Burnside Boutique

Summer donations are needed!

Book a donation appointment with us today!

We accept donations Wednesday through Sunday here at our little shop. When donating bring donations to our back door, ring our little bell and one of our lovely staff members will come running

You can book an appointment by emailing us at boutique@burnsidegorge.ca or calling 250-590-0875. If you are unsure of what we accept you can refer to our donation guidelines listed on our website:

https://burnsidegorge.ca/burnside-boutique/

Specific items we are looking for..

- Shorts
- Skirts
- Capris
- T-shirts
- Tank topsBathing Suites
- Flip flops
- Sandals
- Water shoes
- Sun Hats
- housewares
- home décor
- Kids toys
- board games & puzzles

VOLUNTEERING

Interested in helping out at the shop? We're accepting volunteer applications! Please reach out to us by email at boutique@burnsidegorge.ca or by phone at 250-590-0875 and one of our team members will be happy to get back to you!

UPCOMING SALES

(July 5th - July 12th) - Ladies denim and dress pants are 20% off. This excludes ladies active & Loungewear. Discounts will be applied at the till!

BURNSIDE BOUTIQUE HAS A BEAUTIFUL NEW PAINT JOB



before



after

An update from your MLA

Welcome to summer! I hope you all get the opportunity to get out and enjoy the sunshine and all the events and opportunities our community has to offer this summer season. After a spring hard at work in the Legislature, I'm looking forward to continuing to get out in the community this summer and connect with more of you!



One thing I hear consistently when people reach out to my constituency office and when I go out into the community is the need for more affordable housing. From young people who had to move in with their families during the pandemic to people waiting to start families until they can find suitable housing or having a hard time finding housing that fits their family's needs to seniors worried about having to leave the neighbourhood they know and love if they lose their housing. This is especially true in Greater Victoria, with high and rising rents and real estate prices, and low vacancy rates.

Alongside Premier David Eby and my colleagues in the BC NDP government, I've been working to make sure housing continues to be a priority, especially here. A new \$500-million Rental Protection Fund created earlier this year is dedicated to protecting tenants and preserving affordable rentals. In the past year, we've also announced and opened hundreds of units of housing with rents ranging from very low income to moderate and middle income, including housing for seniors, families, Indigenous peoples, and people fleeing violence. This includes 52 homes nearby on Albina Street.

Our government also announced initial work to set and work with municipalities on housing targets across B.C. in areas where there's a clear need for housing. These initial communities include Victoria, Saanich, and Oak Bay. We'll work with these communities to develop and implement targets and cut red tape to make sure safe, accessible, and affordable housing can be created sooner for those who need it.

I'm looking forward to seeing the positive impacts of this work for our community.

Feel free to reach out to me and my community office anytime. We're here to help! My office can be reached at 250-356-5013 or by email at Rob.Fleming.MLA@leg.bc.ca

Rob Fleming MLA Victoria - Swan Lake

Join the BGCA Team

CURRENT OPENINGS:

- Family Services Worker (permenant)
- Out of School Care Manager
- Facility Coordinator & Administrator

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.



July 2023

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 Ryan Hart, Director 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

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 fo submission guidelines and deadlines.

Editor: Şevval Keçicioğlu Email: sevval@burnsidegorge.ca Phone: 250-388-5251



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, vouth 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

Do you have some time to spare and a passion for community? We're always looking for volunteers to help out. Current

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

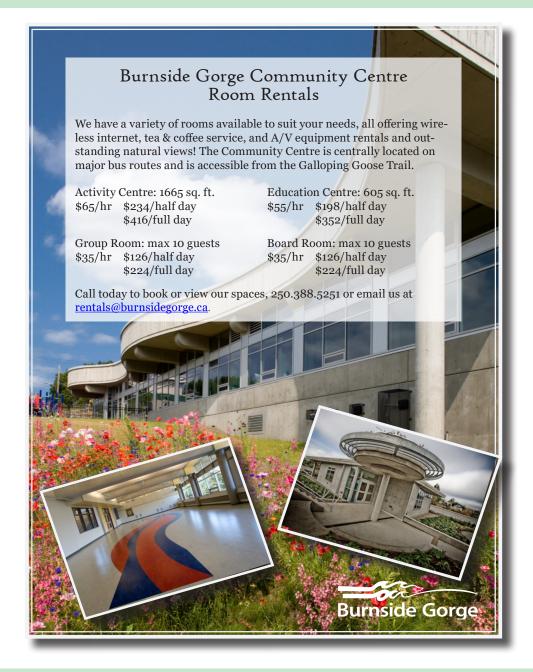
CENTENNIAL UNITED CHURCH 621 David St.



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

FACILITY RENTALS



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.

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 Access supports that will assit 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

JULY 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.

FAMILY PROGRAMS

MIGHTY MOVERS (AGES 0-5)

Join us for active play in the Activity Center. It's a time to dance, sing and play. The program provides opportunity for movement and free play. Parent participation required. Followed by snack and cool down in the Family Centre.

