



Join the FGCA
Bookclub!
details inside



FAIRFIELD GONZALES
COMMUNITY ASSOCIATION
the place to connect

Observer

FAIRFIELD GONZALES

FGCA PROGRAM GUIDE & COMMUNITY NEWS



February to April 2017

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FGCA
GARRY OAK ROOM
1330 FAIRFIELD RD.
VICTORIA, BC V8S 5J1

FAIRFIELD GONZALES COMMUNITY ASSOCIATION

YOU'RE INVITED!

FREE
ALL AGES

COMMUNITY DINNER SERIES 2017

SUNDAY					
JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
29 TH	19 TH	12 TH	23 RD	28 TH	18 TH
6pm - 8pm	6pm - 8pm	6pm - 8pm	10am - 1pm	6pm - 8pm	6pm - 8pm
CELEBRATING THE NEW YEAR!	BLACK HISTORY MONTH	INTERNATIONAL WOMEN'S DAY	SPRING FLING BRUNCH	ABORIGINAL AWARENESS WEEK	PRIDE MONTH

* DINNERS will be VEGETARIAN

www.fairfieldcommunity.ca

1330 Fairfield Rd. Victoria BC V8S 5J1

place@fairfieldcommunity.ca 250-382-4604



FAIRFIELD GONZALES
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the place to connect



Connect with us...

1330 Fairfield Rd, Victoria BC, V8S 1L6

250-382-4604

www.fairfieldcommunity.ca

place@fairfieldcommunity.ca

Facebook.com/FairfieldGonzalesCommunityAssociation

@Fairfield_Comm

@fairfieldcommunity



Office Hours

9:00am—4:00pm Monday to Thursday

9:00am—6:00 pm Friday

9:00am—3:00 pm Saturday

CLOSED—Sunday

We are closed all statutory holidays & Saturdays which fall in a long weekend.

Info & Registration

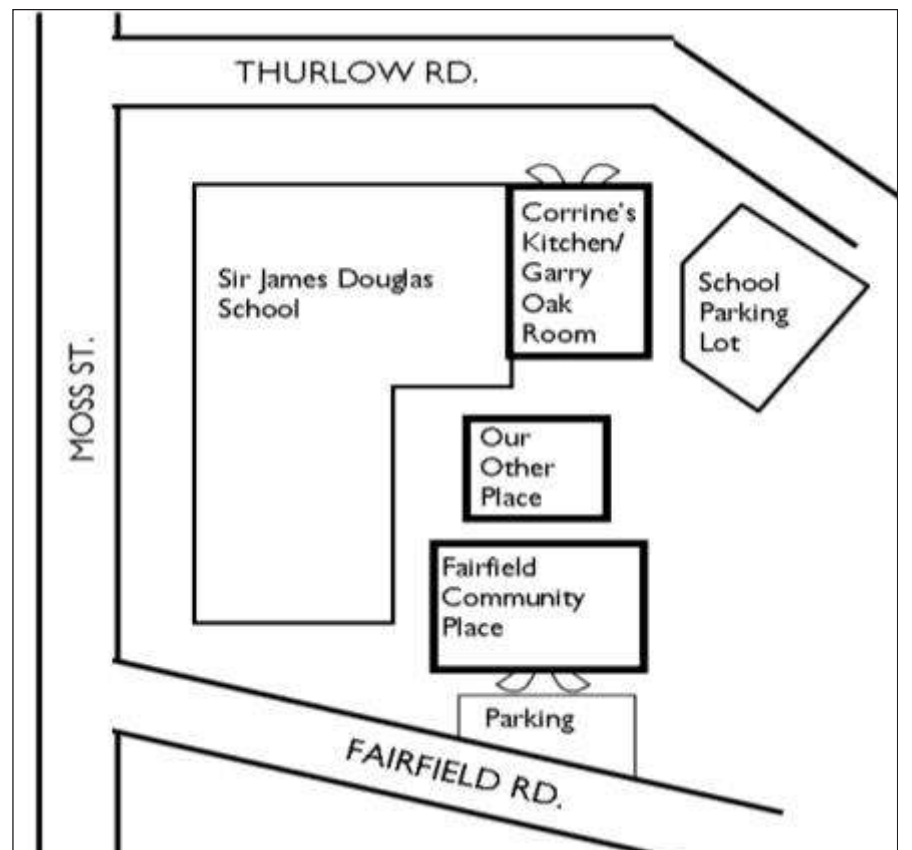
We accept Visa, MasterCard and American Express. Walk-in registrations may also be paid during office hours with credit card, cash, cheque or debit.

Registration is on a first come, first served basis.

All fees must be paid in full at the time of registration in order to confirm a space in the program. All programs are subject to change, and programs with insufficient registration are subject to cancellation. If a program does not have a minimum number of participants registered five working days prior to the program's start date, the program may be cancelled and a full refund or credit will be issued.

E-Newsletter

We also have a monthly E-news. Email place@fairfieldcommunity to sign up and receive updates on upcoming events, new programs, and information on ways to get involved.



PUBLIC HEALTH AT FAIRFIELD COMMUNITY PLACE

The FGCA now has an Automated External Defibrillator (AED) located at the front reception desk. This is a portable first aid device that checks the heart rhythm and can send an electric shock to the heart to try to restore a normal rhythm. AEDs are used to treat sudden cardiac arrest & are used in tandem with CPR. Anyone in need is able to access it, so keep this first aid resource in mind.

With the Fentanyl crisis continuing, we now have a Naloxone opioid overdose prevention kit onsite. Naloxone is a medication that reverses the effects of an overdose from opioids (e.g. heroin, methadone, fentanyl, morphine) .



CALL FOR SUBMISSIONS!

We want to hear from you for the May edition of the Fairfield Gonzales Observer newspaper.

