

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



# FAIRFIELD GONZALES

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 9:00 am - 5:00 pm Saturday & Sunday closed

We are closed on statutory holidays

# **Public computer + phone**

We offer computer, printer and phone in our foyer for community use during reception hours.

# **E-Newsletter**

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

# Become a member of the FGCA

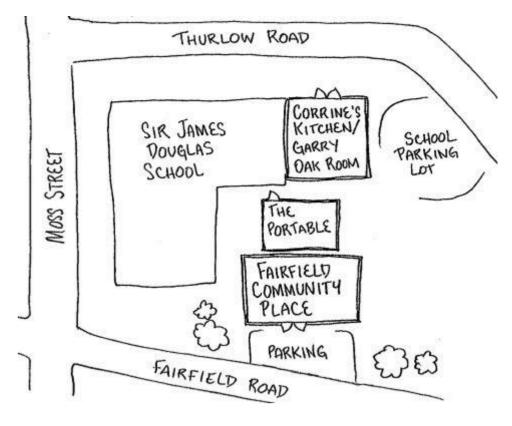
Membership is free! As a member you will; have a say in who is elected to the Board, have a say in how the FGCA is governed (constitution and bylaws), be eligible to run for the Board and serve on committees. Visit our website and fill out our online membership form, or drop by the office for a paper copy.

# **Territory Acknowledgement**

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



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!

# **Our Vision**

Fairfield Gonzales is a connected, collaborative, inclusive, welcoming, and sustainable community.

# **FGCA Board of Directors**

At the FGCA's Annual General meeting on October 18th, 2021 we elected our board for the upcoming year. We would like to thank our out-going directors who served this last year; Lindsay Herriot, Chris Reed, Patricia Ward, David Molinski, Bryan Rowley and Scott Davis. We would like to welcome and congratulate our Board of Directors for 2021/22:

Anna Phelan (President)
Dave Thompson (Vice President)
Philip Sawkins (Treasurer)
Julia Warren (Secretary)
Don Monsour (Past President)

Joanna Fox Quinn Fletcher Michael Hirsch Caitlin McGuire Brian Vatne Ashley Fernandez





# Advertising Rates (not including GS7)

**Quarter Page** 5" wide **Full Page** 8.25" tall may be considered \$180.00 if space is available. 10.25" wide 16" tall \$480.00 Banner 10.25" wide \$170.00 Half Page 10.25" wide 8.25" tall \$280.00 **Double Business** Vertical 3.3" wide Business 4" toll Card \$75.00 Horizontal 2" wide **Business Card** 3.3" tall 3.3" wide 2" tall \$45.00 \$45.00

### CIRCULATION

5000 copies per issue, 4 issues per year

SUBMISSION PUBLICATION
DEADLINE ISSUE

November 15th Dec/Jan/Feb
February 15th Mar/Apr/May
May 15th Jun/Jul/Aug
August 15th Sep/Oct/Nov

### 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.

### ABOUT

A community newspaper highlighting neighbourhood news, events and businesses and community centre programs and services. Visit our website to learn more and view past issues: www.fairfieldcommunity.ca

### PUBLISHED BY

Fairfield Gonzales Community Association 1330 Fairfield Rd. Victoria BC. www.fairfieldcommunity.ca

### CONTACT

Pippa Davis 250-382-4604 office@fairfieldcommunity.ca

# Thank you to all our funders, donors and sponsors in 2021

n Monday October 18th, 2021 we held the FGCA's Annual General Meeting. Community members came together to elect board members, honour staff & volunteers, review our finances, and celebrate all that we've accomplished in the last year. Our full Annual Report is available on our website, but here are some highlights we would like to share.

The FGCA is funded by a diverse range of grants, contracts, and fees-for-service. This year was unusual with the impacts of COVID-19 as some of our programs and funding shrank, and other COVID-specific financial support was available. We are thankful to be able to keep serving our community with a high level of support.

### **In-Kind Support**

We had the support of many generous in-kind donors this year. Their support makes our programs possible!

