Where one Journey ends another begins

Goodbye to Phase VII and Welcoming Phase VIII Families

Every journey has a beginning and an ending. Phase VII of the Family Self-Sufficiency program has just ended. It has been a 3-year journey with families taking stock of their financial well-being. It demands the courage and consistency to meet regularly with a Family Advisor and take small steps towards a goal that supports moving forward.

Life is not linear, and neither is the journey towards self-sufficiency.

Three Years is the magic amount of time it takes to learn and hone and practice the skills that move you towards your goal even when "Life Happens". Thirty-four amazing families have worked through ups and downs, not to mention a pandemic, to create a sense of control and a foundation of knowledge and skills in their relationship with their money and their goals. This foundation carries on far beyond the FSS program. We wish every person we have had the privilege of making this incredible journey with, the best life possible going forward.

As we say goodbye to one amazing group of families, we are welcoming the next Phase VIII families. If you are willing to take control of your money issues and make meaningful life goals, this program will provide both support and knowledge. It will be another three-year program that will be focused on your financial goals and support of a Family Advisor (coach):

- **1.Creating a three-year vision.** These will be seen as your long-term goals
- **2. Break Down Your Vision:** Divide your three-year vision into smaller, achievable milestones. What can you realistically accomplish within a year?
- **Prioritize:** Focus on essential financial aspects such as debt reduction, emergency fund building, and skill development.
- **Budget:** Create a simple budget to manage your monthly income and expenses effectively.
- **Stay Realistic:** While dreaming big, ensure your vision remains practical. Three years is a sweet spot for setting long-term goals that motivate you without losing focus.

If this sounds like a program that could benefit your family and you are a low-income family with at least one dependent, please contact us or apply online (https://burnsidegorge.ca/family-programs/family-self-sufficiency/). Come and join our amazing participant team. We are looking forward to beginning this next phase of the Family Self-Sufficiency program. The journey begins with you!

As a special expression of the journey each participant made - Laura, one of the Family Advisors - designed her Art Stones that symbolize each participant's journey. Everyone's journey is unique and special and the Stones reflect that beauty.



2024 Annual General Meeting

Our AGM was held on Monday, February 26 with the attendance of 22 members, 3 guests and 2 staff members. Financial and Annual report presentations followed by board member elections. Thanks to all members for their attendance and special thanks to Rob Fleming, Krista Loughton and Doug Clarke for their attendance and answering questions of the community.



If you want to learn what Burnside Gorge Community Association has been up to please see the link below for the Audited Financial Statements and Annual Report.

https://burnsidegorge.ca/financials-and-annual-reports/



Let's strengthen our community and its vibrant culture together!

Connect with us (yes, the pun is intended) at connect@burnsidegorge.ca and become a member! We're kicking off with a bang this month, with our first meeting to figure out the community's top priorities, plan some awesome activities, and who knows what other shenanigans we'll get up to.

The Centre will be closed between Friday, March 29-Monday, April 1.

Happy Easter!



Join the BGCA Team

CURRENT OPENINGS:

- Out-of-School Care 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.



March 2024

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471 Cecelia Road, Victoria, BC V8T 4T4
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Note: Written contributions do not necessarily reflect the opinions of the BGCA or its staff.

BGCA Board of Directors

Stephen Andrew, Director Greg Arnold, Treasurer Elizabeth Cull, Chair Ryan Hart, Director Kirsten Mah, Director Michelle Peterson, Secretary Avery Stetski, Vice-Chair Mangat Vohra, Director Greg Teuling, 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:

 $\underline{http://www.burnsidegorge.ca/opportunities/employment}$

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:

 $\underline{http://www.burnsidegorge.ca/opportunities/volunteer}$

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

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!

Stay tuned for the classes starting in April

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

Wednesdays & Fridays March 6 - 27 9:30 *There is no class on Friday, March 29

9:30 am - 10:30 am Drop In-\$9 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.

March 7 - Threshold Housing Society

March 14 - Island Pilgrim

March 21 - Soap for Hope

March 28 - NO LUNCH



SENIORS LUNCH & LEARN - SAVE THE DATE!



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.



MARCH 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.

DROP-IN 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 March 4 - 25 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 March 5 - 26 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 March 6 - 27 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 March 1 - 29 9:30am - 12pm Free

All meet ups are free with snack and coffee provided.



