



Burnside Gorge Community News

November 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



Support BGCA Christmas Hampers

This time of year is extremely busy and joyful at the Community Centre as we get ready for all of our seasonal events and programs. Some of our upcoming events include:

- **Christmas Dinner for Families** – Dec 1, 5pm. Suggested donation of \$5. Registration is required, please contact the Centre at 250-388-5251
- **Santa's Pancake Breakfast** – Dec 4, 8:30am-11:30am. Registration is required, \$5/family (up to 4 members), \$2/person
- **Christmas Lunch for Seniors** – Dec 16, 12pm. \$6/person. Registration is required, please contact the Centre at 250-388-5251

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



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. The survey closes November 12th.

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

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

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.



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November 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

Community Connection Update

Submitted by Kirsten Mah, BGCA Director

Hello Burnside Gorge! In the spring we held a community meeting where we discussed how we wanted to rebuild community connections once the pandemic subsided. Many of you joined us to share your neighbour-led ideas which included community garage sales, street potlucks, board game nights, and wine and cheese events. We also heard the suggestion that it would be helpful to have a workshop about applying for grants to fund neighbour-led activities.

We were hopeful that we would be able to come together in person this fall to discuss these ideas further and support you to bring them to life, however, the pandemic has been more persistent than we expected. We are still committed to rebuilding our community connections and are planning to bring everyone together in the new year to further discuss these ideas. In the meantime, if you have any additional ideas, please send them along to info@burnsidegorge.ca.

Thank you for continuing to be engaged community members!

The Gift of Good Food returns

Submitted by Mila Czemerys, Community Development Director for Fernwood NRG

The Gift of Good Food annual fundraiser kicks off again this year on Monday, November 15th, and runs until midnight December 31st, 2021. The Gift of Good Food raises funds to support local families in need across the Capital Regional District with fresh produce every two weeks for an entire year. As we continue to navigate the Covid-19 pandemic, your help is needed to support our neighbours who are facing food insecurity through these difficult times.

The Good Food Box is Fernwood NRG's food distribution program and supplies fresh bags of produce to Gift of Good Food recipients. The Gift of Good Food partners with over 15 community-based organizations across the Capital Regional District so we can directly support people in need at the neighbourhood level.

You can get involved by donating online at <https://thegoodfoodbox.ca/donate> through November 15th to December 31st, 2021. Start a Fundraising Team with friends, family, or co-workers and reach a goal that supports families in your neighbourhood. Register your team online at <https://fernwoodnrg.ca/fundraising-teams-ggf-2021/>.

Do you own a business and want to choose a local fundraiser to support? Choose The Gift of Good Food as your charity of the month where a portion of your sales will directly support families in your community to access fresh food for a year. If you would like to get involved, but are unsure how, email mila@fernwoodnrg.ca and we'll work together to find a way for you to support.



Join the BGCA Team

CURRENT OPENINGS:

- Childcare Leaders (part-time)
- Supported Childcare Workers (part-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.

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



BGCA will be closed on Thursday,
Nov 11th, in honour of Remembrance Day.



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.

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

NOVEMBER 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

Pre-registration is required for all Family Centre programs. Some programs will require proof of COVID-19 vaccination, noted below. To sign 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. ***Proof of full vaccination is required to attend this program.**

Mondays Nov 1 - 29 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. ***Proof of full vaccination is required to attend this program.**

Tuesdays Nov 2 - 30 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. ***Proof of full vaccination is required to attend this program.**

Wednesdays Nov 3 - 24 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 Nov 4, 18, & 25 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 Nov 4, 18, & 25 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.

