

SEPTEMBER
OCTOBER
NOVEMBER



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**
- FairfieldGonzalesCommunityAssociation**
- @fairfieldcommunity**

Reception Hours

Monday to Friday **9:00 am - 4:30 pm**
Saturday & Sunday **closed**
Statutory holidays **closed**

Borrow a bike lock

Ask at front desk if you need to borrow one of our high-quality bike locks while you are visiting our centre.

Public computer + phone

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

E-Newsletter

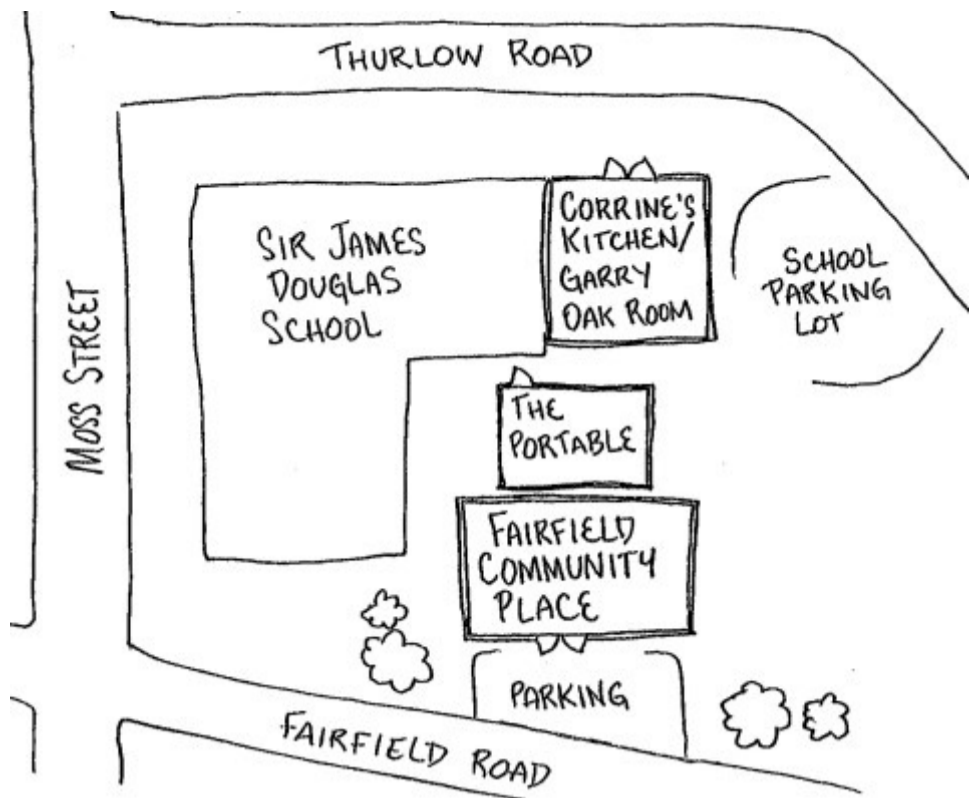
Sign up for our monthly E-news. Email place@fairfieldcommunity.ca to receive updates on upcoming events, programs, community news and information on ways to get involved.

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.

Land 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 | | |

JOIN OUR BOARD!

Join other community-minded individuals in helping to build a connected, collaborative, inclusive and sustainable community!

We are eager to recruit individuals to stand for election to the Board at our October AGM.

Interested? Contact Vanya at 250-382-4604 or vmcdonell@fairfieldcommunity.ca

YOU'RE INVITED!



To the
Fairfield Gonzales
Community Association's

2023-24
Annual General Meeting

Tuesday, October 24th 7:00pm - 8:30pm

For more details
250-382-4604

place@fairfieldcommunity.ca
www.fairfieldcommunity.ca

On the Agenda

- hear what the FGCA has been up to this past year
- members vote to elect our board of directors



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

Meet A Stranger Project

By Carrie Parsons

Ever wanted to chat with a stranger, but didn't know if they'd be open to communication? You're not alone!

Recently, I conducted a social experiment here in Victoria, shedding light on the growing desire for true connection between strangers. Titled the "Fifty First Dates Project," my objective was to simply sit down individually with 50 complete strangers, and share a real conversation for one hour. No subject was off limits, as long as it was genuine and authentic. At the conclusion of each meeting, I would go off and overthink the conversation, distilling it down to what the teachable moment was for

me. Once I had discovered the life lesson embedded within the conversation, I would write a short essay on that theme. Each stranger who volunteered for my project brought with them a valuable new lesson for me to learn. The 31st stranger to participate in the project, was Jacinthe Lauzier.

