

NOVEMBER
DECEMBER
JANUARY



FAIRFIELD GONZALES
COMMUNITY ASSOCIATION
the place to connect

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



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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 9:00 am—8:00 pm
- Tuesday 9:00 am—8:00 pm
- Wednesday 9:00 am—8:00 pm
- Thursday 9:00 am—8:00 pm
- Monday 9:00 am—5:00 pm
- Saturday 9:00 am—3:00 pm*
- Sunday closed

*We are closed statutory holidays & Saturdays on long weekends

E-Newsletter

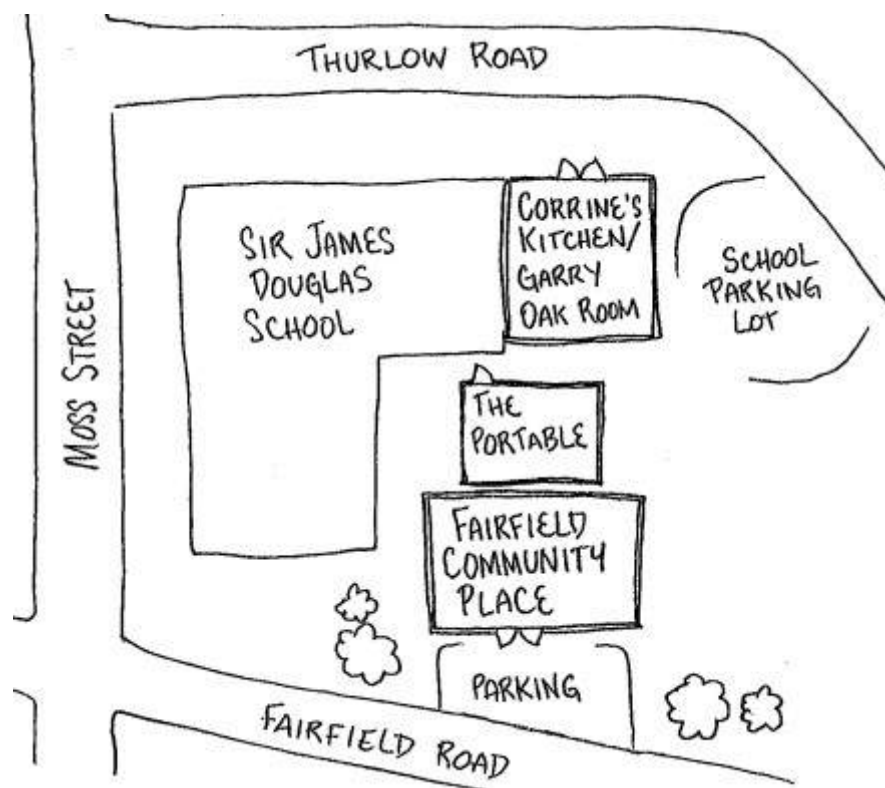
Sign up for our monthly E-news. Email place@fairfieldcommunity.ca and receive updates on upcoming events, programs, community news and information on ways to get involved.

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.



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. 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!

Our Mission

"To create a connected, collaborative, inclusive and sustainable community."

FGCA BOARD OF DIRECTORS

- | | | |
|-------------------|---------------|----------------|
| Anna Phelan | Bryan Rowley | Julia Warren |
| Brian Vatne | Chris Reed | Michael Hirsch |
| Pat Ward | Dave Thompson | Scott Davis |
| Jennifer Matthews | Don Monsour | |

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 by-laws), 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.



Early Childhood

Recreation

RICHARDSON SPORT

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.

ME AND MY PARENT

2 - 3 YEARS

Thursdays, 9:45am - 10:30am

Jan 16 - Mar 12

9/\$126

ME AND MY COACH

4 - 6 YEARS

Thursdays, 10:30am - 11:30am

Jan 16 - Mar 12

9/\$126

Daycare

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 **\$835 per month**

Year round **\$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

At Five Points Preschool we encourage the children to explore, discover, create, socialize and have fun. Our focus is on exploration-based learning, where the curriculum evolves from the groups thinking and play.

Monday, Wednesday & Friday

9:00am - 12:00pm

Sept - June

\$200/month

+ \$30 one time

administration fee

15 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.