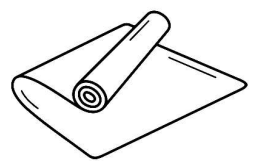
Saturdays Nov 6 - 27 1-3pm

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	Sept 23 - Nov 18	7-8pm	7/\$84
	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 levels of ability 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 Nov 4 - Dec 16 * 12pm - 2pm \$5/Lunch

*No lunch Dec 1st

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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On the Agenda: 624 & 628 Manchester

The proponent for a rezoning and development at 624 & 628 Manchester Road will be joining us on November 15th 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/83788231818?pwd=cGU4MnZ2eU5NSoVlQmpMeFZ6Ymg1dz09>



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Current Engagement Opportunities

11 Chown Place - Gorge View Society has applied for rezoning to allow for future development over the next 25 to 50 years. There are no specific building plans as this is a rezoning application only. Public feedback can be shared on the City website at <https://engage.victoria.ca/11-chown-place>.

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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.

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 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 if you are interested in attending these meetings and/or joining the CALUC.

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
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

Everyone Deserves Nourishment

Submitted by Victoria Cool Aid Society

After such a hard year, we give thanks for the simplest gifts—like our health, a roof over our heads, nutritious food, and a hot meal shared with loved ones.

For our neighbours experiencing poverty, homelessness, and hunger, even these simple comforts can be far out of reach. Many do not have family with whom to share the holiday season and often, even the empowering act of buying their own groceries, is something they've not had resources to do in many years.

For just \$25, you can give those who are hungry in our community the chance to have a hot, nourishing holiday meal of their choosing. You will give them the gift of shopping for their own groceries and the opportunity to feel the independence that most of us take for granted. Please consider your neighbours in need this holiday season and donate a grocery gift card today: <https://coolaid.org/ways-to-help/buy-a-giftcard/>.

"The grocery cards are so appreciated that several clients have burst into tears when they received them." —Katie Leahy, RN BSCN



Helpful Spending Strategies for the Holidays

Submitted by Colleen Wolfe, Family Advisor for the Family Self Sufficiency Program

The Family Self Sufficiency Program helps families work within their budgets and address debt that can feel crippling. We work with families with individual coaching and financial literacy programming. Our goals are to support families to manage their debt and create savings. To do that we have a matched dollar savings program.

Budgeting throughout the year is the best solution to curb holiday overspending but there are some strategies to help support you this season without creating overwhelming debt. Read on for some helpful hints to avoid or minimize the January budget blues!

With the upcoming holiday season, the temptations and pressures to overspend can be immense and that overspending can create a financial hole that we spend the rest of the year climbing out of. Hopefully, by following our tips, you can avoid the most common holiday spending mistakes and you won't enter the new year with even more debt.

Budgeting for the holidays

Let's break down the expenses into three main categories: Gifts; Food and Beverages; Trees and decorations. If you set an amount for each category of spending, that will give you an overall plan. Then you can break it down a little further to exactly how much you will spend on each person on your list. Figure out who on your list you need to buy a gift for. This is the difference between *needs* and *wants*. It can be a hard exercise but important to help you be clear about what you can afford to spend. Now you should have three different working budgets one for each category, adding up to the total amount of money you can safely spend. With the budgeting amounts allotted to each category, it is now time to go shopping!

A new kind of shopping

The new shopping method will have you shopping for each group already knowing how much you can spend. Do not overspend!! **Here are some Holiday spending tips**

- 1. Purchase with purpose** – You have already determined how much you can *safely spend* on each person. Find the right gift that meets your spending goal. You do not have to think about the cost as you have already figured that amount out.
- 2. Only buy with cash** – You will be tempted to purchase items on credit cards. It's so easy but using plastic can cause overspending! To truly *feel* the purchase using cash brings home the reality of the cost. Only use cash! You will thank yourself in the moment and in January when you do not have high credit card debt.
- 3. Consider group gifts** – If you cannot afford individual gifts look at group or family gifts instead such as activity passes for movies, recreation, museums, etc.
- 4. Remember, the true spirit of giving doesn't always cost money** – Other ideas are giving of yourself through homemade gifts such as baking or through the gift of time such as offering to babysit or provide pet care.
- 5. Think outside the decoration box** – If you don't already have a box of ornaments from years past to use, think creatively. The ornaments purchased at a Dollar Store will look just as nice on your tree as ones purchased at a more expensive store. Thrift stores are another great option for finding low cost holiday décor. You can also get the kids involved and have a fun day making your own decorations - those memories are priceless.