Neighbourhood news, fictional stories, poems, recipes, photos, art, people... we welcome your ideas. The Observer has a long history in the Fairfield Gonzales neighbourhood. It is a source for community building and a celebration of neighbourhood connections.

Contact us with your contribution ideas: office@fairfieldcommunity.ca

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

BECOME A MEMBER OF THE FGCA

Membership is free and perpetual for anyone who lives or owns a business in Fairfield Gonzales.

- Get our monthly E-news
- Receive neighbourhood-specific updates
- Vote at our AGM

Send your name, address, and email to place@fairfieldcommunity.ca to sign up!

Early Childhood

Preschools

REGISTRATION FOR
SEPTEMBER 2017 UNDERWAY

FIVE POINTS PRESCHOOL

3 - 5 YEARS

Registration for September 2017 begins
February 9th. See our website for details.

OPEN HOUSE: Friday Feb. 3rd 2017, 1-2pm

Registration forms are available at our centre, or on our website.

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 \$170/month
9:00am - 11:30am + \$30 one time
Sept - June administration fee

15 children
2 Early Childhood Educators
Children must be able to toilet independently.
Eligible families may apply for government subsidy.
fivepoints@fairfieldcommunity.ca

MOSS ROCK PRESCHOOL

3 - 5 YEARS

Registration for September 2017 begins
February 9th. See our website for details.

OPEN HOUSE: Thursday Feb. 2nd 2017, 1-2pm

Registration forms are available at our centre, or on our website.

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 continue to create an evolving program that best suits the children's individual needs.

Monday to Friday 2 days a week \$185/month
9:00am - 1:00pm 3 days a week \$245/month
Sept - June 4 days a week \$320/month
5 days a week \$380/month
+ \$30 one time administration fee

Up to 18 children
2 Early Childhood Educators
Children must be able to toilet independently.
Eligible families may apply for government subsidy.
mossrock@fairfieldcommunity.ca

Spring Camps

SPORTBALL MULTI-SPORT CAMP

Keep kids moving all year long! Sportball half day camps help kids refine, rehearse, and repeat in the off season, with plenty of skill-focused play, creative exploration and fun. Camps are run indoors and outdoors depending on location and weather. Please send a nut-free snack, water bottle, hat and sunscreen each day.

3 - 5 YEARS
Monday-Friday, 9:00am-12:00pm
Mar 20 - Mar 24 5/\$140

6 - 9 YEARS
Monday-Friday, 1:00pm-4:00pm
Mar 20 - Mar 24 5/\$140



Recreation

SPORTBALL

SPORTBALL - PARENT & CHILD 2 - 3 YEARS

Sportball Parent & Child programs focus on physical literacy and social exploration as toddlers learn fundamental sport skills and participate in creative motor games, in eight different popular sports. Children are challenged according to their individual skill level, and grownups are taught techniques to help toddlers refine motor skills while developing social skills. Sportball maintains a one-parent-per-child ratio policy to ensure that focus is kept on helping little ones practice and progress.

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

SPORTBALL - MULTI-SPORT 3 - 5 YEARS

Refine, rehearse, repeat. Multi-Sport classes are the heart of the Sportball programming. Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing, in a fun, supportive, non-competitive setting that emphasizes teamwork. Each class focuses on one of eight different popular sports: hockey, soccer, football, baseball, basketball, volleyball, golf and tennis.

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

SPORTBALL SOCCER

Develop skills and learn new techniques focusing on soccer. Children are taught fundamental concepts of gameplay including throw-ins, dribbling, trapping, passing, goalie skills and more. Non-competitive programs promoting confidence, self-esteem and teamwork for those kids looking for fun, not competition.

2 - 3 years
Wednesdays, 5:15pm-6pm 6/\$84 (+\$15 charge for Jersey)
Apr 5 - May 10

4 - 6 years
Wednesdays, 6:00pm-7:00pm 6/\$84 (+\$15 charge for Jersey)
Apr 5 - May 10

L.I.F.E. PROGRAM LEISURE INVOLVEMENT FOR EVERYONE

The L.I.F.E. Program provides a combination of annual credit and program savings to be used toward recreation programs and services. Eligibility is based on household income. For more information contact: Crystal Pool at 250-361-0732

Drop-ins

PARENT & TOT 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.

Tuesdays & Thursdays, 9:00am-11:00am By donation

LAUGH, LEARN....THEN LUNCH!

BIRTH - 5 YEARS

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.

Thursdays, 10:15am - 11:00 am By donation

KINDERGYM 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.

Mondays, 9:00am - 10:30am 1/\$2
NEW! Wednesdays, 1:00pm - 2:30am 1/\$2



NEW! Wednesday @ 1:00pm
More KINDERGYM!

BABYWEARER'S MEET-UP

The FGCA is pleased to be hosting a weekly babywearing meet-up at our Centre. Join other parents and caregivers on Friday mornings for an opportunity to learn safe and fun ways to wear your baby. Explore the benefits and variety of options that exist in a positive and relaxed environment. Experienced babywearers will be on hand to answer questions, offer advice, or help you work with your desired carrier. All are welcome.

Fridays, 10:00am - 11:30am Free

School Age



Out of School Care (OSC)

We offer licensed care for children who attend Sir James Douglas & Margaret Jenkins Elementary Schools.

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.

BEFORE SCHOOL CARE

7:30 am - 9:00 am \$100/month, 5 days a week
DROP-IN \$8.00/day based on availability

AFTER SCHOOL CARE

2:50 pm - 6:00 pm \$310/month, 5 days a week
DROP-IN \$25.00/day based on availability

BEFORE+AFTER SCHOOL CARE

7:30 am - 9:00 am \$365/month, 5 days a week
+ 2:50 pm - 6:00 pm

OSC REGISTRATION FOR SEPTEMBER 2017

FOR FAMILIES CURRENTLY IN PROGRAMS
Registration happens near the end of February. Contact your program manager for details & forms.

