



# Burnside Gorge Community News

March 2022  
www.burnsidegorge.ca

## Easy ways to teach kids about waste!

Submitted by CRD Environmental Services

What children see, children often do – so home is the best place to start when it comes to teaching kids about reducing waste. Here's a list of tips—plus a few fun waste reduction activities just in time for spring break! (All activities can be found on the link at the bottom.)

### **Reduce solid waste:**

We all have a role to play in reducing and diverting waste from the landfill.

**Reduce food waste:** Over 20% of the material that ends up in the landfill is food waste, which produces methane gas, a potent greenhouse gas. Help teach your kids to reduce food waste by right-sizing portions, eating up leftovers and composting food scraps instead of throwing them in the garbage.

**Pack a litterless lunch: Let the kids help plan and pack their lunch** using a thermos, reusable containers or beeswax wraps and a reusable water bottle. Bake muffins or banana bread together for a package-free snack.

**Activities: Make your own beeswax wraps.** Beeswax wraps can replace many common single-use plastics such as cling wrap or zipper lock bags and can be used to package food, cover leftovers or turned into pouches to carry snacks. Making your own is a fun and engaging activity for the whole family!

**Ready Set Sort:** Test your family's recycling knowledge with a friendly game of Ready, Set, Sort!

### **Reduce water waste:**

Awareness of how and where we are using water allows us to better protect and conserve water resources.

**Turn the tap off:** Teach kids to turn the tap off while brushing their teeth and soaping their hands.

**Activity: Be a leak detective!** A leaky toilet can waste up to 40 litres per hour—or 350,000 litres per year, enough water to fill a swimming pool! Grab free toilet dye tablets and a leak detection kit at locations across the region for some water saving family fun. Visit [www.crd.bc.ca/leaks](http://www.crd.bc.ca/leaks) to find out where you can pick up your kit!

### **Reduce energy waste:**

We can't see most energy but we can still waste it! It takes a lot of energy to power our electronics, heat our homes and drive our cars. By reducing our energy waste, we are also reducing carbon pollution.

**Turn electronics off:** Remind everyone to turn off lights, TVs, computers and other electronics when not in use.

**Walk, bike or take the bus:** Cars use a huge amount of energy. Reduce how much energy your family uses to get around by choosing active travel like walking or biking—start with just once a week!

**Activity: Take out a Climate Action To-Go Kit from your local library.** These free kits contain fun tools and activities, like the thermal leak detector or Kill-A-Watt electricity meter, to help your family take action on climate change and reduce energy waste at home. Peek inside and take a tour of the kits with this unboxing video from the Greater Victoria Public Library.

For more educational resources and activities, visit <https://www.crd.bc.ca/education/school-programs/education-resources>



## 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!

## 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.

## Join the BGCA Team

### **CURRENT OPENINGS:**

- Youth Recreation Programmer (full-time)
- Childcare Leaders (temporary full time, & permanent part-time)
- Supported Childcare Workers (temporary full time, & permanent part-time)

Full job descriptions and application details can be found at:

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





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March 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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#### 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)

## Researching Historical Rock Bay Residents

Research Compiled by Chris Hanna for Point Ellice House Museum & Gardens

In our efforts to learn more about Charles and Catherine Wallace, for whom Point Ellice was built, we asked researcher Chris Hanna to visit the City of Victoria Archives and BC Archives. As we begin to understand more about this family we are also learning about other people that were a part of their life in early Victoria. We are sharing the story of Augustus Christopher who is directly linked to Point Ellice House through his employment in the 1860s at Dickson, Campbell & Co., the Victoria business managed by Charles Wentworth Wallace.

Augustus Christopher was born about 1820 in Jacksonville, Florida, to Martha and Lewis Christopher - he was reportedly a slave in his early life. He came to Victoria with his wife Lucinda in January 1859 as part of the great migration of Blacks from California during the Fraser River gold rush.

On October 16, 1859, Lucinda Christopher gave birth to their daughter Selina, who was baptized on December 28, 1859, in St. John's Church, Victoria. Another daughter, Louisa, born about 1839 in the United States apparently accompanied them to Vancouver Island.

