

Burnside Gorge Community News

September 2023
www.burnsidegorge.ca

Join Hands for a Cleaner Community

It's that time of the year! Every year, volunteers pitch in to clean up the water and shoreline along the Gorge. This improves the habitat for local wildlife and the look of the area for local residents and community members. We invite everyone to participate in this important event and make a difference in our local environment!

Volunteers will clean the shoreline along the Gorge Waterway. We have a limited supply of boots and gloves so please bring your own if you are able. This event runs rain or shine so please dress for the weather.

If you are interested in participating in this great event as a volunteer, a participating group or a community sponsor, contact the Burnside Gorge Community Centre at 250-388-5251 or email vanessa@burnsidegorge.ca.

GORGE WATERWAY CLEANUP

Saturday, September 23
10 am - 12 pm

Selkirk Green Park (350 Waterfront Crescent)

Family-friendly
(children under 12 must be accompanied by an adult)

Gloves and boots are in limited supply, please bring your own gloves and boots

the event runs rain or shine so please dress for the weather

For more information
burnsidegorge.ca | 250-388-5251


Burnside Gorge



Spread Holiday Cheer Through Volunteering!

Join us this Christmas season in making a difference. Whether you can spare a few hours or more, your time and goodwill can bring joy to those in need. Get involved and be part of the magic of giving this holiday.

Email sevval@burnsidegorge.ca to learn more about volunteer opportunities!



We Go Slow

The speed limit on all local streets in our neighbourhood is now 30 km/h. Spread the word with We Go Slow lawn signs with neighbourhood stickers and window decals. You can pick them up at the centre during front desk hours (8:30 am – 5 pm).

More information about 30 km/h local streets, visit victoria.ca/30km



Welcome to the neighbourhood!

Cool Aid is thrilled to welcome local favourite [2% Jazz Coffee](#) to its building at 210 Gorge! Sam and his team are not only great humans, they make stellar coffee! Stop on by.

Please see the link below for the interview of Kathryn Marlow with the owner of 2% Jazz Coffee Sam Jones.

<https://www.cbc.ca/listen/live-radio/1-48-on-the-island/clip/16003265-a-local-victoria-coffee-chain-location-community-centred-partnership>



Join the BGCA Team

CURRENT OPENINGS:

- Daycare Manager (ECE)
- Early Childhood Educator
- Youth Services Worker
- Our of School Care Leader
- Supported Childcare Worker

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.



Community News

September 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
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 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