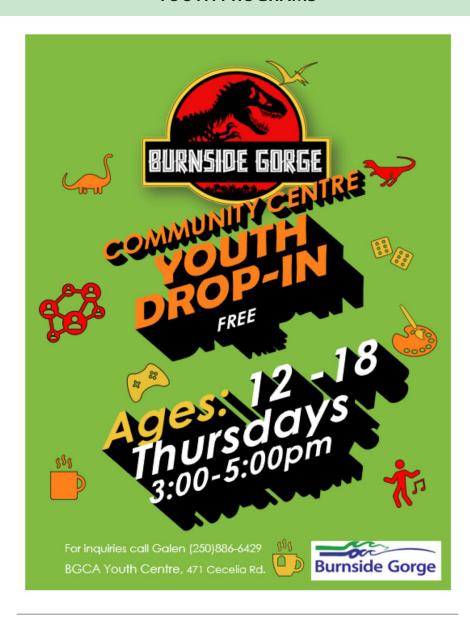
COMMUNITY DINNER

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 March 7 - 28 5 - 7 pm by donation



YOUTH PROGRAMS



Detect and Save: Fix a Leak Week 2024!

Submitted by CRD Environmental Services

Did you know that household leaks can account for up to 14% of indoor water use? It's a significant figure but straightforward actions can make a big difference in preventing clean drinking water from being wasted.

Easy Steps to Leak Prevention:

Be proactive by inspecting faucets and toilets at least once a year. It's a simple yet effective way to catch and fix poten-

2. Emergency Preparedness: Familiarize yourself with the location of your main water shut-off. This knowledge is

tial leaks.



invaluable in case of unexpected water leaks.

3. Pay attention to common leaky fixtures:

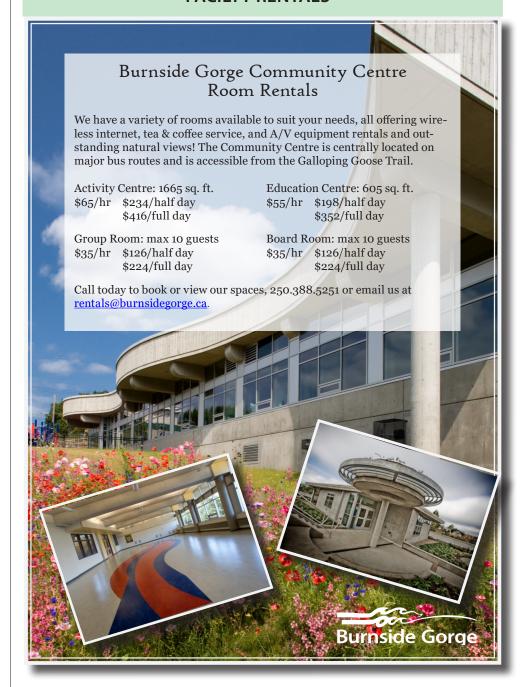
- **Toilets:** Silent water wasters! A running toilet can waste significant water up to 350,000 liters per year. You can easily check for leaks using a dye tablet, food coloring or instant coffee. If the water in your toilet bowl changes color after 15 minutes, you've detected a leak. Often, simple fixes like replacing a worn-out flapper can often solve the issue, but you may need professional help from your plumber.
- Faucets and Showerheads: Keep an eye out for drips! Even a small, intermittent drip can waste over 35,000 liters annually. Check for worn washers and "O" rings. A leaky showerhead may just need a tighter connection or a touch of pipe tape.

This year, we'll celebrate Fix a Leak Week from March 18th to March 24th. Join us in spreading awareness about leak detection and its role in reducing potable water loss.

Throughout this week, multiple locations in the region will offer free leak detection kits. These kits include toilet dye tablets, a showerhead flow rate measurement bag, an emergency water shut-off tag, and a handy household guide to water efficiency.

Visit <u>www.crd.bc.ca/leaks</u> to delve deeper into Fix a Leak Week and water conservation efforts in our region.

FACILTY 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 Tuesday and 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.





Rob Fleming, MLA Victoria-Swan Lake

Community Office 1020 Hillside Ave T: 250-356-5013

E: Rob.Fleming.MLA@leg.bc.ca

Serving your community

Burnside Gorge - Land Use Updates

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.

CALUC Community Zoom Meeting: To Be Determined

CURRENT DEVELOPMENTS

The Land Use Committee is currently working to determine the status of the final portion Doric / Carroll Street to Washington connector. The first portion of Washington Street is complete with a new crosswalk on Washington from Cecelia Road.

DEVELOPMENTS TO WATCH

All development applications within the City can be tracked here: https://tender.victoria.ca/webapps/ourcity/prospero/search.aspx

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:

133 -135 Gorge Road East

The development proposal for Phase 1 of development at 133 -135 Gorge Road East has been approved by Council. The building will include a commercial space along the Gorge Road elevation.

2816 Irma Street

A 7-unit ground-oriented townhouse Development has been approved by Council. The developer was required to split the original building into 2 buildings as requested by the community.