On behalf of the Family Self Sufficiency team we hope that you have a joyous Holiday Season!

If you find it difficult to get a handle on your finances in the New Year, for whatever reason, give us a call. We have just the program for you. You must have a housing subsidy and be supporting at least one child. To find out more about the Family Self-Sufficiency program or discuss your eligibility, please call 250-388-5251 or see: <http://www.burnsidegorge.ca/family-self-sufficiency-program>. We are currently accepting applications.



November Calendar Listings

Salmon Run

Every fall, beginning in mid October for about 9 weeks, thousands of salmon make their way up the Goldstream River to spawn and die. Most of these are Chum Salmon (*Onchorynchus keta*), just one of the five types of Pacific Salmon. Chinook and Coho Salmon also join the Chum Salmon in the Goldstream River but in smaller numbers. Location: Goldstream Park 3400 Trans-Canada Hwy. Start your visit at the Nature House, where naturalists are always on hand to answer any of your salmon questions between 10am-4pm Thursday-Sunday. Visit <https://www.goldstreampark.com/> to learn.

Masked Poets

Enjoy an evening of anonymous artistic expression, hosted by Victoria's Youth Poet Laureate, James Summer. Youth performers will be sharing their poetry in their masquerade masks. Visit victoriaeventcentre.ca to register for a free ticket.

Interested in performing? Youth 14–24 years of age can sign up to perform at maskedpoetevent@gmail.com. Poetry prizes will be awarded.

Nov 3, Doors open @ 7pm. Victoria Event Centre, 1415 Broad Street.

City Building Blocks Lunch + Learn: Affordable Housing & Co-location

The City and others in the development community are looking for new ways to create opportunities for affordable housing partnerships. Rising land costs and a scarcity of land is motivating the City and partners to explore co-locating housing within new civic projects. Learn about new partnerships that are unlocking land for affordable housing to create more inclusive communities.

Nov 10, 11:30am-12:30pm

<https://www.eventbrite.ca/e/city-building-blocks-lunch-learn-affordable-housing-co-location-tickets-168976496249>

Saanich Remembrance Day Ceremony

The District of Saanich will host a closed Remembrance Day Ceremony this year as the confined viewing area around the Saanich Cenotaph does not allow for safely distancing guests. The public is invited to watch a livestream of the ceremony on Saanich's Facebook page. There will be no crowd present during the event and community groups looking to lay a wreath will be asked to do so following the ceremony at a designated time. A limited number of wreathes will be placed during the event. Nov 11, 10:45am-12:30pm

<https://www.saanich.ca/EN/main/news-events/events-list/saanich-community-events/saanich-remembrance-day-ceremony-2021.html>

Silver Swans Craft Sale

Get your festive gift giving going at the Silver Swans craft sale at Emmanuel Baptist Church, 2121 Cedar Hill Cross Rd. All proceeds support the Nature Sanctuary! Free parking/admission. CASH sales only, masks required. Nov 13, 10am-2pm

36th Annual Jack Taylor Memorial Chess Tournament

After more than a year of playing chess online, the first open over-the-board tournament to be held locally in Victoria will be the 36th Annual Jack Taylor Memorial. CFC membership is required. Nov 13-14, Delta Ocean Pointe Resort, 100 Harbour Road, Victoria

<http://jacktaylormemorial.pbworks.com/w/page/136497102/FrontPage>

Waste Disposal 101

Submitted by CRD Environmental Services

These days it can seem like you need a college degree to correctly dispose of common household items. Recycle bin, green bin, depot, landfill, flush it? Can I just follow the label on the item? It says its “flushable” or “recyclable” or “compostable”. Unfortunately use of these descriptions is not regulated and can lead us in the wrong direction.