Jacinthe and I discussed the need for opportunities for connection within our local community, and by the end of our hour, we had agreed to team up, creating a larger, public version of my original personal project.

One of the many lessons that I learned through my "Fifty First Dates Project," is that often, people

feel they need an invitation to engage in conversation with a stranger. An extrovert, I had never considered this prior to embarking on my project. Jacinthe - an introvert - assured me that an invitation is crucial. Together, we have blended our individual communication styles, and created a monthly "Meet A Stranger" event, openly inviting anyone who wants to help build community through connection and conversation.

Upon arrival, pairs are matched at random. Participants are invited to grab a cup of coffee, and spend the next hour getting to know a complete stranger. Affording each participant the opportunity to view life from someone else's perspective, the 'Meet A Stranger' events are open to any adult who wishes to participate in a shared human experience.

In addition to building a sense of community, the monthly gatherings also aim to help soften the edges of judgement, finding common ground beyond social labels. These platonic meetings are a chance to learn about - and from - someone who could potentially have a very differently lived experience from your own.

The 'Meet A Stranger' Project was recently awarded the 'My Great Neighbourhood' Grant by the City of Victoria. Additionally, the Fairfield Gonzales Community Association is sponsoring the



Jacinthe and Carrie, the meeting that sparked the "Meet a Stranger" Project.



"Meet a Stranger" event at Gonzales Beach

program and has been incredibly supportive of the initiative, following its evolution from the "Fifty First Dates" personal project into the "Meet A Stranger" community project.

Everyone is welcome. Come with an open mind, and an open heart, and let's continue to build up our community through connection - one conversation at a time!

For more information about this project - including the next monthly meeting times and various locations - please check out www.aroundthecampfire.ca.

Tales from the Food Forest

By Josh Douglas-Tubb, Educator at FGCA's Camas Early Years Centre

In Victoria, our green spaces are often limited to manicured parks and neatly trimmed lawns. However, our community Food Forest stands out as an example of what is possible when we prioritize sustainability, education, and community. It has become a sanctuary where children can explore, learn, and cultivate a love and respect for nature.

As an Early Childhood Educator, I have witnessed the profound impact this lush green space has had on our young learners. With hands-on experiences like pulling weeds, planting seeds, tending to the soil, they watch as their efforts bear fruit—both literally and figuratively. It serves as a living, breathing classroom, providing an invaluable connection to nature that helps us educate children about where our food comes from, reducing disconnect between what we eat and where food comes from.

Preparing the Ground

During the winter months, our interactions with the Food Forest are more limited. We occasionally harvest miner's lettuce or lemon balm to nibble on or to flavor our water. But come spring, everything changes. The FGCA Early Years programs worked with Ton Tran, the Food Forest Volunteer Coordinator to choose a spot to



Ripe berries don't last long in the Food Forest

plant some new additions. The children were keen to get their hands dirty! We cleared a nice little patch, and then planted native plants like salal, evergreen huckleberry, and some wildflowers that attract pollinators. Through this process, the children learn how much time, effort, energy and patience it takes for a plant to produce a harvest.

It's Harvest Time

As spring moves into summer trees, berries, and shrubs have started to bear fruit. The Camas children love snacking straight from the Forest; tiny fingers dancing among the strawberry leaves, uncovering ruby treasures that taste of joy and sunlight. Reaching up and plucking the deep scarlet goumi berries, savoring their sweet-tart flavour. Gently moving the leaves of a bush looking for the delicate thimbleberries with their honeyed taste. This experience of growing, tending, and



Ton Tran, FGCA's Garden Volunteer Coordinator and children from FGCA's Early Years Programs planting in the Food Forest

harvesting nurtures a respect for the earth and a recognition of the importance of sustainable practices.

Shade and Play

At the end of summer the Food Forest has one more gift. During the heat of late August, the canopy of leafy green provides shade from the sun, a welcome retreat. The shaded nooks and crannies of the Food Forest then transform into little hideaways and imaginative play spaces, allowing the children to explore and enjoy their surroundings in cool comfort.