FOR FAMILIES NEW TO OUR PROGRAMS
Registration takes place:

Saturday, April 8th 2017
9:00am – 1:00pm
Fairfield Community Place, 1330 Fairfield Rd.

This will be for both children at Margaret Jenkins Elementary and Sir James Douglas Elementary

Registration will be done on a first-come, first-serve basis. Detailed information about registration process and updated registration documents are available on our website. Please contact an Out of School Care Manager for further information.

Fairfield (Sir James Douglas) OSC
ffosc@fairfieldcommunity.ca
250-382-2065
1330 Fairfield Rd, Victoria BC, V8S 5J1

Margaret Jenkins OSC
mjosoc@fairfieldcommunity.ca
250-592-8800
1824 Fairfield Rd, Victoria BC, V8S 1G6

School Age Care Manager
camps@fairfieldcommunity.ca
250-382-4604
1330 Fairfield Rd, Victoria BC, V8S 5J1

Spring Camps

SPORTBALL MULTI-SPORT CAMP

6 – 9 YEARS
Keep kids moving all year long! Sportball half-day camps help kids refine, rehearse, and repeat in the off season, with plenty of skill-focused play, creative exploration and fun. Camps are run indoors and outdoors depending on location and weather. Please send a nut-free snack, water bottle, hat and sunscreen each day.
Monday-Friday, 1:00pm - 4:00pm
Mar 20 – Mar 24 5/\$140

FGCA SPRING BREAK CAMP

5-12 YEARS
We offer care for both weeks of Spring break. Each week has different theme based activities and out trips.
Monday-Friday, 8:00am - 5:30pm
Mar 20– Mar 24 Art Adventure 5/\$175
Mar 27– Mar 31 Wild Wonders of Nature 5/\$175

PUPPETS FOR PEACE SPRING BREAK CAMP FOR YOUTH

10-17 YEARS
The Puppets for Peace Spring Break Camp will provide youth with an interdisciplinary exploration of peacebuilding and non-violence through art, dialogue, outdoor education and workshops. Experiential learning will include the design and practice of local and global peacebuilding processes. Youth will gain applied skills in conflict resolution and community building that they can use in school, with their friends and family. Participants will work in small cohorts (Cohort A - ages 10-13 and Cohort B – ages 14-17) for the first two days of the camp. The cohort will come together to collaboratively create a Puppets for Peace Play including script writing, acting/performance, and puppet making.
Monday-Thursday, 9:00am - 3:00pm
Mar20 – 23 \$50-\$100 sliding scale

Programs

YOUTH ZONE

GRADES 5 & 6
The Youth Zone is an after school program where YOU have a say in what we get up to! Games, art, cool projects, cooking, baking, sports, awesome out trips – this is just the beginning. The Youth Zone is a fun and safe space for you to hang out with friends and develop your confidence and independence. Here you'll get to build skills, explore new territory, nurture your creativity, learn from community mentors, and develop leadership and a sense of empowerment.
Monday, Tuesday, Wednesday, 3:00pm – 5:00pm
Sep - Jun \$100/month
youth@fairfieldcommunity.ca

HEADWATERS COLLECTIVE

AGES 13-19
The focus of Headwaters is community activities based in restorative action. It is an interwoven web of feminism, creative self-expression, social justice, environmental justice and community engagement, all of which youth strongly agreed that they “want more time and space for” in their lives.

- Eat meals together & discuss topics including feminism, sexuality, multiculturalism and social justice.
- Have free time to hang out with friends in a youth-oriented, safe space with craft supplies & staff support.
- Go on out trips where we explore nature and do volunteer benefit work in the community.
- Use our creative awesomeness to engage our community in all of the above.

Times vary, daytime/evening, weekdays & ends
Sep - Jun By donation
collective@fairfieldcommunity.ca

Recreation

EDIBLE SCIENCE

10 -14 YEARS
Hey kids...come and spend a few hours with Paula and learn all about changing a liquid into an edible, stretchy, yummy cheese! Paula will show you how to make home made Mozzarella cheese plus you'll learn about chemistry, history and so much more! Bring an additional \$5 for a kit to make 4 lbs of mozzarella at home with your family,
Sunday, 1:00pm - 2:30pm
April 9 1/\$36

KIDS ART STUDIO PAINT PARTY!

5-12 YEARS
You're invited to a paint party! Step by step art instruction is fun and easy for all ages. Each party offers a new painting with all supplies included. Enjoy popcorn and refreshments while creating your very own masterpiece to take home.
Saturday, 1:00pm -2:30pm
April 15 1/\$25

Saturday, 1:00pm -2:30pm
May 20 1/\$25

KIDS PAINTING CLASSES

6 - 12 YEARS
‘There are no mistakes in art, just a whole lot of happy accidents!’ Embrace your creativity with art instructor Shanna Hamilton. Through step by step art instruction she will show you all about the basics to drawing and painting. Each week will focus on a new style and technique that is fun and easy for all ages, never the same painting twice. No experience necessary, it's all about the joy of painting - but get ready to be creative and have fun! All materials supplied!
Mondays, 6:30pm – 7:30pm
May 1 - 29 4/\$80

BADMINTON FOR KIDS

INTERMEDIATE BADMINTON
8 - 14 YEARS
Instruction by Badminton Victoria. This program is for those that have some experience with badminton and are looking to develop a better understanding of strategy. Participants should be confident in their ability to connect with the birdie and be in the progress of working on different shots. If you are unsure if this is the right class please contact us for more information. The first hour of the class will be instruction. The last half hour of the class will be game time! Racquets available.
Mondays, 6:00pm – 7:30pm
Apr 3–May 29 (No class Apr17, 24, May 22) 6/\$80

Drop-ins

CHILL ZONE

GRADES 5 TO 8
Stop by after school for crafts, games, baking, art, and more.... Got an idea? Bring it! Our space features comfy couches, craft supplies, books, games, sports equipment, a Wii and Xbox Station, and a computer with internet access.
Thursday & Friday 3:00pm – 5:00pm
Sep - Jun By donation



Adult Recreation

SIGN UP EARLY TO ENSURE YOUR COURSE
RUNS! SIGN UP LATE AND WE PRO RATE!

