



Burnside Gorge Community News

August 2021
www.burnsidegorge.ca

Selkirk Waterfront Festival is Back!

Please join us on Saturday, August 28th, for our annual Selkirk Waterfront Festival from 10am – 3pm in Selkirk Green Park. This fun-filled multi-cultural family event offers something for everyone. Enjoy exciting activities in the Family FUN Zone, world cuisine in the international food court, and unique arts and crafts in our colourful street market. Come join us for some great entertainment and activities!

BECOME A VENDOR! Applications are now being accepted for food service and the artisan craft market.

VOLUNTEER! Volunteers are needed for many areas of the festival including vendor assistants, café crew, parking crew, stage assistants, children's fun zone leaders, and set-up and take-down crew.

If you are interested in becoming a vendor or volunteering with this great event please call Travis 250-388-5251 or email travis@burnsidegorge.ca.

Get Growing - Fall & Winter Veggie Starts

Get Growing, Victoria! is a City of Victoria initiative working in partnerships with non-profit organizations to distribute veggie seedlings and gardening materials to residents who are facing barriers to growing their own food. 80,000 vegetable and herb seedlings, along with gardening education materials will be distributed to support communities in 2021.

There are 11 neighbourhood events happening from mid-August to early September to distribute fall and winter veggie seedlings.

BGCA is hosting a Neighbourhood Distribution Day on Saturday, August 21st. Veggie seedlings will be distributed from 10am – 1pm (while plant supplies last).

If you would like to learn more about this event please contact us at info@burnsidegorge.ca.

To see the full Summer 2021 Neighbourhood Distribution Days schedule or to read more about Get Growing, please see: <https://www.victoria.ca/EN/main/residents/parks/growing-in-the-city/get-growing-victoria.html>




FREE FAMILY EVENT



SATURDAY AUG 28th 10am to 3pm
Location: Selkirk Green Park
(near Gorge Rd East & Jutland Rd)

Live Entertainment Featuring:
Bijoux de Bayou • The Soul Shakers
The Colts • Mufaro Marimba

Enjoy: Family Fun Zone • Bike parking
International Food court • Artisan Vendors market

More Information: Call 250-388-5251 or visit www.burnsidegorge.ca

Presented by: 

Title sponsor: 

Sponsors:






Join the BGCA Team

CURRENT OPENINGS:

- Childcare Leader (part-time)
- Out of School Care Manager (full-time)

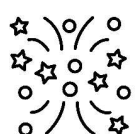
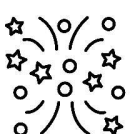
Full job descriptions and application details, including deadlines, to apply can be found at: <http://www.burnsidegorge.ca/opportunities/employment>

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.

BGCA will be closed on Monday, Aug 2nd.

Have a safe & happy long weekend!





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August 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
Elizabeth Cull, Chair
Kirsten Mah, Director
Michelle Peterson, Secretary
Avery Stetski, Vice-Chair

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

CENTENNIAL UNITED CHURCH
621 David St.

Now offering live services at 10:55 am!
Registration required,
please call 250-384-6424.

Pre-recorded services remain
available at www.cucvictoria.com



Burnside Gorge Community Centre Room Rentals

For meetings, conferences, parties and family gatherings, we have a variety of rooms available to suit your needs. We offer wireless internet, tea & coffee service, and A/V equipment rentals, all at affordable prices. Nestled in Cecelia Ravine, our rooms also offer outstanding natural views and are accessible from the Galloping Goose Trail.

Under the current health orders there is a maximum group size of 50 people per event regardless of the room size. No dancing is allowed at this time. Every booking will need to provide a covid-safety plan.

Activity Centre: 1665 sq. ft.	Education Centre: 605 sq. ft.
\$65/hr	\$55/hr
\$240/half day	\$180/half day
\$400/full day	\$300/full day

Group Room: max 10 guests
\$35/hr
\$140/half day
\$220/full day

Non-profit rates are also available. Call today to book or view our spaces, 250.388.5251 or email rentals@burnsidegorge.ca.



Burnside Gorge

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

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

AUGUST 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 enjoy the fresh vegetables they have grown.

Mondays	Aug 16 & 23	9:30-11am
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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.

Tuesdays	Aug 10, 17 & 24	9:30-11:30am
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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	Aug 11, 18 & 25	10am - 12pm
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MOTHERS PEER SUPPORT GROUP

This weekly peer support group offers an opportunity to share experiences, build networks and learn about community resources and support. Enjoy a cup of coffee while your children play. Participating in the Family Dinner that follows group is optional.

