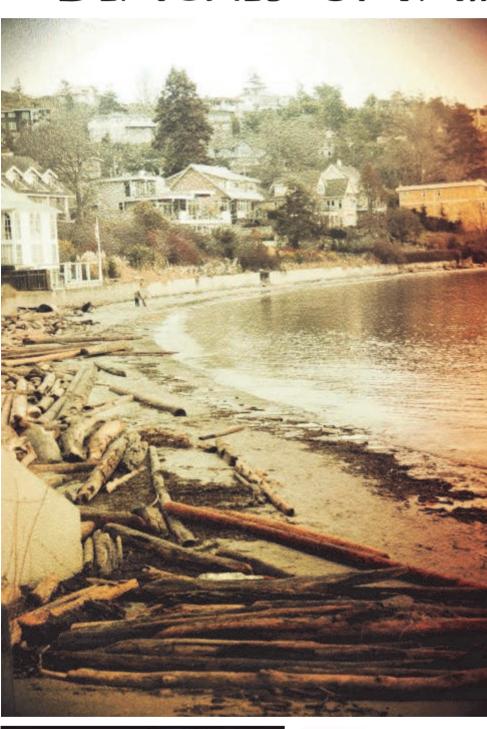
FAIRFIELD GONZALES PRING/SUMMER PROGRAM GUIDE INSIDE

BROUGHT TO YOU BY
THE FAIRFIELD GONZALES COMMUNITY ASSOCIATION

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BEACHES OF FAIRFIELD GONZALES



by Shannon Auringer

n any given day, the breeze will carry with it the sweet n' salty aroma of the Fairfield Gonzales's undersea gardens throughout the community. Its freshness sticks to our hair, clothes and skin. It's in our lungs and it's part of who we are, as Islanders. Rain, shine or even that once-in-a-lifetime-sasquatch-sighting of snow, there will always be a person or two combing the beaches or just out for some fresh air.

Of all the communities in the Greater Victoria area, Fairfield Gonzales is truly unique to have the most amazing beaches run alongside us. Beach Drive offers an array of textures and adventures with each nook, from the border of Oak Bay all the way down to Clover Point. There is a mixture of different landscapes that evoke the imagination, or just create peace, depending on the mood of the day. Between the flat sand and pebbled shores of Gonzales Beach, which calls out for sandcastles to be resurrected, right down to the round paintable delights of Dallas Road, that beg to be skipped out to sea.

With the vast array of different looks of each of the beaches, the entire coastline has one thing in common; driftwood. Big, small

and distorted logs wash up along the beaches like Picasso's canvas: nature's decorations. Kids build forts, dog fetch from the ocean and artists pluck out the interesting pieces that call for another life. The possibilities are endless for imagination and recycling. At Gonzales Beach, a resident on the water had created words with driftwood, "Just Breathe" surrounded by wooden hearts. Just recently on one of my walks, I noticed it's been removed. I'm giddy to see what replaces it. Many beach homes use the driftwood to line their property lines for a true to nature form of fencing. At the top of Dallas road by the Ross Bay Cemetery, there are driftwood castles and caves build from the imaginations of young and old. They await new people to come and play in them or pose for a picture in front, making an amazing background.

So whether you're out for a stroll or ready to breathe in some inspiration, the shores of Fairfield Gonzales are ready for you. Go alone or a bring a friend, but by all means be sure to go. It's an experience that so many people dream of and here it is at our fingertips. It's our backyard.

Photos: Shannon Auringer







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ABOUT

The Observer is a semi-annual, volunteerrun, community newspaper brought to you by the Fairfield Gonzales Community Association.

Article submissions do not necessarily reflect the opinion of the Fairfield Gonzales Community Association.

We are always looking for contributors to join our team. If interested, please contact Vanya at (250)382-4604 or development@fairfieldcommunity.ca

> Past issues available on our website www.fairfieldcommunity.ca

To receive an electronic copy email place@fairfieldcommunity.ca

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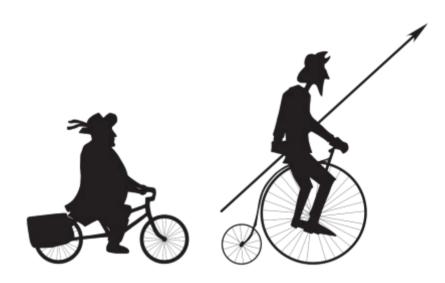
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POEM • KIM SHORTREED

A Quixotic Sonnet for a Rueful Ride

T'would diminish not their noble sojourn if old Rosinante was a wheeled steed and Quixote's rump was bike-saddle born. Were Panza's plump Dapple a bicycle, he'd endure all the same jeers and mocking (his panniers stuffed taut as Christmas stockings): Jests and capers would still come a'knocking!

True, perhaps, the pair need dodge flints and rocks... but roads less traveled demand a steep toll, of sweat, pain, and toil—the rich soil of life: All a pittance for a grand odyssey! For unconquerable, insatiable strife is borne better on the choicest of rides, whose welcomed comforts do soften our hides.



Poem and images by Kim Shortreed-Webb

This poem is part of a forthcoming collection called *Spoke* and Word: 32 Poems About Bikes. Thanks to the Words Count poetry group for their continued support and inspiration.

WORD FROM THE PRESIDENT

By Lynn Beak, President, Fairfield Gonzales Community Association

n Official Community Plan Ross Bay Village (Fairfield plaza (OCP) is one of the most **L**important guiding documents for a community, and Victoria has a new one. Victoria's OCP is a 30-year plan, adopted by Council in 2012 and it "focuses on vibrant, walkable villages and town centres while maintaining the downtown core as the heart of the region. It introduces a new approach to landuse management by recognizing the unique neighbourhood character and sense of place of different parts of the city, and emphasizes sustainable transportation such as walking, cycling, and transit", to quote from the City website.

In our Fairfield Gonzales area, the OCP identifies 1 large village centre; being Cook Street Village; and 5 small village centres: being

area); Fairfield at Irving Village; Oak Bay Avenue Village (south side of Oak Bay Avenue); Five Points Village (Fairfield and Moss); and Moss Street Village (at Moss and May). In the OCP, Cook Street Village and Ross Bay Village are identified as being in need of local area plans.

However, development pressures continue, despite the lack of up-todate local area plans. There is a much needed community dialogue about what sustainable growth means for Fairfield / Gonzales and we call on the City to support timely new local area plans as a means to that dialogue. We look forward to participating in the planning process, especially for the Cook Street village.

New plan would remake south end of the Village

By Sid Tafler, former director, Fairfield Gonzales Community Association

t's déjà vu all over again for Fairfield Gonzales residents who care about the Cook Street Village. And I expect that's nearly all of us.

Again, a developer is proposing to remake a significant block of the Village, replacing four small rental buildings on Oliphant and Cook Streets with a five-storey condo and commercial complex stretching almost to Park Boulevard.

