



FAIRFIELD GONZALES
COMMUNITY ASSOCIATION
the place to connect

FAIRFIELD GONZALES

Observer

FGCA PROGRAM GUIDE & COMMUNITY NEWS



Feb/Mar/Apr

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www.fairfieldcommunity.ca

1330 Fairfield Rd. Victoria BC V8S 5J1

place@fairfieldcommunity.ca 250-382-4604





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Connect with us...

- 1330 Fairfield Rd, Victoria BC, V8S 5J1
- 250-382-4604
- www.fairfieldcommunity.ca
- place@fairfieldcommunity.ca
- Facebook.com/FairfieldGonzalesCommunityAssociation
- @Fairfield_Comm
- @fairfieldcommunity



Office Hours

We are closed statutory holidays & Saturdays on a long weekend.

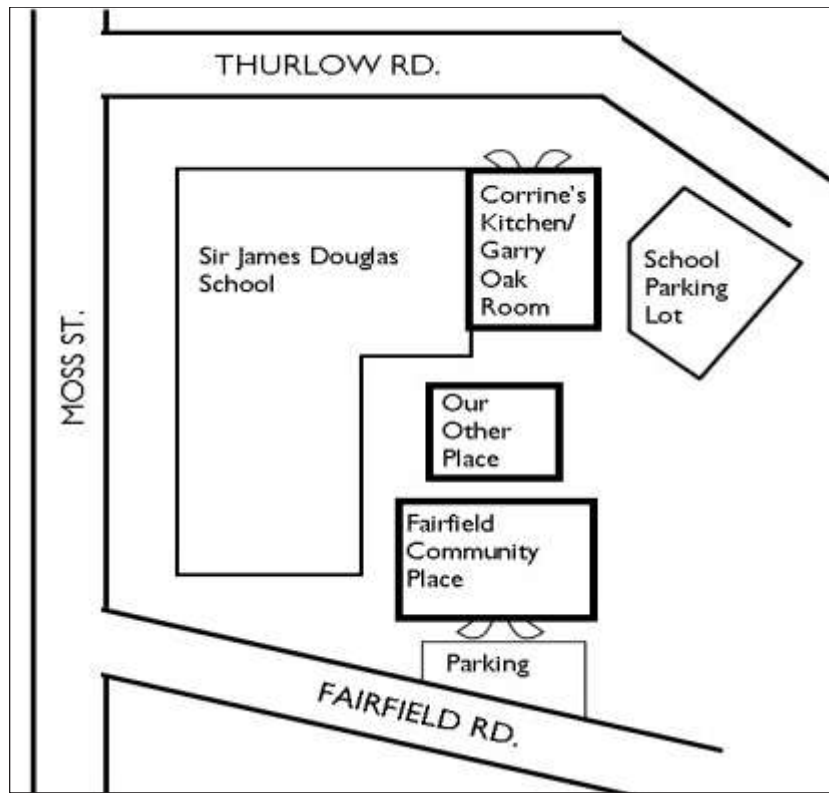
- Spring, Fall & Winter office hours**
9:00 am—4:00 pm Monday to Thursday
9:00 am—6:00 pm Friday
9:00 am—3:00 pm Saturday
CLOSED—Sunday

E-Newsletter

Sign up for our monthly E-news. Email place@fairfieldcommunity.ca and receive updates on upcoming events, new programs, community news and information on ways to get involved.

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 serve 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.



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!

BOARD OF DIRECTORS

- | | |
|--------------------|---------------|
| Alexandra Ages | Scott Davis |
| Alice Albert | Forrest Smith |
| David Bilek | Dave Thompson |
| Paul Brown | Anne Tomin |
| Andrew Brownwright | Kevin White |
| Don Monsour | George Zador |
| Bryan Rowley | |

OUR CO-EXECUTIVE DIRECTORS

- Kristina Wilcox
Vanya McDonnell



ARE YOU PASSIONATE ABOUT FOOD SECURITY?

A group of neighbours are working hard to get the first ever allotment garden in Fairfield in the ground, and we need your help! We are at the stage of getting out and talking to the community about our plans - knocking on doors, attending events, and spreading the word. Can you give some time to this exciting project? Get in touch: place@fairfieldcommunity.ca

BECOME A MEMBER OF THE FGCA

Membership is free and perpetual for anyone who lives or owns a business in Fairfield Gonzales. Send your name, address, and email to place@fairfieldcommunity.ca

Early Childhood

Daycare

CAMAS EARLY YEARS CENTRE 3 - 5 YEARS

Our Early Years programs are play based. Our Educators view children as individuals with their own ideas, cultural beliefs, abilities and interests, and strive to provide a safe and stimulating environment (physically, intellectually, mentally and emotionally). Our programming focuses on the group interests and allows children to discover and learn at their own pace and develop their own individual and collective interests. The FCGA believes that children have a desire to grow, play and learn, as well as to explore and construct knowledge about the world around them through peer interactions and play based experiences. While recognizing family diversity and structure, our program encourages the development of positive relationships among peers, as well as respectful communication between children, staff and families. Children learn best and rise to their potential when they are permitted to explore subjects as they are ready. We follow the Early Learning Framework put out by the Ministry of Child and Family Development (MCFD).

