



FAIRFIELD GONZALES
COMMUNITY ASSOCIATION
the place to connect

Observer

FAIRFIELD GONZALES

FGCA PROGRAM GUIDE & COMMUNITY NEWS

Nov/Dec/Jan

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Photo credit: Judah Paemka

www.fairfieldcommunity.ca
1330 Fairfield Rd. Victoria BC V8S 5J1
place@fairfieldcommunity.ca 250-382-4604



FAIRFIELD GONZALES
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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



Reception Hours

- Monday to Friday 9:00 am—5:00 pm
- Saturday 9:00 am—3:00 pm*
- Sunday closed
- Closed for winter break: December 22—January 1st
- *We are closed statutory holidays & Saturdays on long weekends

E-Newsletter

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

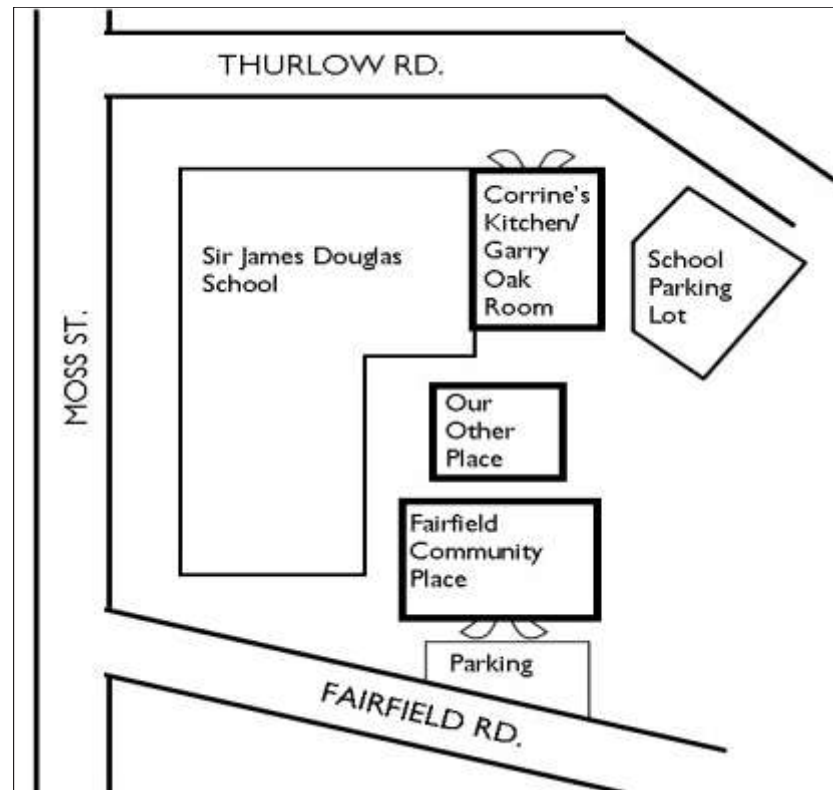
Registration

We accept Visa, MasterCard and American Express over the phone. 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.

BECOME A MEMBER OF THE FGCA

Membership is free! As a member you will; have a say in who is elected to the Board, have a say in how the FGCA is governed (constitution and bylaws), be eligible to run for the Board, be eligible to serve on the Community Association Land Use Committee (CALUC).

Visit our website and fill out our online membership form, or drop by the office for a paper copy.



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!

At our Annual General Meeting on October 22nd, 2018, FGCA members present held an election for our 2018-19 board of directors:

2018-2019 FGCA BOARD OF DIRECTORS

- | | | |
|----------------|-------------------|----------------|
| Alexandra Ages | Bryan Rowley | Julia Warren |
| Alice Albert | Chris Reed | Kevin White |
| Anna Phelan | Dave Thompson | Michael Hirsch |
| Anne Tomin | Don Monsour | Scott Davis |
| Brian Vatne | Jennifer Matthews | |



L-R Re-elected directors; Scott Davis, Anne Tomin, and newly elected directors; Michael Hirsch, Chris Reed, Anna Phelan, Julia Warren, Jennifer Matthews, Briane Vatne

Thank you to all the Directors who served in 2017-2018.
Your contributions are much appreciated!

FALL FAIRFIELD PIE COMPIETITION WINNERS!

Thank you to everyone who contributed a pie to Fall Fairfield's 3rd annual Pie ComPIetition! This year we had an individual category and a bakery category accepting pies from the general public as well as bakeries.

