



# Burnside Gorge Community News

October 2021  
www.burnsidegorge.ca



## Monster Mash Save the Date



We are so excited to be announcing a return of our annual Halloween event, Monster Mash

Join us on **Friday, October 29, from 6-8 pm** for a SPOOK-TACULAR evening of ghoulish family fun! Monster Mash is an opportunity for families to enjoy a fun Halloween event with their little ones in a safe and secure environment. Join us for music, games and outrageous prizes! Don't forget your costumes!

Admission: \$2/person & \$5/family (up to four immediate family members, \$2 each additional family member)

Registration is required, call today to sign up, 250-388-5251!



## Join the BGCA Team

### CURRENT OPENINGS:

- Childcare Leaders (part-time)
- Supported Childcare Workers (part-time)
- Out of School Care Manager (full-time)
- Family Service Worker (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 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, Oct 11th.  
Have a safe & happy  
Thanksgiving!



## Tell Us What You Think!

As part of Burnside Gorge Community Association's (BGCA) strategic goals, an Engagement Team was formed. Comprised of BGCA Directors, residents, the Greater Victoria Coalition to End Homelessness and representatives from other organizations that work closely with BGCA and the neighbourhood, this team has been working hard to develop and strengthen social connections within the neighbourhood.

The survey linked below will help the Engagement Team and the Board better understand the opinions and experiences of those living and/or working in Burnside Gorge. Please take a few minutes to complete the survey below.

<https://www.surveymonkey.com/r/B8BWWKY>

## 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](mailto:gpemberton@victoria.ca).

## How Can We Help?

In addition to our own programs and services we also have the privilege of being able to offer external services and supports here at the Community Centre. Here are some the offerings currently available at BGCA.

### INCOME ASSISTANCE SUPPORT

Do you have questions about Income Assistance (IA) or Persons with Disability Assistance (PWD) or how to go about opening a file? The Burnside Gorge Community Centre has an Employment & Assistance Worker from the Ministry of Social Development & Poverty Reduction who works on site at the Centre on Thursday afternoons. To book an appointment please call the Community Centre at 250-388-5251.

### FREE LEGAL CLINIC

Legal advice is provided free of charge during 15-minute phone appointments on Tuesday afternoons. All legal questions welcome. Please call us to book an appointment, 250-388-5251.

### COMMUNITY VOLUNTEER INCOME TAX PROGRAM

We are a part of the Canadian Revenue Agency's Community Volunteer Income Tax Program. We have volunteers year-round that will assist those with simple tax filing for current and back dated tax years. We can help students, newcomers, persons with low income or older adults. Call us for more information, 250-388-5251.





# Burnside Gorge Community News

October 2021

Published by

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

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

#### BGCA Board of Directors

Greg Arnold, Treasurer  
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](mailto:rachel@burnsidegorge.ca)

Phone: 250-388-5251



#### About us

Founded in 1991 in response to community need, the Burnside Gorge Community Association provides a continuum of programs and services that strengthen the lives of children, youth and families in Greater Victoria.

Programming includes: a range of childcare programs for ages 3.5 to 11; community and school based youth and family services; housing and asset development supports for youth and families; community recreation and special events for all ages; and a variety of community development initiatives.

As a non-profit organization, we rely on the support of individuals, businesses and partner organizations to continue providing a high level of service to our communities. If you're passionate about the work that we're doing there are a number of ways that you can get involved.

#### Join our team!

Want to join a fun and dynamic team? BGCA is a great place to work. To see current opportunities please see our website at:

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

#### Volunteer!

Do you have some time to spare and a passion for community? We're always looking for volunteers to help out. Current opportunities are listed at:

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

#### Become a member!

Are you interested in being a part of our mission? Become a member and take an active role in shaping our community. For more information contact the BGCA directly at:

[info@burnsidegorge.ca](mailto:info@burnsidegorge.ca)

## Hello Burnside Gorge neighbourhood!

A message from Marianne Alto, Council Liaison for Burnside Gorge

I'm thrilled to share that, after years of advocacy from your neighbourhood Legion leadership, with whom I've been privileged to work closely, Victoria City Council has approved the application from your neighbourhood Royal Canadian Legion Trafalgar Pro Patria Legion Branch 292 for a full exemption on their Class 6 tax assessment for 2022.

