

FEBRUARY
MARCH
APRIL



Observer

FAIRFIELD GONZALES

FGCA PROGRAM GUIDE & COMMUNITY NEWS



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



FAIRFIELD GONZALES
COMMUNITY ASSOCIATION
the place to connect



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 9:30 am - 4:00 pm
Saturday & Sunday closed

Our Mission

“To create a connected, collaborative, inclusive and sustainable community.”

E-Newsletter

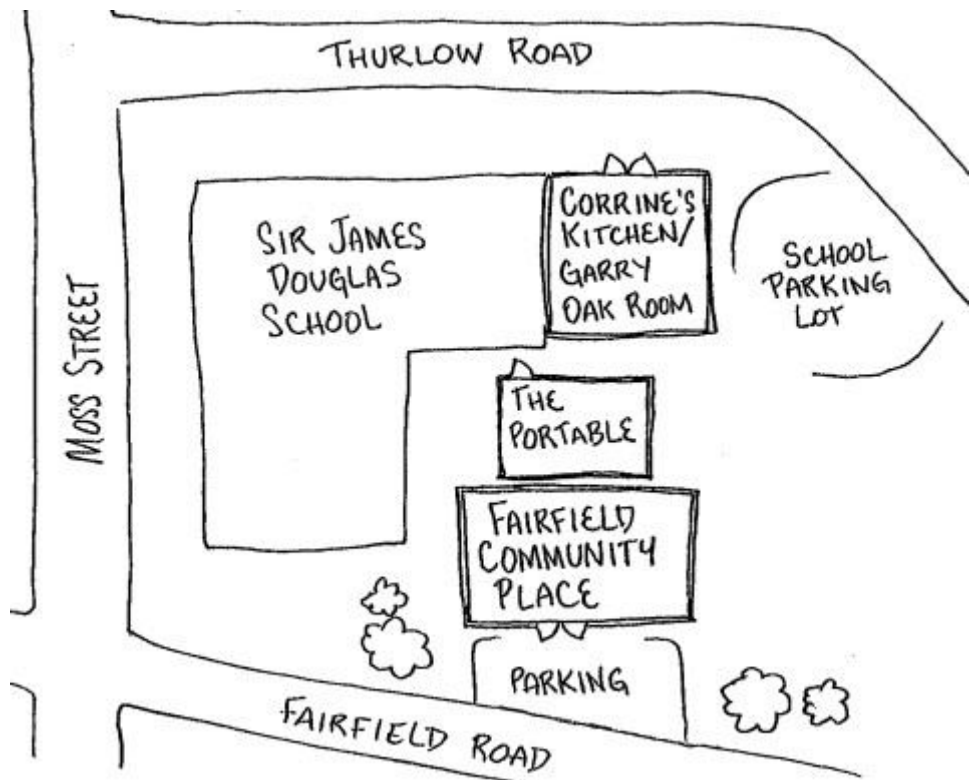
Sign up for our monthly E-news. Email place@fairfieldcommunity.ca and receive updates on upcoming events, programs, community news and information on ways to get involved.

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.



The Fairfield Gonzales Community Association receives financial support from the City of Victoria.



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

FGCA BOARD OF DIRECTORS

Anna Phelan	Bryan Rowley	Julia Warren
Brian Vatne	Dave Thompson	Michael Hirsch
David Molinski	Don Monsour	Scott Davis
Joanna Fox		Quinn Fletcher

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

FAIRFIELD GONZALES

Observer

since 1977

FAIRFIELD GONZALES

COMMUNITY ASSOCIATION

the place to connect

Advertising Rates (not including GST)

Full Page may be considered if space is available. 10.25" wide 16" tall \$450.00	Quarter Page 5" wide 8.25" tall \$170.00
Banner 10.25" wide 3" tall \$160.00	
Half Page 10.25" wide 8.25" tall \$270.00	
Vertical Business Card 2" wide 3.3" tall \$40.00	Horizontal Business Card 3.3" wide 2" tall \$40.00
	Double Business Card 3.3" wide 4" tall \$70.00

PUBLICATION CALENDAR
circulation of 5000 per issue

SUBMISSION DEADLINE	PUBLICATION DATE
January 15th	February 1st
April 15th	May 1st
July 15th	August 1st
October 15th	November 1st

DISCOUNTS
20% discount for a year commitment (4 issues)

SPECIFICATIONS
Print-ready ads in JPEG format, all pictures at 300 dpi. All ads are grayscale for black and white.

CONTACT
office@fairfieldcommunity.ca
250-382-4604

ABOUT
A community newspaper highlighting neighbourhood news, events and businesses. It's the place to find information on FGCA programs and services.

PUBLISHED BY
Fairfield Gonzales Community Association
1330 Fairfield Rd. Victoria BC.

