Playgroups Alive and Well at the Family Centre

The Tuesday and Wednesday Playgroup/Storytimes have had a group of new volunteers this month. The Family Centre is so fortunate to have the assistance of volunteers who enrich so many of our programs! We would like you to meet Cindy, Kathleen and Ashley who bring varied great experiences to join Brigitte and Morag as we enhance and develop this program as it continues through the summer months. Parents and their little ones will find music and movement, puppets and stories, creative crafts and games offered by caring volunteers who are truly interested in what young children enjoy. We say a big Thank You to them all for volunteering their time, energy and skills. Come and join them and the fun times on Tuesday and Wednesday mornings 10-12.

A Parent Remembers... by Lisa Hitch

The playgroup was every Wednesday morning at a local synagogue and the one morning of the week we had somewhere “to be”. We’d pack up for the day and off we’d go, me pushing the stroller, my bright-eyed baby son cooing in the morning air. I was eager to see my new friends, as I had just moved to Boston, and being new to parenting, and new to the town (not to mention the country!), it was very important to me to start making some connections. At this parent group, we’d sit in a circle, our babies playing on a blanket in front of us (I remember one woman who’d always lie down and nurse her baby), and we’d talk, sometimes for two hours -- feeding, diapers, sleep deprivation, partners, relationships, toys and books, depressions, life. We got to know each other very well over the next two years, and continued to meet as our babies grew and became friends. I remember thinking how amazing it was that little babies could bring a diverse group of parents together like this. But that very special journey with a new child can be overwhelming at times, and lonely, and having the opportunity to share and be supported by others in a similar place in life is invaluable. Ten years have passed since these early playgroup days, and although many of us have moved far and wide, we are still in touch and will always have a special bond. And our children love to hear stories about their very first little friends!

Kids’ Safety Day

Saturday June 24th, 11 am-2 pm, UVic Parking Lot 3

Bring your kids out for a day of FREE and FUN activities while learning about safety! There will be face painting, games, and goodie bags available for your children to enjoy. Children 5-12 yrs of age who have bicycles and helmets may participate in Campus Security’s annual Bike Safety Rodeo, to improve their riding skills. There will also be presentations and displays from various safety organizations on general health and safety. A complimentary pizza lunch will be provided to all pre-registered children. Additional slices can be purchased for one dollar each. Registration will begin at 11am. For PRE-REGISTRATION, please contact 721-8981 or email psc@uvic.ca by June 16th 2006.
A Letter from Mary Ellen Purkis RN, PhD, Associate Professor & Dean

While I’ve been Dean of the Faculty of Human & Social Development for just eleven months now, I have had connections with the Family Centre since its inception many years ago. I first heard about the concept of the Family Centre from Anita Molzahn, a former Director of the School of Nursing and then later, Dean of the Faculty of Human & Social Development. In many ways, I’ve followed in Anita’s footsteps, first as Director of the School of Nursing from 2001 - 2005 and now as Dean of the Faculty. The ‘concept’ of the Family Centre grew into a reality and, through the efforts and good will of faculty and staff from Human & Social Development, families living in the Housing complex, staff and administrators throughout the University, the Centre is the busy and vibrant place that we all know today.

In my capacity as Dean, I’m very interested in supporting the work of the Centre and, I hope, in extending the idea further into the University so that the sort of support enjoyed by families living in Student Family Housing can also be felt by all students and staff -- all of us in our own ways, members of families.

I hope you all have a very happy and sunny summer ahead of you. And I hope that in between all the studying that has to go on, that you also have time to enjoy Victoria’s many outdoor wonders!

Our Family Suggests...

In this recurring column, we hear about activities, events and advice suggested by residents of Family Housing. Is there something that your family likes to do? Send us your recommendations!

Summer on Vancouver Island always comes with an increase in the number of cougar sightings (not necessarily more cougars), and Saanich is filled with some lovely forested areas which are these cats’ natural habitat. As someone who enjoys hiking and being outside with my family, I would just like to say that the more you know about wild animals the better prepared you and your children will be if you encounter one. Cougars, like most wild animals, are naturally fearful of us, and will usually run off. But if they feel trapped or threatened they can get aggressive. DO NOT RUN! Pick up small children. Make yourself look large (children on shoulders, arms up, hold a tree branch up), back away slowly from the animal (do not turn your back and run), and make big noises. You can frighten a cougar away and continue with your walk -- and have a great story to tell!!

By teaching these safety precautions to your children in a relaxed and matter of fact way, we can all share and enjoy the woods. Happy hiking!