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 \$210/month

3 days a week \$270/month

4 days a week \$355/month

5 days a week \$420/month

+ \$30 one time administration fee

Up to 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

Family Drop-ins

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

Closed for Winter Break: Dec 23-Jan 3 and ProD days

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**

Closed for Winter Break: Dec 23-Jan 3

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 - 11:30am

By donation

Closed for Winter Break: Dec 23-Jan 3



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 \$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

Margaret Jenkins OSC

mjosoc@fairfieldcommunity.ca

250-592-8800

Childcare Coordinator

childcare@fairfieldcommunity.ca

250-382-4604

Youth 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 - 5:30pm

Sep - Jun

\$205/month, includes Pro-D Days

youth@fairfieldcommunity.ca

250-382-4604

CHILL ZONE DROP - IN

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 - 5:30pm

Sep - Jun

By donation, suggested \$2/visit

Adult Recreation

Fitness & Health

YOGA – YIN

Instructor: Jenny Berg
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 16 - Mar 19 10/\$90

YOGA - IYENGAR BEGINNERS

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.
Tuesdays, 11:00am - 12:30pm
Jan 21 - Mar 24 10/\$120
Tuesdays, 7:00pm - 8:00pm
Jan 21 - Mar 24 10/\$100

YOGA - IYENGAR INTERMEDIATE

Instructor: Lauren Cox
Tuesdays, 5:30pm - 7:00pm
Jan 21 - Mar 24 10/\$120

YOGA - IYENGAR ALL LEVELS

Instructor: Lauren Cox
Join us for an hour of yoga in the Iyengar method.
Tuesdays, 5:30pm - 7:00pm
Nov 19 - Dec 10 4/\$48

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.
Thursdays, 12:00pm - 1:00pm
Nov 21 - Dec 12 4/\$48
Jan 23 - Mar 26 10/\$100

YOGA - GENTLE YOGAFIT

Instructor: Isabel Santos
Come join us 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
Jan 15 - Mar 25 11/\$99

YOGA – GENTLE YOGA AND SOMATICS

Instructor: Jenny Berg
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
Nov 7 - Dec 5 5/\$45
Jan 16 - Feb 13 5/\$45
Feb 20 - Mar 12 4/\$36

ZUMBA - STRONG

Instructor: Taylia Martin
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 (SJD school gym)
Nov 7 - Dec 5 5/\$45
Jan 16 - Feb 13 5/\$45
Feb 20 - Mar 19 5/\$45

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 13 - Mar 23 no class Feb 17) 10/\$90

ZUMBA 15-15-15

Instructor: Isabel Santos
A combination of Zumba Toning, Zumba and Zumba Core with a cool down and stretching. You will use weighted, maraca-like Zumba Toning Sticks 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.
Mondays, 6:30pm - 7:30pm
Jan 13 - Mar 23 (no class Feb 17) 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 15 - Mar 25 11/\$99

BANDS, BALLS & WEIGHTS

Instructor: Helen Dougherty
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.
Thursdays, 6 - 7pm
Nov 7 - Dec 12 6/\$60

BALANCE, STRENGTH AND STRETCH

Instructor: Isabel Santos
Learn how to strengthen your muscles safely and effectively with a variety of strength training equipment. This program will help you look better, feel better and improve flexibility, balance and strength. Part of the class is on a chair and part standing up. Basic equipment supplied.
Tuesdays, 8:30-9:30am
Jan 14 - Mar 17 11/\$99

TAI CHI FOR BEGINNERS

Instructor: Jet Li
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 15 - Mar 18 10/\$100

RAIN FOREST QI GONG

Instructor: Nancy Crites
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
Sept 18 - Dec 4 12/\$132
Jan 15 - Mar 18 10/\$110

MINDFUL MEDITATION

Instructor: Nancy Crites
Give your life a mindful makeover. Relax, connect, and slow down with mindfulness. Enjoy mindful meditation, body awareness, walking and eating as you reduce stress, anxiety, depression. and appreciate the benefits mindfulness brings to your daily life.
Tuesday, 6:00pm - 7:00pm
Jan 21 – Mar 10 8/\$88

UNDERSTANDING YOUR ENERGY BODY

Instructor: Sheila Bell
When you know and understand your chakra system you will know that they hold the keys to healing past traumas, building lasting relationships, breaking through financial blockages, unleashing creativity, and achieving your goals. This is the fastest way to make shifts in your energy and have lasting change affecting every aspect of your life.
Saturdays, 9:30am - 10:30am
Jan 18 - Mar 28 (no class Feb 15) 8/\$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)
Sep 24 - Jun 16 1/\$4
**Badminton cancelled during school breaks & holidays*