Mondays July 10 - 31 9:30am - 12pm Free

CRAFTY CRITTERS (AGES 0-5)

Explore your crafty side! Every week there is a different themed craft to go along with stories and activities. Sessions will be held in the Family Centre.

Tuesdays July 4 - 25 10am - 12pm Free

ITTSY BITTY'S PLAYTIME (AGES 0-5)

Join us for some sensory play and playtime in our BGCA playground when weather permits. Please dress your children appropriately for outdoor play time. Parent participation is required.

Wednesdays July 5 - 26 10am - 12pm Free

HAPPY TRAILS (AGES 0-5)

Are you ready for a little adventure? A weekly adventure to one of our local parks, beaches or kid friendly trails. Please dress your children appropriately for an outdoor activity. Parent participation is required.

Fridays July 7 - 28 9:30am - 12pm Free

All meet ups are free with snack and coffee provided.



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 July 13 - 27 5 - 7 pm by donation



ADULT HEALTH & WELLNESS

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 Drop In-\$8 a class July 4 - 28

9 am - 10 am

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.

July 6 - TBD July 13 - TBD

July 20 - SeaChange Marine Conservation Society

July 27 - BGCA Christmas in July



June is World Elder Abuse Awareness Month

Submitted by Gabi Townsend, Coordinator, Victoria CRN

The basic human rights of older Canadians are being challenged and undercut every day. It is estimated that 1 in 6 seniors globally experience elder abuse. We, as a country, and as a community, cannot allow this to continue. BC CRN's 80+ Community Response Networks (CRNs) are engaged in the activity of raising awareness of senior abuse, neglect and self-neglect all year long, in an effort to help community members understand the scope of senior abuse, how to recognize it and how to connect a victim to the resources that can assist. If you would like a workshop at your organization, let them know! I can talk about Ageism, Fraud and Scams, and Hoarding as well as share our flagship programs It's Not Right and See Something, Say Something. Join us by getting involved in prevention activities and celebrating older adults as ac-

tive, vibrant members of the community. Greet a senior you pass on the street. Buy an elder a coffee. Talk, and more importantly, listen.



www.bccrns.ca 250-896-8577 Stopping Adult Abuse and Neglect ... Together

The centre will be closed on Monday, July 3 for Canada Day.



Have a happy long weekend!

Year In Review - School-Based Youth Programs

Time flies when you're having fun and we've had a lot of fun this school year with our after-school programs at Tillicum Elementary School. It's hard to believe that summer break is almost here and that it is time to reflect on the year we've had.

BGCA provided a wide variety of programs that were designed to make sure there was something to interest everyone. In Sportastic Fun we played familiar classics such as capture the flag and soccer but also created our own games to great success. I was shocked to find out none of the students had played California Kickball before and was thrilled to introduce one of my favourite childhood games to them.

In "Lego Club" I got to witness the kids use their bottomless wells of creativity to build amazing structures and worlds.

Other programs included Films N Fun, Gamers Unplugged, Krafty Kids, Beginners Basketball, and Create, Run, and Play.

The students of Tillicum never failed to bring enthusiasm, a positive attitude and impressive amounts of creativity and ingenuity to the programs. I am excited to see what new adventures the next school year holds for us.

Ryder McRae

Youth Recreation Programmer



YOUTH SUMMER CAMP

CAMP SURVIVOR (AGES 10 - 14)

Join us for Camp Survivor this Summer! Limited spots left in some weeks! 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 and program details are available online

https://burnsidegorge.ca/youth-recreation/camp-survivor/

YOUTH PROGRAMS

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! To complete a registration form, please contact 250-388-5251. Please note, this tennis program takes place at Banfield Court on Craigflower Rd, next to Vic West Community Centre.

Tennis 5 - 8 year olds

Mondays July 10 - September 25 4:00 pm - 5:00 pm 10classes/Free

Tennis 9 - 13 year olds

Mondays July 10 - September 25 5:00 pm - 6:00 pm 10 classes/Free

No classes on Monday, July 3, August 7 and September 4

Burnside Gorge - Land Use Updates

Next Community Association Land Use Committee (CALUC)

To Be determined

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.

A developer's presentation on a proposal for 3106 Washington Avenue was held on June 19th. The proposal for 3106 Washington Street consisting of 4 townhouses located behind the existing heritage home that is to remain was positively received. A common remark was the desire to have the secondary basement suites deleted due to lack of parking.

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:

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.

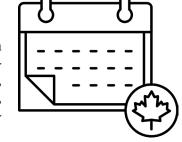
2615 Douglas Street

A proposed 12 storey residential rental building is proposed on the portion of land behind the old Victoria Press building. The tower will run along Ross Lane. This proposal is now with City planning after a presentation at a Burnside Gorge community meeting.

Calender Listings

Canada Day at Huntingdon Manor Hotel and Pendray Inn and Tea House: Enjoy Free Pancake Breakfast

Huntingdon Manor Hotel and Pendray Inn and Tea House are inviting you to their Annual Canada Day Pancake Breakfast on July 1st, 2023. Enjoy a morning of delicious pancakes, children's activities, artist booths, and live entertainment.