Children’s Corner

Thanks to the Wednesday and Thursday playgroup participants for sending us their beautiful artwork! Do you have a drawing you’d like to share? You can leave it in the Newsletter submission box outside the Family Centre.
Happy Father's Day!
Father's Day is celebrated in Canada and the US on the third Sunday in June. This year, it falls on June 18th. Mrs. John B. Dodd of Washington first proposed the idea of a “father’s day” in 1909. Mrs. Dodd wanted a special day to honor her father, William Smart. Smart, a Civil War veteran, was widowed when his wife (Mrs. Dodd’s mother) died in childbirth with their sixth child. Mr. Smart was left to raise the newborn and his other five children by himself on a rural farm in eastern Washington state. It was after Mrs. Dodd became an adult that she realized the strength and selflessness her father had shown in raising his children as a single parent.

Daddy, Father, Pa, Dad, Pappa...
He didn’t tell me how to live; he lived, and let me watch him do it.
~Clarence Budington Kelland

Sometimes the poorest man leaves his children the richest inheritance.
~Ruth E. Renkel

A father carries pictures where his money used to be.
~Author Unknown

The words that a father speaks to his children in the privacy of home are not heard by the world, but, as in whispering-galleries, they are clearly heard at the end and by posterity.
~Jean Paul Richter

Fatherhood is pretending the present you love most is soap-on-a-rope.
~Bill Cosby

When I was a boy of fourteen, my father was so ignorant I could hardly stand to have the old man around. But when I got to be twenty-one, I was astonished at how much he had learned in seven years.
~Mark Twain, 1874

Summer Camps & Activities

Swimming at UVic!
The outdoor pool at IHS is now open -- take a dip and enjoy the sunshine! Swimming lessons are also available -- check the RecPlus website for more information.

Ian H. Stewart Complex Outdoor Pool, May 20-September 4
Family Swim 3-4:30 M-F; 1-6 Sat & Sun
Day passes are $6 per person. Family pass for May-Sept is only $48!

VIKES Summer Camps
Join the VIKES varsity athletic teams as they offer high quality instructional camps. These camps have the expertise of the VIKES coaching staff and the experience and enthusiasm of their VIKES varsity athletes. Learn from those who know! Coaches and instructors will help each individual with their skill development and knowledge of the sport.

• Great camp T-shirts
• Full-day camp 9 am - 4 pm daily
• Full-time first aid attendants and insurance coverage
• Camp photograph and certificate for each camper
• Before and after camp care available

For more information, please call 721-8406 or e-mail jrvikes@uvic.ca

Swan Lake’s Summer Programs

Big & Little: Tuesdays & Thursdays, 10 - 11:30 a.m.
Want to find out more about nature with your little one? Come join us for our Big and Little programs for 4-6 year olds accompanied by an adult. These one-hour programs include outside games, nature explorations, stories, crafts, puppets and more! Bring a snack, a smile and any questions for our naturalists! Pre-registration is required. Cost: $8/adult & child pair and $3 for each additional child. (Limit of 3 children/adult.)

Junior Nature Explorers (7 – 10 years old), Monday to Friday, 9 – 12
July 31st – August 4th, Instructor: Margy Ransford
Become a Nature Explorer as you discover the excitement of Swan Lake! Investigate animals, search nature clues and find fascinating facts. Join Margy as she leads you on outdoor adventures, hikes, crafts, and games. Cost: $60; $72 for Friends of the Sanctuary.

Biology Buddies (4 – 6 years old), Mon and Fri, 9:30-11:30am OR 1-3pm
Stories, games, songs, crafts, outdoor exploration and fun for your budding biologist. Twice weekly, our experienced leader will take your child on an outdoor adventure to explore the wonders of Swan Lake.

Dates and topics vary -- contact Swan Lake for more info (479-0211).
Congratulations UVic Graduates!

Spring Convocation Ceremonies

University Centre Farquhar Auditorium. For more information, go to http://web.uvic.ca/ceremony/convocation/

**Tuesday, June 6:** 10am: Social Sciences (Economics; Geography; Environmental Studies), Law, Graduate Studies; 2:30 pm: Social Sciences (Anthropology; Political Science; Psychology; Sociology), Graduate Studies

**Wednesday, June 7:** 10am: Humanities, Graduate Studies; 2:30 pm: Business, Human & Social Development (Child & Youth Care; Health Information Science; Public Administration; Indigenous Governance; Policy & Practice; Dispute Resolution; Professional Specialization Certificate), Diplomas & Certificates, Grad Studies

**Thursday, June 8:** 10am: Science, Graduate Studies; 2:30 pm: Engineering, Fine Arts, Graduate Studies

**Friday, June 9:** 10am: Human & Social Development (School of Nursing; School of Social Work), Graduate Studies; 2:30 pm: Education, Graduate Studies

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### The Nitty Gritty: Facts and questions about Family Housing

Rents are going up in Family Housing as of September 1st. Monthly rents will now be as follows:

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<td>One Bdrm Apt</td>
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<td>Two Bdrm Apt</td>
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<td>Three Bdrm Townhouse</td>
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Sept 05 to Aug 06

Don't be alarmed if you look out your bathroom window and spot a person wielding a painbrush. Facilities will be spending the next few weeks painting, trimming trees and cleaning gutters around Family Housing. If you have any questions or concerns about this, please contact Maintenance at 721-8650.