Monday to Friday, includes daily snack and Friday lunch
7:30am - 5:30pm **\$910 per month**
All year long + **\$30 one time administration fee**
16 children
3 Early Childhood Educators
Eligible families may apply for government subsidy.
camas@fairfieldcommunity.ca

Drop-ins

Drop-ins do not run during spring break:
March 19 - April 3

PARENT & TOT PLAYGROUP 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

FAMILY TALK - LAUGH, LEARN & LUNCH BIRTH – 5 YEARS

Join the FGCA staff as we explore the challenges and joys of parenting young children over lunch. Programming will include shared snack and group discussions as well as a shared lunch. Limited onsite childminding available.
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. Caregiver participation is required.
Mondays, 9:15am - 10:45am 1/\$2

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

Preschools

FIVE POINTS PRESCHOOL 3 - 5 YEARS

OPEN HOUSE
Friday, February 9th, 2018, 1-2pm

Registration for new families for the 2018/2019 school year will begin **February 15th, 2018**.

Using the Learning Through Play curriculum, we encourage the children to explore, discover, create, socialize and have fun. Facilitating problem solving skills, offering choices within a framework and getting comfortable in a group setting are important to us.

Monday, Wednesday & Friday **\$190/month**
9:00am - 12:00pm + **\$30 one time**
Sept - June **administration fee**
15 children
2 Early Childhood Educators
Children must be able to use a toilet independently.
Eligible families may apply for government subsidy.
fivepoints@fairfieldcommunity.ca

MOSS ROCK PRESCHOOL 3 - 5 YEARS

OPEN HOUSE
Thursday, February 8th, 2018, 1-2pm

Registration for new families for the 2018/2019 school year will begin **February 15th, 2018**.

Moss Rock Preschool is an urban nature based learning through play program where children can connect with the natural world and each other. We believe that relationship is where learning happens. Our focus is on exploration based learning, where the curriculum evolves from the groups thinking and play.

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 use a toilet independently.
Eligible families may apply for government subsidy.

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

PRESCHOOL ARTS

WEE EXPRESSIONS 0 - 4 YEARS

Come and join us in songs while we engage a child through a mixture of free play and structure. In our classes, parents and children (0-4 yrs) alike take pleasure in the interactive nature of the classes and jointly participate in singing, instrument playing, learning manners, brain gym, accompanying song actions, baby sign language, and dances with a refreshing sense of exploration and fun. Our curriculum is based on researched methods surrounding the benefits of music infused with Music Therapy techniques. Siblings of registered participants that are under 10 months attend for free. Instructor website: www.musicaexpressions.ca
Mondays 1:15 - 2:00pm
Jan 15 - Mar 12 (no class on Feb 12)
8/\$104 (+ an additional \$15 fee for materials) = \$119
Apr 23 - Jun 18 (no class on May 21)
8/\$104 (+ an additional \$15 fee for materials) = \$119

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
Jan 18 - Mar 15 9/\$126
Apr 5 - May 10 6/\$84

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
Jan 18 - Mar 15 9/\$126
Apr 5 - May 10 6/\$84

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 - 6:00pm
April 4 – May 9 6/\$84
4 - 6 years
Wednesdays, 6:00pm - 7:00pm
April 4 – May 9 6/\$84

School Age



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

Programs

YOUTH ZONE GRADES 5 & 6

A registered program facilitated in our youth space that focuses primarily on character building, gaining leadership skills, being involved in community (as well as global projects), while providing a safe, enthusiastic place to socialize close to home. Our aim is to prepare, inspire and inform our future leaders in this community, while having FUN! Limited spaces.
Mondays, Tuesdays, Wednesdays 3:00pm - 5:00pm
Sep - Jun \$125/month
youth@fairfieldcommunity.ca

Drop-ins

CHILL ZONE 10 -14 YEARS

Bored? Come join us at our new youth space at The Place and play video games, read comics, watch movies, make crafts, cook and bake, and play field games!
Thursdays & Fridays, 3:00pm – 5:00pm
Sep - Jun By donation

Recreation

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
Feb 17 1/\$20
Mar 10 1/\$20

Spring Camps

FGCA SPRING BREAK CAMP 6 -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 19 – Mar 23 5/\$175
Monday - Thursday,, 8:00am - 5:30pm
Mar 26 – Mar 29 4/\$140

YOUTH SPRING BREAK CAMP 12-17 YEARS

Our Youth Program Leaders will be teaming up Tim Gosley of Puppets for Peace to provide youth with an interdisciplinary exploration of art, dialogue, outdoor education and workshops. Youth will gain applied skills in creative community building that they can use in school, with friends, and family.
Monday - Thursday, 9:00am - 3:00pm
Mar 19 – 22 \$50-\$100 sliding scale

Out of School Care (OSC)

We offer licensed care for children who attend Sir James Douglas and 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.

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 \$20.00/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

Fairfield (Sir James Douglas) OSC ffosc@fairfieldcommunity.ca

250-382-2065
1330 Fairfield Rd, Victoria BC, V8S 5J1

Margaret Jenkins OSC mjosc@fairfieldcommunity.ca

250-592-8800
1824 Fairfield Rd, Victoria BC, V8S 1G6

Childcare Coordinator childcare@fairfieldcommunity.ca

250-382-4604
1330 Fairfield Rd, Victoria BC, V8S 5J1

Carole James, MLA VICTORIA-BEACON HILL

*Honoured
to serve you
in our
community*

COMMUNITY OFFICE
1084 Fort Street
Victoria, BC V8V 3K4
250-952-4211
Carole.James.MLA@leg.bc.ca
www.CaroleJamesMLA.ca

Clothing Swap

FREE!

