<https://pub-victoria.escrimemeetings.com/Meeting.aspx?Id=750a1f19-e2e2-4647-802c-9ec227c4aec1&Agenda=Merged&lang=English>

I welcome your thoughts on boundaries or any other topics. Feel free to reach out to me at malto@victoria.ca.



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

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

JUNE 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.

Please Note: Family Centre will be closed June 28 to July 2, 2021

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

PARK / BEACH DAYS

Come and join us for fun in the sun. Enjoy a new park or beach each week and meet other families. Spaces are limited to ensure safe distances and registration is required.

Wednesdays 10am - 12pm

MOTHERS PEER SUPPORT GROUP

This group provides weekly peer support, you can share experiences, build networks and learn about community resources and support. Enjoy a cup of coffee while your children play. Option to take part in our community dinner program. Space is limited, registration required.

Thursdays 4 - 6pm

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.

Thursdays 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 has facilitated dance groups full-time since 2013 with people with myriad ways of moving, perceiving and communicating. Register online at <https://burnsidegorge.ca/health-and-wellness/> or call 250-388-5251.

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

STRENGTH, CONDITIONING & BALANCE FOR 55+

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

Tue June 8 – July 13 9:00 am – 10:00 am 6/\$48
10:15 am - 11:15 am 6/\$48

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/>



What Keeps us Stuck & What Moves us Forward: Understanding Learned Helplessness & Learned Optimism

Submitted by Colleen Wolfe, M.Ed. Counselling Psychology, C.C.P.A. & Family Advisor with BGCA's Family Self Sufficiency Program

Positive psychology was developed by Dr Martin Seligman's research in the 1960s and 70s. He also developed the psychological theory of 'learned helplessness'. Learned helplessness was based on animal research, where animals learned helplessness when they lost control over what happened to them.

In experiments, rats were exposed to unpleasant stimuli that they had no control over. Over time the rats ceased trying to alter the negative stimuli and demonstrated learned helplessness with no motivation to move even after the stimuli were removed. The rats learned to do nothing as nothing changed their negative situation and feelings of helplessness. Passive behavior patterns remained stable after all negative stimuli were removed. That's learned helplessness.

The theory of learned helplessness has decades of research behind it. The research explains why both animals and humans, who have been conditioned by their experiences to feel helpless, maintain the behaviors of helplessness even when the conditions that created the helplessness no longer exist. Dr. Martin Seligman determined that if helplessness could be learned so could optimism and resilience leading to a sense of motivation and personal agency. His idea of learned optimism grew out of research that focused on what was right and working in a person's, rather than what was wrong, and then building on that.

Positive psychology asks the question: "what is working in a person's life and how do we build on that?"

Learned optimism and learned helplessness are both psychological mindsets (thought patterns). This provides a powerful understanding and framework from which people can find an antidote to feeling hopeless and stuck. With the tools of learned optimism, you may not always be able to change your situation, but you can change your perceptions and your response to it.

There are many resources on Learned Optimism and Positive Psychology. One place to start is with Dr. Martin Seligman's book called Learned Optimism or the many Ted talks and YouTube videos, on the subject. Here are some of the benefits of positive psychology the research outlines:

- Improved physical health: Optimistic people may approach health problems more proactively than pessimistic people, giving them better health outcomes.
- Better mental health: Studies show that optimists tend to report better mental well-being than pessimists. Learned optimism practices may also help you reduce the symptoms of depression.
- Higher motivation: By practicing optimism, you can stay more motivated as you work toward goals such as recovery.

The Family Self Sufficiency Program reflects the goals and outcomes of working with the tenants of Positive Psychology. We support families moving forward and achieving their goals. We are currently accepting applicants. Please click on the website link below and check us out – we are here to support your growth. <https://burnsidegorge.ca/family-programs/family-self-sufficiency/>

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

The FSS Program can support you to...

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

Are You:

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

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

 Burnside Gorge

FSS is generously funded by:



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.

Community Advisory Committee Update

Submitted by Elizabeth Cull, CAC Co-Chair

The Burnside Gorge Community Advisory Committee (CAC) met on Tuesday, May 18th, to discuss issues related to the supportive housing in hotels and the plan to relocate campers inside.