Thank you **Cook Culture** for sponsoring the 1st place prize for the individual category!

INDIVIDUAL CATEGORY

- Best Overall Pie.....tied for first!**
Thom M ~ Almond Apple Crumble Topping
Catherine W ~ Pear Crumble Topping
- Most Unique Flavour....**
Tara ~ Jalapeno Apple

PROFESSIONAL BAKERY CATEGORY

- Best Overall Pie....**
Bubby Rose's Bakery ~ Sour Cherry
- Most Unique Flavour....**
Irene's Bakery ~ Blackberry



Early Childhood

Recreation

RICHARDSON SPORT ME AND MY PARENT

2 - 3 YEARS

This program introduces foundational movement skills necessary for sports, including; hockey, baseball, soccer, volleyball, baseball, rugby, lacrosse, golf, basketball and football. Leaving competition on the sidelines, program is led by NCCP Certified instructors using games, songs and positive reinforcement.

Thursdays, 9:45am - 10:30am

Jan 17 – Mar 14

9/\$126

RICHARDSON SPORT ME AND MY COACH

3 - 5 YEARS

This program introduces foundational movement skills necessary for sports, including; hockey, baseball, soccer, volleyball, baseball, rugby, lacrosse, golf, basketball and football. Leaving competition on the sidelines, this program is led by NCCP Certified instructors using games, songs and positive reinforcement.

Thursdays, 10:30am-11:30am

Jan 17 – Mar 14

9/\$126

Drop-ins

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

Not running during winter break, Dec 22—Jan 6

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

Not running during winter break, Dec 22—Jan 6

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

Not running Nov 12 & during winter break, Dec 22—Jan 6

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 a shared snack and group discussions as well as a shared lunch. Limited onsite childminding available.

Thursdays, 10:30am - 11:30 am

By donation

Not running during winter break, Dec 22—Jan 6

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

\$810 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



Preschools

FIVE POINTS PRESCHOOL

3 - 5 YEARS

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

9:00am - 12:00pm

Sept - June

\$190/month

+ \$30 one time
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

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

9:00am - 1:00pm

Sept - June

2 days a week \$200/month

3 days a week \$260/month

4 days a week \$340/month

5 days a week \$400/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.

mossrock@fairfieldcommunity.ca

School Age

Out of School Care (OSC)

We offer licensed before and after school care for children who attend Sir James Douglas and Margaret Jenkins Elementary Schools.

BEFORE SCHOOL CARE

7:30am - school start

5 days a week \$110/month, \$60 for Kindergartners
Drop -in, based on availability* \$10.00/day

AFTER SCHOOL CARE

school dismissal - 6:00pm

5 days a week \$325/month, \$275 for Kindergartners
3 days a week \$250/month, \$220 for Kindergartners
2 days a week \$200/month, \$180 for Kindergartners
Drop -in, based on availability* \$25.00/day

BEFORE +AFTER SCHOOL CARE

7:30am - school start + school dismissal - 6:00pm

5 days a week \$380/month, \$280 for Kindergartners
3 days a week \$300/month, \$240 for Kindergartners
2 days a week \$240/month, \$200 for Kindergartners

PRO-D DAYS

8:00am-5:30pm

\$40/day



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

Childcare Coordinator

childcare@fairfieldcommunity.ca

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

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 \$175/month, includes Pro-D Days

youth@fairfieldcommunity.ca

Drop-ins

CHILL ZONE

10 - 14 YEARS

Bored? Come join us at our 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, suggested \$2/visit

Adult Recreation

Fitness & Health

BANDS & BALLS

In this 45 minute class we use bands and small balls to work all the major muscle groups and some smaller ones as well. We then take time to stretch out the muscles we used to increase flexibility and ease of movement. This class can be done sitting or standing.

Wednesdays, 7pm-7:45pm
Jan 30 - Mar 6

6/\$48

THE MESSAGES YOUR BODY IS TELLING YOU – ARE YOU LISTENING?

Many people go through life with aches and pains and consider that to be normal. Well, what if it isn't? What if these aches and pains are messages from your body telling you what it needs to be healthy? In this one hour presentation, learn about what some of those messages might be and what you can do about them.

