Thank You from all of us at BGCA!

We are celebrating another successful holiday season at BGCA. Our teams have done outstanding work to bring the meaning of the season to life for so many over the holidays. Thank you, as always, to the many supporters and donors who make it possible!



Santa's Pancake Breakfast

A big THANK YOU to all the families who attended our Santa's Pancake Breakfast on Saturday, Dec 3. There were over 200 people in attendance! We loved seeing people back at this event to help kick start their Christmas season. To the community volunteers and students at St. Michaels University School who came out to volunteer, thank you for making this event a success. To our sponsors, CFAX Santa's Anonymous and Country Grocer, this event could not have happened without your generous donations ... THANK YOU! And thank you to Victoria Fire Fighters Charitable Foundation Local 730 for cooking up delicious pancakes!

Families even got to see jolly ol Saint Nick! Thankfully he had time to get his photo taken with children and even with some doggies! Elves where also on hand to offer presents to all the children. Then once bellies were full and photos were taken, families got to spend time working on some Christmas crafts, getting their faces painted and walking down our beautiful Hallway of Lights.

From everyone here at Burnside Gorge Community Association, we appreciate everyone coming out to be a part of this annual event. Thank you for your continued support and we look forward to seeing you in the New Year!

Christmas Hampers

Our Christmas Hamper program focuses primarily on families who may not be able to provide a special Christmas experience for their children without assistance. The families we support are currently involved with one of the many programs here at the BGCA. This year we were able to provide 132 hampers supporting families as well as youth living independently. We would like to extend a huge thanks to all of the donors and sponsors who helped make the holidays brighter.



Donations we've received through Cram the Cruiser



On the Agenda: Arbutus Park

The Burnside Gorge Land Use Committee is starting a community dialogue to get feedback from the neighbourhood on how you would like to see the Arbutus Park developed into a community ammenity.

Please take the opportunity to walk through Arbutus Park and then submit your ideas to the Land Use email lucchair@burnsidegorge.ca and join meeting on Monday, January 16 at 6pm.

This meeting will be held on Zoom, The Zoom link is https://uso6web.zoom.us/j/81417957116

For the developments to watch please check page 6.



Arbutus Park from Google Maps

Anyone interested in being a champion by working with a group to bring this initiative forward please contact Avery Stetski at lucchair@burnside-gorge.ca

Join the BGCA Team

CURRENT OPENINGS:

- Integrated Family Services Team Leader (full-time)
- School-based Youth & Family Counselor (temporary, full-time)
- Family Services Worker (temporary, full-time)
- Childcare Leaders (part-time)
- Supported Childcare Workers (part-time)

Full job descriptions and application details can be found at:

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

About Us

We are a group of (com)passionate, enthusiastic, hardworking people who also know how to have fun. Our teams are deeply committed to serving the children, youth, families and seniors in our community as best as they can and helping and caring for each other as well.



January 2023

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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 Mangat Vohra, Director

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: Şevval Keçicioğlu Email: sevval@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

CENTENNIAL UNITED CHURCH 621 David St.



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

For more info please call 250-384-6424 or visit www.cucvictoria.com

2023, Resolve to Write it Down!

Let's reflect back on last year's New Year's resolutions. If you're like most people, depending on the resolutions, the determination it takes to follow through tends to fail us, at least some of the time.

Everyone knows the gyms are packed with good effort until approximately the end of January. So, if, despite good intentions, goals fall by the way, the answers lie in our past behaviors. Know what your obstacles to success are: know what supports your success as well.

In the Family Self Sufficiency Program, we know well what gets in the way for Participants achieving their goals. They are called 'Habitudes'. What we are describing is a combination of habits and attitudes that have become second nature, comfortable and easy to act upon. Many of these comfortable attitudes sabotage the process of creating new habits and attitudes that support a different outcome.