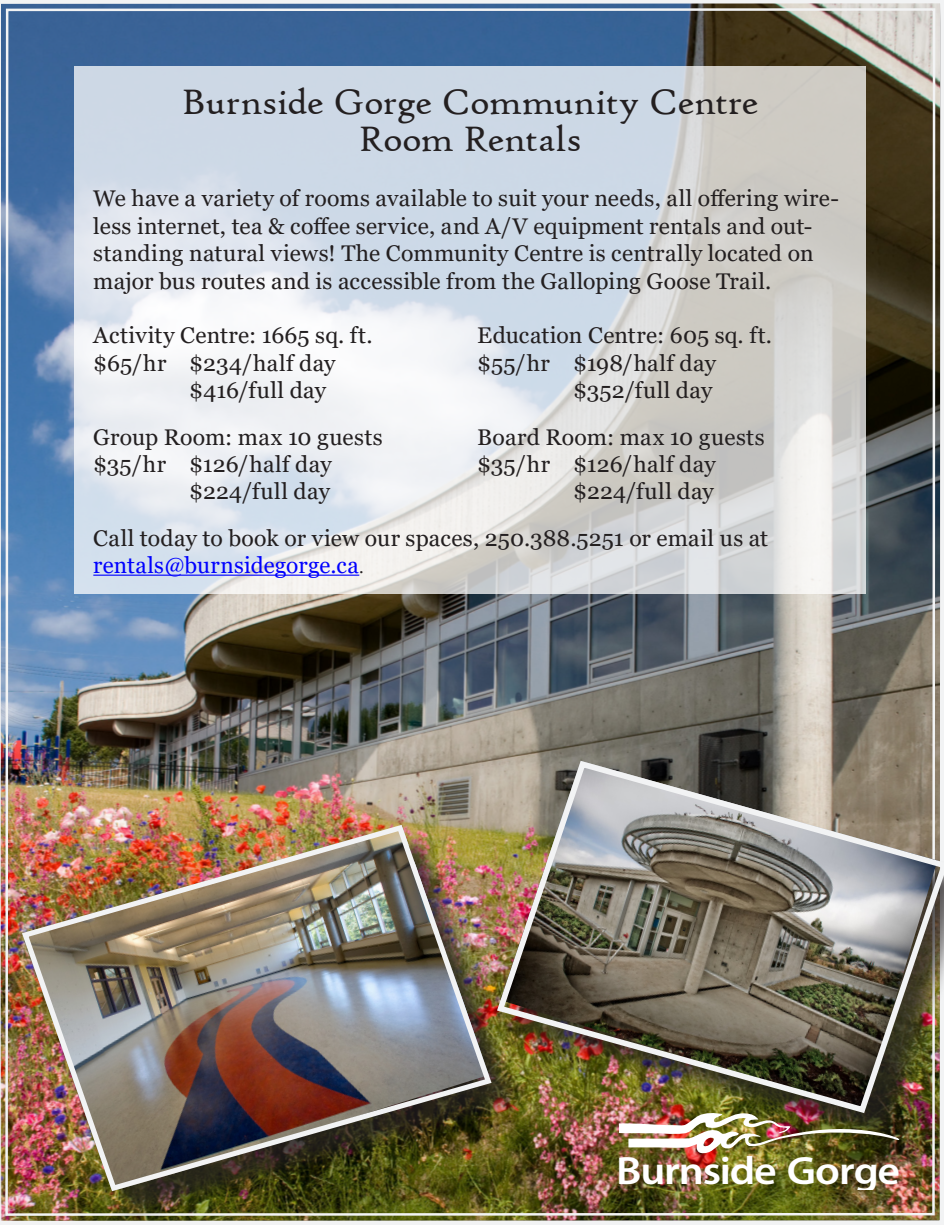
FACILITY RENTALS

Burnside Gorge Community Centre Room Rentals

We have a variety of rooms available to suit your needs, all offering wire-less 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.



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 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

SEPTEMBER PROGRAMS

Programs do not run on Statutory Holidays and the schedule is subject to change without notice.
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	September 11 - 25	9:30am - 12pm	Free
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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	September 5 - 26	10am - 12pm	Free
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Itsy 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	September 6 - 27	10am - 12pm	Free
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Cozy Corner Time (Ages 0-5)

Are you ready to get cozy? Ms. Ginny is planning some warm and cozy fall activities for Fridays! Parent participation is required.

Fridays	September 1 - 29	9:30am - 12pm	Free
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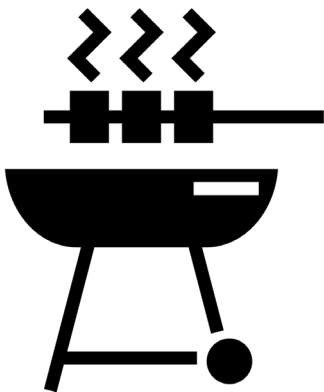
All meet ups are free with snack and coffee provided.



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	September 7 & 21	5 - 7 pm	by donation
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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 Es-sentrics, all that is required is a mat. Instructor: Junko Hammond

Tuesdays & Fridays September 1 - 29 9 am - 10 am
Drop In-\$8 a class

Adult Health & Wellness programs are returning at the end of the September, check our website and social media pages for start dates

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.

