

## Get S.M.A.R.T. Goals for a New Year

The Family Self-Sufficiency Program works with families to prioritize goals in a number of areas: Financial, Employment/Education and other personal goals of participants choice (e.g. health). There is an easy-to-remember formula for setting and achieving those goals, S.M.A.R.T.

So here is a model for getting **SMART with your Goals**:

### 1. Is your goal *Specific*?

It takes courage to be specific because by being specific you are setting the boundaries for both success and failure. If your goals are fuzzy or foggy you can fool yourself or deceive yourself when it comes to your achievements. If your target goal is specific, you know exactly whether your actions are moving you towards your goal, or further away.

### 2. Is it *Measurable*?

If your goal is clearly defined, you can adjust your actions to move you closer to your Goal.

Reaching a goal is a process. As you take actions toward it, you can see exactly whether your actions are aligned with that goal and if you need to adjust the direction you are taking.

### 3. Is your goal *Achievable*?

This is a very important point. Is the possibility of achieving your goal commensurate with the time, effort and commitment of resources that are needed to be successful in achieving the goal? If not, you have some work to do! Either adjust your goal to match your resources and commitment level at this time or develop and establish the supports you need to meet the requirements established by the goal.

### 4. Is it *Relevant*?

How is your goal relevant, meaningful and important to making your life better? This becomes a cost benefit question, measured within the context of your current life circumstances.

### 5. Is it *Timely*?

This is important as it must be achievable in a realistic timeframe in order to avoid expending more resources than are available or necessary to achieve your goal. Time is a valuable resource and within the framework of establishing SMART Goals is a key component. You cannot afford to over or under commit your time to achieving your goal or you may be wasting your time. Different goals require different amounts of time set aside to achieve them. Saving to buy a car, for example, may need a longer timeframe than saving for a weekend getaway or family holiday.

### Do you need help setting goals?

The Family Self-Sufficiency Program works with participants to set SMART goals and provides support and connections to community resources that support those goals. Alongside of this, the program provides a savings opportunity with a Matched Dollars Savings Program. It's a New Year with a new opportunity to set Smart Goals. Check out the Burnside Gorge website for our program information and application form or call for more information: 250-388-5251.

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

Happy New Year and all the best in 2022 from the Family Self-Sufficiency Team!



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

## Join the BGCA Team

### CURRENT OPENINGS:

- Out of School Care Managers (full-time)
- Youth Recreation Programmer (full-time)
- Family Services Worker (full-time)
- Childcare Leaders & Supported Childcare Workers (part-time)

Full job descriptions and application details can be found at:

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





# Burnside Gorge Community News

February 2022

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.

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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)

## 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.

## Thank You Kia! You Warmed Feet—and Hearts at Cool Aid!

Submitted by Victoria Cool Aid Society

Kia Victoria has stepped up once again to keep our most vulnerable neighbours warm and comfortable during the cold, wet winter. As part of a partnership with Cool Aid and long-time volunteer, Michael Bloomfield and Congregation Emmanu-El, Kia matched gifts up to \$5,000 so that Cool Aid could buy an incredible 10,000 new pairs of socks for neighbours experiencing poverty and homelessness!

The socks aren't just saving people from the misery of cold, wet feet over the long winter months. Foot health is a chronic concern for those on the streets. Worn and damaged shoes, long hours spent walking, harsh weather, and chronic conditions like diabetes can lead to a range of foot problems, from blisters to infections to frostbite. A pair of warm, new socks can protect someone's feet and keep them healthy and safe.

Kia encouraged its customers to join the challenge, and even sold delicious cookies to raise funds for the cause. The dealership has also been storing the socks in its showroom and helping to arrange for distribution. Thank you, Kia, for your commitment to helping our neighbours in need.

"What really resonated was that for as little as \$1, you could make a difference to someone living on the streets in Victoria."

— Bethan Ostermann, Kia Victoria



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? Call 250-388-5251 or email [comrec@burnsidegorge.ca](mailto:comrec@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

## FEBRUARY PROGRAMS

*Programs do not run on Statutory Holidays and the schedule is subject to change without notice. All programs require registration. Please call 250-388-5251 for the most current info or to register.*

### FAMILY PROGRAMS

#### WIGGLES & GIGGLES (AGES 0-5) \*VACCINE VERIFICATION REQUIRED

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 Feb 7, 14, 28 9:30am - 12pm Free

#### LOVE 2 LEARN (AGES 0-5) \*VACCINE VERIFICATION REQUIRED

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. Sessions will be held in the Family Centre.

Tuesdays Feb 1 - 22 9:30am - 12pm Free

#### TODDLER ARTS & CRAFTS (AGES 0-5) \*VACCINE VERIFICATION REQUIRED

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 is required.

Wednesdays Feb 2 - 23 10am - 12pm Free

#### COMMUNITY DINNER @ BURNSIDE GRILL

Enjoy a nutritious meal with your family and meet other members of your community. Families need to register for dinner before Wednesday 4pm by calling the front desk at: 250-388-5251. Advise if you are Vegetarian when registering.