Registration
250-382-4604

Fitness & Health

YOGA

YOGA - IYENGAR BEGINNERS

The Iyengar approach to Hatha Yoga encourages a balance between flexibility, strength and endurance. Emphasizing correct body alignment and precision, enjoy a sense of well being and increased relaxation.

Tuesdays, 11:00am - 12:30pm
Mar 28 – June 6 11/\$121

Tuesdays, 7:00pm - 8:00pm
Mar 28 – June 6 11/\$99

YOGA - IYENGAR INTERMEDIATE

The Iyengar approach to Hatha Yoga encourages a balance between flexibility, strength and endurance. Emphasizing correct body alignment and precision, enjoy a sense of well being and increased relaxation.

Tuesdays, 5:30pm-7:00pm
Mar 28 – June 6 11/\$121

YOGA - IYENGAR SUPPORT AND RESTORE

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

Thursdays, 12:00pm - 1:00pm
Mar 30 – June 8 11/\$99

YOGA - GENTLE YOGAFIT (TAUGHT IN SPANISH & ENGLISH)

Come join instructor Isabel Arias Santos and apply your Spanish while practicing a yogafit program focused on gentle stretching, breathing and meditation. This late evening class will help you relax and finish your day with a positive attitude!

Wednesdays, 7:30pm-8:15pm
Apr 5 – June 7 10/\$80

YOGA – YIN

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 cultivation of greater somatic awareness. Yogic poses are maintained mainly in a seated or reclined position from three to five minutes. Practices are supported with guided meditative and relaxation techniques, including breath-work. Suitable for all levels.

Thursdays, 5:00pm-6:15pm
Apr 13 – June 15 10/\$80

YOGA – GENTLE YOGA AND SOMATICS

Moving through key postures of a gentle yoga practice, this class will draw upon reconnecting mind/body through somatic exercises. Applied somatics is movement education rooted at the center of awareness—your awareness. Using mindful movement techniques in our yoga practice we hope to achieve better posture off our mat, as well as an enhanced yoga practice. Our focus in this 5-week session is to harmonize muscular tone to support optimal structure and function within the body.

Thursdays, 6:30pm - 7:30pm
Feb 16 – Mar 16 5/\$40
Apr 13 – May 11 5/\$40
May 18 – June 15 5/\$40



ZUMBA

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!

Mondays, 5:30pm - 6:30pm
Apr 3 – Jun 19 (no class Apr 17, May 22) 10/\$80

ZUMBA 15-15-15

Love ZUMBA TONING and love ZUMBA but want to take it to another level??? Why not try ZUMBA 15-15-15? This class includes 15 minutes Zumba Toning, 15 minutes Zumba and 15 minutes Zumba Core, and we finish with cool down and stretching. Zumba Toning combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party. Zumba Toning is the perfect way for enthusiasts to sculpt their bodies naturally while still getting in shape and having a total blast!. You will use weighted, maraca-like Zumba Toning Sticks or light hand weights (up to 3lbs) to enhance rhythm, build strength and tone all the target zones. This class can also include older adults who wish to do a slower Zumba workout minus the weights. Zumba Core is designed to strengthen your core and sculpt your abs within a solid total workout.

Mondays, 6:30pm - 7:30pm
Apr 3 – Jun 19 (no class Apr 17, May 22) 10/\$80

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!

Wednesdays, 5:30pm - 6:30pm
Apr 5 – June 7 10/\$8

ZUMBA – FAMILY FRIENDLY

Sign up for this session and bring your child(ren). Kids under 16 are free! (Maximum 2 kids per paying adult.) Join us for one of the fastest growing Latin dance-inspired fitness crazes across the world! Come dance to the rhythms of Salsa, Merengue, Mambo and other Latin beats.

Wednesdays, 6:30pm - 7:25pm
Apr 5 – June 7 10/\$80

QI GONG

SPRING FOREST QI GONG

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, 6:00pm-7:00pm
Apr 19 – June 21 10/\$100

TAI CHI

ZEN OF TAI CHI

Zen of Tai Chi is a holistic exercise combining mindfulness and relaxation in movements. It is a style of gentle, elegant, and meditative dance around the life force which you may never have encountered before. The art is based on the 24 forms of Tai Chi but modified and suitable for beginners. The instructor will be teaching the Yang Style Tai Chi Quan which is the most commonly practiced Tai Chi Quan in China.

Wednesdays, 10:30am-11:30am
Apr 5 – June 7 10/\$80

TAI CHI FOR BEGINNERS

Tai Chi For Beginners is a combination of Tai Chi and Chi Gong movements which coordinate slow movements with breathing, visualizations, meridian tapping, chanting, and guided meditation. It is designed to heal the body, relax the mind, and bring clarity to one's perception. The exercises are gentle, calming, holistic, easy to follow, and highly effective for pain and stress. There are sitting and standing components to the class. Class content will change from time to time.

Wednesdays, 9:15am-10:15am
Apr 5 – June 7 10/\$80

Drop-ins

BADMINTON DROP-IN

Join our group of enthusiasts for an evening of co-ed badminton. Bring your own racquet. Birdies provided.

Tuesdays, 8:00 pm – 10:00 pm
(school gym) 1/\$3.50



Special Events & Activities


FAIRFIELD GONZALES COMMUNITY ASSOCIATION

COMMUNITY DINNER SERIES 2017

YOU'RE INVITED

FGCA
GARRY OAK ROOM
1330 FAIRFIELD RD.
Unceded Lekwungen and WSÁNEĆ territory.