Date: July 1, 2023 Time: 12:00-3:00 p.m.

Location: Huntingdon Manor Hotel

https://www.tourismvictoria.com/see-do/festivals-events/canada-day-huntingdon-manor-hotel-and-pendray-inn-and-tea-house-enjoy-free day-huntingdon-manor-hotel-and-pendray-inn-and-tea-house-enjoy-free day-huntingdon-manor-hotel-and-pendray-huntingdon-hotel-and-pendray-huntingdon-hotel-and-p

2023 Fest West Concert

St. Andrew's Presbyterian Church at the Corner of Broughton and Douglas Streets presents a recital of string students from workshops at 2023 Fest West.

Date: July 2, 2023 Time: 2:00-4:00 p.m.

Location: St. Andrew's Presbyterian Church

http://standrewsvictoria.ca/

Memorial Park Music Festival

Bring your lawn chairs! Bring your picnics! Bring your dancing shoes! Concerts start at 6 PM ...some of your favourite food trucks will be there as well!

Date: July 4, 11, 18, and 25

Time: 6:00 p.m.

Location: 1200 Esquimalt Road

https://visitorinvictoria.ca/memorial-park-music-festival/

Strawberry Festival

From its start as a celebration of Saanich's agricultural roots, the Strawberry Festival has blossomed into a grand event for all ages. Enjoy a wide variety of family activities, including information displays, face-painting, program demonstrations, arts and craft stations and bouncy castles.

Date: July 8, 2023 Time: 11:00 a.m.-3:00 p.m. Location: Beaver Lake Park

https://visitorinvictoria.ca/strawberry-festival/

Victoria Pride Parade

This large colourful march, with as many as 140 entries and 40,000+ spectators, will envelope the downtown Inner Harbour. Opening ceremonies welcome with Songhees Nation and other Indigenous and Two-Spirit Guests of Honour.

Date: July 9, 2023 Time: 11:00 a.m.

Location: Douglas and Fisgard Street https://victoriapridesociety.org/pride-2023/



Join artist Anita Boyd at her new show of abstract paintings! BODY//ENERGY is an exploration of the inner worlds, represented by suggestions of living, active, body interiors.

Date: July 11-30, 2023

Time: Tuesday to Saturday, 11:00 a.m.-5:00 p.m.; Sunday, 12:00-4:00 p.m.

Location: Gage Gallery https://gagegallery.ca/

Quadra Village Food Garden Tour

Are you interested in urban food growing? This is a great opportunity for you to learn about it. On this tour, you will visit some private backyards, as well as public places in Quadra Village. (To register please see the link below click on the Growing in the City, then register by clicking on the code next to the event)

Date: Thursday, July 20

Time: 5-7 pm

Location: Crystal Pool and Fitness Centre Offsite Programs https://www.victoria.ca/EN/main/residents/recreation.html

Vic West Fest

Fun afternoon at a family-oriented community celebration!

Date: Saturday, July 22 Time: 12 pm – 6 pm

Location: Banfield Park, 521 Craigflower Rd. https://www.victoria.ca/EN/main/residents/rec-

reation.html

Eats and Beats Beach Party 2023

It's live music all day with a food truck festival, a craft beer garden, a street market, a climbing wall, paddling, cycling and more!

Date: July 29, 2023

Time: 1:00-8:00 p.m.

Location: Lagoon Beach in Colwood

 $\underline{https://www.colwood.ca/news-events/community-calendar/event/eats-bea$

Do you have an upcoming event or activity?
Send submissions to

info@burnsidegorge.ca

or call us at 250-388-5251!







Family-like support from your community

Tuktu connects you with **safe** and **friendly people** from the neighbourhood, to help you with everyday tasks and share experiences.

Visit www.tuktu.ca to see all our services.



Personal Shoppers \$15-20/hr

Picking up and delivering groceries, medication, and other items to your home.

- ▶ Any store, from supermarkets to corner shops.
- Shelving and unpacking included.

Housekeepers

\$25-40/hr

Keeping your home clean, comfortable and organized.

- Light housekeeping, laundry, dishes, organizing shelves, changing sheets etc.
- ▶ Both indoor and outdoor areas in your home.

Companions

\$20-25/hr

Friendly company and a helping hand for hobby activities, running errands, and more.

- ▶ Spend time at your home or outdoors.
- ▶ A variety of activities to choose from.

Travel Companions

\$25-40/hr

Accompaniment for medical appointments and other travel needs.

- Getting you where you need to be by car, public transport or on foot.
- ▶ Help with stairs, seatbelts, luggage and other issues when needed.

Book now!

www.tuktu.ca +1 866 938 8588



Try our app

Scan QR code or visit **tuktu.ca/download**

Tuktu Care Inc. 170-422 Richards Street, Vancouver, BC, V6B 2Z4