BASKETBALL DROP-IN

Indoor court, 18years and up, no entry after 9pm.
Tuesdays* 7:45pm - 10:00pm (SJD school gym)
Nov 14 - Dec 5 & Jan 9 - Mar 12 1/\$5
** Basketball cancelled during school breaks & holidays*

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

Registration
250-382-4604



Adult Recreation



Dance

ADULT BEGINNER BALLET

Instructor: Allison McNeil
This class will focus on the basic technique of ballet. Participants will get a great workout as the class cycles through barre, centre and cross-floor exercises. Based on the Royal Academy of Dance Syllabus.
Tuesdays, 8:15-9:15pm
Jan 14 - Mar 17 **10/\$100**

CUBAN SALSA

Instructor: Isabel Santos
Tuesdays, 8:00-9:00pm
Jan 14 - Feb 11 **5/\$35**
Feb 18 - Mar 17 **5/\$35**

Language

SPANISH FOR TRAVELLERS

Instructor: Monica Gill
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
Feb 4 - Mar 10 **6/\$105**

SPANISH FOR BEGINNERS 2 CONTINUING

Instructor: Monica Gill
If you have taken some basic Spanish lessons in the past and/or if you have some basic knowledge of Spanish, this course is for you. You will learn more vocabulary and more basic verbs and useful expressions that you need to know in order to have a conversational level in your trips to Spanish speaking countries. We'll practice in class with role play situations, listening to recordings of Spanish dialogues and we will learn more about the Spanish and Latino culture.
Wednesdays, 6:30pm - 8:30pm
Feb 5 - Mar 11 **6/\$105**

Music

AFRICAN HAND DRUMMING LEVEL I

Instructor: Jordan Hanson
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 21 - Mar 10 **8/\$128**

AFRICAN HAND DRUMMING LEVEL II

Instructor: Jordan Hanson
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 21 - Mar 10 **10/\$160**

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.
\$30 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.
\$30 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.
\$30 Hourly

FREEBIE NIGHT FOR COMMUNITY GROUPS

Last Monday of the Month, 7:00 – 9:00pm
Mondays: Nov 25, Jan 27, Feb 24, Mar 30

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" 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 30 people, 7-9pm.

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.

GIFT CARDS ♦ STOCKING STUFFERS

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

Celebrating Healthy Lifestyles in Our Community



LIFESTYLE MARKETS

Cook Street Village
343 Cook Street ♦ 250.381.5450

We're Online Anytime: **LifestyleMarkets.com**



Special Events & Activities



Blake watering our front garden



Blake and Joan Kotarski, former Executive Director of the FGCA

THANK YOU BLAKE TILLISON ~ OUR LONG TIME VOLUNTEER

This year at our Fairfield Gonzales Community Association Annual General Meeting we thanked Blake Tillison, our long time volunteer. He has lived in Fairfield since 1998 and for twenty of those twenty-two years he has volunteered once a week at the FGCA. Every Wednesday afternoon Blake arrives with a warm hello for everyone, eager to get on with his job. He is an incredibly hard worker and for the last twenty years, he has helped us with administrative tasks, watering the front gardens, as well as sweeping, sorting recyclables and picking up garbage. Blake likes to keep active and volunteering at the FGCA provides him with exercise and routine.

Some of his favourite memories include Joan Kotarski's retirement party, all the Fall Fairfields, including the funny band that played on the field, Halloween Bonfires, the Volunteer Appreciation Pancake Breakfast, and all the Winter Holiday parties.

Blake remembers when the Food Forest did not exist and has enjoyed watching it grow and change. He remembers when Vanya McDonnell created the front gardens, giving him something to water. He also remembers when the FGCA got the Portable, later transitioning into the Camas Day Care.

Blake loves to have a cup of coffee on his break and chat with the FGCA staff and likewise the staff are always eager to hear Blake's stories. The FGCA is so fortunate that Volunteer Victoria referred him to us twenty years ago. He is an important part of our community and we look forward to many more years together!

★ BASKETBALL ★
Winter Pick-up
Thursdays, Nov 14 to Dec 5 & Jan 9 to Mar 12

18 yrs+ ★ 7:45PM-10PM
No entry after 9pm
INDOOR COURT
\$5 Drop-in Fee (Cash Only)
Sir James Douglas Elementary Gym

FAIRFIELD GONZALES COMMUNITY ASSOCIATION
the place to connect

FREE!

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

2019/20
October 26
November 23
January 25
February 22
March 28

Clothing Swap

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.