Moving out? Dollies can be borrowed from the Housing Office by just giving them a piece of picture ID. Save your back, grab a dolly!

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### UVic Study Seeks Participants

Are you a parent who has remarried? Please share your experiences with us. Researchers at UVic are conducting a confidential survey about remarried parents. The survey takes approximately 45-60 minutes and can be done online. Contact jpringle@uvic.ca or call 721-8589 for more information. To access the survey, go to www.uvic.ca/psyc/frmrig and click on "what's new".

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### BIG THANKS!

The Family Centre would like to say thank you and goodbye to our super-amazing long-term volunteer, **Sam Vatcher**! Sam has been a huge asset to the Family Centre as our Friday morning Breakfast Club volunteer. She was always eager to help student families out however she could! We will all miss you, Sam!

Thanks to the staff of **UVic’s MacPherson Library** for their generous donation to our food share program! Any families in need of food are welcome to come by the Family Centre and take what they need. It is anonymous and for everyone. We rely on donations from UVic & the greater community to run this program, so every bit helps!

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### The Good Food Box

**Why Buy Produce This Way? Because...**

- Collectively, our money pooled together gets us more quality produce for less money
- As a volunteer run collective, our money goes directly to purchasing produce
- It increases our access to fresh fruit and vegetables: local and/or organic when available and affordable.

**How Do I Get My Box?**

- On the **second Wednesday** of each month, drop your money off at the Family Centre
- On the **third Thursday** of each month, you can pick up your box at the corresponding community center in the late afternoon
- In Victoria, there are currently four different boxes. There is a Fruit and Veggie Box for either $5, $10, or $15 and there is also an All Fruit Box for $12. A $5 box is good for about one person.
- Typical box items include the basic staples such as potatoes, carrots, onions, garlic, apples, oranges, bananas, and are accented with other seasonal items.

For more information, contact the Family Centre!
**Community Programs**

**Queer Parents Picnic, Sunday June 4, 12-2 pm**
Victoria Queer Parents invites all LGBT-queer parents and their children of all ages to attend a fun family and community building picnic event. Bring your own food & supplies, blanket/chairs, smiles and laughter, and outdoor activity equipment. Picnic takes place at Queen Alexandra Grounds, 2400 Arbutus Rd, right near Family Housing! Go to http://ica.geocities.com/victoriaqueerparents for more info.

**ICA Folkfest – June 30 to July 9**
ICA FolkFest, Victoria's Urban Arts Festival, returns with its most diverse line-up ever. From Juno-winner SAM ROBERTS and Grammy-winning Afro-Latin band OZOMATLI to perennial children’s favourite FRED PENNER, FolkFest will feature over 250 performances on four stages.

Buy your FolkFest admissions before June 29 get the special price of $20 for 10 days! Regular admission is $25 for a full festival pass or $7.50 per day. Tickets available at Thrifty Foods or Lyle's Place. Admission is free for kids 5 and under and $5 per day for kids 6-12.

In addition to its diverse music line-up, ICA FolkFest features:
- Aerialists, puppeteers and children’s performer FRED PENNER at Teatro Circo
- Interactive CIRCUS CAMP for kids at Centennial Square
- The launch of FLIX al fresco (Open Air’s film series) with _The March of the Penguins_ at Teatro Circo on Thursday, July 6
- Three juried craft markets produced by Out of Hand Crafts

For more information, contact 472-EST or www.icafolkfest.com.

**12th Annual Victoria Pride Day Parade**
**Sunday July 2**
Location: Government Street to Fisherman's Wharf Park
Followed by the Victoria Pride Day Festival at Fisherman's Wharf Park. Live Entertainment, Vendors, Beer Garden & More!

**44th Annual Oak Bay Tea Party, JUNE 3 & 4, 2006**
The Tea Party Parade is an Oak Bay tradition. Beginning on Saturday at 10:30 a.m. at Windsor Park, the parade winds through the streets of Oak Bay, ending at Willows Park.

Music on stage this year includes rock band "THE VOYCE" (7:30 - 9pm. Saturday), the Bastion Jazz Band ( Noon - 1pm Sunday), and the COMMODORES BIG BAND (4:30 - 6pm Sunday). Other entertainment through the weekend includes: Oak Bay High, Glenlyon Norfolk, Vic High R & B, and Annie Nolan.
Of course there is also the popular bathtub race, the "5th Annual Tea Cup Challenge", and the midway. For more information, go to http://www.oakbayteaparty.com/

**Free Swims!**
The following pools have scheduled free family swims!
- **Crystal Pool**: Wednesday June 14, 7-9pm
- **Esquimalt**: Sunday June 25, 12-1:30pm
- **Oak Bay**: Sunday June 18 (Father's Day!), 9-11am

**DEADLINE FOR JULY NEWSLETTER: June 20**
# June 2006 Calendar

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