

Selkirk Waterfront Festival

Calling all vendors! Vendor applications are being accepted for food service and the artisan craft market. Vendor applications can be found on our website at <https://burnsidegorge.ca/special-events/selkirk-waterfront-festival/> or reach out to Vanessa at 250-388-5251, or email vanessa@burnsidegorge.ca for more information.



Saturday, May 27
11 am - 5pm

Selkirk Waterfront Festival

Selkirk Green Park
(near Gorge Rd East & Jutland Rd.)

On stage

Soul Shakers
Impulse Response
Freeze Frame
ləkʷəŋən Traditional Dancers
Kennedy

Artisan Vendors Market
Beer Garden
Food Court
Family Fun Zone
and much more!

Free All-Ages Event

Sponsors



Volunteers Needed

Volunteers help make community events a success! If you are looking for a fun time, meeting great people and giving back to the community, come join us on May 27th! Volunteers are needed for many areas of the festival including the café crew, parking crew, photographers and set-up and take-down crew. If you are interested in being a volunteer, please complete the volunteer application on the link <https://burnsidegorge.ca/special-events/selkirk-waterfront-festival/>



COMMUNITY MEETING

BGCA COMMUNITY MEETING:
MONDAY, MAY 15 6:30PM

This will be an opportunity for discussion on the direction our neighbourhood development. The Zoom link is:

<https://uso6web.zoom.us/j/85687707076?pwd=amlvemlHMnBaeld5L3lFMVlUV1N2Zzo9>
The guest speaker is Community Resource Officer Mark Jenkins, of the Victoria Police Department. He will give an update on Burnside Gorge as the VicPD liaison.

Arbutus Park

Victoria City Council has approved funding for upgrading parks in Victoria. There where many ideas put forward at the January BGCA community meeting and the BGCA is looking for volunteers to join a committee that will be focused on keeping Arbutus Park in the forefront of the Parks department agenda. Anyone interested in participating please contact Avery Stetski at astetski@telus.net

What is the Community-Led Crisis Response Team?



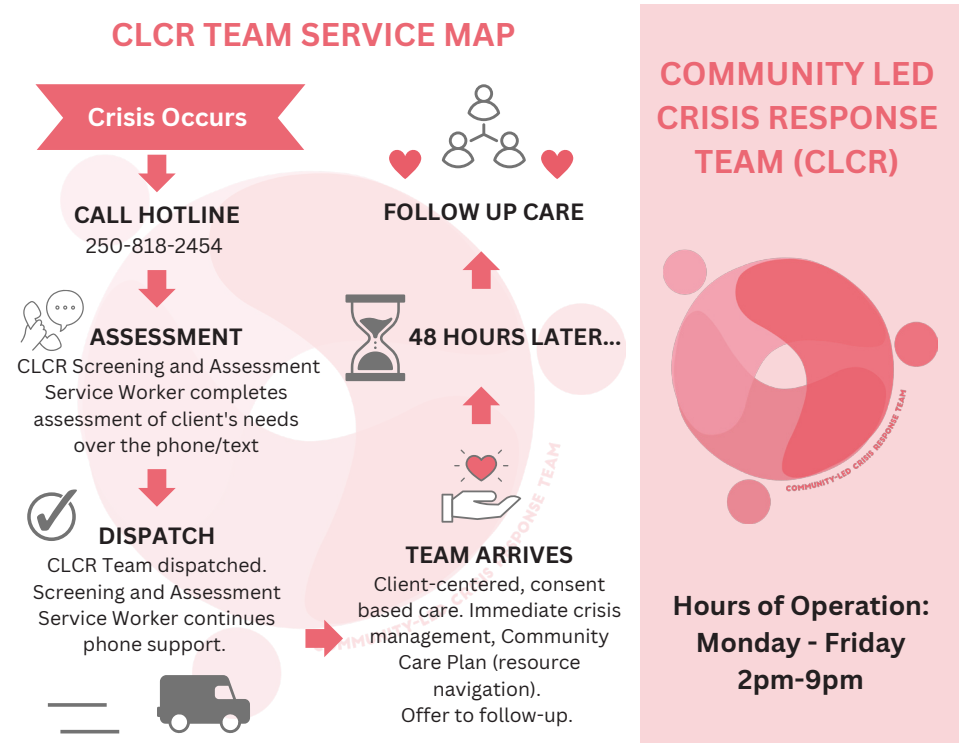
AVI Health and Community Services
where harm reduction works