Monday, 7pm-8pm
Nov 19

1/\$15

THE VISION WORKSHOP: 3 KEYS TO ACCELERATING YOUR RESULTS

Do you want to discover your true dream or purpose? Would you like to eliminate fear, doubt, and worry and move toward your goals with confidence? Do you want to achieve greater results with less effort? If these questions resonate with you then you are going to love this 3-hour workshop! You will learn to harness your life's purpose and find the prosperity you deserve.

Saturday, 10am-1pm
Feb 2

1/\$25

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 9 - Mar 13

10/\$100

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 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

Wednesdays, 6:00pm - 7:00pm
Jan 23 - Mar 27

10/\$110

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 15 - Mar 19

10/\$120

Tuesdays, 7:00pm - 8:00pm
Jan 15 - Mar 19

10/\$120

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 15 - Mar 19

10/\$120

YOGA - IYENGAR SUPPORT & 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 17 - Mar 21

10/\$90



YOGA - GENTLE YOGAFIT

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

Wednesdays, 6:30pm - 7:30pm
Sep 12 - Dec 5
Jan 9 - Mar 20

13/\$117

11/\$99

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, 5:15pm - 6:30pm
Jan 10 - Mar 14

10/\$90

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 10 - Mar 14

10/\$90

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
Sep 10 - Dec 3 (no class Oct 8, Nov 12)
Jan 7 - Mar 18 (no class Feb 18)

11/\$99

10/\$90

STRONG BY ZUMBA ~ NEW!!

Stop counting reps, start training to the beat! STRONG combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. This boot camp style workout is Zumba's new NON DANCE workout. Using inspirations from Karate, kickboxing and cross fit, it is sure to make you sweat and push you to your limits. All movements are modifiable but this class is not for the faint of heart.

Thursdays, 6:30pm - 7:30pm
Oct 4 – Nov 1
Nov 15 – Dec 20 (no class on Dec 13)
Jan 10 – Feb 7
Feb 14 – Mar 14

5/\$45

5/\$45

5/\$45

5/\$45

\$10 drop in available for these classes!



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 and the Zumba Core is designed to strengthen your core and sculpt your abs within a solid total workout.

Mondays, 6:30pm - 7:30pm
Sep 10 - Dec 3 (no class Oct 8, Nov 12)
Jan 7 - Mar 18 (no class Feb 18)

11/\$99

10/\$90

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
Sep 12 - Dec 5
Jan 9 - Mar 20

13/\$117

9/\$99

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)
*** Badminton cancelled during winter break, Dec 25 & Jan 1**

1/\$3.50

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

Adult Recreation



Learn for Life

SPANISH FOR TRAVELLERS

If you are planning a trip to Spain or Latin America or if you just want to learn Spanish for fun – this course is for you. We will learn in a practical way how to get by during your trip in tourist situations like ordering food in the restaurant, asking for places, shopping at the market, or buying a ticket, and also about the Spanish/Latin American culture.

Tuesdays, 6:30pm - 8:30pm

Nov 6 - Dec 11

6/\$105

Feb 5 - Mar 12

6/\$105

PUBLIC COMPUTER DROP-IN USE

A computer and printer are available for community use. Fee for printing.

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

Saturday, 9:00am - 3:00pm

Free

Music

AFRICAN HAND DRUMMING LEVEL 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 22 - Mar 12

8/\$128

AFRICAN HAND DRUMMING LEVEL 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 22 - Mar 12

8/\$128

GUITAR ENSEMBLE

This community guitar class aims to provide beginner guitar instruction and the opportunity to learn, play and perform in a relaxed group setting. We will cover all basic guitar techniques and styles. Traditional music notation as well as guitar tablature will be introduced, working towards rehearsing and performing multi-part music as a guitar ensemble. Guitars are not provided but a limited number are available for session rental by instructor.

Thursdays, 6:30pm-7:30pm

Sep 27 - Dec 13

Jan 10 - Mar 14

12/\$120

10/\$100



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

Registration
250-382-4604

Facility Rentals

GARRY OAK ROOM

An open, multi-purpose room with large windows. 1500 square feet, 80 people can be seated or 100 standing. Located adjacent to the Sir James Douglas School.

\$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 foyer of the Garry Oak Room.

\$35 Hourly \$150 Daily

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 on weekends.

\$35 Hourly

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

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

FAIRFIELD COMMUNITY PLACE IS YOUR PLACE

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

Mondays: Aug 27, Sep 24, Oct 29, Nov 26

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.

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 washrooms.

