



Burnside Gorge Community News

September 2021
www.burnsidegorge.ca

New Funds for Community Safety & Security

Submitted By Elizabeth Cull, BGCA Chair

The Burnside Gorge Community Association Board was thrilled to learn that our request for funding to the City of Victoria for four projects to manage and mitigate the stresses our community has faced due to the number of temporary supportive housing projects in our neighbourhood was approved. We are working with the City to sort out the details of this funding and will let everyone know when we have more information. In the meantime, a huge thanks goes to our City Council Liaison, Marianne Alto, for bringing this opportunity to our attention and guiding us through the process.

Burnside Gorge Gains New Funds for Community Safety & Security

Submitted by Marianne Alto, Council Liaison for Burnside Gorge

The Burnside Gorge Community Association took the lead in requesting funding from the City of Victoria for four projects to manage and mitigate the stresses community members have faced due to the number of temporary supportive housing projects in the neighbourhood. That request was successful!

The approved projects include:

A pilot project to improve community integration and engagement,
Improved lighting and other security measures that would have an immediate impact on residents' sense of security,

Funding for four additional bylaw officers on weekends and evenings to address unauthorized encampments, graffiti, and walkway obstructions, and

A Burnside Gorge Clean & Safe Team, modelled on the DVBA teams, housed in the Burnside Gorge neighbourhood, in partnership with the community.

While all these projects will have a positive impact on the neighbourhood, the Community Integration and Engagement proposal will see new relationships and communications purposely built and nurtured among neighbours in private and public housing.

A committee of the BGCA Board has been working on establishing a facilitated working group consisting of residents of supportive housing/shelters, other neighbourhood residents and neighbourhood business owners, to create dialogue among all groups, develop mutual care and understanding of what makes a safe and healthy community, and how all residents can contribute to that, and to reduce polarization, tension and division within the neighborhood.

This initiative could be a pilot project for all neighbourhoods in the City of Victoria, to demonstrate how to successfully facilitate respectful dialogue between residents of supportive housing and other neighbourhood residents.

This funding, part of the City's application to the province's Strengthening Communities grant program, has only recently been announced and details are being worked out. For more information contact the Burnside Gorge Community Association.

It was a privilege to work with the BGCA Board in putting this request together. I'd like to thank and congratulate the Board for their commitment to the neighbourhood, and for their acumen in seizing the opportunity presented by this grant.

Marianne Alto,
Burnside Gorge City Council Liaison

Community Meeting Notice

Burnside Gorge Community Centre, 471 Cecelia Rd.
Tuesday, September 21 Doors: 5:45 pm Meeting: 6:00 pm

On the agenda:

6:00pm – A presentation on the future development of the previous Capital Iron property located between Discovery Street and Chatham Street. This is a joint Community Meeting of the Burnside Gorge Community Association and Downtown Residents Association Land Use Committees.

The meeting will be held in-person at the Burnside Gorge Community Centre and also online via Zoom - <https://zoom.us/join/82164202114>

The Associations are seeking feedback from the community on this proposal. Everyone welcome. Coffee and tea will be served. To assist us organize the meeting if you plan on attending in person please RSVP to the following email: lucchair@burnsidegorge.ca.



Join the BGCA Team

CURRENT OPENINGS:

- Childcare Leaders (part-time)
- Supported Childcare Workers (part-time)
- Out of School Care Manager (full-time)
- Youth Recreation Programmer (full-time)
- Family Service Worker (full-time)
- School-Based Youth & Family Counsellor (part-time, contract)

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

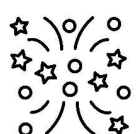
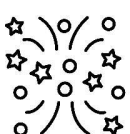
<http://www.burnsidegorge.ca/opportunities/employment>

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 offers a generous leave program (sickness, bereavement, etc) as well as a competitive extended benefits package for eligible employees.

BGCA will be closed on Monday, Sept 6th.

Have a safe & happy long weekend!





Burnside Gorge Community News

September 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.



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

SEPTEMBER PROGRAMS

Programs do not run on Statutory Holidays and the 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.