Thursdays Feb 3 - 24 5 - 6 pm by donation

#### 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 Feb 3 - 24 5:30 - 7pm Free

#### NOBODY'S PERFECT (0-5)

Nobody's Perfect is a place where parents can meet with other parents of young children (ages 0-5) and share questions or concerns and ideas about being a parent. With the support of a trained facilitator, parents will learn about child development, safety, health and behavior, and talk about real-life parenting experiences.

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

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

Please note this is a registered program and free childminding included. Call today to book your spot.

Fridays Jan 21 - Mar 11 9:30 - 11:30am Free

#### DADS GROUP

Dads Group offers a friendly atmosphere for fathers and their children aged 0-6. Learn together about your role in your developing child's life and share parenting successes and challenges. Follow your child's lead in play and enjoy free time, play, coffee, and snacks with your little one.

Registration is required. Call today to book your spot, 250-388-5251. All dads with children aged 0-6 are welcome!

Saturdays Feb 5 - 26 1-3pm Free





**YOUTH PROGRAMS**

**STEM PROGRAM 2D VIDEO GAME DESIGN LEVEL 1**

NO prior coding/programming experience necessary. In this program participants will get the opportunity to design their own 2D video games. Develop creativity and turn imagination into reality. Over nine weeks participants will get to do everything including programming characters to walk, shoot, climb, open doors and locks, interact, and more. Games will include a main and pause menu plus sound and music. Participants get to take home their game after the program.

Open to ages 7-9 years. Headed by LittlUniverse. No classes Feb 18, Mar 25, Apr 1

Fridays Jan 21 - Apr 8 3:30 - 5 PM 9/\$160

**ADULT PROGRAMS**

**T'AI CHI**

Focus on your health, your well being, and reduce your stress with the Yang- Style T'ai Chi. Using relaxation as the key principle, T'ai Chi involves gentle, low impact movements that develops grounding, flexibility, and balance. Headed by instructor Lee McLeod, his 25 years of teaching the Cheng Man-Ch'ing short form, will lead the class through 37 movements and follow through gentle corrections and encouragements. Beginners welcome.

Thursday Feb 3 3 - 4:15PM FREE TRIAL  
Thursday Feb 10 - Mar 31 3 - 4:15PM 8/\$64

**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 Feb 23 - Mar 16 6 - 7pm 4/\$32

**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.

Wednesdays Feb 23 - Mar 16 4:30-5:30 PM 4/\$32

**55+ PROGRAMS**

**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 Jan 25 - Mar 15 9am - 10am 8/\$64



**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 12pm - 2pm \$5 /Lunch



**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.



**February 7th  
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/85741528594>

**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.

**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.



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



**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.

**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.



## Return milk containers for a refund!

Submitted by CRD Environmental Services

The Return-It deposit system in place in BC for beverage containers like juice, pop and water is expanding to include milk and plant-based beverage containers (almond, soy, oat, rice milk etc.). Beginning February 1, you will be charged a 10 cent deposit when you purchase these products and can return the empty containers to any Return-It depot, including the new Express & GO station at Hartland Landfill, for a refund along with your other beverage containers. Please be sure to rinse your containers before returning them.



This change does not include all dairy products, only ready-to-drink milk and plant-based beverage containers. All other dairy products will continue to be accepted through the curbside recycling program, which is collected on behalf of Recycle BC, the organization responsible for residential packaging and paper product recycling throughout the province, as well as in your communal recycling bins if you live in an apartment.

Recycling options for your milk and plant-based containers:

### New – 10 cent deposit as of Feb 1 (Return to depot for refund)

- Plastic jugs for milk and plant-based alternatives
- Plastic bottles for milk and plant-based alternatives
- Cartons for milk and plant-based alternatives
- Tetra Paks® for milk and plant-based alternatives

### Continuing – no deposit (Place in residential recycling bin)

- Meal supplements e.g. Boost, Ensure
- Infant formula
- Drink additives e.g. coffee creamers
- Drinkable yogurt e.g. Yop, Kefir
- Concentrates
- Buttermilk
- Whipping cream

While ready-to-drink milk and plant-based beverage containers will no longer be part of Recycle BC's program, they'll still be recycled if put in your curbside recycling bin; however, your deposit will be lost and this can increase the chance of scavenging – individuals sifting through recycling bins for refundable beverage containers.

Tips to prevent scavenging:

- Don't include refundable beverage containers in your curbside recycling. Return to a depot, retailer or donate them to a bottle drive or community donation bin.
- Place your recycling at the curb by 7:30am on your collection day, instead of out the night before.
- Remove any personal information and shred sensitive paperwork (secure shredded paper in paper bag).

To learn more, or to find a Return-It depot near you, visit [www.return-it.ca/milk2022](http://www.return-it.ca/milk2022). For more information on the curbside recycling program, visit [www.crd.bc.ca/curbside](http://www.crd.bc.ca/curbside).