The Community-Led Crisis Response Team (CLCR), a program of AVI Health and Community Services is funded by the Province of British Columbia and the Canadian Mental Health Association. CLCR is a peer-assisted care program and a mobile crisis response team led by persons with lived/living experience and mental health professionals, who are able to de-escalate crises and develop community care plans with persons experiencing crisis.

The CLCR Team is an alternate approach to responding to someone in crisis that focuses on health, well-being and community support. Utilizing a community-based, client-centred, trauma-informed response, a peer-assisted model of care has been proven to help individuals navigate to mental and social care services and reduce engagement with the justice system and emergency services.

CLCR services are currently delivered between 2 pm and 9 pm, Monday through Friday. The team can be reached at 250-818-2454.

For inquiries related to the Community Led Crisis Response Program contact Lacey Mesley at lacey.mesley@avi.org.



Join the BGCA Team

CURRENT OPENINGS:


- Family Services Worker (permenant)
- Camp Inclusion Worker (Summer Camp)
- 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.



May 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
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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
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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



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

Habits and Goals differences that can make a difference

In order to achieve your goals, you need to understand the difference between your goals and habits. Many of us confuse these two and can mean efforts to achieve our goals are wasted.

Habits are actions and attitudes that get repeated with a reinforcing tendency. Many habits are so ingrained in our psyche that they become unconsciously performed and demand little brain energy. Some habits are life enforcing others can be depleting or counterproductive to your goals.

Goals, on the other hand, are made consciously and direct us to a specific outcome or objective. Goals can be broken down into specific achievable steps that lead us systematically to our desired outcome. A well-thought-out goal has a timeline and a clear and objective end. There is a beginning a middle and an end to achieving a particular goal. When you have achieved your goal, it is complete. Whereas habits reinforce themselves with ongoing patterns of behaviour that become ingrained over time. Some patterns of behaviours support our goals others actually slow us down or actually impede our progress.

So why is it important to make the distinctions clear between Goals and Habits?
The reason it is important has to do with defining clear & effective habits to achieve your goal. For example, let's say you want to save one hundred dollars in a month. The goal is time limited and it is easy to determine whether you achieve it or not within a month's time. The habits you need to establish to achieve this goal require you to keep track of your spending, especially on a tight budget. You need to know the categories of spending you have so that you can calculate how much you spend in each category and where you find savings to put towards your goal. This goal requires tracking your spending and making smart money decisions.

Yeah! you achieved your goal and have 100 dollars saved. The real bonus besides the savings is that you have begun to develop a system of tracking your money that can support many other goals if you continue to practice it. Once the goal is achieved the habit that supported you in reaching that goal continues.

These habits would fit in the category of a Keystone Habit identified as:
“Keystone habits are “small changes or habits that people introduce into their routines that unintentionally carry over into other aspects of their lives.” Charles Duhigg’s book The Power of Habit.

Keystone habits create a “domino effect “that changes every area of your life. They create a feeling of success and mastery and self-confidence as you begin to reach the goals you set for yourself. Identify your own keystone habits that meet these criteria and suit your lifestyle and goals.

If you're still struggling to think of suitable examples, here are some more...

- making your bed in the morning
- cleaning your room
- meditation
- journaling
- spending quality time with your friends and family
- exercising /going for walks 3 times a week

These Habits help to support the structure of your daily life. In doing so they free up energy to go towards creating goals in other areas of your life. Keystone Habits can support lasting change as you set and achieve important goals in your life, big or small.