WIGGLES AND GIGGLES (AGES 0-5)

Join us for active play in the Activity Center. Get the wiggles out with this interactive program that includes ride on toys, kids' hockey and basketball, balance beams and lots of fun! The program provides opportunity for movement and free play. Parent participation required. Followed by snack and cool down in the Family Centre.

Mondays Sept 13 & 27 9:30am - 12:00pm

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 Sept 14, 21 & 28 9:30-11:30am

TODDLER ARTS & CRAFTS (AGES 0-5)

Explore your creative side! Each week features a different craft designed with the toddler/ preschool in mind. Creative activities can be messy, so please dress children appropriately. Parent participation required.

Wednesdays Sept 15, 22 & 29 10am - 12pm

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 Sept 16, 23, & 30 5-6pm

PARENT & TOT PLAY TIME

This is an opportunity for young children and their parents to meet and play in an informal atmosphere with other children, toys, and books. Please note that no food is allowed in the Family Centre.

Thursdays Sept 16, 23 & 30 5:30-7:00pm

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 Sept 4 - 25 1-3pm

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

9-13 Years: Mondays Aug 9 - Sept 27 5-6m FREE



ADULT

ZUMBA

Join us for one of the fastest growing Latin dance-inspired fitness crazes across the world! People of all ages are falling in love with its infectious music, easy-to-follow dance moves and body-sculpting benefits. Come dance to the rhythms of Salsa, Merengue, Mambo and other Latin beats. This is a fitness class you will not want to miss!

Wednesdays Sept 15 - Nov 3 6-7pm 8/\$64

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 Sept 14 - Nov 2 9-10am 6/\$56

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 Sept 2 - 30 12pm - 2pm \$5/Lunch

ZUMBA GOLD AND YOGA

Always wanted to Zumba but thought it might be too much for you? This class combines gentle Zumba Gold dance and fitness moves with yoga stretches, breathing exercises and deep relaxation. It is ideal for beginners, active older adults and other participants who may need program modifications. Instructor Ximena Londono

Thursdays Sept 16 - Nov 18 9-10am 7/\$56

SPECIAL EVENTS**GORGE WATERWAY CLEANUP**

Every year, volunteers pitch in to clean up the water and shoreline along the Gorge Waterway. This improves the habitat for local wildlife and the look of the area for local residents and community members. We invite everyone to participate in this important event and make a difference in our local environment!

We will gather at Selkirk Green Park (350 Waterfront Crescent) on Saturday, Sept 18, at 10am. Volunteers will head out to collect garbage and debris from the shoreline. Volunteer divers will also be retrieving debris from the ocean floor. We have a limited supply of boots and gloves so please bring your own if you can. The event runs rain or shine so please dress for the weather.

If you are interested in participating in this great event as a volunteer, a participating group or a community sponsor, contact Travis Chater at the Burnside Gorge Community Centre at 250-388-5251, ext 225 or email travis@burnsidegorge.ca. We would also like to extend a huge Thank You to the sponsors who are helping to make our 2021 event a success: Capital Regional District, Ellice Recycle, & Victoria Harbour Ferries!



Gorge Waterway Cleanup

Saturday, Sept 18, 10am – 12pm

**part of the Great Canadian Shoreline Cleanup*

- ♥ Meet at Selkirk Green Park (350 Waterfront Crescent)
- ♥ Gloves and boots are in limited supply (bring 'em if you've got 'em)
- ♥ Family friendly, (children under 12 must be accompanied by an adult)
- ♥ The event runs rain or shine so please dress for the weather

For more information or to register please call 250-388-5251
or email travis@burnsidegorge.ca

presented by:



with support from:



Your Money is like a Garden

Submitted by Colleen Wolfe, M.Ed. Counselling Psychology & Family Advisor, Family Self Sufficiency Program

The Family Self Sufficiency Program works with you to plant the seeds of success with your money. Just like when you plant a garden, it takes planning and a vision for what you want your garden to look like.

