

# Burnside Gorge Community News

December 2021  
www.burnsidegorge.ca

## SANTA'S PANCAKE BREAKFAST

Celebrate the holidays & join us for a delicious pancake breakfast as well as gifts and activities for the kids!



REGISTRATION REQUIRED  
\$2/PERSON  
\$5/FAMILY (UP TO 4 MEMBERS)  
CALL TO BOOK! 250-388-5251

SATURDAY, DECEMBER 4, 2021  
8:30AM - 11:30AM  
471 CECELIA ROAD



## 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 Centre.

### 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

As part of the Canadian Revenue Agency's Community Volunteer Income Tax Program we have volunteers that can 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. For more info call 250-388-5251.

The Centre will be closed  
Dec 25-28 and Jan 3 and will  
be operating at reduced hours  
through the holidays. Please call  
the Centre for the most up to date  
schedule information.



## Support BGCA Christmas Hampers

We've also officially launched our annual Christmas Hampers initiative for families who may be struggling and in need of a little bit of support to provide a special Christmas experience for their children. Families receiving hampers are currently involved with one of the many programs here at the Burnside Gorge Community Centre. Christmas Hampers include food cards for fresh produce, a box of non-perishables, and personal gifts for children to open on Christmas day.

### How you can Help!

We realize that this is a busy time of year and recognize that helping looks different to everyone. No gift or offer of support is too small and there are many ways to give:

- Sponsor a family Christmas Hamper with friends & family or with a work or church group;
- Raise funds through your respective group to make a cash gift to the BGCA and we will purchase gifts and food vouchers;
- Collect non-perishable food items and grocery gift certificates to include with Christmas Hampers (see needed items listed below);
- Purchase gifts or gift cards for the BGCA to distribute in hampers;

However you choose to give, we greatly appreciate your support and contribution. Tax-deductible receipts are available upon request, where applicable. For more information, please contact us at 250-388-5251.

If you are collecting non-perishable food items or toiletries, here are some of the items needed most:

- Sugar, flour
- Canned fish & meats
- Canned veggies
- Peanut butter & jam, Nutella
- Pancake mix & syrup
- Cereal & oatmeal
- Condiments
- Rice, pasta & sauce
- Instant noodles, Kraft Dinner
- Granola / cereal bars
- Fruit cups, snacks, leathers
- Cookie/cracker snack packs
- Pudding packs
- Juice boxes
- Laundry & dish soap
- Toothpaste, toothbrushes, floss, mouth wash
- Shampoo & conditioner
- Toilet paper
- Diapers & wipes



## Join the BGCA Team


### CURRENT OPENINGS:

- Youth Recreation Programmer (full-time)
- Childcare Leaders (part-time)
- Supported Childcare Workers (part-time)

Full job descriptions and application details can be found at:

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





**December 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)



**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)

# Want to make a difference in our community? Join the BGCA Board of Directors!

If you live, work, or own property or businesses in the Burnside Gorge neighbourhood and are deeply committed to creating a healthy, vibrant, enjoyable and diverse community, we want you to consider joining our Board of Directors.

The BGCA Board provides strategic oversight to the activities and operations of the Burnside Gorge Community Centre, a busy, successful community organization with over 50 employees, a budget of \$2 million and more than 20 years delivering services and creating opportunities for neighbours and families to thrive. Additionally, board members lead community-focused committees such as land use and neighbourhood engagement, and we work with other community associations in Victoria on issues that affect our city.

We value all skill sets and our organization particularly welcomes experience in the areas of private business/entrepreneurship, financial services, law, and community development. Some previous exposure to non-profit governance and boards is an asset but not essential.

The time commitment is approximately 5-15 hours per month, including one in-person Board meeting. To learn more, contact Elizabeth Cull, Board Chair, at [boardchair@burnsidegorge.ca](mailto:boardchair@burnsidegorge.ca). We'd love to talk to you about volunteering!

## 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, contact [gpermberton@victoria.ca](mailto:gpermberton@victoria.ca).

**8<sup>TH</sup> ANNUAL COLQUITZ SCHOOL FOOD DRIVE**  
**CRAM THE CRUISER ON**  
**THURSDAY DECEMBER 09, 2021**

**IN PARTNERSHIP WITH SAANICH POLICE & BURNSIDE GORGE COMMUNITY ASSOCIATION, AND COLQUITZ MIDDLE SCHOOL IS EXCITED FOR OUR ANNUAL FOOD DRIVE!**

**WE ARE TAKING DONATIONS OF NON-PERISHABLE ITEMS, NEW TOYS, AND GIFT CARDS.**



**Making a difference that matters!**



**Keep Feeding our Community!**

**If you are interested in supporting our yearly event, please drop off items at 505 Dumeresq St. If you have any questions please call Colquitz at 250-479-1678 Thank You!**

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 Eduardo Hermosa, Community Recreation Coordinator, 250-388-5251 ext 225 or email [eduardo@burnsidegorge.ca](mailto:eduardo@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

DECEMBER 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

**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      Dec 4 & 11      1-3pm

Nobody’s Perfect

Is Parenting Challenging You?