In about January 1861, Augustus took the oath of allegiance to the British Crown. His occupation during his first years in the colony is unknown, but by 1863 he was employed as a porter for Dickson, Campbell & Co. at its warehouse and dock on Wharf Street, Victoria.

It seems that Christopher's domestic life was unsettled. He was charged with assaulting his wife in 1859 and by 1862 his wife Lucinda was in a relationship with Robert Tilghman, a Black barber in Victoria. When Tilghman removed furniture from the Christopher residence he was taken to court; Augustus Christopher's lawyer reported that Christopher wanted the return of his furniture rather than his wife.

By the late 1860s Christopher had taken up residence in the Point Ellice neighborhood, almost certainly because Charles Wentworth Wallace, who had married into the Work family that owned all of Point Ellice through their large estate, had facilitated his acquisition of land from the Work family. Christopher built a residence on his lot, which was located on what was then Work Street (now Bay Street), between the Point Ellice and Rock Bay bridges.

His daughter Louisa was working as a servant in the Cariboo by 1869 and entered into a relationship with George Green, a former Royal Engineer who was then serving as a constable at Barkerville. They would have at least six children together and take up residence at New Westminster.

By the late 1860s Christopher was working as an independent hand-barrow or hand-cart man making deliveries from Victoria businesses to their customers. The 1874 Victoria City Directory recorded him being a "carman" on Government Street, but this appears merely to be his business stand where he could be contacted to undertake deliveries. In 1876 he helped found Victoria's First Baptist Church on Pandora Avenue, and by 1878 his business seems to have been successful enough for him to purchase a horse and operate an express wagon. The 1881 Canadian census recorded Christopher living alone in his residence in Rock Bay.

In July 1883, Christopher was charged with brawling and using obscene language when a buggy ran into his wagon and he attempted to pull the offending driver out of the buggy for physical chastisement.

Christopher also appears in the archival record through an unsuccessful petition to the Victoria City Council in November 1883; he sought financial assistance toward purchasing a horse after his horse broke its leg while running away from the noise of a municipal rock crusher. The council expressed regrets that it had no funds at its disposal for such a purpose.

On January 3, 1884, Augustus Christopher married Mary A. Bolmer (nee Hernandez) at Victoria. She was originally from St. Augustine, Florida, and had come north to British Columbia with her sister during the Fraser River gold rush. At the time of her marriage to Christopher, she was fifty years old, a widow and a resident of San Francisco. Their marriage does not appear to have endured as he did not refer to her in his will.

On 12 September 1888, Christopher had his will drawn up. He left all his estate to his granddaughter Laura Green, the daughter of his daughter Louisa and her husband George Green. Interestingly, the executors of his will were his neighbours, John Herbert Turner, sometime mayor of Victoria and future premier of BC, and Joe Wilson, of the clothing firm W. & J. Wilson - both lived opposite Point Ellice House. Christopher signed his will with an "X", indicating that he was illiterate.

Augustus Christopher died on 20 February 1889 at the age of 70 years. Under the title "Death of a Well-Known Colored Man," the Colonist newspaper recorded his death at his residence after what was described as rheumatism and a "protracted illness." The article stated that he was "well-known in Victoria" as "Old Chris" and the driver of an express wagon. His death certificate recorded his cause of death as being "old age and general debility."

His funeral was held from his residence and he was interred in Victoria's Ross Bay Cemetery. His grave in Block G, Plot 32, E 11, is unmarked and he is the only occupant. Turner and Wilson renounced their executorships over Christopher's will in favour of two Black businessmen of Victoria: the tailor Thomas W. Pierre and Samuel J. Booth.

On February 26, 1889, the Colonist recorded that Christopher left his residence at Rock Bay to his granddaughter, Laura, then living in New Westminster, and his horse and express wagon to G. Montaro, a Black merchant of Victoria. Laura married Thomas Moore in Vancouver in 1895 (her first husband, George, died in 1886). A grandson, Norris Green, died in Vancouver in 1950 but we have not traced the rest of the family.

Point Ellice House Museum & Gardens is open Saturdays and Sundays from 12pm to 4pm. For more information please see <https://pointellicehouse.com/>.