BC Farmers Market—nutrition coupons Bell Canada—phones and phone plans Coeuraj consulting—furniture and equipment ColdStar—frozen food donation FoodShare Network—rescued food Gatton House Farms—fresh produce Interactivity Board Game Café—reduced rates Mustard Seed—Give Food Get Food program Quazar's Arcade—reduced rates Red Cross—personal protection equipment Save-On Foods—gift cards Thrifty Foods—gift cards and tents

# **Funding/Successful Grants**

BC Child Care Health and Safety Funding BC Gaming and Enforcement Branch Canada Summer Student Grant Capital Daily Neighbourhood House Initiative City of Victoria

City of Victoria Everyday Creativity Grant City of Victoria Strategic Plan Grant **Employment and Social Development Canada** Island Health

City of Victoria My Great Neighbourhood Grants

Ministry of Children and Family Development Public Health Agency of Canada School District #61

Second Harvest Emergency Food Security Fund Tegan and Sara Foundation—Gender Generations

United Way Bridging the Digital Divide Victoria Foundation Community Recovery Program

## **Event Sponsors**

We'd also like to extend a huge and heartfelt thank you to our sponsors for their support of our annual Fall Fairfield community event.

Abkhazi Gardens Cook St Liquour Ross Bay Home Hardware Sea Cider Farm and Ciderhouse Thrifty Foods in Fairfield Plaza Whistle Buoy Brewing Company Yumcha

### **Donations**

As a registered charity we accept donations for our general work or to fund specific program areas. Often people donate to the programs and services they are most passionate about, such as food security or family support programs. Much of the community-building work we do is supported by any funders, donations are an essential part of keeping this work alive.

This year, many of your donations were directed towards those in our community with the greatest needs: unhoused people in our neighbourhood. Your generosity meant the difference between warmth and cold, comfort and distress for many of the people it helped.

We thank each and every donor for their generous contribution to a connected, collaborative, inclusive, and sustainable community!



























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Government Gouvernement du Canada





# **Co-Executive Directors Annual Report**

By Vanya McDonell and Kristina Wilcox, FGCA Co-Executive Directors

he 2020-21 year continued to **I** send us challenges and surprises. The ongoing global pandemic required patience and constant adaptation, but our work providing care, community, and connection to the neighbourhood was rewarding and enriching. We have framed our report with the four strategic priorities that the Board of Directors passed this year: Process, People, Place, Programs.

People are the underlying force behind all of our work. People are why we do what we do, and they are how we get it done. In 2020-21 we supported people in Fairfield Gonzales in a myriad of ways: quality childcare for families, counselling for struggling children, food for those who need it, outreach for at-risk youth, and recreation for physical health. We connected community members with decision-makers through our

land use meetings and town hall event. We even celebrated however we could with our Fall Fairfield

Place reflects the importance of our connection to the land and the unique character of Fairfield and Gonzales. We are all united in our gratitude for the places where we are privileged to live, work, and play, on these unceded traditional territories of the Lekwungen speaking peoples. The work of the Neighbourhood Improvement, Community Climate Action, Association Land Use, and Community Garden Committees helps to steward this land for current and future generations.

Process ensures that we do our work in a good way. This means reflecting our values of integrity, inclusion. equity, connection, collaboration, and diversity in everything we do. It also means practicing good

governance. This year we updated our constitution and bylaws, important part of making sure that we are staying on track and fulfilling our obligation to create public good.

Programs,

services, and projects are the way we fulfil our mission. Despite the impacts of COVID-19, we were able to offer close to a full slate of services to our community throughout the year, with minimal disruption. We were even able to open a new program, Huckleberry Infant-Toddler Care, in the midst of it all, providing a vital and much-needed service for new families.

As we look ahead, we are filled with hope. The pandemic has taught us many lessons and enabled



Kristina Wilcox





Vanya McDonell

some rapid and positive change. We've discovered that we can adapt very quickly to respond to collective challenges, and we've found new ways to organize and mobilize community action. We want to thank our members, Board, staff, and clients for each of their contributions to our community this year!

# **Ross Bay Native Plant Garden**

By Andrea Fritz, FGCA Garden Volunteer Coordinator

he Ross Bay Native Plant Garden (RB-NPG) is a new garden proposed in the Ross Bay area. It will feature plants indigenous to the area that are wind and salt hardy. This garden is going to be a place for experiencing and interacting with a little indigenous nature. There will be one or more edible plant varieties in the garden. We are planning for this to be a landscaped looking garden that will enhance the area and not detract from it. The garden will be taken care of by community volunteers. It is our hope to incorporate Coast Salish art into this placemaking project including a welcoming figure and perhaps a ground mural.

