

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 9:00 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

Become a member of the FGCA

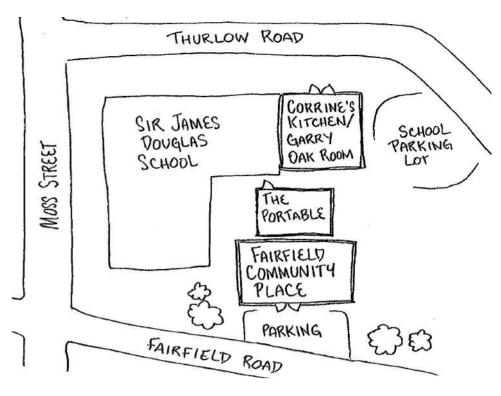
Membership is free! As a member you will; have a say in who is elected to the Board, have a say in how the FGCA is governed (constitution and bylaws), be eligible to run for the Board and serve on committees. Visit our website and fill out our online membership form, or drop by the office for a paper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

Anna Phelan (President) Philip Sawkins (Treasurer) Julia Warren (Secretary) Don Monsour (Past President) Bianca Wallace

Joanna Fox Quinn Fletcher Michael Hirsch Caitlin McGuire Ashley Fernandez

Volunteer with the FGCA!

Food Forest volunteer (family-friendly)

Do you have skills or want to learn more about permaculture and native plants? We have a nice community garden behind the center, called the Food Forest. Andrea, our garden coordinator, will orient you and your safe bubble on where to start, along with giving you passionate advice about sustainable gardening! Volunteer according to your own schedule, including weekends!

Observer Newspaper writer (family-friendly)

Highlight the variety of initiatives and activities that make Fairfield Gonzales lively! Whether you already know the neighbourhood well or want to discover local life and new people, you can help us with our community newspaper, the Observer. Interview people who are involved in the neighbourhood, report on local events, or just write about something you are passionate about! We are ideally looking for someone who can commit to 1-3 articles per trimester. All levels of writing skills can contribute

Events volunteers (kid and youth-friendly)

Take part of fun local events while meeting neighbours and local businesses! We organize several small to large events annually. Most of our events aim at promoting and making arts, food, community life, sustainability and volunteering more accessible. A variety of volunteer positions are available, such as setting up and taking down the site, serving food or drinks, hosting games and promoting the events! Leadership positions are also available. Volunteer once or twice a year (or more!), mostly on weekends and evenings. People who have their Serving It Right or Special Event Server certifications are in high demand.

Photographer (kid and youth-friendly)

Make our work more visible to the community and connect with many residents while expressing your creativity! We need more pictures of our events, programs, volunteers and neighbourhood news! Discover many local places and people. Your photos will be published on our social media channels, website, and local newspaper, the Observer. Work at your own pace and according to your availability

Contact us! FGCA is committed to the values of diversity and inclusion in our workplace. We actively encourage applications from people who are experiencing barriers to equality. If you think you may need an accommodation to volunteer, contact our Community Development Coordinator:

event@fairfieldcommunity.ca or 250-382-4604

Free Art Exchange ~ art is for everyone!

By Natalia Jaxion

rt is for Everyone and comes in Amany shapes and forms. Art is liberating and a beautiful way to express oneself. Some people express their art by dancing, singing, performing, painting, sculpting, crafting, and the list can go on! Art is uplifting and it is eliciting emotional healing, responses that give us meaning and helps us understand ourselves and the way in which we perceive the world. Another beautiful aspect of art is that it does not need a purpose or even permission in how or what is created.

The Free Art Exchange (FAE) house initiative was inspired during the pandemic to find a way to safely, quietly, and gently bring the community together to encourage sharing and expressing oneself. It is in beautiful Fairfield, Victoria, BC on the corner of Brooke Street and Arnold St.

In the summer of 2021, I had the privilege to speak with Nathalie Tremblay, an in person and online Professional Art Therapist supporting clients experiencing various life challenges. Nathalie inspired me, sharing the kind of work she does for her clients, including eco-art therapy and sandplay.

From my conversation with Nathalie, I learned that I had a distorted perception about art. I thought that art was for people that 'knew what they were doing' and had natural talent or years of training. Not the case! Art has existed since the beginning of time

as symbolism, communication, propaganda, political change, entertainment, self-development, healing, and expression of one's imagination! I also learned that art is not necessarily about the outcome and more so, the process.

