



# News & Views

*A Newsletter for Families at the University of Victoria*

*July 2007*

**Issue 121**

**UVic Family Centre**  
P.O. Box 1700 STN CSC  
Victoria, BC V8W 2Y2

Phone: 472-4062

Fax: 472-4669

E-Mail: [familyc@uvic.ca](mailto:familyc@uvic.ca)

Check out our complete  
listing of programs at:

<http://web.uvic.ca/family-centre/INDEX.HTM>

**DIRECTOR**  
ELIZABETH QUONG

**STAFF**  
TOMOKO OKADA  
TAKAKO OTAKE

**FACULTY  
COORDINATION**  
LAURENE SHEILDS

## **Family Centre hours for JULY**

**Tuesdays  
9am-6pm**

Playgroup  
10:30am-12pm  
Culture Club  
4-6pm

**Wednesdays  
10am-2pm**

Playgroup  
10:30-12pm

**Thursdays  
10am-2pm**

After-School Club  
10am-12pm

# Canada



# Day

**Canada Day** is Canada's national holiday, marking the beginning of the present form of the country on July 1, 1867.

Canada Day is often referred to as "Canada's birthday," particularly in the popular press. Although, some of the constituents of the Canadian confederation called themselves "Canada" prior to 1867, and most of the present provinces of Canada did not join the federation until well after that year.

Canada Day marks the creation of the Dominion of Canada through the British North America Act on July 1, 1867, uniting three British colonies - the provinces of Nova Scotia, New Brunswick and Canada. The three colonies united to form one country divided into four provinces. The Province of Canada became Ontario and Quebec.

Thus, Canada Day is an anniversary of the granting of Royal Assent to the British North America Act, as opposed to a national birthday or a day marking Canada's independence. We hoped that everyone did join in a celebration for July 1<sup>st</sup>.



## **She Makes a Difference**

*By Myra Osobik*

*I* can't believe how quickly this past year flew by... And even more, I can't believe how quickly my tiny sweet and seemingly helpless angel turned into this curious and persistent climber on everything possible and impossible; coloring our books and walls, and ripping her brothers' homework, cute little monkey.

Adriana loves to be outside, watch TV, read books with her dad, and probably most of all – she likes to play with her dollies.

My daughter takes proper care of her babies -- she makes them lunches and wipes their noses, gives them a bath and puts them to bed – everything that her mom does to her. But also, she does something she didn't learn from me. She makes a playgroup with her dolls and pretends to be Kathleen. Our Family Centre volunteer Kathleen, who comes here every week to spend time with the Family Housing kids. Because my little girl plays this game so often, and because I definitely can recognize all the songs and games she learned from her, I think the work that Kathleen does with my daughter and other children (and I'm sure other moms think the same) is extremely important.

Kathleen's playgroup time is really enjoyable for the children and the parents. She knows hundreds of songs and games, and she always brings lots of stimulating and exciting things for kids to play, try, observe, and examine. I have no doubt that Kathleen has a good reason to proudly say that she adds lots and lots of positive input into our children's everyday life. So far we had only two playgroups without her, and I already can't wait until she comes back. We definitely are very lucky to have her around.

Have a great summer, Kathleen. We all are really excited to see you again in September.



## Concerts in the Park



**Jun 22, 2007 - Sep 14, 2007**

The City of Victoria offer another summer season of 'Seniors' Concerts in the Park'. Every Friday from June until mid-September audiences will enjoy a variety of musical selections including folk, jazz, contemporary and classical. What better way to spend a summer afternoon than listening to live music under the trees in beautiful Beacon Hill Park. Everyone is welcome. Free Admission. Please check the following schedule:

July 6 Celebration Brass

July 13 To Be Announced

July 20 Gypsy Rovers

July 27 Tango Abraso

Aug 3 Casey Rider and Twango

Location: Cameron Bandshell, Beacon Hill Park

Contact: (250)361-0356



## Queer Families at Pride 2007

**Sunday, July 8**

**Pride Parade:** If you would like to walk with us under the Victoria Queer Parents banner, please let us know at [victoriaqueerparents@yahoo.ca](mailto:victoriaqueerparents@yahoo.ca). We will meet in the south lane of Pandora between Douglas and Broad Street. The cut off for walking participants to arrive is 11:00 am; the parade starts at 12:00 noon.

**Pride Festival at Fisherman's Wharf:** We have a large shade tent to create a shady area for kids and families. The Pride Society is providing face painting, hair colours, beading, and entertainers. We are looking for volunteers who would like to arrange any additional activities (bubble-blowing, games). Please email [victoriaqueerparents@yahoo.ca](mailto:victoriaqueerparents@yahoo.ca) if you are able to help out.

## Reminder from Family Housing Office

The Family Housing Office wanted to quickly remind everybody that the new family housing leases will be sent to you by July 1. When you receive your new lease, be sure to read it and contact Chardelle or Kenan Murseli if you are unclear about anything. There are 3 changes to the leases which will impact everybody living in Family Housing.