The Ross Bay Native Plant Garden will be located near the picnic area beside Ross Bay Cemetery. The garden will be found



Ocean Spray



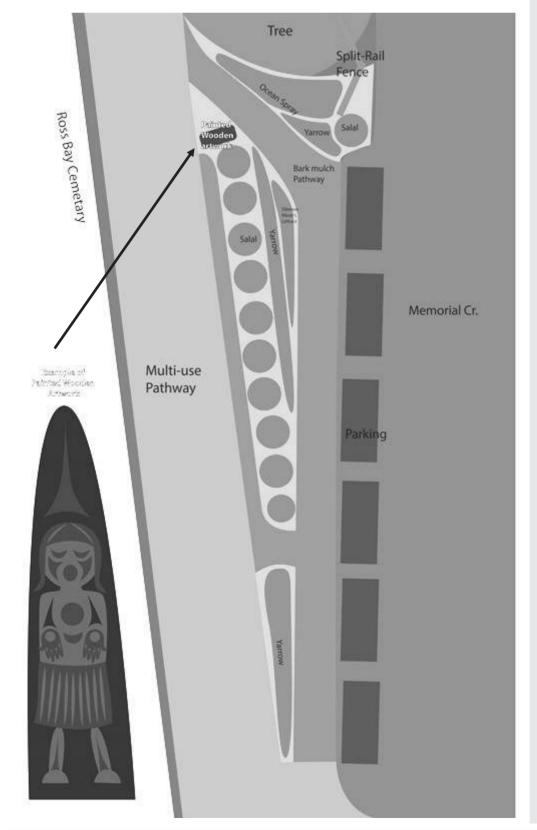
Salal with ripe, edible berries

in a triangular area beside parking stalls on Memorial Crescent. We hope that the community will be excited to participate in the installation and upkeep of this garden. The timeline of this project means that we hope to get plants in the ground in the spring or fall of 2022. We will be going around to the Fairfield neighbours of the garden to gather thoughts and feedback on the project as a part of the planning process.

If you have any questions, or would like to volunteer or donate something to this project please contact Andrea Fritz, our FGCA community garden volunteer coordinator, at

fairfieldcommunitygardens@gmail.com

We can't wait to hear from you. Huychqu'! (thank you)





# A hop, skip, and a jump!

A poem from FGCA's Moss Rock Preschool

By Maija Watson, Early Childhood Educator Assistant

Welcome to Moss Rock Preschool where fun and play is but a hop, skip, a jump away!
We have a short curriculum to fill our days past May,
Some small, but mighty must-haves

They really are the way!
Jumping into, leaning on,
Looking through and still,
Reaching up, Holding on,
They really fit the bill.
We laugh, we learn,
We play, we grow,
Follow these steps,
Grab your bag, let's GO!

### **Jumping Into:**

Jumping into rock slides, At the beach all day! Jumping up to reach the sky, At teeter totter hooray!

### Leaning On:

Leaning on the tree
That holds me as I climb.
A friend, a book, the truck I drive,
Keeps my body safe to thrive.

### Looking Through:

I peek-a-boo, I see you
Peering through the hole
At Truck Park, through classroom toys,
See me selling ice cream on a roll!
From nooks in trees, to branches high,
I'm looking through to you.
Under cozy blankets, with toys in hand,
I know you see me too.

## Reaching Up & Holding On:

I stretch, I pull, my arms reach high
Climbing up my tree,
I'm going up, look at me go!
All the way up to the sky!
My hands go up, to hold the swing,
On my tippy-toes.
Gripping the rope, the bar, the branch
Oh how my body helps me grow.
Holding softly, my friend, the snail,
Cuddling babies tight,
My hands they keep the things I love, Safely in my sight.

### And now the school day is almost done,

We've hopped the hop,
The skip showed me new fun,
The jump even brought new sights to see.
I'm just so glad you've played with me!
I've rolled, I've tumbled,
I've laughed and I have learned
How to move my body and play.
Tomorrow I'll run, I'll reach new heights,
A new day, more play, I'll have more to say,
For exploration is never done!