Hence, the Free Art Exchange House was born to bring community together for an opportunity to share, influence and inspire all and any aspects of how people perceive art.

In the FAE, there are craft packages, supplies and original art created by local and budding artists. Everyday I am delighted with new surprises such as painted rocks, holiday themed crafts, watercolour on mixed media, mini acrylic paintings, craft activities, mandala colouring sheets, scrapbooking material, paint brushes, pastels, glue sticks and so much more.

Due to the unexpected popularity, I opened an Instagram account, https://www.instagram.com/accounts/login/?next=freeartexchange/

and have started taking photos of the various art and supplies people are exchanging and mailing to me to place inside!

Also, as part of this community building initiative, there will be social events one Wednesday per month, where people can meet at the Free Art Exchange house to trade larger art pieces they no longer want. There will also be Eco-Art Walks, where guest speakers and activities will be organized for







Free Art Exchange house is on Arnold St, near Brooke St.

all ages to participate. All details will be posted on Instagram.

It is my sincere desire to encourage everyone to participate, whether contributing and sharing to the FAE or doing art on their own. The Free Art Exchange is to bring joy and hope to all as art elevates our sense of well-being, meaning-making, and creativity. Art is for everyone!



WORD SEARCH

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SWIMSUIT POPSICLE HOLIDAY SUNGLASSES SHORTS WATERMELON **PICNIC** LEMONADE CHERRIES SUNSCREEN **FLOWER BEACH** BARBEQUE SHELL SAND CASTLE FLIP FLOPS KITE ICE CREAM CAMPING HAMMOCK

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Looky here! A spotlight on small business in Fairfield & Gonzales by Home Hardware staff Peter Fargey (Owner/Operator) and Heather Koop (Sales Associate).

Ross Bay Home Hardware

1584 Fairfield Road (in the Fairfield Plaza) 250.598.7224 www.homehardware.ca Monday to Saturday: 8am - 6pm Sunday: 9am - 5:30pm

When you enter Ross Bay Home Hardware, you may feel a bit overwhelmed. At only 4200 sq feet, we aim to stock more than 40,000 individual items. Don't despair our staff knows the merchandise provides personalized and assistance.

We manage to fill every nook and cranny with (but not limited hardware. housewares. to gardening appliances, tools. supplies (including West Coast Seeds), and our "Made in Canada" BeautiTone paint products.

We consider ourselves a neighbourhood "Mom and Pop Hardware Shop," built community connections. We are thrilled to support Beacon Hill Little League, the Artists' Studio Tour, and other local community associations.

Since the early 1960s, our location at the Fairfield Plaza has housed a hardware store in some form or another. In the 1980s, after many owners, it became Ross Bay Home Hardware.

Neil Gertsma and Peter Fargey

acquired the store in 2014 and have operated it longer than any others in recent memory.

We pride ourselves on finding the right product for our customers. If we are out of stock of any item, we will always try to order it or to direct customers to where they may find it.

Simply stated, we provide a level and style of customer service unlike any hardware store in town. We thrive on the relationships we have cultivated and are grateful for your continued patronage in return.

Our Regular Services include:

- Paint mixing and matching.
- Recycling of most shapes and sizes of batteries, and all types of light bulbs.
- Carry out service for all purchases, and delivery within Greater Victoria.
- Online ordering for in-store or direct-to-home pickup delivery
- at www.homehardware.ca. • Knife sharpening and key cutting.
- Rug Doctor machine rental.
- Dog licensing and license renewals.

Every Tuesday is Seniors' Day (we let customers decide if they are a senior) Our 'Senior' customers receive 10% off regularly priced items. Similar savings are offered to members of the military (past and present), employees at VIHA, and employees of other merchants at



Staff at Ross Bay Home Hardware (left to right, Justin, Peter Fargey, Heather Koop and Peter B) ready to help you find what you need.

our Fairfield Plaza location any day of the week.

It's been a challenging few years for retailers with respect to pandemic restrictions. We were adamant about keeping our staff and customers as safe as possible, and diffusing any frustrations caused by restrictions. When pandemic health orders limited the number of customers in our shop, we enacted a "how can we help you" approach to customers in our

fast-moving outdoor lineup. We were able to ask about customer needs, provide solutions, and run to get the desired product, sending them to checkout as soon as possible. Our sense of humour exhibited during this process was unsurprisingly mirrored by our customers.

The spirit of this practice continues to this day.

We're With Hiring.