TERRITORY ACKNOWLEDGMENT

We acknowledge that the Fairfield Gonzales Community Association is on the unceded Coast Salish Territories, specifically of the Lekwungen and WSÁNEĆ Peoples.

Early Childhood

Huckleberry Infant Toddler Centre

6 - 36 MONTHS
Our Early Years programs embrace a pedagogy of practice. We recognize that knowledge is ever-changing, and we are committed to evolving our practice to meet the needs of children and families in our care. Our educators are committed to reflective, and responsive care in which individuals learn about themselves through interactions within the larger world.

Monday to Friday, includes daily snack
8:00am - 5:00pm **\$965/month**
Year round + **\$30 one time administration fee**
8 children
3 Early Childhood Educators
Eligible families may apply for government subsidy.
huckleberry@fairfieldcommunity.ca

Family Drop-ins

PLAYGROUPS, KINDERGYM & FAMILY TALK
Due to COVID-19, our Family Drop-ins are currently on hold. We value your safety and hope to have programs operating as soon as possible. Keep an eye on our website for updates. We miss all our playgroup children, families and caregivers & can't wait to see you all again!

Moss Rock Preschool

3 - 5 YEARS
Join us in our licensed child-guided Preschool taught by our superb Early Childhood Educators. Our goal at Moss Rock Preschool is to provide educational opportunities of exploration in a number of areas, including nature, community, art and social interactions. Our focus is heavy on exploration-based learning in a warm, diverse and nurturing environment. We are a primarily an outdoors preschool, spending 2-3 hours outside every day. Our Educators pay close attention to the choices their preschoolers make and continue to create an evolving program that best suits the children's individual needs.

Monday to Friday **Tue & Thurs \$220/month**
9:00am - 1:00pm **Mon, Wed & Fri \$265/month**
Sept - June **5 days/week \$435/month**
+ **\$30 one time administration fee**

17 children
1 Early Childhood Educator & 1 Early Childhood Educator Assistant
Children must be able to use a toilet independently.
Eligible families may apply for government subsidy.
mossrock@fairfieldcommunity.ca

MOSS ROCK PRESCHOOL OPEN HOUSE
We are aiming to offer a virtual "Open House" online in February, keep an eye on our website for details. September 2021 Registration for new families will open on February 15th. Check our website for all the details & registration forms.

Camas Early Years Centre

3 - 5 YEARS
We view children as individuals with their own ideas, cultural beliefs, abilities and interests, and strive to provide a safe and stimulating environment. 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. 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.

Monday to Friday, includes daily snack and Friday lunch
7:30am - 5:30pm **\$860/month**
Year round + **\$30 one time administration fee**
16 children
3 Early Childhood Educators
Eligible families may apply for government subsidy.
camas@fairfieldcommunity.ca



School Age

Out of School Care (OSC)

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

BEFORE SCHOOL CARE
7:30am - school start
5 days a week \$115/month, \$65 for Kindergartners
Drop-in, based on availability \$10.00/day

AFTER SCHOOL CARE
school dismissal - 5:45pm
5 days a week \$335/month, \$285 for Kindergartners
3 days a week \$265/month, \$235 for Kindergartners
2 days a week \$215/month, \$195 for Kindergartners
Drop-in, based on availability \$30.00/day

BEFORE + AFTER SCHOOL CARE
7:30am - school start + school dismissal - 5:45pm
5 days a week \$400/month, \$300 for Kindergartners
3 days a week \$320/month, \$260 for Kindergartners
2 days a week \$260/month, \$220 for Kindergartners

PRO-D DAYS
8:00am-5:30pm \$40/day

Youth Programs

YOUTH ZONE
GRADES 5, 6, 7
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, develop leadership and a sense of empowerment. Our space features comfy couches, craft supplies, books, games, sports equipment and a computer with internet access.

Mondays, Tuesdays, Wednesdays after school-5:30pm
Sept - Jun **\$205/month, includes Pro-D Days**

OUT OF SCHOOL CARE REGISTRATION for September 2021

For families who are not using our care, you **MUST** get a registration ticket in order to register for OSC. This ticket will determine your placement in the registration order.

**Registration tickets will be available online:
Monday, April 5 at 7:00pm**

Families with a registration ticket will then be required to email their forms on
Monday, April 12th, 2021
to the program manager

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

Visit the Out of School Care page on our website www.fairfieldcommunity.ca for detailed information about the registration process and requirements, registration documents and checklists.

For families currently enrolled in our programs.
Registration happens at the beginning of February. Contact your program manager for details & forms.