The 3rd Space

The Fairfield Food Forest is more than just a garden. It represents a shift towards a more

sustainable and connected way of living, where people of all ages can come together to share in the joys of growing and harvesting. It has evolved into a third space where we can all come together fostering connections and conversations that might not occur in more traditional settings. It provides a space for communal activities, educational workshops, and casual meetups. The Food Forest enhances community bonds and creates a sense of belonging.

FGCA's community Food Forest is located in Porter Park on Thurlow Rd, between Kipling and Durban Streets.

PenPals, Youth and Seniors swap stories and questions

By Pippa Davis, FGCA staff

Earlier this year, Adam Rayburn, FGCA's Youth Zone Program manger, was at home, chatting with his partner Jasmine about ways he could foster belonging and caring among the kids in his program. Youth Zone is an afterschool program for children in grades 5 & 6, designed to help build confidence and independence as they move into middle school. Jasmine could relate, as an Activity Planner for seniors in Assisted Living, she is always looking for new ways to engage folks and provide chances to feel connected, valued and happy. Quickly they realized that between the two of them, they had all the pieces for a perfect collaboration.

A Pen Pal Program was pitched to both the seniors and the youth. They would write back and forth as groups, asking questions and sharing news. Everyone was keen. The goal was to enable intergenerational connection, allow each group to hear directly from people at a very different stage of life, and gain perspective on their own. The seniors crafted the first letter, two pages outlining what daily life looks like for them in

Assisted Living, "Dear Youth Zoners, Every morning, we make our own breakfast in our suites. Our suites are like little apartments with a kitchen, a living room, a bedroom, and a huge bathroom that has enough room for walkers, workers and wheelchairs. Other than breakfast, most of us have our meals together in the dining room. Some of our favourite meals are mac and cheese, brunch, and fish and chips..."

"...Residents here have ideas, make art, learn new skills, laugh (a lot), we sing, we move our bodies, we celebrate, we cry, we play games, we're all different and we all have a variety of interests and skills..."

The response from Youth copied the same format, outlining what a usual day in Youth Zone is like, but at the end of the letter, was a smattering of questions.

"...When we get to Youth Zone, we play video games and then do check-in. Do you play video games? We also have a snack, like chilli and cheese or really good spanakopita. In our space, we have guitars, drums, a computer, and a combined pool, air hockey, and Ping Pong table. We also go outside. If we are being honest

here, we are loud, rude, and obnoxious sometimes.... We did a project last year called the Rice Krispy Square-Off. The Rice Krispy Square-Off is a challenge where teams come up with something to make out of Rice Krispies that is creative and new."

"...We have some questions for you. How old is the oldest person there? How about the youngest person? What type of shoes do you wear? How often do you shop on Amazon? What is your favourite movie? Where were you at 9/11? What is your favourite board game? Do you like cheese? Did you watch The FIFA World Cup? Do you like chess? Most of us like chess."

With games, they found some common ground. Inspired by the curiosity & directness, the Seniors responded, and had some questions of their own.

"...Our oldest Resident is 102 years old and the youngest is in their 50's. We wear comfortable shoes that are easy to put on and take off and that are safe and flat to walk in. ...During 9/11...some of us were at work, some of us were at home, and some of us were out and about running errands. We remember that it was very frightening, unexpected and confusing. It changed a lot of things, especially going to the airport. Some people started to fight because of it and other people came closer together. It still affects a lot of people today..."

"Our favourite board game is by far Bananagrams. We play by special rules here, so that nobody wins, and everyone has a good time. We have included a set of Bananagrams with our special rules for you to try together."

They answered all the questions, details about favourite pizza toppings, movie recommendations, best kinds of cheese, who shops online and why.

"We have some questions for you, too. What makes you feel safe? Have you ever thought about what kind of grown up you want to be? How do you calm your mind and what stresses you out? What is something that makes you smile?"