Art at the Place

THE FOYER OF FAIRFIELD COMMUNITY PLACE SERVES AS A GALLERY SPACE, DISPLAYING THE ARTWORK OF LOCAL ARTISTS. COME CHECK OUT THE COLOURFUL PAINTINGS, PHOTOGRAPHY AND INSTALLATIONS THAT DECORATE THE CENTRE'S WALLS.

IF YOU ARE A LOCAL ARTIST AND WOULD LIKE TO DISPLAY YOUR WORK IN OUR FOYER, PLEASE EMAIL: EVENT@FAIRFIELDCOMMUNITY.CA

1330 Fairfield Rd

Repair Café
Toss it? No way!

Repair Café is a neighbourhood initiative that promotes repair instead of tossing things out

Saturday JANUARY 25TH
10:00am - 1:00pm
1330 FAIRFIELD ROAD

Bring your damaged items to be fixed on the spot by volunteer fixers.

small electrical appliances, phones & tablets, toys, furniture, textiles, ceramics, bikes, hearing aids and more!

email: repaircafeairfield@gmail.com

Fridays
6:30pm to 8:30pm

November 29th March 20th
January 24th April TBA
February 21st May TBA

Community Dinners

Check our website to pre-register and secure your spot
www.fairfieldcommunity.ca

Suggested donation of \$5.00 per person or \$10.00 for a family.

We will be offering gluten, dairy, and meat free options. We hope to see you there!

Garry Oak Room 1335 Thurlow Rd.

FAIRFIELD GONZALES COMMUNITY ASSOCIATION
the place to connect

Contact event@fairfieldcommunity.ca or 250.382.4604 for more info or to volunteer.

Join **THE FAIRFIELD COMMUNITY Book Club**

Last Monday of every month
6:30 - 8:30 PM

NOV 25TH CANCELLED DECEMBER JAN 27TH

Everyone Welcome!

FAIRFIELD COMMUNITY PLACE 1330 FAIRFIELD RD



FAIRFIELD GONZALES
COMMUNITY ASSOCIATION

the place to connect

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

Every \$500 raised supports a family with fresh fruits & veggies for a whole year!

Start a fundraising team: win great prizes!

The Gift of Good Food
HOLIDAY FUNDRAISER

Goal: feed 200 families throughout Greater Victoria for a year!

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 \$100,000.00 and supporting 200 families with fresh fruits and vegetables for all of 2020. All contributions go directly towards providing a yearly supply of fruits and vegetables to families facing poverty.

250-381-1552 x118 mila@fernwoodnrg.ca <https://thegoodfoodbox.ca/donate>
The Gift of Good Food Holiday fundraiser runs November 18th to December 31st 2019

Moss St. Market's Indoor Winter Market

Starting Nov. 2 Every Saturday 10am to 1pm

Now 1 hour longer & larger!

Garry Oak Room & Sir James Douglas school gymnasium at 1335 Thurlow Road

Moss St. Market's HOLIDAY MARKET

Sat. and Sun., Dec 14+15

Fine artisans and crafters featuring cards, clothing, jewelry, bags, toys, glassworks, woodworks, pottery, bath products, preserves, bread, prepared & hot food, winter vegetables, fish, mushrooms, cheese, oils, cider, wine, and much, much more...

MossStreetMarket.com

Cook Street Village ACTIVITY CENTRE

Holiday Market & Silent Auction
Nov 23rd 9am - 2pm
Auction closes at 1:30pm

Evening Hatha Yoga Monday or Wednesday Register by the month or drop in

Try it free! Jan 6 - 11, 2020
Over 40 non-course drop-ins to choose from!

Holiday Luncheon
Fri. Dec. 13
Adults: \$18
Youth: \$9
Tickets available until Tue. Dec 10th

Robbie Burns Day Event
Fri. Jan. 24, 12pm
Adults: \$15
Youth: \$9
Tickets available until Tue. Jan 21st

French Language Courses Begin in January

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

WOMANMD ~ A NEW CLINIC IN FAIRFIELD

By Dr. Virginia Gooderham



In May, an innovative Doctor’s Office opened at the corner of Moss Street and Fairfield Road (where the Fairfield Pet Clinic used to be). Many community members are all too familiar with the shortage of Family Physicians, a crisis in our city. Dr. Virginia Gooderham and her associates are trying to tackle that problem, by taking one step beyond conventional western medicine. This hub for Family Physicians and other health care professionals provides Integrative Lifestyle Medicine, a team approach to treating health concerns providing services and programs women of all ages, from girls to seniors. This office is easily accessible for Fairfield residents and most of the services are covered under MSP!

womenMD is a comprehensive women’s clinic providing sexual medicine, IUD clinics, Pelvic Floor Physiotherapy and Menopause Consultations. Pelvic Floor Physiotherapy specializes in the treatment of incontinence, pelvic pain, pregnancy and postpartum pelvic care, and pelvic health during and after menopause.