**Questions? Contact the Childcare Coordinator
childcare@fairfieldcommunity.ca**

CHILL ZONE DROP - IN
GRADES 5 - 9
Our space features comfy couches, craft supplies, books, games, sports equipment, a Wii and Xbox Station, and a computer with internet access.
Thursdays & Fridays after school - 5:30pm
Sept - Jun by donation, suggested \$2/visit

Camps

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 15 – Mar 19 **5/\$195**
Mar 22 – Mar 26 **5/\$195**

SUMMER CAMPS
5* - 12 YEARS *Must have completed kindergarten*
Join us each week for non-stop action and fun. We will be enjoying different themed activities, out trips and guests each week. Our camps are child-focused and activities are driven by the children and their interests. The goal of each week of camp is to facilitate exciting experiential learning and make meaningful connections within our community through projects, give-back opportunities and teachable moments. Of course there are also plenty of opportunities to be silly, get messy and chill with friends!
Weekly camps in July & August
8:00am – 5:30pm, Mon-Fri **5/\$195**
Themes will be posted on our website soon.
Registration begins in April 2021

CONTACTS
Fairfield (Sir James Douglas) OSC
ffosc@fairfieldcommunity.ca
250-382-2065

Margaret Jenkins OSC
mjosoc@fairfieldcommunity.ca
250-592-8800

Childcare Coordinator
childcare@fairfieldcommunity.ca
250-382-4604

Youth Manager
youth@fairfieldcommunity.ca
250-382-4604

Adult Recreation

Fitness & Health

Classes are registration only, with limited capacity to accommodate distancing, and increased cleaning protocols.

YOGA - IYENGAR SUPPORT & RESTORE

Instructor: Lauren Cox
Join us for an hour of gentle yoga in the Iyengar method. A practice to support and restore. **Due to Covid, we ask that all participants bring their own mat, straps, and 2 towels or 2 blankets. Limited loaners.**
Thursdays, 12:00pm - 1:00pm
Jan 21 - Mar 11 **8/\$80**

YOGA - IYENGAR ALL LEVELS

Instructor: Lauren Cox
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. **Due to Covid, we ask that all participants bring their own mat, straps, and 2 towels or 2 blankets. Limited loaners.**
Tuesdays, 11:00am - 12:30pm
See our website for spring dates **8/\$96**
Tuesdays, 5:45pm - 7:15pm
See our website for spring dates **10/\$120**

YOGA - GENTLE YOGAFIT (featuring Somatic movements)

Instructor: Isabel Santos
Yogafit program focused on gentle stretching, breathing, and meditation. There will be some Somatic movements as well. This late evening class will help you relax and finish your day with a positive attitude! **Please bring your own yoga mat.**
Wednesdays, 7:00pm - 8:00pm
See our website for spring dates **10\$90**



YOGA - IYENGAR, BEGINNER FRIENDLY

Instructor: Lauren Cox
Please join this beginner friendly Iyengar yoga class to learn the basics. Iyengar yoga is a practical philosophy and system of postures, promoting physical and mental wellbeing. It is an effective antidote to the stresses of modern life and encourages a fit & supple body. Not only does yoga tone the body and improve posture and alignment, but will stimulate the circulation, develop powers of concentration, and help with breathing. In turn, this will help control tension & calm the mind. **Due to Covid, we ask that all participants bring their own mat, straps, and 2 towels or 2 blankets. Limited loaners.**
Thursdays, 5:45pm-7:15pm
See our website for spring dates **10/\$120**

WORKSHOP DANCE SOQI: LEVEL 1 - NEW!

Instructor: Isabel Santos
This new class is created and taught by Isabel Arias Santos. If you would like to have fun, feel more peaceful, and feel free of pain then this is the class for you. This class is broken down into three parts: First, you will practice Qigong exercises for shifting your energy; next, you will learn dance moves (Salsa, Salsa Choque, Cha Cha Cha, and Merengue) with Isabel breaking down the steps; and lastly, you will finish with Somatic yoga and clinical somatic movements for lengthening your muscles.
Friday, 6:00pm -8:00pm
TBA **1/\$40**

Based on the BC government's current restrictions on high intensity group physical activities, we are pausing Zumba and Zumba Toning. If restrictions change, we are hoping to offer Zumba starting in February. See our website for updates.

ZUMBA

Instructor: Isabel Santos
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.
Mondays, 5:45pm - 6:45pm
Feb 8 - Apr 10 (no class Feb 15) **10\$90**
(pending health recommendation updates)

ZUMBA – TONING

Instructor: Isabel Santos
This is an innovative muscle training program with the addition of light weight toning sticks. In a relatively short period of time, this challenging workout helps in building coordination and muscle endurance. This class is open to everyone, no previous dance or ZUMBA® class experience necessary.
Wednesdays, 5:45pm - 6:45pm
Feb 10 - Apr 12 **10\$90**
(pending health recommendation updates)

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

Registration
250-382-4604

LIFE Program

Making recreation affordable for our community

Contact the Recreation Centre where you live for more information.

The LIFE program provides a combination of annual credit and free drop in visits to eligible low-income individuals and families to use towards recreational programs and services

Take a moment before you flip the page. Take this moment. breathe. Can you feel the beauty that is you? A body, mind and soul. Isn't it amazing and worth honouring this incredible trinity?