A FREE + ALL AGES
COMMUNITY DINNER SERIES

Fairfield Gonzales Community Association (FGCA) invites you to celebrate community with us. In 2017, FGCA will host monthly community dinners to bring neighbours together in celebration of the diversity that makes our communities thrive. These all ages dinners feature guest speakers, performers, arts and crafts, dialogue, children's story time, delicious meals and more.

CONTACT events@fairfieldcommunity.ca
250 382 4604

WEBSITE fairfieldcommunity.ca/events/projects/community-dinner
[facebook.com/fairfieldcommunity](https://www.facebook.com/fairfieldcommunity)

*** This initiative is made possible by the Community Fund for Canada's 150th, a collaboration between the Victoria Foundation, the Government of Canada, and extraordinary leaders from coast to coast.**

SUNDAY					
JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
29TH	19TH	12TH	23RD	28TH	18TH
6pm - 8pm	6pm - 8pm	6pm - 8pm	10am - 1pm	6pm - 8pm	6pm - 8pm
Join FGCA for the launch of our monthly community dinner series! Share a meal with your neighbours, enjoy live performances, make crafts at our Kids Corner, and visit the Food Forest station to get inspired for the 2017 growing season.	Guest speakers and performers will join us for Black History Month to share stories and highlight the diverse histories within our City. Join us for African drumming lessons and stay for the after dinner Children's story time.	Our line up of woman-identified speakers, activities, and performers will help us celebrate International Women's Day. Featuring a community fair with organizations that provide programming and services for women.	Celebrate the blossoms at the FGCA Spring Fling pancake breakfast. Join us for carnival style games including a ring toss, cake walk, balloon pop, and face painting. Stay for the Food Forest Scavenger Hunt in the afternoon.	It's Aboriginal Awareness Week and we invite you to join the discussion. Featuring local Indigenous speakers and performers, this dinner is an opportunity to start the dialogue on working in solidarity with Indigenous communities.	Show your pride at our Pride Month inspired dinner. Featuring performances by LGBTQ2+ folks, community booths by organizations serving Victoria's Queer and Trans community, and arts and crafts for our Kids Corner.

*** DINNERS WILL BE VEGETARIAN**









Good Food Box

The **Good Food Box** is a non-profit alternative fruit and vegetable distribution system. The focus is first on making good fresh food affordable and accessible, and second on providing locally grown food to participants. Anyone can order a box! The more people we have participating, the better the program becomes.

News for 2017

We are going weekly! Wednesdays will now be a box pick up day and the order deadline for the following week.

Pick-up every Wednesday 3:30-5:30pm at the FGCA, 1330 Fairfield Rd.

NEW ~ Staples Box, featuring large volumes of carrots, onions, potatoes, garlic, and select fruit. We designed it to be perfect for stocking the shelves with what you use most. The selection was informed by Good Food Box clients.

To maintain the sustainability of the Good Food Box now and into the future, we have had to implement a **small price increase** due to the rising cost of food. We hope that the program is still accessible to all our customers and are open to any feedback you may have. Our goal for 2017 is to **double the amount of island grown produce** offered in our Good Food Boxes.

Order online (min one week before)
www.thegoodfoodbox.ca

Or in person at Fernwood NRG
1240 Gladstone Ave.
250-381-1552 ext.100

Good Food Box purchases the highest quality produce and ensures variety, freshness and affordability. We prioritize locally grown, unsprayed produce with a focus on seasonal fruits & vegetables. Good Food Box is a project of the Fernwood Neighbourhood Resource Group (Fernwood NRG), a non-profit organization based in Fernwood, Victoria. Good Food Box is lovingly packed and delivered by volunteer community members and is meeting shared goals for sustainability, food security, social justice and health.



FAIRFIELD GONZALES
COMMUNITY ASSOCIATION

the place to connect

1330 Fairfield Rd. Victoria BC V8S 5J1 place@fairfieldcommunity.ca www.fairfieldcommunity.ca

FGCA Book Club

Book Club meets on the last Monday of every month at Fairfield Community Place, 1330 Fairfield Rd.

Book for February....

Half Blood Blues By Esi Edugyan

Meet: Monday, February 27th, 2017 at 6:30pm

"Paris, 1940. A brilliant jazz musician, Hiero, is arrested by the Nazis and never heard from again. He is twenty years old. He is a German citizen. And he is black. Half-Blood Blues is an entrancing, electric story about jazz, race, love and loyalty, and the sacrifices we ask of ourselves—and demand of others—in the name of art.

For more information or to join the book club, email event@fairfieldcommunity.ca. Check our website for upcoming books.



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, 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.
Mondays, Aug 29, Sep 26, Nov 28
6:00pm - 8:00pm, by donation



VOLUNTEER FOR the Fairfield Gonzales Community Association Land Use Committee (CALUC)

Do you have an interest in engaging the community around planning and development in our neighbourhood? Our CALUC is looking for new members. Time commitment is approximately 4 hours per month. Some knowledge of planning is an asset but not necessary, a commitment to learn and to listen is more applicable. You will work with seven others as a committee to plan and host community meetings. To learn more email planandzone@fairfieldcommunity.ca or call 250-382-4604.

AT COOK STREET VILLAGE ACTIVITY CENTRE...



Welcome to the Village!

All adults welcome, please come and explore all we have to offer:

Social Activities, Fitness Options, Courses, Workshops, Wellness Service, Café, and more...

Spring Highlights

- Community Valentine's Dance—Feb 10
- Income Tax Assistance—March and April
- Bridge Tournament—Mar 16
- St. Patrick's Day—Mar 17
- Easter Luncheon—Apr 7
- Volunteer Recognition/Milestone Awards—Apr 28

Come for the Fun...Stay for the Friends!

