



# News & Views

*A Newsletter for Families at the University of Victoria*

**July 2010**

**Issue 154**

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Check out our complete  
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**NEWSLETTER**

KATHLEEN BORTOLIN

## Family Centre Hours

**Mondays**

**1:00-3:00pm**

After School Club

1:00-3:00pm

**Tuesdays**

**9am-3pm**

Music & Movement

10:00-12 noon

**Wednesdays**

**10am-2pm**

Playgroup

10:00-12 noon

**Fridays**

**10am-12:00 noon**

Playgroup

10am-12 noon

## Summertime Activities Edition

### Lazy Days of Summer

By: Kathleen Bortolin



A few months ago, when I was awaiting the arrival of my second child, I had a bit of a “freak out” moment. I began to worry about how my days would be structured with not one, but two, little people to entertain. What were we going to do all day? How would we fill the hours, the minutes, the seconds until Daddy came home? Suddenly, the fear of boredom, monotony, tears and tantrums (mine, not the kids’) became serious anxieties in the later stages of my pregnancy. Forget about washing the new baby clothes

and reassembling the crib, I needed to know exactly how I would structure my days, and how I would keep everyone busy, and more importantly, sane. All of these worries led me to design a rock solid daily schedule. Scientific in scope, my plan broke the day down into easy-to-manage time chunks. I scheduled two outings per day, one morning, one afternoon, one structured, one unstructured. I brainstormed indoor and outdoor activities that would be interesting and varied. I researched community events, playgroups, and the ever-important double stroller. Make no mistake, we would be busy, very busy. By the end of the fervour, my type-A tendencies had served me well. I had an agenda, a clear mental map of how a week, a day, a morning would look. If I were a little more type-A maybe I would have plugged it all into a pretty little Excel spreadsheet, colour-coded and fridge-ready, but I didn’t. I put my feet up, took a breath, and was lazy...for a few minutes.

The baby clothes got washed, the crib got assembled, and our sweet bundle of joy arrived right on time. My two year old said goodbye to daycare and came home to be with me and the baby. I was ready and waiting with my schedule of events. But guess what? That rock solid schedule didn’t always prevail. Naps happen, and so do fussy toddlers. Two year olds don’t always want to go on well-choreographed excursions, and sometimes neither do mommies. So one day, early on, we just forgot about the schedule and being busy. We stayed home...all day (egad!). And actually, it was great. There were no tears (well, maybe a couple), and no tantrums (ok, just one, but I really didn’t want to eat that broccoli). We read. A lot. We sang, made forts, baked cookies, had a bath in the middle of the day, and didn’t rush to get anywhere or do anything. I think this is called “taking it easy.” And we loved it. All of us. And although I think we might just drive ourselves crazy if we stayed home all day every day, I learned that staying home, taking it easy, forgetting about schedules, all that kind of stuff, is ok. Actually, it’s better than ok. It’s necessary.

So with “the lazy days of summer” fast approaching, I’m keeping this little lesson in mind. As a mother of two children under three, the word “lazy” doesn’t happen that often. But it should. And to ensure that “lazy” does indeed happen this summer, I’m going to plug it into my colour-coded fridge chart (just kidding, it’s not colour-coded at all).

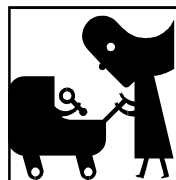
As this issue of News and Views shows, there’s no end of summer activities and events to keep you and your families busy. So if and when the lazy days of summer do begin to drive you a little crazy, check out some of the great community events in and around Victoria.

## Victoria Read

**Society** offers two summer learning programs that address gaps in reading, writing, and mathematics. As a non-profit organization, The Victoria Read Society offers tuition assistance to low-income households. For more information visit [www.readsociety.bc.ca](http://www.readsociety.bc.ca) or call 250-388-7225.



**Tall Tales Books:** Offers a free story-time every Wednesday at 11am. Local storytellers from the Victoria Storytellers Guild present stories for children aged 2-5 years. For more information visit: [www.talltalesbooks.ca](http://www.talltalesbooks.ca)



**Babysitter Wanted:** Looking for a babysitter in Family Housing for my infant on Wednesdays and Thursdays starting in September. Contact Leah at 250-884-2734 or at [leah-kob@yahoo.ca](mailto:leah-kob@yahoo.ca).

## Miki's Corner

I am writing this article on June 22<sup>nd</sup> for the July Newsletter and I am hoping the weather will have improved so we can have play time and circle outside as much as possible.

Outside activities will include; the water table, sidewalk chalk, toys, puzzles and books placed on blankets, balls, and the art easel.

Children accompanied by an adult are free to play in the playroom if they don't wish to be outside.

The theme for July will be reptiles and amphibians the content adapted for our little ones. Look for imaginary frog eggs in the water table along with plastic frogs, toads, salamanders, snakes, turtles, lizards, and turtles.

I trust I am not being too optimistic in saying, "put on your hats and sunscreen and let's have fun in the sun".



### Miki McMechan at the World Partnership Walk in Beacon Hill Park

The UVic Family Centre was happy to support The World Partnership Walk (May 30) again this year by providing crafts at the Tykes and Toddlers Tent!