It is here where true healing can occur; by approaching health and wellbeing wholistically through energy medicine. There's never been a better time than now.

Maximilian | 6-900 Park Blvd. | Victoria | 778 587 8382

www.wholistic.guide

100% Organic Produce ♦ 100% Non-GMO Groceries
Highest Quality Supplements ♦ Vitamins ♦ Natural Body Care

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Dedicated to Healthy Lifestyles in Our Community... for Over 25 Years!

Cook Street Village

343 Cook Street ♦ 250.381.5450

We're Online Anytime: LifestyleMarkets.com

FREE DELIVERY

Why do you volunteer with the Fairfield Gonzales Community Association?

We are lucky in Fairfield Gonzales to have residents who are passionate about their community and eager to give back. We couldn't do our work without them!

April is Volunteer Appreciation month and usually the FGCA would host a volunteer appreciation event. A chance to gather together, share food, say many, many thank yous and learn about what other volunteers are up to. This year we asked volunteers "why do you volunteer?", and if they wanted to appear on our Appreciation page of the paper. Many folks had the same reaction: "oh I don't do much", "I only do this one thing, sometimes" or "what I do is really no big deal" But this is the thing, everyone is offering their piece; a resource, donated items, a skill, time, ideas, energy. All together the contributions make a vibrant and creative flurry of activity.

Volunteering has been spun on its head this last year. The pandemic cancelled many things our volunteers usually do, while at the same time creating new gaps, challenges and needs. Folks have really stepped up and into all the new ways of doing.

In the last year we had:

- **220 Volunteers**
- **5500 Volunteer hours**

And here are some of the ways folks have volunteered with us:

- Fairfield Food Forest
 - Food Rescue
 - Climate Action Group
 - Observer Newspaper
 - Photography
 - Board of Directors
 - Streetlife Committee
 - CALUC
 - Neighbourhood Improvement Committee
 - Fall Fairfield
 - Database Support
 - Observer Newspaper delivery
 - Drop-In Badminton
 - Drop-In Basketball
 - Front Garden
 - Toy Cleaning
 - Needle Felting Group
 - Repair Café
 - Reconciliation Circle
 - Community Dinners
 - Clothing Swap
- and much more.....



Elaine ~ Community Yard Sale Day, Streetlife Committee, Support Group for the Unhoused, and many projects and events!

"The more we engage and try to positively affect a situation, the more satisfying and rewarding life is' & 'Action absorbs anxiety' - these quotes aren't mine, but I've adopted them and shared with others. It's helpful, I think!"

Brian ~ board of directors

"I enjoy doing something positive in my community and appreciate getting to connect more with my neighbours"



Gord ~ Database Developer (aka database guru) Savant Database is a collection of free software for non-profit organizations using PCs. For more information, contact Gord at info@SavantDatabase.ca.

"I do this because I think database development is fun!"

Anonymous ~ front garden helper

"I volunteer in order to pass time happily and productively, in a beautiful spot"



Penny ~ photographer of many FGCA events over the years, and is also involved with the FGCA group who cooks for the Native Friendship Centre homeless shelter , the FGCA Indigenous reconciliation group, and supporting unsheltered people in parks.

"I love the Fairfield Gonzales Community Association, and its vital role in bringing community together for fun, learning, connection, caring and support. I am proud of the FGCA, its progressive programs and stimulating activities and feel so lucky to have it and be able to be part of it, as both a volunteer and user (a lot) of its offerings. I greatly value the friendly, energetic, capable staff and the opportunity that volunteering at FGCA offers me to get to know, enjoy and share meaningful experiences with wonderful people in my community."



Blake ~ helping with FGCA administrative tasks and grounds keeping for over 20 years!

"Because I'm fully retired and volunteering for the FGCA has been nothing but a pleasure from the first day"



Sam & James ~ started as photographers for the Summer issue of the Observer, photographing COVID-19 related images in the neighbourhood, then offered to create an Activity Page to make something fun for kids. This issue will be the third one with their Activity Page in it.

"We took on this project, initially, as a summer activity, and have continued because we find it rewarding and fun."



Scotty & Bonnie Mae ~ both volunteer in the Fairfield Food Forest, and Scotty serves on the FGCA board of directors

"it's so interesting and we always learn something"



Don ~ board of directors, president

"The reason I volunteer are many. To give back to a community I really care about."



Thank you to all our volunteers!

A community is truly is what you make it.

To all our usual volunteers who we don't get to see right now—we eagerly look forward to your return!

