

**JUNE
JULY
AUGUST**



**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





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

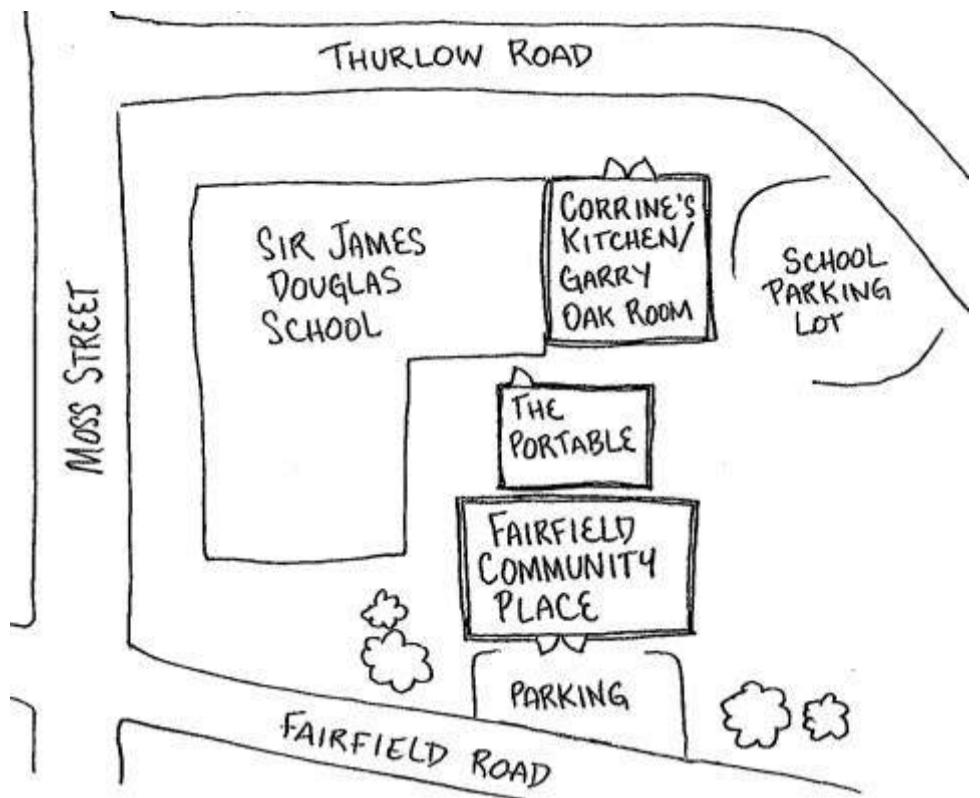
Sign up for our monthly E-news. Email place@fairfieldcommunity.ca to receive updates on upcoming events, programs, community news and information on ways to get involved.

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

Our neighbourhood of Fairfield Gonzales is located on unceded (never surrendered) territories of the Lkwungen peoples, now known as the Songhees Nation, the traditional stewards of this land. Our centre is committed to expanding our understanding and actions relating to truth and reconciliation.



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 | Don Monsour | James Coccola |
| Quinn Fletcher | Carrie Fuzi | Hayley La Palme |
| Joanna Fox | Scott Davis | Vanessa Gelhaar |
| Bianca Wallace | Desiree Neufeld | Daniel Powell |
| Jennifer Causton | | |



If you have been by the centre lately you may have noticed the new Fairfield Gonzales Skywalk taking up most of the parking lot! Don't worry, this is just a temporary ramp, ensuring accessibility for all while the permanent cement ramp is under construction to the right of the entrance. Thank you to the City of Victoria for prioritizing accessibility, making a ramp that will be wider, less steep and inline with current accessibility standards. Also, the crew who constructed the temporary ramp built it so the wood could easily be taken apart and used for other projects once it is no longer needed. Looking forward to our new entrance, but in the meantime, come on up our Skywalk—we're open!