If you are a patron of Ross Bay Home Hardware, you already know how strongly we value and provide good old fashioned customer service.

If you, or someone you know, share this value, support locally owned Canadian businesses, and are seeking full or part time employment, we would love to meet with you or them.

Resumes may be dropped off in person at our Fairfield Plaza location, or emailed to rossbay@telus.net.

Ross Bay Home Hardware



1584 Fairfield Road (in the Fairfield Plaza) 250.598.7224 | rossbay@telus.net | www.homehardware.ca

^{*} Electrical. Aisle 16. Ross Bay Home Hardware.

Developments in Accessible Parking at City of Victoria

By Robin Bayley

In February 2021, the City of ■ Victoria Council endorsed a new, modern design standard for public on-street accessible parking stalls, City-operated parkades and surface lots. Council also approved \$350,000 for a multi-year program of accessible parking retrofits and efforts. expansion Accessible parking was previously referred to as "handicapped parking" - a term that has fallen out of use due to connotations negative "handicapped".

Last year, staff advised Council that the accessible parking expansion project would increase the number of accessible stalls within the downtown core and village centres based on user demand and opportunities presented through roadway and facility capital investments.

Victoria has more than 50 public accessible parking stalls, with about 30 in parkades and 20 on-street. In 2017 there were 15,000 active accessible parking permits held by residents in the City of Victoria, District of Saanich and District of Oak Bay, representing 7% of the population.

You can find an interactive map of the location of accessible parking stalls on the City of Victoria website at victoria.ca -> residents -> parking -> accessible parking.

Each City parkade has some accessible stalls although not all have been converted to the new modern standard.

Since endorsing the new standard last year, the City added a

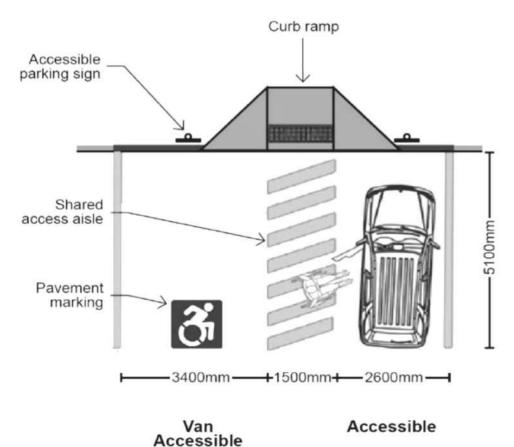


new accessible stall that meets it on Broad Street at View Street. Another is planned for the corner of Broughton and Douglas, conjunction with the planned stand -alone washroom which will be installed this year. We can expect more accessible parking to be added as part of the Government

You may have seen some new accessible stalls along the Dallas Road waterfront, Clover Point and within Beacon Hill Park. They are characterized by greater width than regular stalls, blue curbs, new signage that includes the dynamic disability icon and a large blue and white pavement icon. They often also contain a hatched "access aisle" that allows a wheelchair ramp to be deployed or more room for transferring to a mobility device like a wheelchair. These hatched areas are part of the accessible stall and must not be infringed upon or parked in. To do so would restrict use of the accessible stall and could result in a fine. Parking there would also prevent the full use of the accessible stalls and a permit holder may be unable to enter their vehicle and leave.

The Fairfield Gonzales Community Association (FGCA) Improvement Neighbourhood Committee is increasing its focus on improving accessibility for people with disabilities and wants to be in a position to advise the City as to where public accessible parking is needed within Fairfield Gonzales. Currently, there are no public accessible stalls in our villages and commercial corners. Yet, we have seen street parking loss to street patios in Cook St. Village, during the pandemic, making it more difficult to park close to businesses.

Thus, we are calling on residents of Fairfield Gonzales to tell us where they have difficulty finding accessible parking. Currently, there are no public accessible stalls in our villages. Yet, we have seen street parking loss to street patios in Cook St. Village,



Street Refresh.



An interactive map on the City of Victoria website show the location of accessible parking stalls

during the pandemic, making it more difficult to park close to businesses.

We are also soliciting input about where you need accessible parking to access parks and public spaces in the neighbourhood.

Did you know that the City of Victoria contributes \$250,000 annually to the Accessibility Reserve Fund, which is used for infrastructure expenses such as tactile domes to warn blind pedestrians that they are entering a roadway, accessible audible pedestrian signals at crossings, accessible parking, playground features, etc, not included in other project budgets?