This adds to the existing exemption for the Legion's Class 8 assessment, which is ongoing through 2022. Though this deals only with the upcoming tax year, I'm hopeful that continued advocacy with MLAs will result in a blanket provincial tax exemption for all Legions in British Columbia. British Columbia is one of only two provinces (the other is Newfoundland) that does not exempt Legions from local taxes.

On neighbourhood boundaries, city Council received a staff report that summarized all the input that you and your neighbours offered about potential neighbourhood boundary changes. You can read the staff report at: <https://pub-victoria.escribemeetings.com/filestream.ashx?DocumentId=71837>. If you'd like to read the 14 appendices, go to item F.2, at:

<https://pub-victoria.escribemeetings.com/Meeting.aspx?Id=667a4e64-4cce-4a5a-9172-1d2da7f1e0a&Agenda=Merged&lang=English>

For Burnside Gorge, Council has requested that the BGCA and the Downtown Residents' Association meet and have a conversation about the boundary they share, and to provide Council with their views on a suitable boundary between the Downtown and Burnside Gorge. I understand that BGCA will facilitate the start of this conversation. No result has been predicted – the advice to Council could be a change (with advice as to what that might be) or the status quo.

Thank you for ongoing commitment to Burnside Gorge – I look forward to our continued work together!

Marianne Alto, Burnside Gorge City Council Liaison

### Burnside Gorge Community Centre Room Rentals

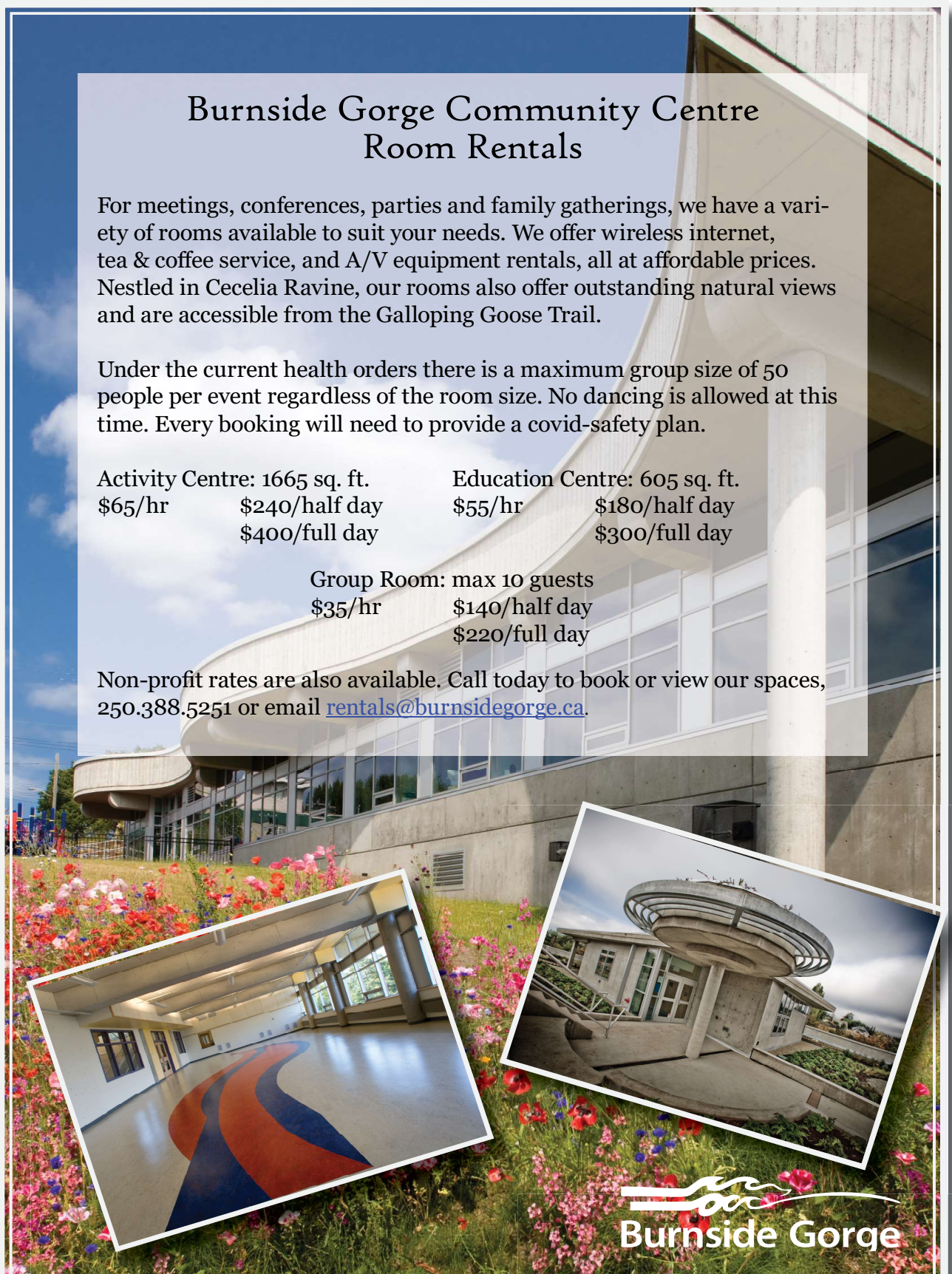
For meetings, conferences, parties and family gatherings, we have a variety of rooms available to suit your needs. We offer wireless internet, tea & coffee service, and A/V equipment rentals, all at affordable prices. Nestled in Cecelia Ravine, our rooms also offer outstanding natural views and are accessible 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](mailto:rentals@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](http://www.cucvictoria.com)