**Nobody's Perfect** is a place where parents can:

- ❖ **MEET** with other parents of young children (aged 0-5)
- ❖ **SHARE** questions or concerns and ideas about being a parent
- ❖ **LEARN** about child development, safety, health and behaviour
- ❖ **TALK** about real-life parenting experiences
- ❖ **WORK** together with the support of a trained facilitator
- ❖ **DISCOVER** ways of positive parenting

Within a group setting, parents participate in facilitated sessions that:

- ❖ promote positive parenting
- ❖ increase understanding of children's health, safety, and behaviour
- ❖ help build on the skills they have and learn new ones
- ❖ improve self-esteem and coping skills
- ❖ increase self-help and mutual support
- ❖ bring them in contact with community services and resources
- ❖ help prevent family violence

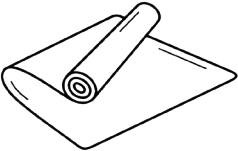
Nobody’s Perfect runs on Friday mornings, Jan 21 – Mar 11, 2022 from 9:30 – 11:30 AM at the Burnside Gorge Community Centre. Childcare is provided during the sessions.

Nobody’s Perfect is free of charge but registration is required. Call today to book your spot, 250-388-5251.



ADULT

**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      Nov 25 - Dec 23      7-8pm      5/\$60



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 abilities welcome. Instructor: Janice Arnot.  
Tuesdays      Nov 9 - Dec 21      9-10am      7/\$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      Dec 9 & 16 \*      12pm - 2pm      \$5/Lunch  
**\*December 16 is our annual Seniors Christmas Lunch. Registration is required. Call the Community Centre at 250-388-5251 to book your spot.**



# How We Celebrate the Festive Season...

Submitted by BGCA Staff

We asked our BGCA team members to share some of their seasonal traditions, favourite recipes, crafts, and so forth. Here's what folks had to share.



*Every Christmas eve, my mom and I bake gingerbread cookies all day to give to our family on Christmas Day. It is a pretty lengthy process but it is the perfect cozy-day-in activity and we have now become known for our delicious gingerbread!*

*\*check out the recipe for Mama Tina's Famous Light Gingersnaps with royal icing below ! Hot tip - Use gel food colouring to make the colours pop!*

*I love the Dutch holiday dinner tradition of gourmetten. It's just so great to have a table spread with lots of different goodies and everyone is making delicious bites and I am happy to say I've gotten some of my Canadian friends excited.*

*Last year I found something I really enjoyed. There are tons of hours-long youtube videos of a fireplace or a beautifully decorated room with (Christmas) music. For those of us who don't have a fireplace, it's a lovely way of adding some coziness. It was a perfect way to set the mood when I started decorating my place.*

*This is my favourite: <https://youtu.be/jPVdwato3jU> but there are lots of different ones and lots of different music styles. Just search Fireplace Christmas Music on Youtube and you'll get loads of options.*



*Filipinos open Christmas presents on Christmas eve. Colonized by the Spanish, Filipinos celebrate Nochebuena, literally meaning "the good night" or in spanish word it refers to "the night of Christmas eve". Nochebuena is a big feast that occurs after the late-night church mass of December 24th. Families go home after the mass and gather for a big midnight dinner. Believing that Jesus was born on the 25th and 12AM is the start of day of 25th, opening presents they give to one another follows the feast - celebrating the birth of Jesus Christ. So you can imagine how excited the children are staying up so late waiting to open their presents. Santa then sneaks in his presents to the kids while they are asleep under the Christmas tree for Christmas morning; opening presents twice, wow!*



*I have treasured memories of making christmas ornaments with my mum when I was little. We made so many over the years. Felt and salt dough ornaments were both easy for small hands to help with and there are many recipes available!*

*I continue the tradition on my own now as a grown up. My very favourite ornaments to make are spice angels. I often give these as solstice gifts as they're just as lovely blessing the kitchen year round as they are hanging on a Christmas tree.*

Simple Salt Dough Ornaments - <https://wholefully.com/make-salt-dough-ornaments/>  
Simple Felt Ornaments - <https://www.thesprucecrafts.com/diy-felt-christmas-ornaments-4773442>