The Youth Zones crafted a reply. "... some things that make us feel



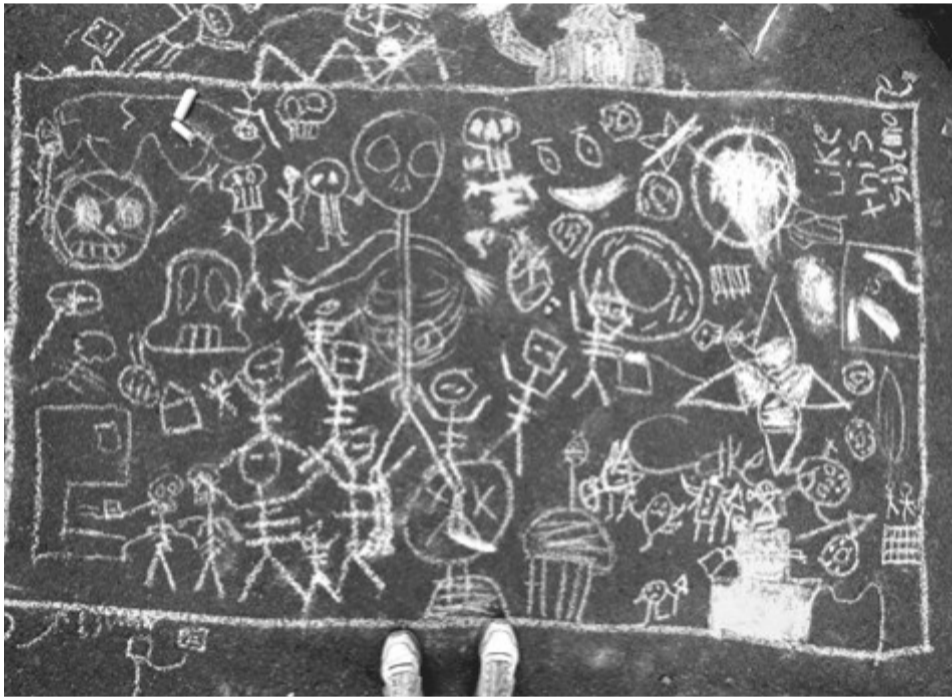
Entry in the "Rice Krispy Square Off" from the Youth program participants

safe are food, being at home, being somewhere we know, and being with someone we know. When we think about what kinds of adults we want to be, we think of the kinds of jobs we want to do, like, gymnast, professional dancer, professional rugby player, octopologist, barnacologist, and MVP of the MLB All Stars. When we are grown ups, we also want to be kind and helpful....."

"We have different ways of calming our minds. One Youth-Zoner finds it helpful to yell at someone, get sent to their room, and then calm down there. Another way is to think about the beach and the water flowing through your fingers. Another Youth-Zoner calms their mind by thinking about barnacles."

"Things that stress us out are writing, thinking about the climate crisis, and when someone is yelling. For one Youth Zoner, playing Roblox both calms their mind and stresses them out. What make us smile is the muscles in our faces."

The groups remained anonymous to one another for privacy, but shared photos of crafts, drawings, baking and other creations. As the end of the school year approached and the children were getting ready to dive into summer, they sent the residents a last letter recounting favourite moments of the year, and a hope that seniors would connect with the new group of kids in Youth Zone next year, to keep the conversation going.



"Skeleton army battling The Candy Kingdom" -chalk drawing the Youth Zoners shared with Residents in Assisted Living

Neighbourhood Priorities for Fairfield Gonzales

In June we invited you to tell us about what you love about living in the neighbourhood, what could be better, and how to increase our community vitality!

Over 50 of you joined us at an in-person forum and over 200 people told us their thoughts online, on the topics of housing, community indoor space, transportation, climate change resilience, parks & outdoor space, and urban culture & vibrancy.

We heard how much everyone values living in this incredible place, and what everyone hopes for in the future.

Check out the results at fairfieldcommunity.ca/neighbourhood-priorities-forum

We will use your input to shape priorities for the FGCA and amplify your discussions to the City and decision-makers at all levels. For more updates on the results of the forum and survey, subscribe to our e-news at fairfieldcommunity.ca



FGCA Directors Carrie Fuzi and Joanna Fox take notes at the Neighbourhood Priorities Forum in June.

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

My Mothers Eye Treasures & Vintage

1704 Lillian Rd, Victoria
Open: Tues-Sat, noon—5pm

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

Hi. I am Shannon Ferguson, a Victoria local since birth, and a lover of this city. I am a hairdresser by trade that now lives with an injured back, so after 5 years on full time disability, unable to cut hair, I decided to start life over and create a work space that could eventually help me get off of disability support. I sold my little art deco home, after owning in this city for close to 25 years, and opened up My Mothers Eye, a vintage gift shop in the heart of Gonzales, Fairfield. I wanted to bring something magical back to this city, similar to spaces that we used to have in the downtown core during my most impactful years of the 80's and 90's. You know the ones, with fun little nooks and crannies and vintage around every corner. I wanted to create a space filled with stuff that engaged good memories for people like they do for me. Somewhere that people could come and have an experience without being pushed by salespeople to buy anything. the memories sell themselves. And so far, that's what I have witnessed. It's been so much fun here every day since I opened.

