Introducing Elizabeth Quong, New Family Centre Director

What a wonderful warm welcome I have had from the families, staff, volunteers and faculty connected with the UVic Family Centre. This, in a nut shell, is what a Family Centre is all about.

I am happy to be joining the Family Centre as Director and look forward to working with all of you in this unique setting of the University.

During 30 years as a Social Worker I have had the privilege of working with a very diverse group of families in both Neighbourhood House and Family Place settings. Families have much knowledge and experience to share and we all learn from each other.

I have had the opportunity to grow up in India and live in Switzerland, South America, Northern Manitoba and beautiful British Columbia. My son lives and works in England which encourages travel to that part of the world. I will enjoy the chance to spend more time in Victoria where one can walk, kayak, bike ride and enjoy a wide variety of interesting arts and cultural events.

Please come into the Family Centre to let us know what we can do together for student families at UVic.

No Foolin'! Thanks so much!

We would like to give a HUGE THANK YOU to all the volunteers who helped make our 3rd annual No Foolin’ event such a huge success: THANKS Takako, Carly, Morag, Jen, Zeanan, Naz, Dennis, Gayle, Michelle, Jesse, Ali, Sebastien, Sarah, Erin, Kelly, Ashley, Janette, Jeff, Taylor & Mary! The event wouldn’t have been possible without you all!

THANKS also to our amazing MC & Entertainment! Meribeth Burton from the A Channel, The Esquimalt Jazz Band, the UVic Gumboot Club, Pipe Major Steve Kelly from CFB Esquimalt, Thunder the Vikes Mascot, Shigui Fan for playing the Er-Hu (a traditional Chinese two string instrument), Zeinun for henna tattoos, and the Saanich Police Department’s Community Liaison team!

Please support our many sponsors for this year’s event, many of whom are located in the Cadboro Bay Village area: Pepper’s Foods, Martin’s Place Restaurant, People’s Pharmacy, Dairyland, Nestle, Starbucks, Silk Road, Dusting Divas All-natural Housecleaning, Ric’s Grill, Springtide Whale Tours, Olive Olio’s, For Good Measure, La Dolce Vita, Golden Gate Restaurant, Little Thai Place, Butchart Gardens, Royal BC Museum, Cinecenta, UVic Bookstore, Victoria Conservatory of Music, Crystal Pool, Oak Bay Recreation, and Saanich Recreation.
Mother's Day is Sunday, May 14th, and here are some thoughts about the art, science and way of life that is motherhood.

"I am my mother's daughter... and although it's been twenty years since I left home, her sayings form a perpetual long-playing record on my inner ear turntable."

--Carol Shields, author

"Your mother loves you like the deuce while you are coming. Wrapped up here under her heart is perhaps the coziest time in existence. Then she and you are one, companions."

--Emily Carr, artist

"It humbled my ego and stretched my soul. It awakened me to eternity. It made me know my own humanity, my own mortality, my own limits. It gave me whatever crumbs of wisdom I possess today."

--Erica Jong, author

"Not flesh of my flesh, nor bone of my bone, but still miraculously my own/ Don't ever forget, even for one single minute/ you didn't grow under my heart... but in it.

--Anonymous

"In a child's lunchbox, a mother's thoughts."

--Japanese proverb

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

I'd like to offer my thoughts in choosing children's books that show lots of family diversity. There are some wonderful books out there that show two-mom or -dad families, foster families, step-families, adoptive families, single-parent families, and more. These books should not just be chosen for children whose families fit these non-traditional descriptions -- they are for all children to learn about the wealth of differences in our world! Ask your librarian for one of these:

Families come in all sizes and descriptions. This is shown in fun, colourful detail in The Family Book by Todd Parr. With simple, first-reader language, children learn about families who look alike, and who look different, who like to do the same things, and who like to do different things. But one thing all families do: Love each other!

It's So Amazing, by Robie H. Harris, is for ages 7 and up to learn first facts about bodies, birds and bees. The plain language gives kids the facts, and the fun drawings show how children are loved in all kinds of families.