If you are interested in volunteer opportunities, see the Volunteering page of our website and connect with us - call 250-382-4604 or email event@fairfieldcommunity.ca

Special Events & Activities

New at the Fairfield Community Place ~ Neighbourhood Pantry

Moving away from Food Banks towards a more local, community-based solution

By Virginie Raimbaud, FGCA Community Development Coordinator

The numbers speak by themselves. 75% of people who need food support don't go to Food Banks. In the meantime, each year Canadian households waste 2.2 million tonnes of edible food each year. It is the equivalent of 2.1 million cars' emissions of CO2. But it is also food that could have ended in the plates of people who are struggling to afford a healthy diet.

So, it is time to experiment new things. Caitlin Boudreau (pictured far right, beside the pantry) is a registered Dietician and Fairfield resident, and she came with an idea. She was clear "I want to reduce the stigma of having to grab a few food items. What about if we had a little food pantry, similar to the book libraries?" People could leave non-perishable food they won't eat, and others who need it would just have to grab them. Right next to where they live, without registering. Simple!

Shortly after, Caitlin had written a My Great Neighbourhood Grant proposal, and our center decided to sponsor her project. The City liked it, and a few months later (a bit more than we thought- you know, COVID), the project came alive.

She connected with Reece Tibbitt, the owner of a local business called Reeceworks. He built the pantry and installed it sturdily on one of our large pots outside.

Now, anyone can leave or take non-perishable foods, such as cans, crackers, pasta, or juice for example. The pantry is open 24/7. Several Fairfield residents check them regularly, making sure they keep clear of perishable foods or other non-edible items (hygiene items are allowed though). They are taking care of the community to make sure the food in there is safe and the parking lot



Indoor Community Freezer
in the foyer, at 1330 Fairfield Rd. This is open during centre hours for anybody to take what they need.

remains clean.

So far, the community response has been "overwhelmingly positive", according to Caitlin but also the FGCA. The food turn-over is high.

Back to the beginning of her project, Caitlin was already thinking bigger. Maybe there could be a fridge or freezer too? Good timing, the FGCA has developed their food services a lot since the pandemic started. Indeed, we are becoming a neighbourhood rescued food hub. A team of staff and volunteers picks-up, sorts, distributes and cooks that food. Frozen things that are in large quantities are now offered in the "Indoor community freezer", right in the foyer of the Place. Come check what is inside!

If you would like to know more about the Food services at the center, check our the Neighbourhood Pantry" page of the FGCA website.



Outdoor Food Pantry

open 24/7 at 1330 Fairfield Rd. Everyone is welcome to pick up some food if you need it, or donate non-perishables if you have extra.

**Tuesday Pantry
(by registration only)**

Every week, we offer quality rescued food to community members in a safe and welcoming environment. We prioritize people who identify as food-insecure. If you don't have access in terms of quantity and quality to a healthy, consistent and culturally-appropriate diet, you are eligible. No questions asked.

Contact us
event@fairfieldcommunity.ca
250.382.4604



 **February 9th**
THE EXISTENCE PROJECT
A Storytelling evening with people who have experienced homelessness



check our website for updates
www.fairfieldcommunity.ca
for details email
event@fairfieldcommunity.ca

 **GOOD FOOD BOX**
simple. local. quality.



Good Food Box is a non-profit, affordable fruit and vegetable distribution system. We prioritize locally grown, unsprayed produce with a focus on seasonal fruits and vegetables.
Good Food Box is a project of the Fernwood Neighbourhood Resource Group

**Pick-up every
WEDNESDAY 1:30-4:30pm**
at the FGCA, 1330 Fairfield Rd.
Order online www.thegoodfoodbox.ca

 **FGCA
Community
Dinners**



By Donation

February 26th March 26th April 30th

for now meals will be frozen and picked up at the centre

Please check our website for details on the return of our community dinners
www.fairfieldcommunity.ca



**FAIRFIELD GONZALES
COMMUNITY ASSOCIATION**

the place to connect

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

 **THE FAIRFIELD COMMUNITY
Book Club**

**LAST MONDAY OF
EACH MONTH**
7:15 – 9:00 PM



Meeting up via Zoom
video conferencing!

for the link to join
email: event@fairfieldcommunity.ca

FEB 22ND MAR 29TH APR 26TH

 **Everyone Welcome!**

Fairfield FOOD FOREST

While gardening together will have to wait, now is the perfect time to plan the 2021 growing season

Please join us via zoom to review, dream and plan our next year's Food Forest

TUESDAY, FEBRUARY 23RD
7:00-8:30pm

to register, please email:
fairfieldcommunitygardens@gmail.com



Victoria's premier farmers market

 **Every Saturday!**
May- Oct
10am to 2pm
Nov - Apr
10am to 1pm

Your year-round, local organic farmers market



Community Technology Help Desk

The Community Technology Help Desk hours:
Monday to Friday 9am to 7pm

 **COALITION OF NEIGHBOURHOODS CAPITAL REGION**

What kind of things can you help me with?