The Family Self Sufficiency Program is all about identifying those Keystone Habits that create ongoing positive change. Join us on that journey!

Colleen Wolfe, M.Ed. Counselling Psychology CCPA
Family Advisor - FSS Program



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

Call the FSS program today at 250-388-5251 to find out more!

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

MAY PROGRAMS

Programs do not run on Statutory Holidays and the schedule is subject to change without notice. All programs are by registration except XL Yoga and Family Programs. Please call 250-388-5251 to register.

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 April 19 - July 5 6:00 pm - 7:00 pm 10/\$80
* No classes on May 31

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 May 4 - June 29 7:00 pm - 8:00 pm 9/\$108
*Drop in available - \$15 per class



ESSENTRICS: MOBILITY, STRENGTH, FLEXIBILITY, RANGE OF MOTION

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 maintenance 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

Tuesdays & Fridays May 2 - 30 9 am - 10 am Drop In-\$8 a class

GROOVE

This is not your typical dance class. This is also not your typical fitness class. In Groove, we celebrate all music and everyone's uniqueness. In Groove, you'll be dancing to a wide variety of music from classical to hip hop, country to dub step, and everything in between. Groove uses super simple moves to connect participants to the style of the music, and invites participants to explore these unifying movements, in their way. The best part? You can't get it wrong! Come and have a kitchen dance party! This class is good for all levels, modifications are provided. Instructors: Melanie Langman and Kristina Quinn

Monday June 26 6:15 pm - 7:45 pm one class/\$15

FOOT FOUNDATIONS WORKSHOP

In this workshop, we will explore our own understanding of what makes our foundation, and the role feet play. We will play with mobility, balance, and strengthening. This workshop is a mix of conversation, and practical. During the workshop, we will be exploring some barefoot activities. All levels welcome. Instructor: Melanie Langman

Monday May 29 6:00 pm - 7:30 pm one class/\$20

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.

May 4 - Professor Grace Sethanant / UVic Speakers Bureau / Tsunami Hazards of Vancouver Island
May 11 - Monterey Hula Dance Club
May 18 - TBD
May 25 - TBD



FAMILY PROGRAMS

DROP-IN FREE PLAY (AGES 0-5)

Join us for free play hours at the Family Centre. This is an opportunity for young children and their parents to meet and play in a in informal atmosphere with other children, toys, and books.

Mon, Tue, Wed, Fri 10 am - 12 pm Free & Drop-in



YOUTH PROGRAMS

LEGO ROBOTICS (WEDO SERIES) BEGINNER LEVEL

LEGO Beyblades, the Batmobile, Tanks, the X-Wing from STAR WARS, helicopters, Crocodiles, and SO MUCH MORE! In Beginner LEGO Robotics participants will take their building skills to another level while learning about gears, motors, and sensors. With a teammate, they will dive into the basics of engineering using LEGO's Wedo 2.0 Kits and Software. Come and program exciting interactive objects that move, react, and make sounds! No prior coding/programming experience is necessary. Participants should at least have some experience with Lego.

Tuesdays May 9 - June 13 3:30 pm- 4:45 pm Cost: \$115

CAMP SURVIVOR (AGES 10 - 14)

Join us for Camp Survivor this Summer! Registration is now open for the Summer series of youth and teen Camp Survivor! These action-packed adventure camps for youth take you outdoors for paddle boarding, paintballing, rock climbing, 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 9 am-3 pm. Morning care is available starting at 8:30 am for \$5 and aftercare if available until 4:00 pm for \$10. Call today to register at 250-388-5251. Registration forms are available online <https://burnsidegorge.ca/youth-recreation/camp-survivor/>



July 4 - 7: \$145/*4 day camp*
SCHOOL'S OUT, SUMMER'S IN! - Come join us for 4 days of exploring! Activities include kayaking and swimming

July 10 - 14: \$180/ 5 days
FOREST EXPLORERS - Explore local trails, forests, and parks this week as we take on the great outdoors including Wildplay and Thetis lake!