# A Fairfield Activist Remembers Helen Oldershaw

By Mary E. Doody Jones

In September 2020, Helen Oldershaw, known for her community work with the Friends of Beacon Hill Park Society (FBHPS), died. She did much more than the Park, as one of the few founders of the Fairfield Community Association (FCA) who discussed a community association for Fairfield and formed it in the 1970s. She wrote for the Fairfield newspaper in the 1980s.

Along with Joan Halversen, she also founded the Fairfield New Horizons which preceded the present Cook St. Village Activity Centre. An active member of the Heritage Tree Group, Working closely with Dr. Chris Brayshaw a notable botanist, she inspired environmental park studies.

This article is to show something of her personality behind the commitments. We actually met as younger children. The second of four girls, she was born in Vancouver. Her family moved back to Hantsport, a former shipbuilding centre in the Midas Basin of the Bay of Fundy. She remembered fondly grandparents' well equipped stable and was indignant at its removal. Our family visited to see our grandparents. Helen was amused about how her mother, impressed by my mother's rank as minister's wife, sent the children to play in their best clothes with the three of

Helen and I had many parallels in our lives. We both went to EdgeHill School for Girls (Windsor) in different years. I miss sharing tales of the exploits of the Headmistress Miss Macdonald,, aka "Toad." Helen went to King's College for Education, on the campus of Dalhousie University, where I studied Classics. We separately came to the Pacific Coast. Her son Galen Arthur and my daughter, close in age, attended the same Y preschool "Swim & Gym" program.

United in a Maritime tradition of service, in looks we were different. She combined a dancer's delicate form and Pre-Raphaelite red-gold hair; I was a taller brunette with heavier bones. Her focus was more on the natural heritage while mine began with the built heritage, which evolved to becoming environmental.

We worked together for notable needs, we were "intervenors" in the 1998 city legal examination into a proposed commercial-style "festival" for The Park. Helen organized a group and hired a good lawyer (found through my heritage work), while I worked by myself. The judge followed Begbie's careful lead, and the city appealed. Citizen participants wrote a factum, an appeal summary. Coming to try my computer, Helen first looked both hesitant and curious at this nontypewriter before regaining typing confidence. We were most unhappy when new Mayor Lowe cancelled the appeal!

Two park Round Tables followed to try to see on what guidance park users and



Helen Oldershaw, (front row, left) with the board of directors for the Fairfield Activity Centre, approximately 1975

conservers could agree on for care of the park. My Fairfield Group, led by Cornelia Lange, and Helen's FBHPS stood up against pressure for harmful actions. Then a tour of the park elements used the Tally Ho for transport. Helen and a few others objected to this symbol of commercialism in the park and sturdily walked behind. I regret to say that I did ride as a new experience. Helen who tried to lead by example was the more steadfast.

She enjoyed organized events, such as the yearly Camas Walk, and contributing specific projects. She did not like having to push hard, rather she was sensitive to heritage nature forms and community spirit. Knowing that everything is ultimately connected, she determined to protect. That the recent cycle path was not put on the road, but in the midst of the

park's drying deciduous groves, was a blow.

shown courage She had originally to choose a site which attracts many kinds of uses. As persuading environmentalism became harder, she was impatient and often unhappy, something I understand too well. She turned to Thomas Merton's writing about accepting failure: "As you get used to this idea, you start more and more to concentrate not on the results but on the value, the rightness, the truth of the work itself."

A present reminder of her presence is a bench with plaque near the stone bridge. I miss her and wish we had taken a little more time to talk about personal subjects, so we could have known each other better.