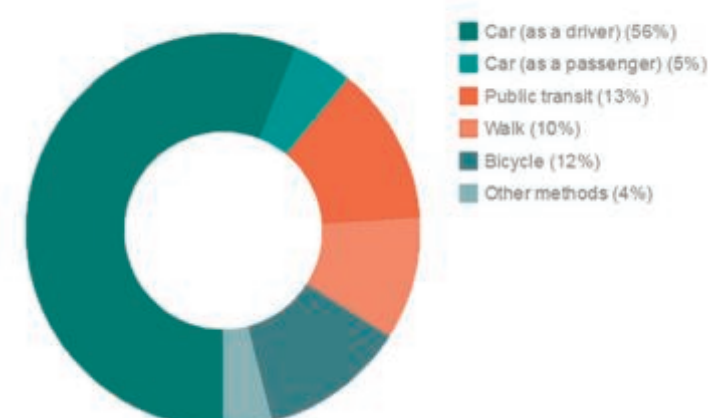
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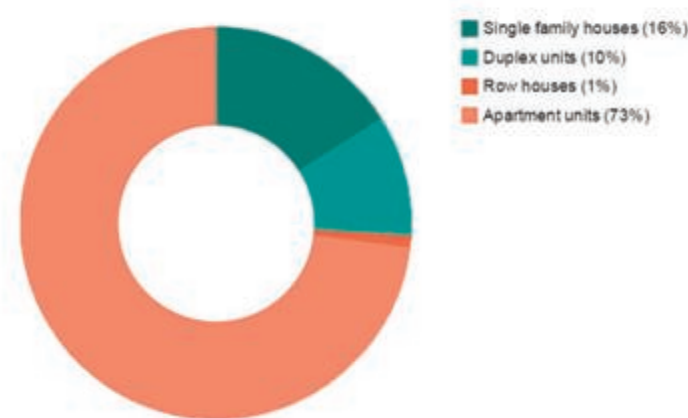
Transportation to work (2011)



INFOGRAPHICS

Using data gathered from the City of Victoria neighbourhood profiles, a volunteer at our centre created two infographics. The one on the left representing transportation choices in Gonzales and the one on the right representing housing types in Fairfield.

Housing type (2011)



Mark your calendar !
4th Annual
Fairfield Gonzales

COMMUNITY WIDE YARD SALE

Saturday, May 27th 2017
9am-1pm

Sales all around the Fairfield Gonzales neighbourhood.

In the May Observer we will have information on how to register your sale, how to get a map of the sales & volunteer opportunities. Stay tuned!

Adult Recreation

Arts

PAINTING

PAINT NIGHT WITH SHANNA HAMILTON

Come join us for a paint night that will instill creativity, friendships, laughs, and a whole lot of happy accidents. Step by step art instruction makes it fun and easy. You don't have to be a pro—just have fun with it! All materials supplied, including canvas.

Friday, 6:30pm - 8:30pm

April 7 1/\$35

May 5 1/\$35

AFRICAN HAND DRUMMING

AFRICAN HAND DRUMMING I

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. Beginners are welcome and drums are provided. New students can sign up at any time (classes are prorated from the start date). Award-winning instructor Jordan Hanson uses a progressive, easy to follow teaching style. Each new student receives a 24-page handbook & instructional DVD for playing along at home. www.drumvictoria.com

Tuesdays, 7:00pm - 8:15pm

Jan 24 – Mar 14 8/\$128

Tuesdays, 7:00pm - 8:15pm

Jul 4 – Aug 15 7/\$112

AFRICAN HAND DRUMMING II

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, 8:15pm - 9:30pm

Jan 24 – Mar 14 8/\$128

Tuesdays, 8:15pm - 9:30pm

Jul 4 – Aug 15 7/\$112



Food

CHEESE MAKING WORKSHOPS

Come and spend time with Paula Maddison, a deep-in-the-bones 'slow foodie' who has a passion for hand crafting cheese. You will be taken into the world of sumptuous flavour, ancient craft, history, science, chemistry and food as medicine. While learning a delicious and nutritious new skill, you will relish the tastes of succulent cheeses that you can hand craft in your home. Using products readily available and with comprehensive instruction, Paula demystifies the idea that cheese making is difficult. Paula draws on her vast experience in the hotel industry, the private yachting industry and private estate management to show you some unique and creative ideas for serving the cheeses you will be making. Learning with Paula is a unique experience that will spark your inner cheese maker!

SOUR CREAM, CREAM CHEESE, BOURSIN & COTTAGE CHEESE

Sunday, Mar 5, 10:00am-12:00pm 1/\$65

ALL CURDS, NO WHEY! POUTINE

Sunday, Mar 5, 1:00pm - 3:00pm 1/\$65

MOZZARELLA

Sunday, April 9, 10:00am-12:00pm 1/\$65



Learn for Life

BIKE MAINTENANCE 101

Demystify your bike and learn the very essentials of bicycle repair and maintenance. In this hands-on workshop you will learn how to fix a flat tire, check your brakes and gears, identify worn components, lubricate your drivetrain and ensure your bike is safe to ride. Become one with your bike!

Saturday, 10:00am -1:00pm

April 29 1/\$45

May 27 1/\$45

Drop-ins

PUBLIC COMPUTER & PRINTER

We have a computer and printer available for community use to access the internet, email and word processing. Fee for printing.

Monday - Friday, 9:00 am - 4:00 pm

Saturday, 9:00 am - 4:00 pm Free

Facility Rentals

250-382-4604
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 RATES

\$50 Hourly
\$150 Half day (9am-3pm or 4pm-10pm)
\$250 Full day (9am-10pm)
\$50 To add Corinne's kitchen to rental, if available

GARRY OAK ROOM *(pictured below)*

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.

ALL OTHER ROOM RATES

\$30 Hourly (2 hour minimum)
\$25 Hourly (for a 3 – 5 hour rental)
\$150 Flat rate for 6 or more hours

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.

THE PORTABLE

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 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, available for weekend and evening events.

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.