Also, if you are struggling with anxiety or depression, womenMD offers Mental Wellness & Resilience programs. There are several Mindfulness and Cognitive Behavioural Therapy programs to assist you on your mental health journey. Many of the programs are offered in the evenings, so more patient are able to access these valuable services. Programs assist patients in changing patterns of thoughts, feelings and behaviours and developing new healthier habits. Programs for insomnia and mindful eating are also offered.



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NATIVE EVERGREEN FERNS

By Patricia Johnston, Retired Native Plant Gardening Consultant



Sword fern (*Polystichum munitum*)

As we move into the fall and winter months, native plants do not provide much color for our gardens. As an alternative I like to rely on the different shades of green and textures that many native plants provide. Two of my favorite evergreen plants are ferns: Licorice fern (*Polypodium glycyrrhiza*) and Sword fern (*Polystichum munitum*). I am always excited at this time of year when the new fronds of Licorice Fern push their heads into the light. Their fronds arise from a rhizome that tastes like licorice. Most often found on rocky outcrops, Licorice Fern will also grow on the ground, creating a ground cover throughout the fall, winter and spring. The only downside of this fern is that it dies back in the summer so you may want to find something to grow over the dead fronds in the hot months. One method is to plant a native Orange trumpet honeysuckle (*Lonicera ciliosa*) in the middle of the ferns. It will spread itself out and around the dying fronds during the summer. My other favorite fern that stays green all winter, in fact throughout all seasons of the year, is our native Sword fern. Like the many Sword ferns that create a beautiful ground

cover under the conifer trees in our forests, they make a great ground cover in our gardens as well. I have often suggested to gardeners who want to remove lawn that Sword ferns are a great replacement. Like Licorice fern they are drought resistant once they have become established. Both ferns prefer shady, cooler locations. If you haven’t tried these two ferns in your garden, I highly recommend them. And, as a postscript, let me remind you of the beauty of the luscious greens of mosses that can be part of your garden as well.



Orange trumpet honeysuckle (*Lonicera ciliosa*)



Licorice fern (*Polypodium glycyrrhiza*)

ASSET MAPPING IN FAIRFIELD & GONZALES

By Bryan Rowley, FGCA board member

What do you love about Fairfield and Gonzales? The Community Inspiration Project wants to know!

At Fall Fairfield, on September 21, the Fairfield Gonzales Community Association’s Streetlife Committee kicked off its Asset Mapping initiative ‘The Community Inspiration Project’. Their goal is to give folks the chance to share what they see as sources of inspiration in Fairfield and Gonzales, map out all these community assets, then share what has been compiled so everyone can benefit.

That day the project received 32 sources of inspiration from visitors; including natural spots like particular entry points to the ocean, Gonzales Beach and Beacon Hill Park, as well as community groups like November Project Victoria who meets every Wednesday morning at 6:29am outside the Beacon Hill Park Petting Zoo and the Dallas

Road running group who meets 8am on Saturdays at Clover point. For a complete list of what we have so far, please send us an email at fgcommunityinspirations@gmail.com

The responses came from people across the lifespan, including sources of inspiration which children showed to their parents (including the wonderful Dragon Sculpture found at Dallas Road!) Some responses included:

The Sequoiadendron at the corner of Richardson & Moss ...“Every time I walk by it I get warm and fuzzy”

-George

Ross Bay Cemetery...“A historical sight that has Emily Carr’s grave. It’s fun to count the deer; however, they are too comfortable around humans”

-Courtney

Fairfield Food Forest...“This



forest serves as a positive symbol for our community; demonstrating equity and sustainability that are possible in our community. We need more projects like this.

-Khalilah

We would love to hear what your source of inspiration is in Fairfield or Gonzales!

Please send us your source of



inspiration (with a picture if you’d like) from Fairfield or Gonzales communities OR let us know if you’d like to be apart of this project.

Send us an email: fgcommunityinspirations@gmail.com
We look forward to hearing from you!