July 17 - 21: \$180/ 5 days
CHALLENGE WEEK - Get your game face on for this week full of friendly competitions! Activities include Flying Squirrel & lazer tag

July 24 - 28: \$180/ 5 days
SPORTSZILLA - 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 31 - August 4: \$180/ 5 days
WATER WORKS - Get ready to dive into our water-themed week! Enjoy some of the best local beaches and lakes in Victoria. Activities include swimming & paddle boarding!

August 8 - 11: \$145/ *4 day camp*
GAMERS DELIGHT - Game on! We are taking gaming offline and creating some real-life interactions and excitement! Activities include a visit to Board Game Café, axe throwing, and swimming!

August 14 - 18: \$200/ 5 days
ADRENALINE RUSH - Are you adventurous? Do you like the challenge? Take the plunge as we take on some exhilarating activities such as rock climbing & ziplining!

August 21 -25: \$180/ 5 days
SWIM & SAIL - 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!

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

**Burnside Gorge Community Centre
Room Rentals**

We have a variety of rooms available to suit your needs, all offering wireless internet, tea & coffee service, and A/V equipment rentals and outstanding natural views! The Community Centre is centrally located on major bus routes and is accessible from the Galloping Goose Trail.

Activity Centre: 1665 sq. ft.	Education Centre: 605 sq. ft.
\$65/hr \$234/half day	\$55/hr \$198/half day
\$416/full day	\$352/full day
Group Room: max 10 guests	Board Room: max 10 guests
\$35/hr \$126/half day	\$35/hr \$126/half day
\$224/full day	\$224/full day

Call today to book or view our spaces, 250.388.5251 or email us at rentals@burnsidegorge.ca.

The BC SPCA is organizing an Open House event on May 2 from 5-7 pm at their Victoria Community Animal Center (3150 Napier Rd.). This family-friendly free event provides an opportunity for families to experience all the services and programs provided by BC SPCA under one roof. The event includes cuddle lounges for puppies and kittens, interactive demonstrations, games and activities for kids, food trucks, and giveaways. Attendees can learn about the BC SPCA's mission to assist over 118,679 animals in BC annually and also how to get involved with their work. Ticket required for event entry, so don't forget to get your tickets online at the link <https://www.eventbrite.ca/e/bc-sPCA-open-house-tickets-598571963857>

Ever wonder where your water comes from?

Submitted by CRD Environmental Services

The CRD is proud to own and manage 20,550 hectares of forested land in the Sooke, Goldstream, and Leech watersheds to provide high quality drinking water for residential, commercial, and agricultural use in the Capital Region.

The Sooke Water Supply has been providing water to the region for over 100 years, and it is the primary source as it serves approximately 400,000 people in Greater Victoria. The Sooke Lake Reservoir is responsible for almost one hundred percent of the water currently used in the region thanks to its 92.7 million cubic meters available for water supply.

The Goldstream Water Supply Area is the secondary source of water in the region. Its storage capacity is only 1/10 of the Sooke system and it's used during annual maintenance of the primary water supply infrastructure, in the event of short-term water quality issues or during an emergency in the Sooke Lake Reservoir.

As we plan for the future, many projects and assessments are underway to enhance the restoration of the Leech Water Supply Area, as it will help supplement water flow into the Sooke Lake Reservoir in the coming decades.

For water to get to our tap, it goes from our protected watersheds to the two water treatment plants available for disinfection. After the water is treated and quality is approved, it is distributed throughout the region for all residents to have potable drinking water at home.

Are you ready to see the natural protected environment where your water comes from? You can join our "Get to know your H2O tour". This is the perfect way to discover the natural landscapes, water supply reservoirs, and the treatment process that provides Greater Victoria with high-quality tap water. Tours are available during the month of June, and you can reserve your spot now by visiting <https://www.crd.bc.ca/watertours>



Get Growing, Victoria!