The strategy for dealing with Habitudes that get in your way is first to be clear what your goal is. Is it possible to break it down into achievable parts over time? What amount of time are you giving to the pursuit of your goals? It is important to think about that ahead of making a commitment. It is also important to write it down with a start and finish time. What will success look like? Write it down. What typically derails you from follow through with your goal? This can be difficult to evaluate honestly. It is hard to give up our immediate pleasures for a longer-term goal and reward. Write those sneaky pleasures down too.

Don't underestimate the time and effort it takes to achieve an important goal. Often having two lists can put it into perspective: Potential Obstacles on one side of the paper and Potential Solutions on the other. It is not easy to change important habits and attitudes that have supported us until now. But if there are goals of real consequence to have a better life – emotionally, intellectually, and physically – they start with a resolve and a determination to practice new habits and attitudes that will get us there.

For more information on joining our Program, please click the link below. https://burnsidegorge.ca/family-programs/family-self-sufficiency/

Wishing Everyone the best in 2023. Season's Greetings from us in the Family Self Sufficiency Team!

-Linda, Colleen, and Laura

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?

BC HOUSING

- Surviving on a low income?
- Feeling overwhelmed about money?
- Struggling with debt?
- Worried about your finances?





FSS is generously funded by:









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.

GFT 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.



JANUARY 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)

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 Jan 9 - 30 9:30am - 12pm Free

LOVE 2 LEARN (AGES 0-5)

Centred on fun, engaging, play-based learning Love 2 Learn focuses on making early learning activities transferable to the home environment. Weekly sessions will involve a story and share time as well as an activity kit to make and take home. At the end of each session families will set a goal to achieve during the week and explore it during the following group. Sessions will be held in the Family Centre.

Tuesdays Jan 10 - 31 9:30am - 12pm Free

TODDLER ARTS & CRAFTS (AGES 0-5)

Explore your creative side! Each week features a different craft designed with the toddler/ preschool in mind. Creative activities can be messy, so please dress children appropriately. Parent participation is required.

Wednesdays Jan 11 - 25 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 Jan 12 - 26 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 Jan 12 - 26 5:30 - 7pm Free

OPEN PLAY GROUP

Come and meet other parents/caregivers over a cup of coffee. We provide a safe space for conversation and peer support.

Fridays Jan 13 - 27 10am - 12pm Free

NOBODY'S PERFECT

Nobody's Perfect is a place where parents can meet with other parents of young children (ages o-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
- $\bullet\,$ bring them in contact with community services and resources
- help prevent family violence

Please note this is a registered program and free childminding included. Email theresa@burnsidegorge.ca or call 250-388-5251 to book your spot.

Thursdays Feb 9 - Mar 23 10am - 12pm Free



ADULT HEALTH & WELLNESS

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 Jan 11 -Mar 15 6:00 pm - 7:00 pm 10/\$80

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 everyone using modifications and props (bolsters, blankets, and straps). Our classes are fun and light-hearted. Instructor Jill Moran



Thursdays Jan 12 - Feb 23 7:00 pm - 8
*Drop in available - \$15 per class

7:00 pm - 8:00 pm 7/\$84

ESSENTRICS: MOBILITY, STRENGTH, FLEXIBILITY, RANGE OF MOTION - NEW PROGRAM!



Essentrics is a full body workout that unlocks and decompresses joints by stretching and strengthening all 650 muscles without impact to the body.

The workout incorporates flowing movements designed to increase circulation with the benefits of elongating and lubricating connective tissues around muscles and joints. This unique, re-aligning, and rebalancing approach to body main-

tenance encompasses trademark sequences that lead to improved wellness, increased energy, and pain reduction.

Every time you come to an Essentrics class, you will enjoy fresh music playlists and new exercise sequences. There's no equipment needed for Essentrics, all that is required is a mat.

Instructor: Junko Hammond

Fridays Jan13th-Feb 24 9 am - 10 am Drop In-\$8 a class



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.

January 5 - speaker yet to be determined January 12 - Victoria Literacy Connection January 19 - Pandora Arts Collective Society January 26 - speaker yet to be determined



Celebrating the Burnside Boutique!