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

Tales from the Food Forest

Mulch Leaves and Bird Song

By Willow Collins, Educator at FGCA's Huckleberry Infant Toddler Centre

It was March and one of the children was lying under the elm tree, beckoning me to help him get up. I crouched down next to him when I saw him looking up and smiling. Curious, I lay down next to him and noticed what he was looking at. Hundreds of branches, some big, most small, overlapping each other in front of a beautiful blue sky. I pointed at them and he smiled even bigger, pointing at a few that were dancing in the wind. Even though the environment was busy - school kids running around in their own little worlds, construction noises from Thurlow Road. Echoing all around us - the moment was filled with peace. The gentle breeze played with our hair as the child noticed some miniscule dew drops hiding on the underside of the blades of grass between us. Gently, he held his little finger to



them and felt the moisture.

I mentioned to him that soon, there will be new leaves growing on this big elm, and noticed when I turned to look at him that he was already preoccupied with leaves. Old, decomposing ones from the season before were scattered around and underneath us, and he had picked one up and began tearing it into small pieces. I watched as he held each tiny piece up to his cheek. Was he smelling them or feeling them? Once he was finished tearing up and inspecting each piece of the leaf, he rolled over, stood up and walked away, onto his next adventure. I sat there for a moment, reveling in the special moment he and I shared. Had I been in a rush (as I often am), I would have helped the child up quickly and moved on to my next task, missing this whole interaction. I wonder, what do we



gain from intentionally slowing ourselves down? What do the children gain from us slowing down with them? Children's lives move so fast, and they often have very little say in how busy their day is. It feels like a gift to be able to simply sit and take in a space. In the food forest in spring, we are so privileged to have a space where

we can notice all the newness around us. The ever-changing leaves, the buds beginning to poke their heads out, the birds visiting us with songs we haven't heard all season. This space, if you slow down with it, will tell you all its secrets. And how lucky we are to be witness to them.



Crusty2Cozy Couches ~ FGCA Fundraising Success

By Pippa Davis, FGCA staff

At the beginning of April it became clear that the couches in one of our childcare spaces were done. Jumped on a million times, imagined as forts, ships, beds, dinosaurs, daily comfy cuddle spot for hundreds of stories, these once cozy couches were a sorry sight. Sagging cushions with little cush left, peeling fabric that begged to be picked at, even the children remarked: those couches look broken. With all our capital funds spent for the year, we turned to our Community Development Coordinator Ashley Chun for ideas. Quickly she crafted a clever "Crusty2Cozy" social media campaign with the wish of two brand new couches. Tongue in cheek posts featuring sad kids on sad couches along with surprise sink-holes got some attention, and a couple kind-hearted community donations came through.

Then Emmerson, the local celebrity Elephant Seal photoshopped his way onto our socials. This got some giggles from staff and families at the centre, and

someone out there must have had a laugh-out-loud moment, which inspired them to follow the donation link and make our couch dreams come true. One anonymous community member donated the remainder of our goal, \$1840 instantly transporting us from Crusty to Cozy with one click.

Thanks to the folks who donated first and got the ball rolling, the people who liked our posts and spread the word, and the person who got us to the finish line—all your generous community giving is much appreciated. ~ FGCA staff, currently couch shopping :)





Looky here! A spotlight on small business in Fairfield & Gonzales

Gonzales Coffee

Fairfield Plaza, 1548 Fairfield Rd
Open every day, 7am—5pm

When folks visit your shop, what will they find inside?

When people visit Gonzales Coffee we want them to feel a sense of community and belonging. We partner with many other local businesses such as 2% Jazz Coffee, Mayflower Frozen Foods, and The Doughnut Vault to curate some of the best local goodies you can find. Coffee houses were started not only to enjoy coffee, but to cultivate community. We hope that people come in for the smell of fresh coffee, and stay for the friendly faces.



Tell us your origin, who are you, how did this come to be?

After getting into the hospitality industry through his purchase of Keating Pizza a few years prior, Gonzales Coffee was started by owner Doug Pelton in 2020. Seeing an opportunity to fill the caffeine hole that was created by Starbucks' abrupt leave of the Fairfield Plaza, Gonzales Coffee has since known many different faces and gone through lots of change, but we really think you'll like what you see and love what you taste.

What do you love about your shop, what makes it special?