4th Saturday of the month
10am - 1pm 1330 Fairfield Rd.

2018	June 23
January 27	July 28
February 24	August 25
March 24	September 22
April 28	October 27
May 26	November 24

We are also looking for volunteer hosts at these events

Shop for free! If you wish, bring along your beloved but outgrown items to exchange for new duds, or come empty handed & fill up a bag! Please bring items in clean and gently used condition. Clothing will only be accepted during the event hours and many of the remaining items will be donated to charity.
Call 250-382-4604 for more info.

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Cook Street Village Activity Centre

380 Cook St
250-384-6542

Chinese Lunar New Year
The Year of the Dog

Friday, February 16
12:30pm

Tickets until February 13
General \$15 | Children \$7.50
Includes lunch and entertainment

Some Other Opportunities:

Income Tax Clinics
March and April

March 12
Beginner Guitar

March 15
Duplicate Bridge Tournament

March 20
Community Conversations with the Mayor

March 24
Food Safe Level 1

Valentine Dance

February 9th
Doors open 12noon | Lunch 12:30pm
Dancing starts at 1:15pm
All ages welcome | No partner needed
DJ accepts musical requests

Tickets until February 6
General \$15
Children \$7.50

Multicultural Fair
Bringing the World Together

Saturday, April 21
11:30am to 2:30pm

Call us or drop by more details about our social, recreational, and educational opportunities

Adult Recreation



Fitness & Health

QI GONG

SPRING FOREST QI GONG

Immerse yourself in the healing energy of Spring Forest Qigong in our supportive group environment. No experience is necessary to attend. We will be using the components of breath, visualization, gentle postures/movements and sound to remove any blockages in our energetic system, and balance our energy. With balanced energy you will experience your optimal health, peak performance, and peace. Benefits include:

- Increases awareness enhancing clarity & intuition
- Eases stress and balances emotions
- Speeds recovery from illness and injury
- Balances blood pressure and blood sugar
- Strengthens bones & immune system
- Enhances compassion, love & joy

Tuesdays, 9:30am - 10:30am
Jan 9 - Mar 13 10/\$100
Apr 3 - Jun 5 10/\$110

Wednesdays, 6:00pm - 7:00pm
Jan 10 - Mar 14 10/\$100
Apr 4 - Jun 6 10/\$110

SPRING FOREST QI GONG WORKSHOP SERIES

Please join Nancy Crites as she offers a number of workshops related to connecting to your heart and healing with Qi Gong. The benefits of participating are experiencing the healing power that lies within you and achieving calm, balance and joy in your life. Sign up for one or all of the following:

Healing Chronic Pain Through Qi Gong
Saturday Feb 24, 10:00am - 1:00 pm 1/\$35

Deepen Your Spring Forest Qi Gong Practice and Learn Self Healing Techniques, Part One
Saturday, April 21, 10:00am - 4:00 pm 1/\$79

Deepen Your Spring Forest Qi Gong Practice and Learn How to Heal Others, Part Two
Saturday, May 12, 10:00am - 4:00 pm 1/\$79

TAI CHI

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 releasing pain and stress. There are sitting and standing components to the class. Class content will change from time to time.
Wednesdays, 10:30am - 11:30am
Jan 10 - Mar 14 10/\$100
Apr 11 - Jun13 10/\$80

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
Jan 15 - Mar 26 (no class Feb 12) 10/\$80
Apr 9 - Jun 25 (no class May 21) 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
Jan 15 - Mar 26 (no class Feb 12) 10/\$80
Apr 9—Jun 25 (no class May 21) 11/\$88

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
Jan - Mar 21 10/\$80
Apr 11 - Jun 27 12/\$96

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
Jan 9 - Mar 13 10/\$110
April 3 - Jun 12 11/\$121
Tuesdays, 7:00pm - 8:00pm
Jan 9 - Mar 13 10/\$90
April 3 - Jun 12 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
Jan 9 - Mar 13 10/\$110
Apr 3 - Jun 12 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
Jan 11 - Mar 15 10/\$90
Apr 3 - Jun 12 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, 6:30pm - 7:30pm
Jan 17 - Mar 21 10/\$80
Apr 11 - Jun 27 12/\$96

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
Jan 11 - Mar 15 10/\$80
Apr 12 - Jun 14 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, 6:45pm - 7:45pm
Jan 11 - Feb 8 5/\$40
April 12 - May 10 5/\$40

Drop-ins

BADMINTON DROP-IN

Join our group of enthusiasts for an evening of co-ed badminton. Bring your own racquet. Birdies provided.
Tuesdays* 8:00pm - 10:00pm
(SJD school gym) 1/\$3.50
** Badminton cancelled during winter break, March 20 & 27*





Murray Rankin
Member of Parliament
Victoria

Constituency office:
1057 Fort Street
Victoria, BC V8V 3K5
250-363-3600
Murray.Rankin@parl.gc.ca

Office hours:
Tuesday to Friday
10am to 4pm

Special Events & Activities



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

FLOCK MAGAZINE ~ Issue #3 ~ SUSTAINABILITY

The FGCA's Headwaters Youth Collective published two issues of FLOCK magazine, a local magazine that amplifies the creative power of young people while addressing social issues in our community. Inspired by youth interests in creative self-expression, justice, and community engagement, the intention was to build a community of trust, respect to explore our stories, develop creative actions of hope, and transform our culture!