Thank you to everyone who helped this dream become a reality! We truly couldn't have made the boutique what it is without your on-going support. We take pride in our curated collection of items in the store and do our best to make sure everything is nicely on display for everyone to enjoy!

We are accepting donations! Give us a call at 250-590-0875 or email boutique@burnsidegorge.ca to set up an appointment and one of our lovely team members would be happy to help you.

If you are ever unsure about an item you would like to donate please refer to our donation guidelines available for download and preview on our website: https://burnsidegorge.ca/burnside-boutique/

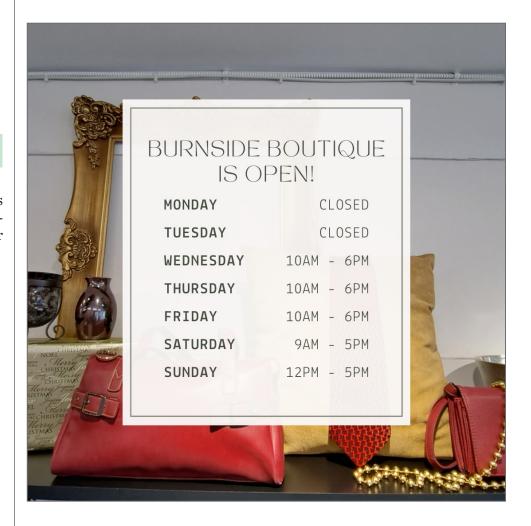
Or

Check out or Instagram & Facebook to view Information on latest sales, announcements and much more!

Instagram@:burnside_boutique Facebook@:BurnsideBoutique



BGCA Vice-chair Avery Stetski cuts the ribbon at the Grand Opening Celebration



 ${\it Please note that Burnside Boutique will be closed on Sunday, January~1st.}$

COMMUNITY SERVICES

INCOME ASSISTANCE SUPPORT

Do you have questions about Income Assistance (IA) or Persons with Disability Assistance (PWD)? BGCA has an Employment & Assistance Worker from the Ministry of Social Development & Poverty Reduction who takes appointments 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.

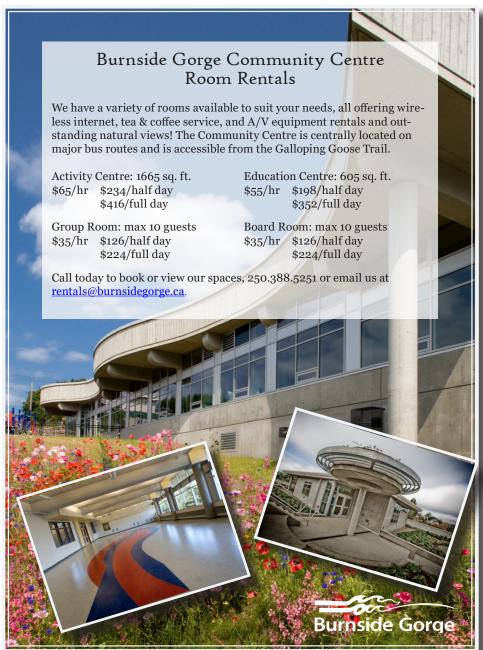
COMMUNITY VOLUNTEER INCOME TAX PROGRAM

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.





FACILITY RENTALS







This holiday season, please give to help feed a neighbour who is hungry, to house someone who is experiencing homelessness, or to provide compassionate care and restore lives in Greater Victoria.

To donate right away, please visit coolaid.org or call 250-383-1977.



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.

LAND USE COMMITTTEE

Everyone welcome! The BG 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. Please email lucchair@burnsidegorge.ca if you are interested in attending these meetings and/or joining the CALUC.

DEVELOPMENTS TO WATCH

All development applications within the City can be tracked on the City of Victoria's Development Tracker.

https://www.victoria.ca/EN/main/residents/planning-development/development-tracker.html You can filter by neighbourhood to see what is happening in Burnside Gorge. The following new developments are posted on the City's Development Tracker:

2816 Irma Street

A community meeting was held for a presentation on this proposal for a 8 unit townhouse development. Here was strong community feedback in opposition to this proposal. The applicant will now take the proposal to City Planning for review. After review and presentation to Council it will go to a public hearing.