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Children's Corner
In any language, it still means one thing:
Ma, Mama, Mommy, Mum, Madre, Maman,
Mere, Mutter, Maji, Ammee, Māe, Mêmè;
Néné; Burim; Kryemurgeschê, matka, inahan;
nanay, Majka, abatyse, Moeder; Moer, Ema,
Emo, Emâ, Kantaâîît, Äîît, Màâa, Makuaâîîne,
Anya, Fu, Iloy; Nanay;
Nay, Induk, Ibu, Biang,
Nyokap, Ma-Ma

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Mother of Brown-Ness

Earth-mother,
Mother of all our brown-ness,
Hands clasped with arms stretching round the world,
Cuddle me closer, warm upon your breast
Slumberous, sweetly, darkness at rest.
Wake me to living and loving;
Scatter my dreams into the ethereal air.
Mother of brown-ness surround me
Deep in your sweet loving care.

--Margaret Walker
**Family Centre News & Notes**

**GOODBYE** to some of our volunteers! This time of year is a very busy time for us at the Family Centre - many of our regular volunteers leave for the summer or move on to the next chapter of their lives once they’ve finished their studies. This month, we have to say goodbye to a lot of fantastic Family Centre people. Carly is moving on to pursue her studies (We will ALL miss her!!), and Maii, Anita, and Morag are all taking small or longer breaks for the summer! Best wishes to all of you and THANK YOU SO MUCH for all of your assistance, enthusiasm, and energy.

**LIBRARY UPDATE**

Need a summer read? The Family Centre has lots of children’s, youth, and adult fiction to borrow as part of our lending library! We also have an expanding collection of parenting, health, and relationship resource books. These are all free to borrow for all student families, just be sure to bring them back when you are finished so that others can use them.

As always, we also have our toy and video lending library for parents & kids.

Lending periods are:

**Videos: ONE WEEK**  
**Books & Toys: ONE MONTH**

Now that exams are over, it’s a great time to check around your house to see if you have any overdue items! Please take a minute to bring them back so that others can share them as well.

**THANK YOU!**

The Family Centre would like to thank Campus Security for the continued & AMAZING support they provide to UVic’s families! A special Thank You to Pat Shade at Security who has organized our new Recreation Pass program. UVic Staff can donate last month’s bus passes to the Family Centre so that families can use them for free recreation drop-ins! THANK YOU PAT for your enthusiasm, creativity, and support.

Families are welcome to come to the Family Centre to learn more about this free program!

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**The Nitty Gritty**

Facts and questions about Family Housing

These beautiful spring days are bringing out the bikes, and with them, the bike thieves. Don’t forget to lock up your bicycle, even outside your homes. UVic has a Bicycle User’s Committee that is dedicated to reducing single-occupant vehicle traffic through providing a series of sustainable transportation options for students, faculty and staff. At their website -- http://web.uvic.ca/uvbikes/ -- you can find out about Bike to Work Week (May 29 to June 4, 2006), SPOKES bicycle bursary program, a listing of all bike shops in Victoria, as well as all campus amenities for cyclists, such as maps, showers, and lockers.

There has been some interest in holding a Family Housing bike swap, especially for children’s bikes and trail-a-long bikes. If anyone would be interested in organizing this, please contact the Family Centre.

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**Family Housing Residents Organizing Giant Garage Sale**

At two meetings of residents of House#39 (held in February and April), the participants brainstormed to collect ideas of making this student family living environment more enjoyable and friendly. One of the exciting ideas is to organize a giant garage sale. The participants decided to extend the invitation to all Lam Circle residents and get energetic volunteers to organize this event. The meeting of the organizing team will be held on **May 18 at 6:00 pm** at the Family Centre. Please bring your ideas to make this event very unique and fun. Please start thinking of things in your home to sell.

**UVic Plant Sale**

The Finnerty Gardens at UVic keep getting better and the big reason is the annual support they receive from the UVic Plant Sale. Each year, hundreds of gardeners flock to the University’s McKinnon Gym to select from an incredible array of plants, trees, shrubs, hanging baskets... you name it.

This year’s sale—huge by any standard—is on **May 7 from 10 a.m. until 1 p.m.** The popular annual sale is organized by more than 150 community volunteers from the Finnerty Garden Friends. Net proceeds from the sale go towards additions and improvements to the UVic Finnerty Gardens, on the southwest corner of campus.