By properly sorting items you help ensure your garbage is managed responsibly and that recyclable and compostable materials can go on to be made into new products. Items that are incorrectly disposed of cause contamination in our waste streams, misdirects material to the landfill and increases the costs of recycling, compost and sewer services. This has become a larger issue recently with the use of disinfecting wipes and items labelled as “flushable”. These items do not break down and then collect with large amounts of fats in our city sewers, resulting in costly blockages or worse: back-ups in to residential homes. **The only items that should be flushed are the 3 P's: Poo, Pee and (toilet) paper.** Even small amounts of fats, oils and grease should be collected and composted or recycled and not be disposed of down the drain.

While many items are recyclable, not all are suitable for residential collection programs. For example, soft plastics and foam trays (which are bulky and need to be sorted separately) and items like batteries and paint are accepted at recycling depots. Glass also needs to be sorted separately, as when it shatters the shards contaminate other items. Now that many of us have green bin services we have another option to reduce our waste but need to ensure the items included are compostable – only food waste and soiled paper products and in some programs, yard waste. To line our kitchen compost bucket we can use newspaper or certified compostable bags, but not biodegradable bags.

So, what do you do with those wipes? Even though many of us try to reduce our waste as much as possible, some items such as wipes, floss, condoms, sanitary products and dog poo bags, should be disposed of in the garbage.

Below is a handy chart for more commonly mistaken items. For more info: www.crd.bc.ca

RECYCLING	
Residential	Depot
<ul style="list-style-type: none"> • Glass bottles & jars (place the lids in your mixed containers bin) • Paper and cardboard • Pizza boxes • Mixed containers • Cartons & paper cups • Aluminum foil & trays 	<ul style="list-style-type: none"> • Soft plastics and styrofoam • Chemicals & cleaners • Batteries • Metal items • Paint & motor oil • Glass bottles & jars
Green bin	Landfill
<ul style="list-style-type: none"> • Solidified fats & grease • Meat, bones • Dairy items • Food soiled paper • If using bags, choose certified compostable, NOT biodegradable or plastic 	<ul style="list-style-type: none"> • Baby wipes • All other wipes • Used tissues • Pet waste • Diapers & liners • Dental floss • Hair



Calendar listings continued...

Handmade Village Craft Market

The Handmade Village Craft Market is back this year with a full-size market! FREE ADMISSION + PARKING. Shop from 45 local makers all with handmade items. Donations of non-perishable food and toiletry items will also be accepted for the Mustard Seed Food Bank. With a donation, you will receive an extra ticket for our door prize draw! *C-19 Vaccine Passport is required for entry. North Douglas Church: 675 Jolly Place

Saturday, Nov 13 & 27, 10am – 4pm, Free Event

<https://www.harbourliving.ca/event/handmade-village-craft-market105/2021-11-13/>

A Community Where Nothing is Wasted

Learn more about Zero Waste Victoria, local initiatives, and how you can make a difference in supporting waste reduction efforts in our community. Wednesday, Nov 17, 12-1:30pm

Register: www.victoria.ca/communityvirtuals

For more info: neighbourhoods@victoria.ca

Out of Hand Modern Market

Held in the magical Crystal Gardens, shop a gorgeous array of goods made by hand by over 100 incredible makers, designers, and artisans from BC. Shop for the holidays or for yourself! Located at 713 Douglas Street, Victoria.

Nov 26, 10am-8pm; Nov 27, 10am-6pm; Nov 28, 10am-4pm

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

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)

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 pre-registration is required.

Parents Support Group - Wednesdays 7pm to 8pm

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

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

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

Behavioural Addiction Group - Thursdays 7pm to 8pm (via Zoom)

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)

Run in partnership with Vancouver Island Construction Association, 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!