*Last year I was in the middle of a move and didn't have my normal Christmas stuff so I made paper decorations like these and strung them about with holly and other foliage I collected. It was quite fun (and frustrating haha):*  
<https://paperfingercuts.com/25-easy-origami-christmas-ornaments-perfect-for-your-tree/>

*You can also make homemade Christmas crackers and personalize the gifts inside:*  
<https://www.housebeautiful.com/uk/decorate/a23461893/make-your-own-christmas-crackers/>

*My mom goes to a cookie exchange every single Christmas at her friend's house. The idea is you bake a dozen or 1/2 dozen cookies for every person attending and include the recipe, then at the end of the event everyone goes home with dozens of cookies and new recipes! (This is great if you don't like baking because you will be set for the season afterwards).*

*Mmmmm, peppermint bark! Here are some great recipes :-)*  
<https://www.bonappetit.com/recipes/slideshow/christmas-chocolate-barks-brittles-recipes>



*In the past I've made suet pine cones rolled in seed and hung with raffia (not string) on outdoor trees for the birds. I also make hand salve. Lots of easy recipes online.*

*I love the lights and I love how much fun the kids have but my favourite part of Christmas is going to Mexico!*



# Thank You So Much!

We couldn't do all of the things that we do without the generous support of the community!

## COATS FOR KIDS 2021

Thank you to everyone who helped make our 2021 Coats for Kids program a success! With the generous support of Victoria Coats for Kids, Empress and private donors we gave out 126 warm winter coats to children in the community!

## MONSTER MASH 2021

The 2021 Monster Mash event here at the Community Centre was a big hit. Games, crafts, photo booth, and lots of candies and prizes were all enjoyed by parents and children. We want to thank all the families that came out, costumes and all, to attend the event. Thank you to all the volunteers that helped made it a success. And also thank you to our event sponsors - Save-On-Foods, Fairway Markets, Shoppers Drug Mart, and Flying Squirrel Victoria - for their generous donations.

From everyone here at Burnside Gorge Community Association, Thank you all and we'll see you next year!



# \*Mama Tina's Famous Light Gingersnaps

- 1 c soft butter or margarine
- 1 c packed brown sugar
- 1 c fancy molasses
- 8 tsp vanilla
- 7 c flour
- 6 tsp ginger
- 6 tsp cinnamon
- 4 tsp baking powder
- 2 tsp nutmeg
- 1 tsp baking soda
- 1 tsp salt
- pinch ground cloves or allspice
- 1 cup water
- 4 tbsp milk

In a large bowl, beat together butter, sugar, molasses and vanilla. In separate bowl combine flour, ginger, cloves. Stir dry ingredients into butter mixture alternately with water. Making 3 additions of dry and 2 additions of water. Divide dough in half or quarters and press into discs, wrap in plastic and refrigerate for 20 mins or overnight.

Roll out dough on lightly floured board to 1/8th inch thickness. Brush with milk and bake at 350 F for 8-10 mins

## Royal Icing

- 1 egg white
  - 1/8 tsp cream of tartar
  - 1 c icing sugar
- Beat all ingredients well until stiff. Pipe onto cookies.

Enjoy!!







## Everyone Deserves to Thrive

**How one former client is giving back by feeding others**  
*Submitted by Victoria Cool Aid Society*

You might be familiar with (or at least recognize) Heidi Diplock. We have shared her story of homeless and addiction several times over the years, but chances are, you’ve never seen her quite like this.

We recently visited Heidi and her partner, Travis, at the home they’ve rented for more than a year. We toured her garden, got an update on her job at the Royal Jubilee Hospital, learned about a recent trip the pair took to Haida Gwaii, and watched her face light up when she talked about giving back to the places and people who have helped her along the way.



Now clean for almost two years, Heidi credits her support system, especially Travis, and Cool Aid housing for the life she has. She believes that talking about her journey and sharing food is an important part of her path.

“We both grew up in foster care and often didn’t have access to food or enough to eat,” Heidi said. “And then spending 20 years on the streets, hunger was always an issue,” she recalled. But she also remembers how important a hot meal was to her overall health and sense of being cared for.

“I truly believe that if people eat, they will feel good about themselves and will be less likely to use drugs or drink,” she said. “A hot meal lets you relax and rest. That break is important when you’re constantly stressed and living on the streets.”

Since coming together almost two years ago, the couple has donated approximately 700 pounds of food to various charities including Cool Aid’s Rock Bay Landing shelter. They also hand out hampers full of food to single moms at Thanksgiving and Christmas, and, at the request of her doctor, Heidi has spoken to young people about homelessness and addiction.