Personalized Service ♦ Quality Vitamins
Supplements ♦ 100% Organic Produce
100% Non-GMO Groceries ♦ Natural Bodycare

**Dedicated to Healthy
Lifestyles in Our Community**

**LIFESTYLE
MARKETS**

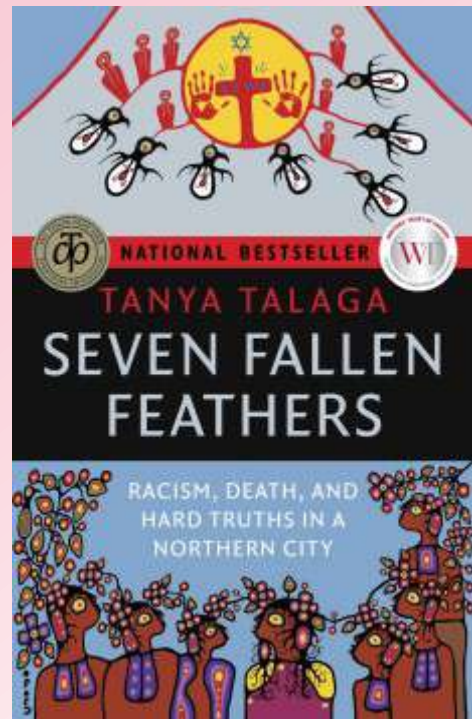
Cook Street Village
343 Cook Street ♦ 250.381.5450
We're Online Anytime: **LifestyleMarkets.com**

**FREE
Delivery &
Mail Order**

Special Events & Activities

SEVEN FALLEN FEATHERS ~ RACISM, DEATH, AND HARD TRUTHS IN A NORTHERN CITY

A Book Review by Penny Tennenhouse



This powerful, revealing, moving -- indeed, heartbreaking -- book details the mysterious circumstances leading to the tragic deaths between 2000 and 2011 of seven Indigenous youth in Thunder Bay.

Award-winning investigative journalist Tanya Talaga, delves into the traumatic stories of the lives and deaths of these youth who were forced to move hundreds of miles from their families and culture to Thunder Bay as there were no high schools on their reserves. In telling their individual stories, the author reveals the terrible inequalities, racism and other failures of our governments and society generally, towards Indigenous people in Canada.

Though this is a tough book, it is an important one, that will stay with me. I am very grateful to the author, for passionately and painstakingly documenting this and its "hard truths". I recommend it as an important book in honouring the lives of these "fallen feathers", helping us better understand the grave injustices -- past and present-- in our relations with Indigenous people in our country, and to make the changes clearly called for.

Has Penny's review made you want to read *Seven Fallen Feathers* by Tanya Talaga? The FGCA Reconciliation Circle would like to encourage you to consider buying the book, reading it and then donating it to go in a neighbourhood Little Free Library (LFL) as part of the FGCA's Celebrating Indigenous Stories project. The project's 'main event' was a day of readings by three Indigenous authors earlier this year (June) but the project continues with book distribution to LFLs in Fairfield-Gonzales until the end of 2018. If *Seven Fallen Feathers* is not your cup of tea check out the over 594 books -- non-fiction, fiction, YA and children's books -- on a reading list on the FGCA website <http://fairfieldcommunity.ca/events-projects/reconciliation/>

And if funds are limited we completely understand -- there is no need for donated books to be new. Keep your eyes open for any of the titles on the list at garage sales and in thrift shops. Thanks for your help in contributing to the continuing success of the Celebrating Indigenous Stories project.

Thanks—from Susan Z. Martin on behalf of the Reconciliation Circle.



FGCA Book Club
Last Monday of every month
6:30-8:30pm
Fairfield Community Place 1330 Fairfield Rd.
event@fairfieldcommunity.ca



WOULD YOU LIKE TO RUN A WORKSHOP?

FGCA is always looking for new and exciting ideas for new programs and workshops. If you have knowledge or passion and would like to share with the community please let us know! Some examples workshops are art, cooking, health and fitness.

Contact Stefie Gray at recreation@fairfieldcommunity.ca or call 250-382-4604.



ART AT THE PLACE

The foyer of Fairfield Community Place serves as a space to display art work from local, visual artists.