September 7 - Lisa Mort-Putland / Volunteer Victoria
September 14 - Riener Piehl
September 21 - Gina Martin / Diverse Abilities Program
September 28 - Capital Comets / Dog Agility Demo



Bye Camp Survivors

This Summer Camp Survivor has done more than survive, it has thrived! From Sooke Potholes to Shaw Centre for the Salish Sea, from virtual reality rides to nature walks- the campers have gotten to experience a fun-filled summer, jam-packed with activities and adventures. This summer, many campers faced fears and tested their mettle by playing paintball, ziplining at Wildplay, and holding creepy crawlies at the Bug Zoo. For others, our camp was a time for building new friendships and exploring their creative sides. Amazing Lego expanses were built, t-shirts were tie-died, and friendship bracelets were made and gifted. We got in touch with nature and discovered new areas of interest by going to the Royal BC Museum, watching IMAX movies, and playing Tidepool bingo with Seaquaria at Cattle Point. Time flew by and now the new school year looms around the corner. We can only hope that the school year passes by with the speed and quantity of good memories from the summer camp. The recreation department at BGCA waits with alacrity for our next camp adventures.



FIBRE MAKER SPACE



THURSDAYS
10 AM - 12 PM
DROP-IN
FREE

STARTING ON
SEPTEMBER 14

BURNSIDE GORGE COMMUNITY CENTRE
(471 CECELIA ROAD)

A social and creative space to learn, share, and create!
sewing machine, table space are provided, please bring your own project and materials

You can bring your excess yarns, fabric, thread etc. to share with the community

EVERYONE WELCOME





2024-25 Street Upgrades



Tell Us How You Move: Street Upgrades Drop-in Session

When: Saturday, Sept. 23, 10 a.m.-noon
Where: Burnside Gorge Community Centre, 471 Cecelia Rd.
Category: Engagement Events
Description:
The City of Victoria is seeking input on six streets that are being upgraded in 2024-25. Share your input on how they can be made safer and more comfortable for everyone. The streets are:
- Bay Street (Tyee Road to Rock Bay Avenue)
- Caledonia Avenue (Government Street to Chambers Street)
- Cook Street (Tolmie Avenue to Haultain Street)
- Pine Street (Craigflower Road to Dominion Road, plus a section on Hereward Road)
- Selkirk Avenue (Arm Street to Styles Street)
- Tolmie Avenue (Douglas Street to Jackson Street)
Drop-in to one of four in-person events or provide feedback online until October 10, 2023. Learn more about each corridor and have your say at engage.victoria.ca/street-upgrades.



Tell us how you move.

Ways to ReThink Waste!

Submitted by CRD Environmental Services

Early last year, the Rethink Waste Community Grant program was launched in response to the Capital Regional District Solid Waste Management Plan. The Plan aims to reduce how much material is sent to Hartland Landfill and guide how the region’s solid waste is managed in a safe, secure and sustainable way. The community grant offers funding for the creation and implementation of community-based projects that align with the 5R pollution prevention hierarchy of moving waste materials out of landfills to their highest and best next use.

Close to 40 projects have been funded since the program started, bringing changes to the region, and encouraging members in the community to make a difference by thinking outside the box to reduce waste. The best part of the program is that every year there is \$50,000 worth of grant funding and anyone can participate. Applicants can be individuals, community groups, non-profit organizations, K-12 schools, post-secondary clubs, parent councils and anyone else that wants to make a difference.

Need some ideas for your project? How about creating a pop-up free store like a clothing swap event every couple of months? This will help reduce the amount of textile that might end up in the landfill and the number of new items people may purchase otherwise. The idea is that all projects foster long-term behavioural changes, increase awareness about reusing and recycling, and educate on the importance of materials’ life cycle in a circular economy.

To inspire you, we want to share a couple examples of successful applicants:

ReWood: They collaborated with Central Saanich Community Garden Society (CSCGS) to transform public land into a 3200-square-foot community garden. ReWood identified reusable lumber sources and built 21 garden beds and three compost containers, saving the CSCGS an estimated cost of \$15,000 on lumber.

Pender Island Recycling Depot: They created the Dish Loan Program. Private households and local non-profits on Pender Island often don’t own or have access to sufficient dinnerware to host events. By accessing the dish loan items, they can avoid the need to buy disposable cups, plates, cutlery, and napkins. The depot’s dinnerware has been used at weddings, potlucks, charity events, and even the Fall Fair where as many as 300 guests were served dinner without a single disposable dinnerware item being needed.