In May 2022. City Bylaw amendments for off-street (private) accessible parking were introduced and will be subject to a public hearing. They increase the size of accessible stalls and replace the previous rules in the BC Building Code, that were removed in 2018. They aim to increase the supply of accessible parking for some building types and housing forms as new developments are built. You may read about them at victoria.ca on the council agenda for May 19, 2022 under agenda item G.4.

Accessible Parking Permits

Parking Permits for Persons with Disabilities (also known as accessible parking permits or simply "parking placards") allow the permit holder to park in designated accessible parking spots. Criteria for the permit include:

- Have a disability that limits your mobility:
- Are unable walk 100 metres without risk to your health;
- Require the use of a mobility aid such as a wheelchair, scooter. walker, cane(s), crutches: or
- Are recovering from an injury or surgery (temporary permit)

application must be completed by a registered health professional including an MD,

Nurse Practitioner, Occupational Therapist or Physiotherapist.

In Victoria, the permit system is administered by the Victoria Disability Resource Centre (VDRC) and cost \$25. They are time-limited (3 years for a permanent disability) and must be renewed to remain valid. Rules include:

- Accessible parking stalls are for the exclusive use of valid holders of these permits.
- Permit holders are permitted to park in accessible parking spaces ONLY when the vehicle clearly displays a current accessible parking permit.
- Only the permit holder is entitled to use the permit. Lending the permit to friends or family members can result in the permit being cancelled.
- Anyone who helps a person with a disability to run errands cannot park in the designated stalls if the person with the disability remains in the vehicle.

The VDRC reminds people that not all disabilities are visible, and that it is not up to bystanders to judge whether someone using an accessible parking stall displaying a current permit should be doing so. However, using an accessible stall without displaying a valid permit on the dashboard or hanging from the rear view mirror is an infraction.

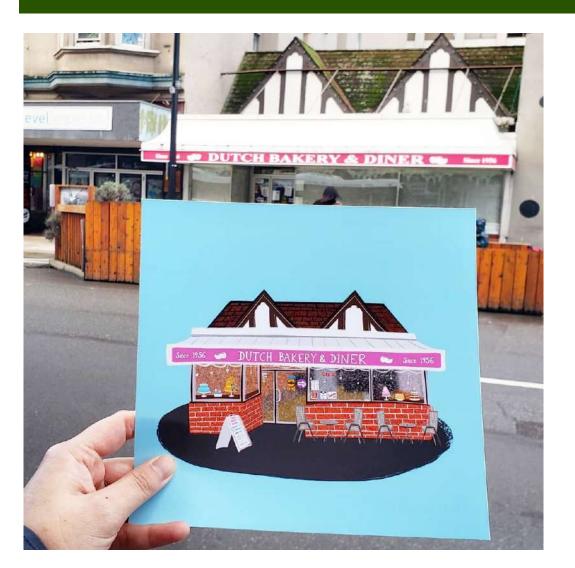
If you have a disability that makes it difficult to do errands and participate in civic life, you may want to look into whether you qualify for a permit and contact the VDRC.

Phone: 250-595-0044 ext.106 Email: parking@drcvictoria.com Application form at: https:// drcvictoria.com/wp-content/ uploads/2018/01/Permit-Application-2019.pdf

If you would like to get in touch Neighbourhood our Improvement Committee about accessibility issues in our neighbourhood please email us at place@fairfieldcommunity.ca

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Special Events & Activities



Art at The Place June | July **Sharon Lam**

Association hosts rotating art exhibits in our foyer at 1330 Fairfield Rd. If you are a local artist and would like to display your work,

event@fairfieldcommunity.ca C haron Lam began the "Our

) Favourite Places" project when her Mom was transitioned into hospice care. In the final months of her Mom's life, Sharon scrambled to illustrate all of their favourite places they had shared throughout her life.