The plan has many implications: the siting of this large development at the southern end of the Village, the loss of affordable rental housing in Fairfield, the impact on the community and on immediate neighbors on Cook, Park, Oliphant, Chapman and on Beacon Hill Park.

A projected overview of the plan was presented to Fairfield Gonzales Planning and Zoning (P&Z) Committee last Dec. 15, but many residents were unaware (and many are still unaware) of the plan and missed the meeting.

At the urging of residents, the city has called for a new meeting before the P&Z committee, likely later this spring after the city's initial review of the plan.

The new building would be 20.3 meters (66.6 feet) at its tallest point, the main part of the roof three meters lower.

It would have 61 residential units, including nine rental suites, and 875 sq m (9,420 sq ft) of commercial space on the ground floor, almost the same size as Oxford Foods. The city's Cook Street Village Guidelines call for residential use only in that part of the Village.

The height is of particular concern, as it may set a new standard and a precedent for other developers. The building would be higher than any other on lower Cook Street and would dominate the south end of the Village --a low-rise, human scale, walkable shopping and meeting area shielded by mature chestnut trees--and to many people, the heart of Fairfield.

Another issue is premature evictions and demolition of the current rental buildings--12 units in two small apartments and two houses--which

has occurred elsewhere in the Village, sometimes two years prior to development, an eyesore to residents, businesses and shoppers.

Asked if he would refrain from these measures, developer Leonard Cole said, "Certainly, yes."

Eight residents of the Village and the community met recently with planning officials at city hall and four with Councilor Chris Coleman, council's Fairfield liaison, to review the proposal and discuss concerns.

Since then, a copy of the plan has been submitted to the FGCA office, where it is now available.

Ten years ago, after a long, drawnout battle with the community, three houses, an apartment building and a row of one-storey commercial businesses were demolished to make way for the Castana condo and commercial development at Cook and Sutlej.

Since then, the Village has attracted chain-store outlets and has lost amenities like the laundromat and the cobbler, along with affordable housing units, essential for many seniors and lower-income residents.

Some residents like the idea of increased density in the Village, but others wonder if this project is suitable for the area.

The new Official Community Plan for the city, passed in 2012, calls for the formation of a detailed Local Area Plan for the Village, with extensive community involvement, but there is apparently no time frame for this plan.

At a recent community meeting, Mayor Lisa Helps said council will consider in March whether to expedite several village plans into the coming year's agenda.

If the city continues to delay, the Cook Street Village we know today will no longer exist by the time this planning process begins.

If you care about the Village and our community, please contact Mayor Lisa Helps and councillors about this issue at councillors@victoria.ca and drop me an email at stafler@netbc.com for more information.



The site of the proposed development. Photo: Sid Tafler

Exciting opportunity for Cook Street Village

By Leonard Cole, Urban Core Ventures

'm working on an exciting opportunity for redevelopment and revitalization on the southwestern edge of Cook Street Village. The plan is to replace 4 existing buildings at the corner of Cook and Oliphant Streets with a new 5 storey building with 61 new residential units and 9,500 square feet of additional commercial space; space enough for 5 new businesses. The project includes parking for 20 cars above ground and 56 underground spots.

These properties, assembled for redevelopment in the 1980's, have been part of Cook Street Village since well before that time. The 1984 Cook St. Neighbourhood Plan and previous Official Community Plan show this site as having potential for a 4-storey apartment building. My proposal for 5 storeys (4 storeys residential and 1 storey commercial) is in keeping with the "Large Urban Village" designation approved in the 2012 Official Community Plan (where up to 6 storeys can be considered)

Although the project still has to go through rezoning, neighbours are already giving us lots of ideas for the types of new businesses they would like to see in the project. This is one of the only opportunities to see additional commercial in the Cook Street Village. We're also hearing from people, young and old, who are interested in quality alternative housing in the Village; first time buyers and those interested in downsizing in their neighbourhood.

As part of the project I'm committed to many important issues; implementing a parking plan that will maximize the usefulness of the parking for the Village, replacing the rental units that I'm removing with nine new rental units, and protecting the wonderful street trees.

de Hoog & Kierulf Architects and I are still working on the plans with city staff but once we've incorporated changes, based on what we've heard so far, I'll be posting a web site with information and hosting open houses to discuss the project. My vision is for this project to become an integral part of the Village. Please feel free to contact me if you have any questions, ideas or want to find out more about the project:

len@urbancoreventures.com 250-885-0190



Editor's note: The articles on this page are opinion pieces and do not necessarily reflect the opinion of the Fairfield Gonzales Community Association.



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FOCUS ON CHILD CARE

association are acutely aware of the challenges of finding quality childcare. It is difficult for many families to find any available space, let alone one that fits a family's schedule, finances, and philosophy. We invite our readers to take the time to learn more about the realities of raising a family today. A recent report by TD bank economists states that analysis shows the return on investing \$1 in early childhood education is excellent; from \$1.5 to \$3.\frac{1}{2}\$ The adage "it takes a whole village to raise a child" still holds true. What is our village doing for its children?



Photo: Cyler Parent

MY DILEMMA

By Danielle Davis

S he sits across from me with the biggest smile on her face.

"Danielle" She says "We would like to offer you a promotion." "Really?" I ask.

"Yes." With a huge grin she goes on to describe what the promotion entails. A wage increase, increased hours, more responsibility, more autonomy, and benefits.

"We understand childcare may be an issue, so you can do some of the admin work from home."

"Wow," I either say or think. I am certain I said thank you but I can't be sure. I was in a bit of shock.

I want to tell you I was bursting with joy and excitement. I want to tell you I jumped up and said "Thank you, I'll take it!" I want to tell you that but I can't. What I was thinking at that exact moment was "can I afford to take this opportunity." The organization had thought of the child-care issue, but I knew my track record of being able to work from home with

a three, soon to be four year old running around the house. Blog posts, admin, feedback that I used to be so good at getting done in a timely manner has taken a back seat to snuggles, walks, playing, cleaning and the constant feeding a growing preschooler needs. I knew that if I chose to take this opportunity, I would need child care. Child care costs money. So the numbers start rolling around in my head.

The meeting is over. She asks me to let her know by the following Friday if I will take it.

I go home and I look at the numbers and the reality of the situation is this: even with an increase in hours and wages, my monthly income will be greatly reduced by taking this position. The cost of childcare will take up what extra income I could be bringing home and then some. Based on finances, taking this promotion will hurt my family.

How can this be okay? How can

we live in a time or place where this is our reality? I love my job, I love what I do, I so desperately want to take this promotion and be happy.