And she doesn’t plan to stop there. Along with Travis, she plans to donate 100 bags of groceries to people in need this Christmas. “If you eat, you feel full and secure,” she said. “I’m happy to be able to provide that feeling to someone else.” A trained chef, Heidi is also working on a cookbook that she hopes to finish by spring 2022.

The transformation from someone who spent \$1,000 a week on drugs to someone who gives away thousands of dollars of food every year, is not lost on Heidi. “All of this in four years,” she said. “And I wouldn’t have any of it without the support I’ve had, and if I still had drugs in my life.”

## Burnside Gorge - Land Use Updates

The BGCA’s Land Use Committee (LUC) plays a critical role in all applications for rezoning in the Burnside Gorge neighbourhood.

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The logo for the Burnside Gorge Community Meeting. It features a stylized green and blue wave graphic above the text 'Burnside Gorge' in a blue sans-serif font, followed by 'COMMUNITY MEETING' in a larger, bold, blue sans-serif font.

December 20th  
5:30pm, via Zoom

### On the Agenda: 710 Calendonia & 1961 Douglas

The proponent for a rezoning and development at 710 Caledonia Avenue and 1961 Douglas Street will be joining us on December 20th at 5:30pm on Zoom to provide us with plans for their development. The proponent will give a short presentation followed by an opportunity to ask questions.

This meeting will be held on Zoom, link below:  
<https://us06web.zoom.us/j/84689916524>

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### Developments to Watch

Most pending applications can be found on the City's Development Tracker which can be filtered by neighbourhood for Burnside Gorge, see <https://tender.victoria.ca/WebApps/OurCity/Prospero/Search.aspx>. The following developments are in process. Keep an eye out for public hearing notices or other opportunities to share feedback soon.

**11 Chown Place** - The community comment period has closed. There will be further information on this proposal as it progresses through the application process.

**2615 Douglas Street** - Merchant House Capital is adding a brewpub & distillery to their proposal at 2615 Douglas Street, the site of the old Victoria Press Building. The proposal also includes offices, restaurants, a liquor store, and a commissary kitchen as well as retention of the existing facade.

**496 Cecelia Road** - ATL Housing Solutions and Pacifica Housing have proposed a complex at 496 Cecelia Road (*shown below*) consisting of one five-storey and one five-storey building with underground parking and an extensively landscaped community gathering area. This unique partnership with the City of Victoria and School District No. 61 proposes 88 units of affordable rental housing. The ground floor will also house a child care centre with 60 new child care spaces.



**1824-2010 Store Street & 530 Chatham Street** - A community meeting was held on Oct 12th to hear a preliminary proposal by Reliance Properties for a rezoning of the Capital Iron property. This is a large development including a proposed relocation of the Greater Victoria Art Gallery to the site. Additional information about this development should be posted on the Development Tracker soon.

**Mayfair Mall** - A planned redevelopment of the Mayfair Mall is expected to be presented to community in the coming months. Updates on presentation open houses will be posted to the neighbourhood.

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### Interested in joining BGCA's Land Use Committee?

Everyone is welcome! BGCA's Land Use Committee meets once a month to discuss land use and related topics, or as needed when there are development proposals in the neighbourhood. LUC members may also attend and support monthly community meetings as needed and available. Please email [lucchair@burnsidegorge.ca](mailto:lucchair@burnsidegorge.ca) if you are interested in attending these meetings and/or joining the CALUC.



# Find the Golden Walnut at Point Ellice House

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

Many of the modern Christmas traditions in Canada trace their origins to the Victorian-era - Christmas crackers, cards, and trees to name just a few - and there is no better collection of household Victoriana than at Point Ellice House Museum and Gardens.

After a one-year hiatus due to the pandemic, we are happy to announce that the interior of Point Ellice House is now open to visitors and the house will be decked out in its holiday finest this December. Staff and volunteers are particularly excited about the return of The Golden Walnut!

Christmas trees during the Victorian-era were decorated with colourful household items such as fruit, nuts, and paper. Walnuts were particularly popular as they could be split open, hollowed out, and filled with a small treat or trinket. The walnuts were tied with red ribbon, covered in gold leaf or painted, and hung on the tree.

The gardens at Point Ellice House contain a heritage walnut tree that grows near our circular carriage drive. It's possible that gilded walnuts were a feature of the O'Reilly family's holiday decorations.