- I cannot open a web page like I normally do.
- Where is my email?
- My family member wants to Zoom with me. How can I do this?
- My chat is not working.

To access the Help Desk, or for more information about the program, please call:
778-402-9244
Or email communityhelpdesk@sfrs.ca

This pilot program, hosted by the Sooke Family Resource Society, has been made possible through the generous support of the Federal Government's Emergency Community Support Fund in which United Way of Greater Victoria plays a pivotal role in managing and distributing funds locally.

**My Great Neighbourhood
GET GROWING IN FAIRFIELD!**



Have you been disproportionately affected by the pandemic & would like to grow food at home?

Are your children interested in growing food at home?

Are you in need of soil, seed or resources?
Containers to grow in?

EMAIL YOUR IDEAS AND GROWING NEEDS TO ME:
emilyhull@me.com

This project to support individual food security has been made possible by a City of Victoria "My Great Neighbourhood Grant"



 **cookstreetvillage**
ACTIVITY CENTRE
Society (New Horizons)

380 Cook St | 250-384-6542

Weekly Grab & Go Meals
Order by Thursday
Saturday pick up

EASTER LUNCH
MARCH 26 AT 12NOON
tickets until March 23

Book and Puzzle Sale
February 16 to 27



Listen to Eddy’s drum, it’s for you

by Pippa Davis, FGCA staff

We can all recall the early days of the pandemic, when we were just beginning to explore new kinds of resiliency in ourselves, in our communities. Back then neighbourhoods came alive every night at 7pm, with a musical all-sorts appreciation of essential workers and togetherness. Now, sort of settled into this “new normal”, it seems many of us are exhausted, holding steady, getting by, waiting. Yet every evening at Moss & Fairfield, through the roller coaster of COVID-19, into the less agreeable weather, past the point where many others have lost motivation, Eddy Charlie continues his nightly drum beat. Eddy is of the Cowichan Nation, living there until he was in his teens before moving to Vancouver, then back to the island in 2003, calling Victoria his home. Folks have said they can hear his drum as far as Cook Street Village, and all the way up at Government House. We caught up with Eddy this winter to hear more about him and his motivation.

Why are you out there drumming? “Each day that I go out to drum I think about the nurses and other health care givers who sacrifice their health each day that they go to work. I think of the fear and agony in their hearts when they have to care for so many people who have been diagnosed with COVID-19 and I think of many ways I could pay tribute to them. Words can never adequately describe how grateful I am to each and every healthcare giver across Canada. In my heart they are heroes, each one. So I wish to honor them in the ways of my ancestors, with my drum. I hope that my drum beats travel across the lands and any healing that happens becomes the song that accompanies the drumbeats that I use to express my gratitude. I do not sing when I drum because I wish each person who hears and feels the drum beats to take the drum beats in their hearts in their own ways.”

What do you hope people in their houses feel or think when they hear you drum? “I drum in hopes that during the trying times of this pandemic of COVID-19 that my drum beats would bring positive energy to each house that hears and feels the drum beats. I hope that when I drum that a sense of unity



Eddy, drumming on top of Moss Rocks

grows in the community. Unity is important in any community. A community thrives with the strength that comes with working together and I hope that I inspire people enough to wish to walk with each other in gentle ways and that they feel that sense of that we can care for each other.”

Do you feel alone out there, do folks ever join in, stop to listen? “I am never alone when I drum. Each ancestor who shared knowledge of the lands is with me with every drum beat and every breath that I take. When I am tired or if I feel overwhelmed and I do not have energy to go out and drum the ancestors are beside me. I do see some people stop out side the drive way and clap with the drum beats every now and then. I remember one child and her mother coming right up to the drive way and just stand there staring. So I walked down to the driveway and gave my drum to the child and allowed the child to hit the drum a few times. Just seeing that pure joy, at being given that opportunity, was a special moment of sharing.”

His drum was made for him by his youngest brother. It is used in ceremony, in his community, and often special guests are paid tribute by community members and elders through a unique welcome in the

ways of the bighouse ceremony. Guests are blanketed, scarves are placed on their head and then they are led through a procession with singing and drumming. Eddy knows he cannot blanket the whole community, but he hopes his drum beats will act as that special ceremony, a tribute to healthcare givers and to the community, to help us to honour each other, in our own special ways.

These pandemic times are hard, but trauma, resiliency and healing are not new experiences for Eddy. He is a survivor of the Indian Residential School System, an institution created to assimilate 150,000 indigenous children across Canada by removing them from their culture and traditions. “I think about that isolation a lot. I was one of those students who were taken away from their

communities. So each night that I drum I also drum to acknowledge the 150,000 children who had to go through that trauma. Most of all I just wish to gift the people of the lands with tribute in the ways of my ancestors. My drumbeats are my way of blanketing the community and hopefully all of Canada.”