During the last provincial elections we heard the slogan 'families first'. We heard our premier talk about growing a healthy economy. There was an early years strategy, which was fantastic and welcome news. New childcare spaces would be created. I don't feel like families are first. It's all well and good to create more childcare spaces but if you can't afford those spaces what are our options? Doesn't my contribution to the economy matter? Affordable childcare is part of a healthy economy. More importantly I am part of a healthy economy.

In the end, I patched together care I could afford with some help from my family. It wasn't ideal and it wasn't easy, but I took the promotion and felt valued and honoured by the opportunity.

Canada ranks 1ast among comparable OECD countries on early learning spending. 1



SEARCHING FOR CHILDCARE

by Sharon Larade

s new parents and members of the FGCA community, our family's first experience with childcare was when our son entered Moss Rock Preschool, a morning preschool program held at Fairfield Community Place. We knew that eventually we would have to look elsewhere for full time childcare, as one of us was returning to work full time following parental leave.

What we experienced as part of the Moss Rock community quickly became the standard we were searching for in future full-time care. Our son had started at Moss Rock in summer camp, and continued in preschool for the fall and winter. We immediately felt at home with the friendly caring staff, their philosophy, and the presence of calm busy kids. There was plenty of support for us as parents as well as attentiveness to our son's needs. It also provided a valuable place for our son to make some great friends, and we would have loved to continue into childcare, then Kindergarten and school within the Fairfield Gonzales family.

Costs are for the most part comparable, but finding programs that opened early enough and stayed open late enough for drop-off/pickup was a challenge. Accessibility was also a challenge: who offered truly full time care for 12 full months of the year and the hours we needed? Many of the prospective programs lacked the program elements and friendly educators we were used to at Moss Rock.

As we considered our options, we were lucky that spaces were available in two centres that interested us. In the end, we decided on the program that offered the most continuity, and a great outdoor space rather than the one that was located closest to our home. The cost of housing for families in Victoria is also a factor in childcare, as it impacts where people can afford to live and where services for families are located.

Key components in our search were ensuring good quality care

(trained educators, outdoor space and time, calm, busy environment) and minimizing transitions for our son. We knew we had to make a change, but wanted to make one big one in February – not several transitions in a short period of time (one in February, and another two changes in September as he started school and an out of school program.) We opted for a full time preschool that also provided before and after school care for Kindergarten/Grade 1 students. This would provide continuity of place, educators and peers for a few years. I'm confident that the choice we made was right for our family.

Now it's my turn to experience a transition as I end parental leave. Our thanks to the Moss Rock team for their loving care and attention to our whole family in this important first year. And to the parents and children in Moss Rock, we hope to stay connected.



Photo: Cyler Parent

Child care costs in BC for one child are about 30% of a woman's income.²

The average monthly cost of licenced group day care for an infant in Victoria is \$1093.

- $1. \quad TD \; Bank, \; www.td.com/document/PDF/economics/special/di1112_EarlyChildhoodEducation_pr.pdf$
- 2. CCPA, The Parent Trap, www.policyalternatives.ca/sites/default/files/uploads/publications/National% 200ffice/2014/11/Parent_Trap.pdf
- 3. CCRR, Info sheet

Transforming our Early Years Patchwork

In the fall of 2014, Success By 6, South Vancouver Island hosted a forum to create a dialogue about early years services. Based on the input we received, a regional early years action plan is being developed. The focus of the action plan is a move toward supporting collaboration and integration between early years services, and the idea of seamless (one-stop shop) services linked together, to offer parents a range of programs (child care, family support, preschools, kindergarten, health programs etc.) to meet their needs. Research has consistently demonstrated the effectiveness and benefits of services that work collaboratively to support families with young children.

Check out the Early Years Action Plan and other information about early childhood in our region on our website: successby6victoria.ca



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SPECIAL EVENTS

CLOTHING SWAP

Come to the Place on the fourth Saturday of the month for a family clothing swap. Bring along your beloved but outgrown items to exchange for new duds! Clothing will only be accepted during the event hours and all remaining items will be donated. 4th Saturday of the month

Mar 28, Apr 25, May 23, Jun 27, Jul 25, Aug 22 10:00 a.m. - 1:00 p.m. By donation

FAIRFIELD COMMUNITY PLACE IS YOUR PLACE

Come join us here at the Fairfield Community Place on the last Monday of the month for board games, guitar jamming, clothing exchanges, book clubs, video games, and free computer access. This is your opportunity to get connected with the community by sharing a space with like -minded individuals. We welcome new ideas so bring your creativity and energy. All ages are welcome and by donation. For more information call 250-382-4604 or Does not run during July & August.

Last Monday of the month Apr 27, May 25 6:00pm - 8:00pm

By donation

PRESCHOOL AGE

PARENT & TOT DROP-IN (BIRTH - 5 YEARS)

An opportunity for young children and their caregivers to meet and play in an informal atmosphere with toys, books and crafts. Snack provided. Does not run during July &

Tuesdays and Thursdays 9:00 a.m. - 11:00 a.m.

KINDERGYM DROP-IN (WALKING - 5 YEARS)

A time for preschoolers and caregivers to play and learn together in a fun, positive environment. Gym equipment is set up, upon which children can explore. Does not run during July & August.

Mondays 9:00 a.m. – 10:30 a.m.

\$2 - LIFE cards welcome

LEARN & LAUGH...THEN LUNCH!

Step out of our regular drop-in for a brief discussion on parenting issues with other caregivers while your children continue to socialize in our parent & tot drop-in. Then everyone gathers for a simple soup & bread lunch. Does not run during July & August.

Thursdays

10:15 a.m. - 11:00 a.m. By donation

FIVE POINTS PRESCHOOL (3 - 5 YEARS)

Children learn through play. Play provides children with opportunities to explore, investigate, and practice skills. Children build knowledge through hands-on experience or through the direct manipulation of objects and materials. The emphasis in our program is on process learning. We provide this by offering choices within a framework, facilitating problem solving, redirecting and encouraging independent exploration of the environment.

Monday, Wednesday & Friday Sep - Jun 9:00 a.m. - 11:30 a.m. \$170/month

MOSS ROCK PRESCHOOL (3 - 5 YEARS) Our goal at Moss Rock Preschool is to provide educational opportunities of exploration in a vast number of areas, such as nature, community, art and social interactions. Our focus is heavy on exploration based learning in a warm, diverse and nurturing environment. We pay close attention to the choices preschoolers make and, with that, continue to create an evolving program that best suits the children's' individual needs.

Monday to Friday 2 days a week \$130/month 9:00 a.m. - 12:00 p.m. 3 days a week \$140/month 4 days a week \$255/month Sep - Jun 5 days a week \$315/month

SPORTBALL - JUNIOR (16 - 24 MONTHS)

This program is a perfect introduction to Sportball. Children and parents participate in sports, creative games, songs, rhymes, stories, bubble time and more! Although these programs focus on exploration, children will be introduced to a different sport each week. Parents are encouraged to participate with their child and to challenge them according to their skill level.