Camping in Parks

City Bylaw Officers, supported as necessary by Victoria Police, have been moving people out of tents in parks into appropriate shelter. Most campers have accepted their placements and have been settling in. For those refusing housing, camping is limited to overnight from 7pm to 7am, with several parks being permanently closed to sheltering at any time including Cecelia Ravine Park.

Supportive Housing Issues

Residency at the temporary supportive housing at the Travelodge continues to decrease. There were 80 residents there at the end of April down from 92 in March. BC Housing has agreed not to add new residents to the Travelodge which will be phased out as supportive housing by December 31, 2021.

All service providers reported a busy month with tenters being settled into new accommodation ranging from shelter beds to supportive housing to subsidizing housing.

The problems with the fencing at the Howard Johnson are being addressed by BC Housing, the BGCA, the City and Wesco Canada. The plan is to create secure parking for the BGCA buses and improve security for Wesco's vehicles.

The City is considering changes to neighbourhood boundaries which will affect Burnside Gorge. Although no decisions have been made and consultation is underway, the BGCA has sought assurances from BC Housing that the moratorium on supportive housing in Burnside Gorge will continue to apply to the neighbourhood's original boundaries.

Victoria Police

VicPD reported that the number of "hot spots" in the community have been reduced with campers moving into housing. The Assertive Community Treatment (ACT) teams are working to stabilize people and resolve issues arising with problem residents in both housing and parks. VicPD is continuing to work with local businesses getting ready for opening up after Covid.

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.

Point Ellice House is now open!

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

We are very excited to announce that Point Ellice House Museum and Gardens is now open. After a long fall and spring of being closed to the public, it is our privilege to once again welcome visitors to one of Victoria's most significant historic sites.

Due to ongoing concern about COVID-19 and indoor transmission, the interior of Point Ellice House remains closed. However, our feature exhibit space and two acres of heritage gardens are open - including our newly rehabilitated South Garden. June is when a majority of roses are in bloom at Point Ellice House so please stop and smell the roses! Visitors can walk the recently uncovered brick pathway and chat with volunteer interpreters who are on site to share artifacts and stories with you. Don't forget to bring a blanket and a picnic for the lawn!

Admission is by donation and by appointment. You or your group will have our feature exhibit, Springs & Scavengers: Waste and Water in Victoria, 1842-1915, all to yourself! Book your visit on our website; www.PointEllice-House.com.

We are excited to welcome the community back to one of Victoria's hidden gems. Please do not hesitate to contact us if you have any questions or concerns about an upcoming visit.



Volunteers Tim and Sarah discuss the hip bath, an artifact from the Point Ellice House collection.

Live Green This Summer

Submitted by CRD Environmental Services

The blossoms are out, the sun is shining and summer is on the horizon in the capital region. It's an exciting and busy time to prepare your yard and garden. Natural gardening practices can help you save time and money, leaving more time to enjoy your outside oasis and make an environmentally friendly space for kids, pets, wildlife and waterways. A few helpful tips will ensure you can:

- use water wisely
- provide important habitat for native birds & wildlife
- stop the spread of harmful invasive species
- prevent pollution from entering our streams and waterways

Yard and Garden Top Tips:

- Garden with native plants. Adapted to our dry summers, they require little to no watering once established and no fertilizers or pesticides. Native plants also create habitat and support local biodiversity. Many pollinators like butterflies rely on specific plants to provide food for all life stages.
- Look over your yard to see if any plants seem to be spreading rapidly. Find out if they are invasive species and if so, remove them and plant native alternatives. To learn more about invasive species in our region, visit www.crd.bc.ca/invasive.
- Add mulch around your plants to save water by keeping moisture in the soil. This helps reduce evaporation, keep soil cool and reduce weeds.
- For lawns, gold is the new green! Lawns naturally go dormant in the summer and will bounce back to green with the fall rains. If you do choose to water your lawn, remember green lawns only need an inch (2.5 cm) of water per week in the driest conditions. Use the cycle and soak method, watering in short cycles to allow water to soak in thus reducing water waste.
- Convert unused area of lawn to lawn alternatives like native plant beds or vegetable gardens and supplement lawn with clover.
- Set your irrigation controller to the designated days and times as laid out in the Capital Regional District's [Stage 1 Watering Schedule](#).



