



Burnside Gorge Community News

June 2022
www.burnsidegorge.ca

Burnside Gorge Graffiti Fighters -OWN YOUR BLOCK-

The Burnside Gorge Graffiti Fighters are a small team of neighbours working to make Burnside Gorge a better place by removing graffiti from our neighbourhood. We're looking for new recruits! We believe if each person or couple of people adopt a street or block we could maintain the neighbourhood free of graffiti.

Graffiti isn't just ugly: left unaddressed it invites more graffiti till eventually the neighbourhood looks uncared for. People who live in the area feel less happy, comfortable and secure on their streets. The change from simply defaced to dangerous happens as people stop walking and moving in an area and abandon the streets to those who feel they can be destructive with impunity. The solution is for each of us to reclaim our streets.

You may have seen graffiti on the power poles and utility boxes in Burnside Gorge. Rather than looking away, some volunteers have picked up kits from the Burnside Gorge Community Centre to clean up and paint over the unsightly marks in our public areas. There has been a remarkable change on the streets in just a few weeks. One of the positives is that the people doing the graffiti removal are having fun while making the streets look better!

If you would like to become a part of the solution, contact our group at graffitifighters@burnsidegorge.ca and we'll provide you with the kit, a partner to show you what to do and the information to get your block graffiti free. Join our group of enthusiastic neighbours and feel better and better about your neighbourhood in Burnside Gorge.



Burnside Boutique Opening Soon!!

We are super excited to announce that the BGCA will be opening a thrift store at 350 Burnside Road East. The space was acquired on April 1st and is currently undergoing renovations.

For several years we have heard from community members that the Burnside Gorge neighborhood needs a Thrift Store and finally after two years of business planning, we are happy to announce that Burnside Boutique will become a reality for neighbourhood members and thrifters across the City.

We look forward to becoming a part of the business community in Burnside Gorge and providing quality, well-curated goods to our store visitors. Our goal is to host an array of women's, men's and children's clothing as well as small household items, books and specialty items when available. We look forward to seeing you at our Grand Opening on July 16th. Stay tuned for more details!



BGCA Community Meeting

MONDAY JUNE 13, 2022 @ 6:00PM VIA ZOOM

On the Agenda:

- 2816 Irma - this proposal includes the development of eight townhouse units on the site.
- Engagement updates - BGCA's Engagement Team will be presenting on the work that has been undertaken so far and provide updates on next steps.

Join Zoom Meeting

<https://us06web.zoom.us/j/85339110319>

Meeting ID: 853 3911 0319

Help Fill BGCA's Food Cupboard

One of the many programs and services BGCA offers for families is our Resource Room where families can access non-perishables as well as toiletries and hygiene supplies. With the rising cost of food we are seeing an increased number of families needing a little extra support to get by. If you can help, we're looking for the following items to help keep our Resource Room well stocked:

- **Staples** - Flour & sugar, canned fish/meat, canned veggies, soups, peanut butter & jam, pancake mix, oatmeal/cereal/granola, pasta & pasta sides, pasta sauce, instant noodles, mac n' cheese, rice and rice sides, etc
- **Snacks** - Fruit snacks/leather, cookies & crackers, granola/cereal bars, fruit cups, etc
- **For infants** - diapers, baby food, formula

We will also accept grocery cards (\$50 or less) to provide families in need the ability to purchase dairy and other fresh food. Donations can be dropped off at the Burnside Gorge Community Centre, 471 Cecelia Road. If you're interested in organizing a food drive with your family, work or faith group, please give us a call at 250-388-5251.



Join the BGCA Team

CURRENT OPENINGS:

- Family Advisor (temporary part-time)
- Youth Recreation Programmer (full-time)
- Out of School Care Managers (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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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
Corinne Saad, Director
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

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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

5 Tips for a Water Wise Summer!

Submitted by CRD Environmental Services

With the summer heat just around the corner, help your yard and garden thrive while protecting our valuable resource by using water wisely this summer! While it may feel like we live in a rainforest with endless amounts of rain, the capital region lies in a Northern Mediterranean climate with warm, wet winters but hot, dry summers. The winter months bring rain, filling up the Sooke Lake Reservoir for use over the entire year.

In summer months, water demand almost doubles, primarily from non-essential uses like outdoor watering. With a changing climate, longer dry spells – like the heat domes we experienced last summer – are expected, meaning our winter water will need to last for longer. By conserving water outdoors, we can help ensure there is enough available to meet drinking water demand, protect against wildfire events and support fish and ecosystems, through the dry, hot summer months when there is little rain-fall to replenish the reservoir.