**Looking for summer activities and programs for this summer? Below are a few ideas to keep children (and parents) busy in the next couple of months.**

**Gordon Head Rec Centre Summer Camps:** Gordon Head Rec Centre offers a variety of summer camps for children aged 3-12 years. Sports, skateboarding, music, dance, drama, and preschool-programs are some of the camps offered. For more information check out the Saanich Active Living Guide at: <http://www.saanich.ca/parkrec/recreation/alg.html>

**Child Summer Swim Pass:** Enjoy unlimited swimming all summer long. The Child Summer Swim Pass is valid for all *Everyone Welcome* and *Family Swims* at Saanich Commonwealth Place and Gordon Head Pools. Note: an adult must accompany children to Family Swims. Children 7 years & under must be accompanied by an adult. Valid: July 1 – September 5  
Cost: \$35



**UVic Vikes Sports Camps:** The University of Victoria Vikes Athletics and Recreation offers a variety of high quality summer camps. Camps run from 9am-4pm daily, and before and after camp care is available.

For more information visit: <http://vikesrec.uvic.ca/summer-camps/>

**Recreation Oak Bay** offers a variety of children's camps for preschoolers, school-aged, and teens. For more information visit: [www.recreationoakbay.ca](http://www.recreationoakbay.ca)



**Swan Lake Programs:** Swan Lake Christmas Hill Nature Sanctuary offers various educational programs periodically throughout the summer. These programs are generally three hours in length and geared toward children 6-12 years old and their families. The cost of the programs are under \$5 (or by donation) and involve discovering "exciting happenings in nature. For more information visit: <http://www.swanlake.bc.ca/all-age-programs.php>

**Summer Reading Programs:** The Greater Victoria Public Library offers a variety of FREE summer reading programs for children aged 3-12. For more information and to register for the programs visit: [www.gvpl.ca](http://www.gvpl.ca)



# Programs and Events

*A great way to get connected!*



## **Playgroups:**

On Tuesday, Wednesday and Friday mornings the Family Centre hosts fun and energetic playgroups. This month, playgroups run from 10:00-12:00 and will be led by Miki. Please note that Kathleen will be taking a break over the summer, but Miki will be leading a Tuesday morning Music and Movement program in her place. The playgroups involve arts and crafts, free play, circle time, and snack. Weather permitting, we'll be outside in the sunshine!

## **After School Club: During the school holidays we will be meeting on Monday afternoons from 1-3pm.**

Every Monday we will do something different. Sometimes we will be taking a tour of somewhere on the UVic campus, sometimes we will do sports, cook, or do crafts. Come meet some friends and get to know other people your age while having a great time. Everyone who will be in Grade 1 to 6 in September is welcome. (Please note: parents or guardians are required to sign a contact sheet. These can be completed at the first session, or picked up in advance from the Family Centre.)

July 5: Outdoor activity

July 12: Campus tour Printing Services

July 19: Campus tour Campus Security

July 26: Outdoor activity

## **Womens' Social Night: A trip to the movies**

Do you feel like going to the movies?

**BABIES** is showing at Cinecenta next month (July 25th-31st). **BABIES** is a documentary that follows four newborns from four corners of the earth (Namibia, San Francisco, Tokyo & Mongolia) for the first year of their lives. The movie highlights the many cultural differences and commonalities of babies.

Some of us from the Family Centre are going to see it together – do you want to join us? If so, please let us know and we will try to figure out which evening works best. If there are 10 or more of us, Cinecenta will give us a group rate of \$4.25! After the 7:15pm showing on Monday, July 26th, *PLAY Victoria* will be leading a discussion on what's happening to infant care in Victoria. Check out **www.playvictoria.org** for more details and let Emma know if you would like to attend on this evening.

(Contact: Emma Chalifour at The Family Centre: 250-472-4062)

## Community Events

### **Canada Day Celebrations at the Inner Harbour—Thursday, July 1st, 11am-11pm FREE**

Join us in the Capital City on July 1st and Celebrate Canada's Birthday! This day long event attracts over 50,000 attendees from all points of the community and surrounding areas. Family-oriented activities include multicultural food kiosks, mural painting, an evening concert on the legislature lawns, and fireworks. For more information visit <http://www.victoriacanadaday.ca/>



### **Music in the Park—Tuesday, July 6, 6pm-8pm FREE**

*Goward House (2495 Arbutus Road)*

Free musical entertainment for the whole family. Bring a picnic dinner and blanket and enjoy an evening of musical entertainment, face painting & crafts for kids. Refreshments available for purchase.

### **Saanich Strawberry Festival—Sunday, July 11, 11am-3pm FREE**

*Beaver Lake Regional Park*

Activities will include a petting farm, information displays, face painting, program demonstrations, pony rides, relay races, arts & craft stations, a pie eating contest, bouncy castles and much more.

### **Symphony Splash—Sunday, August 1st FREE**

*The Inner Harbour (Kids Zone: 1:00-4:00pm, Orchestra Performance: 7:30pm)*

The annual Victoria Symphony Splash is a spectacular event that sees Victoria's beautiful Inner Harbour transformed into an outdoor concert stage. Victoria Symphony Splash is the largest annual outdoor symphony event in Canada, attracting up to 40,000 Victoria residents and visitors.

### **ABC Family Camping—July 24-25 or August 14-15 \$25**

*Mount Douglas Park*

Designed to offer a 'family-camping' experience for first timers, this weekend will provide basic camping skills and enhance your family bond. Most food and equipment is provided. De-

tails provided upon registration. Cost is \$25/family or group of 5. Designed for single-parent families, low-income families and individuals, and newcomer families and individuals. Program starts Saturday noon and ends Sunday noon. For further information, please contact Gaileen Flaman at 250-475-5407 or [Gaileen.flaman@saanich.ca](mailto:Gaileen.flaman@saanich.ca).