Visioning

A good garden plan takes many things into consideration and asks questions – location & circumstance; your needs & desires; how you'll use the space. Is it sunny, windy, what's the climate like? Are you growing for food/beauty/enjoyment, or maybe all of the above? These questions help to clarify your vision, likewise with finances! Ask yourself what do I really want/need. What will it look like? What purpose will my money need to serve? What do I want to grow in my money garden to serve my purpose? What knowledge do I need to manage my money - understanding credit and debt, creating savings plans, etc? In setting your financial goals, taking a personal and environmental inventory of what helps you and what hinders you, is crucial to achieving your goals:

1. Your strengths – what supports you
2. Your weaknesses – what gets you off track
3. Your character and temperament
4. The people around you

Prioritizing

Your vision can contain many elements but to achieve them you need to prune your expectations to focus on what is most important. A garden that is over planted can become crowded and unmanageable and may not meet your needs in the long run. Like the gardener, focus on the goals that reflect your most important values and set out small and manageable steps to meet them.

Preparing

Any gardener will tell you that good gardens start with good soil, gardeners spend lots of time cultivating the right conditions so plants can thrive. In the same way, you need the right knowledge and tools to help your money grow: savings and debt management, financial literacy basics, a budget to implement your plans and a good understanding of your own beliefs, habits and attitudes about money.

Maintaining

Gardening, like financial management, is an ongoing process and relationship which requires some patience, knowledge, and diligence. Watering, weeding, and dealing with the unexpected such as inclement weather will help keep the garden healthy & thriving. This is also what will keep your financial goals and vision on track. Sometimes we need to go back at our plans and revisit our inventory of what helps and hinders us. The Family Self Sufficiency program provides the ongoing practical and moral support to help navigate the unexpected events and circumstances that can often lead us off track.

Reaping What you Sow

As a gardener you reap what you sow. If you want tomatoes, plant tomatoes. Translating that into money issues, if you want to reduce your debt you have to stop spending money you don't have. If you want savings, you must put away money that you might otherwise have spent. Stopping and asking yourself if you are planting the right money seeds to get you where you want to be is essential.

Protecting Your Investments (Financial & Otherwise)

As any gardener on the Island knows deer/bunnies love our veggies and flowers as much as we do. We have to consider protection such as fencing to make sure they don't eat our harvest! In terms of your finances, making your life and your goals a priority often requires boundaries. Pay attention to what erodes your confidence and your dreams. Keep the negative naysayers at arms length. Be mindful of your time and say no to unwanted commitments. Put time aside without interruptions to work on your goals.

Last but not least "Trust the Process"

You can't pull on your plants to make them grow faster, everything grows in its own time and season but you can provide the conditions to help them thrive! The Family Self Sufficiency program offers the tools, learnings and support to help you build your garden and achieve your goals. Please take look at our website below and fill out an application to begin planting those seeds of success.

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



How One Special Art Program is Helping People Heal and Grow

Submitted by Victoria Cool Aid Society

Finding a creative outlet can be a life-changer for the people Cool Aid serves. It doesn't just give a sense of purpose and pride, it can help someone process pain, trauma and other deeply-held emotions.



"The creative process can be very therapeutic," said Julia King, program facilitator at Cool Aid's Downtown Community Centre. "And it's not just about the art - it's about creating a safe space and a sense of community."

Julia is excited to fully reopen the Community Arts Program at the Downtown Community Centre after many months of restrictions due to COVID-19. "It fills a huge gap for our community and our clients," she said. "It's a beautiful program."

Every Monday, participants gather around the tables in the Community Centre art studio. They choose from a wide variety of high-quality art supplies and get creating. Volunteers and staff members provide support and encouragement.

Once a month, an artist from the community delivers a workshop so that participants have the opportunity to learn and develop new skills.

The group of participants is close-knit and deeply supportive of one another. When someone new joins the program, they're welcomed with open arms. "That sense of community and connection really helps people," said Julia.



Julia is deeply grateful to Cool Aid's supporters for making the Community Arts Program possible. "You have no idea how impactful your financial and emotional support is. You're changing lives by providing this support system and safe space and by allowing people to come together through the creative process."

To support Cool Aid's Community Arts Program, you can provide a donation to purchase art supplies at www.coolaid.org/ways-to-help/donate. If you are an artist or creator and would like to deliver a workshop, contact Julia at dcc@coolaid.org to learn more.

Don't Forget to Vote!

Did you know that there are multiple ways (and days) to vote in the upcoming federal election?