We love being able to strike a balance between excellent tasting and carefully dialed in coffee, with friendly and approachable service. Getting to be a part of people's daily routines means the world to us. Gonzales Coffee thrives off of the regulars, we adore the community,

We are very excited to announce that we are opening a second location! Come and see us for the same amazing coffee and friendly faces in the Victoria Public Market right near the Douglas St entrance!

You can find us in person at the Fairfield Plaza across from the historic Ross Bay Cemetery, and online @gonzalescoffee.

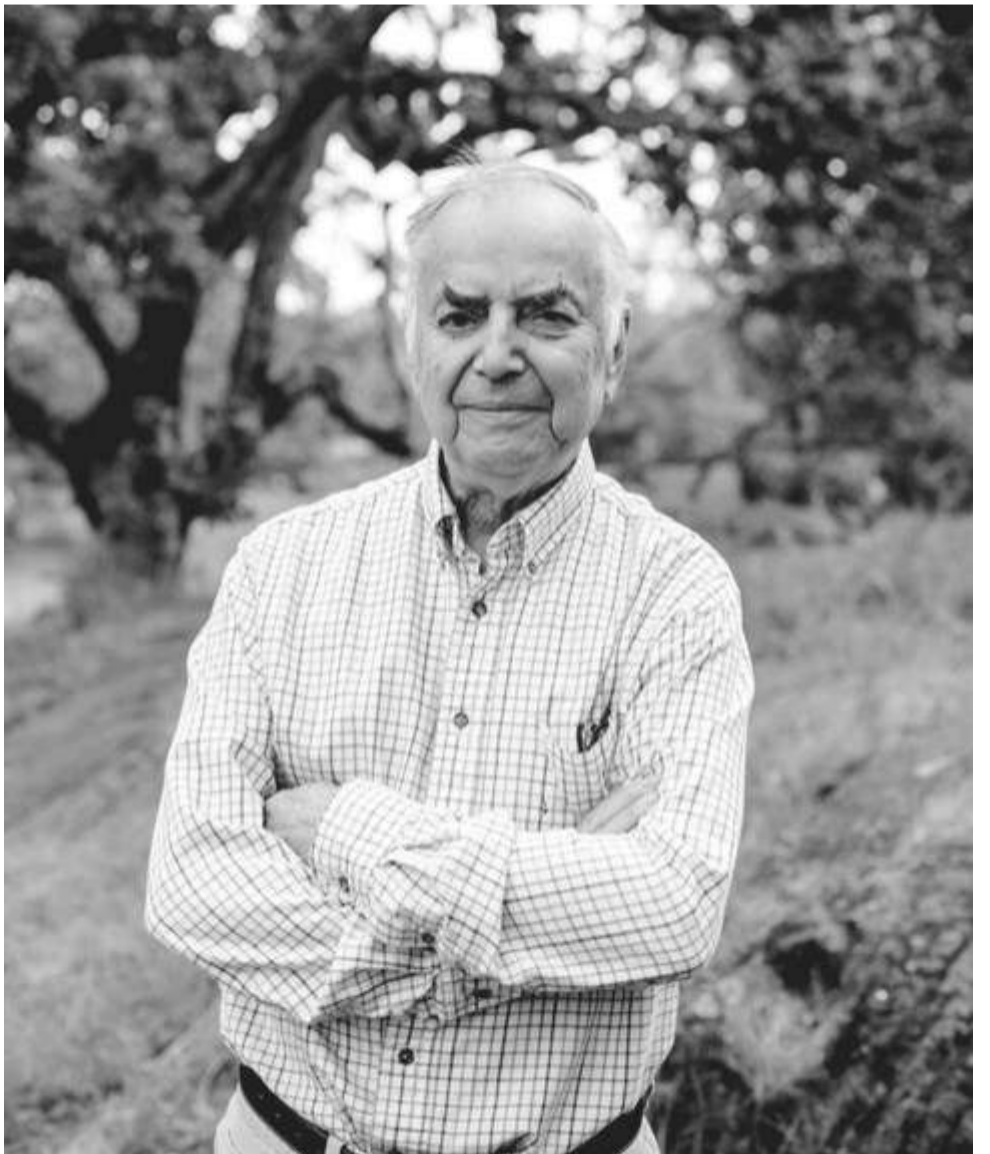
Remembering Philip Sawkins

By Vanya McDonnell, FGCA Co-Executive Director

On February 4 of this year, Fairfield Gonzales lost one of its true champions when Philip Sawkins unexpectedly passed away. At the time of his passing, Philip was serving as the Treasurer of Fairfield Gonzales Community Association's Board of Directors. Philip joined our Board for the first time in 2011, shortly after