These easy natural gardening techniques can help you and local wildlife enjoy the summer. No matter what size, natural spaces you create near your home can increase biodiversity and support healthy ecosystems. Learn more ways to live green in your yard and garden at www.crd.bc.ca/nativeplants.

Genetic Counselling Sheds Light on Past for Cool Aid Client

Submitted by Victoria Cool Aid Society



If you think genetic counselling is all about blood samples and analysis for disease prevention, think again. That's just one part of this expanding field. One of Cool Aid's tenants, Wayne Sheeran, experienced first-hand the many benefits of genetic counselling through meeting with genetic counsellor, Prescilla Carrion.

Wayne did a series of three counselling sessions with Prescilla, who started with Cool Aid's Community Health Centre team in January of 2020, to uncover some surprising connections between his genetics and the experiences in his life including mental health challenges.

Cool Aid was fortunate to have Prescilla as part of a University of British Columbia research project on the value of integrating genetic counselling into primary care. Genetic counselling is typically provided through care within specialized or clinical genetics clinics and this project is the only one like it in Canada. Prescilla appreciated Cool Aid's ongoing support as a home base for the genetic counselling service as she plans to continue her important work exploring the value of embedding a genetic counsellor in primary care, making this service available to clients whenever it promises to be helpful.

For Wayne, it started with conversations around the creation and analysis of his family tree – something he had wanted to explore most of his life. He says that the experience of doing that in a safe space with Prescilla was very positive and that he felt free to be vulnerable and transparent.

What Wayne started to realize was that the mental health challenges he has faced throughout his life were linked to his family of origin and his experiences early on. And like many people, mental health was never discussed in his family, which left him feeling “lost in a cone of silence”. Wayne and Prescilla reviewed the picture of his family tree, noting mental illness in many family members, including those who may have gone undiagnosed and who were in denial of the mental health challenges – challenges that left a lasting impression on Wayne. He only recently uncovered how genetic vulnerability and personal life experiences have contributed to his own illness.

Wayne considers himself lucky that access to genetic counselling, through Cool Aid, has led to a new awareness of his personal history, all the way back to childhood. Genetic counselling has provided him with a new set of tools to understand and manage his own mental health and has allowed him to “let go of past hurt, pain and shame to find hope in the future.”

Community Fridge Opens in Rock Bay

Submitted by the Community Food Support team

Community Food Support is excited to announce the launch of the Community Fridge Project right here in Burnside Gorge! Hosted at The Number in Rock Bay (2725 Rock Bay Ave), the fridge opened on Sunday, May 23. The fridge is open 24/7 for anyone who needs to access fresh food.

The Community Food Support project has been operating since April 2020 to distribute weekly food hampers to people in the area who request one! Community Food Support is a volunteer run organization that also aims to minimize food insecurity and waste and provide food to people who face barriers to access it.

Community Fridges have become increasingly popular across North America this year. Fridges operate on a “take what you need, leave what you can” basis and rely on volunteers to keep fridges stocked, clean, and well maintained. If you are interested in being a part of this exciting community initiative and joining the fridge team please reach out to Community Food Support:

Facebook: <https://www.facebook.com/communityfridgevictoria/>

Insta: <https://www.instagram.com/communityfridgevictoria/>

Web: <https://www.facebook.com/communityfridgevictoria/>



A few members of the Community Fridge Team who supported the build and launch of Victoria's first Community Fridge. Photo Credit: Tina Athena

Join the Ride, Burnside Gorge

Submitted by Team Interact

Our postal code is a powerful predictor of our health. The design of our cities and neighbourhoods can either help or hinder how we move, feel, and interact in everyday city life. For example, transportation systems that prioritize walking and cycling can reduce injuries, increase physical activity, and improve our social connectivity. On the flip side, when infrastructure like parks and bike lanes aren't equally accessible and enjoyed by everyone, some of us have more opportunities to be healthy while others get left behind.