The FLOCK team gathered submissions for their next magazine, intended to reflect on the theme of sustainability, but time and money ran out before the 3rd and final issue was published. So to honor the youth who contributed, we are presenting their pieces here. Thank you to all those who made Headwaters Collective and Flock Magazine such a success.

Land of Nomads

From there came we-
The people, who are free.
From roots which tie us down,
Enchain us to the ground
We mount our seeds
And off we fly-
We race the eagles in the sky.

Through steppes vast,
And mountains tall
We follow endlessly your call;
A sound like no other
Sweet as the murmur of a mother
It calls from far
It calls from wide-
But mostly it sounds from inside.

And so we scour
And search
And see,
And live our restless lives carefree.
- Lola Nurmanova

My poem is about the people of my homeland, maybe not so much now, but this still remains relevant. I'm from Kazakhstan, a country in Central Asia which shares borders with Russia and China. Throughout history, Kazakhs have always been nomads. They hunted with eagles and lived in yurts, which they took with them when they moved every fall and spring. This poem describes the nomadic spirit and love of their land which all Kazakhs have.

THE MASQUERADE BALL

BY CHRISTINA COMPTON (16)

MY HEAD IS A JUNGLE WITH MONKEYS SWINGING FROM TREE TO TREE
BIRDSONG RELAYS INFORMATION TO MY LIMBS
MY OPTIC NERVE IS A LONG, GNARLED VINE
I WON'T BE DAZZLED WITH GOLD
INSTEAD BRING ME BOUQUETS OF POISONOUS FLOWERS
FOR MY AZURE AND RUBY CELLS TO PLAY HIDE-AND-SEEK IN
WITH MATCHING, VIBRANT BOAS TO WIND
AROUND MY NECK LIKE 24 KARAT GOLD CHOKERS
BUT YOU TOOK MY LIFE
WHEN YOU STOLE MY LUSH FORESTS
AND REPLACED THEM WITH MONOCHROMATIC STUMPS
ONCE WAS A SEA OF RAINBOW PETALS AND DEADLY GRACE
NOW LIFELESS GREY OVERFLOWS

Sky Lanterns

Everything seemed wrong
earth was rotating the opposite direction
humans seemed confused
and eyes, sharp eyes surrounded me everywhere

I needed a break.
I searched for freedom,
Freedom that I never had.
Away from humans who know best how to judge.

I stood near the window
stared at the dark sky
Filled with stars
How did they not get bored shining every night?

Stars like sky lanterns,
creating their own artificial day
in the dark moody night.
Stars like choices

I stayed long hours
analyzing every detail of the stars
Infinite stars
stared down at me.

They wanted to tell me something
send a message?
Tell a story.
share a secret.

They did!
They told me everything!

It was the moment of realization!
I found infinite happiness
I saw so many reasons
I saw choices!

Just like the sky lanterns
creating their own daylight
creating their own happiness.

I became a lantern
Created my own sun
In the darkest times

Shining at every moment
no matter rain or snow
dark or light

I became the sun
that nobody could destroy!

The Waterfall

Clean crystal water falling
washing the rocks kisses
the water lilies lights up
the nature in the
dark moody night.
The moon melts
from the jealousy of the
waterfall stealing her brightness.
Envious moon throws some of her
dust. The waterfall
sends messages to reach
and every star.

It starts dancing with
itself as a talented
graceful ballerina.
The stars give
even more
shine. Once
the show has ended
crickets applause
and cheer.
Everyone got
envious of
the sinful
waterfall
that
stole night's
beauty!

Collection of nature poetry by Aferdita Lamani (16)

A Dove's Message

The white of my feathers scratch the sky
high above the clouds I fly.
Ocean creatures jump with grace
shaking their tails toward my face.

Jealous sun shines through my wings
Powerful happiness to my heart it brings.
Clouds looking fresh and clean
their light smile on my back they lean.

But the quickest I used to be
Flying wild, my wings were free.
My weightless bones tasted air
My heart collapsed, so unfair!

Now the clouds turned black and grey
Tears they shed on the month of May.
My ocean creatures didn't jump anymore
Their hearts dead across the shore.

Tress crying all among the Earth
Human tortures, to whom they gave birth.
Roses were falling heavy and dead
Black fever to my lungs they spread.