In 2013, Eddy and his friend Kristen Spray, initiated the annual *Orange Shirt Day* event in Victoria, to help more people learn about the effects of residential schools. They do this in hopes that Canada becomes closer, and people can work together, to allow the healing to happen. To learn more about Victoria Orange Shirt Day visit: victoriaorangeshirtday.com

Thank you Oxford Foods

Oxford Foods was a fixture in the Cook Street Village for three generations and fifty years. The store closed at the end of November to make way for a new Root Cellar location. Oxford Foods was a unique grocery retailer with its own special flavour. On behalf of the residents of Fairfield Gonzales we want to thank Oxford Foods and the Louie family for their service and support of the community. We’ll miss you, Oxford Foods!

My team is here to provide the assistance you need.

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Remembering Annamaria Bamji, neighbourhood champion of the Arts

by Pippa Davis, FGCA staff

Many of our readers will recall our Veni, Vidi, Vici articles, a series by Annamaria Bamji, describing the trials and triumphs of Italians who immigrated to Victoria during the Gold Rush era. Sadly, Annamaria passed away on December 27th 2020, and our community has lost an energetic and generous soul.

Annamaria approached the Fairfield Gonzales Community Association several years ago with her proposal for the Italian articles. If you met Annamaria, you would not have to read her biography to know that she had lived a full, vibrant life as that fact shone through her eyes, her laugh. We would meet from time to time, and I very much enjoyed Annamaria's sparky spirit, her enjoyment of life, her passion for arts. Every time I would come for tea and a chat, I would leave with a fresh resolve to complain less, and instead focus on the beautiful things that make you feel alive & connected; arts, people, generosity, laughter.

Annamaria, who had an MA in Art History from Queen's University, was a true patron of Arts, both visual and performing.

Her principal passion was Opera which she listened to almost daily and regularly attended Pacific Opera's productions. Amongst other cultural activities she enjoyed attending the Belfry and Langham Court Theatres, the Victoria Symphony and Ballet Victoria. With her keen eye for visual arts and having owned and operated an art gallery in Kingston Ontario, she was a frequent visitor to the Art Gallery of Greater Victoria. She was a very active Rotarian in Kingston, a multiple Paul Harris Fellow, a major donor, and a benefactor of Rotary International. She philanthropically supported several organizations both in Canada and overseas. She also spent her time volunteering at the Craigdarroch Castle, Ross Bay Cemetery, and the BC Museum.

Born in Milan, Italy in 1946, she enjoyed travelling to various countries and immersing herself in different cultures. Her ambition was to be a foreign correspondent for the newspaper Corriere della Sera and in 1966 she went to Oxford, England to study English. In 1967 she met Dr. Pervez (Perry) Bamji in Banbury, Oxfordshire

whom she married in 1970. They emigrated to Canada in 1981 having lived in England and Japan. Of all the countries she visited, her favourite place was Gargano - a village on Lake Garda, Italy where she spent many hours in the archives of the 300 years old Villa Bettoni, researching on the villa and its gardens. Her research cumulated in her Masters' Thesis "The Gardens of Amerigo Vincenzo Pierallini at Villa Bettoni". They came to Victoria to retire in 2006, and we were lucky enough to have her land in our community, she will be greatly missed.



Annamaria Bamji, wearing different hats for different occasions was her passion and her "trademark".