6/\$84

Thursdays, Mar 26-Apr 30 9:00am-9:45am

Thursdays, May 7-Jun 11

9:00am-9:45am 6/\$84

SPORTBALL - PARENT & CHILD (2 - 3 YEARS)

Parents/grandparents/caregivers are guided through activities with their little sports fan using the awardwinning 'Sportball' curriculum, which provides the basic concepts and skills behind seven popular sports: baseball, basketball, golf, hockey, soccer, tennis and volleyball. These programs develop important gross motor skills and help parents learn proven coaching techniques, plus it's really fun! Thursdays, Mar 26-Apr 30

9:45am-10:30am 6/\$84 Thursdays, May 7-Jun 11 6/\$84 9:45am-10:30am

SPORTBALL - MULTI-SPORT (3-5 YEARS)

Multi-Sport programs focus on skill development in eight popular sports: football, soccer, hockey, baseball, basketball, tennis, volleyball and golf. Participants learn, rehearse, and refine sports skills in a positive, encouraging, and non-competitive atmosphere.

Programs are carefully designed to focus on the child's gross motor development. Through creative instruction, customized sports equipment and positive encouragement, children develop balance, strength, coordination, stamina, and timina.

Thursdays, Mar 26-Apr 30 10:30am-11:30am

Thursdays, May 7-Jun 11 6/\$84 10:30am-11:30am

SPORTBALL - SOCCER

Learn the fundamental skills necessary to excel in soccer: throw-ins, dribbling, passing, goalie skills and more. The first half of each session is dedicated to skill development. The second half features a non-competitive game, demonstrating field positions and the importance of

2-3years Wednesdays, Apr 22-Jun 10 5:15pm-6:00pm 8/\$112 (+\$15 jersey fee)

2-3years Wednesdays, Jul 8-Aug 26 5:15pm-6:00pm 8/\$112 (+\$20 ball & jersey fee) 3.5 - 6 years Wednesdays, Apr 22-Jun 10

3.5 - 6 years Wednesdays, Jul 8-Aug 26 6:00pm-7:00pm 8/\$112 (+ \$20 ball & jersey fee)

8/\$112 (+\$15 jersey fee)

SPORTBALL MULTI-SPORT CAMP (3 - 5 YEARS)

6:00pm-7:00pm

By donation

What a fantastic experience for a child! Sportball camps focus on the eight core Sportball sports including hockey, soccer, tennis, baseball, basketball, volleyball, golf and football as well as arts and crafts, snack time, stories, music, co-operative games and theme days. Camps are run indoors and outdoors, depending on the location and weather. Please bring a hat, nut-free snack, refillable water bottle and sunscreen.

Monday-Friday, Jul 27-Jul 31 \$140 9am-12pm Monday-Friday, Aug 17-Aug 21 \$140 9am-12pm

SCHOOL AGE

OUT OF SCHOOL CARE (5 – 12 YEARS)

Emphasizing fun, safety and fair play in a positive environment, our licensed before and after school programs are play-based and child-focused in nature. Our staff view children as individuals with their own ideas, cultural beliefs, abilities and interests, and strive to provide a safe and stimulating environment. We offer licensed care for children who attend Sir James Douglas & Margaret Jenkins Elementary Schools.

2 days a week \$200/month After school care 3 days a week \$250/month 2:50 p.m. - 6:00 p.m. 5 days a week \$300/month

5 days a week \$100/month Before school care 7:00 a.m. - 9:00 a.m.

Before school care drop-in 1 day/\$5.00 1 day/\$25.00 After school care drop-in

YOUTH ZONE

A registered program for grades 5 and 6 with expanded programming and workshops. Monday, Tuesday, Wednesday Sep - Jun 3:00 p.m. - 5:00 p.m. \$100/month

CHILL ZONE YOUTH DROP-IN Drop-in program for youth in grades 5 to 8.

Thursday and Friday Sep - Jun 3:00 p.m. – 5:00 p.m. By donation

ADULT

AFRICAN HAND DRUMMING (LVL 1)

Have you ever wanted to learn to play music in a welcoming group setting? It's a fun way to unwind and energize while meeting new friends! African drumming has proven health benefits, and is easy for anyone to learn at any age. No need to own a drum. New students can sign up at any time (classes are pro-rated from start date). Beginners are welcome and drums are provided. Award-

winning instructor Jordan Hanson uses a progressive, easyto-follow teaching style. Each new student receives a 24page handbook & instructional DVD for playing along at home, www.drumvictoria.com Tuesdays, Jul 7-Aug 25

8/\$128 7:00pm-8:15pm

AFRICAN HAND DRUMMING (LVL 2)

For students who have taken LEVEL 1 for at least one year, and are comfortable playing bass, tone and slap notes. Develop your sense of timing, polyrhythm, and syncopation. Learn traditional solo phrases and rhythmic breaks. www.drumvictoria.com

Tuesdays, Jul 7-Aug 25

8:15pm-9:30pm 8/\$128

YOGA-YIN

6/\$84

This session will target the main joints of the body (hips, back and shoulders). Classes are kept at a peaceful and mindful pace to allow deeper exploration of poses and cultivate greater somatic awareness. Yogic poses are maintained mainly in a seated or reclined position from 3 to 5 minutes. Practices are supported with guided meditative and relaxation techniques, including breathwork. Suitable for all levels.

Thursdays, Apr 16-Jun 18 10/\$80 5:00pm-6:15pm

YOGA - TENSEGRITY REPAIR SERIES

All levels welcome to this unique yoga practice developed by Gioia Irwin. Done with ease and repetition these movements seek to restore the connective tissue allowing optimal sliding and hydration between the muscle layers. Wednesdays, Apr 15-May 13

Wednesdays, May 20-Jun 17 9:15am-10:15am 5/\$40

YOGA - HOME PRACTICE PRIMER

This workshop is designed to help create the ideal home practice environment. The workshop will cover the following: preparing your space, designing a yoga practice for both the am and pm, understanding a balanced practice, DIY prop set up, meditation and breath -work. Printed materials will be provided.

Friday, June 5th 5pm-7:30pm

YOGA - IYENGAR SUPPORT AND RESTORE (NEW)

Join us for an hour of gentle yoga in the lyengar method. A practice to support and restore.