Burnside Gorge Community Association is a proud partner with the City's gardening program, Get Growing, Victoria! We are hosting an event to distribute veggie seedlings and garden materials to community members who face barriers to growing their own food. This program supports communities in need through partnerships with non-profit organizations that help distribute seedlings to residents who face barriers to growing their own food.

Collect free food seedlings. We will also have soil-building materials down at the Cecelia Ravine Park, don't forget your shovel and containers to collect some compost, wood chips and leaf mulch too!

Please note there is no registration required this year. We will distribute seedlings on a first-come first-serve basis.

Date: Saturday, May 20
Time: 1 – 3 pm
Location: Burnside Gorge Community Centre (471 Cecelia Rd.)



Updates from the Burnside Boutique

Calling all neighbours and passionate thrifters, we invite you to come on down and check out what our little shop has to offer. Our store includes a wonderful selection of well-curated clothing, housewares, toys, games, and small furnishings. We even have a section dedicated to kids' clothing with sizes ranging from newborn to size 14 kids!

We are proud to announce that we now have bike racks available for use in the front of our shop. We encourage you to bring a bike lock as we, unfortunately, will not be able to provide one for you!



SPRING AND SUMMER CLOTHING DONATIONS

Donations are always welcome at Burnside Boutique! Right now, we are currently accepting light-coloured spring and summer clothing. Ex, capris, denim shorts, t-shirts, tank tops, light coats and jackets, windbreakers, skirts, dresses, sunglasses, hats, bathing suits, and activewear (sports bras, shorts,). Please note,



We have stopped accepting heavy winter clothing for the summer season. We plan to resume accepting winter clothes in September 2023. If you are ever unsure about an item to donate you can refer to our donation guideline sheet found on our website

<https://burnsidegorge.ca/burnside-boutique/> or refer to our social media accounts.

Facebook: Burnside Boutique
Instagram: burnside_boutique

A HUGE THANK YOU TO THE BURNSIDE BOUTIQUES VOLUNTEERS!

Most of the volunteers at Burnside Boutique have been there since the very beginning. They were along to see what works and what doesn't. They have given valuable input and always give it 110% effort when they arrive for their volunteer shift. The boutique couldn't be what it is without these amazing individuals. Thank you for your hard work always!

(Joanne, Martha, Sandra, Darlene, Barbara, Marilyn, Phyfer and Sophie)



Burnside Boutique Volunteers are at the Burnside Boutique with the store manager and assistant store manager

The centre will be closed on Monday,
May 22 for Victoria Day.
Have a happy long weekend!

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.

BURNSIDE GORGE - LAND USE COMMITTEE

Next Community Association Land Use Committee (CALUC)
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. Upcoming meetings are listed below. Please email lucchair@burnsidegorge.ca if you are interested in attending these meetings and/or joining the CALUC.

496 Cecelia Road Update

Construction is now in the framing stage for both buildings on this project. 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.

DEVELOPMENTS TO WATCH

All development applications within the City can be tracked here:
<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, but keep an eye on the link about these following proposals or new proposals:

3106 Washington Street

The BG Land Use Committee reviewed and commented on a proposal for 3106 Washington Street consisting of 4 townhouses located behind the existing heritage home that is to remain. A community meeting for this proposal will be scheduled for June.

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.

Rock Bay District

The City of Victoria has selected a working group for workshops to develop visions for the Burnside Gorge area between Chatham Street and Bay Street. This area is being planned as an Arts and Innovation District as outlined in the Victoria 3.0 Plan.
<https://www.victoria.ca/EN/main/business/economic-development.html>

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 has stated they will be reconnecting with the neighbourhood. After review and presentation to Council it will go to a public hearing.

