



News & Views

A Newsletter for Families at the University of Victoria

August 2008

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UVic Family Centre
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Check out our complete
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<http://web.uvic.ca/family-centre/index.htm>

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Family Centre Hours

Tuesdays
9am-6pm
Playgroup
10:30am-12pm
Culture Club
4-6pm

Wednesdays
10am-2pm
Playgroup
10:30-12pm

Thursdays
10am-3pm
School Age Program
10:30am-12pm

Super-Families & Healthy Families

Tips from Parent Educator Allison Rees of LIFE Seminars



(Adapted from Island Parent Magazine August 2008)

Are you a super-parent with super-children? Do you base your self-esteem on being nice and being in control? If so, you might want to try being healthy instead!

1. Super-children have to excel. Healthy children enjoy being themselves, learning by exploring and using their abilities.
2. Super-parents have to excel. Healthy parents enjoy being themselves, even if they aren't all-around perfect specimens.
3. Super-children don't interfere with their parents' perfect lives at inconvenient times. Healthy parents accept that kids are kids.
4. Super-children are 'nice'. Healthy children are egocentric and have feelings and needs.
5. Super-parents are 'nice'. Healthy parents pay attention to their own feelings and needs.
6. Super-children are obedient, and super-parents are in control. Healthy parents permit their children to become independent and allow their children to develop independence through resisting control.
7. Super-parents solve their children's problems and manage their behaviour so that super-children don't make mistakes. Healthy parents allow their children to solve problems and learn from their mistakes.
8. Super-family members never make mistakes. Healthy family members make mistakes and forgive one another.
9. Super-families are always together and close. Healthy families have boundaries.

[Island Parent magazines are available free of charge at the Family Centre]



Family Centre Summer Pot Luck

The Family Centre will be hosting an end of summer pot luck on **Wednesday August 27th at 5:00pm**. Come and meet your neighbours and experience the diversity of our university community. Bring a dish to share: salad, main course or dessert. The Family Centre will provide drinks and ice cream. To help lessen the impact on our environment please bring your own plates and cutlery. We look forward to seeing you.

Sensational Summer

for Kids Aged 5-12

Only one week of wonderful programming in August but please stop by the Family Centre on **August 7th from 10:30 – 12 noon** for some creative cooking. We will have a great time preparing some food and an even better time eating it.



Symphony Splash

**Victoria's Inner Harbour
Sun Aug 3, 2008**

In Victoria's Inner Harbour. A special performance celebrating BC's 150th anniversary, including participation by BC musicians, the introduction of a young Victoria soloist and the premiere of a new piece by a BC composer, Tobin Stokes. Kids Tent on the Legislature lawns with an Instrument Petting Zoo from 2-5pm. The zoo will feature over 20 musical instruments kids can hold, blow and bow. Symphony starts at 7:30pm. www.victoriasymphony.ca.

8th Annual Free-B Film Festival

**Fri & Sat, Aug 8-9, 16, 23, 29-30,
2008
Cameron Bandshell, Beacon Hill
Park**

If you're keen to watch a film but don't fancy being cooped up inside a cinema for hours during the summer, come and enjoy some classic favorites from the past. Bring your snacks, flashlights and blankets down with your whole family to enjoy a night of fun filled family entertainment. Starts at 9pm.



UVic Family Centre Summer Break

The UVic Family Centre will be closed from **August 11th- August 22nd**. In the case of an emergency, please remember to phone the Housing Office(250-721-8395) or Campus Security(250-721-7599). We look forward to seeing everyone again the week of August 25th. Check out the 'Events' section if you are looking for things to do with your family. The library offers a story time for toddlers and preschoolers on Wednesday mornings as well as numerous activities for preteens and teens. Their website is www.qvpl.ca

The Path to Sustainability

UVic's Office of Campus Planning and Sustainability is in the middle of a year-long process to create our first Sustainability Policy and Action Plan and we want your input! Students and families living on campus can get involved in the process through our *on-line surveys*, *public consultation sessions*, and a *sustainability summit* later this fall. Your feedback and ideas will help make our campus a healthy and happy place to live and learn. Now is a good time to make a difference. Find out more at www.uvic.ca/sustainability.