1/\$30

11/\$121

Thursdays, Apr 16-Jun 25 (no class May 7th) 10/\$90 12:30pm-1:30pm

YOGA - IYENGAR BEGINNERS

The Iyengar approach to Hatha Yoga encourages a balance between flexibility, strength and endurance by emphasizing correct body alignment and precision. Enjoy a sense of well-being and increased relaxation. Tuesdays, Apr 14-Jun 23

11:00am-12:30pm 11/\$121 Tuesdays, Apr 14-Jun 23

YOGA - IYENGAR INTERMEDIATE

The Iyengar approach to Hatha Yoga encourages a balance between flexibility, strength and endurance by emphasizing correct body alignment and precision. Enjoy a sense of well-being and increased relaxation. Tuesdays, Apr 14-Jun 23

5:30pm-7:00pm 11/\$121

SPRING FOREST QIGONG

7:00pm-8:30pm

Spring Forest Qigong (SFQ) is a simple, efficient and effective method for helping you heal physical and emotional pain to enhance the quality of your life and the lives of others. Anyone and everyone, regardless of ability, age or beliefs can practice the techniques of SFQ and become healthier and happier. Wednesdays, Apr 22-Jun 24

6:00pm-7:00pm

10/\$100

Join us for one of the fastest growing Latin danceinspired fitness crazes across the world! People of all ages are falling in love with its infectious music, easy-tofollow 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

Mondays, Apr13-Jun 22 (no class May 18) 5:30pm-6:30pm Mondays, Jul 6-Aug 31 (no class Aug 3) 8/\$64 5:30pm-6:30pm Thursdays, April 16-Jun18 6:45pm-7:45pm 10/\$80 Thursdays, Jul 9-Aug27 6:45pm-7:45pm 8/\$64

ZUMBA® TONING

It's an exciting, Latin inspired, dance 'n tone program. This is the original dance-fitness class taken to the next level. **ZUMBA® TONING** is an innovative muscle training program with the addition of light weight toning sticks. We provide the 2 1/2 lb, sand filled toning sticks, which are very similar to maracas. In a relatively short period of time, this challenging workout helps in building coordination and muscle endurance. Now that you've worked on your lower body rhythm, it's time to perfect the upper body! The NEW and exciting Zumba toning program is designed to offer the participant a safe yet effective total body toning workout! This class is open to everyone, no previous dance or ZUMBA® class experience necessary.

Tuesdays, Apr 14-Jun 16 6:45am-7:45am	10/\$80
Wednesdays, Apr 15-Jun 17 5:30pm-6:30pm	10/\$80
Fridays, Apr 17-Jun19 6:45am-7:45am	10/\$80
Wednesdays, Jul 8-Aug26 5:30pm-6:30pm	8/\$64

ZUMBA® 15-15-15

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FACILTY RENTALS

FAIRFIELD GONZALES COMMUNITY ASSOCIATION

the place to connect

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Kiran is back teaching Bollywood! Her popular and

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An introduction to the basics. Learn grammar,

pronunciation, reading and writing, as well as common

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(Textbook "Learn Spanish the Fast and Fun Way by Gene

This course will take a more in depth approach to

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"Learn Spanish the Fast and Fun Way" by Gene Hammet

We have a computer and printer available for community

use to access the internet, email and word processing

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Tuesdays during the school year, ending Jun 23

6/\$90

10/\$90

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1/\$3.50 (school gym

SPIRIT OF BOLLYWOOD

welcoming environment.

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7:00pm-8:00pm

Wednesday, May 13 - Jun 17

SPANISH FOR BEGINNERS I

Hammet" not included in price)

SPANISH FOR BEGINNERS II

Wednesdays, Apr 22-Jun 24

7:00pm-9:00pm

not included in price)

Monday to Saturday

9:00 a.m. - 3:00 p.m.

7:00pm-9:00pm

Wednesdays, Jul 8-Aug 26

PUBLIC COMPUTER & PRINTER

The Fairfield Gonzales Community Association is the perfect location to host a meeting, workshop, special event, family function, dance, dinner or fundraiser.

- 250-382-4604 for info & bookings
- www.fairfieldcommunity.ca for FAQs & photos
- Tables and chairs are included with all rentals.
- All rooms are wheelchair accessible including washroom facilities.

GARRY OAK ROOM

An open, multi-purpose room with large windows. 1500 square feet, 80 people can be seated or 100 standing. Sound-system and microphone included. Located adjacent to the Sir James Douglas School, access is from 1335 Thurlow Road.

\$50 Hourly

\$150 Half day (9am-3pm or 4pm-10pm) \$250 Full day (9am-10pm)

CORINNE'S KITCHEN

A 900 sq. ft. commercial kitchen with 12 person seating around large, stainless steel counter. Gas grill and oven, electric cooktop, commercial fridge and sanitizer. Accessed through shared foyer with the Garry Oak Room.

To add kitchen to rental, if available

This self-contained space is perfect for meetings, workshops or rehearsal space. Windows let light in from two sides overlooking Porter Park. It is available until 2:30 pm daily, evenings after 6 pm and all day weekends.

OUT OF SCHOOL CARE (OSC) ROOM

The large room that we use for Out of School Care faces south making it a very sunny and warm meeting place. Suitable for gatherings of 20 -30 people and is available for weekend and evening

FAMILY ROOM

A bright comfortable room suitable for small gatherings of 20 people, available during evenings and weekends. It has a small living room type corner and adjustable tables. Large windows face west.

RATES FOR ROOMS OTHER THAN THE GARRY OAK

Hourly (2 hour minimum) \$30

Hourly (for a 3 - 5 hour rental) \$150 Flat rate for 6 or more hours



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WHO IS THE FGCA?

The Fairfield Gonzales Community Association (FGCA) is a charitable society established in 1975 by a group of dedicated residents. We are governed by a Board of Directors and provide services to over 20,000 users annually. Our mission is to enhance the quality of life where we live.

Board of Directors

Lynn Beak **President**Doug Tolson **Vice President**Susan Snell **Treasurer**Christopher Schmidt **Secretary**

Directors

Torrance Coste Jason Taylor Scott Davis Anne Tomyn Forrest Smith George Zador

The FGCA runs Fairfield Community Place, a neighbourhood hub for programs and services, at 1330 Fairfield Rd. Drop by and see us!

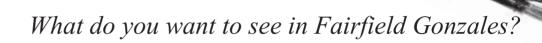
FAIRFIELD GONZALES COMMUNITY SURVEY

In 2015, the FGCA is celebrating **40 years** of serving the community!

We want to hear from YOU~

How are we doing?

What could we do better?



Add your voice to the conversation!

Go to <u>fairfieldcommunity.ca</u> to take the survey online or drop in to the community centre to fill one in before March 23rd.

YOUTH PROGRAMS AT THE FGCA

he Fairfield Gonzales community has been asking for more programs for its youth, and this year the FGCA has delivered.

Through a grant from the United Way, we were able to expand our Jump N' Start outreach program to the high school years for the very first time. The support and encouragement of the youth in this group were an essential part of receiving this funding, and they continue to practise their leadership skills in meaningful ways. They have already raised money for two local charities, applied for and received a grant to hold a youth mini-Olympics in May, and led activities for the younger Jump N' Start groups. We can't wait to see what they accomplish next!