relocating to Victoria from the Sunshine Coast, as a way to get more involved in his community. Since then Philip has served many terms, acting as Treasurer and chair of the Place Committee and Nominating Committee. Although Philip was very humble about his skills, his career in finance and management gave him a wealth of knowledge about managing organizations and people and he always had great perspectives and advice. He worked tirelessly for the organization and was instrumental in some of the FGCA's biggest achievements in serving the community the past few years, including implementing \$10 a Day childcare and becoming a Living Wage Employer.

Philip was an avid and adventurous traveler, always looking out for places off the beaten path, new and strange food and interesting experiences. He was always happy to learn new things or new approaches, changing with the times and staying curious. He was devoted to his wife Maureen, his three children, and 6 grandchildren, and was often heading off to one place or another to support or celebrate with his cherished family



members. Much of Philip's work with FGCA was behind the scenes, but the staff, Board, and volunteers here felt his impact every day. We

will miss his presence, his dry wit, and his commitment to building a better community. Rest in peace, Philip.

Join our Land Use Committee

By Vanya McDonnell, FGCA Co-Executive Director

Would you like to help your neighbours engage in land use planning in the city? FGCA's Community Association Land Use Committee (CALUC) is seeking new members! The CALUC hosts community meetings on development applications & rezoning proposals in Fairfield and Gonzales, and hears and records public input to forward to the City. To learn more contact us at place@fairfieldcommunity.ca or 250-382-4604.

Free Hand Drumming Workshops

By Thomas King, FGCA Recreation Coordinator

Have you had an opportunity to participate in one of Jordan Hanson's free Hand Drumming Workshops? With the help of City of Victoria Music Strategy Grant, Jordan has been able to provide his popular hand drumming workshops here at the community centre. Since last August (2023), Jordan has put on 8 free workshops for over 650 participants! Here's what folks have to say:

Very informative & fun. Great atmosphere, relaxed and made everyone feel included - even for a first-time drum player. A fun experience!! Jordan is a fabulous teacher! Would love to have more!
~ Rebecca

Welcoming to all, clear + fun instruction. Covered a lot of info. Led to a fun group musical experience. Very well organized and executed.
~ Jill

Excellent pacing and instruction. I never felt confused or frustrated and I've never drummed before. The community spirit was fantastic. ~ Lee
The use of other instruments and the dance moment at the end (very emotional!) ~ Marcela

Fun +++++ Jordan makes this so non-threatening and explains things in a fun and clear way. Highly recommend!!! ~ Sue

I appreciate the opportunity to learn more about the art of percussion. Also, what a joy to see a full house, so many folks from all walks of life wanna rock! Thank you for such a lovely time, my first :)
~ Sariah

Great coordination. Clear instruction & direction. Joyful :) Loved the many rhythms. Lot's of people. Well organized in the giving out and returning drums. Loved the combination of instruments.
~ Shona

Jordan's next free workshop is scheduled for Friday, July 5th at 7pm at the Fairfield Gonzales Community Centre. Space is limited. You can register online on Jordan's website: drumvictoria.com Come check out what all the folks are talking about!



the Village BLOCK PARTY

FREE and family friendly! COOK ST. DUPHANT ST.

SUNDAY 10AM to 6PM JUNE 9th 2024

MAIN STAGE COOK ST.

ACOUSTIC STAGE MCKENZIE ST. NEW

SUTLEJ ST. HARVEY HANN BAND COOK ST.

DEVIL WOMAN

POSH COAT

MILLET WOW

NEW MAGIC STAGE WILFORD ST. COOK ST.

hosted by DEREK "MAGIC" JOHNSON

featuring talent from the VICTORIA MAGIC CIRCLE

Fairfield - Gonzales

Neighbourhood Priorities Forum

#LOVEFairfieldGonzales

TAG or DM us on why you love living in Fairfield & Gonzales!

