

NEWS & VIEWS

A COMMUNITY NEWSLETTER FOR STUDENT FAMILIES AT UVIC



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Children's Right to Art

Many of us may remember having that moment as kids when we realized that we are not "good" at art, especially drawing. All of a sudden our rich inner lives we desperately wished to share with the world were no longer possible to express. But this is not the end of the story!

Creative self-expression is a human right with endless benefits; so I would like to share some ideas that address two common barriers children (and adults) may face in their artistic pursuits. The first issue is not knowing where to start. It can be pretty intimidating to stare at a blank sheet of paper. Try beginning abstractly with squiggles or dots, which can initiate your journey into a unique drawing style; it may also help to alleviate the pressure to do justice to the pictures in your head. Try drawing or painting on other objects such as windows, boxes, and wooden spoons; notice if this opens up new possibilities.

Another barrier is dissatisfaction with our results. Putting emphasis on the process as a whole instead of just valuing the end product can give space for the inevitable "mistakes" and frustrations all artists' experience. Framing creative activities as explorations and experiments can inspire us and the children in our lives to trust that no realm is off limits if we give ourselves permission to let go and enjoy the moment: you never know how you may surprise yourself.

More artistic opportunities coming soon at the next Pancake Breakfast on June 20th. See you there!

By Amira Malek

Family Centre Weekly Programs

Monday – Family Learn and Share	10:00am-12noon
Monday – Make and Take	7:00-9:00pm
Wednesday – Early Learning Program	10:00am-12noon
Friday – Early Learning Program	10:00am-12noon

In addition to weekly programs, the Family Centre is open Monday (9:30-12), Tuesday (11-3), Wednesday (9:30-3:00) and Friday (9:30-12). For more information contact the Family Centre through Facebook or by email at familyc@uvic.ca.



Find us on Facebook

Pancake Breakfast

Come and join us for a pancake breakfast



UVic Family Centre
Saturday June 20th
9:00 - 10:30am

A great opportunity to get to know some of your UVic family community and enjoy a delicious breakfast. There will also be a family crafts table.

If you have any questions please do not hesitate to give us a call: 250.472.4062

Celebrate Dads!

Father's Day is Sunday, June 21st.

Daddy, I Love You

Daddy, I love you
 For all that you do.
 I'll kiss you and hug you
 'Cause you love me, too.

You feed me and need me
 To teach you to play,
 So smile 'cause I love you
 On this Father's Day.

Author Unknown

PAINTED LADY BUTTERFLIES AT THE FAMILY CENTRE

Currently at the Family Centre we have Painted Lady Butterfly larvae – they arrived last week and have already grown from the size of a comma to about one inch! Soon they will each form a chrysalis, after that the next step is for adult butterflies to emerge. **Stop by to have a look!**



Do you have fabric scraps?

The Family Centre is looking for fabric scraps to be used in an art project. If you have any leftover pieces of fabric which you do not have a use for please drop them off and we will put them to good use!

MOVING TIPS

June is often a month that families are moving in and out of family housing. Here are some tips to help with the task:

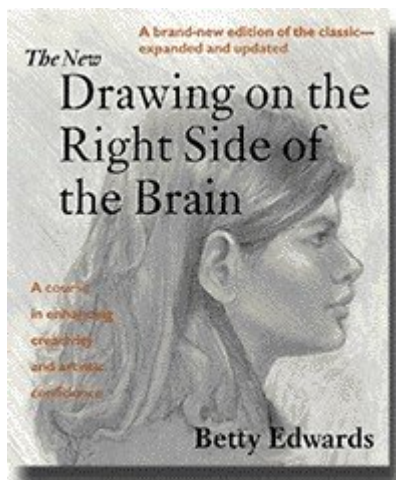
- Pack an overnight bag containing all essentials
- Pack what you will need first in one box and label it
- Label what is in the box and what room they are going into
- Cover your toiletries with saran wrap and put the lid back on to avoid leaking
- Take a photos of electronics so you know where the wires go
- Arrange for a charity organization to come pick up the items you don't want at least a week or two before moving
- Pack plates upright like records to reduce cracks.

For these tips and more tips check out:

<http://www.buzzfeed.com/peggy/b-rilliant-moving-tips#.avWam7EnpP>

THANK YOU!

We would like to say a big 'Thank you' to the Child and Youth Care Students' Society! The children are thrilled with the barn and the griddle will be put to good use at our pancake breakfasts. Your generosity is greatly appreciated.