## BURNSIDE GORGE COMMUNITY CENTRE RECREATION PROGRAMS

### PROGRAM REGISTRATION

We have an exciting line-up of programs for all ages, from toddlers to seniors. To register for a program call 250-388-5251 or drop by the Centre in person. Pre-registration is required for all programs. The Front Desk hours are 8:30am-5pm, Monday to Friday. We are closed on statutory holidays and weekends, unless noted otherwise.

Payment is required at the time of registration and can be made by cash, cheque, credit card (VISA & MC), Debit or City of Victoria LIFE credits.

### REGISTER EARLY TO AVOID DISAPPOINTMENT!

Programs may be cancelled or postponed if there are not enough registered participants. Decisions to run or cancel a program are usually made two days prior to the first class.

#### REFUND POLICY:

- For a full refund, request for withdrawal must be received at least 1 day prior to the first class.
- A full refund will be issued if BGCA cancels a program.
- If a participant withdraws after the first class, they will be refunded the pro-rated cost of the program.
- Withdrawing after the second or third class, the participant will be refunded the pro-rated cost of the program minus a \$5 administrative fee.
- No refunds for withdrawals after the lesser of the 4th class or 50% of the course has been completed.

### GET IN TOUCH

Do you have an IDEA for a program that you would like to see offered at Burnside Gorge Community Centre? Are you an instructor interested in running a program with us? Contact Travis Chater, Community Recreation Coordinator, at 250-388-5251 ext 225 or email [travis@burnsidegorge.ca](mailto:travis@burnsidegorge.ca).

### FACILITIES

The Burnside Gorge Community Centre is located just outside downtown Victoria at 471 Cecelia Road, between Burnside Road East and Gorge Road East. Outdoor public facilities include the Cecelia Ravine Park, Sport Court and Bike Skills Park, adjacent to the Centre.

The Community Centre is readily accessible by public transit: buses #8, 11, 21 and 22 routes on Gorge Rd East, Jutland Rd and Burnside Rd East, run parallel or border Cecelia Road. It is also easily accessible by the Galloping Goose Trail, which is adjacent to the Centre.