Nov-Dec Artist Joanna Pettit
Reception: Saturday Dec. 1, 1-3pm

Jan-Feb Artist Brian Simons
Reception: TBA

If you would like to display your art-work in our foyer, please reach out: fgcatorator@fairfieldcommunity.ca



REPAIR CAFE FAIRFIELD

Repair Café Fairfield is a neighbourhood initiative that promotes repair as an alternative to tossing things out. The Repair Café Fairfield is a free community event to which people can bring their damaged items from home to be repaired by volunteer "Fixers". It's also a chance to learn, with like-minded folks who believe in *reusing* instead of just discarding still-useful goods into the landfill. You can watch and even help, while enjoying a cup of tea or coffee. It is a positive, friendly and interesting experience for all.

Saturday November 17
10:00am - 1:00pm,
Fairfield Community Place,
1330 Fairfield Rd.

Items you can get fixed: Small electrical appliances, Mobile phones & tablets, Toys, Furniture, Textiles, Ceramics, Bicycles, Hearing aids and more!

Email: repaircafeairfield@gmail.com



FAIRFIELD GONZALES
COMMUNITY ASSOCIATION
the place to connect

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



COMMUNITY DINNERS

Join us for our the return of our Community Dinner series!

Friday November 16th
Friday December 14th
Friday January 18th

6:30-8:00p.m.
Garry Oak Room
1335 Thurlow Road.

Get to know people in the community while enjoying a delicious meal. And bring the little ones, as we will have a children's craft table. Registration link is on our website. Due to dietary sensitivities we will be offering gluten, dairy, and meat free options. We hope to see you there!

Please email event@fairfieldcommunity.ca for more info or to **volunteer**.

Thank you to the City of Victoria for making these dinners possible through a Strategic Plan Grant.



WHAT IS THE GIFT OF GOOD FOOD?

The FGCA is partnering with Fernwood NRG to raise money to provide fresh fruits and vegetables to families facing poverty throughout the Greater Victoria region. The Gift of Good Food provides produce for an entire year to families who are in need of consistent, healthy produce for their children. Every \$500 raised provides a family with a Good Food Box every two weeks for a year. Good Food Boxes are picked up by families at participating locations, with other Good Food Box customers.

You can help to reach the goal of raising \$80,000.00 and supporting 160 families with fresh fruits and vegetables for all of 2019.

All contributions go directly towards providing a yearly supply of fruits and vegetables to families facing poverty.

Gift of Good Food coordinating team
250-381-1552 x118 kathryn@fernwoodnrg.ca <https://thegoodfoodbox.ca/donate>

FREE!

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

Clothing Swap

2018
November 24
2019
January 26
February 23
March 23
April 27
May 25
June 22
July 27
August 24
September 28
October 26

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.



ARE YOU GETTING ENOUGH HUGS?

By Dave Jorgensen, C.H.T., www.healinghugtherapy.com

Can you remember a time when you hadn't drank enough water on a hot day, so your head ached and your throat was dry from thirst? Do you remember knowing that a cold glass of water would make you feel better right away? Or maybe you can recall a time when you were so tired your eyelids felt heavy, and you knew what you needed was a long night's sleep in a comfortable bed?

Most people have no trouble expressing their needs for food, water, shelter, or medicine. However, there is one basic human requirement that we don't have the vocabulary for: the need for physical touch.

Touch is the first sense to develop in babies. It is the only sense that a child literally cannot survive without. We are born with a need for touch that stays with us for our entire lives, and it is a need that many people don't even realize they have. When we don't meet our need for touch the symptoms can be confusing and frustrating.

Safe, friendly contact, such as hugging or holding hands, stimulates the brain's production of Oxytocin. Oxytocin is a neurotransmitter that promotes feelings of contentment and reduces stress. It is shown to calm the nervous system, reduce blood

pressure and improve the immune system. Human contact can also reduce the body's production of Cortisol, a stress hormone that depresses mood and interferes with sleep. Human touch is an effective, efficient and non-toxic form of medicine.

Lack of touch can be more than an annoyance or frustration; it can be a significant health concern. It is closely linked to feeling of loneliness and depression. People who are touch-starved can feel like something is missing in their lives, but not understand how to fix it. Since our culture does not present many opportunities for physical contact outside of a romantic partnership, those most at risk are older people who are single, divorced or widowed.

What can you do to increase the amount of healthy touch in your life? The first thing to do is: Ask for what you need! Tell your friends and family that you would like more hugs. You might be surprised how many other people are feeling touch-starved. It is a very common condition and a lot of people would welcome more contact in their relationships with others.