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

I've tried to recreate a space that represents my childhood homes (we moved around a fair bit) and the design elements that my mom introduced into all of

them ~ here I have that all rolled into one space ~ having been born in Victoria in 1974, I strongly pull from that era, and then added in stuff right through to the early 90's for the majority of items I source, with definite Mid Century throwbacks as a nod to my mom and what she collected. Being local I also am drawn to everything nostalgic 'Victoria' and we have started a fun line of T-shirts of long-gone local iconic local spots that are no longer around (Scott's Diner, Pizza Piemen). We aspire to have a little bit of everything you never knew you ever needed ~ it's all just vintage and cooler ~ housewares, kitchenware, linens, vinyl, books, small furniture, clothes, shoes, candy, jewelry, brass, office, gag gifts, art, ashtrays, games, kids stuff, and fun local screen printed T-shirts.

What's to love about your shop, what makes it special?

For me, my shop is silly. And fun. It allows people a little break from the mundane of everyday and the slog. As soon as you walk in the door, you are bombarded with a lot of fun stuff that you probably forgot about. Everyone seems to find something that they haven't seen or thought of in decades, so you definitely have to be in the mood for some emotions. I've also had a lot of people come in and have very strong reactions, I've witnessed tears of all varieties.

I lost my mom to the Canadian Blood Scandal back in 1990 when I was 16. She had been an avid and passionate vintage collector my whole childhood, and I was taught the art of the thrift, how to garage sale and the beauty of finding magic at the auction houses from the very beginning. Childhood weekends were spent up at



Whippletree Auction and rummaging through antique stores where she showed me the value and beauty of things made long ago. I live with a differently-abled brain and have Aphantasia ~ so my memories are formed and held onto differently ~ I have realized in my adult years that it is 'things' that bring my memories back and now I curate my shop to bring back those long lost ones of my mom.

My mom instilled the love of the find in me and that is now how I keep connected to her every day. This city's secondhand/vintage/reselling game is a strong one and we all need to embrace this way as the new normal. Fast fashion and cheap dollar store items could become a thing of the past if people took the time to just shop secondhand. Karen at Kay's Corner, The team at House of Savoy ~ these are the business owners that I admire the most.

Soon the shop will be open to hosting small events of all sorts music nights, art shows, after-hour evenings. It is open for people wanting space for photo shoots and for local film shoots. It is open for



Shannon Ferguson, surrounded by curated vintage treasures

crafters and artists to do workshops and so much more. (I have just finished a year of breast cancer and getting this ball rolling has taken a bit longer than expected ~ but we are almost there!)

Find us on Instagram to keep in the loop @mymotherseye

Join the Gallery Associates

By Lynda Grace Philippsen, Gallery Associates, Communications

As autumn begins, once again the Gallery Associates of the Art Gallery of Greater Victoria launch their programs in support of the Gallery. Who, you may ask, are the Gallery Associates?

Members of this dynamic and skilled group of individuals have landed in Victoria from all parts of Canada and hail from all walks of life. Whether active in government, the arts, public and private sectors, in the past or at present, they love art and enjoy raising the profile of art in the community. Together they support the Gallery through various initiatives organized to fund AGGV acquisitions, exhibitions, programs and more.

Now they invite like-minded individuals who are looking to volunteer, connect and fundraise to join them. As they have done since their formation more than seven decades ago, the Gallery Associates offer numerous benefits to those who join them. These include

monthly meetings with engaging speakers, local art-themed excursions throughout the year, a bi-monthly newsletter, a book club, as well as the camaraderie of working together with others on various projects.

Last year's fundraising committees undertook art tours to France and Japan, a popular Video House Tour, as well as a sold-out Sunday Art Lecture Series featuring Western Canadian Art and more. These allowed them to generously support upgrades to the Gallery's studio which offers education programs to the public in addition to the development of a catalogue that will showcase more of its outstanding collections.

To join the Gallery Associates, all that is required is a current membership with the AGGV, willingness to assist the Gallery Associates' initiatives according to an individual's skills and a \$35 membership fee.



Gallery Associates at the AGGV Paint-In, (above right) Enjoying a Gallery Tour in Cowichan (above left), in Japan (below)



Anyone who wishes to check out whether the group is a fit for their interests may attend a meeting as a guest. Contact associates@aggv.ca with Membership in the subject line for details.