# Burnside Gorge Activity Guide

## OCTOBER 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](mailto: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 Oct 4, 18 & 25 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 Oct 5 - 26 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 Oct 6, 13 & 27 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 Oct 7 - 28 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 Oct 7 - 28 1-3pm



### 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 Oct 6 - Nov 3 6-7pm 5/\$40

#### XL YOGA

Yoga for large women taught by a large woman. The benefits of yoga – increased balance, flexibility, stamina, and relaxation are wonderful for everybody. We'll make the poses work for our bodacious bods using modifications and props (bolsters, blankets, and straps)

Thursdays Sept 23 - Nov 18 7-8pm 7/\$84





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 Oct 7 - 28 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

## Helping People and Their Pets at Rock Bay Landing

Submitted by Victoria Cool Aid Society

Caring for a pet on the streets adds another set of challenges to an already-challenging life. But for people experiencing homelessness, pets provide purpose, a sense of security, and the unconditional love and connection that's often lacking in their lives. That's why Rock Bay Landing allows residents with pets — one of the few shelters on Vancouver Island to do so.

Tadgh O'Connell was planning a school project on giving back to the community when his beloved dog passed away. He decided that the best way to honour his pet's life was to support Rock Bay Landing and the people and pets it serves. Tadgh designed and sold colourful, pet-themed stickers, and donated the \$500 proceeds to the Cool Aid Pets in Need Fund. This special fund helps residents care for their pets, by providing food, grooming services, and veterinary care.

Thank you so much, Tadgh, for the inspiring work you're doing to care for people and their pets!



# Story-weaving

Alexandra Mehl

MENTOR | FACILITATOR | STORY-WEAVER

Capture the meaningful moments of your life into the binding of a book so that you can leave your legacy behind.

In a series of interviews, we will retrace the decades to highlight your most **impactful relationships, significant life events, and cherished memories.**

I will then write your story into a bound book.

If you are feeling **nostalgic** about the life you have lived, have been struggling with **grief or loss**, and have come to know the **impermanence of life**, then story-weaving is for you.

With story-weaving, you can become the protagonist of your own story, have a safe space to share your story, can revive your story with play and love, and pass down your wisdom and knowledge to your children or grandchildren.

To learn more and **book a free 30 minute clarity call**, please visit:

[www.alexandramehl.com](http://www.alexandramehl.com)



## Heritage Restoration at Point Ellice House

Submitted by Christeah Dupont, Assistant Curator, Point Ellice House Museum and Gardens

The interior of historic Point Ellice House recently reopened to visitors. Between March 2020 and September 2021, the inside of Point Ellice House was closed to the public, but during this 19-month closure, staff and volunteers were not idle: digitization, transcription, reorganization of the collection, and restoration projects took place.

As part of my usual duties as Assistant Curator at Point Ellice house, I maintain the historic house and its collection of artifacts. I regularly search for invasive insects and other pests, conduct a weekly cleaning of the house, and monitor humidity and temperature changes. With no guests wandering through the halls, I had time to pursue larger projects, such as the digitization of archival materials, and assist with the restoration of several rooms inside Point Ellice House.

In the 1960s, the last people to live at Point Ellice House - John and Inez O'Reilly - made a number of 'cheap and cheerful' repairs using primarily wallpaper and acrylic paint. Despite their best efforts, the repairs were not historically accurate, nor were they intended to be long lasting. By the 1990s, plaster cracks, stains, and peeling paint characterized the look of three rooms in particular, the Servery, Scullery, and Servants' Room.

Our restoration project began with important behind the scenes work. Climbing up into the attic, a plasterer repaired the "keys" that hold our plaster ceilings and walls to the wooden lathe. These keys were broken in several areas and in some sections only the wallpaper held the plaster up! Using traditional methods - the same used when this wing of the house was built in 1889 - the plasterer worked in the Scullery and Servants' Room repairing many cracks in the plaster.