1330 Fairfield Rd Monday to Friday 9am—5pm

She wanted to show her Mom how



BACK - TO - SCHOOL **FUNDRAISING**

CAMPAIGN

A call for donations

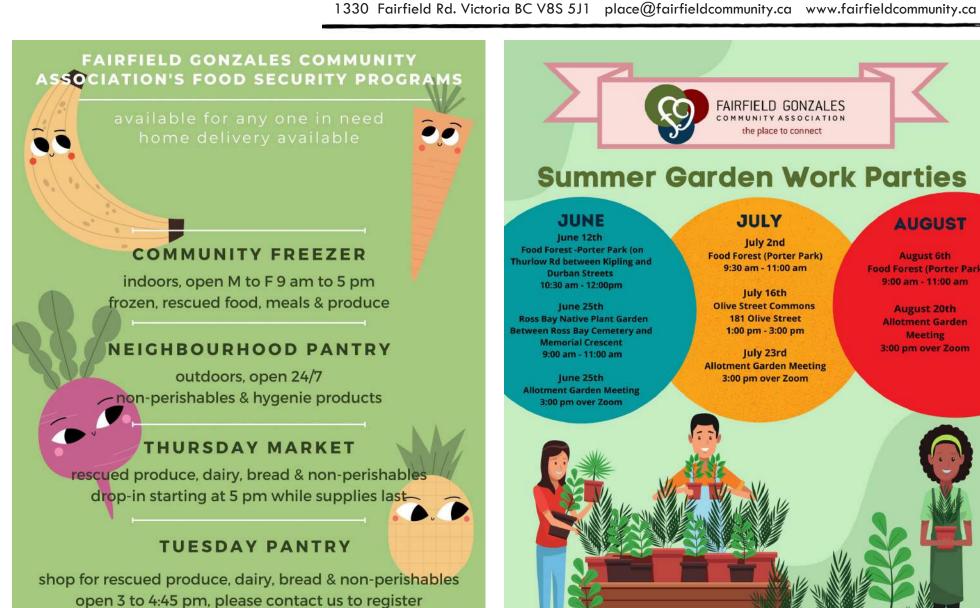
A fundraiser to raise money for back-to-school hampers for those in need for the new school year. Donations accepted via Canada Helps on our website.











FAIRFIELD GONZALES



FAIRFIELD GONZALES

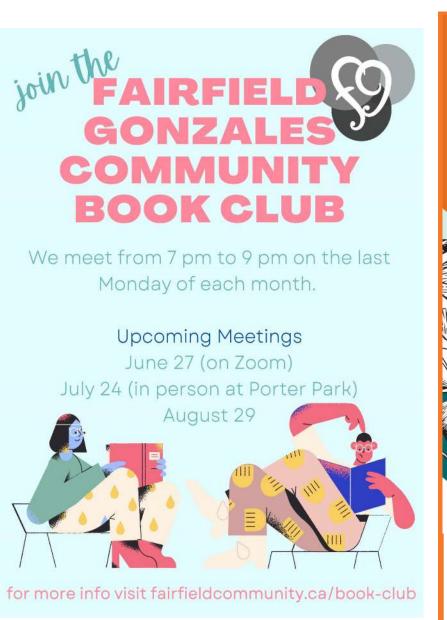
COMMUNITY ASSOCIATION

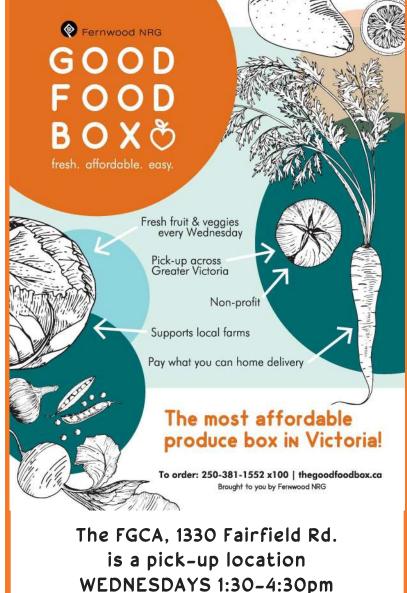
the place to connect











Early Childhood

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 Year round

8 children, 3 Early Childhood Educators

huckleberry@fairfieldcommunity.ca See our website for current waitlist status

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

Year round

16 children, 3 Early Childhood Educators

camas@fairfieldcommunity.ca

See our website for current waitlist status

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

18 children

1 Early Childhood Educator +1 E.C.E. Assistant Children must be able to use a toilet independently.

mossrock@fairfieldcommunity.ca

See our website for current waitlist status



\$10 a Day ChildCareBC Centre

The Fairfield Gonzales Community Association is a \$10 a Day ChildCareBC Site. This means that fees for all licensed childcare located at our Fairfield Community Place location (1330 Fairfield Road) will be capped at \$10 a Day to a maximum of \$200/month. Funded Early Years Programs include:

- Huckleberry Infant-Toddler Centre
- Camas Early Years Centre
- Moss Rock Preschool

Eligible families may also apply for government subsidy.