Breathe Easy in Family Housing

By Sarah Webb
(Campus Sustainability Coordinator)

Take a deep breath. Notice anything? In the fall of 2007, the University banned smoking within ten metres of any campus building. "*A healthy campus community means fresh air for everyone*," says Tine Lathouwers a registered nurse working in UVic's Department of Occupational Health and Safety.

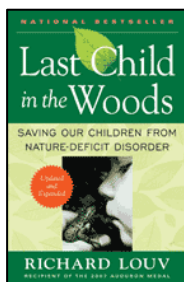
"*The smoking policy is designed to improve local air quality and reduce the health effects of second hand smoke*." Family Student Housing is no exception to the policy: housing units, patios, playgrounds, bus stops and laundry rooms are included in the designated smoke-free areas on campus. UVic is not alone. A number of other Canadian universities have already implemented complete or partial smoking bans and the Capital Regional District's Clean Air Bylaw has been in place since the nineties.

According to the Lung Association of BC, second-hand smoke contains over 4,000 chemicals. Two thirds of the smoke from a cigarette is not inhaled by the smoker, but enters the air around the smoker. Non-smokers who breathe in second-hand smoke can acquire serious diseases including lung cancer, heart disease, Chronic Obstructive Pulmonary Disease (emphysema and chronic bronchitis) and asthma. Smokers are reminded to dispose of all cigarette butts into garbage bins or designated buckets. This fall, new buckets will be placed throughout Family Student Housing to remind smokers of the ten-metre rule.

Want to kick the butt all together? There is help. UVic is working closely with the Canadian Cancer Society to provide additional cessation support for smokers on campus who are ready to quit. For more information visit: <http://health.uvic.ca/self-help/smoking.html>

If you have any questions about the policy or suggestions for related infrastructure email clearair@uvic.ca. Since the policy has been in place for one year there will be a formal review. So breathe easy and enjoy the clear air.





Book Review

Last Child in the Woods

Richard Louv's book, *Last Child in the Woods: Saving our Children from Nature Deficit Disorder*, looks at the relationship between children and nature. Richard Louv suggests that many children suffer from what he calls nature deficit disorder. He claims that children know about nature in abstract terms, but spend less time experiencing nature first hand. They know about global warming and the diminishing rainforest, but know nothing of the local woods or meadows. Louv claims that this lack of first hand experience in nature is responsible for the increase in obesity, attention disorders and depression. Louv claims that the woods were his Ritalin. He brings together an array of research supporting the position that exposure to nature is essential for healthy childhood development.

Last Child in the Woods suggests that children need to build forts, dam creeks or collect bugs.



By Emma Chalifour

Time spent in nature links the inner and outer world of the child. There is also research to suggest that time spent in nature affects the way people relate to one another. Children who played in nature were found to have more friends. In the book, Louv discusses numerous barriers that keep children indoors, everything from lack of green space, fear and time pressures. In each case, he argues that we must overcome these hurdles in order to get children outside. The latest edition of the book includes practical ideas to help parents accomplish this.

I feel so fortunate to live on Lam Circle surrounded by the richness of nature. There are woods right on our doorstep (full of fort-building evidence!) not to mention Gyro Beach and Mystic Vale both just a short walk away. In addition there are Finnerty Gardens, a joy to walk through all year long. Louv's book encouraged me to get my children out there as much as possible and allow the land to shape them.



Did you know

The Family Centre has a variety of books available for loan? There are books for babies; preschoolers; youth and parents. If you are looking for something to share with your children, recipe ideas or parenting tips, be sure to check out the resources available to you at the Family Centre.

Each month we would like to feature a book, if you have read something that was inspirational, hilarious or simply a great book to relax with, please let us know about it at fcnews@uvic.ca. Please be sure to include the title, author and publisher.

Garbage Woes



By Sabrina Fava

It is inevitable that we will all produce some sort of garbage and recyclables daily. But what is avoidable is the mess we make when we dispose of garbage. The garbage and recycling facilities within the family housing units are made available to students and families for easy disposal of our waste. And while we should feel grateful for their accessibility, these facilities are continually abused and misused.