Tell us what's important to you, and what you'd like to see in your community in the future. We want to hear YOUR voice!

This event will be in world café style, and we will use your input to shape priorities for the FGCA and amplify your discussions to the City and decision-makers at all levels



scan QR code for more info

Wednesday, June 5th
Margaret Jenkins School Gym
6:30-9:00pm
fairfieldcommunity.ca

JUNE

REPAIR CAFÉ

SAT. JUN. 1
2—5 PM
Drop by to get your broken items repaired by volunteer fixers. By donation.



CLOTHING SWAP

SAT. JUN. 1
10—1 PM
Give away old clothes, pick up some new ones. Free.



ROSS BAY NATIVE PLANT GARDEN

SAT & SUN, JUN. 1&2
11AM—5PM
Come help plant a garden! Between Bushby & Dallas Rd on Memorial Crescent.



ART AT THE PLACE

JUN 4—JUL 5
MON—FRI, 9—5 PM
AMY BECKER
Drop by our foyer to see works by local artists.

NEIGHBOURHOOD PRIORITIES FORUM

WED. JUN 5
6:30-9 PM
1824 Fairfield Rd.



PLANTING & PAINTING WORKSHOPS
SAT. JUN. 4 10—12
All ages welcome! Do some planting, take some pots home. Free.



COMMUNITY DINNER
FRI. JUN. 14
6—7:30 PM
Drop by for a meal with your neighbours. \$5 suggested donation.



FOOD FOREST SMOOTHIE BOWLS
SAT. JUN. 15, 12-2PM
Everyone welcome, join us for fruits in the Food Forest! Free.



ART CIRCLE

THUR. JUN 27
6:45—8:15
Drop-in for a non-instructional, social, creative art group. Bring your own supplies & meet fellow artists! Free.



JULY

ART AT THE PLACE

JUL 8—AUG 2
MON-FRI 9—5 PM
GABRIELA TORRES
Drop by our foyer to see works by local artists.



GONZALES SUNSET BEACH PARTY

SAT. JUL. 6
4:30—7:30 PM
GONZALES PARK



SUMMER RECREATION CLASSES

Summer sessions of Yoga, Zumba & Drumming. See page 9 for details.

AUGUST

TREE PRUNING WORKSHOP

AUGUST—TBD
In the Fairfield Food Forest we will learn how to keep fruit trees happy & healthy.

REPAIR CAFÉ

SAT. AUG 3
2—5 PM
Drop by to get your broken items repaired by volunteer fixers. By donation.



ART AT THE PLACE

AUG 6—SEP 3
MON—FRI, 9—5 PM
JORDAN FRITZ
Drop by our foyer to see works by local artists.

FOOD FOREST SMOOTHIE BOWL SOCIAL

Come pick fruit from the Fairfield Food Forest, get your hands in the dirt, & make delicious smoothie bowls! Discover the diverse array of fruit in the food forest in the summer months! Ingredients will be provided.

Saturday, June 15th
12:00-2:00pm
Fairfield Food Forest

gardens@fairfieldcommunity.ca
fairfieldcommunity.ca
250-382-4604

Gonzales Sunset Beach Festival

Crafts Making
Free Stand-up Paddle Boarding (pre-register online)
Artisan Craft Vendors
Live Music
Food Trucks

Saturday, July 6th
4:30-7:30pm
Gonzales Park (1809 Crescent Rd)

fairfieldcommunity.ca

FAIRFIELD GONZALES COMMUNITY ASSOCIATION

HELP PLANT ROSS BAY GARDEN!

Join us for the first work party and grand opening of the Ross Bay Native Garden! Help plant, move, garden materials, and learn about native plants' vital role in our ecosystem and combating food insecurity. Be part of this exciting new initiative!

Saturday, June 1st
Sunday, June 2nd
11 AM - 5 PM

Location: Dallas Rd & Memorial crescent.