This December, we have hidden golden walnuts throughout the historic interior of the house; visitors can try and find them all and receive a prize! Visitors are also encouraged to sit down in the house and make their own decorations by using available craft supplies. As in years past, Point Ellice House will be a holiday experience you won't want to miss.

If you are unable to make it to Point Ellice House in person, be sure to visit our online store (PointElliceHouse.com/Store) for unique gifts and reproduction holiday cards from our collection. If you try making your own golden walnut at home please share it with us on social media!

Point Ellice House is open Saturdays and Sundays from 12pm to 4pm, up to and including December 19th. Admission by donation.



A greeting card from the Point Ellice House collection

# Burnside Gorge Businesses: Your Feedback is Required

Submitted by Darryl Wilson, General Manager Days Inn Victoria Uptown

In late 2020, a group of concerned residents and businesses came together to explore ways to address the many issues facing our neighbourhood and identify opportunities to enhance the area. Out of those meetings came the vision to establish a Business Improvement Association for Burnside Gorge.

## What is a Business Improvement Association?

A Business Improvement Association (BIA) is an association of commercial property owners and businesses within a specified commercial area. The goal of the organization is to collaborate on initiatives that promote economic development of the neighbourhood through beautification, marketing, events, advocacy and safety initiatives. A BIA can contribute significantly to the vitality and health of a neighbourhood, while serving as a catalyst for civic improvements, which are defined through community engagement. The BIA is created by special municipal legislation and is governed by a volunteer Board of Directors, and funded through a member-based property tax levy.

## Next Steps

We are currently surveying the businesses in the area to identify the issues they face and how a Business Improvement Association can support them. The information collected in this survey will be used to establish a business plan that will set the priorities of the organization.

## How You Can Help

1. Visit our website and complete the survey at [www.experienceburnsidegorge.ca](http://www.experienceburnsidegorge.ca)
2. Share this survey with other businesses
3. Volunteer your time with the organizing committee to canvas businesses
4. Become a member of the proposed business improvement association

If you have any questions or feedback, please feel free to contact Darryl Wilson at [gm@daysinnvictoriauptown.com](mailto:gm@daysinnvictoriauptown.com).

# Reduce Holiday Kitchen Waste

Submitted by CRD Environmental Services

'Tis the season to reduce the amount of waste produced in your kitchen!

From potlucks to dinner parties, kitchens are often the gathering place when families and friends celebrate and make memories over the holidays. As a result, kitchens are responsible for generating a lot of waste during the holiday season. Following the principles of the '3R pollution prevention hierarchy'—reduce first, reuse second and recycle third—can help to reduce the environmental impact of kitchen waste this holiday season.

Here are some simple ways to create a holiday that's memorable and reduce your kitchen waste!

- 1.Right-size your dinner plans:** Reduce food waste by planning portions appropriately and preparing only what you and your guests will eat. Consider buying a smaller bird or forgoing those less popular dishes.
- 2. Eat "family style":** Encourage guests to serve themselves. They'll be able to choose what they want to eat and how much, which makes it less likely that you'll have to dispose of served but un-eaten food.
- 3. Reuse leftovers:** Save leftovers in reusable containers or deliver them to a friend. Going to a family or friend's house for dinner? Bring your own container with you and if there's leftover offer to take some.
- 4. Avoid single use items:** Keep your holiday dinner green by using reusable items. Swap out disposable linens, dishes and cutlery for the real deal. Do not be afraid to mix and match or borrow.
- 5. Compost unavoidable food waste:** Bones, fruit and vegetable peels, carrot tops, egg shells, tea bags, paper plates belong in your green bin, not your garbage.
- 6. Be waterwise:** Thaw your turkey in the fridge instead of using running water or reuse the water from cooking vegetables in soups gravies, sauces or for watering the plants.
- 7.Keep your sink fat-free:** Holiday cooking means more fats, oils and greases—save and store fats for use in future recipes or dispose of them in your green bin. Whichever you decide, be sure they don't end up down the drain where they don't belong.
- 8. Recycle your containers:** After dinner, recycle your aluminum trays, whipped cream cans, egg nog cartons and deli trays in your blue box.
- 9. Host a cookie swap:** If you find yourself with too much holiday baking or want an excuse to bake more, but worry it might go to waste if you do, invite a few friends and family over for a cookie swap.
- 10. DIY your holiday centerpiece:** You'll find many decorations right in your own backyard: pinecones, cedar boughs and sprigs of holly look beautiful as a centrepiece for your holiday dinner. The added bonus? They smell amazing!

It's that easy! Learn more about how to make memories and not waste at [www.crd.bc.ca/memories](http://www.crd.bc.ca/memories).