1824-2010 Store Street & 530 Chatham Street

Additional information about this development has been posted on the Development Tracker soon. 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.

129-135 Gorge Road East

A community meeting was held for a presentation on this proposal for a rental and condominium development. A majority of the community feedback was in opposition to this proposal. The applicant will now take the proposal to City Planning for review. After review and presentation to Council it will go to a public hearing.

496 Cecelia Road

Construction has started on this project with the site servicing and U/G parking being developed. ATL Housing Solutions and Pacifica Housing have proposed a complex at 496 Cecelia Road consisting of one five-storey and one five-storey building with underground parking and an extensively land-scaped 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.



Do you have an upcoming event or activity?

Send submissions to info@burnsidegorge as

info@burnsidegorge.ca
or call us at 250-388-5251!

CALENDAR LISTINGS

Annual Polar Bear Swim

Are you ready for a cold start to the new year with polar bear swim? Join other polar bear swimmers on January 1st at 12pm at Lochside Drive beach (down from the Tulista Park).

Christmas Tree Chipping

McKenzie Elementary School is hosting a annual Christmas Tree Chipping Fundraiser with the support of Bartlett Tree Experts. You can bring

your tree to the back parking lot of McKenzie Elementary School (4005 Raymond St.) on Saturday January 7th or Sunday January 8th between 10am-2pm. Trees are chipped by donation and all proceeds will go to the Outdoor Learning Space for the school. If you need a tree pick up you can email tracylee16@hotmail.com by January 2nd to arrange.

https://www.chatterblock.com/events/286988/tree-chipping/



Greater Victoria Performing Arts Festival Call for Registrations

The Greater Victoria Performing Arts Festival is happening between April 3-May 13 this year. Registrations open on January 3. Please see the registrations close dates below for each category,

Studio Dance: Jan 18, 2023

Guitar, Composition, Piano, Speech, Strings, Voice: Jan 25, 2023

Brass, Choral, Ethnic Dance, Fiddle, Woodwinds, School Bands, School Orchestra: Feb 8, 2023

School Dance: Feb 22, 2023 https://www.gvpaf.org/

Women Leading Change

This free event organized by UVic brings leading entrepreneurs together. Leading entrepreneurs will share their experiences and strategies.

Date: January 11, 2023, Time: 5pm, Location: Farquhar Auditorium You can get your free tickets online at the link below or watch the event online

https://www.uvic.ca/external/community/women-leading-change/

CofV Community Virtual – Neighbourhood Associations

Join the City of Victoria Neighbourhoods team and community members on January 18th between 12-1.30pm to learn about the role of neighbourhood associations in our community and how you can get involved and make a difference in your neighbourhood. Topics including the role of Community Association Land Use Committees (CALUCs) and community centers will be covered. RSVP here:

https://www.eventbrite.ca/e/city-of-victoria-community-virtual-on-neighbourhood-associations-tickets-489927986797 https://www.victoria.ca/EN/main/news-events/events/events-list/community-events/community-virtual-neighbourhood-associations.html

Chinese New Year - The Year of Rabbit

Celebrate the year of the Rabbit on January 29th with Lion dance parade and Kung Fu demonstrations in Chinatown. This free event is between 12-3pm at the Gates of Harmonious interest Fisgard Street.

 $\underline{https://events.timely.fun/k6ganwu2/event/75016963/20230129120000}$



Eagle Extravaganza

The eagles are ready for their annual salmon feast at Goldstream Park! The eagles are at the park until late January. The estuary is closed to people to ensure the birds can feed undisturbed but Goldstream Provincial Park's Visitor Centre will have special programs and exhibits. Visitor

Centre will have special programs and exhibits. Visitor centre is open 9am-4.30pm daily. Please see the link for details.

https://www.goldstreampark.com/bald_eagles.htm