For the most water savings this summer, let your lawn [go golden](#). Lawns naturally go dormant in the summer months and will return to green with the fall rains. If you do choose to water, consider these water wise tips:

Use micro/drip irrigation systems for watering trees, shrubs, flowers, and veggie beds. These systems deliver water at a low pressure and volume directly to the roots where plants take water in.

Check your watering system for leaks and breaks. Repair leaks yourself with the CRD's Irrigation Maintenance Video Series or hire an Irrigation Industry Association of BC certified contractor. <https://www.youtube.com/playlist?list=PLQHNAGwdaAUFW4ncB8mLysrS-qnPs6Kh2>

Adjust your watering schedule for the current weather conditions and the designated days and times as laid out in the CRD's Stage 1 Watering Schedule, in effect May 1 to September 30. Green lawns only need a maximum of one inch (2.5 cm) of water per week in the driest conditions. Place an empty tuna can or watering gauge in your yard to determine how long it takes your system to deliver one inch (2.5cm) of water to the lawn. Practice the cycle and soak method, water in short cycles with time in-between to allow water to soak in, and reduce water waste. <https://www.crd.bc.ca/education/water-conservation/at-home/watering-schedules>

Garden with native plants. Adapted to our dry summers, they require little to no watering once established. Native plants also create habitat and support local biodiversity. <https://www.crd.bc.ca/education/natural-gardening/native-plants>

Add mulch around your plants to reduce evaporation, keep soil cool, reduce weeds and add nutrients back into the soil. For lawns, leave grass clippings to act as a mini-mulch.

To receive a FREE Watering Schedule magnet or window decal, email waterwise@crd.bc.ca.

Thank you to all residents in the capital region for using water wisely! For more tips, visit www.crd.bc.ca/water.



CENTENNIAL UNITED CHURCH
621 David St.



Now offering in-person and live-streaming services at 10:55 am.
Prelude begins at 10:45 am.

For more info please call 250-384-6424
or visit 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 Vanessa Normore 250-388-5251 or email vanessa@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

JUNE 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 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 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 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 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 5:30 - 7pm Free

BLUE BUTTERFLIES (ASD PEER SUPPORT & PLAY GROUP)

This peer-led support group for parents and caregivers of children with autism is a safe place to meet other families and share strategies, resources, and support. The Family Centre is a great space for parents and caregivers to get together and have a coffee or cup of tea. The space allows children to navigate and explore in a safe environment. Open to all families and caregivers of children with ASD. Registration required.

Fridays 10am - 12pm 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 1-3pm Free



YOUTH CAMPS

LEGO ROBOTICS AND SCIENCE CAMP (6-9 YEARS)

LEGO Beyblades, SumoBot battles, Dinosaurs, the Batmobile, Tanks, R2-D2 from STAR WARS, helicopters, Crocodiles, and so much more! In this camp, participants will combine their love for LEGO and Science! In LEGO Robotics they will take their building skills to another level while learning about gears, motors, and sensors. With a teammate, dive into the basics of engineering using LEGO technology! Come and program exciting interactive objects that move, react, and make sounds! In the Science portion, experience the wonders of science by doing daily experiments that are sure to wow anyone! Careful some can be a little messy! Everyday campers will get to take home at least one of their cool experiments to share with friends and family. Campers will also engage in a variety of fun indoor and outdoor activities. We will also have game consoles set up, a large Pac-Man joystick, arts and crafts station, board games, and MORE! And good luck to your group on the daily engineering activity!



Headed by LittlUniverse.

Fridays Aug 2 - 5 9AM - 4 PM 5/\$365

KIDS AT TENNIS

The Society for Kids at Tennis (KATS, www.kidsattennis.ca) provides free tennis lessons and equipment to families experiencing financial barriers. Using the "progressive tennis" approach recommended by Tennis Canada, the KATS program uses smaller racquets, smaller courts, lower nets and low compression balls. This approach helps kids to develop confidence in their ability to hit the ball, learn quickly, and most of all, have fun playing the sport! Kids will be introduced to the fundamental skills which form the foundation for future development. In the event of excessive registration, BGCA may prioritize enrolment to families with lower income.