VENI, VEDI, VICI ITALIANS IN 1800s VICTORIA

By Annamaria Bamji

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

The Bossi Family

Victoria was founded on the blood and sinew of many races. British blood predominated, but among the pioneers were Americans, Germans, French, Swiss, Austrians and Italians. The history of Old Town is inextricably linked with that of the Italian Bossi family. Carlo and his brother, Giacomo, were prominent in the spectacular development of the Old Town area in the 1880’s. Victoria’s economy was burgeoning and expanding as never before (or since!) and the city was splitting at the seams supplying sealers, sailors, ships and Klondike Gold-diggers.

The opening of the E & N Railway terminus on Store Street and highly profitable opium industry, most of which was manufactured on Cormorant Street, made this area of town extremely interesting to develop. The Bossi brothers, who arrived penniless to Victoria some twenty years earlier, had gone on to make their fortune in the retail grocery business in the 1860’s and 70’s and now began to invest in property and buildings. Gino (Giacomo) Bossi’s Grand Pacific Hotel, erected in 1880 at the corner of Store and Johnson was hailed as one of the handsomest hotels in the city and today is part of the historic Market Square complex in Victoria. The very popular Paradise Bar & Grill now occupies what was Gino Boss’s famous saloon which sported the longest bar in town! Carlo Bossi build a hotel at the corner of Pandora and Blanshard which still stands today and is the site of the Alexandra Apartments.

By the time of their deaths (Giacomo in 1893 and Carlo in 1895), the Bossi family was much

esteemed by the Victoria establishment and recognized as one of the leading pioneering families in the city.

The Bossi story is really the story of Victoria. The Gold Rush of 1858 was a magnet for adventurers and fortune-seekers from all over the globe, many of whom were charmed by Victoria and decided to remain and forge new lives in the Paradise they had discovered. In 1854, Carlo Bossi, a marble-cutter in Lombardy, disillusioned with life in his country which was now under Austrian rule, and dismayed by his probable conscription into the Austrian army, left to seek his fortune in North America. He went to New York City where he had relatives and stayed four years, but finding life difficult there, he set out to San Francisco. A year later that city was frenzied with excitement over the gold finds on the Fraser River and so Carlo joined the thousands of prospectors clambering aboard steamships heading for Victoria and in 1859 Carlo found himself deposited on the shores of Esquimalt. The family legend has it that Carlo carried a sack of flour and a pan, and that on his seaside walk to Victoria, he stopped to make pancakes. As he was eating, an abandoned canoe floated by and so Carlo fashioned a paddle and oared to the foot of Yates Street where he heard much hammering. Fortuitously, the commotion was the construction of the Bank of British North America which was running into difficulty as no one was able to cut marble and so Carlo, the marble-cutter from Lombardy, was hired on the spot.

Before long, Carlo was able to continue on to the Cariboo in search of gold. He was one of the

lucky ones; he hit pay-dirt and returned to Victoria which he decided would be home. In 1863, he sent for his brother Giacomo, who was still living in the family home in Lombardy.

The brothers decided that the opportunity lay in food retailing and with Carlo’s Cariboo money, they opened a grocery store at the corner of Johnson and Store. Imported Italian wines, specialty foods, and exotic spices soon drew a large clientele and business was booming. More members of the Bossi family arrived from Italy. Nephew Alfred Bossi opened his own grocery retail business at 185 Johnson. In 1857, Carlo married Petronella Medina of Esquimalt in what was the first Italian marriage in the colony. The Bossis at this time began to acquire real estate throughout the city.

They appear to have weathered the terrible recession of the seventies and were well poised with the real estate holdings to meet the incredible boom of the 80’s in which they played a significant role, specifically in the development of Johnson and Pandora Streets. Carlo built himself a home on Blanshard and Cormorant and was able to retire “with a competency” (meaning he was a “millionaire”!).

In 1885 Giacomo built his residence at 1009 Johnson Street. It still stands today and is a fine example of the Victoria Italianate, but is in a state of disrepair. However, the home is designated as a Heritage building and perhaps it will one day be restored. Giacomo was the more flamboyant brother and really loved donning his white apron and greeting his customers at the Grand

Pacific Hotel bar. Carlo was described as “a man of few words”, of average intelligence, sound common sense, tenacity of purpose, faithfully serving his adopted country with zeal and “unaffected modesty”. Giacomo’s death of heart disease in 1893 and Carlo’s death in 1895 were much mourned by the community.

Both were buried at the Ross Bay cemetery and elaborate memorials made of marble were erected over their tombstones. Giacomo left a widow, two daughters and a son, whereas Carlo had no children. His wife married an Italian gentleman a year after his death which must have caused a scandal as at her death she was not buried along side Carlo even though her name had been engraved onto the memorial.