Calendar Listings

TD Family Sport & Recreation Festival

A free event for the whole family! The primary purpose of this event is to inspire families to be more active, and to encourage the development of physical literacy in children by getting them involved in sports and recreational activities. It is a chance for kids to be introduced to new clubs and community opportunities and for parents to learn more about keeping their kids engaged in healthy activities.
Date: Saturday, May 6
Time: 11:00 am – 3:00 pm
Location: PISE (4371 Interurban Rd.)
<https://www.chatterblock.com/events/368836/td-family-sport-recreation-festival/>

Kids Run Victoria (May 7)

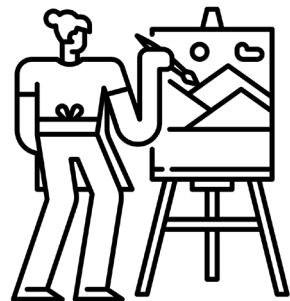
Kids Run is back in person! Sole Sisters Victoria partnering with Saanich Fire Fighters Charitable Foundation to raise awareness of childhood cancers to support Pediatric Oncology for Vancouver Islands’ Kids. You can walk or run 1k or 1k routes.
Date: Sunday, May 7
Time: 10:00 am - 12:00 pm
Location: Tillicum Centre
<https://www.chatterblock.com/events/368750/kidsrun-victoria/>

Moose Hide Campaign

Moose Hide Campaign Day is a day of ceremony where all Canadians are called to join together to take a stand against violence towards women and children and to take practical steps for our collective journey of reconciliation. The campaign day includes workshops, walks, fast-breaking ceremony. The BGCA also has Moose Hide Campaign pins available at the front desk if you want to support the campaign by carrying a pin you can take one from the front desk. Please see the campaign day details and the schedule on the link below.
Date: Thursday, May 11
Location: Multiple locations
<https://moosehidecampaign.ca/campaignday/>

Fairfield Artist Studio Tour

A perfect way to meet and support the local artists. This is a free annual self-guided tour where you can meet local artists, tour their studios, view their work, and explore the Fairfield, Rockland and Gonzales neighbourhoods!
Date: May 13 & 14
Time: 11:00 am – 4:00 pm
Location: Fairfield, Rockland and Gonzales Neighbourhoods
<https://www.fairfieldartistsstudiotour.com/>



Walking Tour

Lunchtime break with the City of Victoria Parks staff for a tour of local green areas. On this tour, you’ll learn something new about your favourite parks and meet like-minded folks in a quick, fun and informative tour. This event is free but registrations are required. Call Crystal Pool at 250-361-0732 to register or use the link below (click on the community recreation, then register by clicking on the code next to the event)
Date: Wednesday, May 17
Time: 12:00 pm – 1:00 pm
Location Holland Point Park
<https://www.victoria.ca/EN/main/residents/recreation.html>

Victoria Day Parade

The Victoria Day Parade is back! The 123rd Victoria Day parade is starting at 9 am at Douglas and Finlayson on Monday, May 22. The Greater Victoria Festival Society will host a world-class event showcasing our diverse cultures and celebrating “That 70’s Parade” with various business and non-profit organizations. Don’t miss this annual event’s return!
Date: Monday, May 22
Time: 9:00 am
Location: Douglas and Finlayson to Douglas and Courtney
https://gvfs.ca/gvfs_events/thrifty-foods-123rd-victoria-day-parade-presented-by-chek-tv/

Compost Education Centre: Free Workshop: Really Important Tiny Lives

This workshop will dig deeper into the biology of soil: the soil food web, and the myriad benefits that soil microbes have in the soil ecosystem and the food system. You’ll discuss the most effective ways to steward this living medium and come away with an inspired understanding of the intricate ways life in the soil, supports all life on earth. Don’t forget to pre-register from the link below!
Date: Saturday, May 27
Time: 10:00 am – 12:00 pm
Location: Compost Education Centre (1216 N Park St.)
<https://www.eventbrite.ca/e/free-workshop-soil-really-important-tiny-lives-tickets-465359913027>

Africa Fest

This annual free community event invites you to celebrate Africa’s diverse cultures through music performances, drum & dance, arts & crafts, African food, a kids’ zone and workshops.
Date: May 26 & 28
Location: Centennial Square
<https://www.tourismvictoria.com/see-do/festivals-events/africa-fest-music-showcase>

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