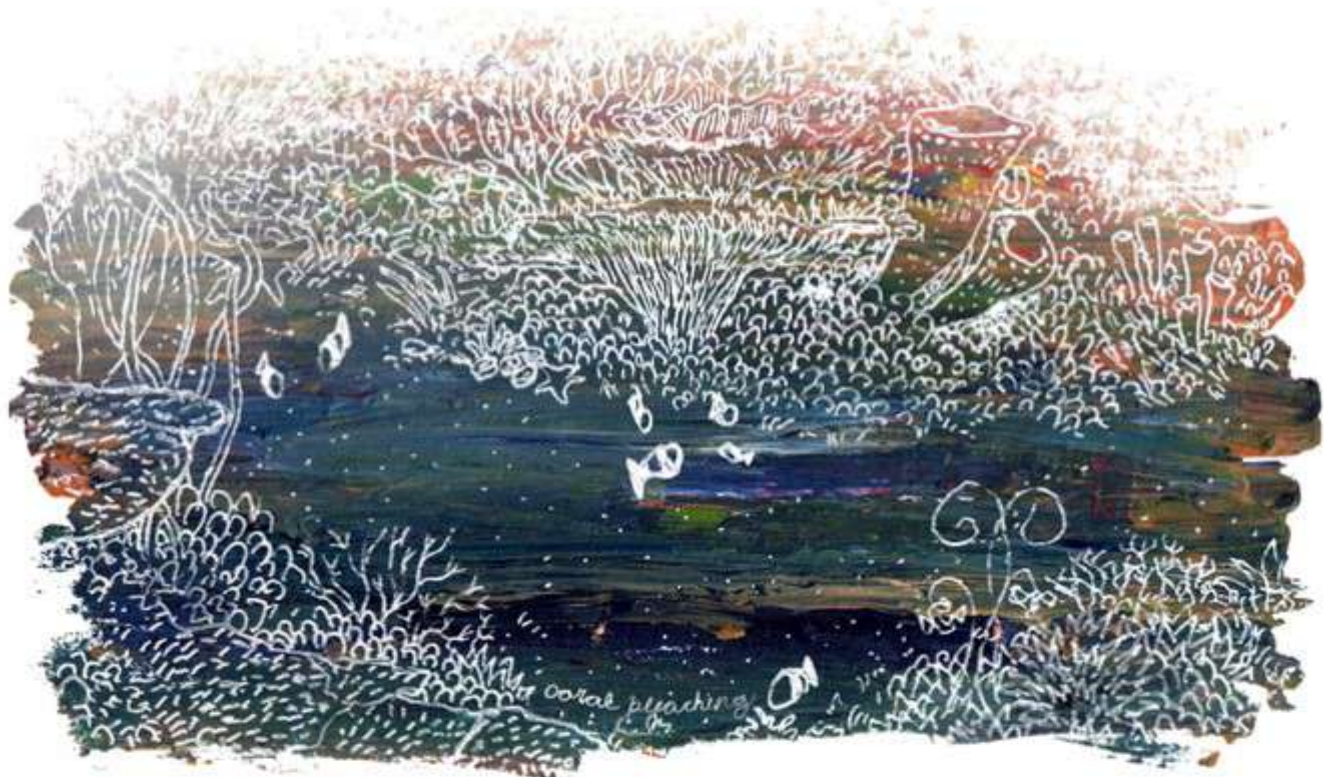
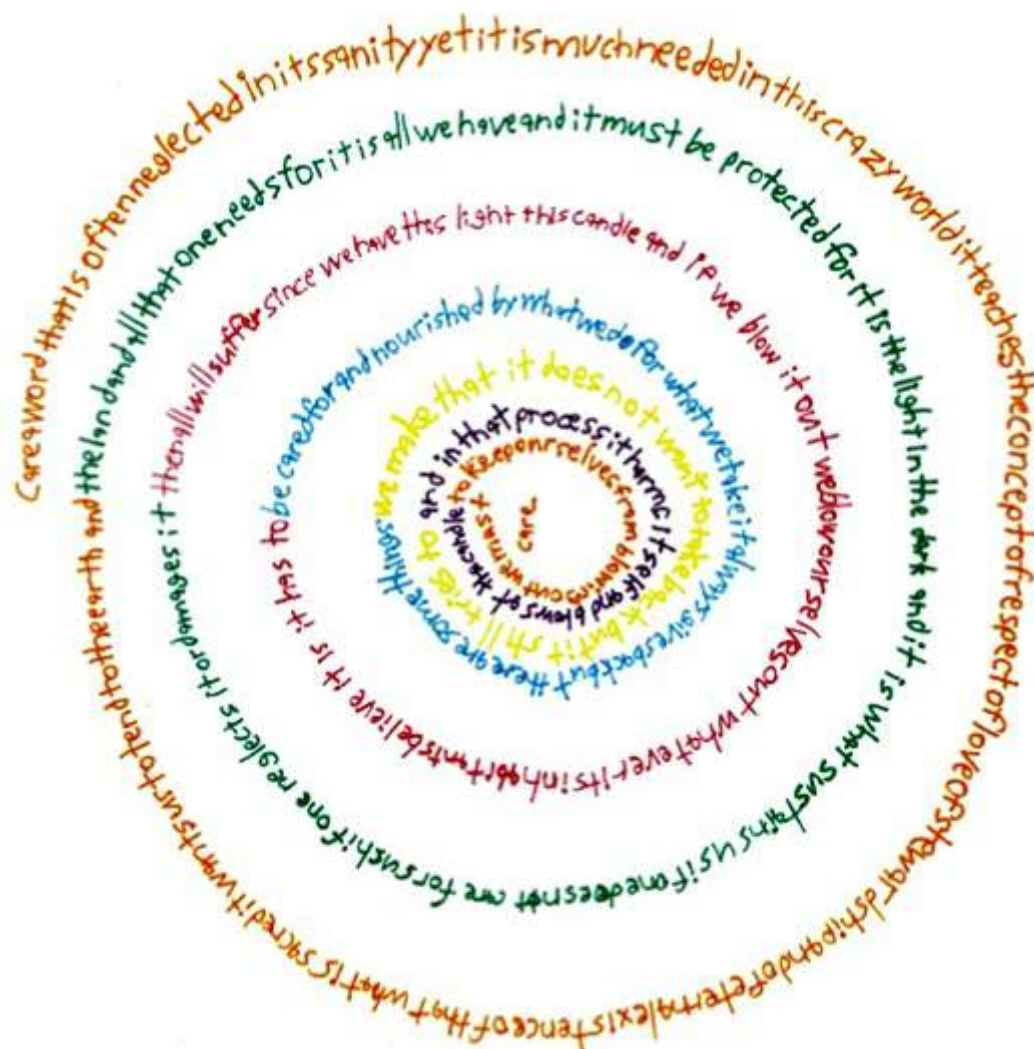
Falling and falling I start to choke
Deadly clouds my wings start to poke
The crying sounds of trees I inhale
my best wishes to them I mail