Everyone welcomed anytime
Drinks and food provided
Fun social event

PLANTING & PAINTING WORKSHOP

Tuesday, June 4th
10:00am-12:00pm
Fairfield Food Forest (inside if it rains)

LEARN HOW TO GROW FOOD IN A POT WITHOUT A BIG BACKYARD!
GARDENS@FAIRFIELDCOMMUNITY.CA

1330 FAIRFIELD ROAD
250-382-4604
www.fairfieldcommunity.ca
place@fairfieldcommunity.ca

FAIRFIELD GONZALES COMMUNITY ASSOCIATION
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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

FULL—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

FULL—See our website for current waitlist status.

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 pm,

By donation

In the Garry Oak Room, 1335 Thurlow Rd.

(No program during July & August, last one June 24)

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.

(No program during July & August, last one June 25)

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

By donation

In the Garry Oak Room, 1335 Thurlow Rd.

(No program during July & August, last one June 27)

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

Moss Rock Preschool

3 - 5 YEARS

Join us in our licensed child-guided Preschool taught by our skilled 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

FULL—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) are capped at \$10 a Day to a maximum of \$200/month. Eligible families may also apply for government subsidy. Funded Programs include:

- Huckleberry Infant-Toddler Centre
- Camas Early Years Centre
- Moss Rock Preschool
- Out of School Care at Fairfield Community Place
- Pro-D Day Camp at Fairfield Community Place
- Spring Camp at Fairfield Community Place
- Summer Camp at Fairfield Community Place

School Age

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 programs are play-based and child-focused. 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.

Fairfield (Sir James Douglas) OSC

ffosc@fairfieldcommunity.ca

Margaret Jenkins OSC

mjosc@fairfieldcommunity.ca

Youth Programs

youth@fairfieldcommunity.ca

CHILL ZONE DROP - IN

GRADES 5 - 7

Youth in grades 5-7 can drop by Thursday and Friday after school to hang out, play games, complete homework, and more in a safe, fun, and inclusive space.

Thursdays & Fridays

after school - 5:30pm

Sep - Jun

\$50 punch card/10 visits

**Note: does not run on statutory holidays, School District 61 breaks, and ProD days.*

G.O.A.T ZONE DROP - IN

GRADES 6 - 8

A by-donation drop-in program exclusively for middle school-aged children. Come play pool, air hockey, instruments, computer games, relax with some conversation or a good book depending on what you feel like doing in this safe and open-ended program hosted by experienced leaders. Snack served nightly.

Fridays

6:30pm - 9:00pm

Dec - Jun

\$5 suggested donation/visit

**Note: does not run on statutory holidays, School District 61 breaks, and ProD days.*

YOUTH ZONE

GRADES 5 - 7

The Youth Zone is a registered, 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

\$245/month

JUMP 'N' START

Is an outreach program for youth, operating out of George Jay Elementary & Central Middle School. The focus is on developing leadership and social skills in order to provide better outcomes for at-risk youth.



Youth Summer Camps

GRADES 5 - 7

Staff will cater programming to this age group with activities, games and outings to Sidney, Topaz Skate Park, Saxe Point Park and more!

July 2—5

9:00am - 5:00pm

\$180

August 19—23

9:00am - 5:00pm

\$225

To register contact:

youth@fairfieldcommunity.ca

Adult Recreation



IYENGAR YOGA ALL LEVELS WELCOME

with Lauren Cox

Iyengar yoga helps to develop mobility, stability, strength & flexibility in body & mind. Clear & safe instructions will support you during the practice of posture & breath work. The emphasis on alignment, precision, & directions will keep you alertly in the present and leave you with an increased sense of relation. Benefits include renewed energy, pain management, improved posture and a calmer state of mind. The teachings combines with correct timings & sequencing make it available for all ages & stages. Iyengar Yoga is for every body!

Tuesdays, 5:30pm—7pm

Jul 2—Aug 27 (no class Jul 30, Aug 6)

7/\$98

SOMATIC YOGA

with 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

Jun 26—Aug 28

10/\$95

SOQI

with 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 class reconnects you with the jovial and enjoyable pleasure of movement not only in class, but also in life.

Mondays, 6:30pm—7:30pm

Jun 24—Aug 26 (no class Jul 1, Aug 5)

8/\$76

ZUMBA

with 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. The **first two** classes will be dedicated to slowing down the music and the dance steps to allow beginners to get comfortable and for experienced folks to shake off the rust.