We have also been able to expand Youth Zone and Chill Zone this year because of high demand for the programs. Kids from grades four to six take ownership and lead the

programming of this dynamic group. They have done a range of activities, from making anti-bullying videos to drawing the cool art you see here!

FGCA youth program staff have also had the opportunity this year to participate in the Youth Program Quality Initiative (YPQI). Research has shown that participating in high quality programs can positively influence outcomes for youth. Skilled staff are an essential part of creating safe, engaging, high quality youth programs, and the YPQI program has allowed our staff to practice excellence in their work.

These programs keep kids connected to each other, to mentors, and to the wider community. A great way to support them and ensure their longevity is to come to the Fairfield Gonzales Gala on April 11th. We couldn't do it without you!



Drawing by Devon
—Chill Zone



Drawing by Kamryn
—Chill Zone

GET INVOLVED WITH THE FGCA!

Drawing by Gabe

—Chill Zone

1. Attend the Fairfield Gonzales Gala

- 2. Become a subscriber
- 3. Donate to the FGCA
 - 4. Volunteer with us
- 5. Like us on Facebook

EXPLORE FAIRFIELD.S ARTIST STUDIOS

Saturday, May 2 & Sunday, May 3, 2015 11am - 4pm

The Fairfield Artists Studio Tour is an annual self-guided tour that provides art-lovers an opportunity to meet local artists, tour their studios and view their work while exploring the beautiful neighbourhood of Fairfield.

The free, weekend-long community event is on May 2 & 3, 2015 from 11am to 4 pm. It is a celebration of the rich variety of art being created in Victoria. Established and emerging artists open their studio doors to the public to display their fine art including painting, pottery, glass, jewellery, textiles and photography.

Now in its fourteenth year, The Fairfield Artists Studio Tour attracts a large group of talented artists and hundreds of visitors who can be seen walking, cycling and driving around the neighbourhood in search of inspiring art and the people who create it.

Most artists will be offering their works for sale at a broad range of prices. Visit our map page to plan your route and find pick-up locations for free tour brochures with maps with artist information.

We look forward to welcoming you to our studios.

www.fairfieldartistsstudiotour.com

~Aura Arindam





Breakfast - Lunch - Dinner - Take-out

355 Cook St. Open 8:00 am - 9:00 pm Monday - Sunday

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All-Day Breakfasts Lunch Specials Dinner





EAT FAIRFIELD By George Zador

he pleasure of partaking in good food and drink is a notable aspect of our social wellbeing and we are fortunate to be served well in such endeavors in Victoria. If you haven't heard it before, read it here: Victoria has the second largest number of restaurants based on population, in all of North America! This means that I could eat in a different place every day for two to three years, should my budget (and stomach) allow.

My idea of eating well has little to do with price, being old enough to know that high priced meals do not always equate to high quality. I don't want to be called a foodie, or a gourmet; former colleagues I have had business lunches with called me a seagull; "George eats everything" that I have countered with "but only if tastes good!" My needs are simple: I'll take quality over quantity, but don't leave me hungry: fair price for respectfully made and served tasty food, and spare me the cannon-sized pepper grinder. A picky eater I am not, yet I have caused a number of raised eyebrows when answering the restaurant server's question "How was your meal, Sir?" with "This poor animal (chicken, pig, cow or lamb) has died in vain!" But I still tipped decently.

If you favour the "Eat Local" movement, you are in luck in Fairfield; we have an abundance of culinary destinations for just about every taste. I have personally made a good dent on the list by sampling their fares over the past couple of years, and I was never disappointed. So now, on to breakfast, lunch, or dinner; let's start in the "Heart of Fairfield", Cook Street Village, and in no particular order:

The Beagle Pub, one of the oldest sources of nourishment in Fairfield, serves great pub food in sizeable portions and a raft of Island beers. Bubby's Kitchen is a place for any meal, and the line-ups waiting for a table spells "popular". Rosie's Diner with all-day breakfast and home-style meals is a little gem with the funkiest décor. If you are craving the best pizza coming from a wood-fired oven, head for Pizzeria Prima Strada. A little place for soups, salads and sandwiches made with love

and flavor is the **Hot and Cold Café**. A burger on your mind? A large number of patrons swear that **Big Wheel Burger** is hard to beat anywhere. News flash; on Sutlej, just around the corner from Cook Street, a newcomer to the area is, **The Next,** offering modern Japanese cuisine in a bistro setting.

Now that we have covered a couple of blocks on Cook Street, turn in to McKenzie, and just steps away is the Cook Street Village Food Court, a quaint place housing Mexican, Japanese and Ethiopian eateries, all with tasty offerings. Then, head over to Five Corners to find what my grandkids call "yummy finch and chimps" at Fairfield Fish and Chips in a tiny spot with major claims to fame.

Further afield at the Fairfield Plaza, the popular Ross Bay Pub serves up a wide selection of dishes and just a few steps over, Oregano's Pizza and Bistro turns out pizzas in more than a dozen varieties. Across the parking lot is Sushi Field, very sensibly located to satisfy the tired shopper's yen (pun intended) for sushi or sashimi.

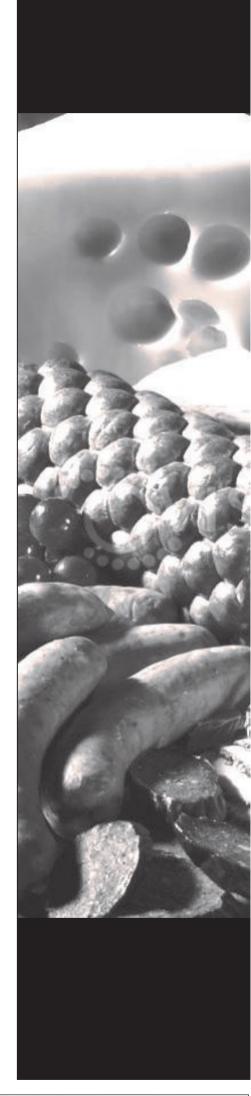
Back to Cook Street and going north, by the corner of Meares, there are two long time caterers to the stomach: Bubby Rose's Bakery & Café dishes out great soups, sandwiches and Bubby's specials. Alongside is My Thai Café for a taste of Thailand.

Respecting the geographical limits of Fairfield, we can venture to the edges of the map; on Blanshard near Fort is **Be Love** with a creative vegetarian, all organic ingredients menu, and cheek by jowl, there is **La Taquisa**, well established as a go to place for things Mexican.

Now turn east onto Fort Street and just around the corner is **Fish Hook**, offering the most creative open-face sandwiches, soups and curries, and **Chorizo & Co.** serving up a taste of Spain. Then further up the street is **Sookjai Thai** with an extensive menu of authentic Thai food.

That's a pretty good selection for our primarily residential area, and I haven't even counted fast food and take-out places, or coffee houses with their sinful desserts.