Once repaired, the walls were then skimmed with lime plaster and brushed over with a white mineral primer. Finally, the walls were topped with a period-appropriate bright yellow "milk" paint composed of borax, lime, yellow pigment, and a milk protein known as *casein*. Throughout the paint removal process, staff and contractors discovered that different types of paint were used in different areas of the Scullery and Servery. For example, in the Scullery we uncovered a historical backsplash painted with a linseed oil paint to protect the wood from rot. Only when we peeled back the layers (quite literally) did we begin to learn more about the room and its use. Accordingly, we updated our plan for the room and reinstated this forgotten feature.

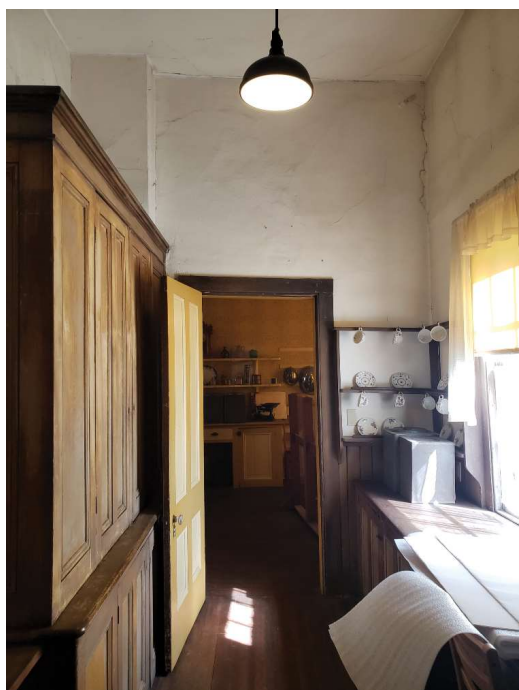
Restoration of the Servery required a slightly different approach. First, the plasterer had to steam and peel away the acrylic paint from the walls and ceiling. To our surprise, this revealed two historical layers of colouring - a yellow ochre and a bright blue. The blue colour (once known in England as "Dolly Blue") is a type of chalk paint; this original paint prevented the 1960s acrylic paint from fully adhering to the wall, hence the chipping and peeling.

With the technical support of Heritageworks Ltd., staff decided to keep the Servery in an "unfinished" state. Unlike restoration work in the Scullery and Servants' Room, the Servery walls, with their blue and yellow tones, reveal many updates and repairs made over time. A new interpretative panel supports this work by explaining the who, what, and how of plaster work in early Victoria.

During these much needed repairs, we also expanded our restoration work to the hallways of Point Ellice House. As part of the 1960s updates, the O'Reillys installed a thin brown carpet through the main halls of the house. We have now removed this carpet to reveal the home's original wood flooring. These surfaces have not been seen for 60 years and their recovery gives us a much better idea of what the house looked like when the O'Reillys first moved into Point Ellice House in 1867. We have added a period-appropriate rug (that really ties the space together) and there are future plans to provide floor runners to the entire house.

With our operations returning to normal, I have returned many artifacts to their original locations in the restored rooms, swept away the debris of repair work, and hung new interpretive panels. The work of caring for a historic home never ends and we are already planning the next project. In the meantime, Point Ellice House is ready to welcome back visitors! For more info: <https://pointellicehouse.com/>

*Special thanks to the Heritage Branch (Province of BC) for their financial support of this restoration work. Thank-you also to Heritageworks Ltd. who carried out this important work.*



Before (left) & after (right) photos of the restoration

## 5 Ways to Reduce Carbon Pollution

Submitted by CRD Environmental Services

You can help fight climate change with these top tips!

Many of our daily activities result in carbon pollution, and it's disrupting our climate. Changing how we live, how we travel, and how we deal with our waste can help. Be part of the climate solution by trying one of these tips!

### 1. Get active by walking, biking, or taking public transit

Active travel, like walking or biking, reduces carbon pollution but is also good for your health and saves money. Need a boost? Try an e-bike!

### 2. Choose electric for your next vehicle

Almost half of the carbon pollution in our region comes from driving vehicles. In BC, electric vehicles (EVs) generate 85-90% fewer emissions than gas cars over their lifetime.