Victoria is one of several cities around the world investing in infrastructure to encourage more people of all ages and abilities to ride bicycles. But Victoria's investment isn't just about becoming a world-class cycling city. **Could reimagining the city to be more bike-friendly also make it a happier and healthier place to be?** And importantly, does everyone stand to benefit equally?

Right now, researchers from the Interventions, Research, and Action in Cities Team (INTERACT) are looking for folks from the Burnside Gorge community to join hundreds of folks across Victoria to help them find out! If you hop on a bike as little as once a month, you are eligible to participate. As a participant you will be invited to complete two online surveys about your health, social participation, and experiences with the AAA Cycling Network. You also have the option of collecting data through a mobile phone app or wearable device. You'll receive a small gift card as a token of appreciation for your time.

Participating is an opportunity to contribute to research that will not only guide the future of public space in Victoria but will also inspire the design of healthier and happier cities for all Canadians.

To learn more about our study and join the ride, visit: www.teaminteract.ca/victoria.

June 2021 Calendar Listings

Public Internet Access: Overcoming Digital Divides Virtual Workshop

A significant portion of people in Canada are reliant on free public internet access at libraries, retail, and community locations. Join this virtual workshop to discuss how Canada can better support our public internet infrastructure for the marginalized communities who rely on them, and for everyone.

June 2nd 9am to 10:15am

Register at: <https://www.eventbrite.ca/e/public-internet-access-overcoming-digital-divides-workshop-tickets-146608898161>

Composting Basics(ZOOM workshop)

What is the recipe for compost success and why does composting matter? This workshop will explore the answer to this question, and will offer instructions on what it takes to produce an amendment for your garden that is rich in beneficial microorganisms and nutrients!

June 5th 10am to 12pm

Register at: <https://www.eventbrite.ca/e/free-workshop-composting-basics-tickets-131650978621?aff=erelexpmlt>

TD Victoria International JazzFest

The Victoria Jazz Society proudly presents its next virtual experience, Virtually JazzFest, for the 38th edition of TD Victoria International JazzFest! Each free-to-watch virtual performance will be limited to online audiences and remain online after they premiere until Sunday, July 4.

June 25th to July 2nd

<https://jazzvictoria.ca/jazzfest-home/>

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

Facilitated by two Umbrella peers, Anxiety in Recovery (AIR) is a group for individuals struggling with anxiety. No registration is required. This group is offered via ZOOM.

Connections - Tuesdays 1pm to 2pm

Facilitated by Island Health and Umbrella, this group is for anyone looking for substance use related support for themselves or a loved one. This group is offered via ZOOM.

All Things Gratitude - Tuesdays 7pm to 8pm

Facilitated by an Umbrella team member, this group is open to anyone wishing to discover the benefits of living their life with gratitude. No registration is required. This group is offered via ZOOM.

Rainbow Group - Tuesdays 7pm to 8pm

Facilitated by two Umbrella peers, this recovery group is open to those who identify as LGBTQ2S+. This group is offered in person and by ZOOM. In person limits are in effect and per-registration is required.

Parents Support Group - Wednesdays 7pm to 8pm

Umbrella's family counsellor facilitates this group created to support parents impacted by their children's substance use. This is a closed group, please contact Umbrella for more information.

SMART Recovery - Wednesdays 12pm to 1:30pm (Zoom) and Thursdays 6pm to 7:30pm (In person)

Two Umbrella trained SMART Facilitators will guide the group through the tools of this program. The Wednesday group is offered via zoom and the Thursday group is offered in person. Registration is required for in person, please contact the office for further information.

Behavioural Addiction Group - Thursdays 7pm to 8pm

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 Group - Fridays 1pm to 2pm

Facilitated by an Umbrella team member, this group offers support, connection, and guidance. No registration is required. Offered via ZOOM.

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 • **Do you have an event coming up** •
 • **that you'd like to share?** •
 • **Send it to info@burnsidegorge.ca** •
 • **for inclusion!** •
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