Thursdays	Aug 12, 19 & 26	4-6pm
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FAMILY DINNER

Enjoy a delicious summer BBQ with all the fixings. Families can sign up by calling front desk at 250-388-5251. The deadline to register each week is Wednesday at 4pm.

Thursdays	Aug 12, 19 & 26	5-6pm
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DADS GROUP (0-6 YRS)

Dads Group offers a friendly atmosphere to learn together with other Dads to follow your child's lead in play. Learn about your role in your developing child's life, discuss parenting successes and challenges with fellow Dads, and enjoy free time, play, coffee, and snacks with your little one.

Saturdays	Aug 7 - 28	1-3pm
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55+

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.

Tuesdays	July 20 – Aug 31	9-10am	6/\$56
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SENIORS LUNCH AND LEARN

Socialize with other seniors in the community while enjoying a delicious and nutritious homemade meal. This program features a mix of guest speakers, social activities and theme activities during the holiday seasons. To register or for more information please call the Community Centre, 250-388-5251.

Thursdays	July 8 - July 29	12pm - 2pm	\$5/Lunch
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YOUTH

KATS (KIDS AT TENNIS)

The Society for Kids at Tennis (KATS, www.kidsattennis.ca) provides free tennis lessons and equipment to families experiencing financial barriers (application required). Using the "progressive tennis" approach recommended by Tennis Canada, the KATS program uses smaller racquets, smaller courts, lower nets and low compression balls. This approach helps kids to develop confidence in their ability to hit the ball, learn quickly, and most of all, have fun playing the sport! Kids will be introduced to the fundamental skills which form the foundation for future development. To register or for more information please call the Community Centre, 250-388-5251. Location: Banfield Park Tennis Courts

5-8 Years:	Mondays	Aug 9 - Sept 27	4-5pm	FREE
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9-13 Years:	Mondays	Aug 9 - Sept 27	5-6m	FREE
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Cool Aid Mobile Clinic Takes Healthcare on the Road

Submitted by Victoria Cool Aid Society

Cool Aid has a new way to provide primary healthcare to vulnerable people who often face barriers to receiving the care they need and deserve. Earlier this summer, Cool Aid, in partnership with Telus Health for Good, launched its fully equipped mobile health clinic to provide care to people on the streets, in hotel sheltering sites, and at partner locations like Our Place.

The clinic provides a full range of primary healthcare services including wound care, sexually transmitted infection testing, over-the-counter medications, safe supply, opioid agonist therapy, vitamins, harm reduction supplies, foot care, and contraceptives. Since its launch, the clinic has made 31 outings and has provided 32 doctor consultations. Many people on the streets would not access healthcare if not for the mobile service.



photo credit: TELUS

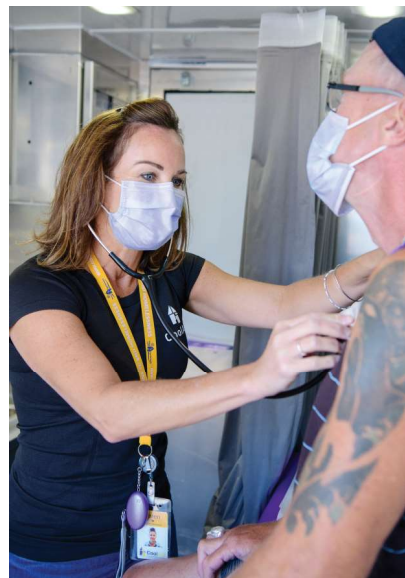


photo credit: TELUS

“This service allows us to provide timely, accessible, trauma-informed, primary healthcare to a greater number of people who face multiple barriers to healthcare in our community,” said Mary Chudley, director of health and support services at Cool Aid Community Health Centre. “Meeting people where they are, whether on the streets, in the growing number of hotel sheltering sites, or in longer term supportive housing, is the key to providing truly comprehensive primary care to those who need it most.”

In 2019/20 (before COVID) there were 5,003 healthcare outreach encounters by Cool Aid Community Health Centre doctors and nurses. That number grew to 9,823 encounters in 2020 with outreach extending to hotel sheltering sites.