Charging an EV costs 75% less than fueling up, and EVs are cheaper to maintain. Plus, receive up to \$8,000 in rebates! Visit [goelectricbc.gov.bc.ca](http://goelectricbc.gov.bc.ca).

Charge at home or on the go! The capital region has over 200 EV charging stations – check out this interactive map at [www.plugshare.com](http://www.plugshare.com).

### 3. Make your home climate-friendly

Switch from natural gas, propane, or oil heating to an electric heat pump. Heat pumps provide heating, air conditioning, dehumidification and air filtration. Rebates of more than \$3,000 are available! Visit [www.crd.bc.ca/heatpump](http://www.crd.bc.ca/heatpump) for more information.

Borrow one of our Climate Action To-Go Kits from your local library for tools and activities that can help you reduce energy use at home.

### 4. Strive for 5-minute showers

Showering is the second biggest water use at home! Taking a shorter shower means less energy is used to heat water as well as deliver and treat it. Saving water builds resilience for our water supply as we experience longer dry spells caused by climate change.

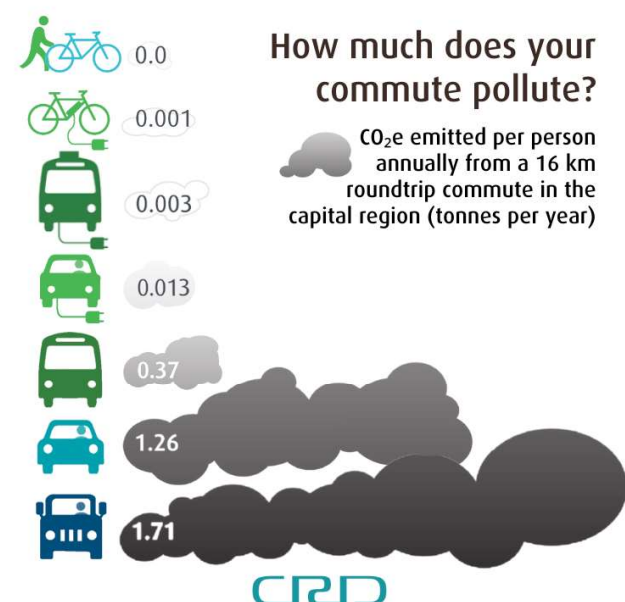
Switch to a high-efficiency showerhead for more water and energy savings without losing pressure. Learn more at [www.crd.bc.ca/shower](http://www.crd.bc.ca/shower).

### 5. Reduce waste and compost food scraps

Decomposing garbage in landfills, especially organic waste like food scraps, produces carbon pollution as it breaks down.

By preserving food, making a meal plan, using up leftovers, and always composting your kitchen scraps you are fighting climate change! Find out more at [www.lovefoodhatewaste.ca](http://www.lovefoodhatewaste.ca).

For more climate action tips and resources, visit [www.crd.bc.ca/education/climate-action](http://www.crd.bc.ca/education/climate-action).



# October Calendar Listings

## Outdoor Family Storytime: Gorge

Organized by Victoria Public Library, families with young children can enjoy fun-filled stories, songs, rhymes and puppets. Children must be accompanied by an adult. Drop-in. COVID-19 protocols will be in place. This session is located close to the playground at Gorge Waterway Park.

Every Tuesday, Sep 14 - Oct 5, 10:30 - 11am

<https://www.facebook.com/events/1792456337623506/>

## Museum Tots

This weekly program at the Maritime Museum introduces children ages 3 – 5 to the fun world of museum learning. Each week's program revolves around a new theme, encouraging children to learn through crafts, play, song, and dance. For more information, please call us at 250.385.4222 or email us at [programs@mmbc.bc.ca](mailto:programs@mmbc.bc.ca).