#### WINTER WORD SEARCH 0 C F C 0 Ε R A J К В Ε н Α F V C D 0 R w ı Н G R E Υ N B 0 T S S G M S R F 0 N N G F N L S P Т X G w N S N 0 w T S Ε A Ε R Z S M Q M н Т Υ Z D Т E K J w R C т E Z Ε S K т к A N G G S C S F 0 E Υ U C R 13. SLEDDING 1. SNOW 17. FROZEN SNOWMAN 9. RAIN 14. HIBERNATE 2. GLOVES 6. WET 10. GREY 18. COZY COLD JACKET 11.ICE 15. BOOTS 19. SWEATER 4. HOT CHOCOLATE 8. SCARF 12. SKIING 16. ICE SKATING 20. FIREPLACE

# Special Events & Activities





# The Gift of Good Food Returns

By Mila Czemerys, Fernwood Neighbourhood Resource Group

he Gift of Good Food annual fundraiser kicks off again this year Monday, November 15th until -midnight December 31st, 2021. The Gift of Good Food raises funds to support local families in need across the Capital Regional District with fresh produce every two weeks for an entire year. As we continue to navigate the Covid-19 pandemic, your help is needed to support our neighbours who are facing food insecurity through these difficult times.

You can get involved by donating online at thegiftofgoodfood.ca/donate through November 15th to December 31st, 2021. Start a Fundraising Team with friends, family, or co-workers and reach a goal that supports families in your neighbourhood. Register your team online at fernwoodnrg.-ca/fundraising-teams-ggf-2021.



# Community holiday hamper campaign



# FGCA's Holiday Hamper Campaign

Please consider donating to our Holiday Hamper Fundraiser to support families in need in the Fairfield and Gonzales neighbourhoods. For many, the holiday season is a time of joy and happiness, yet for some families in our community the holidays can be an emotionally and financially challenging, especially this year due to the ongoing COVID-19 pandemic.

Funds raised will be used to purchase grocery and retail gift cards to ensure families have an opportunity to celebrate this holiday season. Donations of \$20 and over are eligible to receive a charitable tax receipt.

To donate, visit our website faifieldcommunity.ca, give us a call at 250-382-4604, or drop by the community centre. Thank you for your generosity!



# FAIRFIELD GONZALES COMMUNITY ASSOCIATION the place to connect

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

# Art at the Place

1330 Fairfield Rd, Monday to Friday 9am—5:00pm

The foyer of the Fairfield Community Place serves as a gallery space, for local artists.



# November | December Paula Nasmith

Paula Nasmith is a Canadian artist based out of Victoria, British Columbia. Her work aims to inspire imagination and curiosity. Her paintings and illustrations depict hidden worlds and places of mystery and enchantment. Her art practice includes regular collaboration with other local artists, and she loves being part of a vibrant arts community. For art sales, commissions, or any other inquiries please send an email to paulanasmith@gmail.com

'The Autumn Cottage" by Paula Nasmith



"Explore and Discover" by Heather MacNeil acrylic on canvas, 24" x 24"

If you are a local artist and would like to display your work, please email event@fairfieldcommunity.ca

# January | February **Heather MacNeil**Originally from Montreal, Heather mon

Originally from Montreal, Heather moved to the West Coast in 1994 feeling drawn to its natural beauty. She has explored working in oils, watercolours, mixed media and acrylics with her paintings ranging from representational to abstract. While currently focusing on abstract compositions, she incorporates vibrant colours, bold brush work, and gestural marks in her work expressing a sense of freedom and spontaneity. In addition to a background in science and psychology, Heather has always been drawn to the expressive and healing components of art and the creative process.

"Although my paintings are mostly abstract, I find inspiration in nature and the interplay of colours and shapes of objects in my environment. Through intention and spontaneity, my work expresses movement, and an energy of joy, harmony, and enthusiasm. The emphasis is on exploration and discovery as I tune in, and create a dialogue with the painting. In working through the layers, I engage with contrast, tension, ease and flow, letting go of old structures, shifting perceptions, and allowing new ideas and creative impulses to emerge."



# Treebie Night for Community Groups

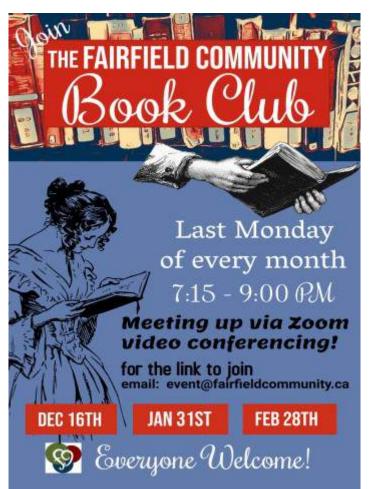
Are you looking for a space to hold your workshop, meeting, event, gathering or info session? If your event is public and free to attend, you can book a room at the Fairfield Community Place on the Second Monday of the month from 7-9pm, at no cost.