Tennis (5-8 yrs)

M April 4 – June 27 4pm – 5pm Free
No class April 18 & May 23

M July 4 – Sept 26 4pm – 5pm Free
No class Sept 5

Tennis (9-13 yrs)

M April 4 – June 27 5pm – 6pm Free
No class April 18 & May 23

M July 4 – Sept 26 5pm – 6pm Free
No class Sept 5

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 Jun 2 - Jul 21 3 - 4:15PM 8/\$64

XL YOGA

Yoga for those living in large bodies taught by a person living in a large body. The benefits of yoga – increased balance, flexibility, stamina, and relaxation are wonderful for everybody. We'll make the poses work for our everyone using modifications and props (bolsters, blankets, and straps). Our classes are fun and light-hearted. Instructor Jill Moran

Thursdays Jun 2 - Jul 21 7-8PM 8/\$96



SUMMER CAMP - YOUTH

CAMP SURVIVOR (10-15 YEARS)

Registration is now open for the Summer series of Camp Survivor! These action-packed adventure camps for youth take you outdoors for paddle boarding, paintballing, motocross riding, zip lining and more! If you are looking for a full week of adventure and fun, this is the camp for YOU!

Camp runs Monday thru Friday from 9am-3pm. Extended care is available from 8:30 am until 4:30 pm, for an additional \$15/week. Call today to register, 250-388-5251. Calendars and registration forms are available online at <https://burnsidegorge.ca/youth-recreation/camp-survivor/>.

June 27 – June 30: School's Out, Summer's In! \$140/4-day week
Come join four days of exploring including rock climbing & laser tag!

July 4-8: Outdoor Explorers \$175/5 days
Explore local trails, forests, and parks this week as we take on the great outdoors involving Axe Throwing and Wildplay!

July 11-15: Challenge Week \$175/5 days
Get your game face on for this week full of friendly competitions. Try out new sports, games, and activities such as Flying Squirrel & rock climbing!

July 18-22: Sportszilla \$175/5 days
Do you like to play sports? Well, Game on. This is your week to shine on the podium! Activities include mini-golf, tennis, & bowling.

July 25 – 29: Water Works \$175/5 days
Dive into our water-themed week! Enjoy some of the best local beaches and lakes in Victoria. Activities include swimming & paddle boarding!

August 2-5: Runnin' Wild \$140/4-day week
Join us as we take on a series of thrilling outdoor activities around town. Activities include paintball & swimming!

August 8-12: Adrenaline Rush \$190/5 days
Are you adventurous? Do you like the challenge? Take the plunge this week as we take on some exhilarating activities such as Paintball & ziplining!

August 15-19: Swim & Sail \$175/5 days
Join us for a fantastic week by the water as we partake in a wide-range of water-based activities such as swimming & paddle boarding!

August 22-26: Final Countdown \$175/5 days
Time to end summer with a bang! This week, out trips will take us to a mix of local parks and beaches. Activities include kayaking & mini golf!

55+ PROGRAMS

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. For more information please call the Community Centre, 250-388-5251.

Thursdays 12pm - 2pm \$5 /Lunch

COMMUNITY SERVICES

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.

Family Self-Sufficiency (FSS) is currently accepting applications!

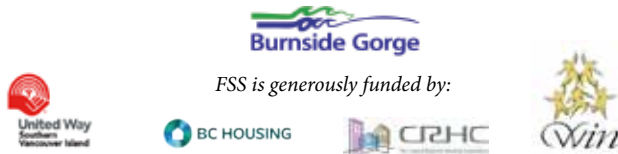
The FSS Program can support you to...

- Start saving with a matched savings program
- Gain more control of your money
- Face your financial fears and move forward
- Begin a debt reduction plan and reduce your debt
- Access supports that will assist you and your family as you move towards a brighter future

Are You:

- Receiving an eligible housing subsidy?
- Living with at least one dependent child?
- Surviving on a low income?
- Feeling overwhelmed about money?
- Struggling with debt?
- Worried about your finances?

We can help! Call the FSS program today at 250-388-5251 or visit www.burnsidegorge.ca to find out more.



FSS is generously funded by:

Learn, See, Play, Do – June Calendar

World Oceans Week

Oceans Week Victoria is a collaboration among local community organizations to help people learn and care about their big blue backyard. Oceans Week events include educational and recreational activities that explore and interact with our oceans. Running June 3-12 see the calendar for a list of in-person and virtual events. <https://www.oceansweekvictoria.ca/2022events>

Folkloria

Celebrating its 5th year, Folkloria is returning in-person. The various cultural dance groups/organizations of Greater Victoria and the Island are coming together for a once in a year free-admission event of cultural performing arts, music, song, arts/crafts and ethnic food.