Recreation

RICHARDSON SPORT SOCCER SKILLS

This high-energy Soccer program introduces you and your child to fundamental soccer skills. Leaving competition on the sidelines, this program uses connections to your child's world to teach the game of soccer. Instructors will ensure that your child experiences the joy of playing soccer.

PARENT & CHILD

2 - 3 YEARS

Wednesdays, 5:00pm-5:45pm Jul 6 - Aug 24

SOCCER STARS 4 - 6 YEARS

Wednesdays, 6:00pm-7:00pm

Jul 6 - Aug 24

Family Drop-ins

Drop ins take a break in July/August & will resume in

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

In the Garry Oak Room, 1335 Thurlow Rd. *Last one is June 13th (will resume in Sept)

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. *Last one is June 14th (will resume in Sept)

KINDERGYM

8/\$116

8/\$124

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

By donation

*Last one is June 17th (will resume in Sept) In the Garry Oak Room, 1335 Thurlow Rd.

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



School Age

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

takes a break over summer, last one June 26th



G.O.A.T ZONE FRIDAY NIGHT DROP - IN

GRADES 6 - 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.

Fridays * 6:30 - 9:30 pm Jan - Jun by donation, suggested \$2/visit *does not run on ProD Days, takes a break over summer, last one June 17th

Youth Programs

YOUTH ZONE

GRADES 5 - 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 \$205/month, includes Pro-D Days takes a break over summer, last one June 25th

Youth Programs & Drop-ins youth@fairfieldcommunity.ca



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- Out of School Care at Fairfield Community Place
- Pro-D Day Camp at Fairfield Community Place
- Spring Break Camp at Fairfield Community Place
- Summer Camp at Fairfield Community Place

Eligible families may also apply for government

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. Check our webpage for availability and registration info

Summer Camp summer@fairfieldcommunity.ca

Out of School Care (OSC)

We offer licensed care, before and after school, for children who attend Sir James Douglas & Margaret Jenkins Elementary Schools. Our OSC programs are playbased and child-focused in nature. Our staff views children as individuals with their own ideas, cultural beliefs, abilities and interests, and strives to provide a safe and stimulating environment — physically, intellectually, mentally and emotionally. Children have a desire to grow, play and learn, as well as to explore and construct knowledge about the world around them through peer- and play-based experiences. While recognizing diversity, our program encourages the development of positive relationships among peers, as well as respectful communication between children, staff and families.

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

Margaret Jenkins OSC mjosc@fairfieldcommunity.ca



Adult Recreation

Fitness & Health

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 Jul 4 - Aug 29 (No class Aug 1)

8/\$72

9/\$81

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

Jul 6 - Aug 31

SOQI

Instructor: Isabel Santos

Isobel created this beautiful class called SoQi that combines "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 Jul 4 - Aug 29 (No class Aug 1)

8/\$72

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! Please bring your own mat.

Wednesdays, 6:30pm-7:30pm

July 6 - Aug 29

9/\$81

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.

Tuesdays, 5:30pm - 7:00pm

Jul 5 - Aug 23

8/\$104



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 30-page guide - "Beginner Djembe Drumming" for your own future reference, and a certificate of completion.

Tuesdays 7:00pm-9:00pm

Jul 5 - Aug 9

Thursdays 7:00pm-9:00pm Jul 7 - Aug 11

6/\$180

6/\$180

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

Registration 250-382-4604

Fairfield Community Place Facility Rentals

250-382-4604 www.fairfieldcommunity.ca

GARRY OAK ROOM An open, multi-purpose room with large windows. 1150 square feet, 50 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.

NEED A MASSAGE?

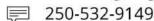
Massage Therapist (non-RMT)

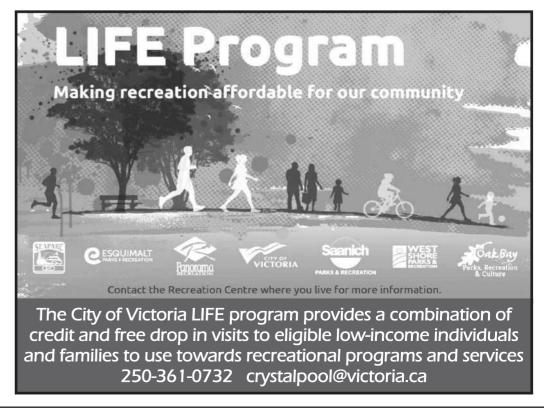
- 15+ years experience
- Swedish, Deep Tissue & Myofascial Release
- Sliding scale \$65-\$85/hr
- Mask worn during treatments
- Fully vaccinated

Here to help you feel your best!