For more information call: 250-382-4604 or email: place@fairfieldcommunity.ca

Fairfield Community Place 1330 Fairfield Rd









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# Early Childhood

# **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 9:00am - 1:00pm Sept - June Tue & Thurs \$220/month
Mon, Wed & Fri \$265/month
5 days a week \$435/month
+ \$40 one time administration fee

17 children

1 Early Childhood Educator +1 E.C.E. Assistant Children must be able to use a toilet independently. Eligible families may apply for government subsidy.

mossrock@fairfieldcommunity.ca

# **Huckleberry Infant Toddler Centre**

#### 10 - 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 - 5:30pm

\$1110/month

Year round + \$40 one time administration fee 8 children, 3 Early Childhood Educators

Eligible families may apply for government subsidy.

huckleberry@fairfieldcommunity.ca

# **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
8:00am - 5:30pm \$950/month
Year round + \$40 one time administration fee

16 children, 3 Early Childhood Educators

Eligible families may apply for government subsidy.

camas@fairfieldcommunity.ca

# MOSS ROCK PRESCHOOL

# **OPEN HOUSE**

March 8 & 9 1:30-2:30pm

Come visit our Moss Rock Preschool to learn more about our program and chat with our Early Childhood Educators about registration for September 2022. Registration dates, process and forms will be available on our website: www.fairfieldcommunity.ca



# **Family Drop-ins**

# 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.

Mondays\*, 10:00am - 12:30 am

By donation

Mondays\*, 10:00am - 12:30 am In the Garry Oak Room, 1335 Thurlow Rd.

# 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\*, 10:00am - 11:30am By donation

In the Sequoia Room , 1330 Fairfield Rd.

#### **KINDERGYM**

WALKING - 5 YEARS

A time for preschoolers and caregivers to play and learn together in a fun, positive environment. Caregiver participation is required.

Thursdays\*, 9:30am - 11:00am
In the Garry Oak Room, 1335 Thurlow Rd.

\*our family programs do not operate on statutory holidays, School District 61 breaks, and ProD days.

**Proof of COVID-19 vaccine is required** for adults at all our family drop-ins

# Recreation

#### CREATIVE DANCE FOR CHILDREN

Instructor: Kristen Lewis of Gull Cry Dance

This class introduces children to fundamental principles of movement in a fun but carefully structured teaching environment, with experienced dance educator Kristen Lewis. Kristen's classes are unique in that children learn concepts and patterns, rather than just dance steps. In addition to providing a strong base of physical literacy and coordination, this proven method builds core aptitudes that translate beyond the dance classroom: critical thinking, self-confidence, articulate self-expression, and creative problem-solving skills.

Saturdays Jan 8 - Mar 12

Preschool (Ages 3-4) 9:00am-9:30am 10/\$100 Pre-K (Ages 4-5) 9:40am-10:10am 10/\$100 Kindergarten (Ages 5-6) 10:20am-10:50am 10/\$100 Grades 1&2 (Ages 6-8) 11:00am-11:45am 10/\$125 Grades 3&4 (Ages 8-10) 12:00pm-12:45pm 10/\$125

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

**Registration 250-382-4604** 





# 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/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 \$25/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 2 days a week \$260/month, \$220 for Kindergartners

#### **PRO-D DAYS**

8:00am-5:30pm

\$40/day

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

Margaret Jenkins OSC mjosc@fairfieldcommunity.ca

# **Youth Drop-ins**

# CHILL ZONE DROP - IN GRADES 5 - 9

Our space features comfy couches, craft supplies, books, games, sports equipment, a Wii , Xbox Station, and a computer with internet access.