We encourage you to Rethink Waste in your community. By creating a project you’re not only advocating for change, but you’re actively crafting a greener and more resilient future. To learn more about the Rethink Waste Community Grant program, visit <https://www.crd.bc.ca/rethinkwaste>



Burnside Boutique Winter Hours



Cecelia Ravine Mountain Bike Fun Day

THE ACTIVITIES

- Meet and Greet Henry Sherry
- Coached mountain bike sessions
- Free bike check-ups
- Kids treats

Oct 1, 2023
11am-3pm

3150 Napier Lane

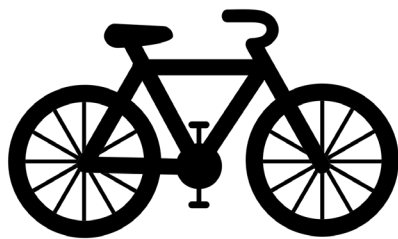
FREE EVENT

AGES 6-12

REGISTER NOW <https://www.eventbrite.ca/o/local-champions-52258666793>



Mark your calendars and gather your family for a day of outdoor activity, learning, and enjoyment. We can’t wait to see you there!



Before each class complimentary equipment checks will be conducted to ensure the safety and readiness of every participant. Please bring your own bike and arrive 10 minutes early to complete the sign-in process. Registration required through eventbrite. For those without bicycles we will have a limited amount of loaner bikes available on site provided by the Free Wheelin’ Youth Lending Program.

In addition, there will be drop in activities for kids under 6, door prizes and a meet and greet with professional mountain biker Henry Sherry. The expertise of Fort Street Bikes will be readily available, providing skilled bicycle mechanics to assist participants throughout the event. To keep energy levels high and spirits soaring, refreshing beverages and delicious snacks will be provided to participants.

Sponsored by the Burnside Gorge Community Association, Fort Street Bikes and the City of Victoria My Great Neighbourhood Grant program, this event promises an unforgettable experience for all involved. Notably, prior experience in mountain biking is not a requirement; everyone is welcome to join in the fun and excitement. Free parking available on Burnside Road East, Cecelia Rd , Napier Lane and the Burnside Gorge Community Association.

The centre will be closed on Monday, September 4 for Labour Day.
Have a happy long weekend!

Calendar Listings

44th Classic Boat Festival

Approximately 80 classic boats are expected to be docked in the Victoria Inner Harbour. There will be a live band, followed on Sunday, By a sail by and a sailing race. The Sailing race is best viewed from Clover Point.

DATE: September 1-3, 2023
TIME: 8:00 a.m.-8:00 p.m.
LOCATION: Wharf Street
ADMISSION: By donation
<https://www.tourismvictoria.com/see-do/festivals-events/44th-classic-boat-festival>

Out There Art Festival

A community and interactive art celebration including live music and an eclectic mix of performances.

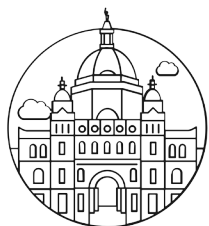
DATE: September 1-3, 2023
TIME: Various times
LOCATION: Jackson Park
ADMISSION: \$0-\$50
<https://www.alterarts.ca/festival>

Ship Point Market

Ship Point Market enjoys a unique location at the Inner Harbour with breathtaking views of the Causeway Marina, the Empress Hotel, and the B.C. Legislature. Visitors experience stunning scenery, exceptional artwork, and the vibrant atmosphere of Victoria’s downtown harbour.

DATE: September 1-4, 2023
TIME: Various times
LOCATION: Ship Point Pier (Inner Harbour)
ADMISSION: Free
<https://www.tourismvictoria.com/see-do/festivals-events/ship-point-market-o>

Government House Public Tours



Government House opens for a summer series of public tours. You can explore the art and rooms of this unique residence, and learn about the ceremonial and constitutional roles of the Lieutenant Governor, and the role the Office of the Lieutenant Governor has played in the history of Victoria and the province of British Columbia. Space is limited. Registration is required to attend.

DATE: Saturday, September 2, 2023
TIME: 10:00-11:00 a.m.
LOCATION: Government House (1401 Rockland Avenue)
ADMISSION: Free
<https://www.eventbrite.ca/e/government-house-public-tours-tickets-704976362277?aff=ebdssbdestsearch>

Parkinson Superwalk

Proceeds from SuperWalk will enable the Society to invest in research and continue to provide essential programs and services to the 15,000 individuals and their families who live with Parkinson’s in BC.

