



# News & Views

*A Newsletter for Families at the University of Victoria*

*July 2008*

**Issue 132**

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<http://web.uvic.ca/family-centre/index.htm>

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**COORDINATOR**

LAURENE SHEILDS

## **NEWSLETTER**

EMMA CHALIFOUR

EUGENE JUNG

## **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

## **There's Something about Victorian's Vacation**



*By Eugene Jung*

"Escape!" That would be my primary reason to go on vacation. When I lived in Seoul I always tried to escape the hectic life of a big city. The rush hour subway, crowds of people, and all kinds of sound. I looked for a quiet and peaceful destination to vacation. What about now? Victoria is a perfect place to stay or visit. I believe it is one of the most beautiful and peaceful places on earth! I'd better stop searching for special places to go on holiday as my dream has already come true. However, ironically, sometimes I need to escape from this perfect place and my everyday routine. My imagination reaches to Robson Street in Vancouver or somewhere in Toronto or New York. Why can't I just enjoy the present?

Regardless of what you are like, whether you are the same as me or very different, **Jennifer Marr** may inspire your vacation plans. The feeling about precious everyday life is a bonus.

*By Jennifer Marr*



In the beginning of the New Year, my husband and I briefly assessed the things we would be doing throughout the year ahead. Knowing what his work schedule would be like in the summer time, we saw a small opportunity to take a family camping trip during the last weekend in August. Shortly after those plans were made we found out that I was pregnant with baby number two! Our camping trip has turned into a tentative plan, (a VERY tentative plan) considering that I'll be eight and a half months pregnant at that time. However, our spirits are high because we are grateful that his evenings and weekends are free (for the first time in three years!)

Our definite plans are to do lots of swimming, picnicking, park hopping, ball playing, Frisbee throwing, bubble blowing, kite flying, fort making, cooking on the BBQ, game playing, popsicle eating, and even bug catching. We are also planning to participate in as many community events as possible and taking a few day trips here and there, such as going over to Vancouver and seeing the zoo!

We're both (my husband and I) pretty excited about summer, because we'll be together. Our plans might not seem too exciting to some, but they're precious to us.

I wish all of you a very safe and happy summer holiday, no matter what your plans are. (Picture: Jennifer, Greg, and Katelynn)

## **Children's Safety Day**

*By Emma Chalifour*



Whether it was jumping around on a bouncy castle, eating hotdogs, riding your bike through the obstacle course or simply playing with bubbles, there was something for everyone to enjoy at the children's safety day hosted by UVic's security department. The sun was shining (a rarity so far this year!) and the children enjoyed having their faces painted, winning prizes and learning about staying safe. In addition to the security crew manning the BBQ, there were representatives from the Family Centre, Oak Bay Police; Saanich Fire Department, St John's Ambulance and BC Hydro. Thank you to everyone involved in putting this event together.



## Happy Canada Day!



On July 1, 2008, Canada will celebrate its 141st year since Confederation. Before 1982 Canada Day had been known as Dominion Day, and First of July, Confederation Day. Canada Day is considered a Family Day with outings, picnics and celebrations of the birth of our nation.

**Celebration Victoria: July 1, 6-10pm** at *Legislative Grounds and Victoria's Inner Harbour*

Performances on the main stage as well as our "Eh-rated" fireworks display  
**10th Annual Gorge Canada Day Picnic: July 1, 8:30am-4pm** at *Gorge Waterway Park and Kosapsom Park*  
 Pancake breakfast, parade, stage entertainment, kids' activities, market and more. [www.gorgetillicum.ca](http://www.gorgetillicum.ca).



## Summertime Mini Workshops

for Personal Growth

Presented by Wendy Lum, Counsellor

**Sense of Inspiration: Fri, July 11**  
**10:30am - noon**

It takes time to notice the extraordinary when our lives are routine and predictable. Gaining awareness around us and choosing to be intentional, can help us to gain inspiration in our lives.

**Speaking Your Voice: Wed, July 16**  
**10:30am - noon**

Speaking becomes powerful when sharing ideas that give you passion. Some concepts on how to deliver a strong message will be shared. For more information and to register, please contact: Campus Services Building, 250-721-8341, [www.coun.uvic.ca](http://www.coun.uvic.ca)

## Raising a Child is a Full-time Job!



The following web sites contain useful information that can help make the job a bit easier:

**Child, Youth and Family Health** (<http://www.viha.ca/children/>): is full of information and resources on Vancouver Island to help you through every stage of your child's health.

**Canadian Abilities Foundation** (<http://www.enablelink.org/>) and **Accesstown** (<http://www.accesstown.com/>): Provides information and resources for people with disabilities.

**Child & Family Canada** (<http://www.cfc-efc.ca/>): Offers numerous resources related to children and families.

**Caring for Kids** (<http://www.caringforkids.cps.ca/index.htm>): Offers children's health information from Canada's pediatric experts.