Thursdays & Fridays Sep - Jun after school - 5:30pm by donation, suggested \$2/visit

### G.O.A.T ZONE FRIDAY NIGHT DROP - IN GRADES 6, 7, 8

The Greatest Of All Time (middle school age children grades 6-8) are welcome at this drop-in program every Friday night from 6-9:30pm hosted in The Youth Space. The program is free to attend but a suggested \$2 donation is always appreciated as snack will be served nightly. As with Chill Zone, one might find themselves playing pool, air hockey, instruments or on the computer. Or they might relax with some conversation or a good book depending on what they feel like doing in this safe and open-ended program hosted by experienced leaders. Starts January 7th, 2022.

Fridays Jan – Jun 6:00 - 9:30 pm by donation, suggested \$2/visit

# **Spring Break 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. Registration will take place in early 2022, see website for registration dates.

Monday - Friday, 8:00am - 5:30pm

One week of the break, TBD

Mar 21 – Mar 25 5/\$195 Mar 28 – Apr 1 5/\$195

#### YOUTH SPRING BREAK CAMP GRADES 5 - 9

We will explore outdoor activities like WildPlay as well as create art and play games at the Youth Zone. Monday - Friday, 8:00am - 5:30pm

# **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 Sep - Jun \$205/month, includes Pro-D Days

# Youth Programs & Drop-ins youth@fairfieldcommunity.ca





# Recreation

YOUTH BASKETBALL

13 - 17 YEARS

5/\$195

Are you a youth looking to bring your basketball game to the next level? Join our coach, Shaq, for a fun 8 week intensive basketball camp where you will sharpen your skills and knowledge of the game as well as learn complimentary strategies to build a healthier lifestyle. Weekly modules will be split between skill building activities and scrimmages. Shaq brings energy, positivity, and motivation to his coaching technique!

Tuesdays, 7:15pm- 8:45pm Jan 18 - Mar8

In the Sir James Douglas elementary school gym

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

**Registration 250-382-4604** 

# Local Leadership Opportunity!

- Empowering Youth
- · Advancing Leadership
- · Promoting Peace Education
- Building an Inclusive Community
- Developing Active Global Citizens

# CISV Canada

8/\$40

Victoria

Building global friendship

### Program Opportunities for Age 10+

We help our young participants develop to their full potential as future leaders and active citizens, to make a difference in their communities and the world

### Contact Us

website: cisvvictoria.ca email: communications@cisvvictoria.ca



# Adult Recreation

# **Dance**

#### **CUBAN SALSA DANCE**

Instructor: Isabel Santos

This class is an introduction to Cuban Salsa. You will learn the basic footwork and basic turn combinations in the Cuban style of Salsa. You will also learn to recognize the rhythm of Cuban Salsa music and synchronize your steps to the music.

Wednesdays, 7:30pm-8:30pm

Jan 19 - Feb 16 5/\$35 Feb 23 - Mar 23 5/\$35

# Fitness & Health

#### SOQI

Instructor: Isabel Santos

Isobel created this beautiful class called SoQi that comes from So from Clinical Somatic and Somatic yoga and Qi from Qigong. It is a ground breaking way to release chronic muscle contraction and retrain the posture and movement patterns that are causing your pain. This beautiful class reconnects you with the jovial and enjoyable pleasure of movement not only in class but also in life.

Mondays, 6:30pm -7:30pm

Jan 17 - Mar 28 (No class Feb 21)

10/\$90

#### **SOMATIC YOGA**

Instructor: Isabel Santos

Somatic yoga is a ground breaking way to release chronic muscle contraction that creates your pain. You can feel free of pain with somatic movements that are slow, gentle, but effective. Such movements re-educate the brain so that it can relax and move your muscles more functionally. Through somatic yoga, you will improve range of motion, flexibility, and posture. The magic of Somatic is the slowness of the movements. It is a body-mind integration that will help you relax and develop an increasingly positive attitude!

Wednesdays, 6:30pm-7:30pm

Jan 19 - Mar 23

10/\$90

#### **HATHA YOGA**

Instructor: Lisa Wielinga

A 60 minute hatha yoga class focused on body awareness, safe alignment, and a strong mind-body connection. Designed to cultivate balance, strength, mobility, and joint stability in your body. All levels welcome! Please bring your own mat.