2615 Douglas Street

Merchant House Capital is proposing adding a brewpub, & distillery at 2615 Douglas Street, the site of the old Victoria Press Building. The project includes retaining the facade of the existing building and constructing offices, restaurants, a liquor store, and a commissary kitchen.

710 Caledonia Avenue & 1961 Discovery Street

A proposed development consisting of 3 towers of 17, 20, and 23 stories. It would include a large food store and a public landscaped space in the southwest corner. The 17-storey tower will be for below-market rental, the 21-storey tower will be condominiums and the other tower will be for market rental.

496 Cecelia Road

This project is 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 landscaped community gathering area. This unique partnership with the City of Victoria and School District No. 61 has 88 units of affordable rental housing. The ground floor will also house a childcare centre with 60 new childcare spaces. The buildings are anticipated to be complete by December 2024.



Calendar Listings

Birds of Spring and Summer in Victoria

Birds of the Spring and Summer in Victoria presented by Ann Nightingale (Director of Rocky Point Bird Observatory). Ann will show us how to identify and welcome Springtime birds of this Island.

Date: Friday, March 1

Time: 1:30 p.m.

Venue: St. Michael and All Angels Anglican Church (4733 W Saanich Rd.)

Admission: Free

https://www.tourismvictoria.com/events/birds-of-spring-and-summer-in-victoria

Victoria Women's Expo

We provide today's intelligent consumers with the platform to investigate and inform themselves with today's trends and up-to-date products, information and services. With 100+ exhibitors, you will see a wide variety of booths that are targeted towards women of all ages.

Date: Saturday & Sunday, March 2-3

Time: 10 a.m.-5 p.m.

Venue: Pearkes Recreation Centre (3100 Tillicum Rd.)

Admission: \$8 (general), \$5 (seniors/students/military), free (children 12 years and under)

https://www.tourismvictoria.com/events/victoria-womens-expo

Climate Ready UVic: Preparing for the Climate Emergency

This 90-minute session will bring you together with others from across the UVic community to confront and transcend anxieties about climate change. Anyone who is paying attention knows we are in a state of emergency; now more than ever, we need to work together to develop the skills to handle emergencies effectively.

Date: Friday, March 8 Time: 2:45-4:15 p.m.

Venue: UVic Multifaith Centre

Admission: Free

https://eventbrite.com/e/climate-ready-uvic-preparing-for-the-climate-emergency-tickets-838046468547? aff=ebdssbdestsearcheter. The contraction of the contraction

Rhodos and Azaleas 101

Join us to learn all about caring for your Rhododendrons and Azaleas. Topics will include planting, transplanting, varieties, pruning and trouble-shooting pests and disease. Space is LIMITED, reserve your spot now!

Date: Sunday, March 10

Time: 1-2 p.m.

Venue: Gardenworks Saanich (4290 Blenkinsop Rd.)

Admission: Free

https://eventbrite.ca/e/free-seminar-rhodos-and-azaleas-101-at-gardenworks-saanich-tickets-847231902427? aff=ebdssbdestsearch-tickets-847231902427? aff=ebdssbdestsearch-tickets-84723190247? aff=ebdssbdestsearch-tickets-84723190247? aff=ebdssbdestsearch-tickets-84723190247? aff=ebdssbdestsearch-tickets-84723190247? aff=ebdssbdestsearch-tickets-84723190247? aff=ebdss

Stories at Fern

Stories at Fern is the regular monthly meeting of the Victoria Storytellers Guild, where we gather to share stories, and listeners are always welcome.

Date: March 18, April 25, and May 20, 2024

Time: 7:30-9:30 p.m.

Venue: 1831 Fern Street, Victoria

Admission: Free for members and by donation for non-members

 $https://www.timescolonist.com/local-events?_evDiscoveryPath = /event/2231094-stories-at-fern-march-18-2024-7-30-pm-at-1831-fern-street-or-virtually-on-zoom at the property of the property$

Hanami: Blossom Market

40 local makers that love Hanami season when the blossoms remind us to slow down and enjoy the impermanent beauty existing around us. Enjoy seasonal Japanese Hanami treats, AKA green teas, Paradise Treats, Suribachi drinks and treats. There will also be a Sakura Photo Booth along with very special Sakura: Hanami: Ghibli inspired pottery, jewelry accessories made from kimono silks, cute gifts and stickers, anime art clothing and more

Date: Sunday, March 24 Time: 11 a.m.-4 p.m.

Venue: Fernwood Community Centre (1240 Gladstone Ave.)

Admission: \$2

https://www.tourismvictoria.com/events/hanami-blossom-market

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

info@burnsidegorge.ca

or call us at 250-388-5251!