**The first** is in regards to smoking. To protect indoor air quality of students, their families and University of Victoria staff, Family Housing apartments and townhouse units will be non-smoking as of October 1, 2008.

**The second** change is the new rates which take effect September 1. They are:

- 1 Bedroom Apartment: \$655
- 2 Bedroom Apartment: \$780
- 2 Bedroom Townhouse: \$880
- 3 bedroom Townhouse: \$1,025



**The third** change, which actually took effect in May 2007, is the fee to change a lock due to lost or missing keys was increased to \$100.00.

If anybody has questions or comments about the changes feel free to contact Chardelle at 721-8400 or email at [clalonde@uvic.ca](mailto:clalonde@uvic.ca).

## Food Matters



**Moss Street Market**

**May 5, 2007 - September 13, 2007**

It's a good chance to explore mostly organic produce, baking, music and children's activities at this wonderful street market. Time: 10am

2pm, every Saturday

Location: Moss Street between Fairfield and Thurlow.

**Sidney Night Market**

**June 7, 2007 - August 30, 2007**

Enjoy delicious fresh produce from local farmers and growers, spectacular arts and crafts, incredible food surprises and great entertainment.

Time: 5:30 - 8:30 pm, every Thursday

Location: Beacon Avenue, Sidney

## Culture Club & After School Club Summer Schedule

**The Culture Club** meet every Tuesday afternoon from 4:00-6:00pm, and its purpose is to support international and new Canadian student families. In July, the group members will focus on their activities in sewing. The group is organizing Knitting classes in the fall. Please let Tomoko know if you are interested in joining us.

July 3, 10, 17, 24: Sewing Workshops

July 31: Potluck

**After School Club** Summer schedule!

Time schedule changing:

Thursday 3:30-5:00(before)

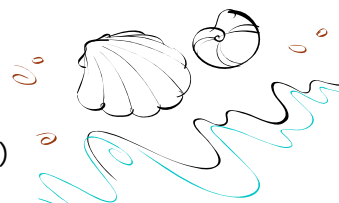
**Thursday 10:00-12:00** (only the summer)

July 5: Outdoor sports

July 12: Outdoor sports

July 21: Hunting on the beach

July 27: Art activity





## Profile

# Kathleen Woods - Sound of Music on Tuesday

By Eugene Jung

Every Tuesday morning, at 10:30am, regardless of the weather condition, over 20 kids and their parents go to the Family Centre to attend Kathleen's program. The first time I attended Kathleen's music & movement playgroup program she reminded me of Julie Andrews in the Sound of Music. I think this is because of her look with a short hairstyle, rhythmic movement, and her guitar. It is also because of her attitude, singing a song with enthusiasm and making eye contact with each kid. In addition to her love of music, Kathleen loves gardening, reading, yoga, and sometimes driving her red sports car. This car, she explains, was her 60<sup>th</sup> birthday present.



### *Would you introduce this program?*

It's a fun music & movement program for kids 2 – 4+ years old along with babies and their moms. This program's aim is to teach the children to listen because if children don't listen it's very difficult to learn. So I think one of the main skills that I teach is for children to pay attention, listen and follow easy instruction.

### *What brought you to this work?*

I grew up in a musical family, but I was the youngest, I rebelled. I didn't want anything to do with music, when I came to Canada I left all that behind. Then my children were born, and I missed music. So, I began working with my friend who was teaching this program. I always wanted to teach so I took the courses and became certified to teach the Listen, Like, Learn program to children from birth to 8 years old.

### *And how did you begin to work in the Family Centre?*

I taught in Ottawa and Calgary, and Wales where I provided the music program for nursery (preschool) schools, teacher's training college, and a private school. After my husband retired, we moved to Victoria, but I wasn't ready to give up music. I was looking for volunteer work. Elizabeth, the Family Centre director was looking for somebody to do a little something more in playgroup. That's how it all came together.

### *Do you have any know-how to handle this kind of huge group?*



## UVic Family Centre Summer Break

The UVic Family Centre will be closed for 2 weeks in August.  
**August 6<sup>th</sup> - 17<sup>th</sup>.** We hope to see you on Tuesday, August 21st!

That has been hard for me, finding a way to include everybody. I set the program for the mid-two to mid-three's and hope that the babies can join in with Mum and the older children can understand more and get a little more out of it all. But it helps that my program has a framework, we do the same thing every week in the same order. We have a finger play, then stretching song, circle game, and a story. So, that never changes and when the children and Mum's learn what to expect, that in turn makes everyone become very comfortable. That relaxes the children enough to participate.

### *How do you get new ideas for the program?*

On Monday afternoon, at 3 o'clock, I take a cup of tea, I sit in my room and I think. I choose a theme and build my program. I try to find songs and books to help the children understand the idea I'm teaching. I work with what the children know, like being a cat or elephant in my songs and play. And I also teach to the seasons. So whatever is happening outside, I teach about it.