### CENTENNIAL UNITED CHURCH

621 David St.

Now offering live services at 10:55am!  
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 Travis Chater 250-388-5251 or email [travis@burnsidegorge.ca](mailto:travis@burnsidegorge.ca).

### FACILITIES

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

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



# Burnside Gorge Activity Guide

## MARCH 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 Mar 7 & 14 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 Mar 1, 8, 15 & 29 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/preschooler in mind. Creative activities can be messy, so please ensure children are dressed appropriately. Parent participation is required.

Wednesdays Mar 2, 9, 16 & 30 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 Mar 3, 10, 17 & 31 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 Mar 3, 10, 17 & 31 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

Hey Dads! Join us Saturdays for some free play, connection, coffee and snacks. We meet in our large play room where kids have access to toys, games, art and the company of other kids. Dads enjoy connecting with other Dads to discuss parenting, to feel supported by other dads and to explore a myriad of ways to engage in spontaneous play, a powerful way to help your children to develop and flourish. We enjoy welcoming new dads and kids into our exciting space! All who identify as dads and their children up to age 8 are invited to join us! Registration is required. Call today to book your spot, 250-388-5251.

Saturdays Mar 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.

Thursdays 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.



### On the Agenda: Development in Burnside Gorge

The Land Use Committee invites you to join us for for a discussion on the direction of our neighbourhood development.

This meeting will be held on Zoom, link below:

<https://us06web.zoom.us/j/83243004634?pwd=RlRoRUxvVFNGVjdvR3NWUHRtRGNFUT09>

Meeting ID: 832 4300 4634

Passcode: 253383

### Updates & 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** - This project has been approved by City Council to proceed after the public hearing on February 24th. Construction is planned to start this summer. The community looks forward to this positive addition to our neighbourhood. 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** - Additional information about this development has now been posted on the Development Tracker. A community meeting was held on October 12th to hear a preliminary proposal by Reliance Properties for a rezoning of the Capital Iron property. This is a large development including the relocation of the Greater Victoria Art Gallery to this site. This proposal is currently with City Planning for comment prior to a public hearing.

**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.

**710 Caledonia Avenue & 1961 Douglas Street** - This proposal was presented at a BGLUC community meeting on February 7th, 2022. The proposal requires a number of OCP zoning variances and is not supported by the BGLUC as currently presented. This proposal is now being reviewed by City Planning. Updates will follow.

### 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.



## Helping Seniors Rebuild Their Lives

Submitted by Victoria Cool Aid Society

Rod's story is one of loss, but also of hope.

For nearly 47 years, he worked to build a life for his family. He excelled at his strenuous job as a bricklayer, and even started his own company.

But for many years, he was also challenged by substance use—challenges that eventually led to bigger issues like declining health, separation from his family, and eventually homelessness. It was not the life he had imagined or worked for.

Rod, who is “damn near 70 years old,” tried to survive on the streets while growing sicker by the day. He had hit rock bottom when he arrived at the doors of Cool Aid's Rock Bay Landing shelter. But he found the resolve to get help by holding on to the hope that he could maintain a connection with his family if he turned his life around.

Rod was at Rock Bay for about six months—a difficult time that he also describes as “the best thing that ever happened to me.”

Rod didn't just find hot meals and a safe place to sleep when he landed at Cool Aid. He found a community that recognized his potential and walked with him on every step of his journey. The Cool Aid team helped Rod sign up for the disability benefits he was entitled to, the first step to getting back on his feet. They helped him get on the list for affordable housing.

At Cool Aid's Community Health Centre, he received care for a myriad of health issues, including chronic obstructive pulmonary disease and heart problems. He got life-changing treatment for Hepatitis C and now describes himself as cured of the disease—something he did not think was possible.

“Everyone at the Health Clinic is great. They know your name and make you feel at home,” Rod says.

When Rod looks back at his life before Cool Aid, it looks pretty different from where he is now. Today, he has an apartment of his own at Cool Aid's Olympic Vista, where 36 residents benefit from safe, supportive housing—including daily meals, community activities, and vital health care.