If you need more help meeting your touch needs, you can use a professional such as a Hug Therapist. I became a Hug



Therapist after witnessing firsthand how many people needed safe, physical contact as part of their wellness routine.

Most importantly: Check in with yourself! Learn to feel your touch

needs the way you feel thirsty or tired, and learn that the solution to your touch starvation is within your control!

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NATIVE PLANT GARDENING ~ BULBS FOR YOUR SPRING GARDEN

By Patricia Johnston, Native Plant Gardening Consultant

This time of year I look forward to the beautiful, spring meadows and gardens in Victoria. Beacon Hill Park, Uplands Park and the Native Plant Garden in Oak Bay are just a few of the many that put on a glorious show of native wildflowers. A number of these wildflowers are spring bulbs that will grow easily in your garden.

The first one that comes to mind, which some of you may know because it is common in our native meadows, is Camas. There are two: Common camas (Camassia quamash and Great camas (Camassia leichtlinii). The Common one blooms first and is usually no higher than 18 inches. It's the one that we most often see in meadows. Great camas is much taller sometimes two feet high and most often growing on the edges of meadows. Their colour is brilliant purple-blue with yellow stamens. If left to go to seed they will create a mass of flowers over four to six years. Plant mature bulbs in either sun or shade.

Another favorite of mine is Fawn lily (Erythronium oregonum) (sometimes called Easter lily). Fawn lily is a white, drooping flower with pretty mottled leaves. I think of this bulb preferring a soft light. It doesn't propagate from

seed as readily as Camas and has a fragile white bulb.

A third native bulb is Chocolate lily (Fritillaria lanceolata) that displays mottled yellow and brown drooping flowers. Like the Easter lily this bulb also prefers cooler spots in the garden. All of these lilies can be planted any time now.

I suggest planting them in clumps of 3-5-7 in your garden beds. Mix them up with Daffodils and Tulips if you want. I don't worry about the depth of planting because they manage to pull themselves deep into the soil.

Not all nurseries carry native bulbs but check with Saanich Native Plants and Russell Nursery in Victoria. If you're not successful locally try Streamside Native Plant Nursery located up island and Thimble Farms located on Salts Spring Island. I know you won't be sorry to include these lovely bulbs in your garden.



Fawn Lily



Camas



Chocolate Lily



Murray Rankin
Member of Parliament
Victoria

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Office hours:
Tuesday to Friday
10am to 4pm

DUTTONS REAL ESTATE SUPPORTS WALK & WHEEL WEEK

Duttons Real Estate recently donated two bicycles to the students at Sir James Douglas Elementary school in support of the CRD Walk & Wheel to School Week. The draw and presentation was held today with co-owners David and Ole there to greet the winners! There are two very excited students that can now use their new bikes to get to school! CONGRATULATIONS!www.duttons.com



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New Digs for Pic A Flic

By Anna Phelan

Victoria is home to its very own unicorn: a rare mythical beast in a forest populated with wolves (of the Wall Street variety). This city is one of the few places left in North America with a brick and mortar video store able to compete with the online streaming

Street Village, where foot traffic drove most of the sales, but the store has now cultivated a loyal following of customers from all over the city, especially in the wake of the shuttering of all its competitors, with three quarters of its clients driving in from



giants dominating the global home entertainment market. Pic A Flic, started in 1983, is Victoria's longest continually operating video store, and while Fairfield residents are sure to mourn its recent move to Stadacona Plaza, owner Kent Bendall sees a bright future for the business.

Fostering a love of movies from a young age, Bendall (who counts among his favourites, Prince's *Purple Rain*, *The Adventures of Robin Hood*, starring Errol Flynn and Wes Anderson's *Rushmore*) took over the store two and a half years ago, after working there for a decade and a half. When the previous owners decided to sell, they were looking for someone passionate about film, who'd be committed to carrying on the store's mandate of searching out independent films, documentaries and hard to find international, cult and classic films that cater to the city's discerning film-watching public with a thirst for titles beyond Hollywood blockbusters or mass-consumed streaming series from services like Netflix. And while he admits that business has dropped off in the years since Netflix entered Canada, Bendall insists that the store is still turning a healthy profit and shows no signs of slowing down.