VENI, VEDI, VICI ITALIANS IN 1800s VICTORIA

By Annamaria Bamji

Another success story... Andrew Astrico

He was born in Como, a town on the shores of Lake Como in Northern Italy in 1824.

We do not know yet when he came to Victoria but in 1863 he asked the city for a business licence, which was refused.

In 1865, he started an ice cream establishment in Pacific Telegraph Hotel, which he owned together with Nicholas d’Martin. Four years later, Mr. Astrico became the sole owner of the Hotel when Mr. Martin left for Italy, as he knew he was dying and wanted to die among his family and friends. In 1870 Mr. Astico married Penelope Anne Swayney of Victoria, originally from Ireland.

The Pacific Telegraph Hotel was situated on Store Street between Herald and Figgard. At 150 beds it was a very large hotel for that time. Competition was strong amongst the hotels and the best food and service was what its clientele wanted: beautiful wood nailed dining rooms, white linen, crystal glasses and excellent waiters. Mr. Astrico was a very good chef de cuisine and for years catered to those who enjoyed clams, salmon and moose. His advertisements would read “it is conducted in the European principle: meals at all hours of the day. Private dining for families. Room and board for \$5.50 to \$6.50 a week, cash in advance.”

In 1872, the small steamer Prince Alfred arrived in Royal Roads on one of her usual voyages from San Francisco, and it was discovered that passengers suffering from small pox were aboard. The steamer was put under quarantine near Macaulay Point with its 80 people on board. The then Mayor and Council agreed that Mr. Astrico should supply suitable necessities to the ship. Mr. Astrico and his right-hand man, Sam Harris, did their best, and a letter of thanks was sent to them from the passengers. However, the provisions were a large expenditure for Mr. Astrico, and in 1873 he presented his bill to the City but was offered only a portion of it. He then attempted legal action against the City. The case was tried and the verdict was that Mr. Astrico should be paid \$2,673 over the sum of \$1,782 that he was offered first, making a total of \$4,455.

After he died in 1879 at the age of 55, his wife Penelope took over the business, as he died intestate.

In 1884, a fire in Chinatown erupted and damaged the hotel.

In May 1892, the hotel was renamed The Astrico.

In June of the same year a For Lease appeared.

The only son of the couple, Andrew, died in 1893.



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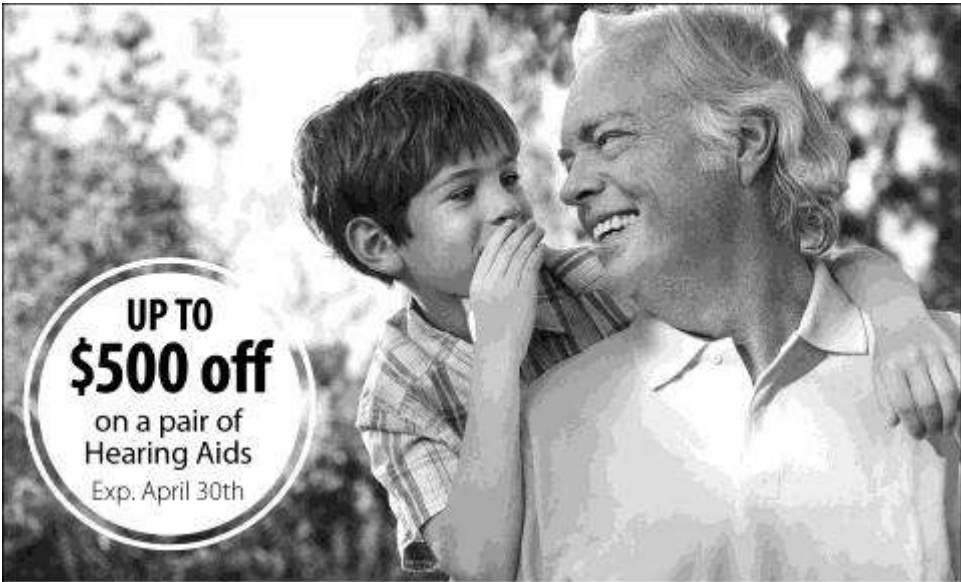
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RHIP

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opportunities contact us...
office@fairfieldcommunity.ca
250-382-4604

ONLINE USERS CAN BROWSE THE MAP BY CLICKING ON MAP POINTS TO LISTEN TO STORIES FROM A RANGE OF LOCATIONS IN VICTORIA. SOME STORIES CAN INCORPORATE MULTIPLE LOCATIONS AND WILL BE LISTENED TO IN A SERIES.

CFUV SEEKS PARTICIPANTS FOR INTERACTIVE STORY MAP PROJECT

By Max Collins, Spoken Word Coordinator CFUV

The Community Radio Fund of Canada in association with the University of Victoria Radio Club, also known as CFUV, has begun a new project including the stories of community members around Fairfield-Gonzales and the rest of Victoria. This new project takes the form of an interactive online map, where specific points relate to short, podcast-style audio clips recorded about the past and present of the greater Victoria area.

CFUV is looking for participants who would be interested in sharing their experiences living in the Fairfield-

Gonzales area, whether they have inhabited the neighbourhood for a long time, or they have found their time spent in Fairfield-Gonzales especially meaningful. The stories will be recorded and collected by a CFUV radio club member, and then added to the interactive story map.

If you would like to take part in this new project, or if you have any further inquiries about the story map, please send an email to spokenword@cfuv.ca. Subject participation spots for this project are very limited, so please contact the production team as soon as possible.