My eyes blind from the oily water
None of my words now don't matter.
I fall and fall to the curse of the earth
My son in my heart, to whom I gave birth.

My heavy body is splashed by water
Cold and pain now don't matter.
Next to fish dead on the shore
Wishing my lungs would breath some more.

Care. A one-word poem

Finn Kreischer (14)



Coral Bleaching

by Carolyn Walker

It is our responsibility as citizens of the world to protect the planet we live on, and all the beauty and natural wonders that we share it with. To me, being sustainable means protecting all that is good in life by taking action against global warming. This is more important than ever now that America has officially left the Paris Climate Agreement. My piece, entitled "Coral Bleaching", shows what all coral reefs around the world will soon look like (colourless) if fossil fuel emissions from cars and industry continue to rise, leading to the ocean warming up. Save the corals, save the earth, and save ourselves!

Adult Recreation

Music

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 23 - Mar 13

Apr 3 - 24

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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 23 - Mar 13

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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!

CHEESE MAKING 101: PANIR, BLANCO, AND WHOLE MILK RICOTTA

Saturday, 10:00am-12:00pm

May 26

1/\$65

HALOUMI

Saturday, 1:00pm - 3:00pm

May 26

1/\$65

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

Apr 13

May 11

Jun 15

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1/\$35



Facility Rentals

250-382-4604
info & bookings

FAIRFIELD COMMUNITY PLACE IS YOUR PLACE

Last Monday of the Month, 6:00 – 8:00pm

Mondays: Apr 20, May 28, Jun 25

By donation

Are you looking for a space to hold your workshop, meeting, event, gathering or info session? If your event is public and free to attend, you can book "Our Place Is Your Place" on the last Monday of the month. We have rooms available for community activities at no cost. Clothing swap, travel slide show, potluck, travel tips workshop, movie night, book club, and board games are some example. Rooms are classroom sized and can accommodate up to 35 people, 6-8pm.

Contact us for more info, or to request a booking.

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 evenings after 6pm and all day weekends.

\$35 Hourly \$200 Daily

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.

\$35 Hourly \$200 Daily

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.

\$35 Hourly \$200 Daily

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.

\$55 Hourly

\$200 Half day (9am-3pm or 4pm-10pm)

\$325 Full day (9am-10pm)

\$50 to add Corinne's kitchen to rental, if available

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.

\$35 Hourly \$150 Daily

**www.fairfieldcommunity.ca
for FAQs & photos**

Tables and chairs are included with all rentals. All rooms are wheelchair accessible including washroom facilities.

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Hoping for eats and to be forgiven
Community spirit abounds
giving blessings for we earthbound
Chaos, uncertainty are global threats
but if we stay focused on peace
we can overcome them yet

I like to think of Fairfield as the Mediterranean of Vancouver Island. This southern most point on the Island has pleasant neighbourhoods, gardens and trees galore and a pleasant mix of family, apartment and condo housing in which we have a pleasing diversity of residents. Our architecture comes from the Edwardian or Victorian era, may be post war, funky or modern and shows we appreciate our history as well as keeping up with the newer. With the Strait of Juan de Fuca and a glorious view of the mountain range on the north coast of Washington state, we can

almost feel like a tourist in our own community.

I have moved a lot in my life, abroad, and have lived in several neighbourhoods in Victoria. I recently returned to my earliest one, Fairfield. My first residence was the old Joseph Despard Pemberton's Mansion on St Charles Street which then was the Norfolk House School's boarding house. Now I am just a block away on what was The Farm. The route we took walking to old St. Matthias Church every Sunday and, on school days to the schoolroom on Bank Street, is still there.

A much earlier Fairfield connection was my Toronto artist great grandfather, Thomas Mower Martin, who travelled Canada on the early CPR trains. Between 1887 and 1911, on ten different trips when in Victoria he painted with Sophie Pemberton (and other local artists). He lived at McNeil Bay for a year and a half from 1910-1911. I think of him every time I take a walk that way.

So as they say "chickens come home to roost." I guess that is true for me.



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COOK STREET VILLAGE RESIDENTS NETWORK

Trees or buildings?
Condos or carriage houses?
Parking or car-sharing?
Retirees or families?



What is the future for Cook Street Village?

The City has released a draft neighbourhood plan for Cook Street Village. The community has organized a response. Read our 4 counter-proposals online.

Get involved at www.csvrn.com

The Cook Street Village Residents Network was formed to collaborate with the City of Victoria on the Neighbourhood Plan.

Are you a resident of Cook Street Village?

Do you live within a 5 minute walk of the Village and visit regularly?

Do you own a business or work in the Village?