Of course, Bendall attributes a lot of that success (especially in the early days) to Pic A Flic's prime location in Fairfield's Cook

surrounding neighbourhoods, and at least one patron commuting from Duncan every week to get his fill of home videos. So, while Bendall affirms that he wouldn't think of leaving the Cook Street Village storefront if it weren't for the rising costs associated with the redevelopment slated for the store's long-time home, he's optimistic about the business continuing to prosper at its new location. "Many young families with children come in, as well as high school and college [students]. Most are thrilled with the idea of renting--and the catalogue available--and become steady customers," he says.

Asked about trends in the video rental market, Bendall points to the usual suspects, like the big fantasy and comic book epics (*Lord of the Rings*, *Harry Potter*, *X-Men*, etc.) that always do well, but says that in Victoria there's also a strong demand for British film and television. "Downton Abbey was one of the biggest renters in the past 10 years!," he admits.

Regardless of people's tastes, however, Bendall confesses that the best part of his job is getting to talk about movies all day long. "I love movies!" he says. "and when you get to recommend a movie to somebody [that hasn't] seen it before, and then they come back [and] say 'that movie was great', [or] helping people find entertainment that's suited to them...that's a pretty neat feeling."

UPCOMING events

Cook Street Village Activity Centre's

9 Nov

Honouring our Wartime Heroes
Friday Nov 9 12pm to 2pm Tickets by Nov 6
\$10 Members | \$12 General | \$6 Youth

24 Nov

Craft Fair & Silent Auction
Saturday Nov 24 9am – 3pm with over 25 vendors!
Silent Auction closes at 1:30pm. Free Admission!
Winners contacted Monday, Nov. 26th.

14 Dec

Community Christmas Dinner
Friday Dec 14 12pm to 2pm Tickets by Dec 11
\$15 Members | \$18 General | \$9 Youth

25 Jan

Robbie Burns Day
Friday Jan 25 12pm to 2pm Tickets by Jan 22
\$12 Members | \$15 General | \$7.50 Youth

250-384-6542 | 380 Cook Street
www.cookstreetvillageactivitycentre.com

Veni, VEDI, Vici
Italians in 1800s
Victoria

By Annamaria Bamji

GIACOMO BOSSI

The more flamboyant of the brothers, as Carlo was the silent one, was born in Piemonte in 1831.

He went all the way to Sardinia, which is an island near the Italian coast, to catch the Elizabeth Hamilton steamer, and he arrived in New York in October 1856.

He was in his 20s. Giacomo married Rosa Stent from Baden-Baden Germany in New York, where their three children were born: Americo Vincenzo in 1862, Angela Petronella in 1860 and Emma Catherine in 1855 (step daughter?). All were baptised in Victoria the 6th of June 1867 according to church records.

At his brother Carlo's request, Giacomo came to Victoria in 1865 after having spent time with relatives in the States.

He worked for Carlo for a while until he became a hotel and saloon

keeper of The Grand Pacific Hotel, which he later bought.

He loved serving his guests behind the hotel bar. I can imagine him with a full mustache, an apron tied around his waist and a twinkle in his eyes.

The hotel had renovations done in 1885 but Johnson St. had a big fire at that time. The roof of the hotel was 'all tin in accordance with city regulations.'

He then applied to erect a block of stores with hotel rooms on the top, making a great improvement to the street and making the hotel the largest in the city.

Some titbits: it seems that the day clerk of the hotel eloped with the wife of the night clerk. He (the day clerk) also eloped with a number of unpaid bills. They were married in Tacoma without the formality of the woman getting a divorce.

In 1885 he builds a house for \$5,000.00 and it was plumbed in 1898. WOW. Ten years without plumbing!

When he died in 1893 at the age of 62 he owned much property. His wife Rosa Bossi nee Stent (1827-1896 Baden Baden Germany) died at age 69.

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*Deadline to enter December 5th
Winner announced December 10th
& featured in the next issue

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ANOTHER GREAT FALL FAIRFIELD!

Thank you to everyone who came out and supported our 8th annual Fall Fairfield. The sun came out and the smiles were endless. We are so grateful for the performers who graced our stage, volunteer and staff who made the event possible, and continued community support. We can't wait for next year and hope to see your smiling faces again!

This year we introduced a silent auction featuring donations from community businesses—thank you to all our silent auction supporters.

To all our main sponsors, we couldn't do it without you, RBC, Peninsula Co-op, Merridale, Phillips, Cook Culture, City of Victoria, UsedVic, and Thrifty Foods

Photos from; Judah Paemka, Penny Tennenhouse, Ute VonSalzen