The Bossi family did not figure as prominently in later years, but they are still in Victoria. This year’s telephone directory lists an Alfred Bossi residing at 3308 Quadra (opposite the famous Italian Bakery!). Documents at City Archives reveal that this property was purchased in 1925 from Thomas Plimly by Louise Caroline Bossi who was married to Calvin Andrew Bossi and so one can assume that the family has been in this home since that year, and that they were proud of the heritage left to them by a poor marble-cutter from Lombardy who stepped off the boat in Esquimalt in 1859 seeking his fame and fortune.

Henderson’s British Columbia Gazetteer and Directory (1904) lists the following businesses for the area which now constitutes Market Square. The address system was later changed.

Continued on page 10....

Johnson Street

- 26 Grand Pacific Hotel
- 28 B.C. Junk and Hardware Co.
- 30 Klondike Restaurant
- 34 Russ House Saloon
- 38 Empire Hotel (A. Lipsky, proprietor)
- 40 Strand Saloon
- 42 A. & J.C. Clyde, Hardware Store
- 42 Taxidermist (Fred Foster, proprietor)
- 44 Hardware (E.J. Salomon, proprietor)
- 48 King’s Head Saloon establish 1866 until 1917
- 54 Paint store (E. Tuson, proprietor)
- 56 Bostwick, barber
- 62 Kinnaird, tailor
- 64 Baltimore Restaurant
- 70 Germanie Saloon

Pandora Street (originally Cormorant)

- 135 Tai Yung and Co.; opium and manufacturing
- 137 Hop Sun and Co.; tailors
- Store Street (between Johnson and Pandora)
- 3 Scott and Peden; Flour & feed
- 9 Tobacconist (August Westoundate, proprietor)
- 11 On Hip & Co.; tent manufactures
- 13 Tobacconist (Charles Hancock, proprietor)
- 15 Eagle Restaurant
- 17 Light House Saloon (Harry Maynard, proprietor)

Origins of Buildings Now Forming the Market Square Complex

- 516 Johnson Street Built in 1882 in the Italianate style for Giacomo Bossi. Architect unknown.
- 522 - 28 Johnson Street Built in 1888 in the Italianate style for Giacomo Bossi. Architect unknown.
- 546 - 48 Johnson Street (Milne Building). Built as the Senator Hotel (1891), this structure was designed by architect Thomas Hooper for A.R. Milne. Milne, a part-time developer, was a one-time custom agent appointed in 1890 as collector of customs, registrar of shipping and controller of Chinese entry into the Port of Victoria. The building in typical of its period, featuring prominent arched bays flanking a larger central entrance. It was restored in 1976 by Fort Victoria Properties as part of the Market Square Complex. Currently designated as a Heritage building.
- 556 Johnson Street. Built circa 1884 in the Italianate style for the B.C. Land and Investment Corporation.
- Corner of Johnson and Store Street (Grand Pacific Hotel). Built circa 1880 for Giacomo Bossi. It was never famed for any special architectural treatment, but in its heyday the hotel sported the longest bar in Victoria. However, the B.C. Directory for 1882-83 describes the three story building as the handsomest in VictAdditions were built in 1884 and 1887.
- 1425, 1435 1455 Store Street Built in the Italianate

style. Architect unknown. Home to Grand Pacific Hotel (G. Bossi) and the Caledonia Saloon (J.A. Ritchie and A. Weber, proprietors

- 515 - 527 Pandora Street Built in 1895 in the Italianate style by Thomas Hooper for Joseph Carey and Carlo Bossi. Built as a series of small shops with living accommodations above, this block is typical of Chinatown development during the nineties. The bracketed iron balconies are probably original. After stringent fire regulations banned wooden verandahs, the iron balcony was chosen as a less expensive alternative to the built in second storey balcony. In 1890, one of the tenants of this row of shops was Hip Lung & Co., Opium Merchants. The building was restored as part of the Market Square complex. Pandora Street takes its name from a former survey vessel, the Pandora. But the street was originally called Cormorant and was only changed after 1905.
- 529 Pandora Street (formerly 27 Cormorant Street). Built circa 1875, this in one of the earliest buildings in the area. This structure has a long association with the Chinese wholesale grocery trade and its first owner was Kwong Tai Lung & Co. It was one of the largest Chinese merchant houses which dominated Chinatown commerce. The facade is Italianate, the first storey is arched and there is a central door on the second floor which would originally have opened onto a wooden balcony.