Saturdays, 11 am - 12:30 pm

## Theatre at Craigdarroch Castle - Frankenstein

Join us for a one-man version of Frankenstein set to haunt Craigdarroch Castle on Saturday nights this October. Actor Jason Stevens, known for his popular one-man production of Charles Dickens' 1843 classic, A Christmas Carol, is set to bring back Mary Shelley's horror story in the Castle's dance hall, located on the fourth floor (there are 87 steps and no elevator in the Castle). This event ticket does not include a tour of the Castle.

Saturdays in October - \$32.79 - Times vary by date: 6-7 pm or 8-9 pm

<https://www.eventbrite.ca/e/frankenstein-tickets-168641235475?aff=ebdssbdestsearch>

## Art Gallery of Victoria – By Donation Days!

The first Tuesday of the month is always admission by donation – all day long! Thursday nights are also by donation from 5 - 9pm! The Art Gallery of Victoria is found at 1040 Moss St.

Oct 5, 10 am - 5 pm

<https://aggv.ca/events/>

## Thanksgiving in the Market Square

Enjoy Thanksgiving in Market Square while shopping some incredible vendors! Saturday Oct 9 & Sunday, Oct 10, 12 pm – 4 pm

<https://www.facebook.com/events/victoria-bc/thanksgiving-in-market-square/1575499956175222/>

## Workshop: Sea Glass Jewelry

Spruce up your wardrobe this fall by accessorizing with sea glass – also known as “mermaid tears”! Create your own sea glass necklace, bracelet, earrings, or other one-of-a-kind jewelry at the Maritime Museum. Ticket includes admission to the Maritime Museum of BC (valid for 24 hours).

Saturday, Oct 16, 1:30 - 3 pm

Register here: <https://store.mmbc.bc.ca/collections/digital-programs/products/sea-glass-jewelry-workshop>

## Emily Carr House Gardening Workshops

Join Carr House head gardener Noah Alexander for a hands-on workshops to learn the basics of pruning, garden spacing and plant dividing, overwintering gardens and more. As classes have limited spaces, we ask that you pre-book your spot on our events page. Carr House, 207 Government St.

Oct 16, 23, 30, Nov 13, and Nov 20, 11 am - 1 pm

<https://carrhouse.ca/calendar>

## Local Champions: Building Community from the Ground Up

Are you a community leader-in-waiting? Or maybe you're interested in advancing some of your innate leadership skills? Join the City of Victoria's Neighbourhoods team for a discussion about what it's like to become a Local Champion.

Wednesday, Oct 20, 12 - 1:30 pm

Register for free tickets: [www.victoria.ca/communityvirtuall](http://www.victoria.ca/communityvirtuall)

For more information contact [neighbourhoods@victoria.ca](mailto:neighbourhoods@victoria.ca)

## Media Literacy Week

October 25-30 is Media Literacy Week (MLW), a digital and media literacy event that is observed every year in schools, libraries, museums, and community centres across Canada. The purpose of MLW is to equip children, youth, and trusted adults with the critical thinking skills to navigate and engage in today's everchanging media culture. This year's theme is surrounding four core qualities that one can use to verify online information, spot disinformation, engage with media confidently and to be safer on social media platforms. Workshops are free but registration required.

To find more information on Media Literacy Week and to view the free workshops offered this year please visit: <https://mediasmarts.ca/mlw-events>.

## Victoria Seed Library - Seed Swap and Info Table

Drop by to sign out seed varieties that interest you, or return seeds from your healthiest crops to share with others. You can also find information about growing native plants, or learn more about the Victoria Seed Library.

Saturday, Oct 2, 12 - 2 pm in the courtyard of the Central Branch

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

## Halloween Skate

Skate where the Victoria Royals play! For skaters of all ages and abilities. Have fun and be active. Fun Halloween ice skate at Save On Foods Memorial Centre - Costumes encouraged! (Equipment rentals available for an extra fee.) October 31, 2:30 – 4:15 pm - \$3 Admission

<https://www.victoria.ca/assets/Departments/Parks-Rec-Culture/Rec-reation/Documents/Rec%20Fall%202021%20Public%20Skating%20Schedule%20Oct.pdf>

## 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](mailto:info@burnsidegorge.ca) or call us at 250-388-5251!**