Rod is grateful for the opportunity that opened up in front of him the day he walked through Cool Aid's doors. He's healthier and happier than he's been in years. He spends almost every day with his son and his son's family, and he has created a lasting connection with his three granddaughters.

Your support makes stories like Rod's possible. Thank you for helping vulnerable seniors find a place to live, nourishing food, life-saving health care, and a supportive community.



## Calendar Listings March

### Victoria Baby & Family Fair

The Victoria Baby & Family Fair is a two-day event for the whole family at Parkes Recreation Centre. Whether you have a toddler, a baby or a bump, our family event will provide you with an opportunity to shop specifically for products for your entire family under one roof. In addition, there will also be live entertainment and hands-on attractions for the whole family!

Saturday & Sunday, March 5 & 6, 10AM-5PM. \$5-\$10 Cash Only. 3100 Tillicum Road. <https://www.baby-fair.com/victoria-info>

### The Butchart Gardens Job Fair 2022

We are hiring for the upcoming seasons! We invite you to attend our Job Fair to learn about what it's like to work at The Gardens. We're always looking for hardworking, passionate people to join our team. As one of the largest employers in the Saanich Peninsula, we employ over 600 people during our peak summer season—some who've been with us for fifty years!

March 8, 5:30pm – 7:30pm. 800 Benvenuto Ave, Brentwood Bay  
<https://www.butchartgardens.com/the-butchart-gardens-upcoming-job-fair/>

### Planning Your Year-Round Vegetable Garden

Here in Victoria good planning makes it possible to harvest produce from our gardens during every month of the year. Knowing when to sow seeds is important. But it's just as crucial to know when and how to transition one crop to another. This presentation will show you how to plan to grow year-round, care for your soil, protect your crops in winter, and we'll even touch on pests and diseases!

Saturday, March 19, 10AM-12PM, Compost Ed Centre 1216 N Park St  
<https://www.eventbrite.ca/e/planning-your-year-round-vegetable-garden-tickets-228501202247>

### Bowker Creek Restoration Party

We look for opportunities for riparian habitat restoration, invasive plant removal, garbage cleanup, planting native plants for Bowker Creek (also known as Thaywun). Gloves and tools will be available, please dress for the weather and bring water and sun/rain protection. COVID protocols of the day will be in place. **Sign-In required with name and contact number.**

March 27, 10AM-12PM. Meeting place is along the walkway at Bowker Creek at the Oak Bay High School running track

<https://bowkercreek.org/volunteer/>

### Native Seeds for Gardens and Restoration

The role of native seed in restoration and gardening is expanding in the Victoria region. Seed is a cost-effective way of introducing native plants to a variety of spaces – everything from larger restoration projects, lawn to meadow, to creating patches of wildflowers in home gardens. This workshop will focus on topics related to native seed production, the fundamentals of growing native plants from seed, and practical tips on ensuring success when using native seed.

Thursday, March 31, 7PM-9PM – Online Event

<https://www.eventbrite.ca/e/native-seeds-for-gardens-and-restoration-tickets-224903200527>

### 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/>

#### Connections - Tuesdays, 1 – 2pm

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

This group is offered via ZOOM.

#### All Things Gratitude - Tuesdays 7 – 8pm

Facilitated by an Umbrella team member, this group is open to anyone wishing to discover the benefits of living their life with gratitude. No registration is required. This group is offered via ZOOM.

#### Rainbow Group - Tuesdays, 7 – 8pm

Facilitated by two Umbrella peers, this recovery group is open to those who identify as LGBTQ2S+. This group is offered by ZOOM.

#### Parents Support Group - Wednesdays, 7 – 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 Noon – 1:30pm (Zoom) & Thursdays 6-7:30pm (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 7 – 8pm

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

#### Hammer Time - Thursdays 7-8pm via zoom

Two Umbrella peers will facilitate this meeting to support trades people struggling with issues related to substance use and recovery. This group is presented in partnership with VICA. No registration is required. This group is offered via ZOOM.

#### Weekly Check In Group - Fridays 1 – 2pm

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

#### Comfortably UnNumb - Weekdays 9-11:30am

This 4-week educational group will delve into important topics such as communications, finances, relationships, forgiveness and much more. This group is offered in person, registration is required.

**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!**