**Kids Health** (<http://kidshealth.org/>): is a goldmine of health information provided in three categories. The kid's section has a variety of games and lots of information for younger children. The teens section can help your teen learn about health issues of concern to them and include such topics as body image, acne and emotions. There's also a section for parents with lots of information on raising healthy kids.

## Climate Action Dividend



This spring, the B.C. government announced the introduction of the carbon tax. Effective July 1, 2008, the carbon tax will apply to virtually all fossil fuels, including gasoline, diesel, natural gas, coal, propane and home heating fuel. This works out to 2.41 cents per litre for gasoline, rising gradually to 7.24 cents a litre by 2012. For diesel and home heating oil, it works out to 2.76 cents per litre, rising to 8.27 cents over the same five-year period.

In its first year it includes a \$100 "Climate Action Dividend" cheque for every British Columbian. That's \$440 million and the cheques are in the mail. You will automatically receive payment for your dependents which are under the age of 18 as of December 31, 2007, if you have filed your 2006 or 2007 income tax return and your dependents are registered for the Canada Child Tax Benefit or the Universal Child Care Benefit with the Canada Revenue Agency. If your child is not registered for the Canada Child Tax Benefit or the Universal Child Care Benefit, visit the Canada Revenue Agency website at [www.cra-arc.gc.ca/benefits](http://www.cra-arc.gc.ca/benefits) or contact them directly at 1-800-387-1193 for more information to ensure you receive your Climate Action Dividend payment automatically.



## Spectacular Summer at the Family Centre



The Family Centre will be running a drop in program for school aged children (5-12 years) Thursday mornings from 10:30-12:00. The program will be a fun time to play together and celebrate summer. Parents please come with your child on their first day so that we can have you sign a permission form. We are looking forward to a great summer. Hope to see you there.

**July 3:** Sports Day

**July 17:** Wonderful Water Play

**August 7:** Creative Cooking

**July 10:** Luminara Lantern Making

**July 24:** More Lantern Making

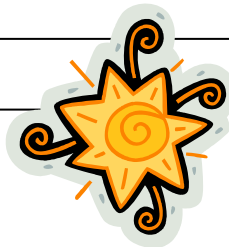
## Tuesday Mornings at the Family Centre



Our Tuesday morning Music and Movement Group is in its second year. We have grown in strength and numbers but new families are always welcome to join us.

Our group, while lots of fun, is a structured program following a set pattern week after week, the songs and games change but the pattern remains the same. As the weeks go by, the children become familiar with the routine and this helps them relax and enjoy the experience.

Over the years, the most consistent comment from my parents concerns the child who, while looking forward to and enjoying music time, doesn't participate in the circle. This same child then goes on to sing freely at home or when they're alone. So, what is going on here? Well, many things. Often young children regard group singing experiences as opportunities to listen without joining in. Lots of the time they're just



By Kathleen Woods

totally absorbed in watching the other children and they forget to participate. Sometimes, they're simply not ready to join in. But always they're listening, and that's a great skill to learn early in life. While participation in music class gets older children ready for the formal structure of school it is still a wonderful co-operative experience for all the children.

We cover many ages, developmental stages and learning styles in our Tuesday family but we have one huge asset – you – the Mums and Dads enthusiastically singing, playing and showing your children how it's done. Your active participation in the group, and at home, helps your children learn the words of songs, strengthens their listening skills and makes music time an enjoyable experience. We always have fun, we make a joyful noise and I know your children are building skills to take them forward with confidence into the future.

Kathleen Woods is taking a well-deserved break over the summer but will be back in September. Meanwhile we are very blessed to have **Lina Guo** and **Jennifer Morgan** leading the Tuesday morning music and movement time. Everyone is welcome, so please come and join us. If the weather cooperates we may be outside, so please bring hats and sunscreen.

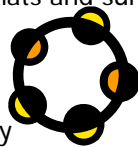


### Lina Guo

My name is Lina and I am originally from China. I am currently enrolled in a Master's program in music education at Uvic. I live in Family

Housing with my husband Jack and my almost 1-year old son Aaron. I became musical because of my mother's influence--she used to be an elementary music teacher in China.

My very first musical experience was to make up nursery rhymes. When I was going to daycare--I couldn't remember all the songs that the teachers taught us, so whenever my mother asked me what I had learned I would just make some tunes and words up myself--no wonder I did so well in my composition class later at university. As I grew a little older, I took ballet lessons--which I hated, and children's concert choir-- which I liked, and then settled on playing accordion for quite a few years. After I received my Bachelor's degree in music education, I taught general music at a middle school in Central China and conducted the school's concert choir and a boys' choir for 2 and half years before I moved to Canada. I really enjoy singing and playing for children because they are the best audience ever. I am looking forward to devoting my enthusiasm and skills to the Family Centre this summer.



### Jennifer Morgan

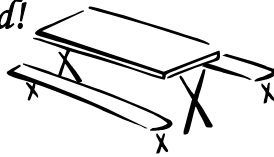


Lina and I are really excited about leading our Tuesday playgroup this summer. Over the last little while the two of us have become good friends, and we have had a great time consulting with Kathleen and planning our summer sessions. We plan to use Kathleen's format with all our favourite songs such as '*The Stretching Song*' and '*Ball for Baby*'. Some of the themes we're planning to include are: Canada Day, Fun at the Beach, and Teddy Bears' Picnic.