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CLEAN BC BETTER HOMES

By John Ho, Community Energy Specialist, Engineering and Public Works, City of Victoria

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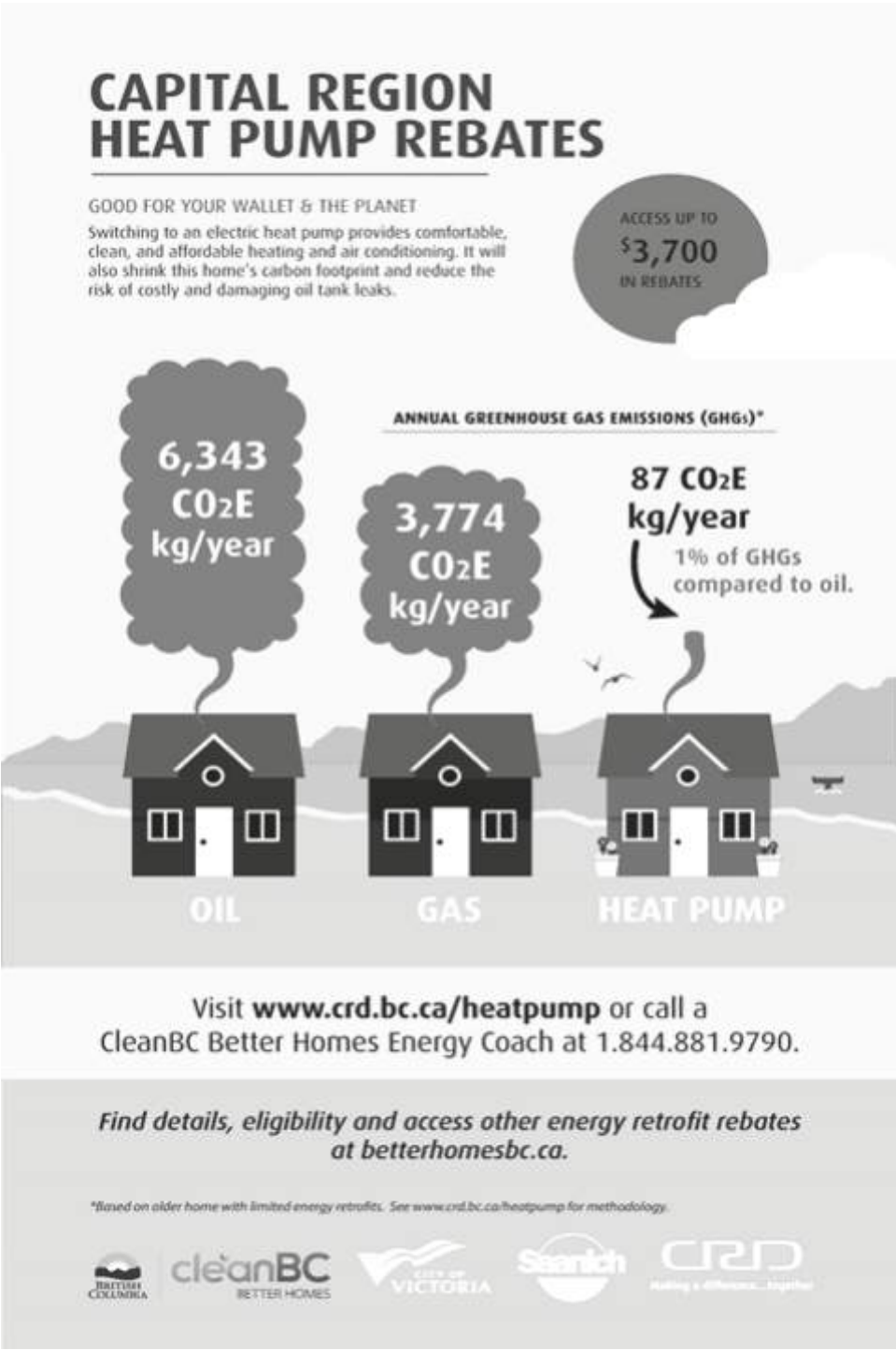
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We would also like to thank all the community businesses and individuals who donated to our silent auction, it was an amazing success!

Photo credits: Ken Miller & Penny Tennenhouse

~ Pie competition winners~

Thank you to all the folks who entered a pie, they were all delicious! Fall Fairfield visitors tasted many pies & cast their votes & the winners are.....

Individual ~ Jenny McDonell

Professional Bakery ~ Fol Epi



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