Mondays, 5:30pm —6:30pm

Jun 24—Aug 26 (no class Jul 1, Aug 5)

8/\$76

ZUMBA TONING

with 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

Jun 26—Aug 28

10/\$95

ADULT BIKE SKILLS WORKSHOP

with Capital Bike

Do you want to become more confident on your bike? This adult bike safety course combines classroom, parking lot, and on-road training. It is intended to build traffic cycling proficiency for adults of any age who want to ride to work, run errands or ride for pleasure. Learn the rules of the road and traffic safety as it applies to cyclists. Practice important bike handling skills in a non-traffic environment. Put your knowledge and skills to work on a scenic road ride through various traffic situations on local roads, guided by our friendly and experienced instructors with plenty of educational stops along the way.

Sunday, 10am-2:30pm

Jun 23

1/\$55

BEGINNER HAND DRUMMING & PERCUSSION

with Jordan Hanson of 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 drums are provided for all classes. You will also receive a 30-page guide - "Intro Hand Drumming" for your own future reference, and a certificate of completion.

Tuesdays 7:00pm—9:00pm

Jul 2—30

5/\$150

(Early Bird Rate, until Jun 18 \$120)

LEVEL 2 HAND DRUMMING & PERCUSSION

with Jordan Hanson of Drum Victoria

For students who have taken the Beginner Hand Drumming course. In a fun and comfortable setting, you will develop your speed and sound on the drums, all the while learning new rhythms and patterns. We will also explore drum breaks and soloing techniques. Level 2 is the chance to take your drumming to new heights, and to feel confident in your playing, timing and creativity.

Thursdays 7:00pm—9:00pm

Jul 4—Aug 1

5/\$150

(Early Bird Rate, until Jun 18 \$120)



**Registration
250-382-4604**



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

250-361-0732
crystalpool@victoria.ca

FGCA Facility Rentals

Fairfield Community Place, 1330 Fairfield Rd.

250-382-4604 www.fairfieldcommunity.ca for rates.

GARRY OAK ROOM open, multi-purpose room with large windows. 1150 square feet, 50 people can be seated or 100 standing.

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.

ARBUTUS ROOM The large childcare room. Suitable for gatherings of 20-30 people, available weekends and evenings.

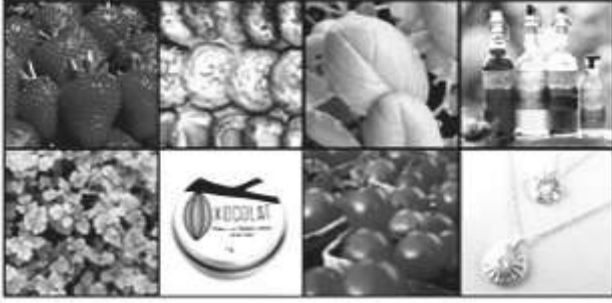
FREEBIE NIGHT FOR COMMUNITY GROUPS - Second Monday of the month, 7–9pm, facility rental by donation. Are you looking for a space to hold your workshop, meeting, event, gathering or info session? If your event is public and free to attend, you can book. Rooms are classroom sized and can accommodate up to 30 people.

Victoria's premier farmers market



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

Your year-round, local organic farmers market



HearingLife | Love your ears

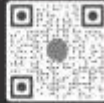


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*An appropriate hearing assessment of your hearing and age are required. The results of this assessment will be communicated to you by a hearing professional. HearingLife is not responsible for any hearing loss or damage to your hearing. The information is for informational purposes only. The information is not intended to be used as a substitute for professional medical advice. The information is not intended to be used as a substitute for professional medical advice. The information is not intended to be used as a substitute for professional medical advice. The information is not intended to be used as a substitute for professional medical advice.

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on policy issues that affect our lives & communities

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Information

on provincial government policies & services

Outreach

by promoting, attending, or speaking at community events

Recognition

of unique contributions or milestones with congratulatory certificates & letters

We'd love to hear from you!



LEGISLATIVE ASSEMBLY
 of BRITISH COLUMBIA

Grace Lore
 MLA for
 Victoria Beacon-Hill
Community Office

1084 Fort Street Victoria, BC V8V 3K4
 250-952-4211 Grace.Lore.MLA@leg.bc.ca



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SPEAR GRASSES POSE A HEALTH HAZARD FOR OUR FURRY FAIRFIELD FRIENDS...

and they carry a considerable expense for pet owners.