SEPTEMBER

FALL FAIRFIELD
SUN. SEP. 22
12-4PM
Free community celebration with music, food truck, beer garden & more.



GARDEN WORKPARTY
SAT. SEP. 28
12-2PM
Food Forest in Porter Park. All ages & abilities welcome!



ART AT THE PLACE
SEP. 4-OCT. 1
MON-FRI, 9-5 PM
PAULA NAISMITH
Drop by our foyer to see works by local artists.

FREE SOIL DISTRIBUTIONS
SAT. SEP. 21
11AM-1PM
Get Growing Victoria! At Robert Porter Park.

FAMILY DROP-INS
Kindergym and Parent & Tot are back after a summer break. Starting up mid-September after our summer break.



Music in the Garry Oak

Winter concert series presenting local live music in a cozy candlelit atmosphere. Grab dinner from food trucks outside, kick back & enjoy the tunes!

NOVEMBER 15TH
DECEMBER 20TH
JANUARY 17TH

PERFORMANCE BY *The Mexinadian* FRIDAY, NOVEMBER 15TH

TICKETS \$15 | 7-8:30PM SHOW | 1341 THURLOW RD.

Fall Garden Work Parties

Last Saturday of the month
12-2pm | Fairfield Food Forest

gardens@fairfieldcommunity.ca

OCTOBER

ART AT THE PLACE
OCT. 2-NOV. 1
MON-FRI 9-5 PM
MOSS ROCK ART COLLECTIVE



COMMUNITY DINNER
FRI. OCT. 11
6-7:30 PM
Drop by for a meal with your neighbours. \$5 suggested donation.



CLOTHING SWAP
SAT. OCT. 5
10-1 PM
Give away old clothes, pick up some new ones. Free.

REPAIR CAFÉ
SAT. OCT. 5
2-5 PM
Drop by to get your broken items repaired by volunteer fixers. By donation.



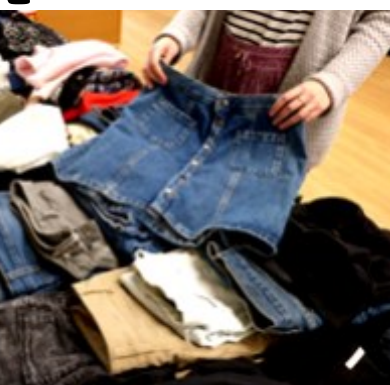
AGM
THUR. OCT. 24
7PM
Everyone is welcome to the FGCA's Annual General Meeting. See our website for details.



NOVEMBER

MUSIC IN THE GARRY OAK
FRI. NOV. 15
7PM
The first in our winter concert series

CLOTHING SWAP
SAT. NOV. 2
10-1 PM
Give away old clothes, pick up some new ones. Free.



ART AT THE PLACE
NOV. 4-29
MON-FRI, 9-5 PM
NOAH GILROY
Drop by our foyer to see works by local artists.



COMMUNITY DINNER
FRI. NOV. 8
6-7:30 PM
Drop by for a meal with your neighbours. \$5 suggested donation.



UNWIND KNITTING CLUB
EVERY WEDNESDAY
7 PM
Swing by for chill hangout of knitting, snacks & chats! Free.

repair cafe

Sat, October 5th
2-5pm | Fairfield Community Place
every other month

FAIRFIELD GONZALES COMMUNITY ASSOCIATION PRESENTS

FALL FAIRFIELD

SEPT 22 ROBERT PORTER PARK 12-4PM

LIVE MUSIC

HARVEST CONTEST

VENDOR MARKET

CELEBRATE FALL WITH US!

PIE CONTEST
FOOD TRUCKS
BEER GARDEN
AND MORE!

thanks to our sponsors

scan QR code

for more info

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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.

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 3-4 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.

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.

Starts September 16

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*, 9:30am - 11:30am,

By donation

In the Sequoia Room, 1330 Fairfield Rd.

Starts September 17

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.

Starts September 19

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

\$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. 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

Eligible families may also apply for government subsidy.

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 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.

Monday to Friday, Sep to Jun, after school-5:30pm

2 day/week

\$215/month

3 days/week

\$265/month

5 days/week

\$350/month



CHILLZONE FRIDAY DROP-IN

GRADES 5 - 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.