### *How do you feel about this UVic family housing participants?*

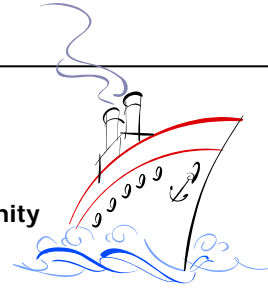
It's wonderful to have the families so involved with this group, we have many cultures and languages and the mothers and children are very lively. It's like family. It's a wonderful feeling here. I like it.

Kathleen finished saying "I must thank the Family Centre for taking a chance on me. And also thank all of you who bring your children to this program". Look for the music & movement playgroup at the end of summer where it will recommence on September 11<sup>th</sup>.



# Programs and Events

*July* Exciting programs and events in the community



## July - August

### Cultural Celebration

The City of Victoria is presenting a Cultural Celebration featuring ethnic dance, music, and food. All weekdays throughout July and August, the dance performances and live music during "Lunchtime in the Square" and on Thursdays from 5:00-7:00pm, "Live at 5" will feature an exciting line-up of local artists. Fridays throughout July and August will be Kids Days, featuring free stage performances and children's activities from 11:30 to 2 pm. Location: Centennial Square, Victoria

### THUR 5

#### Where Does All the Water Come From?

Experience our new working model of the Swan Lake Watershed. Participate in this interactive and wet program, to learn what has happened to our watershed and how you can protect it.

**PLACE:** Swan Lake Christmas Hill Nature Sanctuary, 3873 Swan Lake Road

**TIME:** 10 a.m. - 12 p.m. or 1 p.m. - 3 p.m.

Donations appreciated, Ann Scarfe(479-0211)



### SAT 7 - SUN 8

**The Langford Festival** features live music, arts & crafts and plenty of kids' activities including the annual Fish'n Derby. The parade starts at Eagle Ridge Arena Saturday at 10am and ends up at Veterans' Memorial Park. Contact Matt 478-6846 or 216-6675.

[trakside99@shaw.ca](mailto:trakside99@shaw.ca).

**Victoria Latin Festival** in Market Square. Experience the combination of traditional clothing and folklore with each song and dance being specific to the country and/or region. 10am-6pm. [www.mistersalsa.ca](http://www.mistersalsa.ca) or 388-3839.

### SUN 8

**Saanich Strawberry Festival** at Beaver Lake Regional Park. Food, entertainment, pony rides, strawberries and ice cream and more. Visit our traveling Nature House, chat with a naturalist and meet our native strawberry plants. Drop in at CRD Parks tent at main Beaver Lake beach. 10am-2pm. BC Transit #70 or #75. 478-3344 or 475-5558.



### WED 11

**The Story Box** at Nellie McClung Branch Library. Enjoy a storytime about boxes, then decorate your very own book box. Bring a shoe box to decorate. Please register, 477-7111. 10:30-11:15am.

### SUN 15

**Gyro Park Sandfest** at Gyro Park. Come and watch sand sculpting masters at work while enjoying a day at the park. 475-5558.

### THUR 19

#### Reptile Day. Scales, slithers, snakes and smiles!

Come join us for our annual reptile bash as we learn about those who are scaly. Observe our fabulous reptile friends, play games, make crafts and get your face painted! **Drop-in program.** Donations appreciated. Crafts: \$2/child, Ann Scarfe (479-0211) **PLACE:** Swan Lake Christmas Hill Nature Sanctuary **TIME:** 12 noon - 3 p.m.

### SAT 21

**20th Annual Moss Street Paint-In.** Features professional and emerging artists from Victoria and region. An opportunity to meet artists, discuss their work and methods. Work is displayed on Moss St from Fort to Dallas Rd. 12-4pm. Beverage garden open 12-9pm.

### 2nd Annual Saanich Sunfest Strongest Man at

Gyro Park. This will be an action-packed day with some novice athletes competing for the first time and featuring some of North America's top strongman competitors. Demonstrations include Conan's Wheel, Super Keg Medley, the Overhead Pressing Medley and the Atlas Stones, etc. 12-4pm. Jamie 880-1930.

### 8th Annual Luminara Victoria at St. Ann's Academy

& Beacon Hill Park. Multi-disciplinary, multi-cultural lantern festival. Come early to St. Ann's (5pm) for hands-on activities, family-oriented entertainment, face painting, lantern making and refreshments and to see more than 50 beautifully costumed interactive artists together. Also, live music and performance. Lanterns light up in Beacon Hill Park around 7:30pm. Free, but donations help support the festival. 388-4728. [www.luminaravictoria.com](http://www.luminaravictoria.com).

### FRI 27

**Christmas in July:** Enjoy the cool evening breezes and listen to the chorus of birds while watching the sun set from a spectacular vantage. Sit under the boughs of Garry Oak trees and learn the legends of Christmas Hill. Bring a water bottle. Ann Scarfe (479-0211)

**PLACE:** Swan Lake Christmas Hill Nature Sanctuary

**TIME:** 6:30 p.m. - 8:30 p.m.