Become a member by visiting our website: www.csvrn.com

In Cook Street Village we have inherited many civic assets from past generations. We invite you to join us and to seriously consider – what will be our legacy to the next generation? What can we do now that will benefit people in 20, 30 and 40 years?

Residents bring vital perspectives, and a plan uninspired by these perspectives will fail to unlock the Village's potential.

We have held four kitchen table discussions and two public forums, resulting in four topic papers outlining our vision. They are:

- Stewarding the Public Realm for a Safe and Slow Cook Street Village
- No Density without Diversity: Housing Affordability
- Gentle Density: A Land Use Proposal for Fairfield
- Built Form in Cook Street Village

Residents of Cook Street Village are especially invited to read and comment on these proposals online. Visit our website: www.csvrn.com

VENI, VEDI, VICI
ITALIANS IN 1800s VICTORIA

By Annamaria Bamji

So many Italians contributed, in one way or another, to make what Victoria it is now. Here is one.

PETRONILLA MEDANA,
BOSSI, QUAGLIOTTI

It was a very tough life for women in the 1850s. Some came to Victoria to find a husband. Some ended up in saloons. But Petronilla was born with a silver spoon in her mouth. According to her marriage certificate and according to the census of 1901 she was born in San Francisco the 13th of December 1849. Her father was Paul Medana, her mother Vincenza Villa Fagnia.

After Vincenza’s accidental death, Paul brought Petronilla to Victoria. Church records show that a child, Marie Emilie Medana, whose parents were Paul Medana and Catherine Mona, was baptised in 1859. Godparents were Laurent Medana and Petronilla Medana.

Later Paul and Catherine had two more children with the Piaggios, an Italian family, as godparents. Now Petronilla had a complete family. Her father Paul was a big landowner, so she had the best schooling. In 1858 she went to St. Anne’s Academy where she learned needle work and other “young girls” things. She accomplished her studies in 1864.

In 1867 Petronilla married Carlo Bossi. It was going to be the first Italian wedding in Victoria and a lavish one too. Most of the guests were Italians including, Giacomo Bossi, his brother, Giovanni Ragazzoni, Andrea Astrico, Francesco Malatesta, the Piaggios family, Caterina Medana, a Caravella and hundreds more.

Petronilla became a very skilled needlewoman, winning prizes at fairs and donating the prize monies to charities. She was photographed by Hanna Maynard posing in front of an easel, although the only artworks by her that have survived are two collage samples. She loved birds and had a collection of parrots.

Petronilla’s husband Carlo died in 1895 of a heart condition, and she then unveiled a monument dedicated to him which she designed. One month later she married Lorenzo Quagliotti, a much younger man. His story will follow. Petronilla died in 1913.

Resolve to Hear Better this year.



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FAIRFIELD FOOD FOREST

By Bonnie Mae Newsmall & Scott Davis

The Fairfield Food Forest is located in Porter Park, just off Thurlow Road.

Twelve or fifteen thousand years ago, the site that is now the Fairfield Food Forest was covered in ice hundreds of meters thick. Eventually the glaciers receded, and since time immemorial this area has been home to the people called the Lekwungen, or Songhees. At the end of the eighteenth century when white people appeared on the scene, the early people already had many villages in the area, including at the places we now call Clover Point and Beacon Hill Park—just above the beach beside the ocean. Sometimes wind and currents made it difficult to get around the point and into what is now known as the Inner Harbour; the people then canoed up a creek from Ross Bay, and with a short portage to another creek they had a sheltered route down into the Inner Harbour and the Gorge. The area just below the community garden was a “water meadow.” That is like a bog, covered in water in the winter and drying out in the summer. The flooding protected the soil from frost in the winter and gave a head start to the grass hay that would grow in the summer.

By the middle of the nineteenth century, much of this area we now know as Fairfield became the property of Sir James Douglas. His diaries recount that his family visited Porter Park for picnics every year. The area was eventually used to graze cattle. The peat in the bogs caught fire and smouldered and burned for a very long time. A hundred years ago, this area was used by the city of Victoria for barn and stables. After that, Woodland Dairy operated here, and then the site became a City of Victoria works yard. Sometime later, a couple of houses appeared here on the site. Today the stone steps up to the new pergola remain as a reminder of this phase. At that time, large areas of Fairfield were used by Chinese market gardeners and others to feed the city.

Eventually, this area became a park, named after the mayor of Victoria from 1919-1921, Robert J. Porter.

How did the Food Forest come to be? Fast forward to 2009. Scott Davis and Bonnie Mae Newsmall met Chloe Markgraf from the Point Street House and others who were advocating for the idea of a community garden for Fairfield. Joan Kotarski, then director of the FGCA, was very supportive in making this idea a reality. Geoff Johnson, a local permaculture activist, was enlisted to design a garden full of plants that were both prolific and hard to kill in this particular site. The plants chosen are a mixture of familiar trees and