Fridays

6:30pm - 9:00pm

Oct-Jun

\$5 suggested donation/visit

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

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 Programs

youth@fairfieldcommunity.ca

Adult Recreation

GENTLE CHAIR YOGA

with Phyllis Musseau

This class explores gentle, therapeutic movements to help ease stiffness, improve range of motion, strength, balance and coordination in a supportive and light hearted atmosphere. There will be some short standing poses with use of a chair or modifications are always given for those wishing to stay seated. A guided meditation helps to calm our nervous system to face life's challenges. No need to get up and down from the floor but get all the benefits of yoga

Fridays, 11:30am—12:30am

Oct 4—Nov 15

New!

6/\$78

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.

Tuesdays, 9:15am—10:15am

Sep 24—Nov 26

10/\$95

Wednesdays, 6:30pm—7:30pm

Sep 25—Nov 27

10/\$95

IYENGAR YOGA—BEGINNER FRIENDLY

with Lauren Cox

Please join this beginner friendly Iyengar Yoga class to learn the basics. Iyengar Yoga is a practical philosophy and system of postures, promoting physical & mental wellbeing. It is an effective antidote to the stresses of modern life & encourages a fit & supple body. Not only does yoga tone the body & improve posture & alignment, but will stimulate the circulation, develop powers of concentration, & help with breathing. In turn, this will help control tension & calm the mind.

Thursdays, 1pm—2pm

Sep 26—Nov 28

10/\$110

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, 11:00am—12:30pm

Sep 24—Nov 26

10/\$140

Tuesdays, 5:30pm—7pm

Sep 24—Nov 26

10/\$140



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



**Registration
250-382-4604**

IYENGAR YOGA SUPPORT & RESTORE

with Lauren Cox

Join us for an hour of gentle yoga in the Iyengar method.

A practice to support & restore.

Thursdays, 11:45am—12:45pm

Sep 26—Nov 28

10/\$110

HATHA YOGA

with Lisa Wielinga

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

Thursdays, 5:45pm—6:45pm

Sep 12—Nov 28

12/\$132

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 joyful and enjoyable pleasure of movement not only in class, but also in life.

Mondays, 6:30pm—7:30pm

Sep 23—Nov 25

10/\$95

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

Sep 23—Nov 25

10/\$95

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

Sep 25—Nov 27

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.

TBA, (check website for updates)

9:00am—1:30pm

1/\$70

PAINT NIGHT

with Barbara Morris

Unleash your inner artist. Bring your willingness to create your own masterpiece. With step by step demonstration, you do not require no experience. In the two hours, you will get creative, have fun, and at the end of the evening take home your beautiful creation. All supplies included.

Thursday, 6:30pm—9pm

October 3

November 7

December 5

1/\$40

1/\$40

1/\$40

HOLIDAY DOOR DÉCOR 1

with Barbara Morris

Create this lovely Grinch Door Hanger! What a perfect Christmas display for yourself or make one for a special Christmas Gift. You will be painting the Grinch Hand and then choosing your ribbon, and greenery for the embellishments.

Thursday, November 28

6:30pm-9pm

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" and a certificate of completion.

Tuesdays 7:00pm—9:00pm

Sep 3—24

4/\$120

Oct 1—Nov 19

8/\$240

(Early Bird Rate, until Sep 24 \$200)

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

Sep 5—26

4/\$120

Oct 3—Nov 24

8/\$240

(Early Bird Rate, until Sep 24 \$200)

SPANISH FOR TRAVELERS

with Monica Gil

If you are planning a trip to Spain or Latin America or if you want to just learn Spanish for fun—this course is for you! We will learn in a practical way 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 about Latin American culture.

Tuesdays, 6:30pm—8:30pm

Oct 8—Nov 12

6/\$105

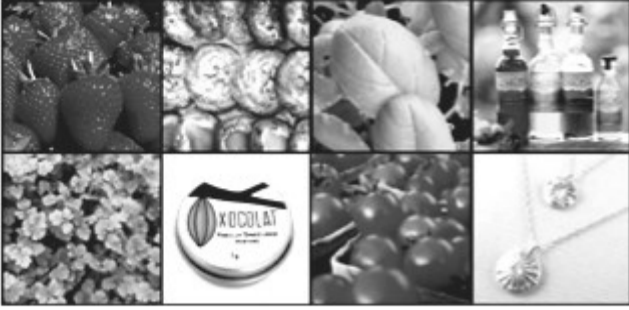
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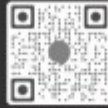
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Advertise here, in the Fairfield Gonzales Observer