On election day - Vote at your assigned polling station on election day, Monday, September 20, 2021. Polls will be open from 7 a.m. to 7 p.m. PST.

On advance polling days - Vote at your assigned polling station from Sept 10 - 13, 9:00 a.m. to 9:00 p.m.

By mail - You must apply before Tuesday, September 14, at 6:00 p.m. to vote by mail. Apply online or at any Elections Canada office. You will vote using the special ballot process.

At any Elections Canada office - Vote at one of the three Elections Canada offices in the region before Tuesday, September 14, at 6:00 p.m. Offices are open seven days a week: Monday to Friday, 9:00 a.m. to 9:00 p.m.; Saturday, 9:00 a.m. to 6:00 p.m.; Sunday, noon to 4:00 p.m.

- Uptown Mall, 109-3600 Uptown Boulevard
- University Heights Shopping Centre, 3970 Shelbourne Street
- Millstream Village, C105-2401 Millstream Road

To register or for more info go to <https://www.elections.ca/home.aspx>

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.

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 kits

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

5 Tips to Put Your Yard and Garden to Bed This Fall

Submitted by CRD Environmental Services

The days may be getting shorter and night's cooler, but it's not quite time to put away the garden tools. Fall maintenance helps prepare your yard and garden for the returning rains and the following dry summer. Every summer, lawn care is a major draw in our water supply, but a healthy lawn needs less water. In a changing climate with more intense rainfall in the winter months and longer dry spells in the summer, saving water and slowing the flow of rainwater runoff can help protect aquatic environments, our water supply and build resilience in the region.

Rainwater flows quickly off hard surfaces like roads and buildings into the storm drain system, which heads to local streams, rivers and the ocean. Along the way, rain can pick up chemicals that pollute waterways and high runoff can overwhelm the storm drain system causing flooding, erosion and fish habitat degradation. You can help protect our water supply and the environment with these five fall maintenance tips:

- Complete fall [lawn care](#) for a thriving water wise lawn next summer:
- Remove dead matted grass by de-thatching
- Aerate to allow water and nutrients to seep into the soil more easily
- Apply lime if needed
- Top dress with compost and overseed with drought-tolerant alternative like micro clover
- Adjust your watering to account for rainfall.
- Winterize your irrigation system as even a quick freeze can wreak havoc on the system causing leaks and damage. Learn how with the CRD [Irrigation Maintenance Series](#) on YouTube.
- Manage the rainwater runoff coming off hard surfaces by installing a [rain barrel](#), installing a properly designed [rain garden](#) and switching to [permeable paving](#) like grid pavers or gravel.
- Remove leaves from the gutters and storm drains to prevent water damage and flooding. Add the leaves to the garden beds as [mulch](#) to prevent soil from washing away and add nutrients to soil.
- Add [native plants](#) in the fall to take advantage of the winter rains and roots will be more established for the dry summer months. Convert unused areas of lawn to a native plant meadow or rain garden. No watering is needed once native plants are established and they will support local birds and pollinators.



Learn more ways to live green in your yard and garden at www.crd.bc.ca/livegreen.

September Calendar Listings

Fall Go By Bike Week 2021 Event Launch

Join representatives from the Capital Bike and special guests for the launch of Fall Go By Bike Week which is set to run Sept 17- Oct 3. The launch will be held outside Centennial Square at Pandora & Broad. Wednesday, September 1, 2021 at 10:25am

Greek Fest

Opa!! Greek Fest offers an array of authentic Greek food, deserts, baked goods as well as a Greek deli. There are also family activities including a heritage exhibit, arts and crafts and face-painting. Greek Fest also features continuous live music and folk dancing from more than 25 different groups from cultures including Greek, Middle Eastern, European and more.

Sept 3-6 at the Greek Orthodox Church of the Saviour, 4648 Elk Lake Dr. <https://greekfest.ca/>

2021 Annual Fernwood Art Stroll

Fernwood makers and artists are excited to be once again opening their studios, workshops and gardens to exhibit and sell their art. Enjoy an afternoon meeting and supporting local artists in the funkier neighbourhood in Victoria. Grab a bite to eat at a local cafe or pub, enjoy the painted power poles and murals and pick up a unique piece of art for yourself or a loved one.