berries such as huckleberries and saskatoons, with some other kinds that you might not have heard of—goumi berries, for example—that nevertheless do well here. Years of struggle for approval followed, but since then the City of Victoria has been most generous with its support for us. Vanya McDonnell has worked wonders on our behalf, first as Volunteer Coordinator and now as Co-Executive Director of the FGCA. Chloe moved on and Erika Verlinden stepped up to spearhead our efforts; by early summer 2013 she led a weekend work bee to plant out the garden. Residents of the Point Street House along with many others participated in the bee—digging pathways, laying sheet mulching, constructing deer-proof cages, installing irrigation lines, and planting out the many little trees and berry bushes. As technical advisor, Scott designed the fencing and the computerized drip irrigation system. He is also the liaison to the FGCA board for the garden. Bonnie Mae did what was needed to further the garden project in various ways, disarming dissenters and researching the site's history. They both helped to inspire and train the big community of volunteers we have had over the years. One of the best supports from the City has been to have Emily Hull join us as Volunteer Coordinator in 2015. She has done much to garner support for the Fairfield Food Forest. One of her proudest accomplishments has been to facilitate work bees with various community groups: the Greater Victoria Green Team, RBC at Cook Street, Glenlyon Norfolk School, Moss Rock Preschool, and an ongoing contingent of dedicated volunteers from the Fairfield-Gonzales neighbourhood. It is said that many children on their way to the daycare at the school have learned just which berries are ripe and ready to eat, and which ones would best be left a while longer. We have recently been able to install some of our dream facilities such as a garden shed and pergola, and are now setting our sights on further signage and a couple of benches in 2018.

Many thanks to John Adams, Mark Albany and Helen Edwards for sharing their knowledge of the history and prehistory of the area. Any errors are our own.

For photos of the Food Forest, check out the back page —>

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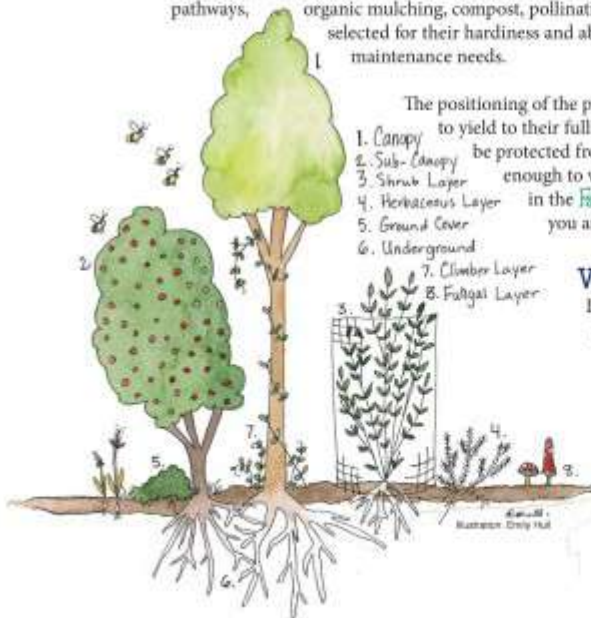
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Fairfield Food Forest

A place to gather, create, harvest and celebrate, the **Fairfield Food Forest** is a commons belonging to everyone. This is the first community garden in Fairfield.

In a permaculture garden, such as this one, you likely won't see straight rows, bare soil, or hours spent weeding. Instead, you'll see a wide diversity of plants of different heights, water-catching pathways, organic mulching, compost, pollinating insects, and people! Plants were selected for their hardiness and ability to produce high yields with little maintenance needs.



The positioning of the plants was designed for the mature plants to yield to their full capacity. Smaller trees and bushes will be protected from deer and dogs until they are mature enough to withstand damage by animals. All the plants in the **Fairfield Food Forest** are edible – to be used by you and the generations to come!

What is a commons?

Land or resources belonging to or affecting the whole of a community

What is Permaculture?

A form of ecological design and construction that creates self-sustaining, productive, holistic food growing systems that are modeled after healthy systems found in nature.



Red Flowering Currant
(*Ribes sanguineum*)
Photo: Lisa McCall (Flickr)



Ollalieberry
Logan x Young
(*Rubus laciniatus x ulmifolius*)
Photo: Lisa McCall (Flickr)



Chinese Chestnut
(*Castanea mollissima*)
Photo: F.J. Roberts (Flickr)



Saskatoon Berry
(*Amelanchier alnifolia*)
Photo: Wolcho (Flickr)



Gooseberry
(*Ribes uva-ursi*)
Photo: John Hays (Flickr)



Desert King Fig
(*Ficus carica*)
Photo: Thomas Ross (Flickr)



Haskap
(*Lonicera caerulea*)
Photo: Karen New (Flickr)



Goji Berry
(*Lycium barbarum*)
Photo: Lisa McCall (Flickr)



Clove Currant
(*Ribes odoratum*)
Photo: Jean-Claude Lefebvre (Flickr)



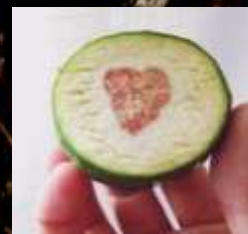
Goumi Berry
(*Elaeagnus multiflora*)
Photo: Lisa McCall (Flickr)



Jostaberry
(Gooseberry x Black currant)
(*Ribes nidigrolaria*)



Thimbleberry
(*Rubus parviflorus*)
Photo: Jason Tashiro (Flickr)



FAIRFIELD GONZALES
COMMUNITY ASSOCIATION
the place to connect

The Fairfield Food Forest is located in Porter Park, near the intersection of Kipling and Thurlow. Come by and see what our hard working Garden Committee has been up to! If you would like to be kept in the loop for upcoming work parties and events, email us: fairfieldcommunitygardens@gmail.com or "like" our Facebook page: "Fairfield Community Gardens"