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FIRE BREATHING DRAGONS... AND SAVING SPIDER WEBS

By Morgan Myers, Moss Rock Preschool Early Childhood Educator

As educators, we sometimes struggle to balance our attention between the **big, loud, fast, rough play** and the *small, quiet, slow, gentle play*. I believe our bias to the negative subconsciously demands we focus on play that causes us discomfort and challenges our values. What's at stake for a large group of us, educators, families and carers alike, is managing the difficult discourse big, loud, fast, rough play brings. Within this conversation lies a potential for altering our image of the child, our image of childhood and our image of ourselves. But don't fret, this is good news. The more we think critically about our responses to the world around us, the more we understand each other and the easier it is to practice inclusion, democracy and citizenship. In some Early Learning circles this form of play is commonly referred to as Rough and Tumble. For this dialogue, I suggest alternate language in order to help further appreciate the profound complexities involved when children participate with their whole selves.

Rough and tumble play is...
Socio-Dramatic Play, Imaginary Play, Role Play, Physical Play, Superhero/Weapon Play.

Early childhood expert and author Brian Edmiston calls it Mythic Play.

Let's use all the above references to describe what happens when children tell stories through **Big, Loud, Fast, Rough** play.

Some questions emerge as I hypothesize how this play touches us as adults, viscerally and intellectually.
Does aggressive play lead to aggressive behaviour?
Am I responsible for protecting the innocence of children?
What is my image of the child?
What is my image of childhood?
What are the risks of engaging in Superhero/Weapon play?
Does zero tolerance work?
What role does gender play?
Is "consent" part of the conversation?
What are my values?
What are the values of my community?
How do ethics apply to Mythic play?

Innocence, Image of the Child, Image of Childhood:
For educators, questioning the image of the child and the image of childhood is a cornerstone of practice. It's part of a Reconceptualist movement in Early Learning and Care pedagogies inviting whole communities to rethink, reorganize, reconsider and redefine who children are and what they bring. Supporting the belief that children are people with unique experiences and realities helps us move towards the concept



of viewing children as theorists, building, testing, retesting and applying theories in relational ways to the world around them. When we attach a term like innocent onto the very young, we perpetuate the notion of children not knowing or not having ability to know, potentially reinforcing an image of children as powerless and incapable. On behalf of Danielle, Anastasia and I, it is our responsibility to rally against these stigmas and recognize we are all citizens, no matter age, orientation or ability. Reesa Sorin (2005), an artist and a professor in the College of Arts, Society and Education at James Cook University in Australia, asks us to engage in thought around "other childhoods" which can grant us "other ways of responding" so we may build entirely new constructs, together.

Risks, Aggressiveness, Zero Tolerance:
The early childhood environment is not void of politics. Some argue our goal as educators is to institute a program of best practices ensuring a predictable future grounded in equality, opportunity, and safety. Zero tolerance as policy arose from the second wave of feminism, 1960-

1980, when educators (mostly female and white) used this approach as a nature and nurture solution to male violence: "Take the gun away because it already acts as an expression of male violence and confers power, or take the gun away and give them dolls and more peaceful toys instead so they can be socialized away from models of violence at an early age." (Holland, 2003.) As adults, it's easy to accept these anti-violence methodologies but I invite us to look at what is lost when we suppress this form of

imaginary play. I believe the message becomes one of valuing only the quiet, passive play generally associated with girls, and I also believe that the act of zero tolerance has the potential to pass on dangerous ideological connections: "Boys are bad... I'm a boy. Am I bad? Is my dad bad?" (Holland, 2003.)

Here are some of the Benefits of Embracing Mythic Play:

- Masculine and feminine behaviours are valued
- Helpless female stereotypes are challenged
- Personal identity is explored
- Gender identity is explored
- Versions of one's "ideal" self is explored
- Multiple perspectives are explored
- Conflict resolution/problem solving skills and strategies are practiced
- Connections are made between real violence and pretend violence
- Children become very effective at managing play fighting
- Children become very effective at managing relationships
- Children become proficient with oral skills

- Children become aware of boundaries and limitations
- Imaginative play encompasses actions rising from ideas not things
- A space is created where all types/forms of play are accepted
- Mythic play validates interests and creative endeavors
- Mythic play helps children facilitate ideas, feelings, movements
- Character development takes time and effort
- Supports "grey" area of good vs bad conflict
- Challenges the polarizing media construct of good vs bad
- Challenges our negative assumptions of where the play will lead
- Children are neither judged nor shamed
- Self-esteem and confidence are enhanced
- Potential for play groups to become larger, more fluid, more inclusive
- Sense of belonging is established
- If boys are accepted, defining themselves against girls is lessened
- Mythic play invites all genders to engage in "risky" play
- Mythic play allows educators to make meaning of behaviours
- Children have the right to play

Gender, Consent, Values & Ethics:
We agree mythic play brings with it discomfort, a sense of worry and for some of us it can be a direct assault on our pacifist feminist selves. When confronted with this play, the language I choose and the tone in which I deliver my messages are under my constant scrutiny. But my role, my duty is to suspend judgment, embrace the diversity of each individual, and find value in all ways of being. Does aggressive play lead to aggressive behaviour?
The answer researched by many is no. Yes, this play has a dark side, and there is morbidity, antagonism, and power struggles. But there are also quieter moments of intimacy, vulnerability, compassion and saving spider webs. Mythic play participants openly care about one another, laugh together and from my observations have the capacity to hold each other in a place of "uncertainty", a safe place to make mistakes...a place to forgive and be forgiven.



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NEXT Issue's Theme:
Self Care & Community Support

Deadline to submit for next issue: Feb 15, 2017

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FIRST issue theme is:
.^ .Celebrating Diversity.^ .

What does celebrating diversity mean in our community? Maybe it's a vegetable garden with more colours than the rainbow or a community meal with people from around the world. Maybe it's a group learning about the spectrum of gender pronouns or a protest of all body types filling the streets. Check out what diversity means to us!

Message us at collective@fairfieldcommunity.ca
and join us on Facebook

The Headwaters Collective and Flock Magazine are nested in the Fairfield Gonzales Community Association in Victoria, BC, on the unceded traditional territory of the Lekwungen Peoples.