## Feb Calendar Listings

### Learn to Fix Your Bike!

Come to Recyclistas to learn how to safely and effectively maintain, fix, and rebuild bicycles. Whether you are looking to better understand how your own bicycle works or to completely refurbish and build a bicycle, we are ready to help you get rolling! The bike repair class is conducted on a bike-by-bike basis so you get to work on what is wrong with your bike - everything from fixing a flat to replacing your drive train. Cost of parts to fix bike repairs are not included in the course fee. For more info email [recyclistasbike@gmail.com](mailto:recyclistasbike@gmail.com). Thursday, Feb 3, 1PM - 4PM, \$45.00

### Victoria Film Festival

The Victoria Film Festival is a time for film junkies and lovers of the arts. Each year, the festival invades Victoria's theaters and invites film buffs of all walks to view screenings from up-and-coming filmmakers, experience unique events such as VR screenings, attend discussion panels and lectures and various other film-related activities. Feb 4-13. Starting at 5/\$62. [www.victoriafilmfestival.com](http://www.victoriafilmfestival.com)

### Virtual Crafternoons

Grab your knitting project, paint brush, embroidery or anything crafty and meet other makers in this drop-in self-directed program for teens and adults. Are you trying new mediums of crafting? Need help finding maker resources? Connect creatively and combat isolation by making together! To register email [cc@virl.bc.ca](mailto:cc@virl.bc.ca) or phone 1-887-415-8475. Saturday, Feb 5, 2:30PM-3:30PM. Free <https://virl.bc.ca/event/virtual-crafternoons/2022-02-05/>

### Free Composting Workshop

What is the recipe for compost success and why does composting matter? This workshop will explore the answers to these questions, and will offer instructions on what it takes to produce an amendment for your garden that is rich in beneficial microorganisms and nutrients! We'll cover the 6 factors for composting success, how to choose the best composting system for your needs and how to increase the rodent resistance of your compost pile. Open to all ages. Sunday, Feb 6, 10AM-12PM. The Compost Education Centre 1216 North Park <https://compost.bc.ca/>

### Get Your Benefits and Credits!

Have a modest income? Living in a shelter? No permanent address? Do you know which benefits and credits you may be eligible to receive? There may be options that can result in money in your pocket! The Canada Revenue Agency (CRA) is hosting an interactive webinar to share information on: Canada child benefit, GST/HST credit, Canada workers benefit, Free tax help, and other helpful tools and tips

You will get a chance to ask tax and benefits questions, and we will be providing live responses. Feb 9, 11AM

<https://collaboratevideo.net/cra-arc/220209/en/register.php>

### Where Do My Clothes Come From?

The UBC Sustainability Initiative is excited to be back hosting Sustainable Fashion Week in 2022! Learn more about the global fashion supply chain including issues related to worker's rights, colonization, and who gets paid. Hosted by Founder of local non-profit Threading Change, Sophia Yang, introducing her unique take on a feminist fossil-free fashion future, including a new project: The Global Innovation Storymap.

Wednesday, Feb 9, 7PM-8:30PM. Free, registration required.

<https://sustain.ubc.ca/events/sustainable-fashion-week-virtual>

### Virtual Vision Boarding Workshop

Bring your ideas, thoughts, dreams, and wishes to life with a vision board. Using collage, you simply see, cut, and arrange. There are no rules to follow and no art experience is needed. This workshop is intended for adults.

Thursday, Feb 10, 6:30PM. Free, registration required.

<https://pemberton.bc.libraries.coop/explore/calendar/>

### How to Draw a Hyrax

Robert Bateman Foundation presents a FREE online family Nature Sketch class: Hi Hyrax! Watch the recording of this inspiring Nature Sketch workshop where artist & educator Val Lawton guides us to learn how to draw a Hyrax. For ages 7 and up. Sunday, Feb 13, 1-2 PM.

<https://batemanfoundation.org/nature-sketch/>

### Outdoor Story Walk

Join us for an outdoor StoryWalk at the Sooke Region Museum from February 15th-26th! Enjoy the fresh air, physical activity and a story. This month we will be reading Up, Up, Up! by Susan Reed; illustrations by Rachel Oldfield. This special StoryWalk is in thanks to Sooke Literacy.

Feb 15-26. All Day – Sooke Region Museum

<https://virl.bc.ca/event/storywalk-at-the-museum-up-up-up/>

### Haiku Poetry Reading Event

Join Nanaimo's Poet Laureate Kamal Parmar, along with featured poets Ursula Vaira, Kim Goldberg, and Carla Stein for a haiku poetry reading event. Do you write haiku poetry and would like to read 1-2 haiku poems at this event? We will have 8 open mic slots for haiku readers. Please email [cshortridge@virl.bc.ca](mailto:cshortridge@virl.bc.ca) if you'd like to participate. Feb 27, 2PM-3PM. Free by registration

<https://virl.bc.ca/event/springtime-with-haiku/>

### Lego Exhibition

The Lego Exhibition is back at the Sidney Museum, Jan 2 - Mar 31! Entry by Timed Admission only with limited capacity. To book, please see <https://sidneymuseum.ca/visitor-booking/>

### 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/>

**Do you have an upcoming event or activity? Send submissions to [info@burnsidegorge.ca](mailto:info@burnsidegorge.ca) or call us at 250-388-5251!**

**The Community Centre will be closed on Monday, Feb 21, for Family Day.**