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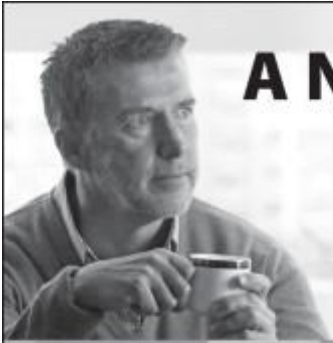
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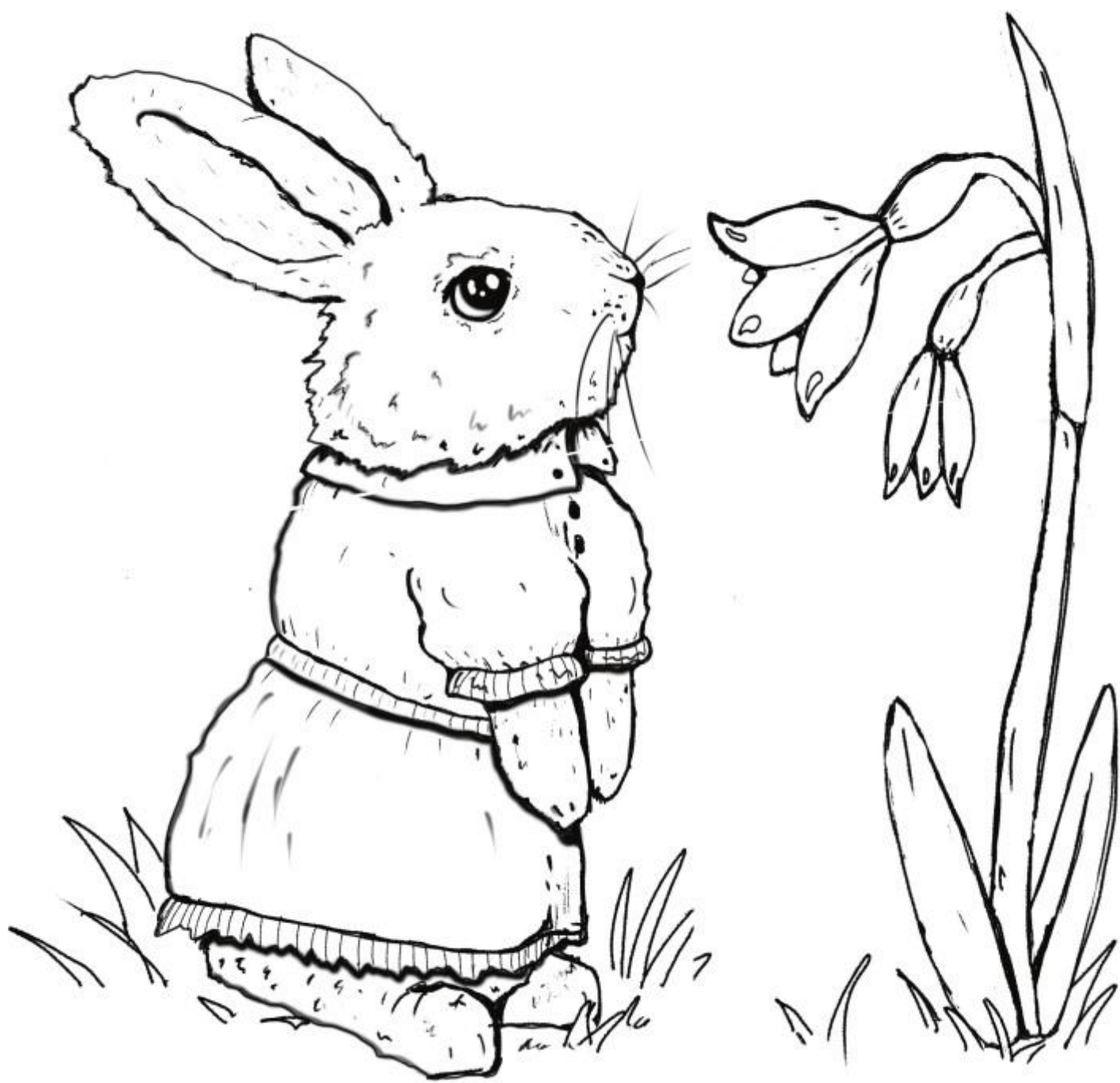
- **Year-round comfort:** A heat pump is both an air conditioner and a heating system and will dehumidify and improve air quality.
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Learn more about how you can get Double the Rebates at <https://www.crd.bc.ca/heatpump>. Register for the promo code by March 31, 2021, to apply for the Double the Rebate offer. Upgrades must be complete and invoiced by June 30, 2021.

Now is a great time to install a heat pump and be part of the climate solution.

Colouring Page

by Sam Bohlken-Hern



Springtime Word Scramble

by James Duncan

Can you help unscramble the names of these springtime things? They've tried to help by telling you a clue about themselves.
Fill in the proper names in the spaces to the side and discover the place in Victoria where you can find them.

I have pretty, pink flowers, but they don't stay on me for long	erychr slobsom	_ _ _ _ _ _ _ _ _ _
You can find us in a pond, our mother won't be too far away	cklidsnug	_ _ _ _ _ _ _ _
I don't have a long tail, but I do have long ears	nunby	_ _ _ _ _ _
I'm a yellow flower with a face is shaped like a star	flidodaf	_ _ _ _ _ _ _
I'm one of the first flowers to come out after winter	prodnows	_ _ _ _ _ _ _ _
We can really spread our wings after we get our beauty sleep	flibetuters	_ _ _ _ _ _ _ _
I would have made a great trapeze artist if I wasn't so small	chormwin	_ _ _ _ _ _ _
You can see me after it's been raining, I'm easy to spot	raniwob	_ _ _ _ _
The flowers like it when I come out, but the snow always seems to go somewhere else	sneinshu	_ _ _ _ _ _ _

If you've filled in all the words try to use the highlighted letters to spell out a place in Victoria where you can find all these springtime things

_ _ _ _ _ _ _ _ _ _



Getting Outside

With the littles in our Infant Toddler centre up to the big kids in our Youth Programs, our leaders all love to get the kids outside. We've always known it's good for the mind, spirit and body, but now with COVID-19, it is essential for everyone's health. Rain, shine, puddles & mud—our kids have seen a lot of fresh air!