DATE: Saturday, September 9
TIME: 9:00 am -10:00 am
LOCATION: Esquimalt Gorge Park
ADMISSION: Free
<https://www.tourismvictoria.com/see-do/festivals-events/parkinson-superwalk>

One Day - Community Event

An outdoor community event for all ages that provides free musical entertainment; a low-cost BBQ lunch and refreshments; organized games and activities that anyone can participate in (fully accessible!); a FREE Children’s Fun Zone which features bouncy castles, mini-golf, and other games; special guests; and much more.

DATE: Saturday, September 9
TIME: 10:00 am - 3:00 pm
LOCATION: Topaz Park
ADMISSION: Free
https://www.timescolonist.com/local-events?_evDiscoveryPath=/event/1888077-one-day-community-event

Victoria Cactus and Succulent Society Show and Sale

This semi-annual event hosts both commercial and backyard growers from Vancouver Island. Don’t forget to check out the display plants. The club members of the society will bring their most unusual, favourite and hopefully a few in flowers to show off. Don’t forget to bring a box for your purchases.

DATE: Friday & Saturday, September 8-9
TIME: 11:00 am -4:00 pm
LOCATION: 510 Mount View Avenue
ADMISSION: Free
<https://www.tourismvictoria.com/see-do/festivals-events/victoria-cactus-and-succulent-society-show-and-sale>



Dyeing Fabric with Fresh Indigo

Victoria’s Artist in Residence Kemi Craig will teach the art and the process of dyeing fabric with fresh indigo leaves, as well as about seeding and harvesting indigo specific to the local climate. This is a registered free event. To register please see the link below click on the ‘Community Recreation & Growing in the City’, then register by clicking on the code next to the event.

DATE: Saturday, September 16
TIME: 1 – 4 pm
LOCATION: Crystal Pool and Fitness Centre Brereton Room
ADMISSION: Free (registration required)
<https://www.victoria.ca/EN/main/residents/recreation.html>

Beats & Bites

Gather the family for a fantastic dinner and take your pick from the exciting lineup of food trucks. Enjoy your dinner with the local musicians and with some Hoyne Beer at the Hoyne Beer Garden.

DATE: Saturday, September 23
TIME: 5:00-9:00 p.m.
LOCATION: 2827 Belmont Avenue
ADMISSION: Free
https://www.timescolonist.com/local-events?_evDiscoveryPath=/event%2F1917524-beats-bites

Fall Fairfield

Fall Fairfield, is an annual music, arts, crafts and food festival set in the heart of Fairfield. The festival is a free, all-ages, community event celebrating local businesses and non-profits, artists, performers, and people across Victoria in recognition of Fairfield’s dynamic culture and the harvest season!

DATE: Sunday, September 24
TIME: 12:00-5:00 p.m.
LOCATION: Robert J. Porter Park
ADMISSION: Free
<https://fairfieldcommunity.ca/events-projects/fall-fairfield/>



Scrappy Last Saturdays at SUPPLY Victoria

Families with school-aged children (ages 7-12) are invited for a morning of upcycle crafting! Enjoy the free art-making with repurposed supplies. This month’s craft is origami cups & boxes!

DATE: Saturday, September 30
TIME: 10:00 am - 11:00 am
LOCATION: 750 Fairfield Road
ADMISSION: Free
<https://supplyvictoria.ca/pages/workshops>

CIBC Run for the Cure

When you join or support the CIBC Run for the Cure, you help provide hope to all Canadians impacted by breast cancer. Register as an individual or as a team raise some money and run for the cure on the run day! You can run a 1 km or 5 km route and enjoy the run day with all the activities. It’s a family and pet-friendly event.

DATE: Sunday, October 1
TIME: 8:30 am – 12:30 pm
LOCATION: UVic (3800 Finnerty Road)
https://support.cancer.ca/site/TR/RunfortheCure/RFTC_NW_even_?fr_id=29220&pg=entry



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