\$50 for a "business card" sized ad
\$190 for a quarter page ad
20% discount for 4 ads, over a year
See more options on our website.
www.fairfieldcommunity.ca

Each issue distributed to 5000 homes in Fairfield & Gonzales

For inquiries contact:
office@fairfieldcommunity.ca
250-382-4604

How We Can Help

Advocacy

on policy issues that affect our lives & communities

Assistance

navigating provincial government & community resources & services

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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🌐 www.emeraldeyecare.ca 📧 fairfield@emeraldeyecare.ca

-OPERATING HOURS-

Mon-Tue-Wed | 9:00am - 5:00pm . Thu-Fri | 9:30am-5:30pm Sat | 10:00am - 5:00pm . Sun | CLOSED

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FREE DRUMMING WORKSHOP

Friday, September 20 at 7 pm

RSVP: drumvictoria.com




Free Hand Drum Workshop

The free drumming workshop is one of the most popular ongoing music events in Victoria!

Everyone is welcome, and you don't need to have ever played a drum before. The rhythms we play are powerful and surprisingly easy to learn.

Drums are provided for everyone, but if you do have your own a drum, you are invited to bring it along.

- A great way to introduce friends and family to hand drumming
- Beginners are welcome
- Class handouts are provided

The workshop location is indoors at the Gary Oak Room of the Fairfield Community Place, 1335 Thurlow Road and there is a large parking lot adjacent.



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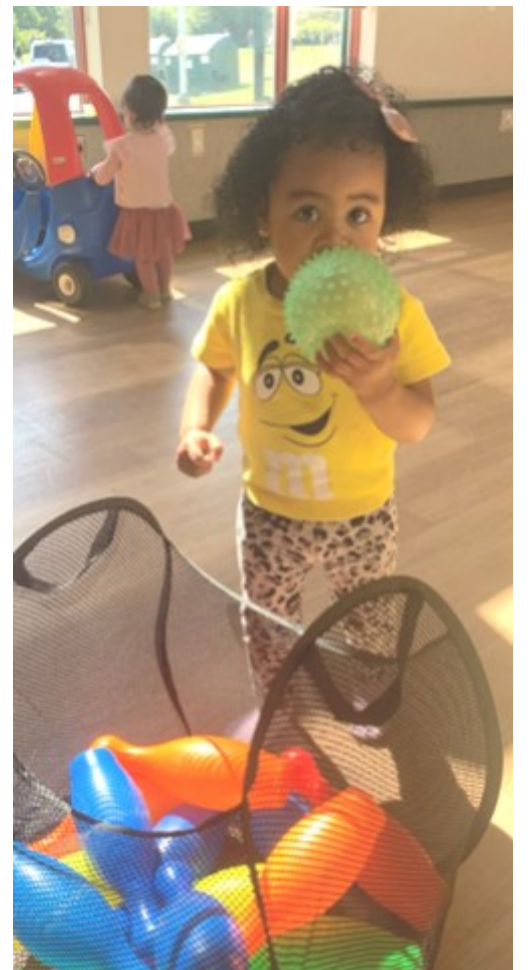
My team is here to provide the assistance you need.

Laurel Collins
MP for Victoria

Laurel.Collins@parl.gc.ca
250-363-3600

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FAMILY DROP-INS



Our Family Drop-in programs are designed to promote the well-being of families in our community. Our skilled facilitators provide children with a variety of activities to socialize and explore large and fine motor use while the adults have an opportunity to chat with one another and connect.



FAIRFIELD GONZALES
COMMUNITY ASSOCIATION
the place to connect

LAUGH, LEARN & LUNCH

Mondays 10 - 12:30
Starts September 16

PARENT & TOT PLAYGROUP

Tuesdays 9:30 - 11:30
Starts September 17

KINDERGYM

Thursdays 9:30 - 11:00
Starts September 19

"The staff are incredible and have helped support my toddlers in their development, foster their creativity, and give them the connection they need while supporting me and occasionally giving me a moment to sit down and sip some tea while the girls are entertained."

"Raising kids can be a socially isolated experience, fortunately, the family drop-in programs create a safe and comfortable space to engage with other parents having similar experiences."

"I have been bringing the children in my care to the Fairfield drop-ins for the last 3 years, and they are the best part of our week! We have made friends, gotten closer to the community, and the children have learned such important social skills."