Thursdays, 5:45pm-6:45pm

Jan 27 - Mar 31

10/\$90

### **IYENGAR YOGA SUPPORT & RESTORE**

Instructor: Lauren Cox

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

Thursdays, 12:00pm - 1:00pm

Jan 13 - Mar 31 12/\$132

#### IYENGAR YOGA ALL LEVELS

Instructor: Lauren Cox

The lyengar 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 Jan 11 - Mar 29

Tuesdays, 5:30pm - 7:00pm

9/\$117 Feb 1 - Mar 29

### IYENGAR YOGA BEGINNER FRIENDLY

Instructor: Lauren Cox

Please join this beginner friendly lyengar 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.

Thursdays, 1:10pm - 2:10 pm

Jan 13 - Mar 31

12/\$132

12/\$156



#### **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, 5:30pm - 6:30pm

Jan 17 - Mar 28 (No class Feb 21)

10/\$90

#### **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, 5:30pm - 6:30pm

Jan 19 - Mar 23

10/\$90

# Music

### **BEGINNER DJEMBE DRUMMING AND PERCUSSION**

with Jordan Hanson/Drum Victoria

This course teaches you the fundamental hand positions and drum sounds so that you can feel comfortable jamming at home or with friends. The step-by-step lessons will show you the right way to play it correctly. You will learn rhythms, technique, patterns and grooves, how to improvise, and how to care for your drum. Basically, you will become an instant musician, and get to have fun playing rhythms each week. You do not need to know anything about drumming before taking this course. In fact, you do not even need a drum. Professional djembe drums are provided for all classes. You will also receive a 30page guide - "Beginner Djembe Drumming" for your own future reference, and a certificate of completion.

Tuesdays 7:00pm-9:00pm

Jan 11 - Mar15

10/\$300

Thursdays 7:00pm-9:00pm Jan 13 - Mar17

10/\$300

# Language

### SPANISH FOR TRAVELLERS

Instructor: Monica Gil

Whether you are planning a trip or if you just want to learn Spanish for fun. Learn how to get by during your trip in tourist situations like ordering food in the restaurant, asking for directions, shopping, or buying a ticket, and also about the Latino American culture.

Wednesdays, 6:30pm-8:30pm

Feb 2 - Apr 6

10/\$180

Wednesdays, 7:30pm-8:30pm

Feb 23 - Mar 23

5/\$35



**GARRY OAK ROOM** An open, multi-purpose room with large windows. 1400 square feet, 80 people can be seated or 100 standing. Located adjacent to Sir James Douglas Elementary School.

CORINNE'S KITCHEN 900 sq. ft. Commercial kitchen with seating around a large stainless steel counter a gas grill and convection oven, electric cooktop, commercial fridge and sanitizer. It is accessed through shared foyer with the Garry Oak Room.

ARBUTUS **ROOM** The large room that we use for childcare programs faces south making it a very sunny and warm meeting place. Suitable for gatherings of 20-30 people, available for weekend and evening events.

### FREEBIE NIGHT FOR COMMUNITY GROUPS

Second Monday of the month, 6:00-9:00pm, facility rental 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 "Freebie Night for Community Groups." We have rooms available for community activities at no cost. Rooms are classroom sized and can accommodate up to 30 people, 6-9pm. Email place@fairfieldcommunity.ca for available dates.

> See our website for rates, and FAQs. www.fairfieldcommunity.ca



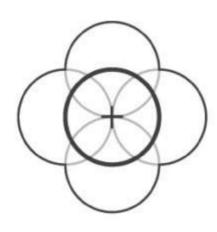




### **AD SPACE AVAILABLE**

To inquire about advertising opportunities contact us... office@fairfieldcommunity.ca

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# Fall Fairfield 2021



Our 11th annual Fall Fairfield was hosted at Porter Park on Sunday, September 26. Attendees enjoyed live performances, local artisans, vendors, and food producers, engagement activities with several non-profit organizations, tasty food, and a beverage garden. Over 1000 people joined the FGCA over the course of the day despite a fairly rainy afternoon

We'd like to extend a huge and heartfelt thank you to everyone who made this year's event a smashing success!

- To all the performers, vendors, workshop hosts, and volunteers who created such a magical atmosphere
- To our generous sponsors, without your support none this event would not be possible
- To our wonderful community for celebrating with us despite the rainy weather

See you next year!