Before living in Family Housing, I completed a BA in English Literature at Uvic after which I took a year off to teach English in France. It was in France that I discovered a passion for teaching. I then completed the first semester of a BEd programme before having my little girl, Alyssa. Right now, I am looking forward to the privilege of working with all the imaginative and enchanting children who come to sing and dance with us out on the grass this summer.

# Programs and Events

*A great way to get connected!*



## Family Centre Programs

**Playgroups:** On Tuesday and Wednesday morning the Family Centre hosts fun and energetic playgroups. Tuesday mornings from 10:30-12 features a popular music and movement program. There's guaranteed to be lots of singing, rattling, and playing! Wednesday morning from 10:30-12 are more of a crafts time, relaxed with toys, games, and friends for the kids to play with.

**Culture Club:** The Culture Club program in July will focus upon its participation in the 9th annual Luminara Community Lantern Festival at the St. Ann's Academy grounds to be held at dusk at Beacon Hill Park on July 26. Typically, Culture Club meets on Tuesday afternoons from 4:00 to 6:00pm. Its purpose is to support international and new Canadian student families. However, in July and August there will be some time changes due to school holidays. The following activities are scheduled for July, please check the schedule with Tomoko (250-472-4062). In addition, the Culture Club welcomes new members from diverse cultural backgrounds.



### July 8 – Visiting Luminara Community Lantern Festival Studio

We will meet at the Luminara Studio, which is located across from the ICA office (930 Balmoral Rd) in St John the Divine Church Hall, lower level. If you use the public bus, take #14 from the UVic depot and get off at the corner of Yates and Quadra St. Walk on Quadra St, cross Johnson, Pandora, and Mason, and turn right on Balmoral Rd. The Studio is the second building from the corner. The purpose of this visit is to see the contemporary creative art of lanterns and to design your own unique lantern. You do not have to bring anything. The Luminara staff will prepare all materials. If you want to attend this special workshop, please contact Tomoko by email ([family@uvic.ca](mailto:family@uvic.ca)) by July 7.



### July 15 – Lantern Making Workshop #1 at the Family Centre (3:00pm – 5:00pm)

This workshop is for people who are not able to attend the previous workshop as well as for the participants of the workshop who want to create more unique individual lanterns.



### July 22 – Lantern Making Workshop #2 at Family Centre (3:00pm – 5:00pm)

### July 29 – Cooking with a Bangladesh Flavour (more information later)



## Community Events

### Canada Day – Celebration Victoria (July 1)

Location(s): *Legislative Grounds and Victoria's Inner Harbour*

July 1 from 6:00 – 10:00 pm Victoria's annual celebration of our beloved nation. This year's event will include top quality performances on the main stage as well as our "Eh-rated" fireworks display which gets better every year. Celebration Victoria is proudly presented by the City of Victoria and it's event partners. Contact for more Information: visit [www.victoria.ca/canadaday](http://www.victoria.ca/canadaday)

### Festival Mexicano 2008 (July 4 - 6)

Location(s): *Victoria Event Centre and other downtown locations*

Celebrate Mexican/Latin American culture - features an open air main stage with local performers sharing traditional music and dance, kiosks showcasing Mexican/Latin American food and beverages, arts and crafts.

Contact for more Information: (250) 380-1280 or visit [www.1415broad.ca](http://www.1415broad.ca)

### SKA Festival (July 9 - 12)

Location(s): *Victoria Curling Club, TBA, and one other venue*

Enjoy a music and visual arts festival that celebrates Ska music and culture as well as educating the public about the genre and its history. Features acts that cross musical boundaries and generation gaps alike.

Visit [www.victoriaskafest.ca](http://www.victoriaskafest.ca)



### Art Gallery of Greater Victoria Moss Street Paint In (July 19)

Location(s): *1040 Moss Street and Moss Street from Fort Street to Dallas Road*

This popular free annual community event showcases the talents of Victoria's artists and the techniques that they employ. Up to 100 artists line the boulevards of Moss Street from 1:00 – 4:00 pm. The Food and Beverage Garden, featuring entertainment and dancing, is open until 9:00 p.m. in the Art Gallery Parking Lot, 1040 Moss Street. Contact for more Information: (250) 384-4171 or visit [www.aggv.bc.ca](http://www.aggv.bc.ca)

### Animal Grossology (July 24)

Location(s): *3873 Swan lake Christmas Hill Nature Sanctuary, 12:00 noon to 3:00 p.m.*

Are you oozing to learn about the disgusting science of animal grossology? Find out about slug slime, owl barf and even the scoop on poop. Check out worms, slugs, spiders and scum as you learn about the secret world of the revolting. Face painting, pond dipping, and crafts that will gross you out! Crafts \$2/child. (250) 479-0211