September 4 & 5, 11am-4pm, Free
<https://www.facebook.com/events/198839148782157/>

Saanich Fall Fair

While this year's Saanich Fair will be a scaled-back version of their traditional fair, guests will still have the opportunity to celebrate our rich agricultural heritage through displays, demonstrations, 4H, food, music and more.

September 4-6, 9AM-9PM Sat/Sun & 9AM-6PM Mon, \$8-\$13 entry
<https://saanichfair.ca/>

Esquimalt Rib Fest

A weekend of BBQ ribs, local entertainment, craft beer, cider and wine, free kid's activities, local arts, and vendors. Outside operating costs, all proceeds raised by the Esquimalt Ribfest are returned to the community through the Esquimalt Firefighters Charitable Foundation and the Esquimalt Ribfest Society. Funds go to local charities and school-sponsored activities for our community's youth. September 10-12, Bullen Park in Esquimalt

<https://visitorin victoria.ca/esquimalt-rib-fest/>

Uni 101

Are you interested in: current events? reading the newspaper? discussing poetry or world politics? or learning about society? Do you want to go to school but lack of money and other things are getting in the way? University 101 at UVic might just be for you! No previous academic experience or high school diploma necessary... Just an interest in learning! The deadline to apply is Sept 23. Drop by an upcoming Information Session:

- Sept 14 at 1:30pm at the Downtown Library Courtyard
- Sept 16 at 1:30pm at Quadra Village Community Centre, 901 Kings Rd (at the park across the street)
- Sept 21 at 1:30pm in Bullen Park behind Esquimalt Rec Centre (Lyll st. near Heald ave.)
- Sept 22 at 6:00pm at Fernwood NRG, 1240 Gladstone Ave (at park across the street)
- Sept 23 at 6:00pm at UVic Main Campus, 3800 Finnerty Rd (Tables outside of McPherson Library)

For more info on the application process or if you have any questions contact: Ph.250-721-6516, email uni101@uvic.ca or go to www.uvic.ca/uni101

Dungeons and Dragons Club

Come play the worlds most popular role-playing game! An 8-week campaign with character building, reading comprehension, math skills, strategy, interpersonal cooperation and much much more. Kids will be provided with everything they need to play. Wednesdays starting September 15th, 4:30pm-5:30pm. For more info see <https://mctavishacademy.ca/classes-for-kids/>

Let it Rot

A youth composting and gardening experience program for your those ages 13-18. Gain skills in composting and gardening while building knowledge on food security and justice! There is no cost to join and no experience necessary. Starts September 18, 1:30pm-4:30pm, and runs every other Saturday at the Compost Education Centre. Questions? Contact Elora at education@compost.bc.ca Sign up at bit.ly/3jQbIMF

Moon Festival Lantern Celebration

A neighbourhood outdoor celebration of light and community! Enjoy cultural entertainment, mooncakes and tea samples, beautiful lantern displays and an illuminated twilight community lantern procession. Come dressed up with your own LED lantern creations or visit the lantern-making station (\$4 per lantern). Food trucks on site. Rain or shine. Saturday, Sept 18, 5:00-8:30pm, Gordon Head Rec Centre & Lambrick Park
<https://www.facebook.com/events/1085902821543574>

Fall Go By Bike Week 2021

It's time to start thinking about Fall Go By Bike Week, running from September 27th to October 3rd. To participate register on www.GoByBikeBC.ca and get out and ride. If you log any kilometres during GBBW, you'll be entered to win one of hundreds of prizes from local bike shops and businesses. Sept 17 - Oct 3

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 (via Zoom)

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

Connections - Tuesdays 1pm to 2pm (via Zoom)

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

All Things Gratitude - Tuesdays 7pm to 8pm (via Zoom)

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.

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 (via Zoom)

The Behavioural Addiction Group is a recovery group for individuals struggling with various addictions beyond substance use. No registration is required.

Weekly Check in Group - Fridays 1pm to 2pm (via Zoom)

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

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.



Do you have an upcoming event or activity?
We would love to hear about it.
Please send Calendar Listing submissions to
info@burnsidegorge.ca or call us at 250-388-5251!