June 4th - 12PM - 8PM & June 5th - 11AM - 7PM - Centennial Square
<https://www.folkloria.ca/>

'Pop-Up' Plant Sale

Perennials, herbs, indoor plants, veggies starters and more will be for sale, by donation, in the St. Luke's parking lot. Payment by donation, cash only. Physical distancing rules will apply.

June 4th - 10AM - 2PM - 3821 Cedar Hill Cross Road
<https://www.stlukesvictoria.ca/events/st-lukes-pop-up-plant-sale/2022-06-04>

Garden Arts & Crafts

In this 45-minute parent-child workshop for kids age 4-10, join our Child & Youth Educators for some art time! We will craft creations to display in your garden or around your home, using some natural materials. Some crafts will include cork bees, leaf-rubbing butterflies, and flower petal wind spinners.

This workshop will be happening outdoors with social distancing in place as much as possible. As some aspects of our activities may require us to come within 6 feet of each other, we ask that adults bring masks they can put on whenever social distancing can't be maintained.

June 4 | 1:30PM - 2:30PM - The Compost Education Centre, 1216 North Park
<https://www.eventbrite.ca/e/parent-child-workshop-garden-arts-crafts-tickets-251550352877>

Celebrate World Oceans Day on the beaches of Fisgard Lighthouse!

Join in on a day of fun and learning, June 4, from 10:30 a.m. to 4 p.m. Come down to the beach at Fort Rodd Hill and Fisgard Lighthouse National Historic Sites. Parks Canada interpreters and the Southern Residence Killer Whale outreach team are ready for you to join in on the day's festivities.

You have your pick of games and activities to try. Do you want to know how a tidal pool is like a military fort; become an ally to small water creatures; create the most colourful poster celebrating Southern Resident Killer Whales; and meet local superhero Super Ollie? Join one or all five programs offered throughout the day to find out how precious the ocean is and how you can help protect its inhabitants.

<https://www.tourismvictoria.com/see-do/festivals-events/world-oceans-day-fort-rodd-hill-and-fisgard-lighthouse-nhs>

Grow Your Own Food 101 Webinar

Join the Compost Education Centre's site manager, in partnership with the City of Victoria for a crash course in veggie growing designed for beginners who want to start growing their own fresh produce. Learn about soil health, timing, growing from seeds and plant starts, easiest plants to grow, diseases, pests and more!

Thursday, June 9, 6-7:30 PM. To register,
<https://www.eventbrite.ca/e/grow-your-own-food-101-tickets-330193255917>

Canadian Coast Guard Day

Join the Canadian Coast Guards for their upcoming family event at the Victoria Coast Guard Base in celebration of their 60th anniversary. All ages are welcome to the public open house to enjoy a ship tour, live rescue demonstrations, events, games and more, all day long!

Saturday June 11th - 10AM-3PM - 25 Huron Street, Victoria
<https://www.tourismvictoria.com/see-do/festivals-events/canadian-coast-guard-day-public-open-house>

Spot Prawn & Fiddle Fest

The James Bay Athletic Association is launching its 1st Annual Spot Prawn and Fiddle Fest, with rugby exhibitions, vendors, a fiddle contest and family-friendly activities. This free event celebrates the return of connection, summer concerts and events and general community cheer.

Sunday, June 12th - 10AM-6PM - McDonald Park 212 Niagara St.

Lawn Games

Saturday June 18 | 12pm-4pm

Celebrate Father's Day (one day early) with an afternoon of food, fun, and games on the grounds of historic Point Ellice House Museum and Gardens.

On Saturday June 18th, join in on a game of croquet, play some bean bag toss, or try your hand at giant, life-size Jenga! There will be various board games and kids colouring pages available as well. Rock Bay favourites Bird & Basket and Victoria Beer Society will be on site serving food and drinks.

Admission to the event is by donation, and also includes entrance to the historic house and our feature exhibit: Spring & Scavengers. The suggested donation amount for the event is \$10 per person.

In partnership with the Victoria Beer Society and Rock Bay Business Community. <https://pointellicehouse.com/>



Rock Bay Art Crawl

Rock Bay's first Art Crawl is happening June 20-27, 2022. Wander through Rock Bay's eclectic community of small businesses and peruse art of different mediums all by local artists. Organized by the Rock Bay Business Community in partnership with Sweetpea Gallery. More information coming soon! Check out <https://rock-bay.ca/> and @rockbaybc on Instagram to stay up to date.

Do you have an upcoming event or activity? Send submissions to info@burnsidegorge.ca or call us at 250-388-5251!