Cool Aid’s Palliative Outreach Resource Team (PORT) also provides outreach services to patients nearing end of life who have complex needs due to mental health and/or substance use challenges, poverty, homelessness or other barriers to accessing palliative care services.

To see the Clinic’s current schedule: <https://coolaid.org/how-we-help/health-services/>

The TELUS Health for Good program is active from coast-to-coast with clinics operating in Vancouver, Surrey, Edmonton, Ottawa, Mississauga-Peel Region, Waterloo Region, Montreal, Halifax and Toronto. For more information about TELUS Health for Good:

<https://www.telus.com/en/social-impact/innovating-healthcare/health-for-good>

VTAG Needs You!

Do you want to help beautify Burnside Gorge? The City of Victoria’s Victoria Together Against Graffiti program is back and they are currently looking for volunteer coordinators in every neighbourhood!

VTAG allows volunteers to “Own the Block” and remove tags on both power poles and utility boxes owned by BC Hydro. Graffiti removal kits come in a convenient carrier and include two cans of colour-matched paint for pressure treated and non-pressure treated poles, a brush, opener, stir stick and set of gloves.

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.



The “Latte Factor”; Understanding Needs vs Wants

Submitted by Colleen Wolfe, M. Ed Counselling Psychology, Family Advisor with BGCA’s Family Self Sufficiency Program

According to David Back a well-known financial guru and Author: “We’ve all got a latte factor, regardless of our income level.” So, what is the Latte Factor? It is the unconscious spending on everyday items and things that in the end add little real value to our lives. It is “the small or large extravagances you love to spend money on.”

- Starbucks coffee
- Skip the dishes
- Fast food etc.
- Impulse purchases
- Designer clothes

If you spend \$5 a day at Starbucks that is \$35 a week, \$140 a month and \$1680 a year. While \$5 seems minimal, that \$1680 might cover the cost of a fun camping trip for your family or some other goals. Over time the money spent on these types of habitual purchases can add up to a loss in savings, as well as impacting our ability to actualize important lifestyle choices. But when we stop and ask ourselves if this is a want or a need, we can begin to challenge ourselves to make different choices.

Whenever you purchase something you are making a choice, whether that choice is proactive or reactive, conscious or unconscious. Being proactive implies planning, forward looking and “controlling a situation by causing something to happen”. Being reactive is the opposite, following our impulses in the moment from habits that may not serve us in the long run. Wanting something isn’t inherently wrong but being deliberate about your choices is a different strategy. It boils down to what is important to you and what you want to invest in.

As you analyze your spending it will reflect what you are valuing, needs or wants. This can be a difficult exercise. Do you believe in your own goals and what you want your future to be? Where can you begin to make those small changes in your purchasing habits that support that future? As we begin to evaluate our needs (what is essential to us) versus our wants (nice to have, but not essential) something changes. This is a “BIG IDEA” that small changes in our spending habits can create significant savings and lifestyle choices. In the end it is not what you make that matters. It is what you get to keep that makes the difference.

The Family Self Sufficiency Program focuses on helping Participants define those needs versus wants. The Program is dedicated to suppling the support and encouragement to dream for a better future and help you make the changes necessary to get there. FSS is currently accepting applications for the next Program and invite you to apply. If you are receiving a housing subsidy and have a dependant child, please apply. Click on the link below read more about this transformational program and download an application form. <https://burnsidegorge.ca/family-programs/family-self-sufficiency/>



August Calendar Listings

Once Upon a StoryWalk

Join the library for a StoryWalk®, where families will follow individual pages of a storybook, mounted on sign posts, that are placed outdoors in a circuit. Everyone welcome. Rain or shine, dress for the weather!

Thursday, Aug. 5, 10am to noon at Pioneer Park

Thursday, Aug. 12, 10am to noon at Bruce Hutchison Branch

<https://www.gvpl.ca/gvpl-programs/>

Food Truck & Beer Garden at PEH

Join PEH and members of the Rock Bay Business Community for a family friendly day of history, drinks, food, and lawn games.

Saturday, Aug. 7th 12pm to 6pm

<https://www.facebook.com/events/435210540801414/>

Dancing in the Park

Come take part in a beginners' lesson in line dancing and ballroom dancing, followed by a free dance after. A live band (The Commodores) will play on August 16, and the dance hosts will provide pre-recorded playlists for the other evenings.

August 9, 16, 23, 5:30-8pm

<https://www.victoria.ca/EN/main/residents/culture/free-programs-in-the-park.html>

Put hazardous waste in its place this summer!