What is Spear Grass?

Spear grass is a name that applies to a category of up to **60 wild grass species with long, barbed seed heads (awns)**. Those backward-reaching barbed hooks catch in animal fur, skin, ears, noses, and eyes. They steadily burrow in, inflicting discomfort, pain, and, in extreme cases, even death.

Ask any Victoria veterinarian about spear grass; their expressions will likely turn serious. In the height of summer, when the seed heads are dry and sharp, most vets will see at least one dog a day with a spear grass injury. These range in severity, and treatment can cost upward of \$2,000 when infection occurs, or sedation/surgical removal is required.

How Do I Know if My Pet Has a Spear Grass Injury?

- Licking and chewing at paws or legs
- Head-shaking or head-tilting
- Pawing at nose
- Signs of inflammation and infection: pain, redness, a wound, or discharge

It's EVERYWHERE! What can I possibly do?

No one wants to deny our dedicated companions their outside time, especially in the summer! You can do a few things to help, whether you own a pet or not.

- 1.) Keep your **front yard grass** and **boulevard grass** **cut short**. The city has no budget to stay on top of it, so it's up to us. **CUT GRASS BEFORE THE SEED HEADS MATURE AND DRY**. Spear grass self-propagates, so keeping those seeds out of the soil is vital! (If you are a renter, kindly ask your landlord to help.)
- 2.) Rake any cut or fallen seed heads, sweep off sidewalks, and put them in the green compost bin for pickup.
- 3.) Overseed bare spots with lawn seed or micro-clover. Or get creative with plants!
- 4.) Walk your dog on a leash where the risk is high (refrain from walking in tall grass.)
- 5.) Keep paws and leg fur cut short, and **check your pet daily** for signs of spear grass.

Thank You for Helping Our Community KEEP PETS SAFE from Spear Grass!

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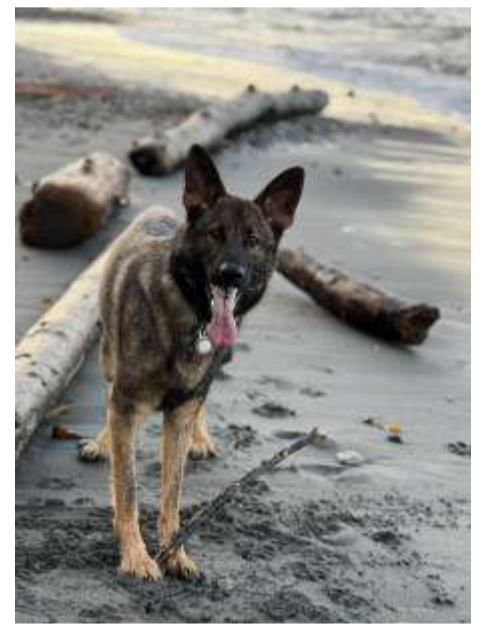
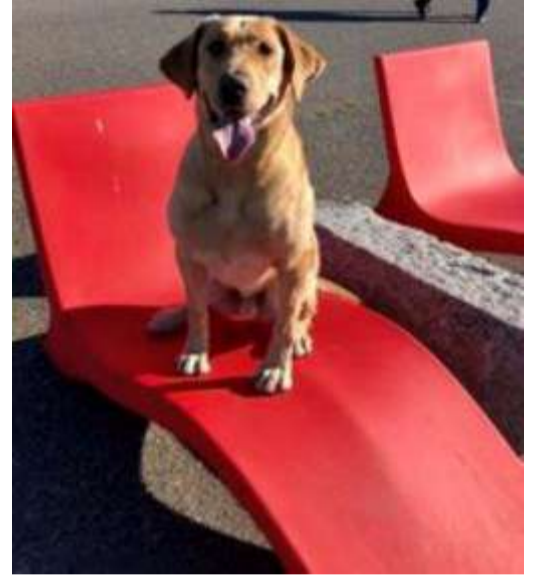
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WHAT DO YOU
#LOVE
ABOUT
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