Although our garbage is taken to the dump, we should not make our living area a **dumping ground**. Too many times I have seen torn garbage bags with their contents strewn all over the ground or unwanted electronics smashed with pieces of glass and sharp bits laying in and around an area where many of our children play. The compost bins have also been mistreated with bags of garbage thrown directly into the green bins or organic matter thrown on the ground beside the bins instead of in them. The blue recycling bins are often filled with waste and not recyclables or have the wrong type of recycling in them. The mistreatment of the recycling and composting bins by some undermines the efforts of everyone else.

We all have busy schedules with school, work, and family responsibilities, but sorting through our *own* garbage and recycling should be a part of our busy lives as it not only helps the environment, it also shows an appreciation for our living area, our home.

Programs and Events



A great way to get connected!

Fire Bells and Fanfare

*Government to the Legislature Lawn and City hall
Sat, Aug 2*

Dedication of Memorial to Victoria's Fire Fighters at City Hall (Pandora at Broad) 11:30am-noon. Parade of 70 pieces of historical fire fighting equipment down Government to the Legislature Lawn starts at noon. Static display of 70 pieces of historical fire fighting equipment from 12:30-4pm

Snake Day

*Elk/Beaver Lake Regional Park
Thurs, Aug 7 (11am-3pm)*

Snakes, snakes and more snakes! We've teamed up with CRD Parks and UVic for this slithery event. Watch snake shows, hold a snake, play a snake game and more. Drop in at the CRD Parks tents at the main Beaver Lake beach. Donations appreciated. 478-3344 or 479-0211.

Creatures of the Night

*Swan Lake
Fri, Aug 8 (8pm-9:30pm)*

Check out the nightlife at Swan Lake! Join us for a night of owl prowling, bat detecting and beaver spying. Recommended for families and children 7 years and up. Pre-registration required. Cost: \$4/person

Aqua Olympics

*Gordon Head Recreation Centre
Sat, Aug 9 (1-5pm)*

Celebrate the start of the Beijing Olympics by joining us in an afternoon of games and activities to get you in the Olympic spirit. 475-7104.



Victoria Dragon Boat Festival

*Victoria's Inner Harbour
Fri, Aug 15 - Sun, Aug 17*

Fri: 11am-10pm; Sat: 10am-10pm; Sun: 8am-6pm
One of Victoria's most popular summer events, the Victoria Dragon Boat Festival is a remarkable combination of culture and sport. Free concerts and movies on the entertainment stage, Asian Bazaar, martial arts, Lights of Courage lanterns. Free fun for the whole family.
www.victoriadragonboat.com.

Cool Aid Arts Festival and 40th Reunion

*Centennial Square (Victoria City Hall)
Sat, Aug 16*

This summer outdoor community arts festival features music, visual arts, spoken word, poetry, dance, theatre, comedy, performance art and more. Members of the public and anyone associated with Cool Aid are welcome to come enjoy the many creative talents and the "Cool Aid Culture" for free. Come meet old and new friends.



ABC Family Camping

*Sat, Aug 16-17
Mount Douglas Park*

Designed to offer participants a first time camping experience, learn new skills and make new friends. All food and equipment provided. Call any Saanich Recreation Centre to register. Free.

European & Classic Car Picnic

*Sun, Aug 24 (10am-2pm)
On the grounds of the Queen Alexandra Centre*

Fun for the whole family. Beautiful, interesting and unique cars, BBQ, imagination craft station, bouncy castle, magic shows, Tom Thumb Safety Village and silent auction. Admission by donation. All money raised supports programs and equipment at Ledger House. For more information call 477-8914 or 721-6855.
www.queenalexandra.org.

The Victoria Fringe Theatre Festival

*Metro Studio and various other locations
Thurs, Aug 21 - Sun, Aug 31*

With live comedy, drama and dance from around the world. Fringe kids Fest on Saturday August 23 from 11-4 in Market Square has free fun for kids. Call 250-383-2663 or visit <http://www.intrepidtheatre.com>.

31st Annual Classic Boat Festival

*Inner Harbour
Fri, Aug 29 - Sun, Aug 31 (12noon-4pm)*

Vessels will be open to the public during the weekend, in addition to smaller boats, motor and steam moving around Victoria's Inner Harbour. The Sunday morning sailpast is always a great spectacle.