Drawing on the Right Side of the Brain

When I read Amira's piece about creativity I remembered this book. It is one of my favourite 'learn to draw' books. What I love about it is that it very effective at helping people who do not necessarily consider themselves to be an artist or good at drawing. It will make you pick up a piece of paper and pencil and revisit drawing. There are exercises in the book that help you to put on paper what you see rather than what you think you see! You might be surprised at what you produce...I was! It was first published in 1979 and has proven to be so popular that it has remained in print ever since! So... if you are interested in having an 'art adventure' of your own maybe pick up a copy of this book.

-Emma Chalifour

Art Adventures

Thank you to everyone who filled out the 'Art Adventures' questionnaire. We received a lot of interest in the program. Based on people's responses we are in the process of shaping up what that program will look like. Since so many children are keen to participate we will likely have to make this a 'registration required' program. We are seeking volunteers willing to help supervise during the program - if you are able to help in this way please let us know. Program details and registration forms will be made available on Wednesday June 17th on the bulletin board outside the Family Centre or online via either Facebook or our website. Spaces will be limited, please return your form to us as soon as possible to ensure that you have a spot. If you have any questions about Art Adventures please email us at familyc@uvic.ca. Thanks.

World Oceans Day, held every June 8th, is the UN-recognized day of ocean celebration and action. People all over our blue planet organize celebrations to support action to protect the ocean. This year, the theme is *Healthy oceans, healthy planet*, and we're making a special effort to stop plastic pollution. On June 7th from 11-3 at Beacon Park in Sidney the Shaw Ocean Discovery Centre, the library and other organizations will celebrate the ocean with a wide range of activities and displays. <http://www.worldoceansday.org>

Programs and Events Farmer's Markets

Family Learn and Share

On Monday mornings from **10am-12noon** the Family Centre hosts a drop-in program for families to interact and learn from one another. Each week there is a designated focus topic and facilitator. Please contact us by email, phone or Facebook if you have any questions or suggestions.

Public Health Nurse: Jane Wismer is available at the Family Centre once a month during the Learn and Share program. In the summer she will be here June 1st and July 6th. She is available to answer your health related questions and weigh and measure babies. Jane is also able to provide immunizations, please note that this has to be arranged ahead of time so that Jane can review health records. If you would like to have your child immunized please contact Jane at Jane.Wismer@viha.ca or phone 250.519.5104.

Early Learning Program:

Families are welcome to this drop-in program that runs **Wednesday and Friday** mornings from **10:00 am to 12:00 pm**. Learning through play is encouraged by providing an environment that promotes children's inherent love of learning and sense of wonder. Each morning session concludes with a storytime with songs/music as well as an opportunity for outdoor play.

Mom's Time Out!

Do you need a 'time-out'? The Family Centre is open on **Monday nights from 7-9pm** for women to get together, have a cup of tea and chat. Feel free to come for half an hour or stay for the whole time. If you don't have children – don't let the name deceive you! You are more than welcome. (Note: Nursing infants are welcome.)

Book Club:

The Family Centre has a book club that meets on **the third Thursday of each month** to discuss a novel chosen by the group. If you enjoy reading and would like to get together with others please come along. To find out more join our Facebook group or send us an email at familyhousingbookclub@gmail.com.

There are a number of Farmer's Markets running through the summer making it easy to eat local and revel at our local bounty. Enjoy!

James Bay Community Market

Date: May 2 – October 10 (Saturdays)

9 a.m. – 3 p.m.

Corner of Menzies and Superior Streets

www.jamesbaymarket.com

Moss Street Market

Date: May – October (Saturdays) 10 a.m. – 2 p.m.

Sir James Douglas Elementary School grounds,
Moss Street and Fairfield Road

www.mossstreetmarket.com

Oaklands Sunset Market

Date: June 10 to September 2 (Wednesdays)

4:30 p.m. – 8:30 p.m. (no market July 1)

Oaklands Community Centre

www.oaklandscommunitycentre.com/market

Ship Point Night Market

Date: June 19 – September 19 (Weekends)

7 p.m. – 10:30 p.m.

Ship Point Pier, Inner Harbour

Victoria Public Market at The Hudson

www.victoriapublicmarket.com

Oak Bay Village Summer Market

On the second Wednesday in June, July, August and September, Oak Bay Village becomes a European style market between 4 and 8 pm.

Each market features an in-season produce theme with fresh produce from southern Vancouver Island. In 2015 Markets will be held on June 10, July 8, August 12 and September 9.

Peninsula Country Market

June 6 to October 10

Saturdays 9:00 a.m. to 1:00 p.m.

At the Saanich Fairground

www.peninsulacountrymarket.ca