So, take your pick, try them one at a time and bon appetit!





Live music every Thursday night from 6pm - 9pm (no cover)





YOUR HEALTH AND YOUR VICTORIA HEALTH CO-OP

By Vanessa Hammond, Vice President, Victoria Health Co-operative

hat is "health" and who knows most about your health and wellness?

The World Health Organization says health is not merely the absence of disease or infirmity but "a state of complete physical, mental and social well-being." This is a definition taken seriously be the members of the Victoria Health Co-op. Building on discussions over 15 years ago, a small group developed a vision of a wellness co-op that would recognize members as the experts in their own health, bring together allopathic (conventional, Western) practitioners with a wide range of complementary and alternative modalities (CAMs) to form an integrative team. We saw the wellness of the community and the wellness of individuals as totally interdependent and created services for members in conjunction with outreach to the wider community.

Since incorporating in 2008 our membership has grown to almost 450 and our work focuses on four main streams. At our monthly Members' Wellness Clinics our members can book a session with one of our generous CAM practitioners who volunteer their time. The members make a donation to our Health Access Fund so that members who need a series of treatments can receive a "top up" between what they can afford and the practitioners' normal rates. We are also developing "Integrative Care Packages" for members.

The benefit that members value most highly is the opportunity to contribute to community outreach, the second stream of our work, either as volunteers or through the Creating Community Wellness Society. Our outreach programs are delivered through host organizations such as the public library, Our Place, BC Housing and seniors' groups. We are looking at a busy year, introducing Hans Kai and Teen Hans Kai to Victoria with an open introductory session March 10th – check Facebook, call or email This program leads for details. groups of eight to twelve participants through a "Health School" series of eight to eleven sessions equipping them to monitor their own health indicators, then provides support as the groups continue to meet independently. The associated research project through NorWest Co-op and the University of Manitoba has generated statistically significant results in terms of individual wellness and prevention of illness. The teen version focuses on both physical and mental wellness.

Our third work area has been our participation in the wider co-op sector, as leaders in the Health Care Co-op Federation of Canada and the International Health Co-op Organizations, both focused on sharing best practices and programs.

Since 2010 our fourth area of work has been the Co-op Health Centre on Michigan Street. In addition to our CAM practitioners, our family physicians offer a range of services similar to any medical clinic, serving over 5,000 patients. We offer a work environment for our MDs which allows them to meet their family obligations. Of course, these services are not for members only as they are provided through the BC Medical Services Plan.

Who knows best about your health, your wellness? Is it a highly

qualified expert or is it primarily your own common sense, and all you need is some support and the occasional visit to a well-qualified, caring family physician? We believe in the ability and right of individuals to be leaders in their own wellness, and in the importance of community ownership and action to enable all to achieve "physical, mental and social wellbeing" as advocated by the WHO.

We invite you to find out more at www.victoriahealthcooperative.ca email vichealthcoop@gmail.com or call 250.415.9272. For information about health and social service co-ops around the world take a look at www.healthcoopscanada.coop

¹www.who.int/about/definition/en/print.html



New City, New Home, New Friends

By Linda Alleyne

"What? You are just going to pull up your roots and leave your life behind? What about your friends and your family? Do you know how hard it is to make new friends in your retirement years? You don't have school children anymore to help meet the other Moms, it won't be easy!"

ikes! I started having moments of doubt about our decision to move to Victoria. But we had moved several times in our lives with job transfers and each time I joined a Newcomers Club; I made new friends and had a ball doing so. Maybe this time it will be different, now that I am in my 60s?

We yearned for a change and wanted to get out of those cold, bitter Calgary winters. We wanted to be near the water again and surround ourselves with Victoria's lush beauty and mild climate.

Within a month of moving here, I signed up for my first luncheon with Victoria Women's Newcomers Club. It is a fun loving volunteer organization for women by women who have moved to Victoria within the last three years and who are looking to make friends and help each other settle in while having fun. I won't say it

was easy heading over to the luncheon, not knowing a single person, and having to walk into a room of about 75 ladies chatting up a storm, but I was met with welcoming smiles encouraging me to take a look at all of the activities offered... a full array of indoor, outdoor, and cultural activities.

As I met the members, I really noticed a special energy and enthusiasm among the group. It occurred to me that a woman who has the courage to uproot her life and choose where and how she wants to live, is a woman still curious about her world and out to experience life to the fullest

Through the year there was even talk of starting our own Dragon Boat team and, with the enthusiasm of women who recently took a plunge to shake up their lives, 30 ladies signed

up and The Vic' Vixens were formed. If you want to bond and make good friendships squeeze 22 ladies in a small boat weekly and maybe add a glass of wine and a bite to eat afterwards. You may want to try a few of the other groups too... MahJong, bridge, dinner group, book club, hiking, movie nights, and many more, all enjoyed with that same enthusiasm and camaraderie.

If you are new to this beautiful city or have recently met someone who has moved in, please remember the Victoria Women's Newcomers Club www.vicdaynewcomers.ca We meet the second Wednesday of the month at the Uplands Golf Club for lunch with dynamic guest speakers and a whole room of women looking to meet and enjoy their fellow Newcomers.



Photo: Jeremiah Armstrong, Armstrong Creative

Being a Long Distance Nana (and Papa Too)

By Jo-Ann Zador

"Heart and soul": syn: eagerly, willingly, with open arms, excited, in love with, beguile!

hese, and more, are feelings evoked when I think of our group of nine long-distance grandchildren. To me, they are my fancy; to them, I am just Nana.

My journey into being a long-distance Nana began 22 years ago with the birth of our first grand-daughter. The trip continued through the arrival of eight more grandchildren, with the latest joining our group last May. It's never been any different...they all live away.

Living apart has posed numerous challenges, but over the years, I think that my husband and I have mastered them. The digital age has helped; thank goodness for Skype, email, Facebook and texting! These old dogs have learned new tricks, embracing this reality of young people's ways to stay connected, "their way."

But our way counts too; "old fashioned" letter writing has stood the test of time and the threat of instant communication. To all of the children, (with the exception of our little guy who is still too young) have gone letters, oftentimes with a little surprise enclosed, maybe part of a joke with the tease that the rest is yet to come, perhaps a dried Maple leaf in the Autumn to remind our Welsh kidlets of their Canadian heritage, a pretty hair bow, or the next few paragraphs of a favourite story, but always with an accounting of what their Papa and I had done that day, how the weather was and what we saw.

Our two eldest granddaughters have now left home and are both attending university in different cities. How adult they felt when I told them they each now have their very own entry in my address book. I write them often, and they write back, on the pretty stationery and the "stamped and addressed-back-to -Nana" envelopes I sent them...no excuses! One said in her first letter. "Nana, I haven't actually written a letter in so long. I love this idea; it makes the exchange of messages so much more special; much more thought and love behind it".