Email or text Rachael for an appointment

☑ vic.fairfield.massage@gmail.com





We're getting a new BC Royal Museum!

By Grace Lore, MLA, Victoria-Beacon Hill

We're getting a new Royal BC Museum! I am very excited to share that our government is investing \$789M to create a new state-of-the-art, seismically safe, modern, and inclusive museum here in our community.

There are so many stories represented through 7 million artifacts that the RBCM holds - that's 27km worth of pieces of our shared history! A new museum will create opportunities to celebrate our shared histories in a new and innovative way.

A new museum also offers opportunities for reconciliation and to meet our responsibilities under the Declaration on the Rights of Indigenous Peoples and the Truth and Reconciliation Calls to Action. Collaboration and partnership with the Songhees and Esquimalt has been at the core of this work and will be as we go forward together.

A mass timber building means BC forestry and history will literally be built into the walls. The new building will also be designed for accessibility and energy efficiency and to meet CleanBC targets.

In the meantime, the museum's walls will be turned inside out - travelling and virtual exhibitions will make their way around the province so that every British Columbian has the chance to experience our shared history.

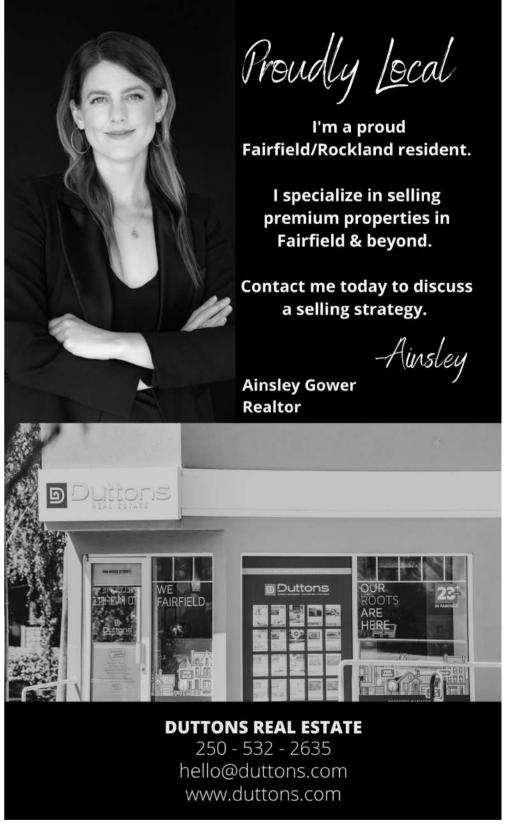
In other local news - the opening of the Little Phoenix Child Care Centre this month means 28 new licenses childcare spaces offers with a trauma-informed approach for families that need it. An investment of \$350k for the

Victoria Community Food Hub's project, will promote food security and resiliency through connections to local producers.

These are just a few of the recent developments in our community and there are so many more on the way. If you would ever like to discuss anything further, please feel to reach out to me at Grace.Lore.MLA@leg.bc.ca or 250-952-4418.









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WE'RE HIRING

Wanting to build your skills?

Looking for part-time work, with a
flexible schedule?

Come work with us!

- · living wage employer
- · paid sick time
- professional development opportunities
- · close to bus routes
- · benefits for full-time employees
- a work culture striving to reflect our organization's values of inclusion, integrity, equity, connection, collaboration & diversity

Join an amazing staff team in After School Care, Preschool, Daycare, Youth Programs, and more.

For more information on employment opportunities:

www.fairfieldcommunity.ca





Everything that the FGCA does — from community celebrations to recreation classes to childcare — depends on its people. We are excited to honour our people and the important work they do by becoming a certified Living Wage Employer.

A living wage is the hourly amount a family needs to cover basic expenses, such as rent, clothing, and childcare. This wage reflects the true costs of supporting a family in our increasingly unaffordable city. It is calculated each year for the Victoria area by Living Wage for Families BC.

We strive to build a positive work culture, where each employee is valued and supported. We offer benefits, paid sick time and personal leave, competitive wages, and professional development opportunities. The FGCA is a unique place to learn and grow as a professional, while contributing to a better community for all. Come join our team!