Submitted by CRD Environmental Services

Spending time outdoors or in the pool this summer? Whether we realize it or not, many of our summertime activities can contribute to pollution and landfill fires if we're not careful. One of the easiest ways to prevent this is by becoming hazardous waste aware.



Household hazardous waste (HHW) can be found in every home and includes batteries, paints, cleaners, motor oil, gasoline, pool chemicals, propane cylinders, pesticides, fertilizers and more. These items should never be put in the garbage or your curbside recycling, nor should they be poured down the drain or into the natural environment. Improper disposal of HHW can pollute waterways, harm fish and potentially spark landfill fires – a big concern during these hot, dry summer months!

Here are five tips for safe use and disposal of hazardous waste:

1. Reduce use of hazardous wastes. Buy only what you need and safely store what you don't use. Look into alternatives to chemicals, such as [natural gardening](#) or DIY cleaning products with the [Clean Green Cookbook](#).
2. Steer clear of storm drains. Storm drains are a direct link to local waterways. Protect waterways by never pouring anything down storm drains and ensuring water on your property doesn't pick up pollutants that can wash into storm drains. Power washing? Consider a stiff broom instead as power washing loosens pollutants (eg. oil, paint chips). Painting outside or working on a car? Be spill prepared with absorbent materials nearby.
3. Safely dispose of leftover HHW. Improper disposal of batteries (and electronics with batteries), propane cylinders and pool chemicals are the leading cause of fires at the landfill and recycling facilities. HHW can be safely disposed of for FREE at Hartland. For more info, including additional drop-offs, visit www.crd.bc.ca/hhw.
4. Properly dispose of pool water. Pool and hot tub water contains chemicals like chlorine and algaecides and should not be emptied down storm drains where it can pollute waterways. Instead, use a basement drain or toilet to discharge it into the sanitary sewer system – use a drain hose no larger than 1.5" in diameter. Note: Draining your pool onto your yard is generally not recommended due to risks of flooding neighboring properties and chemicals entering waterways. If unsure, contact your municipal public works.
5. Report spills. A 'spill' can be accidental, a leak, or illicit dumping of a substance (gasoline, oil, paint, antifreeze, etc.) and can occur on land or in water. If you see or experience a spill please report it. Call Emergency Management BC at 1.800.663.3456 (24/7).

Have a great summer and thank you for helping keep our environment clean, and workers and wildlife safe! For more information on pollution prevention at home, visit www.crd.bc.ca/cleanwater.

Supply Victoria

Divert materials from the landfill during this outdoor, all-ages, creative reuse crafting workshop. Participants will upcycle colorful cast-off materials into fun and useful projects. All ages are welcome and no materials or experience are necessary.

August 14 & 28 Time: 4:30pm – 6:00pm

<https://www.victoria.ca/EN/main/residents/culture/free-programs-in-the-park.html>

Unity Mandala

Join in the community creation of a mandala, made from wooden clothes hangers. Participants will learn about mandalas and their significance and will then paint two hangers - one for yin and one for yang. The participants' stories will be captured, and the hangers will be put together at the end into a piece of art.

August 14, 21, 28 Time: 1:30pm – 4:30pm

<https://www.victoria.ca/EN/main/residents/culture/free-programs-in-the-park.html>

Victoria Fringe Festival

Fringe with Kids – This popular free event for the youngest Fringers goes online on Saturday August 21, with a day of digital performances, art lessons, and a 'to-go kit' of art supplies and interactive materials.

<https://intrepidtheatre.com/festivals/fringe-festival/>

VLC Book Bash

The Victoria Literacy Connection challenges readers of all ages to obtain pledges from friends and family for every 100 pages they read from August 1-31. Participants are invited to set a reading target, pick a theme (or not), and take part in the challenges and event buzz on social media.

<https://www.victorialiteracyconnection.ca/vlc-book-bash/>

Umbrella Society - Support Groups

Umbrella Society offers a number of virtual and in-person groups to support people struggling with addiction and/or mental health. Please see their website for more information. <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 pre-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. This group is offered via ZOOM.

Hammer Time - Thursdays 7-8pm via zoom

Umbrella Society, in partnership with Vancouver Island Construction Association, is pleased to share our newest group, Hammer Time. This group is available to provide support for people in construction who are struggling with substance use issues and may need access to recovery and/or harm reduction services.