Whenever their Papa and I travel, postcards are mailed. It's our way of revealing the world to them, sharing not only a geography lesson, but lessons in cultures, history, nature and always the food of whatever country we happen to be visiting.

Even though it can be a challenge to visit in person, their Papa and I go as often as we can: Ottawa, Australia, Wales, and even Gibsons can seem immeasurably far away, and can be limited by distance and expense. We do not look forward to the time that will come when we just can't travel to them; that health or dwindling assets may prevent us from going. Expecting them to come once they are "in their own adult lives" is perhaps unrealistic.

With each family, a routine of visits was established early in their lives. We have been told that as our arrival neared, the excitement builds, as it does for us! "Habits" have been established—early morning pillow talks, all of us, stuffed animals included, wave "begone" to any ogres from the night. We chat about our days' plans, and eat one piece of before-breakfast chocolate. We clap at swimming accomplishments, enjoy some gymnastic gyrations and the first tentative step in Miss Veronika's ballet class, we root for talented hip-hop dancers, proudly encourage a soccer goal, and cheer superb pony-riding. School drop-off and pick- ups come naturally; making macaroni and cheese and chocolate chunk cookies are always asked for, but in the end, simply being there is a joy.

Leaving them and missing their soft arms around me and their sweet, freshly-bathed bouquet tugs at my heartstrings. That feeling surfaces over and over when I hear stories of my friends enjoying the day to day outings and activities with their in-town grandchildren. I do know that nothing can replace their nearness, but am comforted knowing the connection is strong; the greatest gift of all. Now to find a pen and notepaper; a letter is due.

Diane McNally

Vice-Chair

SD61 Greater Victoria Board of Education Trustee

Oak Bay, City of Victoria, Esquimalt, View Royal, parts of Saanich and the Highlands, and the Traditional Territories of the Songhees and Esquimalt First Nations



McNallyTrustee@gmail.com @DianeMcN http://lined-paper.com/

LIVING THE FAIRFIELD DREAM

As mentioned in last issue's advertorial, buying property in Fairfield is a great idea. And now it just got easier, as interest rates have dropped!

A Fairfield home is often thought to be out of reach for many people. But there are many ways to make your Fairfield home-ownership dreams come true. If you're having a hard time coming up with the minimum 5% down, there are cash back options that can help with other expenses. If you qualify to do so, you're also able borrow some of it. My favorite is still 'Bank of Mom and Dad.' Often, parents are willing to take money from their own secured Line of Credit to help house their children. (Or more likely, their grandchildren!)

One of the best solutions to make purchasing in Fairfield a possibility is to purchase a home with a suite, or even add a garden suite to a single family home. For example:

\$600,000 purchase price, including up dates/adding a suite
- \$30,000 down payment (plus an additional \$12,000 +/- closing costs)

+\$18,000 mortgage insurance premium \$588,000 total mortgage required

\$2,720 mortgage payment (based on today's rates and a 25-yr amortization) +\$300/month estimated property taxes \$3,020/month total

As you can see, that's a large number, but if you have a suite that rents for \$1200/month, that's like covering \$250,000 of your mortgage and would reduce your monthly costs to \$1,820/month! It would also help you qualify for the mortgage, as lenders recognize suite income as *income*, so you're able to borrow more when there's a suite in the house. Purchasing a house for \$350,000 without a suite is the same as purchasing a home for \$600,000 with a suite. Fairfield, here we come!

Something else to keep in mind that you may not have realized: In the above example, with the \$2,720/mo mortgage payment... every month, over \$1,360 of that payment goes towards the principal of the mortgage – just over half! In other words, it goes into your own equity, or your own pocket. It's like a forced savings plan.

In 5 years, when your first mortgage term is up, you will have paid down your mortgage by over \$87,500 without making any additional payments. When you break it down that way, of the \$1,820 that you pay (after the tenants pay their rent), \$1,360 goes towards your equity, so in effect, only \$460 of what *you* pay each month is like rent. The rest is paying down your mortgage. Fairfield is a beautiful place to live, and with interest rates at all-time lows, this might be the perfect time to make it happen.





#103 - 3550 Saanich Rd., Victoria, BC V8X 1X2 Phone: 250.475.1166 Ext. 103 Toll free: 1.888.622.7999 sylvia@mortgagecanada.com



The Fairfield Gonzales Community Association is hosting its 4th annual Gala fundraiser on April 11th in the exquisite setting of the Art Gallery's Spencer Mansion.

2015 marks the Association's 40th year of building community, come join us to celebrate!

We'll have live jazz, a silent auction, wine tasting, appetizers and new this year - the Gallery collections will be open for browsing, as we mingle and raise funds for youth and family programs.

Join our facebook event page & get excited about auction item sneak peeks, wine tasting details and links to the musicians.

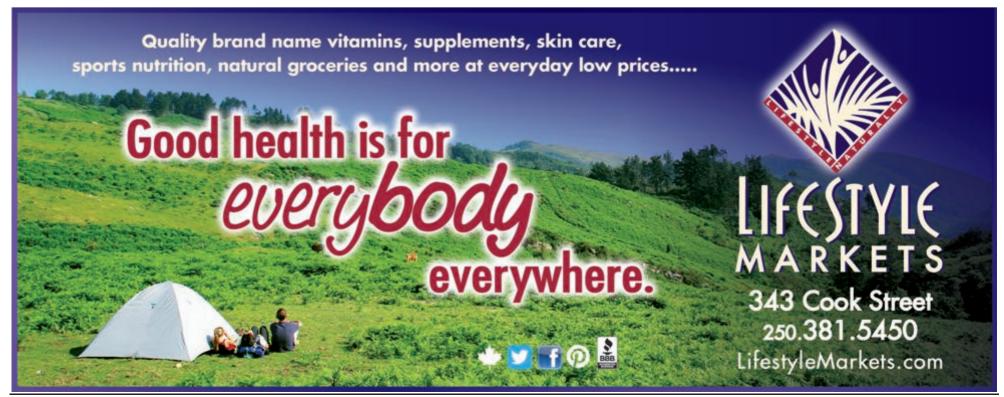
Don't miss this spring's most memorable way to support your neighbourhood!



RAIS Fairfield Gonzales Community Association LIVE JAZZ WINE TASTING LIVE & SILENT AUCTION Saturday April 11 At the Art Gallery of Greater Victoria 7:30-10:30 pm **GET TICKETS** \$60/ticket or 6 for the price of 5 Fairfield Community Place 1330 Fairfield Rd. 250-382-4604 www.fairfieldcommunity.ca

VISIT WWW.FAIRFIELDCOMMUNITY.CA
OR CALL 250-382-4604 for GALA TICKETS





Full list of sponsors at

www.fairfieldcommunity.ca