The gardens are open all year and there is no charge for admission. Visitors enjoy a whole range of plants, trees and shrubs alongside walking paths that wind through the 2.6-hectare site.

Plant sale shoppers are encouraged to arrive early for the best selection. Visa, MasterCard and Interac are accepted.
Submit to the Newsletter!
This is your newsletter, and we can’t do it without you -- submissions of all kinds are welcome. Send us your thoughts, opinions, suggestions, stories, poems, recipes, tips or ideas! The email is fcnews@uvic.ca, or you can drop your submission off in the envelope on the board outside the Family Centre.

DEADLINE FOR JUNE NEWSLETTER: May 20

Family Centre Programs
Check our website for full program descriptions: http://web.uvic.ca/family-centre/

Playgroup
Tuesdays & Wednesdays, 10am to 12pm.

Culture Club
Tuesdays 4 to 6pm.

Breakfast Club
Wednesdays 7:30 to 9am.

After-School Club
Thursdays 4 to 5pm.

Knitting Night
Second & Fourth Friday, 7 to 9pm. (Contact Family Centre for May dates.)

Wednesday Playgroup is Back!
We are relocating back to the Family Centre as of May 2, 2006. For babies to 5 years of age. Come visit us on Tuesday and Wednesday mornings from 10:00 am until 12:00 pm.

* Free play
* Snack time
* Circle/story time
* Crafts
* Tea/coffee offered to parents

UVic Campus Security Services’ Kids Safety Day
Saturday June 24th, 2006, 11:00 am - 2:00 pm. UVic Parking Lot 3. Bring your kids out for a day of FREE and FUN activities while learning about safety!

Child identification booklets, activities including Bike Safety Rodeo, and a free pizza lunch with preregistration. Registration will begin at 11:00AM. For PRE-REGISTRATION, please contact the Personal Safety Coordinators at 721-8981 or email pso@uvic.ca by June 16th. If you have any questions call 721-8981. Look for more details in the June newsletter!

Finnerty Garden Tour
Time: Saturday, June 10th, 11:00 am
Place: This walking tour will meet in front of UVic Family Centre at 39206-2375 Lam Circle and walk to the Finnerty Garden.

Please join us for the Finnerty Garden Walking Tour for an enjoyable stroll and to learn more about the many plants and flowers that thrive so well in this West Coast region. You will learn the names and origins of beautiful local plants, trees, and flowers. Christina, a landscape designer and a resident of Family Housing, will conduct this approximately one and half hour walking tour. Please register at the Family Centre. The tour group is limited to maximum of 15 participants + motivated children. First come; first served.

Community Programs

Swan Lake Program
Turtle Talk, Sunday, May 28, 2006, 1 to 3 pm
Meet our two new turtles and find out the low down on these Marsh reptiles. Climb into a “shell”, participate in a turtle race and go turtle-trekking. Make your own turtle complete with shells and scales.

At Swan Lake Christmas Hill Nature Sanctuary, 3873 Swan Lake Rd. Donations appreciated. For more info, contact Margaret Lidkea, 479-0211.

Free Swims!
The following pools have scheduled free family swims!

Crystal Pool: Wednesday 7-9pm June 14
Gordon Head: Friday 7-9pm May 15
Esquimalt: Sundays 12-1:30pm May 28 and June 25
Juan De Fuca: Tuesday 7-8:30pm May 23
Oak Bay: Sundays 9-11am May 14 and June 18

Your Junk Could be Someone Else’s HIV/AIDS Education
We are hosting a garage sale to raise money for Working to Empower’s 2006 HIV/AIDS initiative in Tanzania and Benin, and are looking for donations of anything from old toys to furniture to books, and anything in between. We will be accepting donations at 2090 Brighton Avenue until May 12th. We will also be doing pick-ups for donations on May 6th & 7th. If you have items that you would like to be picked up, please leave them at the curb by 12pm on May 6th and e-mail us your address at ashley.heaslip@gmail.com

The garage sale will be held on May 13th at the Oak Bay United Church parking lot from 9:30am-2:30pm. There will be music, hot dogs, and crafts for the whole family! Please join us for a wonderful event! All proceeds will go directly towards Working to Empower -- check out our website at www.workingtoempower.org.